

# COMMUNITIES AND NATURE INTERNATIONAL

England & Wales · Charity number 1166983

## Details

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Other names	CAN INTERNATIONAL
Status	Registered
Legal form	CIO
Registered	2016-05-06
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	4 Carolean Place Blackpool FY2 0QU
Phone	07897956247
Email	<a href="mailto:info@can-international.org">info@can-international.org</a>
Website	<a href="http://www.can-international.org">www.can-international.org</a>

## Activities

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**Objects:** THE OBJECTS OF THE COMMUNITIES AND NATURE INTERNATIONAL ARE:(I)TO PROMOTE SUSTAINABLE DEVELOPMENT FOR THE BENEFIT OF THE PUBLIC BY:·THE CONSERVATION AND THE PROTECTION OF THE ENVIRONMENT AND THE SUSTAINABLE USE OF NATURAL RESOURCES; ·THE RELIEF OF POVERTY AND THE IMPROVEMENT OF THE CONDITIONS OF LIFE IN SOCIALLY AND ECONOMICALLY DISADVANTAGED COMMUNITIES. (II)TO ADVANCE THE EDUCATION OF THE PUBLIC IN SUBJECTS RELATED TO SUSTAINABLE DEVELOPMENT AND THE PROTECTION AND CONSERVATION OF THE ENVIRONMENT AND TO PROMOTE STUDY AND RESEARCH IN SUCH SUBJECTS, AND DISSEMINATE THE RESULTS TO THE WIDER PUBLIC. SUSTAINABLE DEVELOPMENT MEANS “DEVELOPMENT THAT MEETS THE NEEDS OF THE PRESENT WITHOUT COMPROMISING THE ABILITY OF FUTURE GENERATIONS TO MEET THEIR OWN NEEDS.’

**Activities:** Supporting disadvantaged ethnic minority communities for promoting social integration and overall wellbeing; supporting Gurkha veterans and their families in the UK for their smooth transition and access to public services; working with overseas partners, particularly in Nepal in the areas of sustainability, education and health, climate change, poverty reduction and sustainable development.

## Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Environment/conservation/heritage, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Elderly/old People, Other Defined Groups, The General Public/mankind

## Geography

- India
- Nepal
- Uganda
- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,561	£11,553	-	-
2024-03-31	£21,636	£21,152	-	-
2023-03-31	£17,886	£49,498	-	-
2022-03-31	£77,765	£59,367	-	-
2021-03-31	£103,950	£75,708	-	-

## Trustees

Name	Role	Appointed
Bhuwan Chandra Baral		2025-10-21
Dauraj Kaphle		2025-10-21
Dr BALRAM DHAKAL		2016-05-05

**COMMUNITIES AND NATURE INTERNATIONAL**

England & Wales - Charity number 1166983

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# Accounts

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## Trustees' Annual Report for the period

From 01/04/2024 To 31/03/2025

Charity name: **Communities and Nature International (CAN International)**

Charity registration number: **1166983 (Scotland SC047810)**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The principal objective of Communities and Nature International (CAN International) is to support communities, particularly disadvantaged and marginalised groups, by relieving poverty, improving living conditions, and conserving the natural environment and resources on which they depend. Specifically, the charity aims to:</p> <ol style="list-style-type: none"><li>1. Promote sustainable development for the public benefit through the relief of poverty, the improvement of conditions of life in socially and economically disadvantaged communities, and the conservation and sustainable use of natural resources.</li><li>2. Advance public education on sustainable development and environmental conservation, including promoting study and research in these areas.</li></ol>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>During the reporting period, CAN International delivered activities to support ethnic minority communities including Gurkha veterans across England, particularly in Hampshire and the East Midlands. Our work focused on improving welfare, strengthening community empowerment, and promoting social integration.</p> <p>We also provided targeted support for young people through life-skills development and sports activities, helping to build confidence, resilience, and positive community engagement. These initiatives enabled communities to come together, identify shared challenges, and access support to improve overall wellbeing,</p>

		thereby advancing the charity's purposes for the public benefit.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have high regard to the guidance issued by the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A – Our charity does not provide grants. Instead, we implement initiatives directly in collaboration with various stakeholders to support communities and deliver our charitable objectives.
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<p>Volunteers played a vital role in delivering the charity's activities through community awareness, outreach and mobilisation. They supported the organisation of sports and recreational activities, including cricket and football, particularly in Peterborough, helping to promote inclusion, physical wellbeing and social connection.</p> <p>Volunteers also provided ongoing welfare and wellbeing support to isolated and vulnerable individuals, including Gurkha veterans and their families, as well as other disadvantaged community members. Their support helped address issues such as loneliness, social isolation and reduced wellbeing, and strengthened community resilience and engagement.</p>
Other		N/A

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>During the year, the charity made a positive and measurable difference to the lives of elderly and vulnerable members of ethnic minority communities, including Gurkha veterans and their families, across several areas of England. Through a range of welfare, wellbeing and community-based initiatives, including yoga, Taichi, wellbeing sessions and activities aimed at reducing loneliness (e.g. coffee sessions, workshops), beneficiaries were supported to build social networks, strengthen community connections and reduce social isolation. This resulted in improved health, confidence and overall wellbeing, particularly among elderly groups and veterans' families.</p> <p>As a result of this ongoing support, disadvantaged beneficiaries were better able to participate in community life and integrate into wider society. In addition, the charity organised the charity supported young people from these communities through the organisation of sports activities and life-skills development programmes, helping to promote teamwork, resilience and positive engagement.</p> <p>The charity also strengthened local capacity by encouraging volunteering, enabling community members to support one another and creating wider benefits for society through increased social cohesion, inclusion and community resilience.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The charity successfully met its targeted objectives for the reporting period. Planned activities were delivered as intended, resulting in positive outcomes for beneficiaries and contributing effectively to the achievement of the charity's aims and purposes.
Performance of fundraising activities against objectives set	Para 1.41	<p>Due to various constraints, the charity undertook limited fundraising activities during the reporting period. Given the size and capacity of the organisation, overall fundraising performance was considered satisfactory.</p> <p>The charity recognises the importance of developing a more sustainable income</p>

		base and, in the coming years, aims to allocate dedicated resources to fundraising and implement a more diverse range of income-generating activities to support future delivery of its charitable objectives.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>As a small charity, the organisation's overall financial position at the end of the reporting period was satisfactory. The charity maintained careful oversight of expenditure and monitored its financial performance on an ongoing basis.</p> <p>Financial progress was reviewed periodically, particularly at trustees' meetings, and the Board of Trustees formally reviewed the charity's financial position at the end of the reporting period to ensure effective financial management and sustainability.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>The charity holds a small level of reserves to support financial stability and continuity of activities. Where use of the reserves is proposed, the trustee(s) will submit a request to the Board of Trustees, setting out the rationale for use, the intended purpose, and a plan for replenishment.</p> <p>The charity's objective is to replenish any reserves used within 12 months in order to restore the reserve fund to the agreed minimum level. Where replenishment is expected to take longer than 12 months, such requests will be subject to more detailed scrutiny. The Board of Trustees will review, approve or amend the request and authorise the transfer of funds as appropriate.</p>
Amount of reserves held	Para 1.22	£5,000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>The charity's principal sources of funds are project grants, which are secured by submitting relevant project proposals to UK-based funding organisations. Contributions from individual donations were minimal during the year. The charity aims to diversify its sources of funding in the future to ensure greater financial sustainability.</p>
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Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	The principal risk facing the charity is the sustainability of income. Limited staffing and resources make fundraising and income generation challenging, which could affect the delivery of programmes and services to beneficiaries. The charity is working to diversify funding sources and strengthen capacity to mitigate this risk.
Other		N/A

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by members of the Committee/Trustees

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	CAN International has a supportive policy for developing the capacity of its trustees through participation in training and development activities. Trustees meet formally, usually once a month, and maintain regular contact via email and phone. During the reporting period, trustees were informed about available training opportunities and encouraged to participate to enhance their knowledge and effectiveness in governance.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The board of the trustees manages the charity. The board oversees overall charity governance and organisation's activities including recruitment of staff, contracts, and partnerships.
Relationship with any related parties	Para 1.51	CAN International has developed strong working relationships with partners and stakeholders, including ethnic minority communities (such as Gurkha veterans and Nepali communities), other charities, and local councils. Projects and initiatives aimed at supporting people in need were successfully delivered in collaboration with these partners and stakeholders.
Other		Trustees give their time voluntarily and receive no financial benefit. They are fully aware of their roles and responsibilities within the charity and regularly review the charity's activities, including risks, during formal meetings or via email and phone. Trustees take appropriate actions to manage these risks in line with the charity's policies and guidelines.

## Reference and Administrative details

Charity name	Communities and Nature International
Other name the charity uses	CAN International
Registered charity number	1166983
Charity's principal address	42 Wilton Drive Peterborough PE7 8 RU

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Govind Belbase	Chair	Whole year	
2	Dr Pushpa D Upreti	Member	Whole year	
3	Dr Balram Dhakal	Member	Whole year	
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## Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

## Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

None
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## Other optional information

None
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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>Balram Dhakal</i>	
<b>Full name(s)</b>	Dr Balram Dhakal	
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	
<b>Date</b>	27/12/2025	

**Charity No. 1166983**

Communities and Nature International  
Receipts and Payments Accounts  
for the year ended 31 March 2025

**Communities and Nature International**  
**(CAN International)**

## **Communities and Nature International Contents**

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**Communities and Nature International  
Business Information**

**Trustees** (served during the reporting period)

Mr Govind Belbase, Chair  
Dr Balram Dhakal, Trustee  
Dr Pushpa Datta Upreti, Trustee

**Bankers**

Lloyds Bank PLC

**Business address:**

42 Wilton Drive  
Peterborough  
PE7 8RU

## **Communities and Nature International**

### **Approval statement**

We approve these accounts which comprise the Receipts and Payments Accounts, Balance Sheet and related notes. We acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

Board of Trustees  
CAN International

## Communities and Nature International

### Income and Expenditure Account for the year ended 31 March 2025

	£
<b>Income:</b>	
Grants received - Restricted	1,000.00
Donation received	561.00
<b>Total</b>	<u>1,561.00</u>
<b>Balance from previous year 2023/24:</b>	<b>20,690</b>
<b>Expenditure:</b>	
Project delivery costs	3,428.27
Travel costs	407.50
Project staff costs	2,325.00
Volunteer expenses	548.00
Rent and rates, utilities and telephone	900.91
Administration and management	700.00
Communication expenses	200.00
Insurance	661.00
IT and computer	950.00
Office supplies	600.00
Donation	186.00
Advertising, Web and PR expenses	645.84
<b>Total</b>	<u>11,552.52</u>
<b>Surplus / (Deficit)</b>	<b><u>10,698.48</u></b>

**Communities and Nature International  
Balance Sheet  
As at 31 March 2025**

	Notes	£
<b>Current assets</b>		
Bank and cash balances		<u>10,698.48</u>
	<b>Net Current Assets</b>	10,698.48
<b>Fixed assets</b>		
Computer		476.00
<b>Net Assets</b>		<u><u>11,174.48</u></u>

**Balance as at 31 March 2025**

Unrestricted fund	£7450.52
Restricted fund	£3,247.96
<b>Total balance</b>	<b>£10,698.48</b>

**COMMUNITIES AND NATURE INTERNATIONAL**

England & Wales - Charity number 1166983

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# Accounts

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## Trustees' Annual Report for the period

From 01/04/2023 To 31/03/2024

Charity name: Communities and Nature International (CAN International)

Charity registration number: 1166983 (Scotland SC047810)

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The principal objective of our charity is to support the communities, particularly the disadvantaged and marginalised communities, to relieve poverty and improve the conditions of lives, and conserve the nature and natural resources on which they depend. In specific terms, the objects of CAN International are:</p> <p>(i) to promote sustainable development for the benefit of the public by:</p> <ul style="list-style-type: none"><li>• the relief of poverty and the improvement of the conditions of life in socially and economically disadvantaged communities;</li><li>• the conservation and the protection of the environment and the sustainable use of natural resources; and</li></ul> <p>(ii) to advance the education of the public in subjects related to sustainable development and the protection and conservation of the environment and to promote study and research in such subjects.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>We were able to support the members of ethnic minority communities across different parts of England, mainly in Hampshire, London and East Midland regarding their welfare, community empowerment and integration. We were also able to support youth members of these communities in terms of their skills development and sports activities. Our initiatives not only helped these communities to come together, identify their challenges and get supported to address these challenges.</p>

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have high regard to the guidance issued by the Charity Commission on public benefit.
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**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A. Our charity do not provide grants, rather implement initiatives working with different stakeholders.
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	Volunteers contributed to the delivery of the project initiatives mainly through community awareness and mobilisation. They also helped to organise sports (volleyball and football) activities. They continued to support the isolated and needy veterans and families to address the challenges that the communities are facing – loneliness, social isolation and overall social wellbeing.
Other		N/A

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	We were able to support the elderly, vulnerable members of ethnic minority communities and the Gurkha veterans and their families across different areas in England to develop networks, improve their social connections, reduce isolation and loneliness and improve their overall wellbeing. Because of these ongoing support, the beneficiary disadvantaged members of the community were not only able to improve their health and wellbeing, but also managed to integrate into the wider society. During this period, we were also able to support the youth groups in these communities to organise different sports activities and develop their life skills. We are really proud that we were able to help these people in need. We were also able to develop local capacity to support needy community members through volunteering.

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We were able to meet our targeted objectives.
Performance of fundraising activities against objectives set	Para 1.41	For a small team like ours, the overall performance of fundraising was satisfactory. However, we are interested to invest more resources in coming years to implement diverse fundraising activities.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are a small charity – overall, our financial position of our charity is good. In addition to continuous assessment of our expenses, we review our financial progress periodically, especially during trustees' meetings. Our Board of Trustees reviewed the financial position at the end of the reporting period.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our charity has a small amount of reserve. In order to use the reserves, the trustee(s) will submit a request to the Board of Trustees, explaining the rationale and plan of use along with the plans for replenishment. The organisation's goal is to replenish the funds used within 12 months to restore the Reserve fund to the target minimum amount. If it takes more than 12 months to replenish, the request(s) will be scrutinised more carefully. The board of trustees will approve or modify the request and authorise the transfer of the fund.
Amount of reserves held	Para 1.22	£1,374
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principal sources of our charity's funds are project grants. We secure the grants by submitting the relevant project proposals for funding to the UK-based funding organisations. The contribution from individual donation was minimal this year. We are aiming to diversify our sources of funds in the future.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	The principal risk that we are facing is the sustained income. Due to lack of resources, particularly human resources, we are struggling to put enough efforts towards fund raising, resulting lack of funding available to implement the critical programmes that we wanted to deliver to support needy communities.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by members of the Committee/Trustees

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	CAN International has a supportive policy towards the development of the capacity of trustees, mainly through their participation in training and development activities. Trustees meet formally usually once in a month and are in email and phone contact regularly. Trustees were informed about the training and development opportunities available during this reporting period and encouraged to participate in the available opportunities.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The board of the trustees manages the charity. The board oversees overall charity governance and organisation's activities including recruitment of staff, contracts, and partnerships.
Relationship with any related parties	Para 1.51	CAN International team has developed a good working relationship with the partners and stakeholders including ethnic minority communities (e.g., Gurkha veteran/Nepali communities), other charities and local Councils. The projects and initiatives aimed at helping the people in need were delivered successfully in collaboration with these partners and stakeholders.
Other		Trustees give their time for free and receive no financial benefit while managing the charity. Trustees are aware of their roles and responsibilities in our charity structure. They assess the charity works including any risks during their periodical meetings (or via emails/phone contacts) and take appropriate actions to manage them following charity's guidelines and policies.

## Reference and Administrative details

Charity name	Communities and Nature International
Other name the charity uses	CAN International
Registered charity number	1166983
Charity's principal address	42 Wilton Drive Peterborough PE7 8 RU

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Govind Belbase	Chair	Whole year	
2	Dr Pushpa D Upreti	Member	Whole year	
3	Dr Balram Dhakal	Member	Whole year	
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## Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

## Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

None
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## Other optional information

None
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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	Balram Dhakal	
<b>Full name(s)</b>	Balram Dhakal	
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	
<b>Date</b>	21/12/2024	

**Charity No. 1166983**

Communities and Nature International  
Receipts and Payments Accounts  
for the year ended 31 March 2024

**CAN International**

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**Communities and Nature International  
Business Information**

**Trustees**

Mr Govind Belbase, Chair  
Dr Balram Dhakal, Trustee  
Dr Pushpa Datta Upreti, Trustee

**Accountants**

GNS Associates Limited  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG

**Bankers**

Lloyds Bank PLC

**Business address:**

42 Wilton Drive  
Peterborough  
PE7 8RU

## Communities and Nature International

### Approval statement

I approve these accounts which comprise the Receipts and Payments Accounts, Balance Sheet and related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

A handwritten signature in black ink, appearing to read 'Govinda Belbase', is written over a horizontal dotted line. The signature is cursive and somewhat stylized.

Govinda Belbase, Chair

## Communities and Nature International

### Income and Expenditure Account for the year ended 31 March 2024

	£
<b>Income:</b>	
Grants received - Restricted	21,600.00
Donation received	36.41
<b>Total</b>	<u>21,636.41</u>
<b>Expenditure:</b>	
Project delivery costs	11,080.00
Travelling expenses	873.20
Staff costs	2,700.00
Volunteer expenses	600.00
Rent and rates; utilities and telephone	2,801.00
Admin, printing, postage and stationery	1,593.30
Communication expenses	619.52
Accountancy fee	600.00
Insurance	278.40
Software	85.00
Advertising, Web and PR expenses	221.60
<b>Total</b>	<u>21,452.02</u>
<b>Surplus / (Deficit)</b>	<u>184.41</u>

**Communities and Nature International**  
**Balance Sheet**  
**As at 31 March 2024**

	<b>Notes</b>	<b>£</b>
<b>Current assets</b>		
Bank and cash balances		<u>20,690.5</u>
	<b>Net Current Assets</b>	20,690.5
<b>Fixed assets</b>		
Computer		205.00
<b>Net Assets</b>		<u><u>20,895.50</u></u>



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Communities and Nature International (CAN International)

On accounts for the year  
ended

31<sup>st</sup> March 2024

Charity no  
(if any)

1166983  
(SC047810)

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

Responsibilities and  
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

[The charity's gross income does not exceed £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [ ] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

\* *Please delete the words in the brackets if they do not apply.*

Signed:

Date: 21/12/2024

**Name:** Aravind Gautam

**Relevant professional qualification(s) or body (if any):** MA in Human Resource Management

**Address:** 2 Camwood Gardens

Ipswich

IP3 8HY

## Section B

### Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

A large, empty rectangular box with a thin black border, occupying the majority of the page's width and height. It is intended for the user to provide details as requested in the text to its left.

**COMMUNITIES AND NATURE INTERNATIONAL**

England & Wales - Charity number 1166983

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# Accounts

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## Trustees' Annual Report for the period

From 01/04/2022 To 31/03/2023

Charity name: **Communities and Nature International (CAN International)**

Charity registration number: **1166983 (Scotland SC047810)**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The principal objective of our charity is to support the communities, particularly the disadvantaged and marginalised communities, to relieve poverty and improve the conditions of lives, and conserve the nature and natural resources on which they depend. In specific terms, the objects of CAN International are:</p> <p>(i) to promote sustainable development for the benefit of the public by:</p> <ul style="list-style-type: none"><li>• the relief of poverty and the improvement of the conditions of life in socially and economically disadvantaged communities;</li><li>• the conservation and the protection of the environment and the sustainable use of natural resources; and</li></ul> <p>(ii) to advance the education of the public in subjects related to sustainable development and the protection and conservation of the environment and to promote study and research in such subjects.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>During this reporting period, we were able to support the ethnic minority communities, particularly the disadvantaged members and Gurkha veterans and families across different parts of England, mainly in Hampshire, London and East Midland. We were able to support the members of the communities who were facing significant challenges including social isolation and loneliness, using a number of approaches including telephone/online helpline, organising community networks, morning/afternoon clubs and organising wellness sessions. We organised a seaside trip to the elderly Gurkha veterans who did not have the opportunity to visit the seaside</p>

		recently as part of our initiatives to tackle social isolation and loneliness and improve their overall wellbeing. We also supported communities in Aldershot to organise community garden as part of our initiatives towards for improved social connections, well-being and addressing climate change.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have high regard to the guidance issued by the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A. We do not provide grants, rather implement initiatives working with different stakeholders.
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	Volunteers contributed to the delivery of the project initiatives mainly through community awareness and mobilisation. They also helped the isolated, vulnerable members of the community and elderly Gurkha veterans with interpretation, GP appointments, documentation and liaison with the public agencies for support and services. They also supported to lunch the programmes aimed at addressing loneliness and social isolation and overall social wellbeing among elderly Gurkha veterans and communities.
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	We were able to support, particularly the elderly, vulnerable members of ethnic minority communities and Gurkha veterans and their families across different areas in England to develop networks, improve their social connections, reduce isolation and loneliness and improve their overall wellbeing. Because of their language and cultural barriers, these communities were struggling to access the available public resources and support and were isolated – that was affecting their wellbeing immensely. As a result of our support, the beneficiary disadvantaged members of the community were not only able to improve their health and wellbeing, but also managed to integrate into the wider society. We are really proud that we were able to help these people in need. We were also able to contribute towards addressing climate change through implementation of community gardening in Aldershot. We were also able to develop local capacity to support needy community members through development of volunteers.

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We were able to meet our targeted objectives.
Performance of fundraising activities against objectives set	Para 1.41	For a small team like ours, the overall performance of fundraising was good. However, we are interested to invest more resources in coming years to implement diverse fundraising activities.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are a small charity – overall, our financial position of our charity is good. In addition to continuous assessment of our expenses, we review our financial progress periodically, especially during trustees' meetings. Our contracted Certified Chartered Accountants oversight our accounts and prepare the annual Receipts and Payments Accounts. We also get our accounts reviewed by an independent examiner.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our charity has a small amount of reserve. In order to use the reserves, the trustee(s) will submit a request to the Board of Trustees, explaining the rationale and plan of use along with the plans for replenishment. The organisation's goal is to replenish the funds used within 12 months to restore the Reserve fund to the target minimum amount. If it takes more than 12 months to replenish, the request(s) will be scrutinised more carefully. The board of trustees will approve or modify the request and authorise the transfer of the fund.
Amount of reserves held	Para 1.22	£9,034 (included in total balance in Accounts Report)
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principal sources of our charity's funds are project grants. We secure the grants by submitting the relevant project proposals for funding to the UK-based funding organisations. The contribution from individual donation was minimal this year. We are aiming to diversify our sources of funds in the future.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	The principal risk that we are facing is the sustained income. Due to lack of resources, particularly human resources, we are struggling to put enough efforts towards fund raising, resulting lack of funding available to implement the critical programmes that we wanted to deliver to support needy communities.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by members of the Committee/Trustees

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	CAN International has a supportive policy towards the development of the capacity of trustees, mainly through their participation in training and development activities. Trustees meet formally usually once in a month and are in email and phone contact regularly. Trustees were informed about the training and development opportunities available during this reporting period and encouraged to participate in the available opportunities.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The board of the trustees manages the charity. The board oversees overall charity governance and organisation's activities including recruitment of staff, contracts, and partnerships.
Relationship with any related parties	Para 1.51	CAN International team has developed a good working relationship with the partners and stakeholders including ethnic minority communities (e.g., Gurkha veteran/Nepali communities), other charities and local Councils. The projects and initiatives aimed at helping the people in need were delivered successfully in collaboration with these partners and stakeholders.
Other		Trustees give their time for free and receive no financial benefit while managing the charity. Trustees are aware of their roles and responsibilities in our charity structure. They assess the charity works including any risks during their periodical meetings (or via emails/phone contacts) and take appropriate actions to manage them following charity's guidelines and policies.

## Reference and Administrative details

Charity name	Communities and Nature International
Other name the charity uses	CAN International
Registered charity number	1166983
Charity's principal address	42 Wilton Drive Peterborough PE7 8 RU

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Govind Belbase	Chair	Whole year	
2	Dr Pushpa D Upreti	Member	Whole year	
3	Dr Balram Dhakal	Member	Whole year	
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## Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

## Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

None
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## Other optional information

None
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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	Balram Dhakal	
<b>Full name(s)</b>	Balram Dhakal	
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	
<b>Date</b>	28/10/2023	

**Charity No. 1166983**

Communities and Nature International  
Receipts and Payments Accounts  
for the year ended 31 March 2023

**GNS Associates Limited  
Chartered Certified Accountants  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG**

## **Communities and Nature International Contents**

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Receipts and payments accounts	4
Balance sheet	5

**Communities and Nature International  
Business Information**

**Trustees**

Mr Govind Belbase, Chair  
Dr Balram Dhakal, Trustee  
Dr Pushpa Datta Upreti, Trustee

**Accountants**

GNS Associates Limited  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG

**Bankers**

Lloyds Bank PLC

**Business address:**

5 Forbes Drive  
Peterborough  
PE7 0ND

## **Communities and Nature International**

### **Approval statement**

I approve these accounts which comprise the Receipts and Payments Accounts, Balance Sheet and related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

*govind belbase*

Govinda Belbase, Chair

**Communities and Nature International**

**Accountants' report on the unaudited accounts to  
Communities and Nature International**

You have approved the accounts for the year ended 31 March 2023 which comprise the Receipts and Payments Accounts, Balance Sheet and related notes. In accordance with your instructions, we have compiled these unaudited accounts from the accounting records and information and explanations supplied to us.



L N Ghimire  
Chartered Certified Accountants  
GNS Associates Limited  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG

10 October 2023

**Communities and Nature International  
Income and Expenditure Account  
for the year ended 31 March 2023**

	£
<b>Income:</b>	
Grant received - Restricted	
Donation received	17,881.00
Miscellaneous receipts	5.00
<b>Total</b>	<b><u>17,886.00</u></b>
<b>Expenditure:</b>	
Insurance	1,500.00
Accountancy fee	600
Administration expenses	600
Advertising and communication	1275
Donation	280
Printing, postage and stationery	669.84
Project Expenses	38173.38
Rent and rates	2412
Travel	2,937.90
Website	600.00
Communicaing Expenses	120.00
Depreciation	150.00
Sundry expenses	180.00
<b>Total</b>	<b><u>49,498.12</u></b>
<b>Surplus / (Deficit)</b>	<b><u><u>- 31,612.12</u></u></b>

**Communities and Nature International**  
**Balance Sheet**  
**As at 31 March 2023**

	Notes	£
<b>Current assets</b>		
Bank and cash balances		<u>20,506.00</u>
<b>Net Current Assets</b>		20,506.00
<b>Fixed assets</b>		
Computer		600.00
<b>Creditors</b>		
Accountsncy fees accoured		<u>- 600.00</u>
<b>Net Assets</b>		<b><u>20,506.00</u></b>
 <b>Capital account</b>		
Balance b/f from previous year		52,118.00
Surplus / (deficit) for this year		<u>- 31,612.12</u>
		<b><u>20,505.88</u></b>

**COMMUNITIES AND NATURE INTERNATIONAL**

England & Wales - Charity number 1166983

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# Accounts

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## Trustees' Annual Report for the period

From 01/04/2021 To 31/03/2022

Charity name: **Communities and Nature International (CAN International)**

Charity registration number: **1166983**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The principal objective of our charity is to support the communities, particularly the disadvantaged and marginalised communities, to relieve poverty and improve the conditions of lives, and conserve the nature and natural resources on which they depend. In specific terms, the objects of CAN International are:</p> <p>(i) to promote sustainable development for the benefit of the public by:</p> <ul style="list-style-type: none"><li>• the relief of poverty and the improvement of the conditions of life in socially and economically disadvantaged communities;</li><li>• the conservation and the protection of the environment and the sustainable use of natural resources; and</li></ul> <p>(ii) to advance the education of the public in subjects related to sustainable development and the protection and conservation of the environment and to promote study and research in such subjects.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>We were able to continue our support to the vulnerable and disadvantaged community members, particularly elderly members of ethnic minority communities and Gurkha veterans and families across different parts of England, mainly in Hampshire, Midland and London. Our programmes were focussed on supporting the communities who were facing significant challenges such as social isolation and loneliness, using a number of approaches including telephone/online helpline, organising community networks, morning/afternoon clubs and organising wellness sessions. We supported the vulnerable communities to organise community garden as a part of</p>

		our initiatives towards tackling social isolation and addressing climate change. We were also able to organise community training workshops to support vulnerable community members in terms of dealing with emergencies and producing positive environmental impacts and tackling climate change.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have high regard to the guidance issued by the Charity Commission on public benefit.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A. CAN International does not provide grants, rather implement initiatives working with different stakeholders.
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	Volunteers contributed to the delivery of the project initiatives mainly through community awareness and mobilisation. They also helped the isolated, vulnerable members of the community and elderly Gurkha veterans with interpretation, GP appointments, documentation and liaison with the public agencies for support and services. They also supported to lunch the programmes aimed at addressing loneliness and social isolation and overall social wellbeing among elderly Gurkha veterans and communities.
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	We were able to support, particularly the elderly vulnerable members of ethnic minority communities and Gurkha veterans and their families across different areas in England to develop networks, improve their social connections, reduce isolation and loneliness and improve their overall wellbeing. These communities otherwise will not be able to generate these support from other agencies and address the unique challenges they are facing, particularly because of their language and cultural barriers. As a result of our support, the ethnic minority communities were not only able to improve their health and wellbeing, but also managed to integrate into the wider society.

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We were able to meet our targeted objectives.
Performance of fundraising activities against objectives set	Para 1.41	We did well in terms of raising funds. However, due to staffing commitments, we were unable to raise funds as expected. We hope to improve this scenario in coming years by raising enough funds, enabling us to reach out and support more communities and implement our programmes widely.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Overall, financial position of our charity is good. In addition to continuous assessment of our expenses, we review our financial progress periodically, especially during trustees' meetings. Our contracted Certified Chartered Accountants oversight our accounts and prepare the annual Receipts and Payments Accounts. We also get our accounts reviewed by an independent examiner.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our charity has a small amount of reserve. In order to use the reserves, the trustee(s) will submit a request to the Board of Trustees, explaining the rationale and plan of use along with the plans for replenishment. The organisation's goal is to replenish the funds used within 12 months to restore the Reserve fund to the target minimum amount. If it takes more than 12 months to replenish, the request(s) will be scrutinised more carefully. The board of trustees will approve or modify the request and authorise the transfer of the fund.
Amount of reserves held	Para 1.22	£6,574 (included in 'Surplus' £18K in Accounts Report)
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principal sources of our charity's funds are project grants. We secure the grants by submitting the relevant project proposals for funding to the UK-based funding organisations. The contribution from individual donation was minimal this year. We are aiming to diversify our sources of funds in the future.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	The principal risk that we are facing is the sustained income. Due to lack of resources, particularly human resources, we are struggling to put enough efforts towards fund raising, resulting lack of funding available to implement the critical programmes that we wanted to deliver to support needy communities.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by members of the Committee/Trustees

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	CAN International has a supportive policy towards the development of the capacity of trustees, mainly through their participation in training and development activities. Trustees meet formally usually once in a month and are in email and phone contact regularly. Trustees were informed about the training and development opportunities available during this reporting period and encouraged to participate in the available opportunities.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The board of the trustees manages the charity. The board oversees overall charity governance and organisation's activities including recruitment of staff, contracts, and partnerships.
Relationship with any related parties	Para 1.51	CAN International team has developed a good working relationship with the partners and stakeholders including ethnic minority communities (e.g., Gurkha veteran/Nepali communities), other charities and local Councils. The projects and initiatives aimed at helping the people in need were delivered successfully in collaboration with these partners and stakeholders.
Other		Trustees give their time for free and receive no financial benefit while managing the charity. Trustees are aware of their roles and responsibilities in our charity structure. They assess the charity works including any risks during their periodical meetings (or via emails/phone contacts) and take appropriate actions to manage them following charity's guidelines and policies.

## Reference and Administrative details

Charity name	Communities and Nature International
Other name the charity uses	CAN International
Registered charity number	1166983
Charity's principal address	42 Wilton Drive Peterborough PE7 8 RU

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Govind Belbase	Chair	Whole year	
2	Dr Pushpa D Upreti	Member	Whole year	
3	Dr Balram Dhakal	Member	Whole year	
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## Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

## Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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N/A		

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

None
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## Other optional information

None
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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	Balram Dhakal	
<b>Full name(s)</b>	Balram Dhakal	
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	
<b>Date</b>	31/01/2023	

**Charity No. 1166983**

Communities and Nature International  
Receipts and Payments Accounts  
for the year ended 31 March 2022

**GNS Associates Limited  
Chartered Certified Accountants  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG**

# Communities and Nature International Contents

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Balance sheet	5

**Communities and Nature International  
Business Information**

**Trustees**

Mr Govind Belbase, Chair  
Dr Balram Dhakal, Trustee  
Dr Pushpa Datta Upreti, Trustee

**Accountants**

GNS Associates Limited  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG

**Bankers**

Lloyds Bank PLC

**Business address:**

42 Wilton Drive  
Peterborough  
PE7 8RU

## **Communities and Nature International**

### **Approval statement**

I approve these accounts which comprise the Receipts and Payments Accounts, Balance Sheet and related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

A handwritten signature in black ink, appearing to read 'Govinda Belbase', is written over a horizontal dotted line. The signature is stylized and cursive.

Govinda Belbase, Chair

## **Communities and Nature International**

### **Accountants' report on the unaudited accounts to Communities and Nature International**

You have approved the accounts for the year ended 31 March 2022 which comprise the Receipts and Payments Accounts, Balance Sheet and related notes. In accordance with your instructions, we have compiled these unaudited accounts from the accounting records and information and explanations supplied to us.



L N Ghimire  
Chartered Certified Accountants  
GNS Associates Limited  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG

28 January 2023

**Communities and Nature International  
Income and Expenditure Account  
for the year ended 31 March 2022**

	£
<b>Income:</b>	
Grant received - Restricted	77,322.00
Donation received	304.88
Miscellaneous receipts	138.40
<b>Total</b>	<u><b>77,765.28</b></u>
 <b>Expenditure:</b>	
Project delivery costs	36,093.65
Program and events expenses	4,776.05
Rent and rates	4,457.90
Travelling expenses	3,157.90
Wages and salaries	4,293.26
Volunteer expenses	2,510.55
Telephone expenses	1,221.68
Printing, postage and stationery	258.43
Donation given	675.00
Advertising and PR expenses	529.14
Accountancy fee	1,200.00
Insurance	38.40
Software	54.99
Miscellaneous payments	100.00
<b>Total</b>	<u><b>59,366.95</b></u>
 <b>Surplus / (Deficit)</b>	 <u><u><b>18,398.33</b></u></u>

**Communities and Nature International**  
**Balance Sheet**  
**As at 31 March 2022**

	Notes	£
<b>Current assets</b>		
Bank and cash balances		<u>51,788.23</u>
	<b>Net Current Assets</b>	51,788.23
<b>Fixed assets</b>		
Computer		749.99
		<u><u>52,538.22</u></u>
<b>Net Assets</b>		
<b>Capital account</b>		
Balance b/f from previous year		34,139.89
Surplus / (deficit) for this year		18,398.33
		<u><u>52,538.22</u></u>



Section A

Independent Examiner's Report

Report to the trustees/ members of

Communities and Nature International (CAN International)

On accounts for the year ended

31<sup>st</sup> March 2022

Charity no (if any)

1166983

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2020.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [ ] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

Date: 21/01/2022

**Name:** Aravind Gautam

**Relevant professional qualification(s) or body (if any):** MA in Human Resource Management

**Address:** 2 Camwood Gardens

Ipswich

IP3 8HY

## Section B

### Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

**COMMUNITIES AND NATURE INTERNATIONAL**

England & Wales - Charity number 1166983

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	01	04	2020		31	03	2021

## Section A Reference and administration details

**Charity name** Communities and Nature International

**Other names charity is known by** CAN International

**Registered charity number (if any)** 1166983

**Charity's principal address**

5 Forbes Drive
Peterborough
Cambridgeshire
<b>Postcode</b> PE7 0ND

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Govind Belbase	Chair	Whole year	
2	Pushpa D Upreti	Member	Whole year	
3	Balram Dhakal	Member	Whole year	
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address
N/A		

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity’s trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed by members of the Committee/Trustees

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity’s organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees’ consideration of major risks and the system and procedures to manage them.</li> </ul>	<p>CAN International has a supportive policy towards the development of the capacity of trustees, mainly through their participation in training and development activities. Trustees meet formally usually once in a month (via Zoom this year because of COVID-19 restrictions) and are in email and phone contact regularly. Trustees were informed about the training and development opportunities available during this reporting period and encouraged to participate in the available opportunities.</p> <p>The board of the trustees manages the charity. The board oversees overall charity governance and organisation’s activities including recruitment of staff, contracts, and partnerships.</p> <p>CAN International team has developed a good working relationship with the partners and stakeholders including ethnic minority communities (e.g., Gurkha veteran/Nepali communities), other charities and local Councils. The projects and initiatives aimed at helping the people in need were delivered successfully in collaboration with these partners and stakeholders.</p> <p>Trustees give their time for free and receive no financial benefit while managing the charity. Trustees are aware of their roles and responsibilities in our charity structure. They assess the charity works including any risks during their periodical meetings (or via emails/phone contacts) and take appropriate actions to manage them following charity’s guidelines and policies.</p>
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**Summary of the objects of the charity set out in its governing document**

The principal objective of CAN International is to support the communities, particularly the disadvantaged and marginalised communities, to relieve poverty and improve the conditions of lives, and conserve the nature and natural resources on which they depend. In specific terms, the objects of CAN International are:

- (i) to promote sustainable development for the benefit of the public by:
  - the relief of poverty and the improvement of the conditions of life in socially and economically disadvantaged communities;
  - the conservation and the protection of the environment and the sustainable use of natural resources; and
- (ii) to advance the education of the public in subjects related to sustainable development and the protection and conservation of the environment and to promote study and research in such subjects.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

This year has been incredibly challenging to our team and the communities we support. The demand for our services increased significantly because of the COVID-19 pandemic. However, we were able to support the vulnerable and disadvantaged community members, particularly elderly members of ethnic minority communities and Gurkha veterans and families across different parts of England, mainly in Hampshire, Kent, Midland and London. Our programmes were focussed on supporting the communities who were facing significant challenges such as social isolation and loneliness due to COVID-19, using a number of approaches such as telephone/online helpline, organising community networks, organising wellness (yoga) sessions remotely and distributing COVID-19 essential packages (e.g. masks, sanitisers).

Project grants is the main source of funding of our charity activities. We were able to secure grants from some of the key funding organisations including The Armed Forces Covenant Fund, Charities Aid Foundation and the Big Lottery Fund to support our project activities. We are thankful to them for this crucial support in these incredibly challenging times.

The trustees have high regard to the guidance issued by the Charity Commission on public benefit.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

CAN International does not provide grants, rather implement initiatives working with different stakeholders.

Investment policy: N/A.

Volunteers contributed to the effective delivery of our project initiatives mainly through community awareness and mobilisation. They also helped the vulnerable members of the community and elderly Gurkha veterans with interpretation, GP appointments, documentation and liaison with the public agencies for support and services. They also support our team to distribute COVID-19 essential packages such as masks, sanitisers and groceries to the elderly members of the communities.

**Summary of the main achievements of the charity during the year**

This year has been very challenging to the communities, particularly to the elderly vulnerable members of ethnic minority communities that we support. During these challenging times, we were able to support key vulnerable members of the ethnic minority communities, particularly Gurkha veteran communities across different areas in England. The beneficiaries were able to develop networks, receive support from our team and the volunteers, improve their social connections, reduce isolation and loneliness and improve their overall wellbeing.

In order to deliver our project activities and support the communities effectively, we were able to develop the network of community volunteers. We were able to recruit and train 24 community volunteers and mobilise them to support the vulnerable members of the communities that we supported.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

CAN International has a small amount of reserve. In order to use the reserves, the trustee(s) will submit a request to the Board of Trustees, explaining the rationale and plan of use along with the plans for replenishment. The organisation's goal is to replenish the funds used within 12 months to restore the Reserve fund to the target minimum amount. If it takes more than 12 months to replenish, the request(s) will be scrutinised more carefully. The board of trustees will approve or modify the request and authorise the transfer of the fund.

### Details of any funds materially in deficit

None.

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The principal sources of our charity's funds are project grants. We secure the grants by submitting the relevant project proposals for funding to the UK-based funding organisations. The contribution from individual donation was minimal this year. We are aiming to diversify our sources of funds in the future.

We use the secured funds to implement the charitable activities including hiring venue for workshops and training, purchasing materials and items to distribute to communities and travel and staff/volunteers' expenses.

Investment policy: N/A

## Section F

## Other optional information


N/A

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Balram Dhakal 	
Full name(s)	Balram Dhakal	
Position (eg Secretary, Chair, etc)	Secretary/Trustee	
Date	30/04/2021	

**Charity No. 1166983**

Communities and Nature International  
Receipts and Payments Accounts  
for the year ended 31 March 2021

**GNS Associates Limited  
Chartered Certified Accountants  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG**

## **Communities and Nature International Contents**

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**Communities and Nature International  
Business Information**

**Trustees**

Mr Govind Belbase, Chair  
Dr Balam Dhakal, Trustee  
Dr Pushpa Datta Upreti, Trustee

**Accountants**

GNS Associates Limited  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG

**Bankers**

Lloyds Bank PLC

**Business address:**

5 Forbes Drive  
Peterborough  
PE7 0ND

## **Communities and Nature International**

### **Approval statement**

I approve these accounts which comprise the Receipts and Payments Accounts, Balance Sheet and related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

Govinda Belbase, Chair

**Communities and Nature International**

**Accountants' report on the unaudited accounts to  
Communities and Nature International**

You have approved the accounts for the year ended 31 March 2021 which comprise the Receipts and Payments Accounts, Balance Sheet and related notes. In accordance with your instructions, we have compiled these unaudited accounts from the accounting records and information and explanations supplied to us.



L N Ghimire  
Chartered Certified Accountants  
GNS Associates Limited  
Boundary House  
Cricket Field Road  
Uxbridge  
UB8 1QG

3 June 2021

**Communities and Nature International  
Receipts and Payments Accounts  
for the year ended 31 March 2021**

	£
<b>Receipts:</b>	
Grant received - Restricted	102,955.00
Donation received	995.43
<b>Total</b>	<b><u>103,950.43</u></b>
<b>Payments:</b>	
Programs and events	27,308.37
Rent and rates	4,274.05
Donation paid	425.00
Logistics and supplies	4,115.52
Legal and professional fees	9,834.00
Salaries & wages	21,682.00
Travelling	3,949.10
Publications, printing, postage and stationery	2,342.00
Communication expenses	1,778.88
<b>Total</b>	<b><u>75,708.92</u></b>

**Communities and Nature International**  
**Balance Sheet**  
**As at 31 March 2021**

	Notes	£
<b>Current assets</b>		
Bank and cash balances	34,139.89	
	<u>34,139.89</u>	
<b>Current liabilities</b>		
Accountancy fee accrued	420.00	
	<u>420.00</u>	
<b>Net Current Assets</b>		33,719.89
<b>Net Assets</b>		<u><u>33,719.89</u></u>
<b>Capital account</b>		
Balance b/f from previous year		5,478.38
Surplus / (deficit) for this year		28,241.51
		<u><u>33,719.89</u></u>



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Communities and Nature International (CAN International)

On accounts for the year  
ended

31<sup>st</sup> March 2021

Charity no  
(if any)

1166983

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2020.

Responsibilities and  
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [ ] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

\* *Please delete the words in the brackets if they do not apply.*

Signed:

Date: 02/11/2021

**Name:** Aravind Gautam

**Relevant professional qualification(s) or body (if any):** MA in Human Resource Management

**Address:** 2 Camwood Gardens

Ipswich

IP3 8HY

## Section B

### Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

A large, empty rectangular box with a thin black border, occupying the majority of the page's width and height. It is intended for the user to provide details as requested in the text to its left.