

**Help Impact**

**Trustees' Annual report**

**For the period from 1 April 2021 to 31 March 2022**

**Charity no 1173140**

## Reference and administration details

**Charity number 1173140**

### Principal address

24 Brewery Lane  
Twickenham  
TW1 1AW  
United Kingdom

### Bankers

HSBC Bank plc  
Registered in England and Wales with registration number 14259  
Registered office: 8 Canada Square London E14 5HQ

### Trustees

Svetlana Savelyeva, Chair of Trustees  
Veronika Sokolova  
Yulia Kozlova  
Tatiana Vanderick (nee Pechernikova), resigned as of 30 November 2021

## Structure, governance and management

Help Impact (the “Charity”) is a Charitable Incorporated Organisation whose only voting members are its trustees. The Charity’s governing document is its constitution dated 23 May 2017. On this date the Charity was entered on the Register of Charities. The Charity did not amend its constitution since then.

Help Impact currently has three trustees. In November 2021 the fourth trustee Tatiana Vanderick (nee Pechernikova) resigned due to inability to continue in the present capacity going forward. Tatiana said it was a pleasure working together with the team of Help Impact for the past few years and she wished the Charity prosperity and new achievements. Help Impact’s trustees would like to thank Tatiana for all her contributions and are looking forward to seeing her at Help Impact’s events in the future.

During the financial year ending 31 March 2022 no other trustees were appointed. As per the Charity’s constitution every new trustee must be appointed by a resolution passed at a meeting of the Charity trustees.

When the Charity trustees appoint new trustees, they consider knowledge, skills and experience required for the management of the Charity. Trustees may be found through existing trustees’ recommendation or advertising. When new trustees are appointed, Help Impact provides a current version of its constitution, a copy of its latest annual report and statement of accounts, its policies and recent minutes of trustee meetings. The Charity also refers new trustees to the Charity Commission’s website for its “Essential Trustee” publication and further information, and to Help

Impact's website. In addition, all new trustees are given a detailed overview of the Charity's current state of affairs and strategy.

During the financial year ending 31 March 2022 the trustees conducted four trustee meetings. At these meetings the trustees discussed Help Impact's strategy, projects and other current activities, fundraising initiatives, volunteers' involvement and plans for the future.

Help Impact does not employ any staff. The team of Help Impact consists of three trustees supported by volunteers. The trustees and volunteers did not receive any remuneration for the performance of the Charity related activities. We would like to thank our volunteer Ekaterina Alexandrova who contributed to the development of the Charity's social media pages.

At Help Impact we always welcome volunteers to support our work. We would be happy to collaborate with people with different knowledge, skills and experience. Help Impact provides continuous support to its volunteers where required. The Charity provides an induction explaining what it does and how volunteers fit within the organisation. If applicable, the Charity also provides training to assist a volunteer to meet the expected standards. The Charity allocates a main point of contact for every volunteer. A volunteer has catch-ups with the main point of contact and, if required, with other team members to agree targets for the volunteering role and discuss any questions.

As per the Charity's Conflicts of Interest policy, the trustees must disclose any potential interest which may conflict with the interest of the Charity or their duties to the Charity. Any potential conflict must be identified, managed and minuted. The trustees confirmed that they did not have any conflicts of interest.

### **Objectives and activities**

The objects of the CIO are the relief of sickness and the preservation of health, and the relief of financial hardship, either generally or individually, of people under the age of 25 worldwide including but not limited to the UK and Russia in particular but not exclusively by raising funds and making grants of money for providing or paying for items, services or facilities.

The trustees confirm that they are aware and had due regard to the guidance on public benefit issued by the Charity Commission. Our main priorities for this year's strategy continued to be:

- Providing grants to charities in line with Help Impact's objectives and policies, and
- Continuing with fundraising activities.

Help Impact undertook the following activities to further its purposes for the public benefit:

- The Charity had seven projects in advancement of the Charity's objectives and policies. The trustees carried out appropriate due diligence on NGOs which received the grants. This process included checking that funds reached their destination and are used for the purposes intended.
- Trustees continued raising awareness of the public in relation to Help Impact's activities and projects.



- Trustees reviewed and followed the Charity's conflicts of interest, data protection, reserves, complaints handling, fundraising, grant making, privacy, volunteer management, risk management and safeguarding policies.

## **Achievements and performance**

Help Impact works with organisations around the world that have necessary skills and expertise to efficiently deliver a project maximising its value to beneficiaries while minimising its costs. Help Impact's trustees invest a lot of time in due diligence to ensure the funds reach those in true need of it.

During this financial year Help Impact had the following seven projects detailed below.

### **Projects**

#### ***Rehabilitation for adopted children with musculoskeletal disorders***

More and more families in Russia adopt children with special needs. The support of their new families is vital for them to survive. However very often these families do not have enough funds to pay for the required medical treatment and so these children lack basic self-support skills such as feeding, washing, getting dressed and walking independently.

We partnered with Charitable Organisation "Volunteers Help Orphans" in Russia. This charity works with adopted children with musculoskeletal disorders including such severe diagnoses as cerebral palsy, spina bifida and arthrogryposis. Before adoption orphans did not have an opportunity to receive enough attention and required medical care. As a result of the inadequate care, children lost motor skills which now need to be recovered before they can start working on gaining new skills. For these children rehabilitation is important not only to improve their physical health but also to have a proper social life in the future.

The rehabilitation courses of some of the children will contribute to the improvement of self-support skills so that children can cover their basic needs including feeding, dressing and doing personal hygiene without external help. Other children will start learning to walk between classrooms in school, to use staircases where there are no access ramps, and to use public transport without support of their parents.

The project created the following impact:

- Improving skills – the rehabilitation courses are designed to help children gain more motor skills and improve those skills developed during previous treatments.
- Socialisation – improved skills will allow children to become more independent and so to have more opportunities to interact with others and have a social life.
- Potential for more adoptions of children with special needs – we see this project as collaboration between charities and parents of adopted children. The availability of projects supporting families with disabled children makes potential parents more confident that they will be able to meet the child's needs and so increases the likelihood of potential adoptions.

#### ***Medications and medical supplies for children in Guatemala***

Help Impact supported the work of Health & Help that provides medical care and health education in the mountains of Guatemala. Health&Help runs a non-profit clinic in the rural area where access to medical aid is very limited. It is the only free of charge medical centre within a 3-4 hour walking distance.

Help Impact provided funds to purchase medications and medical supplies for children and young people under 25 years old suffering from the following.

- Parasitic diseases – Quite often children cannot sleep because of itchiness all over their bodies, have persistent stomach pain and lice in their hair. These are the symptoms of very common parasitic diseases. The good news is that in most cases such parasitic diseases can be treated by only several pills within three days. After such a simple treatment children sleep better, digest food better and quite obviously but very importantly of course – stop experiencing persistent pain.
- Skin, eyes, lungs and intestinal infections – Children suffer from these infections all the time. This is primarily due to poor life conditions and very poor hygiene standards. Most of homes do not have a shower and a lot of homes do not have a floor or a toilet. The treatment for such infections is relatively straightforward. One course of antibiotics can treat a lot of these infections.
- Growth delay, anemia and lack of concentration – As children do not eat enough and do not receive enough vitamins, they experience growth delays, cannot concentrate and often fall asleep at school. They do not have enough haemoglobin which helps to carry oxygen throughout the body. From Health & Help children receive a course of vitamins and iron, and get their haemoglobin level checked. As a result, children's physical and mental development significantly improves.

It is simple and quite cheap to solve a lot of children's health issues. For example

- A cost of your £5-6 lunch may buy an anti-infectious antibiotics course and so be lifesaving.
- £8 can pay for a malnourished child treatment program (3-10 years old).
- £20 can pay for a malnourished baby treatment program (0-2 years old).

There are no overhead costs. Health&Help's doctors are volunteers and also there are no other costs of running this project thanks to economies of scale. So all funds received from Help Impact are used to buy medications and medical supplies.

### ***Hospital Nannies for Children without Parental Guardianship***

When a child left without parental care has to undergo a surgery or a lengthy treatment in the hospital, there is no one to help, to provide comfort and reassurance, to feed small babies. While other children benefit from their mothers being admitted to the hospital with them, these little children are alone. When they spend much time without sufficient attention of adults, they often stop communicating with other people, lose their acquired skills, do not progress in their development, and may suffer from worsening emotional state which results in fears and nightmares. We supported Charitable Organisation "Volunteers Help Orphans" that provides nannies that take care of children left without parental care in hospitals in the cities of Bratsk, Balashikha and Belgorod in Russia. These nannies give support and attention to a group of abandoned children. Children who receive such personal care are more likely to have minimal negative consequences of staying in the hospital. Such care can even help a child to progress in the development.

Help Impact provided funds to pay for nannies who supervise little patients left without parental guardianship. Nannies provide emotional support and communication, give a feeling of stability and predictability thanks to permanently staying with a child, explain children what is happening in the hospital and so decrease their anxiety, play with children and help them to learn, promote their development, take care of them. As nannies spend a lot of time with children, they can also notice changes in medical conditions quicker and promptly inform medical staff.



### ***Assistive Technologies for Disabled Children***

Very often young people with disabilities and autism experience challenges with communication, learning and routine everyday activities. Inability to properly communicate and to express the needs leads to frustration and inconveniences. As a result, it is not uncommon for children and young people with disabilities to develop secondary disorders and problematic behaviour. These difficulties with communication not only affect the disabled children but also their families and carers.

We are happy to award a grant to the UK-based charity St Gregory's Foundation on a project to address the problem of inability to communicate faced by disabled young people in Russia. St Gregory's Foundation works with two Russian NGOs: ANO Physical Rehabilitation in St Petersburg and ANO Communication Space Centre in Moscow.

The project is essential to help children to start communicating adequately with the world around them and so to live happier lives.

The project objectives are:

- To improve the daily lives of children and teenagers with various functional limitations, offering them greater access to communication, mobility, independence and social participation
- To support families from draining resources for daily care of their disabled children
- To create access to alternative modern technologies in Russia
- To raise awareness of professionals and the entire community, and understanding of the daily needs of people living with disabilities
- To introduce Russian software and resources translated in Russian, and an opportunity for Russian professionals and parents to create domestic low-tech devices to address the lack of or high prices of foreign equipment of similar type.

The activities include:

- Running individual tailor-made and group training sessions with highly qualified ergo, physio and communication specialists
- Providing training sessions for parents, specialists and carers so they can more efficiently support disabled children
- Offering guidance and practical classes for parents and professionals on how to create basic low-tech devices for home use
- Conducting webinars or seminars for other NGOs and groups working in similar fields.

### ***Supporting Orphanage Leavers***

When young people aged between 17 and 23 leave state care in Russia they are not prepared for the adult life. The orphanages do not have procedures in place to help their young leavers to learn to live independently. As the leavers are very often unable to cope with the challenges of their new life unsupported by the state care, they are likely to become homeless, unemployed or to get involved in crime and risky behaviour. Young people often feel isolated, find it hard to maintain relationships and have poorer health.

Help Impact awarded a grant to the UK-based charity St Gregory's Foundation on a project to prepare orphanage-leavers practically and emotionally for their new independent life. St Gregory's Foundation works with a partner Sunflower Centre in St Petersburg which performs this programme.

The project is implemented by psychologists with the help of volunteers who also grew up in orphanages.

This project provides psychological support and social and life skills training for young people who have just left or will shortly leave orphanages. Activities include:

- Group and individual counselling
- Life skills course
- Individual home visits
- Group outings.

The programme is performed by psychologists, social workers and also volunteers who grew up in orphanages and now use their own experience to help younger orphans.

The project objectives are:

- To provide emotional support to the young orphanage leavers
- To widen their social network
- To prepare them for their future family life
- To help them to take responsibility for their own lives and solve problems themselves.

The above shall not only result in the increase of the quality of life of the state care leavers but also will benefit the whole community as anti-social behaviour and crime rates are likely to decrease.

### ***Club for Children with Impaired Hearing and Their Families***

It is vital for children with hearing impairment to receive help as early as possible. The earlier such children get support, the more likely they will learn to communicate verbally. However when parents in Russia realise that their child has impaired hearing they usually find it very challenging to get relevant information on how to support the needs of their child. As a result the children may miss out on help in the vital first years of life when they need to learn how to communicate and build relationships with others. Most deaf children in Russia are educated separately and find it difficult to communicate with the rest of the society.

Help Impact provided funds to the UK-based charity St Gregory's Foundation on a project to run a club for children with impaired hearing and their families. St Gregory's Foundation works with the Early Intervention Institute that runs the only place in St Petersburg where parents can find support for children from the age of four months until three years old.

The Deaf Club's activities include:

- Organising weekly training sessions which include play and music therapy, speech therapy and consultations with audiologists. These sessions will help deaf children to distinguish sounds and to start to communicate with others
- Giving lectures and discussing problems faced by parents of deaf children
- Maintaining regular contact with the beneficiaries to provide required advice and support.

This project has the following objectives:

- Children with impaired hearing improve their communication skills and so get a higher chance of going to mainstream rather than special needs schools, socialising and communicating with peers and reaching their best potential.
- The Deaf Club provides essential follow-up for children receiving cochlear implants from the state. This treatment can replace the sensation of hearing. The children need to get used to the device and interpret the sounds coming through it. So the Deaf Club assists with this process.



- As the deaf children attending sessions in the Deaf Club learn to communicate, their parents have better chances to place their children in a mainstream kindergarten. As a result parents have the opportunity to go out to work and so are more likely to avoid poverty.
- Parents including those with normal hearing and deaf parents learn to better support their child's disability and learn how to lobby for treatment and education for their child.

### ***Medical equipment and supplies for critically ill children***

Help Impact provided funds to the Lighthouse Charity based in Russia. This charity supports families facing the critical illness or loss of their children. The goal is to help such families to live happy lives full of love and moments of joy, despite their children's illnesses, and to make sure that no child suffers from pain or loneliness.

Families who transfer critically ill children to their homes are supported with necessary medical equipment, training and medications. Unfortunately, many such families do not have cars and their terminally ill children cannot sit, therefore they struggle to attend essential medical appointments on their own. The Lighthouse Charity runs a number of specially equipped ambulance cars which are used to get children, including bedridden ones, to their appointments.

The funds provided by Help Impact are for an ambulance car, medicines and medical supplies, and medical equipment (Puritan Bennett™ 560 portable ventilator which can be reused by children who require support to breathe).

The project objective:

- The primary objective of this project is to support families in caring for their critically ill children at home.

The Lighthouse Charity's activities include:

- Running a hospice in Moscow, where the most critically ill children are getting round the clock medical support
- Mobile hospice services for children and young adults in Moscow and Moscow region, including medical, psychological and legal help. The NGO funds purchase of medical equipment, therapeutic food, medications, and medical examinations for its patients most in need.
- Perinatal palliative care for families expecting a child
- Running a program for fulfilling the wishes of critically ill children
- Training programs for families, hospice workers and volunteers.

### **Risk management**

The Charity trustees confirm that they:

Considered to the major risks to which the charity is exposed, and

Discussed and satisfied themselves that systems or procedures are established in order to manage those risks.

The Charity trustees confirm that they acted in line with Help Impact's risk management policy.

### **Financial review**

Help Impact's income for the financial year ending 31 March 2022 was £52,072 as compared to the income of £55,067 in the previous year. £67,500 was awarded and paid as grants, and £356 was the amount of other expenditure.



The Charity is planning to use the raised funds for its projects in the new financial year. Also the Charity is planning to continue its fundraising efforts to raise further funds for its projects. Help Impact aims to keep its operational costs to the very minimum. The cash funds at the end of this financial year were £27,083.

### **Reserves policy**

Trustees agree to keep the reserves equal to three to six months of planned operational costs. Operational costs are defined as expenses related to the Charity's operation, i.e. costs of resources to maintain the Charity.

Operation costs for the financial year ended 31 March 2022 were £70.

The trustees confirm that the above reserves policy requirement was met.

### **Plans for the future**

In the next financial year the trustees plan to perform the following activities:

- Provide grants in line with Help Impact's objects and policies
- Continue with fundraising activities
- Continue raising awareness about the Charity
- Continue working with volunteers and continue ensuring that their roles are clear and that they receive required support.

### **Declaration**

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

Signed on behalf of all the Charity's trustees

Signature



Full name

YULIA KOZLOVA

Position

TRUSTEE

Date

22 June 2022

Signature



Full name

Svetlana Savelyeva

Position

Trustee

Date

27/06/22



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
**HELP IMPACT**

On accounts for the year  
ended

**31/03/2022**

Charity no  
(if any)

**1173140**

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 2022**.

Responsibilities and  
basis of report

As the charity trustees ~~of the Trust~~, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

**J.25**

Date:

**01/11/2022**

Name:

**GEORGY CHABAKAURI**

Relevant professional  
qualification(s) or body  
(if any):

**ASSOCIATE PROFESSOR, LSE**

Address:

**FLAT 8, 110 LISSON GROVE  
NW1 6LS  
LONDON**

Only complete if the examiner needs to highlight 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.



Help Impact	1173140
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## Receipts and payments accounts

CC16a

For the period from	01-Apr-21	To	31-Mar-22
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### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Donations	29,572	22,500	-	52,072	55,067
Other income	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	29,572	22,500	-	52,072	55,067
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	29,572	22,500	-	52,072	55,067
<b>A3 Payments</b>					
Cost of fundraising events	145	-	-	145	-
Grants paid	45,000	22,500	-	67,500	23,500
Bank charges	81	-	-	81	30
Fundraising platform's processing fees	75	-	-	75	19
Other expenditure	55	-	-	55	115
<b>Sub total</b>	45,356	22,500	-	67,856	23,664
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	45,356	22,500	-	67,856	23,664
<b>Net of receipts/(payments)</b>	- 15,784	-	-	- 15,784	31,404
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	42,867	-	-	42,867	11,463
<b>Cash funds this year end</b>	27,083	-	-	27,083	42,867


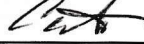
## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank account	27,083	-	-
	<b>Total cash funds</b>	27,083	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity</b>			-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	

Note 1: There was no guarantee given by Help Impact, where any potential liability under the guarantee is outstanding at the date of the statement of assets and liabilities.

Note 2: There was no debt outstanding at the date of the statement of assets and liabilities which is owed by Help Impact and which is secured by an express charge on any of the assets of Help Impact.

Signed by two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	YULIA KOZLOVA	22/06/22
	Svetlana Savelyeva	27/06/22