



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/04/2021 **Period start date To** 31/03/2022
Period end date

Charity name: AFNO (Advocacy for Nepalese Organisation)

Charity registration number: 1173816

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The promotion of health and social wellbeing, integration and social inclusion among London's Nepalese community, with emphasis on the Gurkha community providing an advocacy service provided through local drop-in surgeries holding workshops and events throughout the year promoting statutory and non-statutory services. AFNO operates mostly in the West London area with all age groups.
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	To promote social inclusion for the public benefit by working with the Nepalese community, especially the Gurkha community in London, who are socially excluded on the grounds of their ethnicity, to relieve the needs of such people and assist them to integrate into society in particular by • Providing a local network group that encourages and enables members of the Nepalese community to participate more effectively with the wider community; • Increasing or co-ordinating opportunities for members of the Nepalese community to engage with service providers, to enable those providers to adapt services to better meet the needs of that community; • Organising events to encourage

		social interactions to tackle loneliness and promote well being among the isolated elderly individuals in the Nepalese community. • Regularly learn about the needs of the elderly and vulnerable members of the Nepalese community and bring forth projects and events to address those needs. • AFNO also has an open telephone line for anyone to contact us for any support or assistance or queries.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A

Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	Alice Shrestha continued to volunteer to lead the online yoga sessions for seniors on Sundays, which began on February 2021 during the Covid 19 pandemic.
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	AFNO also organised one hour yoga sessions every Sunday, tailored specifically for seniors. This was done remotely. Regular exercise is beneficial for both mental and physical health. During covid-19 lockdown restrictions, this was one way to reach some of the isolated elderly individuals and involve them in some sort of physical activity that could be done at home.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	AFNO keeps an open phone helpline for any of our beneficiaries to contact us with any request of help and support. We continue to assist individuals in one-on-one support that could range anywhere from interpreting letters, to questions regarding medical appointments, benefits queries or housing support etc.
Performance of fundraising activities against objectives set	Para 1.41	On 3 rd July 2021, we organised a fundraising event where members of the AFNO team went on 25 km hike to raise money for COVID relief effort in Nepal. We set up a gofundme page and donations were accepted directly as well.
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We were able raise £1885 during the fundraising event on 3 rd July 2021. We received £400 total in direct donations.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	N/A
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	N/A

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	On 3 rd July 2021, we organised a fundraising event where members of the AFNO team went on 25 km hike to raise money for COVID relief effort in Nepal. We set up a gofundme page and donations were accepted directly as well. We also received £400 total in direct donations.
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	N/A

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	Charitable Incorporated Organisation
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	Election to post every 2 years at AGM

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	Training Safeguarding Adults Training Safeguarding Children's Training Volunteer Induction Training Equality and Diversity Financial Management Trustee training provided by local CVS Procedures: • A role description outlining the duties of the Trustee • Copies of all the current up to date policies provided • Health & Safety policies • Incident Reporting • Claiming expenses procedures • Data Protection/GDPR
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The charity's organisational structure and any wider network with which the charity works	Para 1.51	The Charity is run mainly by its board members and trustees. In addition to the trustees, AFNO is supported by a small number of volunteers who contribute their time on an ad hoc basis. All decisions for the charity are taken by the charity's trustees. We have a project co-ordinator who assists the trustees in the day to day running of the charity on a part-time basis. AFNO works in partnership with other Nepalese community groups with similar aims and objectives.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	AFNO
Other name the charity uses	Advocacy For Nepalese Organisation
Registered charity number	1173816
Charity's principal address	6A Montpelier Avenue W5 2XP

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	Durga Gurung	Chair		
2	Sujata Gurung	Secretary/Vice Chair		
3	Bhawana Rai Shrestha	Vice Secretary		
4	Sumita Ale Gurung	Treasurer		
5	Cima Pun	Trustee		
6	Asmita Sharma	Trustee		
7	Deva Thapa	Trustee		
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

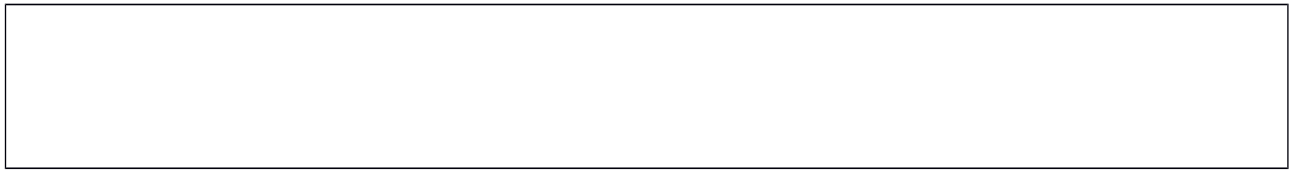
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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information



Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Durga Gurung	
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Position (eg
Secretary, Chair, etc)

Chair	
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Date

13/03/2023

	CHARITY COMMISSION FOR ENGLAND AND WALES			AFNO	No (if any)	CC16a
				1173816		
	Receipts and payments accounts					
		For the period from	Period start date	To	Period end date	
		1/4/21		31/3/22		
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 £	
A1 Receipts						
HIKE FUND RAISE	1,882	-	-	1,882	5,470	
DONATION BUDHATHOKI M 26.05.21	100	-	-	100	-	
DONATION BUDHATHOKI M 04.01.22	100	-	-	100	-	
EALING REMITTANCE	200	-	-	200	-	
MARKEL INTERNATION REFUND	100	-	-	100	-	
	- 0	-	-	-	-	
	- 0	-	-	-	-	
	- 0	-	-	-	-	
Sub total(Gross income for AR)	2,382	-	-	2,382	7,852	
A2 Asset and investment sales, (see table).						
	- 0	- 0	- 0	-		
	- 0	- 0	- 0	-	- 0	
Sub total	- 0	- 0	- 0	-	- 0	
Total receipts		- 0	- 0			
A3 Payments						
SUMITA ALE, DONATION SENT	1,882	-	-	1,882	-	
MARKEL INTERNATION PAYMENT	100	-	-	100	-	
KALPANA LAMICHHANE, O2, 05.07.21	118	-	-	118	-	
DIL MAYA LIMBU, 05.07.21	3	-	-	3	-	
	- 0	-	-	-	-	
	- 0	-	-	-	-	
	- 0	-	-	-	-	
	- 0	-	-	-	-	
	- 0	-	-	-	-	
Sub total	2,103	-	-	2,103	5,749	
A4 Asset and investment purchases, (see table)						
	- 0	- 0	- 0	-		
	- 0	- 0	- 0	-		
Sub total	- 0	- 0	- 0	-	- 0	
Total payments	2,103	- 0	- 0	2,103	5,749	
Net of receipts/(payments)	- 2,103	-	-	- 2,103	- 5,749	
A5 Transfers between funds	- 0	-	-	-	-	
A6 Cash funds last year end	- 0	-	-	-	-	
Cash funds this year end	- 2,103	-	-	- 2,103	- 5,749	
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 £	
B1 Cash funds			5,749	-	-	
			-	-	-	
			-	-	-	
	Total cash funds		5,749	-	-	
	(agree balances with receipts and payments account(s))		Agreement Error	OK	OK	
			Unrestricted funds	Restricted funds	Endowment funds	
	Details		to nearest £	to nearest £	to nearest £	
B2 Other monetary assets			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)	
B3 Investment assets				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)	
B4 Assets retained for the charity's own use				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
	Details		Fund to which liability relates	Amount due (optional)	When due (optional)	
B5 Liabilities				-		
				-		
				-		
				-		
				-		
Signed by one or two trustees on behalf of all the trustees	Signature		Print Name		Date of approval	
	S. A.		SUMITA ALE		30.01.23	

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MARKEL INTERNATION REFUND	100	-	-	100	-	
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Total receipts		- 0	- 0			
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KALPANA LAMICHHANE, O2, 05.07.21	118	-	-	118	-	
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	- 0	-	-	-	-	
	- 0	-	-	-	-	
	- 0	-	-	-	-	
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	Total cash funds		5,749	-	-	
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			Unrestricted funds	Restricted funds	Endowment funds	
	Details		to nearest £	to nearest £	to nearest £	
B2 Other monetary assets			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
			-	-	-	
	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)	
B3 Investment assets				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)	
B4 Assets retained for the charity's own use				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
				-	-	
	Details		Fund to which liability relates	Amount due (optional)	When due (optional)	
B5 Liabilities				-		
				-		
				-		
				-		
				-		
Signed by one or two trustees on behalf of all the trustees	Signature		Print Name		Date of approval	
	S. A.		SUMITA ALE		30.01.23	

Table 1

[illegible]