



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/04/2023 Period start date To. 31/03/2024 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 remain 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 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	We have a cohort of volunteers that participated in fundraising and our monthly Chiya & Sangini sessions.
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	Chiya & Sangini" sessions, specifically designed for women from the Nepalese community in the London boroughs of Ealing, Harrow, Hillingdon, and Brent. These sessions have successfully created a safe and supportive environment where women can share their personal experiences and gain awareness on crucial topics such as mental health, various health conditions, well-being, and mindfulness. The stability of the venue in Harrow has been instrumental in ensuring that participants feel comfortable and confident in attending. This consistency has allowed women, including those who work or live alone, to find a reliable space for social interaction and support. The sessions have been particularly beneficial for elderly women and those who are widowed or living alone, providing them with a much-needed opportunity to connect with others. The achievements of these sessions are evident in the growing confidence of the attendees. Women are now more open in discussions, sharing their thoughts, views, and experiences with greater ease. The joy and gratitude expressed by the participants highlight the positive impact of these gatherings, as seen in their smiles and appreciation for AFNO's efforts. Beyond the immediate benefits to the attendees, these sessions have a broader positive impact on society. By providing information on health conditions and bringing in experts such as nutritionists and psychologists, AFNO helps raise community-level awareness in the participants' native language. This proactive approach not only enhances the well-being of the women but also reduces the pressure on health facilities by promoting preventative care. The improved well-

		being of the participants also positively influences their families, friends, and social circles, creating a ripple effect of enhanced health and happiness.
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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 - one support that could range anywhere from interpreting letters, to questions regarding medical appointments, benefits queries or housing support etc. This personalised support empowers individuals to overcome challenges and access the services they need, enhancing their overall well-being and quality of life.
Performance of fundraising activities against objectives set	Para 1.41	To support and expand this valuable work, AFNO's trustees and volunteers undertook a charity hike of Mt. Snowdon in August 2023, raising funds to ensure the continuation and growth of these monthly sessions. This collective effort underscores the commitment to making a lasting difference in the lives of the Nepalese women and the wider community
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	Total Income- £1248 Total Spending- £790
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	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	Fundraising hike in August 2023 and personal 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.
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. 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		

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Reference and Administrative details

Charity name	AFNO (Advocacy for Nepalese Organisation)
Other name the charity uses	
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	Bhawana Rai	Chair		
2	Sumita Ale	Vice Chair		
3	Sujata Gurung	Secretary		
4	Durga Gurung	Treasurer		
5	Cima Pun	Trustee		
6	Asmita Sharma	Trustee		
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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	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

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

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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)

Treasurer	
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Date

17/02/2024
