

HOURS OF HUMAN HAPPINESS

England & Wales · Charity number 1179986

Details

Other names 3H

Status Registered

Legal form Trust

Registered 2018-09-19

Register [View on the Charity Commission register](#)

Contact

Address 16 Malin Parade
Portishead
Bristol
BS20 7FW

Phone 07810 800767

Email 3HUganda@gmail.com

Website 3huganda.org

Activities

Objects: THE OBJECTS OF THE CHARITY ('THE OBJECTS') ARE THE PREVENTION OR RELIEF OF POVERTY IN EASTERN UGANDA BY PROVIDING GRANTS, ITEMS AND SERVICES TO INDIVIDUALS IN NEED AND/OR CHARITITES OR OTHER ORGANISATIONS WORKING TO PREVENT OR RELIEVE POVERTY

Activities: In Eastern Uganda a small amount of money makes a big difference. Our projects are those that our beneficiaries believe will make their lives better. Our role is to listen and enable. Our partnerships with local agencies to make our input more effective. Our work is focussed on the lower levels of Maslow's hierarchy of need ensuring food, water, warmth and rest, plus safety and security.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations
- **What:** The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Uganda

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£39,025	£36,857	-	-
2024-12-31	£38,113	£38,826	-	-
2023-12-31	£33,855	£36,747	-	-
2022-12-31	£33,045	£29,180	-	-
2021-12-31	£30,769	£25,951	-	-

Trustees

Name	Role	Appointed
Christopher Bird		2018-01-06
Diana Muturi		2019-04-02
Karen Whitaker		2018-01-06
LAURENCE ARTHUR WHITAKER		2018-01-06
Michael Milligan		2018-12-30
Pretiksha Davies		2024-10-05
Terri Jones		2020-09-14

HOURS OF HUMAN HAPPINESS

England & Wales - Charity number 1179986

Accounts

Finance Report year ending December 2025

The income was steady at £39,000 (192 million UGX) . The previous year being increased by the money for the latrines. Expenditure was less allowing the charity to devote money to new building work in 2026. As we no longer pay any money to Namayili , we have been able to concentrate on the school and the students.

The most remarkable part of the figures is the decline in subsidies to agriculture. In 2022 we gave £4,000, in 2023 ££2,800, in 2024 £1,000 and this year nil. This is a major success story for the charity as it has meant the work done with the famers has made them more self sufficient! That is not to say that another disaster is not around the corner.

I would like to thank Cameron Fleming for performing the audit with his usual thoroughness and provide the work free of charge to the charity.

Chris Bird

Treasurer

	halifax	starling	total
Income			
sponsors	£3,021.00	£11,632.00	£14,653.00
students		£7,128.00	£7,128.00
gift aid		£5,922.02	£5,922.02
Other school donations		£488.00	£488.00
Holiday Club		£1,473.95	£1,473.95
Grants		£2,932.00	£2,932.00
Christmas	£120.00	£1,130.00	£1,250.00
General		£5,165.18	£5,165.18
interest	£12.47		£12.47
income	£3,153.47	£35,871.15	£39,024.62
expenditure			
Kyemula School	£5,508.29	£8,686.19	£14,194.48
Students	£2,896.53	£5,456.90	£8,353.43
School Building		£6,492.88	£6,492.88
Holiday Club		£887.89	£887.89
Phonics		£1,317.25	£1,317.25
Christmas	£1,412.25	£945.24	£2,357.49
Kyemula Health	£764.35	£388.30	£1,152.65
I T external		£444.77	£444.77
Misc	£188.40	£1,467.99	£1,656.39
expenditure	£10,769.82	£26,087.41	£36,857.23
net	-£7,616.35	£9,783.74	£2,167.39
opening balance	£1,054.17	£5,410.02	£6,464.19
year movement	-£7,616.35	£9,783.74	£2,167.39
transfer between accounts	£7,250.00	-£7,250.00	£0.00
Closing Balance	£687.82	£7,943.76	£8,631.58
actual balance	£687.82	£7,943.76	£8,631.58



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Hours of Human Happiness

On accounts for the year
ended

31 December 2025

Charity no
(if any) 1179986

Set out on pages

1
(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2025.

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

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 March 2026

Name:

Cameron Fleming

Relevant professional
qualification(s) or body:

Chartered Member of the Chartered Institute of Internal Auditors
Certified Internal Auditor
Qualification in Internal Audit Leadership

Address: 22 Skelwith Road
London W6 9EX

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.

No issues to disclose

HOURS OF HUMAN HAPPINESS

England & Wales - Charity number 1179986

Accounts



Trustees Annual Report 2024 for Hours of Human Happiness (3H)

Charity Registration No 1179986

Objectives and Activities

The objects of the Hours of Human Happiness (3H) are the prevention or relief of poverty in Eastern Uganda by providing grants, items and services to individuals in need and/or charities or other organisations working to prevent or relieve poverty.

To achieve these aims the charity works within the Charity Commissions guidance on public benefit and its own Grant Making Policy and Procedure following an annual Action Plan which sets the priorities for that year. Our priorities for 2024 were:

1. To maintain and increase the number of sponsors supporting children at Bunyanga Bright School in Namayili and Jackie School in Kyemula
2. To maintain and increase the number of sponsors supporting scholarship students at Livingstone International University, Mbale,
3. To trial and develop provision of a health clinic including basic health and hygiene education in Kyemula – this would incorporate the existing provision of menstrual cups and sexual health education.
4. To start a Holiday Lunch Club at Jackie School in every school holiday to support the most vulnerable children
5. To respond to expressed needs from the community – this year we were asked to help start a beekeeping business in the community and to provide new blankets for the children in Kyemula.

The Year in Brief – More details of the projects and work done are available on our website:

<https://www.3huganda.org/news>

January	The sad death of a former Jackie school pupil initiated the setting up of a holiday lunch club to ensure that vulnerable pupils had more support during the holidays.
February	50 new pupils registered at Jackie School in Kyemula but the school roll dropped further at Bunyanga Bright Primary in Namayili. Food and learning materials were delivered to both schools funded by 3H
March	Bunyanga Bright Primary discontinued P5 class as numbers were so low. Pilot Health Clinic held in Kyemula – the prescribing nurse was overwhelmed by numbers, seeing 250 people in one day.
April	There are 27 children in P7 at Jackie School, the biggest cohort yet to take Primary Leaving Exams. The first Holiday Lunch Club was very successful providing food, the opportunity to play and for older children to volunteer in the community.
May	Sadly, the Fall Army Worm returned consuming newly planted beans and maize, prompt community action to purchase and spray with pesticide – using the spray pumps previously provided by 3H - enabled replanting. Maize was growing well by the end of the month.
June	The Health Clinic treated numerous cases of ringworm, scabies and intestinal worms as well as some children affected by the national epidemic of 'red-eye' (conjunctivitis). Soap, moisturising creams and soap powder to wash school uniforms were distributed to all pupils at Jackie School.
July	Local subsistence farmers were able to sell 1,500kg of excess maize to Jackie School, putting £750 cash into the largely cashless economy. Our previous input into the

	farming project has enabled this 'virtuous circle'
August	Trustees Chris Bird and Terri Jones joined local trustee Diana Muturi on a monitoring visit to inspect and evaluate all 3H projects.
September	The Board received feedback from the monitoring visit made the difficult decision to cease support to Bunyanga Bright Primary at the end of the year because of falling roll and lack of community engagement – teachers and sponsors informed. Grant received from Bristol Breakfast Rotary Club towards major expense of buying blankets for our Christmas Appeal.
October	Agreement to formalise arrangements for termly Health Clinic to include full record keeping, monitoring the children's development and offering lectures for parents on aspects of health and hygiene. Prescribing nurse impressed by reduction of skin problems after previous clinic.
November	The Christmas Appeal was very successful with enough donations from our supportive sponsors and donors to buy 525 blankets and fund a special community meal in Kyemula.
December	The lunch club will support the most vulnerable children until school begins again in February.

Achievements

1. We have increased our sponsors from 88 to 97 during the year despite having to share the news that we would cease our work in Namayili – good communication ensured sponsors fully understood the rationale.
2. We have maintained the number of student sponsors and obtained 3 further free tuition-only sponsorships from Livingstone International University. We currently have 5 sponsored students.
3. The format of the health clinic and the support available to the community has been refined and developed. We are now committed to this on a continuing basis.
4. The tri-weekly lunch club in school holidays has been successful – and the format also hit a nerve with our donors – we have received generous donations from a variety of people and small organisations to cover the costs.
5. Our policy has always been to listen and respond to the community – we have been pleased to help initiate a bee-keeping programme. People in Kyemula mostly do not have beds or mattresses, sleeping on the ground wrapped in a blanket so we were happy to replace the ones we bought 3 years ago.

Queuing to see the prescribing nurse



Working together to spray the maize



Finances

The charity is funded entirely by donations. As well as the regular monthly or annual sponsorship payments we also receive additional, generous donations as a result of issues raised via the newsletter and on the 3H Facebook page. Two of our donors with links to the Rotary Foundation have been able to provide grants from both Bristol Breakfast Rotary Club and Henllys Rotary Club. Some donations are direct via bank transfer to our bank account and others via a 'Give As You Live' account – where possible Giftaid is claimed.

The income received is forwarded to the beneficiaries who are required to acknowledge that it has been received, then provide receipts and photographs to demonstrate that it was spent as agreed.

As a grant-making trust 3H has minimal running expenses, such as there are funded by the trustees: no reserves are held and the income is spent entirely for the benefit of the beneficiaries.

Governance

We were pleased to have Prtetiksha Davies join the Board in October and look forward to benefiting from her fundraising and marketing skills. We have continued to hold Board Meetings via video-call – the only practical option with trustees based in England, Scotland, Wales and Uganda. In addition, we communicate frequently via email, WhatsApp and phone.

No new policies were approved this year – the annual review of existing policies took place in Spring 2024.

The trustees declare they have approved this report at the AGM on 1.2.25

Signed on behalf of the charity's trustees

Karen Whitaker

Chair of Trustees

Beehives being delivered



Playing at the holiday lunch club



Distributing 525 blankets at Jackie School

	halifax	starling	
Income			
sponsors	2852	10256	13108
students		5576	5576
gift aid		3898.26	3898.26
Blanket Appeal	150	3594	3744
Holiday Club		980	980
General		10797.72	10797.72
interest	9.14		9.14
income	3011.14	35101.98	38113.12
expenditure			
Kyemula School		12298.53	
Students		9596.52	
Blankets		3622.28	
Holiday Club		958.22	
kyemula farming		1036.33	
Christmas		805.35	
Kyemula Health		2017.1	
Namahili School		3545.01	
Regifted Expenses		4116.81	
Misc		829.35	
expenditure		38825.5	38825.5
net	3011.14	-3723.52	-712.38
opening balance	993.03	6183.54	
year movement	3011.14	-3723.52	
transfer between accounts	-2950	2950	
Closing Balance	1054.17	5410.02	

Independent examiner's report on the accounts

CHARITY COMMISSION
FOR ENGLAND AND WALES



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name: Hours of Human Happiness

On accounts for the year ended

31 December 2024	Charity no (if any)	1179986
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Set out on pages

1 (remember to include the page numbers of additional sheets)

Responsibilities and basis of report

Independent examiner's statement

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2024. 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.

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:

Name:

Cameron Fleming

Relevant professional qualification(s) or body:

Chartered Member of the Chartered Institute of Internal Auditors
Certified Internal Auditor
Qualification in Internal Audit Leadership

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

No issues to disclose

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

Section B Disclosure

Address:	22 Skelwith Road
	London W6 9EX

HOURS OF HUMAN HAPPINESS

England & Wales - Charity number 1179986

Accounts



Hours of Human Happiness
Helping to make lives better in Eastern Uganda

Trustees Annual Report for 2023

Charity No 1179986

Objectives and Activities

The objects of the Hours of Human Happiness (3H) are the prevention or relief of poverty in Eastern Uganda by providing grants, items and services to individuals in need and/or charities or other organisations working to prevent or relieve poverty.

To achieve these aims the charity works within the Charity Commissions guidance on public benefit and its own Grant Making Policy and Procedure following an annual Action Plan which sets the priorities for that year. 3H is currently working mainly in two villages, Kyemula and Namayili. Our priorities for the year were:

- To increase the number of sponsored children in Kyemula and Namayili thus improving the quality of education in both schools
- To seek additional sponsors for our scholarship places at Livingstone International University
- To further develop the farming project in Kyemula – as well as providing equipment we plan to run ‘Farming God’s way’ course – enabling increased self sufficiency
- To support the introduction of coffee growing in Namayili by partnering with Zukuka Bora – in conjunction with the local farmers.
- To listen to the expressed needs of the communities in both villages and agree any future infrastructure projects – we are waiting for an engineer’s report on the bridge in Namayili

Achievement and Performance

1 To increase the number of sponsored children in Kyemula and Namayili

The number of sponsored children has increased from 62 to 66 in Kyemula and from 16 to 22 in Namayili – and most significantly given the current cost of living situation in the UK we have not lost any sponsors. We asked our sponsors to increase their monthly donation from £10 per month to £12, if they could afford to do so, as the cost of living has also risen sharply in Uganda, almost all have done this, and some have increased their donations even further – which is very welcome.



2 To seek additional sponsors for our scholarship places at Livingstone International University

Two of our sponsored students graduated from Livingstone International University with 1st Class Honours degrees in 2023. Two new students have taken up scholarships, and we have three people sharing the role of sponsor for these students – both of whom achieved good results in their first year exams.



3 To further develop the farming project in Kyemula– as well as providing equipment we plan to run ‘Farming God’s Way’ (FGW) course – enabling increased self-sufficiency

Fifty farmers from Kyemula attended a two day FGW course to update and improve their farming knowledge. Better seeds, new tools, pesticides and fertilisers were also provided. The yield of maize was sufficient for the farmers to sell their surplus to the school creating a virtuous circle in the village.



4 To support the introduction of coffee growing in Namayili by partnering with Zukuku Bora – in conjunction with the local farmers

Twenty farmers from Namaili attended a course run by Zukuku Bora Coffee Co-operative to learn how to grow better quality coffee but sadly the farmers did not implement the learning and have continued to produce coffee which is of insufficient quality for the co-operative to purchase.



5 To listen to the expressed needs of the communities in both villages and agree any future infrastructure projects – we are waiting for an engineer’s report on the bridge in Namayili

Replacing the bridge in Namayili proved to be too big a task for us so the community are approaching the education authority for support. The female latrines at Jackie School were full and needed replacement. For greater future sustainability we sought grant funding from the Rotary Foundation and have funded the construction of two sets of latrines in Kyemula which sit over septic tanks which can easily be pumped out.



Financial Review

The charity is funded entirely by donations. As well as the regular monthly or annual sponsorship payments we also receive additional donations as a result of issues raised via the newsletter and on the 3H Facebook page. This year we have also received a grant from the Rotary Foundation for a bigger infrastructure project. Some donations are direct via bank transfer to our bank account and others via a ‘Give As You Live’ account – where possible Giftaid is claimed.

The income received is forwarded to the beneficiaries who are required to acknowledge that it has been received, then provide receipts and photographs to demonstrate that it was spent as agreed.

As a grant-making trust 3H has minimal running expenses, such as there are funded by the trustees: no reserves are held and the income is spent entirely for the benefit of the beneficiaries

Governance

The Board has been stable this year with no changes of personnel. We have continued to hold Board Meetings via video-call – the only practical option with trustees based in England, Scotland, Wales and Uganda. In addition, we communicate frequently via email, WhatsApp and phone.

A Trustee Expenses policy was adopted this year.

Declaration

The trustees declare they have approved this report at the AGM on 20.3.24

Signed on behalf of the charity's trustees

Karen Whitaker



Primary Leaving Exam candidates from Jackie School in Kyemula.



Starting a new term at Bunyanga Bright Primary in Namayili

	2022	2023
Income		
School sponsors		11444.82
Christmas Appeal		1365
Gift Aid		4403.25
University Sponsors		3978
latrines appeal		3500
general donations		9164.2
total	33044.99	33855.27
Expence		
Farming Kyemula	2820.72	2433.18
Farming Namayili	1322.14	445.29
Namayili School/Sponsorship	4557.32	5007.46
Kyemula School/Sponsorship	10458.86	10439.83
Kyemula General	1301.4	
Namayili General	200	
Students	7948.24	8332.46
Other	571.69	1641.26
christmas		1274.77
latrines		6196.12
menstrual cups		977.27
Total Expense	29180.37	36747.64
Profit/ (loss)	3864.62	-2892.37

Opening balance		
Halifax	591.73	2137.21
Starling	5612.59	7931.73
total	6204.32	10068.94
 Closing Balance		
Halifax	2137.21	993.03
Starling	7931.73	6183.54
	10068.94	7176.57
 Movement		
	3864.62	-2892.37

0



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Hours of Human Happiness

On accounts for the year ended

31 December 2022

Charity no (if any) 1179986

Set out on pages

1

(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 31/12/2022.

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

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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: 15 March 2023

Name:

Cameron Fleming

Relevant professional qualification(s) or body:

Chartered Member of the Institute of Internal Auditors

Address:

22 Skelwith Road
London W6 9EX

HOURS OF HUMAN HAPPINESS

England & Wales - Charity number 1179986

Accounts



Hours of Human Happiness

Helping to make lives better in Eastern Uganda

Trustees Annual Report

For 2022

Charity No 1179986

Objectives and Activities

The objects of the Hours of Human Happiness (3H) are the prevention or relief of poverty in Eastern Uganda by providing grants, items and services to individuals in need and/or charities or other organisations working to prevent or relieve poverty.

To achieve these aims the charity works within the Charity Commissions guidance on public benefit and its own Grant Making Policy and Procedure following an annual Action Plan which sets the priorities for that year. 3H is currently working mainly in two villages, Kyemula and Namayili. Our priorities for the year were:

1. to increase the number of sponsored children in both villages
2. to provide appropriate support for learning
3. to enable both villages to become more self-sufficient in growing food by expanding the farming project started last year.
4. to recruit sponsors for the students gaining 3H academic sponsorships at Livingstone International University, Mbale

Achievement and Performance

1 To increase the number of sponsored children in both villages

Both Jackie School in Kyemula and Bunyanga Bright Primary in Namayili were fully open this year following the prolonged closures imposed by the Government to prevent the spread of Covid. Our sponsorship numbers have risen slightly and there are now 62 sponsored children in Kyemula and 16 in Namayili – all the albino children in the villages have sponsors ensuring their specific health needs are met



All the children in the school receive two meals a day funded by 3H. As cost of living has risen dramatically in Uganda we will be inviting our sponsors to increase their monthly payments from £10 to £12 in 2023 to ensure we can maintain our level of support.

2 To provide appropriate support for learning

To enhance early years learning a phonics course run by Read for Life was funded for nine teachers from Bunyanga Bright Primary in Namayili in the week before the school re-opened. 3H received a number of donated tablets with additional phonics materials which have been shared between the two schools.



Girls at both schools have had personal health sessions and those in need have received menstrual cups which will ensure they are able to attend school regularly.

The footwear for every child purchased from the 2021 'Step up to send sandals' fundraiser was distributed at both schools and the children are now all wearing shoes to prevent attack by jiggers. Sponsored children also received new uniforms.



Our 2022 fundraiser was 'Paces for pants' – each child received 5 pairs of pants as few had any underwear. Following an outbreak of Mpox in Kyemula we provided families with soap powder, laundry bowls and ointments for those affected



3 To enable both villages to become more self-sufficient in growing food by expanding the pilot farming project



Despite the setbacks caused by adverse weather and an invasion of 'army worms' in Kyemula the farmers persevered, they sprayed and replanted eventually growing sufficient maize to be able to sell excess crops to the school.



Eucalyptus seedlings were planted throughout the village which will eventually provide shade, windbreaks and firewood – and some famers diversified into growing cassava. The cassava crop was very successful.

Work is continuing to improve farming outcomes, through 3H the local farmers have been intorduced to organisations which may further support them, Farming God's Way courses are an option for Kyemula while Zukoko Bora Coffee co-operative is discussing the possibility of coffee growing with the farmers in Namayili – these initiatives are an early stage and will take time to develop.



4 To recruit sponsors for the students gaining 3H academic sponsorships at Livingstone International University

The students have been back on campus at Livingstone International University (LIU) after learning online throughout 2021. Two of our trustees had funded all the sponsored students to date but we are delighted that we now have two new student sponsors in place. 3H is also delighted to report that our first sponsored LIU student has just graduated with an MA from Mukono University and has realised her aim of obtaining a teaching post at LIU where she will be an excellent role model.



Financial Review

The charity is funded entirely by donations. As well as the regular monthly or annual sponsorship payments we also receive additional donations as a result of issues raised via the newsletter and on the 3H Facebook page. In addition, we have given talks to a number of groups who have subsequently made donations. Some donations are direct via bank transfer to our bank account and others via a 'Give As You Live' account – where possible Giftaid is claimed.

The income received is forwarded to the beneficiaries who are required to acknowledge that it has been received, then provide receipts and photographs to demonstrate that it was spent as agreed.

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Governance

The Board has been stable this year with no changes of personnel. We have continued to hold Board Meetings via video-call – the only practical option with trustees based in England, Scotland, Wales and Uganda. In addition, we communicate frequently via email, WhatsApp and phone.

No new policies were adopted this year.

Declaration

The trustees declare they have approved this report at the AGM on 30.3.23

Signed on behalf of the charity's trustees

Karen Whitaker

Karen Whitaker

Chair

Income	Starling	30139.51
	Halifax	2905.48
	total	33044.99
Expence		
Farming Kyemula		2820.72
Farming Namayili		1322.14
Namayili School/Sponsorship		4557.32
Kyemula School/Sponsorship		10458.86
Kyemula General		1301.4
Namayili General		200
Students		7948.24
Other		571.69
Total Expense		29180.37
Profit/ (loss)		3864.62
Opening balance		
	Halifax	591.73
	Starling	5612.59
	total	6204.32
Closing Balance		
	Halifax	2137.21
	Starling	7931.73
		10068.94
Movement		3864.62



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Hours of Human Happiness

**On accounts for the year
ended**

31 December 2022

**Charity no
(if any)** 1179986

Set out on pages

1

(remember to include the page numbers of additional sheets)

**Responsibilities and
basis of report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2022.

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**

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:

15 March 2023

Name:

Cameron Fleming

**Relevant professional
qualification(s) or body:**

Chartered Member of the Institute of Internal Auditors

Address:

22 Skelwith Road

London W6 9EX

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.

No issues to disclose

HOURS OF HUMAN HAPPINESS

England & Wales - Charity number 1179986

Accounts



Hours of Human Happiness

Helping to make lives better in Eastern Uganda

Trustees Annual Report

For 2021

Charity Number 1179986

Objectives and Activities

The objects of the Hours of Human Happiness (3H) are the prevention or relief of poverty in Eastern Uganda by providing grants, items and services to individuals in need and/or charities or other organisations working to prevent or relieve poverty.

To achieve these aims the charity works within the Charity Commissions guidance on public benefit and its own Grant Making Policy and Procedure following an annual Action Plan which sets the priorities for that year. 3H is currently working mainly in two villages, Kyemula and Namayili. Our priorities for the year were

- 1 Maintaining and growing the primary school sponsorship scheme in both villages
- 2 Infrastructure repairs and enhancement of the school buildings in both Kyemula and Namayili
- 3 Support for learning through phonics training for teachers, provision of shoes for all pupils and supply of menstrual cups for pupils
- 4 Pilot projects in Kyemula and Namayili to enable the community to increase their crop yield to become more self-sufficient in food.
- 5 Continued support of student sponsorship with Livingstone International University



Achievements and Performance

1 Maintaining and Growing Primary School Sponsorship

The successful sponsorship scheme which has supported Jackie School in Kyemula was introduced in Bunyanga Bright School in Namayili during 2021.

We have a total of 47 sponsors.

There are 57 sponsored children in Jackie School and so far we have found sponsors for 13 in Bunyanga Bright Primary. Each sponsor pays £10 per month to cover a contribution to the running costs of the school, school uniform, learning materials and a daily hot lunch. In

addition, some sponsors are now supporting albino children with an additional payment to cover their additional needs for skin care, glasses and protective clothing.



2 Infrastructure repairs and enhancement of the school buildings in both Kyemula and Namayili

As the Ugandan Government closed all schools for the majority of the year in response to Covid 19 we agreed to deal with a larger than usual building programme this year.

The second existing classroom block in Namayili has been refurbished and made fit for use. In Kyemula the latrines were repaired, the kitchen replaced and the earth floors concreted in the existing classrooms. In addition, a new block was added to the school to house the Nursery classes.

3 Support for learning through phonics training for teachers, provision of shoes for all pupils and supply of menstrual cups for pupils

We were delighted that 3 teachers from Bunyanga Bright Primary were able to access the Read for Life phonics training before the schools closed and look forward the improvements in learning English this will bring.



We were also able to provide personal health training in Jackie School and distribute menstrual cups to those in need. Sadly, we did not reach Bunyanga Bright Primary with this initiative before the closures but will visit both schools early in 2022.



In May we ran a successful fundraising challenge 'Step Up to send Sandals' which raised £2,701 to provide shoes or sandals for every child in both schools to protect their feet from jiggers. As our achievement outstripped our target we were also able to fund wellington boots for some of the farmers who are also otherwise barefoot. The prolonged lockdown has prevented us from delivering the footwear but this will be done in January 2022.

4 Pilot projects in Kyemula and Namayili to enable the community to increase their crop yield to become more self-sufficient in food.

Crops for Christmas



After consultation and research during 2020 it was agreed to provide tools, seeds, fertiliser and pesticides to improve farming practice and increase the range of crops produced in both villages.

Not all the crops were successful – tomatoes and cabbages were adversely affected by a lack of rain in Kyemula, whilst in Namayili the cabbages were huge but the beans failed. However, in both villages there was sufficient maize for the farmers to be able to sell some to the schools for school meals thus obtaining cash to buy more good quality seed. The Kyemula farmers also sold the school excess beans.



Our Christmas Appeal raised £2120 to enable the farming projects to be extended to more subsistence farmers in both villages. The farming projects have been widely welcomed and we were not asked for food aid at any point throughout the year. This is a real positive and we just hope the weather in 2022 enables a similar level of success.

5 Continued support of student sponsorship with Livingstone International University

Learning at Livingstone International University was online throughout the majority of 2021 – which was difficult for the students we sponsor who came from rural villages with no access to electricity or the internet. With the university accommodation closed the students had to find alternative places to live and learn a new way of studying. Fortunately, they adapted well and coped with the situation. We are so pleased the students are back on Campus in January 2022.

Financial Review

The charity is funded entirely by donations. Whilst some are regular monthly or annual sponsorship payments we also receive additional donations from our supporters in response to issues raised via our newsletters and Facebook posts. There have been two major fundraising appeals this year – as detailed above. In both cases we have received donations direct and via 'Give As You Live'.



The income received is forwarded to our beneficiaries who are required to acknowledge receipt and provide photographs and receipts to demonstrate that the money was spent as agreed.

As a grant making trust the charity has minimal running expenses; we do not hold reserves and our income is spent entirely for the benefit of our beneficiaries.

As indicated within the accounts and above, we have had to hold some payments over to January 2022 but these have now been paid.

Governance

Kieran Bird resigned as a trustee during the year and Ellen Wake has been appointed to the Board. Ellen joined us a volunteer initially and ran the Step Up Challenge so we are delighted that she has now become a trustee.

During 2021 the board has continued to work via email, phone and video-link – good communication has been maintained with all trustees fully involved despite the limitations imposed by Covid.

No new policies were adopted this year.

Declaration

The trustees declare they have approved the report above at the AGM on 27.4.22

Signed on behalf of the charity's trustees

Karen Whitaker

Karen Whitaker
Chair

Date 27.4.22

The accounts of Hours of Human Happiness for the year ending 31st December 2021

All figures are in pounds sterling

Income	30769.13
Expense	
Farming Kyemula	2104.54
Farming Namayili	0
Namayili School/Sponsorship	4147.17
Kyemula School/Sponsorship	12316.8
Kyemula General	1263.01
Namayili General	106.11
Students	4479.58
Other	1583.91
Total Expense	26001.12
Profit/ (loss)	4768.01
6	
Balance Sheet - Cash Balance	6204.32

Notes

1. The only asset of the charity is the cash at bank
2. In early January 2022, £5019.21 was donated covering the shoe initiative , farming and student expenses.
3. Payments totalling £950 were made in error from the charity and £950 additional funds were donated to the charity to compensate for this.



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Hours of Human Happiness

**On accounts for the year
ended**

31 December 2021

**Charity no
(if any)**

1179986

Set out on pages

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2020.

**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:

Date:

02/04/202

Name:

Cameron Fleming

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

Chartered Member of the Institute of Internal Auditors

Address:

22 Skelwith Road

London

W6 9EX