



Help Change Lives

Trustees' Annual Report and Financial Statements for the year ended 31 March 2022

UK Registered Charity Number 1184471



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Legal and administrative information

Charity name

Help Change Lives

Charity number

1184471 (Registered with the Charity Commission for England and Wales)

Registered and correspondence address

Help Change Lives
5 The Fairway
Northwood
Middlesex
HA6 3DZ

Website address

www.helpchangelives.org.uk

Trustees

Pallvee Shah, LLB, MSc, FCA, CTA
Parus Shah, Bsc, MSc
Prashant Amatya, Bsc, FCA

Chief executive officer

Pallvee Shah, LLB, MSc, FCA, CTA

Bankers

Barclays Bank Plc

Independent examiner

Marietta Boutros FCCA
12 Lynton Road
New Malden
KT3 5EE

Structure, governance and management

Help Change Lives (the 'Charity') is constituted as a charitable incorporated organisation ('CIO') and registered as a charity with the Charity Commission for England & Wales effective from 17 July 2019.

Our governing document is a constitution, which is based on the CIO Model Constitution as published by the Charity Commission for England & Wales with no material changes.

Help Change Lives (the 'Charity') is governed by its board of trustees. Trustees are recruited after being identified as having skills, contacts and other attributes that will help the Charity in the furtherance of its object and activities.

There are currently three trustees, one of whom (Prashant Amatya) is an independent trustee with significant experience in internal audit and governance. Pallvee Shah, the chair of trustees, conducts the day to day running of the charity. Future trustees must be appointed by a resolution passed at a properly convened meeting of the trustees.

All trustees give their time voluntarily and received no remuneration or other benefits. The trustees also cover the rent and utilities expenses of the Charity, and do not charge for travel or expenses, so there are no head office costs.

There is a child safeguarding policy in place that all trustees and people working for the charity are aware of and follow. DBS checks are carried out prior to commencement of trusteeship and the checks are carried out again in line with statutory requirements.

Objectives

The objects of the Charity, as set out in our constitution, are:

"... the prevention or relief of poverty anywhere in the world by providing grants, items and services to individuals in need, and/or charities, other organisations or persons working to prevent or relieve poverty for the public benefit.

This includes in particular, but not exclusively, the advancement of education with the aim of reducing poverty, provision of food, water, clothing, shelter, health aids and income generating opportunities to underprivileged persons, and contributing to social and economic development."

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

100% of all non-trustee donations are spent on our projects, as the trustees cover all the other administrative costs, transfer fees and fundraising costs of the charity, which we keep to a minimum.

Key achievements and activities

- We supported the following projects in the year ended 31 March 2022, listed in order of the magnitude of financial assistance provided:

Cause	Countries helped	Amount (£)
- Kakamega family support programme	Kenya	32,293
- Higher education support (secondary school, university and vocational training)	Kenya	24,944
- RajSaubhag- humanitarian activities	India	23,000
- Fighting period poverty	Kenya	19,594
- Covid food relief	Kenya	18,268
- SALVE International- Ugandan street children	Uganda	15,150
- Mary's Meals- school feeding	Malawi and Liberia	14,405
- Kangemi (Nairobi) slum school refurbishment project	Kenya	14,305
- Railway Children- Tanzanian street children	Tanzania	5,061
- Covid oxygen relief	Nepal and India	4,473
- Medical appeals	Kenya, Ghana and India	3,581
- Kenya Children Centres- feeding programme	Kenya	2,640
- Shishukunj- educational books	Kenya	1,500
- Miscellaneous	Kenya and Uganda	1,751
- Hope4Smile- feeding Indian street families	India	1,500
Total		182,464

- We also incurred the following additional costs, which were covered by trustee donations:

Costs	Amount (£)
- London Marathon fees and t-shirts	472
- Website, email and data protection fees	423
- Exchange rate loss on forex balances	52
Total	947

- 100% of all non-trustee donations were spent on our projects, as the trustees covered all the other admin, transfer fees and fundraising costs of the charity, which we kept to a minimum.**
- All trustees give their time voluntarily and receive no remuneration or benefits.
- The trustees also cover the rent and utilities expenses of the Charity, so there are no head office costs.
- Our website was launched in May 2021. The link is www.helpchangelives.org.uk.

More detail on our projects during the year

Set out below are our achievements and activities in the year.

1. Kakamega family support programme (£32,293)

Help Change Lives continued a programme to support vulnerable families in Kakamega, Kenya during the year. We provide medium-term support to very vulnerable families in this region and neighbouring counties. We find the families and some are also referred to us by schools, other charities and our contacts. We assess the families carefully and help the ones in need.

A lot of the families are headed by grandparents, disabled people, women who have been subject to abuse or abandoned, or where children are at risk of turning to the streets. We aim to empower the families to become independent, improve their quality of life, and prevent the children ending up on the streets and instead help them to become valuable and independent members of society.

We build homes and toilets, provide monthly food and hygiene items, medical assistance, help with school enrolment, fees, uniforms and school supplies, reusable sanitary pads, clothes, shoes, solar lamps, vocational training, start micro-businesses and provide farming help by buying seeds and fertiliser for the families who have land.

Our work in Kakamega is delivered directly by us through our social workers, Maureen Okweya Musungu and Maxwell Masoni, who are our only paid staff members. Maureen went on maternity leave for 7 months in January 2022 and Maxwell was hired to cover for her.



Maxwell, Maureen and our trustee, Pallvee Shah, in Kakamega, Kenya

We are a no-frills charity and do not have offices in Kakamega, as our social workers spend all their time in the field.

We keep costs to a minimum by buying food monthly from wholesalers or markets and buying all the clothing for our families from the market or obtaining them through donations.

100% of all donations are spent directly on the field as our very minimal operating costs are covered by trustee donations.

1.1 Programme background

Two of the trustees were shocked at the level of poverty and the living conditions of the people in Kakamega when we went to first visit some poor families there in 2017 and felt compelled to help the people there.

There is a very high level of poverty in Kakamega and neighbouring counties. The population is growing very fast and a large percentage lives in poverty, and in very rural conditions. Most of our families live in mud houses with iron sheet roofs and have very poor toilet facilities, if any. They often have little bedding, sleep on mud floors and some suffer from jiggers, which are small insects that burrow into feet and lay eggs, rotting them away and causing intense itchiness.

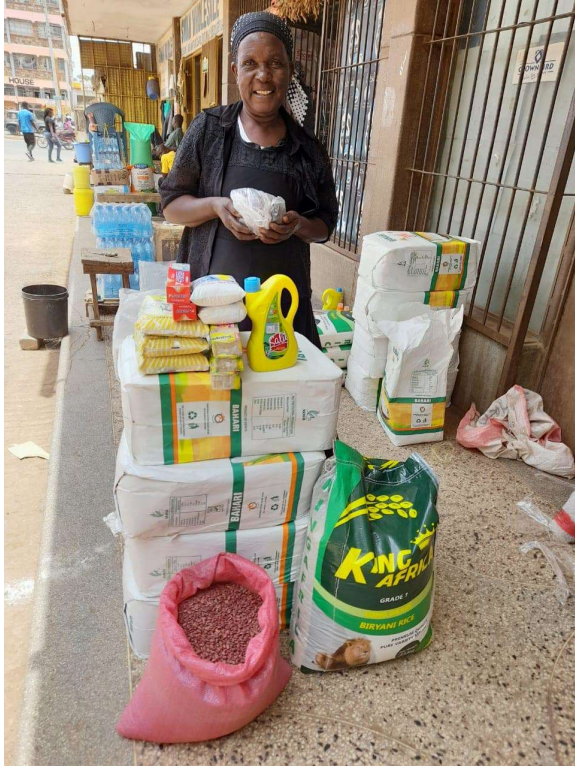
There is also a lack of formal employment and many of the people we support earn a couple of dollars a day doing casual labour such as weeding or construction work if they are able to get work. One family we are helping had the main breadwinner earning only \$10 a month herding cows, even though he was trying very hard indeed. There are high levels of addiction, family breakdown and absentee parents, with ageing grandparents looking after grandchildren without support. The people we support also cannot afford appropriate medical care or medicines.

Set out below is some of the assistance we provided in the year.

1.2 Food and farming help

- We made regular distributions of food and hygiene items to support our families. maize flour (unga), rice, beans, soap, sugar, salt, oil, toothpaste and tea-leaves. These are bought wholesale. Beans and tea-leaves are bought from the market and distributed during regular home visits to check on the health and well-being of the families. This ensures that our families are healthy and have good hygiene.
- We provided 61 packets of maize seeds and 850kg of fertiliser to the families who have land to enable them to grow their own maize, which is also used to make ugali, a staple food. This also empowers them and makes them less reliant on us.
- We helped the families grow traditional greens and bananas to ensure a nutritious diet.

- We used to provide disposable pads, but in 2021 we switched to giving our families reusable PadMad pad kits that last for up to 5 years.



Pictures of food assistance provided, as well as a family with their maize seed and fertiliser, and another with food plus some medicines for epilepsy

1.3 Shelter and lighting

- We built 6 new homes, 4 cement floors, 3 kitchens and 1 toilet & bathroom for the families we are supporting and repaired a roof. All the families were so grateful.
- 3 houses got connected to electricity and 2 got solar lamps.



Pictures of families being helped with toilets, housing, food, solar lamps and cement floors



Families helped with housing, utensils and solar lamps. Joshua suffers from schizophrenia and jiggers and we helped with treatment, new housing and reunification with his estranged family. Look at the transformation!

1.4 Clothing, bedding, furniture and utensils

- We provided blankets, mattresses and mosquito nets and furniture to some of our families who really needed these items.
- We bought new clothes and shoes for 8 new families and distributed a lot of donated items too, including knitted beanies, scarves, sweaters and ponchos made by the Amazing Knitting and Crocheting Group, Nairobi.



Bedding and clothes donations to our families in the year



Mama Hellen adopted this young boy but then lost her arm in an accident- she was really struggling and was featured in a local paper. We helped her.



1.5 Primary school education

- School restarted for all years in Kenya on 4 January 2021 after Covid. We paid primary school fees for 77 children for the 2020_21 academic year, which ran to 16 July 2021. The children were so excited to be back in school.
- We paid fees for 86 children in primary school for the 2021_22 academic year, which ran from 26 July 2021 to 4 March 2022, with national exams thereafter.
- We supported the students with school uniforms, shoes, bags, exercise books, stationery, school lunches and exam kits as needed.



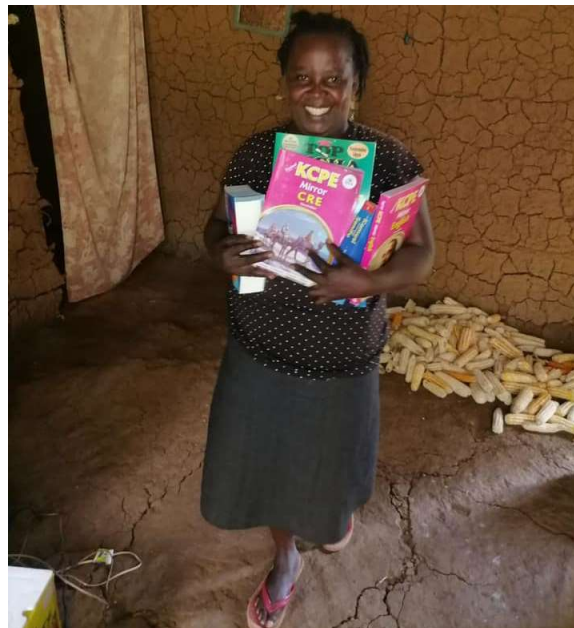
Young children we are supporting in primary school, with new school bags and stationery



Help Change Lives



A group of students we are supporting in school in their uniforms and with their new stationery



A happy mum with her daughter's KCPE (end of primary school national exams) revision guides and textbooks

1.6 Supporting differently-abled children in Kakamega area

- We helped 18 differently-abled children go to special boarding schools for differently-abled children in Kakamega. We are so delighted that 17 of the children were sponsored - for fees as well as caretakers, nappies, uniforms and personal items for those who needed them.
- 17 of the children went to one boarding school, and we also supported the school with 4 cerebral palsy wheelchairs, a normal wheelchair, 4 custom-made standing and sitting aids and a therapy ball. We topped up the meagre salary of their occupational therapist (who provided in-house and outreach physiotherapy) and gave the children lots of toys.
- We also received donations to help an 11-year-old boy with sickle cell anaemia who suffered a disabling stroke at a young age - paying for regular physiotherapy, school fees, transport to a day school, uniforms and special food. We took him to a nearby town to do an MRI and blood tests to make sure he is on the right medication.



Some of the differently abled children we supported in the year, with three of the cerebral palsy wheelchairs we donated



Some of the therapy aids we provided to the boarding school for differently abled children



Some of the toys we donated to the school



Personal items we purchased for pupils who couldn't afford them, including trunks, bedding, nappies, toilet rolls, shoe polish, uniforms and so on



A normal wheelchair donated to help get students to and from the therapy room, and another cerebral palsy wheelchair we donated – you can see how the poor child's knees are so grazed by dragging herself around



A young boy we have been helping since 2017- you can see how he was when he found him. He is thriving now in a special boarding school for physically handicapped children.

1.7 Medical help

During the year, we also provided medical help to the families we were supporting in Kakamega, including the following:

- We helped 3 children with club foot get operations in a Mission hospital in a nearby town. One teenager had been born with severe club double club foot and was crawling around. The other two children had less severe club foot on one side only and were still able to walk. All three were helped with regular trips to the nearby town for check-ups and follow-ups, as well as crutches. Their families were also helped with food and other items. One boy had severe jiggers that we helped treat prior to the operation.
- 1 boy had a swollen lump on his face, and we are also helping him get treatment for this condition, which is quite complicated. Again, the same Mission hospital is working with us on this.
- We helped a semi-homeless man and another family with 4 siblings who all have schizophrenia. This was through finding the right qualified doctor with experience who would be able to do home visits. There was a marked improvement in their conditions. One of the young women we treated had a baby she was carrying around all day in the sun feeding rubbish to. We had to rescue the baby and place it in a care home temporarily for his own safety. This was in full co-ordination with the grandmother, the local children's office and the police, and required a lot of effort to organise, but we are very pleased it was done successfully and he is happy and thriving.

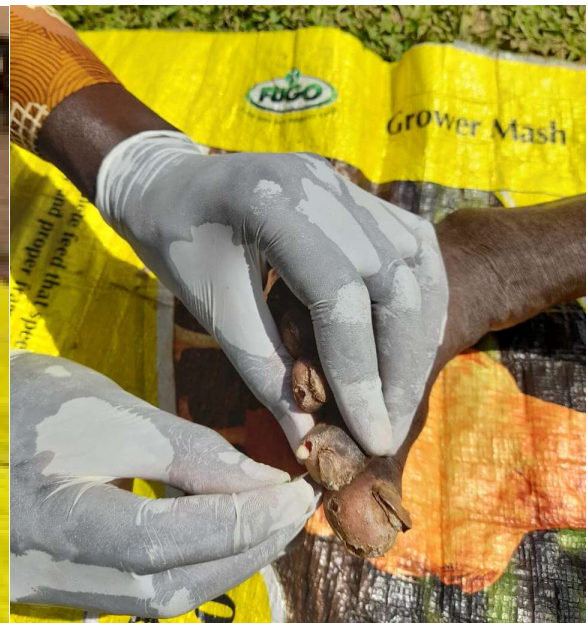
- Joshua, the semi-homeless man also had jiggers, which we helped treat. We built a new house for him, provided regular food and medicines and also reconciled him and his estranged family. We supported with education, uniforms and other items they needed.
- We continued helping Fred, a young boy with kidney disease, who is doing really well but needs regular expensive medicines and check-ups at a private hospital in a nearby town.
- We helped another young teenager have a biopsy, others with tests, medicines and physiotherapy for epilepsy, sickle cell anaemia and stroke, and older people with medication for age-related ailments.



Fred, doing very well now after receiving the right treatment for his kidney condition



Photos of the teenager with double club foot, who is in the process of being helped.



The boy with a swelling on his face, and Maxwell treating jiggers for the semi-homeless man with schizophrenia



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2. Higher education support (secondary school, university and vocational training), Kenya (£24,944)

2.1 Introduction

During a trip to Kenya in July 2021, our trustee Pallvee Shah read an appeal in the Sunday Nation broadsheet regarding how very poor but bright students were really struggling to pay for the fees and personal items needed for secondary boarding school in Kenya.



Article in the Sunday Nation on 25 July 2021 highlighting the plight of poor students who couldn't afford to go to secondary school

All good secondary schools in Kenya are currently boarding schools. It was especially hard in 2021 for students to afford the fees, which ranged from £250-£300 a year for education, boarding and food. This was due to the impact of Covid, which had led to widespread unemployment, as well as sickness and deaths of caregivers. Students also needed approximately £200-£300 for boarding school items, textbooks and uniforms.

Secondary and higher education is increasingly vital in today's world. It really boosts the chances of employment, and for girls it's a chance to study well without having to also manage home chores, early relationships, early marriage and teenage pregnancies.

Following the newspaper appeal, we felt compelled to help and this started our higher education support programme. Further details below.

2.2 Academic year 2021_22 (£19,321)

We supported 55 students in the 2021_22 academic year at different levels of higher education as shown in the table below. Most were in secondary boarding school. The total amount we spent was £19,321 and the average cost per student was £358.

The 2021_22 academic year ran from 26 July 2021 to 4 March 2022. This academic year was compressed to try and catch up on lost school time during Covid.

	Academic year 21_22
Year in higher education	Number
Form 1 Secondary School	30
Form 2 Secondary School	6
Form 3 Secondary School	10
Form 4 Secondary School	2
University	4
Technical Training	5
Total	57

2.2.1 Secondary School, academic year 2021_22

In total, we supported 48 students in secondary school. Following the appeal in the Sunday Nation, we supported 9 children from the newspaper appeal, 22 students referred to us by a rescue centre for children from rubbish picker families in Dandora slum, Nairobi, (pictured below) and 17 students from our family support programme in Kakamega and from Kisumu.

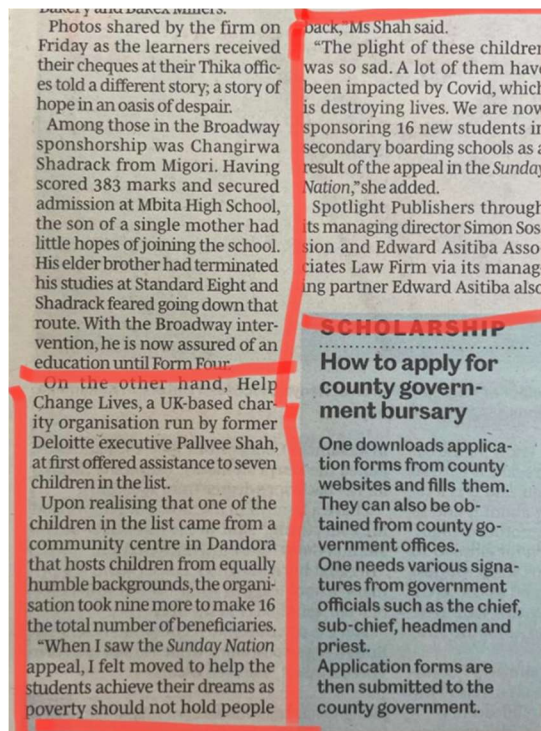


The Dandora slum and rubbish area, where some of the children we are helping come from



Help Change Lives

We are so grateful to all the sponsors who supported these students and enabled us to do this. All fees are paid directly to the schools to ensure that funds were not misused.



An update article was published in the Sunday Nation a week after the original appeal mentioning Help Change Lives and the students we had supported by then.



Photos of two sisters we found in a desperate situation at home and after we supported them at boarding school

Where necessary, we also bought the students uniforms and boarding school personal items such as mattresses, blankets, trunks, uniforms, textbooks, bedsheets etc and supported with fare to and from school (the boarding schools are often very far from their homes).



Photo of one the students we are supporting with her boarding school items and in her new uniform, outside her boarding school. We also support with textbooks and stationery.

2.2.2 University education and vocational training, academic year 2021_22

For the 2021_22 academic year, we also supported 4 underprivileged people at university to study Bachelor of Business Administration with IT; Bachelor of Arts in Security Studies and Criminology; Bachelor of Science in Information Science and Bachelor of Education, Secondary Teacher Education.

We also supported 4 underprivileged people in technical training, doing tailoring, masonry, fashion & design and social work & community development.

2.3 Academic year 2022_23 (£5,623 spent in the year, project continued post year-end)

We continued our higher education support programme for the 2022_23 academic year, which is running from 25 April 2022 until 25 November 2022, with national exams thereafter. Again, this is a short academic year to catch-up on Covid, after which the academic years will match calendar years from 2023.

We took on many more students in this academic year and a full update will be provided in our next annual report. We raised funds of £9,109 for this academic year by 31 March 2022 and paid £5,623 by then as well. We therefore had a restricted fund balance of £3,486 carried forward at the year-end for this project.

3. RajSaubhag Humanitarian activities (£23,000), India

3.1 Introduction

Shree Raj Saubhag Satsang Mandal UK is a UK charity that raises funds for humanitarian work being done in Gujarat, India amongst other activities. Two of our trustees visited their charitable activities in India in December 2018 and December 2019 and were impressed.

We donated £23,000 from unrestricted funds to support them this year:

- We matched donations (capped at £20,000) raised by them for the Vitality Big Half 2021 half-marathon and the virtual London Marathon 2021.

This should also have helped raise more funds for the charity by encouraging other donations due to the matching.

- Our trustee, Pallvee Shah, also helped RajSaubhag UK organise a Zoom fundraiser in November 2021 to raise funds for a hospital the charity runs in Sayla, a small town in Gujarat.

It is called the Community Health Centre (CHC) but is actually a small hospital. The CHC provides vital access to healthcare for 120,000 people in 75 rural and poor villages in the surrounding area, saving people from travelling far to access important health services.

The costs are also heavily subsidised due to Government subsidies and public donations. Help Change Lives contributed £3,000 during the fundraiser.

3.2 Impact of our donations

The £23,000 donated had the following impact:

- 1) **CHC hospital** - £16,200 went towards this and supported the following outcomes:

Item	Number of Patients/ Procedures
Laboratory tests	2,485 tests
Outpatients	2,285 patients
Inpatients	328 patients
Deliveries	21 baby deliveries
Caesarians	4 C-sections



The CHC provides vital access to healthcare to a very poor and rural area of Gujarat

- 2) Differently-abled children** - £4,400 went to educate, rehabilitate and empower 18 differently-abled children at the Ashirvad Trust for the Disabled.

The Trust also raises awareness for disabled persons, does advocacy work, facilitates the provision of funds and rights, runs mental health services and inclusive livelihood programmes, and runs a regional sports competition for children with disabilities.

It helps over 400 children in 4 centres in Gujarat, and provides physiotherapy, outreach services and organises camps to distribute mobility/disability aids and artificial limbs.



Photos from a trustee visit to the Ashirvad Trust Centre in Sayla, Gujarat

3) Tertiary education for young ladies - £2,400 went towards supporting the education of 40 young women at the Ladakchand Manekchand Vora College of Arts and Commerce in Sayla.

It is difficult for girls to access education in rural India. It is very likely that these young women would not have been able to study this far without the provision of this facility in a small town like Sayla.

The College is educating almost 600 young women in rural Gujarat, empowering them to have an education that would otherwise most likely be inaccessible to them. It has had over 2,000 graduates since 2007.



Photos from a trustee visit to the College and adjoining secondary school, as well as a celebration in the school (bottom right)

4. Fighting period poverty, Kenya (£19,594)

4.1 Impact in the year

- We continued our high impact project to significantly improve and transform the lives of vulnerable girls in Kenya through the distribution of reusable sanitary pads. We used restricted donations to pay for the reusable pad kits and our trustees covered the transport, education, foreign exchange transfer and logistics costs.
- During the year, we distributed 3,437 reusable pad kits to vulnerable girls in 17 schools in Kenya, and to women supported by a rescue centre in Nairobi's Dandora slum. That's over 17,000 reusable pads, as each kit has 5 pads and lasts for a full menstrual cycle.
- The kits last for 2 to 5 years. This means that the girls are helped for up to 5 years and alleviates the need to go back and do more distributions to the same schools.
- We educated over 6,600 boys, girls and women on menstruation, infections, how to use the pad kits, breaking taboos and being confident. The sessions were delivered by an experienced and qualified trainer.

The education is really valued and appreciated by both the boys and the girls, and helps girls live in dignity and comfort, as taboos are broken and they are taught how to look after themselves and their health properly. They also get to ask questions that they would never have been able to, in a safe setting and learn things that they are otherwise never taught as these subjects are not discussed openly.

- The pads are made of 100% cotton by a Kenyan social enterprise called PadMad, which employs marginalised women to make them. As a result, the pads are biodegradable, whereas disposable pads take 500 years to decompose. We estimate that over 3.3million disposable pads will be saved from landfill from the distribution of these 3,437 pad kits.



Contents of a PadMad reusable pad kit with 5 pads that lasts for up to 5 years

4.2 Why this is important

- Lack of access to sanitary products is a major problem in Kenya. 65% of females in Kenya cannot afford sanitary pads, leading to loss of work, school time and shaming in school.
- The UN estimates that 20 million girls drop out of schools across the world every year due to issues relating to menstruation. After dropping out, they get married early and have children early. Their lack of education means they can't earn a decent income, and the cycle repeats.
- Sadly, to stop themselves from being excluded, a lot of girls resort to some very desperate practices to access sanitary products. 10% of fifteen-year-old girls in Kenya resort to prostitution to access sanitary products- a practice known as 'sex for pads'. One of the schools we distributed to had been featured in a local newspaper for precisely this reason and we were very glad to be able to help them very soon after reading the article.
- The reusable pads are biodegradable, whereas disposable pads take 500 years to decompose. We estimate that approximately 1,000 disposable pads will be saved from landfill from the distribution one reusable pad kit (if the girl using it had been able to afford disposable pads).
- As the pads are easily washed with minimal cold water, they are also suitable for use in areas where water is scarce or not easily available.
- Cloth pads are also much better for women's health and the environment as disposable pads contain chemicals leading to infections, cramps and skin irritations and they are a single use product. This project will therefore have a tremendous impact on the health of the people in these communities, as well as on the environment.

4.3 Fighting period poverty, UK talks and fundraising

- Our trustee, Pallvee Shah, talked to Jaspar Foundation about the work Help Change Lives does. As a result, Jaspar Foundation asked if they could fundraise for us during the celebration dinner on 5 December 2021 for their founder Raj Pankhania's British Empire Medal Award.

We are so happy to say that the dinner raised £34,000 for our period poverty campaign, all of which will be paid in the next financial year. £17,000 was raised from attendees and this was matched by £17,000 by the Jaspar Foundation. This will have a tremendous impact that will really help change lives.

During the evening, Pallvee gave a short 2-minute talk on Help Change Lives and period poverty. Here is a link to the talk - <https://youtu.be/pOnhGj7hz2s>

- For International Women's Day on 10 March 2022, Pallvee and Madhvi Dalal of PadMad Kenya were invited to talk to Mizuho Bank about Empowering Girls and Being the Change.

They talked about period poverty in Kenya and the UK and the terrible plastic pollution that arises from disposable pads and tampons- they take 500 years to degrade. There are so many fantastic alternatives that you can switch to (period pants for one)- and making this change will help the environment tremendously! The event raised awareness and funds to help 156 vulnerable girls in Kenya with reusable sanitary pad kits.



Distribution of reusable sanitary pad kits at schools in Kakamega, Kenya and neighbouring areas, with Maureen Okweya giving out the pad kits after an education session by a qualified and experienced trainer we bring in.



Boys and girls doing the Breaking the Bias pose for International Women's Day 2022, and smiles of delight at getting the reusable pad kits.

5. Covid food relief, Kenya (£18,268)

5.1 First distribution in Mathare and Kangemi slums, Nairobi (£2,000 – 67 food parcels, helping at least 268 people)

Help Change Lives contributed £2,000 towards a mega food and hygiene distribution led by MZ KZ Shah Foundation (Hope4Smile) and Lions in Kenya. This was also supported by Shishukunj Kenya and Avallain Foundation.

Help Change Lives assisted in designing the food parcels and co-ordinating with the team on the ground from Lions, who sourced, packed and distributed the items. We therefore had clarity and oversight on how the money was being spent, cost-effectiveness and value and were very impressed. This led to a second, much larger distribution – see below.

Each family was given almost 50kg of food and hygiene items- 1 bale (24kgs) unga (maize) flour, 10kgs rice, 5kg red beans, 2kg green grams, 1 litre oil, 1kg sugar, 1kg salt, 1.6kg soap, 200g tea-leaves, 8 masks, 0.5 litres hand sanitizer and 1 packet of sanitary pads. Each parcel was designed to support a family of four for at least 1 month. The recipients were absolutely delighted.

The Help Change Lives donation was for 67 parcels/families and helped at least 268 people with food and hygiene items for a month. A total of 1,000 families were helped in Kangemi slums and Mathare slums, Nairobi, Kenya, on 29 May and 5 June 2021 by the food drive.



Photos from the first food distributions in Mathare and Kangemi slums, Nairobi

5.2 Second distribution (£16,268 – 550 food parcels, helping at least 2,200 people)

Off the back of this successful distribution, we then did a joint mega 48-tonne food distribution in Kaani and Katwanya villages, Machakos. This is a very dry and poor region in Kenya where relief is not commonly given out, and where Covid had exacerbated an already tough situation due to lack of rain.

A total of 1,050 food parcels were given out on 26 June 2021, with Help Change Lives contributing 550 parcels and Hope4Smile contributing 500.

Lions again sourced and distributed the parcels and we are very grateful to them for their brilliant logistics and organisation, led by Dr Manoj Shah and Dr Manilal Dodhia.

Each parcel again had 46kg of food and hygiene items comprising 1 bale (24kgs) unga (maize) flour, 10kgs rice, 5kg red beans, 2kg green grams, 1 litre oil, 1kg sugar, 1kg salt, 1.6kg soap, 200g tea-leaves, 8 masks, 0.5 litres hand sanitizer and 1 packet of sanitary pads. Each parcel was designed to support a family of four for at least 1 month.

Here is a video showing the food being gathered and packed in a warehouse prior to the distributions: <https://fb.watch/g-dIMYIHN/>.

We are really happy to have contributed to vital efforts to help the most vulnerable when they were hard hit.



Some of the families with their items- the distribution had to be done in stages as there were so many people



The Lions team, and a sample of the items in each food parcel (there is an extra bale of flour on the table compared to the parcel)



Pure happiness at receiving this much needed and vital aid in such difficult times



**KAANI AND KATWANYAA, MACHAKOS
FOOD DISTRIBUTION JUNE 2021**

THANK YOU TO ALL THE DONORS WHO MADE THIS POSSIBLE

HELP CHANGE LIVES: www.helpchangelives.org.uk

HOPE4SMILE: <https://www.facebook.com/Hope4Smile/>



Blessings from the recipients, the joint banner, and beams of happiness...

6. SALVE International Uganda street children, Uganda (£15,150)

6.1 Background

SALVE International (SALVE) is a UK registered charity that helps street children in Jinja, Uganda. They rescue, rehabilitate and reintegrate the street children and have been running for 15 years.

Devastating UK aid cuts meant SALVE International's (SALVE's) Girls' Drop-In Centre was in danger of closing in May 2021. This happened at a time when numbers of street children had increased significantly due to Covid, and they were really struggling to obtain even basic necessities, resulting in children as young as 8 years old having to resort to sex for food.

A child they are helping, Jalia (aged 13) said "On the streets, you don't have many choices. I can look through the rubbish for scrap to sell or I can sell my body. COVID has made things worse. Sometimes I sell myself for just a chapati (10p equivalent) so I have something I can give my baby brothers to eat. I dream about going to school. I just want a different life."

We became aware of this situation through a Facebook group for Small International Development Charities that our trustee, Pallvee Shah, is part of. UK Aid of £25,000 a year had been promised to the charity in 2021 and 2022 after thorough due diligence and this had been pulled at the very last minute. The charity was left in the lurch. We decided to help this charity after conducting due diligence.

6.2 Assistance provided and impact

We donated a total of £15,150 during the year, and enabled a further £7,000 of donations through our contacts. Here is how we helped and the impact we had:

- Following the UK Aid cuts, we raised an appeal and had a very generous response from our donors, raising £5,000. We matched this using a £5,000 donation we had received from Mahavir Trust. This £10,000 donation had the following impact:

Item	Expenditure
Business training, start up and follow up costs for 12 families of street connected girls	£4,173
School fees and requirements and counselling visits for 14 girls (1 secondary, 4 vocational, 9 primary) for two terms	£2,830
Contribution towards bigger Girls' Drop-In Centre costs (rent, utilities, food, social workers, class materials, cleaning materials, clothes and transport for children, new furniture)	£2,142
School catch-up classes / coaching for for one term the 14 girls above to prepare to return to school	£855
Total	£10,000

- Thanks to the awareness raised by our appeal and speaking to our contacts, Hope4Smile (another UK charity we work with) also donated £5,000. This, together with £2,142 from our £10,000 donation (see table above) was used by SALVE to move into larger premises for their Girls' Drop-In Centre. They were able to help many more girls daily. What a wonderful result for a charity that thought they would have to close this service altogether.
- We also raised £2,100 from a group of generous donors we met through Shishukunj (a UK charity we work with). Shishukunj also donated £2,000 directly to SALVE. The combined donation of £4,100 funded 4 months of feeding at their 2 rescue centres, drug rehabilitation centre and 2 half-way homes. They were able to provide 2 meals a day at the rescue centres, which enabled more children to be reached in shifts.
- We raised another £3,000 for SALVE in March 2022 from a generous donor to pay for 7 students to do vocational training in a mixture of hairdressing, tailoring, mechanics and driving, electrician training and carpentry. This covered school fees, requirements, individual counselling and career guidance. All students get a certificate on completion.
- We donated £50 towards their Christmas Appeal.



Pictures from the SALVE International Larger Girls' Drop-In Centre in Jinja, Uganda



Help Change Lives

The people your grant has supported to start a business



Beatrice has expanded her farm and is now growing a wide variety of vegetables that she plans to sell to her neighbours after her first harvest. So far things are growing well.



Florence is selling bed sheets and shoes. The business is going well so far and she was able to pay for some of her daughter's school requirements at the start of this term.



Robina chose to start a shoe selling business. It is doing well so far and she is working hard to make it a success. She sells both children's and adults shoes in her local area.



Alex is selling saucepans locally. Despite having a lot of issues with his health recently, he has been able to continue to run and grow his business and make it a success.



Mary had a tailoring qualification but no money to get set up so we helped her with the items she needed. She makes dresses which she then sells in her community.



Namulonodo buys clothes close to where she lives then brings them to Jinja where she sells them to a market trader. She is doing really well and plans to expand soon.



Jesca has set up a market stall selling vegetables. She grows some of her own crops which she sells there as well as buying some other items to sell. So far she is doing well.



Aisha is selling vegetables in a local market. She is doing well so far and can now pay her rent on time every month and is no longer worried about being evicted.



Kiruna started a clothes selling business after identifying that there was a demand in his community. So far the business is doing well and he hopes to expand to shoes too.



Catherine is doing really well running a successful hair salon and has even been able to send her niece to school this term with the profits she is making.



Zainabu lives in a slum area close to Jinja. She decided to start selling clothes after seeing there was a demand and so far the business has been a big success.



Annett is selling posho and rice in her local community. She is doing well from the business and says that her family now eat a much better diet thanks to the profits.

Pictures and stories of the 12 families of street-connected girls we supported

The girls you supported to return to education



Natalie has returned to school in Primary 6. She dreams of becoming a nurse one day and enjoys studying maths.



Anna has gone to school at Primary 3 level. Her dream is to become a doctor one day and she loves playing games like skipping with her friends.



Gemma has re-joined school at Primary 6 and is loving studying again. She loves playing netball and hopes to become a nurse one day.



Carol has returned to school in Primary 3. She loves studying English and Science and dreams of becoming a teacher one day.



Katie has returned to Primary 3 and is very happy to be back at school and hopes to be able to teach others one day. She loves playing netball.



Leah has returned to school in Primary 6. She loves studying science and plants and hopes to work in agriculture one day.



Mandy has just started school in Primary 1. She loves listening to music and hopes to find a job in music in the future.



Robina has returned to Primary 6. She dreams of becoming an engineer one day. She loves playing games with friends.



Nakato has returned to school in Primary 6. She dreams of becoming a teacher and loves studying maths and science.



Natasha felt that she was too old to return to formal education and so she chose to do a hairdressing course which she is loving so far.

The girls who supported to return to education



Harriet felt she was too old to return to school and decided she wanted to study tailoring as she loves clothes and fashion.



Melissa is studying hairdressing and is loving learning a new skill which she knows will help give her a brighter future.



Sarah is loving her hairdressing course and looking forward to being able to start earning an income and helping her family when she graduates.



Christine is in Senior 1 and is really enjoying learning again. She hopes to become a nurse one day and enjoys music, dance and drama.

Information about the 14 girls (1 secondary, 4 vocational, 9 primary) we helped in education during the year.

7. Mary's Meals school feeding programmes, Malawi and Liberia (£14,405)

This year we sponsored school lunch for a year for 906 children in 2 schools through Mary's Meals, a UK registered charity that feeds over 2 million children in school in 19 countries around the world. That's 181,200 meals that we helped provide in 2 different countries!

This is the impact we had:

- 506 students at Esther Yalartia Academy in Liberia will get 101,200 meals this year.
- 400 students at Phandadzinja School in Malawi will get 80,000 meals this year.

We are delighted that these children will now be able to have at least one meal a day in a place of education - which will be their route out of poverty.



Help Change Lives

Mary's Meals in Liberia

mary's
meals

- Nearly two thirds of Liberians live in poverty and many of the most marginalised communities don't have electricity or running water.
- Despite well over a decade of peace, the legacy of civil war still casts a shadow. Many of the schools destroyed during the fighting have yet to be rebuilt and more than 60% of children are missing out on an education.
- The Ebola outbreak has also had a devastating impact. Many children lost family, and years of education, as schools closed to stop the disease from spreading.
- Together, we're bringing life-changing school meals to more than **120,000 children** in Bomi, Bong, Grand Cape Mount, Gbarpolu, and Montserrado counties.



Information on school feeding in Liberia by Mary's Meals

Mary's Meals in Malawi

mary's
meals

- Malawi is one of the world's poorest countries. Many families live through farming, but struggle to grow enough food.
- It is home to our largest school feeding programme and, today, almost one in three primary school children in the country receives Mary's Meals.
- One of those children is 11-year-old Promise (pictured) who dreams of becoming a nurse.
- Promise says: "I come to school hungry and porridge helps me to feel full. It gives me energy and I feel healthy because of the porridge."



Information on school feeding in Malawi by Mary's Meals

8. Kangemi school refurbishment, Kenya (£14,305)

8.1 Background

During a distribution of reusable pads at Kihumbuini Primary School in Kangemi Slums, Nairobi, we became aware of the terrible condition of the school. We felt compelled to help improve conditions for the school's 1,550 mixed boy and girl student population, who all come from very poor backgrounds.

This is a government school covering preschool and grades 1 to 8. The students come from 3 slums in Nairobi- Kangemi, Kawangware and Kibagare. It was built for 400 students and looked like it has had no attention for around 35 years. The government has closed non-formal schools in the area, so the school population has greatly increased. There was huge pressure on existing facilities that were already in a bad state. There were only 34 toilets for the entire student population!

The school had toilets in total disrepair, blocked sewage pipes, cisterns hanging off walls, missing and broken windowpanes and completely worn-out classrooms, with no paint on the walls. The kitchen had also collapsed, so no lunch could be served. As the parents are from a poor background, they don't have much leverage to get things sorted out by the government.

We arranged for a local contractor to do the work to keep costs as low as possible, and a volunteer for Help Change Lives, Pratik Shah, helped oversee the project from Nairobi, whilst Pallvee Shah supervised the project from the UK and was in touch with the contractor and the headmaster on an almost daily basis.

We raised just over £21,000 for this project in the financial year, and work started in January 2022. We are really grateful to all the donors, who enabled us to do this wonderful project and change so many lives. A significant donation was made by the Bhagwanji Raja Foundation, who donated more funds post year-end as well.

By 31 March 2022, we had spent £14,305 and are expecting to complete this project by the end of 2022. We were able to do more work than originally planned due to extra funds raised, for which we are very grateful indeed. Work done post 31 March 2022 will be reported on in our next annual report.

8.2 Impact

The impact of helping this school is that a very large student body will benefit for many years to come in terms of better sanitation, hygiene, nutrition and studying environment, leading to higher grades and less disease in the student population. This makes it a very high impact project to support. If we estimate 150 new students joining every year for the next 10 years, then over 20 years at least 5,000 students will be helped, including the existing school population.

One of the donors to our project also initiated a school feeding programme that started after the year-end. This was enabled as the kitchen was refurbished by other friends of the school, who were keen to help after they saw the changes we were making. The ripple effects of this project are wonderful to see and will also have a long-lasting benefit on the health and concentration of the pupils.



Distribution of reusable sanitary pad kits at this school in Nairobi's Kangemi slums, which made us realise how bad conditions were at this school for almost 1,600 students with just 34 student toilets that were not flushing and had blocked sewage pipes

8.3 Project details

The project involved the following work:

1. Toilets and washrooms- The boys' and girls' toilets were terrible, with cisterns falling off from the walls so the toilets cannot be flushed, no doors and peeling paintwork. We replaced all the toilet bowls and cisterns, repainted the toilet blocks and put in new doors. We also built a large new urinal for 10 boys at a time with more sinks to increase capacity, and fixed the blocked sewage pipes.
2. Windows- A lot of the windows were missing glass or were non-existent, and so the classrooms were open to the elements. There was no heating, and it got very cold and wet at times, such that the students were really suffering. The work required was to repair 42 sets of windows, of which 37 needed to be made new, welding, removal of all wooden frames and replacing with new metal frames, welding the broken window and grills, and plastering and painting the frames. We fixed or replaced all the windows, making the new ones from scratch to reduce costs.
3. Classrooms and admin block- The 21 classrooms and 5 room admin block were very dark, dingy and dirty. They badly needed to be repainted inside and outside, including the ceilings. They also needed new cupboards and blackboards. We painted all the classrooms inside and outside, including the ceilings and blackboards.
4. An entire building housing grade 3 was in a state of total disrepair and needed a lot of work. We fixed the roof, repainted all 4 rooms inside, put in larger windows, repaired the veranda on which porridge is served, added steps to the side and widened the front steps to enable easier serving of food to the population of 1,600 students. It's hard to believe it's the same building! We also refurbished the storeroom inside in preparation for the new school feeding programme.
5. New desks and chairs were needed for the students as some students were sitting on the floor and studying, whilst others were sharing 4 to a desk meant for 3, writing on their laps. By 31 March 2022 we had provided additional desks and chairs for 60 students, with many more helped post year-end.

8.4 Visuals of the transformation

We visited Kihumbuini Primary School four times during a trip to Kenya in April 2022 and were amazed at the transformation. We met the headmaster and the school's board of management, and they were so incredibly grateful and happy at the changes. Unfortunately, the school holidays had started, so we could not meet the pupils.

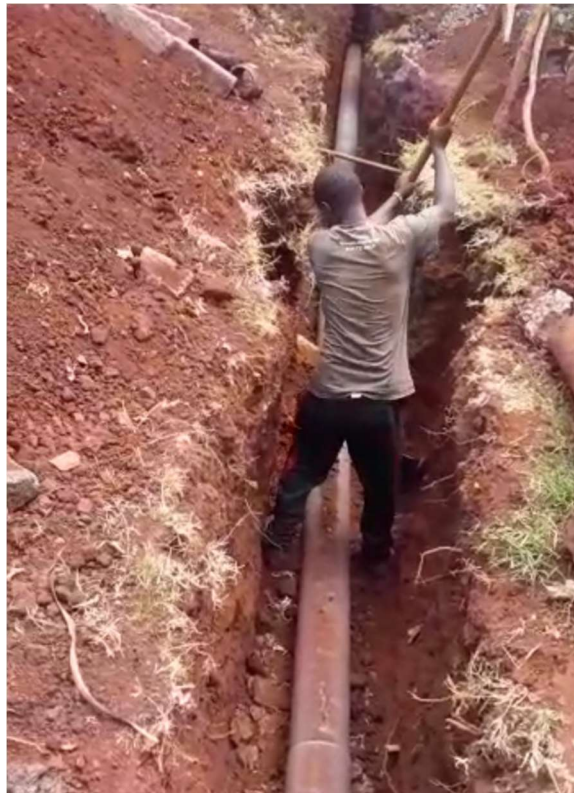
They noted how the pupils would be so much more motivated to study in the lovely new environment, and how their health would improve given the improvement in the toilets and the provision of reusable sanitary pads.

The photos below are from our trip and show work in progress as well as completed items. We shall be really pleased to share the full transformation in our next annual report.

- **Work done on toilets and washrooms:**



State of toilets and washrooms before the refurbishment



Unblocking the sewer pipes



Help Change Lives



Work in progress on toilets and washrooms, and photos of the new urinal and sink. Photo shows Parus Shah, one of the Help Change Lives trustees.



Refurbished toilets and washrooms from inside and out- new paint, new internal and external doors, cleaning and plastering.

Photos show Pratik Shah, a volunteer for Help Change Lives who was helping supervise the project in Kenya and co-ordinate with the contractor; and Mr Hassan Tala, the headmaster of the school, along with some workers.

- Work done on classrooms, windows and admin block:



Photos of the state of the classrooms before and during the works. Photos show representatives from major donors, along with our trustee, Pallvee Shah



State of outside of classrooms and windows before the refurbishment



Newly refurbished classroom in use, with new windows



Newly refurbished classrooms from the outside, and work in progress on top left

- Work done on Grade 3 building, including store-room and verandah for serving food:



State of Grade 3 building prior to refurbishment, and work in progress



Partially refurbished Grade 3 building and state of the large classroom inside prior to the refurbishment- the windows were tiny and broken, the ceiling had holes and the walls were filthy



State of Grade 3 classroom before refurbishment and work in progress on the verandah



Repainting the Grade 3 classroom, holes in the ceilings which were fixed and the finished classroom with the happy pupils

9. Railway Children Tanzania street children (£5,061)

In June 2021 Help Change Lives provided Railway Children with £5,061 to support street-based interventions in Tanzania, including the Kivuko Smart School (KSS) in Mwanza, near Lake Victoria. This is the impact the funds had:

- 466 children were provided with support services (341 boys and 125 girls). Of these 244 were new and contacted through street outreach activities and/or referral by stake holders. 94 participated in structured street outreach sessions, and 156 were provided with medical support.
- At the street level, children were provided with informal life skills on hygiene, literacy and numeracy skills, medical support, one on one sessions, sport and games activities. The sessions conducted were self-awareness, individual goal setting and conflict resolution.
- Those willing to leave the streets were placed at fit persons and residential shelters as safe places for them to stay, as the project workers worked to conduct family tracing and prepare the families to receive the child.
- 157 children were reintegrated back to their families and received family follow-up visits aimed at strengthening family relationships. School support through school enrolment and provision of school materials was provided to them and to siblings of school going age, helping 286 children in total. Some families were provided with food packages, business training and grants for caregivers on a needs basis after assessment.
- During the year and following a strategic review, Railway Children decided to close the KSS and transfer the work to the bus shelters and street-based interventions. The funds continued to support outreach work and provide all the services, but community based rather than at the KSS drop-in centre. The education continued with the mobile school, outreach at bus terminals and provision of food and refreshments using local vendors.



The Kivuko Smart School in Mwanza, Tanzania, run by the Railway Children

10. Covid oxygen relief in Nepal and India (£4,473)

During the peak of the Covid pandemic, there was a severe shortage of oxygen in certain countries, resulting in an urgent need to obtain oxygen concentrators and build oxygen plants in order to prevent deaths. We donated to two appeals that were raised by trusted sources:

- One of our trustees, Prashant Amatya, was born and brought up in Nepal and became aware of an appeal by a well-regarded hospital that his friends and family were familiar with. The Chhatrapati Free Clinic (Hospital) has been providing free services to the poor in Kathmandu since its inception in 1957. It was raising funds to build an oxygen plant to provide a vital service for those affected by Covid. There were very few oxygen plants left in Nepal due to lack of use in prior years.

Help Change Lives fundraised for this appeal, and we were able to donate £2,473 towards the oxygen plant. Prashant visited the plant in December 2021 and was pleased to see that it was open and operational. Oxygen is provided free of charge to the poor. Those able to pay are being charged a nominal amount to cover operational and maintenance costs. This will really make a difference to the underprivileged community living locally.

- We also donated £2,000 to Hope4Smile, a UK registered charity (under the name M Z and K Z Shah Foundation), towards the purchase of 6 oxygen concentrators for use in Nairobi, Kenya and Jamnagar, India. These have helped to save lives during the Covid pandemics that hit there and have since been reused to help people suffering from other medical conditions.



The oxygen plant we donated towards at the Chhatrapati Free Clinic (Hospital), Kathmandu, Nepal

11. Medical appeals in Kenya, Ghana and India (£3,581)

During the year we supported 2 major medical appeals and several smaller ones.

- Silas- spend in the year £978. We raised £4,579 in the year for him. The assistance we provided was still ongoing at year-end and the unused amount of £3,601 has been carried forward as restricted funds.

We have been funding the education of children from the rubbish picker community in Dandora estate, a Nairobi slum, in co-ordination with the local Rehema Rescue Centre that is based there. They approached us in January 2022 to ask if we could add on one more child as an emergency as the father had developed cancer. On seeing his photos, our trustee Pallvee Shah investigated further and found it was a potentially curable cancer, but the father had run out of funds and therefore had not been able to afford any treatment following a biopsy. He had only weeks left to live without any help.

We fundraised to help Silas. We paid for the Kenyan government National Health Insurance Fund (NHIF) for him, which was expected to cover the majority of his chemotherapy costs and some medicines. We also raised funds to cover other scans, tests, medicines and cab transport for him (needed due to weakened immunity and risk of Covid).

By 31 March 2022 he had had 3 cycles of chemotherapy and the tumour had shrunk significantly. By the reporting date Silas has had 8 cycles of chemotherapy and is now cancer free. We are so happy for him. The treatment raised unexpected costs as the government hospital had run out of chemo drugs at times and were unable to provide all the medicines needed, so private treatment was also needed at times. He still needs regular scans. This shall be covered in the following year's report.

The treatment saved his life and it has certainly helped him have a much better quality of life than before, as he had been unable to eat, drink or sleep. We have also supported his wife's tomato business, provided him with some emergency food relief and paid some school fees for his children as he is unable to work and was the main breadwinner. A donor for his medical treatment is also now directly supporting one of his children in secondary school, another wonderful ripple effect.

- Mercy- spend in the year £2,022. We raised an appeal to help Mercy, who was also suffering from cancer, to receive medical treatment in India. We are pleased to say that Mercy is doing very well as at the reporting date.
- We also spent £581 helping other medical cases including a young boy who needed a dental operation in Ghana (through Porridge and Pens Ghana, a UK charity) and a gentleman in India with advanced kidney problems.



Silas – before, during and after his treatment for lymphoma

12. Kenya Children Centres feeding programme in Kenya (£2,640)

This UK charity has a local partner in Kenya through which it runs excellent programmes. We support their feeding programme in Umoja, Thika, Kenya. The programme started by feeding children in the slum area. It has since expanded and been moved to the nearby Umoja Primary School.

Help Change Lives supported the feeding of porridge before school for 60 children and a hot githeri lunch for 75 children (there is some overlap but some of the children at both sittings are different). The children are weighed and measured twice each term to assess progress.

The charity has built a database of BMI and academic performance with measurements taken twice each term at 7 of their 8 feeding projects, covering approximately 800 children. The data shows an improvement in four areas:

- 80% moved from underweight to normal weight.
- 40% have made improvements in their academic performance since the start of the year.
- Almost 40% of the children on the programme with a poor record improved their attendance during the year. The school has achieved 99% attendance, an important measure of success for the school.
- The majority are happier, less temperamental, socialise more easily and enjoy their time in school.
- Teachers noted that 50% of the children had improved their general attitude in school.



Children being fed at Umoja Primary School in Umoja, Thika, Kenya, run by a local partner of Kenya Children Centres

13. Educational books to Kenya (£1,500)

We funded the subsidised cost of approximately 40,000 educational English medium books sent to Kenya by Shishukunj London. This formed part of a 40ft container sent to Kenya by Shishukunj- the rest of the books were funded by other parties.

The books were distributed to vulnerable schoolchildren in Kenyan Government schools by Shishukunj Kenya.

This will help improve the education and literacy of the children and make a significant impact on the resources available to them. We are really pleased to have supported this programme.



Some books donated by Help Change Lives to a Kenyan Government School through Shishukunj

14. Hope4Smile feeding Indian street families (£1,500)

We supported 6 weeks to 2 months of feeding vulnerable people on the streets of Jamnagar, India through Hope4Smile, a UK registered charity (under the name M Z and K Z Shah Foundation).

Food was given once a day to approximately 175 people each day. A local partner distributed cooked food to villages in the outskirts of Jamnagar, giving meals to people on the streets, including children. The meals cost approximately 15 pence each. We are really happy to have supported this initiative that feeds the very vulnerable in society.



Street families being fed in Jamnagar, India through Hope4Smile and a local partner

15. Other small donations (£1,751)

- We donated £800 to Jinja Educational Trust for 40 backpacks, each filled with a blanket and a pair of school shoes, for two orphanages in Uganda- Son Rise and Mama Jane.

The charity wrote: “The children were thrilled with them, the blankets arrived just in time for the rains when it gets a little cooler at night and as the children have just started back at school after two years it is so wonderful for them to have new backpack to start them off. It has really helped them to prepare for going back to school after so long away, made sure it was a more positive experience and that we were giving them some encouragement.”

- We donated £250 to Shishukunj, a UK registered charity, in support of their marathon fundraising for their Education Programme, and to express our gratitude for the support they had extended in logistics and organisation of the virtual London Marathon that Help Change Lives took part in.
- The remaining donations of £701 covered some small appeals in Kenya and Uganda to do with supporting a rescue centre and feeding vulnerable children.

16. Expanding our profile and sources of donations

- We were delighted to launch our website in May 2021. The link is www.helpchangelives.org.uk.
- We continued to build a wider support network through our social media presence on Facebook (including the use of Facebook Donate), Instagram and LinkedIn and sent out regular newsletters.
- We continued building relationships with other like-minded organisations such as the Jaspar Foundation, Shishukunj, Hope4Smile (MZ KZ Foundation), the KPJ Family Foundation, Mizuho Bank and some significant individual philanthropists. Our main source of funds this year has been donations from the public, including friends and non-immediate family.
- We also fundraised through the London Marathon 2021, which raised almost £10,000. Ajay Shah ran the mass marathon in the City of London, Hema Khimasia and Pallvee Shah ran the virtual marathon in Radlett (North London) and Claire Shah-Queiroz ran the virtual marathon in Sydney, Australia. We are very thankful for their efforts.

Thank you also to Shishukunj London for organising training, logistics, support and a delicious post-marathon lunch. We love collaborating with other charities and together we have a bigger impact.

Pallvee and Hema were also featured in their local newspapers- Northwood News and Pinner News, thus increasing awareness about Help Change Lives through another channel.



Our London Marathon team on Marathon Day, 3 October 2021



London Marathon team photo in Help Change Lives t-shirts

Resident takes on marathon to raise almost £10,000 for charity

Written by Holly Bullen

A Northwood resident has raised almost £10,000 after taking on the London Marathon with three friends in aid of a charity she set up to help combat poverty.

Pallvee Shah, 43, ran the Virtual London Marathon on October 3 to raise money for Help Change Lives.

The charity runs several projects, including providing reusable sanitary pads to vulnerable girls in Kenyan schools, sponsoring children's education, and supporting families in western Kenya with food, medical aid, toilets and shelter.

Speaking to **NORTHWOOD&RUISLIP**NEWS about why she set up the charity, Pallvee said she wanted to help those who are less fortunate.

She said: "I actually grew up in Kenya, so I am very aware of the poverty that is there. The charity started off by helping one family and then grew organically from there.

"We have so much and the people there are so poor. I want to help make the world a better place.

"We collaborate with other charities as we know we can't make an impact all by ourselves."

After turning vegan six years ago, Pallvee became interested in running, although before deciding to take on the London Marathon, she had never run



Pallvee has helped to raise almost £10,000

more than 10km.

Taking on the marathon with her sister, Hema Khimasia, and two other friends, Pallvee completed the race in just over five hours.

The team has so far raised £9,153 for Help Change Lives and is still collecting donations to reach their target of £10,000.

To donate, visit uk.virginmoneygiving.com/Team/HelpChangeLivesLondonMarathon2021

Pallvee Shah featured in Northwood News



Help Change Lives

Resident smashes virtual marathon challenge for charity

Written by Lizzie Ellis

A woman from Pinner, together with three of her friends, has raised more than £8,000 for charity by running the London Marathon.

Hema Khimasia ran the Virtual London Marathon on October 3 to raise money for a charity her sister co-founded, Help Change Lives, which aims to prevent and relieve poverty.

Help Change Lives provides reusable sanitary pads in Kenyan schools, sponsors children's education, and supports families in western Kenya with food, medical aid, toilets and shelter.

Hema told **PINNERNEWS**: "It was definitely a big challenge as we had never run more than 10k! We trained with a lovely running group, put in a lot of hours, and suffered a few injuries, but kept going. We had virtual entries and ran the route in Elstree and Radlett, which had been brilliantly organised by



Hema completed the marathon in just over five hours

children's charity, Shishukunj London. It felt truly incredible to complete the run on the big day. It was tough, but the reminder of the impact the funds would have kept us going."

To donate, visit uk.virginmoneygiving.com/Team/HelpChangeLivesLondonMarathon2021

Hema Khimasia featured in Pinner News

Future plans

As at 31 March 2022, our future plans included:

- Continuation of the Kakamega family support programme in western Kenya.
- Continuation of the higher education support programme in Kenya.
- Continuation of our period poverty project in Kenya through the distribution of reusable pad kits and educating boys and girls there. We had already raised significant funds for this during this financial year, some of which will be paid in the next financial year, which are available for the work to continue.
- Continuation of the school refurbishment project in Kangemi slum, Nairobi
- Continued collaboration with like-minded charities.

Financial review

1. Expenditure

All expenditure in the year has been on projects to further Help Change Lives' charitable objectives. 100% of all non-trustee donations are spent on our projects, as the trustees cover all the other administrative costs, transfer fees and fundraising costs of the charity, which we keep to a minimum.

There are no head office admin or UK staff costs as the trustees are working on a voluntary basis from their own premises and do not charge for any travel or expenses.

We have only two paid staff members, who are our social workers in Kenya. They carry out the work needed to run our Kakamega Families Programme on the ground.

Please see section 6 below on Reserves policy for further information.

2. Income

Our main source of funds this year (53.9%) has been public donations, including from friends and non-immediate family. 46.1% of funds were raised from trustees and related parties.

3. Designated and restricted funds

£112,458 (57%) of the donations received in the period were restricted funds given to support specific appeals.

The trustees have not designated any unrestricted funds for a specific purpose.

4. Banking and investment policy

Funds held by the Charity are not invested. They are held as cash balances and a small amount in hand / mobile money in Kenya. The Charity has a UK Barclays Bank Community Account (Charity Account) that offers special charity rates.

Minimal bank fees of £18 were incurred in the period. These have been included within project costs. These fees are covered by trustee donations.

5. Related party transactions

46.1% of funds were raised from trustees and related parties. The amount includes Gift Aid and corporate matching.

6. Reserves policy

Our reserves policy is to hold at least enough funds to cover legally committed expenditure and forecast expenditure for the next four months.

Our reserves at 31 March 2022 were £39,846 (£26,307 at 31 March 2021). There was no legally committed expenditure at the year-end.

Of this, £35,474 comprised restricted funds for the following causes:

Cause	Amount (£)
- Fighting period poverty	16,276
- Kangemi slum school refurbishment project	6,715
- Kakamega family support programme	5,396
- Medical appeals	3,601
- Higher education support (secondary school, university and vocational training)	3,486
Total	35,474

The balance of £4,371 in unrestricted funds covered our forecast unrestricted expenditure on the Kakamega Families Programme for the next four months.

7. Accounts format

We have used the receipts and payments accounts format set out for small charities by the Charity Commission for England and Wales.

8. Independent examination

Our financial statements are required to be independently examined as the Charity's income for the year exceeded £25,000.

The trustees are pleased that Marietta Boutros FCCA, an experienced certified accountant, has agreed to carry out the independent examination.

This report of the trustees was approved by the trustees on 14 December 2022 and signed on their behalf by:

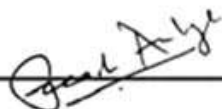
Pallvee Shah, LLB, MSc, FCA, CTA, Chair of Trustees



Parus Shah, BSc, MSc, Trustee



Prashant Amatya, BSc, FCA, Trustee





Independent examiner's report on the accounts

**Report to the trustees/
members of**

Help Change Lives (a charitable incorporated organisation)

**On accounts for the
period ended**

31st March 2021

**Charity
no.**

1184471

Set out on pages

66 following

**Responsibilities and
basis of report**

I report to the trustees on my examination of the accounts of the above charity ("the CIO") for the period ended 31st March 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 CIO'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 giving 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 those records.

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.

Signed:

Date:

14th December 2022

Name:

Marietta Boutros

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

Association of Chartered Certified Accountants (ACCA)

Address:

12 Lynton Road

New Malden

KT3 5EE



Help Change Lives

Statement of financial activities

for the period from 1 April 2021 to 31 March 2022

	Countries helped	Unrestricted Funds	Restricted Funds	Total at 31 March 22	Total at 31 March 21
Section A – Receipts and payments					
A1 Receipts- Donations and Gift Aid		98,896	98,053	196,949	81,814
A2 Asset and investment sales		-	-	-	-
Total receipts		98,896	98,053	196,949	81,814
A3 Payments					
- Kakamega family support programme	Kenya	14,953	17,340	32,293	31,076
- Higher education support (secondary school, university and vocational training)	Kenya	8,245	16,699	24,944	-
- RajSaubhag Humanitarian activities	India	23,000	-	23,000	-
- Fighting period poverty	Kenya	690	18,904	19,594	3,235
- Covid food relief	Kenya	16,650	1,618	18,268	15,795
- SALVE International Uganda street children	Uganda	5,201	9,949	15,150	-
- Mary's Meals school feeding	Malawi and Liberia	14,341	64	14,405	5,947
- Kangemi slum school refurbishment project	Kenya	-	14,305	14,305	-
- Railway Children Tanzania street children	Tanzania	5,061	-	5,061	-
- Covid oxygen relief	Nepal and India	2,534	1,939	4,473	-
- Medical appeals	Kenya, Ghana and India	1,350	2,231	3,581	-
- Kenya Children Centres feeding programme	Kenya	2,640	-	2,640	2,640
- Shishukunj educational books	Kenya	1,500	-	1,500	-
- Hope4Smile India feeding street families	India	1,500	-	1,500	0
- Miscellaneous donations	Kenya and Uganda	1,751	-	1,751	1,062
- London Marathon fees and t-shirts		472	-	472	444
- Website, email and data protection fees		423	-	423	178
- Exchange rate loss on forex balances		52	-	52	769
- School solar power project	Kenya	-	-	0	9,376
- Shishukunj Sponsor a Child	India	-	-	0	7,200
- Blood cancer medical appeal	India	-	-	0	5,500
- Virgin MoneyGiving registration fee		-	-	0	180
A3 Payments sub-total		100,362	83,049	183,411	83,403
A4 Asset and investment purchases		-	-	-	-
Total payments		100,362	83,049	183,411	83,403
Net of receipts/(payments)		(1,467)	15,004	13,538	(1,589)
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end		5,838	20,470	26,307	27,896
Cash funds at 31 March 2022		4,371	35,474	39,846	26,307
Section B Statement of assets and liabilities at the end of the period					
		Unrestricted Funds	Restricted Funds	Endowment Funds	
B1 Cash funds		4,371	35,474	-	
B2- B4 Other assets		-	-	-	
B5 Liabilities		-	-	-	

Approved by the trustees on 14 December 2022 and signed on behalf of the trustees by:

Pallvee Shah, LLB, MSc, FCA, CTA, Chair of Trustees

P. Shah

Parus Shah, BSc, MSc, Trustee

Parus Shah

Prashant Amatya, BSc, FCA, Trustee

Prashant Amatya