



Help Change Lives

Trustees' Annual Report and Financial Statements for the year ended 31 March 2023

UK Registered Charity Number 1184471



CONTENTS

3	Legal and administrative information
4	Structure, governance and management
4	Objectives
5	Key achievements and activities
6	Financial review
8	Independent examiner's report
9	Statement of financial activities
24	More detail on our projects during the year
69	Future plans

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



Help Change Lives

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.



Help Change Lives

Key achievements and activities

- This year the charity achieved a significant milestone of exceeding £250,000 in donations, less than 5 years after we started. This also meant that we had to change to accruals accounting as required by FRS 102.
- We supported the following projects in the year ended 31 March 2023:

		Country helped in FY23	Year ended 31 March 2023	Year ended 31 March 2022
1	- Higher education support (secondary school, university and vocational training)	Kenya	132,603	24,944
2	- Fighting period poverty	Kenya	47,491	19,594
3	- Kenya family support programme	Kenya	44,558	32,293
4	- Medical appeals	Kenya	24,142	3,581
5	- Mary's Meals school feeding	Liberia and Malawi	16,250	14,405
6	- Kangemi slum school refurbishment project	Kenya	15,956	14,305
7	- Primary school education	Kenya	12,140	Included in Kenya Family Support
8	- UK food banks	UK	12,000	-
9	- SALVE International Uganda street children	Uganda	11,190	15,150
10	- Kenya Drought Relief	Kenya	6,915	-
11	- Miscellaneous donations	Kenya	4,287	1,751
12	- Kenya Children Centres feeding programme	Kenya	3,640	2,640
	- RajSaubhag Humanitarian's charitable activities		-	23,000
	- Covid food relief		-	18,268
	- Railway Children Tanzania street children		-	5,061
	- Covid oxygen relief		-	4,473
	- Shishukunj educational books		-	1,500
	- Hope4Smile - feeding Indian street families		-	1,500
	- Bank charges and transaction costs		2,060	Included within project costs
	- Website, IT and data protection fees		532	423
	- Exchange rate loss on forex balances		187	52
	- Internal transfer received post year-end		2,524	-
	- Fundraising costs		99	472
	Total funds spent in the year		336,575	183,411

- 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.** During the year, the trustees made a field trip to Kenya and covered all the expenses for the trip privately.
- All trustees give their time voluntarily and receive no remuneration or benefits. They also cover the rent and utilities expenses of the Charity, so there are no head office costs.

Financial review

1. Expenditure, staff and volunteers

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. The rest of the work is done by volunteers, including our trustees and our CEO. We are very thankful for our growing team of volunteers in Kenya, who enable us to do more good in places where we don't have a presence on the ground and who also carry out due diligence for us, make sure appeals are genuine by doing home and field visits, shop for us, handle logistics, provide storage and space, informal medical and pharmaceutical advice and take people for medical treatment. We estimate that around 20 people volunteered to help us in this financial year, and we are very grateful indeed.

2. Income

Our main source of funds this year was donations from trustees and related parties (55%, prior year 46%).

3. Designated and restricted funds

£142,536 (39%, prior year 49%) of the donations received in the period were restricted funds given to support specific appeals.

The trustees have designated £35,000 of unrestricted funds held at year-end for our higher education support programme.

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.

Bank fees and transaction costs of £2,060 were incurred in the period. These fees are covered by trustee donations.

5. Related party transactions

54% (prior year 46%) 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 2023 using accruals accounting were £75,581 (£46,707 at 31 March 2022). There was no legally committed expenditure at the year-end. The trustees have designated £35,000 of unrestricted funds held at year-end for our higher education support programme.

Therefore, our restricted and designated funds at the year-end comprise:

Cause	Amount (£)
- Higher education support (secondary school, university and vocational training)	37,000
- Medical appeals	12,284
- Fighting period poverty	6,228
Total	55,512

The balance of £20,068 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 accruals accounting format set out for small charities by the Charity Commission for England and Wales as our donations exceeded £250,000 in this accounting period. A reconciliation to prior years, which were prepared on a cash basis, is presented in the accounts.

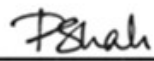
8. Independent examination

Our financial statements are required to be independently examined as the Charity's income for the year exceeded £25,000. We are not required to have a formal audit.

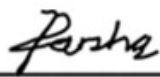
The trustees are pleased that Marietta Boutros FCCA, an experienced certified accountant, has agreed to carry out the independent examination.

This report of the trustees was approved by the trustees on 22 January 2024 and signed on their behalf by:

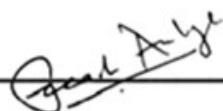
Pallvee Shah, LLB, MSc, FCA, CTA, Chair of Trustees



Parus Shah, BSc, MSc, Trustee



Prashant Amatya, BSc, FCA, Trustee





Independent examiner's report on the accounts

**Report to the trustees/
members of**

**On accounts for the
period ended**

Set out on pages

**Responsibilities and
basis of report**

Help Change Lives (a charitable incorporated organisation)

31st March 2023

**Charity
no.**

1184471

9 to 23

I report to the trustees on my examination of the accounts of the above charity ("the CIO") for the period ended 31st March 2023.

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**

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination 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 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.

Signed: 

Date: 21/01/2024

Name: Marietta Boutros

Professional qualification: ACCA

Address: 12 Lynton Road

New Malden

KT3 5EE



Help Change Lives

Statement of financial activities

 CHARITY COMMISSION FOR ENGLAND AND WALES	Help Change Lives		Charity No	1184471		
	Annual accounts for the period					
	Period start date	1 April 2022	To	Period end date	31 March 2023	
Section A Statement of financial activities						
Recommended categories by activity	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£	£	£	£	£
Incoming resources (Note 3)		F01	F02	F03	F04	F05
Income and endowments from:						
Donations and legacies	S01	222,912	142,536	-	365,448	203,811
Charitable activities	S02	-	-	-	-	-
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	222,912	142,536	-	365,448	203,811
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	99	-	-	99	472
Charitable activities	S09	177,556	158,920	-	336,476	182,939
Separate material item of expense	S10	-	-	-	-	-
Other	S11	-	-	-	-	-
Total	S12	177,655	158,920	-	336,575	183,411
Net income/(expenditure) before investment gains/(losses)	S13	45,257	- 16,384	-	28,873	20,400
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	45,257	- 16,384	-	28,873	20,400
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	45,257	- 16,384	-	28,873	20,400
Reconciliation of funds:						
Total funds brought forward	S21	9,811	36,897	-	46,708	26,308
Total funds carried forward	S22	55,068	20,513	-	75,581	46,708



Help Change Lives

Section B Balance sheet						
	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
		£	£	£	£	£
		F01	F02	F03	F04	F05
Fixed assets						
Intangible assets (Note 15)	B01	-	-	-	-	-
Tangible assets (Note 14)	B02	-	-	-	-	-
Heritage assets (Note 16)	B03	-	-	-	-	-
Investments (Note 17)	B04	-	-	-	-	-
Total fixed assets	B05	-	-	-	-	-
Current assets						
Stocks (Note 18)	B06	-	-	-	-	-
Debtors (Note 19)	B07	20,671	6,628	-	27,299	6,862
Investments (Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand (Note 24)	B09	34,396	13,886	-	48,282	39,846
Total current assets	B10	55,067	20,514	-	75,581	46,708
Creditors: amounts falling due within one year (Note 20)	B11	-	-	-	-	-
Net current assets/(liabilities)	B12	55,067	20,514	-	75,581	46,708
Total assets less current liabilities	B13	55,067	20,514	-	75,581	46,708
Creditors: amounts falling due after one year (Note 20)	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
Total net assets or liabilities	B16	55,067	20,514	-	75,581	46,708
Funds of the Charity						
Endowment funds (Note 27)	B17	-	-	-	-	-
Restricted income funds (Note 27)	B18	-	20,513	-	20,513	32,229
Unrestricted funds	B19	55,068	-	-	55,068	4,806
Revaluation reserve	B20	-	-	-	-	-
Total funds	B21	55,068	20,513	-	75,581	37,035
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval		
			Pallvee Shah	22/01/2024		
			Parus Shah	22/01/2024		
			Prashant Amatya	22/01/2024		



Help Change Lives

Section C		Notes to the accounts	
Note 1 Basis of preparation			
<i>This section should be completed by all charities.</i>			
1.1 Basis of accounting			
These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.			
The accounts have been prepared in accordance with:			
• and with*	☒	the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014	
• and with*	☐	the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)	
• and with the Charities Act 2011.			
The charity constitutes a public benefit entity as defined by FRS 102.*		☒	
* -Tick as appropriate			
1.2 Going concern			
<i>If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:</i>			
An explanation as to those factors that support the conclusion that the charity is a going concern;		Not applicable	
Disclosure of any uncertainties that make the going concern assumption doubtful;		Not applicable	
Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.		Not applicable	
1.3 Change of accounting policy			
The accounts present a true and fair view and the accounting policies adopted are those outlined in note 2.2.			
Yes*	☒	* -Tick as appropriate	
No*	☐		
Please disclose:			
(i) the nature of the change in accounting policy;		Change from receipts and payments accounting to accruals accounting as charity turnover exceeded £250,000 in this accounting period.	
(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and		Income and expenses are now classified according to the accruals method as it shows the accounting position when income and expenses occur rather than when cash is paid.	
(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.		See Note 2	



1.4 Changes to accounting estimates					
No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).					
Yes*	☒	* -Tick as appropriate			
No*	☐				
Please disclose:					
(i) the nature of any changes;			Not applicable		
(ii) the effect of the change on income and expense or assets and liabilities for the current period; and			Not applicable		
(iii) where practicable, the effect of the change in one or more future periods.			Not applicable		
1.5 Material prior year errors					
No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).					
Yes*	☒	* -Tick as appropriate			
No*	☐				
Please disclose:					
(i) the nature of the prior period error;			Not applicable		
(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and			Not applicable		
(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.			Not applicable		



Section C

Notes to the accounts

(cont)

Note 2

Accounting policies

Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.

2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

Please provide a description of the nature of each change in accounting policy

Change from receipts and payments accounting to accruals accounting as charity turnover exceeded £250,000 in this accounting period.

Reconciliation of funds per previous GAAP to funds determined under FRS 102

	Start of period 1 April 2021	End of period 31 March 2022
	£	£
Fund balances as previously stated	26,307	39,846
Adjustments:		
Gift Aid relating to this accounting year but not yet claimed		5,482
Donations relating to this accounting period but not yet received		1,291
Other miscellaneous		89
Fund balance as restated	26,307	46,708

Reconciliation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102

	Year ending 31 March 2022
	£
Net income/(expenditure) as previously stated	13,538
Adjustments:	
Gift Aid relating to this accounting year but not yet claimed	5,482
Donations relating to this accounting period but not yet received	1,291
Other miscellaneous	89
Previous period net income/(expenditure) as restated	20,400



Help Change Lives

Section C		Notes to the accounts		(cont)	
Note 2		Accounting policies			
2.2 INCOME					
<i>This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.</i>					
Recognition of income	These are included in the Statement of Financial Activities (SoFA) when:				
	• the charity becomes entitled to the resources;	Yes	No	N/a	
	• it is more likely than not that the trustees will receive the resources; and	☒	☐	☐	
	• the monetary value can be measured with sufficient reliability.				
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	Yes	No	N/a	
		☒	☐	☐	
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	Yes	No	N/a	
		☒	☐	☐	
	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).	Yes	No	N/a	
		☐	☐	☒	
Legacies	Legacies are included in the SoFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.	Yes	No	N/a	
		☐	☐	☒	
Government grants	The charity has received government grants in the reporting period	Yes	No	N/a	
		☐	☒	☐	
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.	Yes	No	N/a	
		☒	☐	☐	
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	Yes	No	N/a	
		☐	☐	☒	
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.	Yes	No	N/a	
		☒	☐	☐	
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.	Yes	No	N/a	
		☒	☐	☐	
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.	Yes	No	N/a	
		☐	☐	☒	
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.	Yes	No	N/a	
		☐	☐	☒	
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	Yes	No	N/a	
		☒	☐	☐	
Donated services and facilities	Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.	Yes	No	N/a	
		☐	☐	☒	
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SoFA.	Yes	No	N/a	
		☐	☐	☒	
Support costs	The charity has incurred expenditure on support costs.	Yes	No	N/a	
		☒	☐	☐	
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	Yes	No	N/a	
		☒	☐	☐	
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	Yes	No	N/a	
		☐	☐	☒	
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.	Yes	No	N/a	
		☐	☐	☒	
	Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.	Yes	No	N/a	
		☐	☐	☒	
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.	Yes	No	N/a	
		☐	☐	☒	
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.	Yes	No	N/a	
		☐	☐	☒	



Help Change Lives

Section C		Notes to the accounts		(cont)		
Note 2 Accounting policies						
2.3 EXPENDITURE AND LIABILITIES						
Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.	Yes	No	N/a		
		☒	☐	☐		
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.	Yes	No	N/a		
		☐	☐	☒		
	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.	Yes	No	N/a		
		☐	☐	☒		
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.	Yes	No	N/a		
		☐	☐	☒		
Grants payable without performance conditions	Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.	Yes	No	N/a		
		☐	☐	☒		
Redundancy cost	The charity made no redundancy payments during the reporting period.	Yes	No	N/a		
		☒	☐	☐		
Deferred income	No material item of deferred income has been included in the accounts.	Yes	No	N/a		
		☒	☐	☐		
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts	Yes	No	N/a		
		☐	☐	☒		
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date	Yes	No	N/a		
		☐	☐	☒		
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.	Yes	No	N/a		
		☐	☐	☒		
2.4 ASSETS						
Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least	Yes	No	N/a		
	They are valued at cost.	☐	☐	☒		
	The depreciation rates and methods used are disclosed in note 9.2.					
Intangible fixed assets	The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5	Yes	No	N/a		
		☐	☐	☒		
	They are valued at cost.	Yes	No	N/a		
		☐	☐	☒		
Heritage assets	The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.	Yes	No	N/a		
		☐	☐	☒		
	They are valued at cost.	Yes	No	N/a		
		☐	☐	☒		
Investments	Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.	Yes	No	N/a		
		☐	☐	☒		
	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments	Yes	No	N/a		
		☐	☐	☒		
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.	Yes	No	N/a		
		☐	☐	☒		
	Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.	Yes	No	N/a		
		☐	☐	☒		
	Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.	Yes	No	N/a		
		☐	☐	☒		
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.	Yes	No	N/a		
		☒	☐	☐		
Current asset investments	The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.	Yes	No	N/a		
		☐	☐	☒		
	They are valued at fair value except where they qualify as basic financial instruments.	Yes	No	N/a		
		☐	☐	☒		
POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE						



Help Change Lives

Section C		Notes to the accounts					(cont)
Note 3		Analysis of income					
	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £	
Donations and legacies:	Donations and gifts	181,427	134,950	-	316,377	171,772	
	Gift Aid	41,485	7,586	-	49,071	32,039	
	Legacies	-	-	-	-	-	
	General grants provided by government/other charities	-	-	-	-	-	
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-	
	Donated goods, facilities and services	-	-	-	-	-	
	Other	-	-	-	-	-	
	Total	222,912	142,536	-	365,448	203,811	
Charitable activities:		-	-	-	-	-	
		-	-	-	-	-	
		-	-	-	-	-	
	Other	-	-	-	-	-	
	Total	-	-	-	-	-	
Other trading activities:		-	-	-	-	-	
		-	-	-	-	-	
		-	-	-	-	-	
	Other	-	-	-	-	-	
	Total	-	-	-	-	-	
Income from investments:	Interest income	-	-	-	-	-	
	Dividend income	-	-	-	-	-	
	Rental and leasing income	-	-	-	-	-	
	Other	-	-	-	-	-	
	Total	-	-	-	-	-	
Separate material item of income:		-	-	-	-	-	
		-	-	-	-	-	
		-	-	-	-	-	
	Other	-	-	-	-	-	
	Total	-	-	-	-	-	
Other:	Conversion of endowment funds into income	-	-	-	-	-	
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-	
	Gain on disposal of a programme related investment	-	-	-	-	-	
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-	
	Other	-	-	-	-	-	
	Total	-	-	-	-	-	
TOTAL INCOME		222,912	142,536	-	365,448	203,811	
Other information:							
All income in the prior year was unrestricted except for: (please provide description and amounts)		Restricted donations of £84,803 were received in the year ended 31 March 2022. See note 27.2 for more details.					
Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.							
Where any endowment fund is converted into income in the prior period, please give the reason for the conversion.							
Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)		Donations from Parus Shah (related party and trustee of Help Change Lives) amounted to £196,403 (prior year amount £80,753)					



Help Change Lives

Section C Notes to the accounts (cont)								
Note 6 Analysis of expenditure								
Analysis	This year				Last year			
	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Unrestricted funds	Restricted income funds	Endowment funds	Total funds
Expenditure on raising funds:				£				£
Staging fundraising events	99	-	-	99	472	-	-	472
Total expenditure on raising funds	99	-	-	99	472	-	-	472
Expenditure on charitable activities:								
- Higher education support (secondary school)	71,068	61,536	-	132,603	24,944	-	-	24,944
- Fighting period poverty	687	46,804	-	47,491	19,594	-	-	19,594
- Kenya family support programme	25,721	18,838	-	44,558	32,293	-	-	32,293
- Medical appeals	9,171	14,972	-	24,142	3,581	-	-	3,581
- Mary's Meals school feeding	16,250	-	-	16,250	14,405	-	-	14,405
- Kangemi slum school refurbishment project	1,551	14,405	-	15,956	14,305	-	-	14,305
- Primary school education	11,007	1,133	-	12,140	Included in Kenya Family Support			
- UK food banks	12,000	-	-	12,000	-	-	-	-
- SALVE International Uganda street children	10,001	1,189	-	11,190	15,150	-	-	15,150
- Kenya Drought Relief	6,915	-	-	6,915	-	-	-	-
- Miscellaneous donations	4,243	44	-	4,287	1,751	-	-	1,751
- Kenya Children Centres feeding programme	3,640	-	-	3,640	2,640	-	-	2,640
- Bank charges and transaction costs	2,060	-	-	2,060	Included within project costs			
- Website, IT and data protection fees	532	-	-	532	423	-	-	423
- Exchange rate loss on forex balances	187	-	-	187	52	-	-	52
- Internal transfer received post year-end	2,524	-	-	2,524	-	-	-	-
- RajSaubhag Humanitarian's charitable activities	-	-	-	-	23,000	-	-	23,000
- Covid food relief	-	-	-	-	18,268	-	-	18,268
- Railway Children Tanzania street children	-	-	-	-	5,061	-	-	5,061
- Covid oxygen relief	-	-	-	-	4,473	-	-	4,473
- Shishukunj educational books	-	-	-	-	1,500	-	-	1,500
- Hope4Smile - feeding Indian street families	-	-	-	-	1,500	-	-	1,500
Total expenditure on charitable activities	177,556	158,920	-	336,476	182,939	-	-	182,939
Separate material item of expense								
	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-
Other								
	-	-	-	-	-	-	-	-
Total other expenditure	-	-	-	-	-	-	-	-
TOTAL EXPENDITURE	177,655	158,920	-	336,575	183,411	-	-	183,411



Help Change Lives

Section C Notes to the accounts (cont)								
Note 6 Analysis of expenditure								
Other information:								
Analysis of expenditure on charitable activities								
Activity or programme	This year				Last year			
	Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Activities undertaken directly	Grant funding of activities	Support Costs	Total last year
	£	£	£	£	£	£	£	£
- Higher education support (secondary school,	132,603	-	-	132,603	24,944	-	-	24,944
- Fighting period poverty	47,491	-	-	47,491	19,594	-	-	19,594
- Kenya family support programme	44,558	-	-	44,558	32,293	-	-	32,293
- Medical appeals	24,142	-	-	24,142	3,581	-	-	3,581
- Mary's Meals school feeding	-	16,250	-	16,250	-	14,405	-	14,405
- Kangemi slum school refurbishment project	15,956	-	-	15,956	14,305	-	-	14,305
- Primary school education	12,140	-	-	12,140	Included in Kenya Family Support			
- UK food banks	-	12,000	-	12,000	-	-	-	-
- SALVE International Uganda street children	-	11,190	-	11,190	-	15,150	-	15,150
- Kenya Drought Relief	-	6,915	-	6,915	-	-	-	-
- Miscellaneous donations	2,267	2,020	-	4,287	-	1,751	-	1,751
- Kenya Children Centres feeding programme	-	3,640	-	3,640	-	2,640	-	2,640
- Bank charges and transaction costs	2,060	-	-	2,060	Included within project costs			
- Website, IT and data protection fees	532	-	-	532	423	-	-	423
- Exchange rate loss on forex balances	187	-	-	187	52	-	-	52
- RajSaubhag Humanitarian's charitable activities	-	-	-	-	-	23,000	-	23,000
- Covid food relief	-	-	-	-	16,268	2,000	-	18,268
- Railway Children Tanzania street children	-	-	-	-	-	5,061	-	5,061
- Covid oxygen relief	-	-	-	-	-	4,473	-	4,473
- Shishukunj educational books	-	-	-	-	-	1,500	-	1,500
- Hope4Smile - feeding Indian street families	-	-	-	-	-	1,500	-	1,500
Total	281,937	52,015	-	333,952	111,459	71,480	-	182,939

Section C Notes to the accounts		
Note 10 Details of certain items of expenditure		
10.1 Fees for examination of the accounts		
<i>Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).</i>		
	This year	Last year
	£	£
Independent examiner's fees	0	0
Assurance services other than audit or independent examination	0	0
Tax advisory fees	0	0
Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner	0	0
All accounting and tax services were provided free of charge by Pallvee Shah, a trustee and the CEO. She is a Chartered Accountant and a Chartered Tax Advisor. The independent examination was very kindly undertaken on a pro bono basis by Marietta Boutros, ACCA.		



Section C		Notes to the accounts		(cont)
Note 11 Paid employees				
<i>Please complete this note if the charity has any employees.</i>				
11.1 Staff Costs				
		This year	Last year	
		£	£	
Salaries and wages		3,618	2,122	
Social security costs		-	-	
Pension costs (defined contribution scheme)				
Other employee benefits		-	-	
Total staff costs		3,618	2,122	
This year:				
Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party		Not applicable		
Last year:				
Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party		Not applicable		
<i>Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.</i>				
No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000		TRUE		
Band				
		Number of employees		
		This year	Last year	
£60,000 to £69,999		-	-	
£70,000 to £79,999		-	-	
£80,000 to £89,999		-	-	
£90,000 to £99,999		-	-	
£100,000 to £109,999		-	-	
		This year	Last year	
		£	£	
Please provide the total amount paid to key management personnel (includes trustees and senior management) for		-	-	
11.2 Average head count in the year				
		This year	Last year	
		Number	Number	
The parts of the charity in which the employees work	Fundraising	-	-	
	Charitable Activities	2	2	
	Governance	-	-	
	Other	-	-	
Total		2	2	
The charity's activities in the UK are carried out by it's CEO, Pallvee Shah, who works full-time for the charity but is not a paid employee. She does not receive any remuneration and provides her services on a pro bono basis.				
The charity's activities in Kenya are carried out by 2 social workers and volunteers. The social workers are paid the market rate for their work in Kenya. In 2022/3, one of them was on maternity leave on reduced pay for part of the year, and the other worked for a few months of the year only as maternity cover before being taken on full-time in the following financial year.				



Help Change Lives

Section C		Notes to the accounts		(cont)	
Note 19 Debtors and prepayments					
Please complete this note if the charity has any debtors or prepayments.					
19.1 Analysis of debtors				This year	Last year
				£	£
Trade debtors				-	-
Prepayments and accrued income				20,014.0	6,862.0
Other debtors				7,285.0	-
Total				27,299.0	6,862.0
Please complete 19.2 where a material debtor is recoverable more than a year after the reporting date.					
19.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)					
				This year	Last year
				£	£
Trade debtors				-	-
Prepayments and accrued income				-	-
Other debtors				-	-
Total				-	-

Section C		Notes to the accounts		(cont)	
Note 24	Cash at bank and in hand				
				This year	Last year
				£	£
Short term cash investments (less than 3 months maturity date)				-	-
Short term deposits				-	-
Cash at bank and on hand				48,282	39,846
Other				-	-
Total				48,282	39,846



Help Change Lives

Section C Notes to the accounts (cont)								
Note 27 Charity funds								
27.1 Details of material funds held and movements during the CURRENT reporting period								
<i>Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.</i>								
<i>* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds</i>								
Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
			£	£	£	£	£	£
Unrestricted	UR	None	9,811	222,912	-	177,655	-	55,068
Higher Education	R	Higher education in Kenya	4,051	59,485	-	61,536	-	2,000
Fighting Period Poverty	R	Fighting period poverty in Kenya	16,286	36,746	-	46,804	-	6,228
Kenya Family Support Programme	R	Supporting poor families in Kenya	6,219	12,619	-	18,838	-	0
Kangemi slum school refurbishment project	R	Refurbishing a very run-down primary school in Nairobi slums, Kenya	6,715	7,690	-	14,405	-	0
Medical Appeals	R	Providing medical treatment to vulnerable individuals in Kenya	3,627	23,630	-	14,972	-	12,285
SALVE International	R	Supporting SALVE International with rescuing street children in Uganda	-	1,189	-	1,189	-	-
Education	R	Primary school education in Kenya	-	1,133	-	1,133	-	-
Small Business Support	R	Helping set up micro-businesses in Kenya	-	44	-	44	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			46,708	365,448	-	336,575	-	75,581

Section C Notes to the accounts (cont)								
Note 27 Charity funds (cont)								
27.2 Details of material funds held and movements during the PREVIOUS reporting period								
<i>Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.</i>								
<i>* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds</i>								
Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
			£	£	£	£	£	£
Unrestricted	UR	None	5,838	104,335	-	100,362	-	9,811
Higher Education	R	Higher education in Kenya	-	20,750	-	16,699	-	4,051
Fighting Period Poverty	R	Fighting period poverty in Kenya	20,194	14,996	-	18,904	-	16,286
Kenya Family Support Programme	R	Supporting poor families in Kenya	276	23,282	-	17,340	-	6,219
Kangemi slum school refurbishment project	R	Refurbishing a very run-down primary school in Nairobi slums, Kenya	-	21,020	-	14,305	-	6,715
Medical Appeals	R	Providing medical treatment to vulnerable individuals in Kenya	-	5,857	-	2,231	-	3,627
SALVE International	R	Supporting SALVE International with rescuing street children in Uganda	-	9,949	-	9,949	-	-
Covid food and oxygen relief	R	Helping vulnerable families worldwide with Covid food and oxygen relief	-	3,557	-	3,557	-	-
Mary's Meals School Feeding	R	Funding school feeding in Malawi and Liberia through Mary's Meals	-	64	-	64	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			26,308	203,811	-	183,411	-	46,708



Section C		Notes to the accounts		(cont)	
Note 27		Charity funds (cont)			
27.3 Transfers between funds					
This year and last year					
	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount			
Between unrestricted and restricted funds					
Between endowment and restricted funds					
Between endowment and unrestricted funds					
27.4 Designated funds					
This year					
Planned use	Purpose of the designation	Amount			
Higher Education Appeal	Boost the reserves earmarked for our higher education programme	35,000			
Last year					
Planned use	Purpose of the designation	Amount			
	Not applicable	N/A			

Section C		Notes to the accounts	(cont)
Note 28 Transactions with trustees and related parties			
<i>If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.</i>			
28.1 Trustee remuneration and benefits			
This year and last year			
None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)			TRUE
28.2 Trustees' expenses			
<i>If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".</i>			
No trustee expenses have been incurred (True or False)			TRUE
28.3 Transaction(s) with related parties			
<i>Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.</i>			
This year and last year			
There have been no related party transactions in the reporting period (True or False)			TRUE

Section C	Notes to the accounts	(cont)
Note 29	Additional Disclosures	
The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.		
Not applicable		

Approved by the trustees on 22 January 2024 and signed on behalf of the trustees by:

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

P. Shah

Parus Shah, BSc, MSc, Trustee

P. Shah

Prashant Amatya, BSc, FCA, Trustee

P. Amatya



Help Change Lives

More detail on our projects during the year

Set out below are our achievements and activities in the year. One of the highlights was the trustee trip to Kenya in April 2022 to visit our Kakamega Family Support Programme and the Kangemi School Refurbishment Project.

1. Higher education support (secondary school, university and vocational training), Kenya (£132,603, prior year £24,944)

We started our higher education support programme in August 2021 and by December 2022 we were supporting 246 very vulnerable Kenyan students in high school (usually boarding in Kenya), 18 in university and 6 in technical training. A total of 270!

1.1 Secondary and junior secondary school sponsorships (£118,024)

The students we supported in secondary school increased to 322 in January 2023 with the new school year, including 8 going to junior secondary, a new initiative by the Kenyan government. This was net of students who left or found other sponsors, which we actively encourage.

Supporting these students makes a huge difference to them by helping very poor but bright children stay in school, where they have an opportunity to change their future. Many are orphans or live in slums / mud houses and don't even have enough to eat. This is the easiest way to empower a new generation.

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.

We are looking for sponsors to support these children so please do contact us if you can support. The children go to a mix of day and boarding schools, and we can find a child to fit your budget, even if it is for a term and you would like to spread the cost monthly.





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



Where necessary, we also buy the students uniforms and boarding school personal items such as mattresses, blankets, trunks, uniforms, textbooks and bedsheets.

1.2 University education (££9,423)

During the year, we supported 18 underprivileged people at university (1 did a diploma). They studied a range of subjects including Bachelor of Business Administration with IT; Bachelor of Arts in Security Studies and Criminology; BSc in Information Science, BSc Food Science and Nutrition, BSc Actuarial Science with IT and BSc Education.

Where possible, we support them with an iPad, laptop or smartphone to access online learning. We also support them with rent and food until they get government loans for this.



1.3 Vocational training (£3,060)

We also supported 14 underprivileged students in vocational training, learning tailoring, electrical installation, hairdressing, cosmetology, masonry, welding and social work & community development amongst others.



2. Fighting period poverty, Kenya (£47,491, prior year £19,594)

2.1 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 that last for 5 years and for the whole menstrual cycle.

During the year, we distributed 6,064 reusable pad kits to vulnerable girls in 30 schools in Kenya as well as to families we support. That's over 36,000 reusable pads, as each kit has 6 pads and lasts for a full menstrual cycle. We used restricted donations to pay for the reusable pad kits and our trustees covered the transport, education, foreign exchange transfer and logistics costs.

We educated over almost 8,000 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.



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

The pads are made of 100% cotton by a Kenyan social enterprise called PadMad, which employs marginalised women to make them. The pads are biodegradable, whereas disposable pads take 500 years to decompose. We estimate that over 6million disposable pads will be saved from landfill from the distribution of these 6,064 pad kits.

2.2 Key fundraising

Our trustee, Pallvee Shah, talked to Jaspar Foundation about the work Help Change Lives does. They 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, which was received in this

accounting period We shall report on the tremendous impact of it once all the funds are utilised, which is in the next accounting period.

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>.

2.3 Highlights, press article and videos

2,000 reusable sanitary pad kits (12,000 pads) were distributed in October 2022 to very vulnerable girls in seven schools in extremely remote communities along Kenya's coast, all sponsored by Jaspar Foundation. Some areas took 3 hours to reach by boat. In celebration of International Day of the Girl 2022, the teachers, girls and communities were overjoyed. The pad kits were made by PadMad Kenya and will last for 5 years.

This distribution was given prominent press coverage in The Nation newspaper, Kenya's equivalent of The Times- you can read the article [here](#). It highlights that sex for pads is an issue, and the huge impact the pads will make in changing the girls' lives and in reducing in pollution- some of the schools were surrounded by heaps of stinking plastic rubbish and used disposable pads that take 500 years to decompose. The reusable kits are 100% cotton and biodegradable.

PadMad and Lamu Yoga Festival handled the logistics and gave education sessions to the children on menstruation, breaking taboos, infections and how to use the pad kits hygienically. We are so happy at this amazing impact. Short highlights videos below.





Touching short talks by a girl, boy and teacher from one of the Kakamega schools on what this means to them.



Thank you video from students at a reusable pads distribution in Kakamega on 29/03/2023. Help Change Lives - YouTube

2.4 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, often as teenagers. Their lack of education means they can't earn a decent income to support their families, and the cycle repeats.
- Sadly, to stop themselves from being excluded, approximately 10% of fifteen-year-old girls in Kenya resort to prostitution to access sanitary products- a practice known as 'sex for pads'. This also leads to teen pregnancies.

- 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 of 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.



3. Kakamega family support programme (£44,558, prior year £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.

During the year, we stated supporting families in other parts of Kenya too, where we knew that they were in genuine need of help and usually were able to vet them through volunteers.

We also support special needs children in Kakamega.

3.1 Family Support Programme

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, medical treatment, start micro-businesses and provide farming help by buying seeds and fertiliser for the families who have land. By the end of this financial year we were supporting approximately 45 families with 350 family members along with others for whom we provided ad hoc assistance. We work hard to make the families independent and self-sufficient, as well as empowering them.

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. He did very well and so joined our team permanently from September 2023.

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.

Support provided during the year included:

1. Food and hygiene item support to approximately 45 families £14,000
2. Building 11 toilets and bathing rooms £4,000
3. Providing bedding and kitchen items/ utensils to 16 families £1,700
4. Farm inputs £1,225
5. Building 3 kitchens £1,075

6. Building and repairing the roofs of 3 houses £1,850
7. Making 3 cement floors to prevent jiggers £925
8. Providing clothing and shoes to 3 families £400
9. Providing furniture to 2 families £350

3.2 Trustee trip to Kenya (all expenses covered privately by the trustees)

Pallvee Shah and Parus Shah, two of our trustees, went to Kenya in April 2022 to visit our two social workers, Maureen Okweya and Maxwell Mason, and 24 of the families we are supporting. It was the first time they had managed to go since Covid- and they had a wonderful time seeing all the good work that had been done on the ground.

It was a fabulous trip, intense and busy with lots packed in. It was fantastic to visit the families and to see first-hand the difference we have made to their lives. The families were so delighted to see them too 😊. It was also simply wonderful to connect with Maureen and Maxwell and see Maureen's new baby!

Some memorable moments from our trip include:

- Distributing exercise books and stationery to the children we are supporting in primary
- Meeting Fred, a little boy we are helping with kidney treatment
- Seeing the new toilets and houses we built, the furniture we provided and the crops we helped the families grow, and their obvious pride in their homes and farms.
- Meeting some new children including Edna and Ormond, both so small for their age and with horrible jiggers on their feet, and Ed - born deaf and dumb and who had never been to school aged 14. We are already helping them and many other new families.



Maxwell, Maureen and our trustees, Parus and Pallvee Shah, in Kakamega, Kenya in April 2022



Maxwell, Maureen and our trustee, Pallvee Shah, in Kakamega, Kenya in April 2022





One of the toilets we have built in Kakamega, and photos of family visits including one where the son has just had an operation to correct club foot

3.3 Supporting special needs children in Kakamega area (£7,633)

- We helped support 33 differently-abled children during the year. 29 of them went to special boarding schools for differently-abled children in Kakamega, 3 of them were helped from home and with physiotherapy and 1 of them was helped to go to a local primary school as he couldn't be in boarding.
- The children in boarding school are also helped with uniform and personal items, including nappies, soap, toothpaste and washing powder.
- 27 of the children went to one boarding school, and we also supported the school with paying 4 of the staff, including 3 full-time caretakers and a physiotherapist, as well as giving the children toys (we gave them lots of physiotherapy aids last year).
- Some of the children needed a lot of medical attention during the year, which we also facilitated and paid for, including check-ups, physiotherapy, tests and medicines.



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



The children with nappies, toilet rolls, toothpaste, soap and other items we provide



Children playing with toys we provided and the physiotherapist using the therapeutic aids we provided





Three other special needs children we are supporting in other schools

4. Medical Appeals (£24,142, prior year £3,581 and more in Kenya Family Support)

4.1 Major appeals

We supported 4 major appeals in the year, and many smaller ones:

1. John- a very poor man who had severe spinal injuries after a hit and run accident. We paid for his operation and also a stay at a private hospital after the government hospital discharged him a few days after a 9-hour surgery. We arranged for a taxi for his 5-hour journey home, which he wouldn't have been able to make otherwise.

2. We also helped Mash, 37 who was living in constant agony, following horrific medical negligence. Botched operations resulted in a bulging hernia, nerve damage and tightened stomach muscles, leaving him unable to sit or stand without agony, and unable to work. We arranged for him to be operated on by one of the best gastro surgeons in Nairobi. His intestines had fused together and to his organs. It took a long operation to sort him out but now he's so much better. Towards the end of the year, we fundraised for him to have a hip operation as one of his legs is 5 inches shorter than the other following a childhood injury. This will be done in the next financial year.

3. William, a vulnerable teenager from Dandora slums, Nairobi. He had osteomyelitis (deep infection of the bone) and we thought he might need an amputation after repeated treatment did not work. However, we persevered and are pleased to say that he was recovering well by the year-end after surgery.

4. Silas was suffering from advanced **lymphoma** and had weeks to live. It took a lot of effort and sheer perseverance to make sure he got all the treatment he needed. He's now fully recovered!



John suffered from severe spinal cord injuries and would likely not have survived if we hadn't helped with his operating costs, stay in a private hospital to recover and a taxi back home



Mash doing well after his surgery



Silas – before and after his treatment for lymphoma

4.2 Other medical help provided

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 last year. 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. This year, all three were helped with regular trips to the nearby town for check-ups and follow-ups. Their families were also helped with food and other items.
- A lady from one of the families we support in Kakamega with cancer treatment.
- Another with a hysterectomy.
- A young man with kidney disease and lupus nephritis.
- 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.
- Many patients with treatment for mental illnesses, including home visits by a qualified doctor.
- Many patients with jiggers (small insects that bury into your feet and hands, lay eggs and eat away at your flesh).
- Many others with tests, minor illness treatment, a malnourished baby, asthmatic patients, high blood pressure and so on.



Pallvee with one of the children recovering from his club foot operation, outside his house in Kakamega, along with his family and Maxwell



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



Treating jiggers, which we do by hand and also teach the families how to continue the treatment themselves. We provide the medicines needed for this.

5. Mary's Meals school feeding programmes, Malawi and Liberia (£16,250, prior year £14,405)

This year we sponsored school lunch for a year for 1,025 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. Our funds were doubled, and another 1,022 children were fed by Mary's Meals. This means that we provided 410,000 meals to children through our donation!

This is the impact we had:

- 612 students at Esther Yalartia Academy in Liberia will get 122,400 meals this year (numbers had dropped to 448 at the time the photo below was taken). The balance of funds will go to Mary's Meals general feeding programme.
- 413 students at Phandadzinja School in Malawi will get 82,600 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.





6. Kangemi school refurbishment, Kenya (£15,956, prior year £14,305)

6.1 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.

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 the work done was covered in detail in our previous annual report and is summarised below. This financial year, we completed the project, spending almost another £16,000. We visited the school four times during our trustee visit in April 2022 to oversee the works, and a volunteer Pratik Shah, also helped manage the work from the ground in Nairobi during the entire project. Many thanks to him.

6.2 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.

6.3 Project details

In FY2022, we did the following works:

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. This work continued into FY2023.
4. 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. This work continued into FY2023.

In FY2023 we completed the above works and also did the following:

1. 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.
2. We also changed the use of an unused storage building and converted into a 10 person girls' toilet with 2 showers. This will greatly help the girl population, with the boys having had a new 10 person urinal added in FY2022.
3. This also entailed sorting out the blocked sewers around the building, adding the toilets to the sewage system, and putting paving blocks around this high traffic area, which was opposite the Grade 3 building where food is served during lunchtime.

4. We had started providing new desks and chairs for the students in FY22, 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. In total we provided 105 desk and chair sets, seating 510 students. These were all generously funded through a grant by the Bhagwanji Raja Foundation.
5. We refurbished their ECDE building, which was in a very dilapidated state.
6. We helped improve the security of the school, which is next to a huge slum population, by adding walls, increasing the height of existing walls and adding barbed wire on top. This was to help stop vandalism of the windows (metal is valuable) and food being stored for the lunch programme, and to prevent squatters using school areas at night and vandalising / damaging them. We also move some gates around the school to improve access and security.
7. Trustee trip to Kenya (all expenses covered privately by the trustees). Pallvee and Parus went to Kenya in April 2022 and visited our Kangemi school refurbishment project 4 times during the visit to oversee the construction work. They were delighted to see the progress made.



Pallvee Shah at one the trustee visits to the school with the Board of Management and the builder, Mr Otieno (in the striped top)



Pallvee and Parus with representatives from our 2 major donors for the project



Parus with our volunteer, Mr Pratik Shah, and the head-teacher at the time, Mr Tala



6.4 Visuals of the transformation in FY2023

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



State of Grade 3 building before refurbishment 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



Repainting the Grade 3 classroom, holes in the ceilings which were fixed and work in progress on the verandah



The finished classroom with the happy pupils

6.4.2 New 10 person girls' toilet with 2 showers, paving and hand-washing facilities



Work in progress on the new toilet. We converted an unused building that was full of junk. Finished toilet block with taps outside and also paving as this is opposite the grade 3 building where food is served- a high-traffic area that used to get very muddy.



More hand-washing facilities outside another boys' toilet block and urinal



Toilet block from outside, looking very smart and with steel doors for security



One of the flush toilets we installed with new cisterns and bowls

6.4.3 Refurbishment of early education (ECDE) block



Before and after photos of the ECDE block

6.4.4 New desks and chairs



Students struggling with seating and writing before helped. 105 new desks and chairs with seating for 510 students generously funded through a grant from the Bhagwanji Raja Foundation



Our trustee, Parus Shah, trying out one of the desk and chair sets – modifications were made to the design after our trustee visit to make them bigger and more comfortable. We also shifted to larger 5 person desks and chairs after measuring the classroom sizes.

6.4.5 New security wall and moving gate



State of the security wall before, we increased wall height, repaired wall sections and added barbed wire on the top to prevent unauthorised access and vandalism. We also repaired and refurbished 3 school gates, including repositioning them to their correct places in the school

6.4.6 Finishing all the painting inside and outside and refurbishing classroom cupboards and blackboards



State of classroom cupboards, inspecting work in progress and finished classroom-repainted, repaired and with new windows



Newly painted buildings with new windows, in school colours



Newly refurbished classrooms from the outside, with all painting and windows sorted out



Very happy ending to a successful project impacting thousands of lives. Thank you so much to all the donors!

8. Primary School Education (£12,140, prior year included as part of Kenya Family Support)

- During the year, we supported just over 100 children in 19 primary schools in Kakamega, Kenya. They belonged to families that we were supporting, and some were new referrals from head-teachers, where we assessed the families to ensure that they were truly vulnerable.
- We supported the students with school uniforms, shoes, bags, exercise books, stationery, school lunches and exam kits as needed.
- We also supported some special needs children in the year – please see our Kenya Family Support section for more details



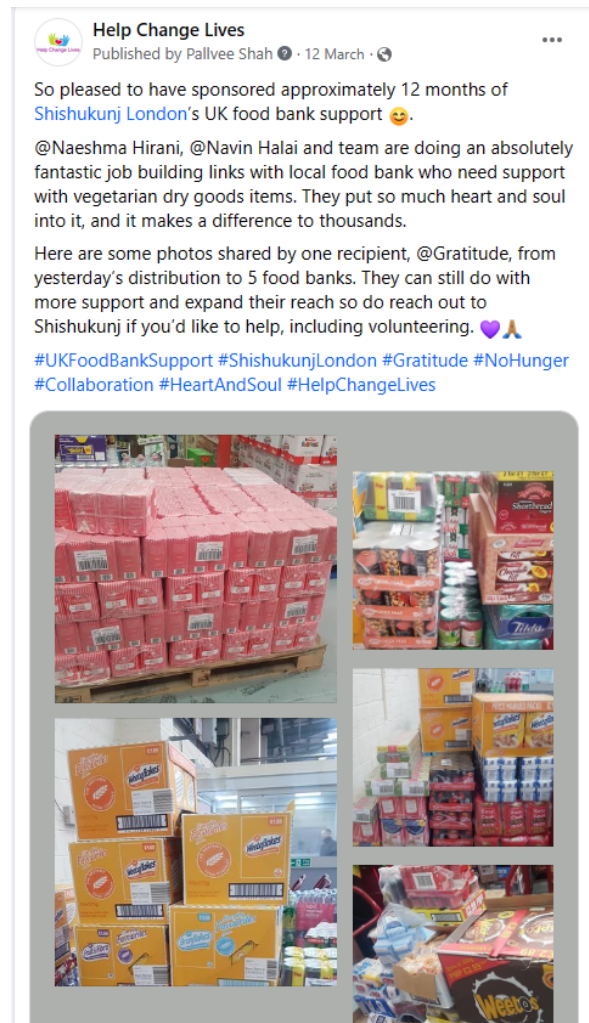
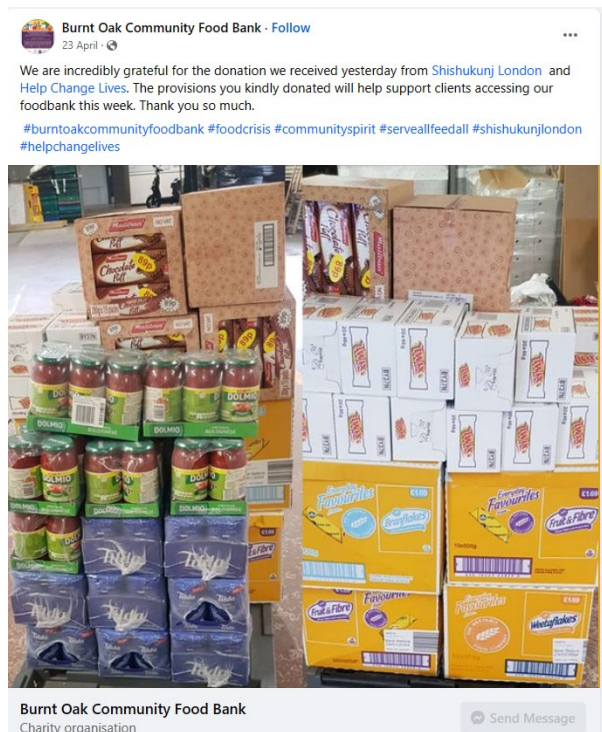
Giving out books and stationery, including during a home visit during the trustee's trip to Kenya

9. UK Food Banks (£12,000, new initiative)

9.1 Background

Our trustee, Pallvee Shah, works closely with Shishukunj, who support at least 5 local food banks in North London every month, with a lot of heart and soul. We are so delighted to have sponsored 12 months' worth of dry good vegetarian food for them to distribute throughout 2023.

We are impressed with the dedication and hard work of the volunteers there and the way that funds are used in the best and most effective way possible. They are part of a network that highlights specific needs of food banks in the area and this also helps maximise resources. All the work is done by volunteers and regular updates are provided at Shishukunj meetings, which Pallvee is a part of.



Facebook posts on the foodbank distributions

10. SALVE International Uganda street children, Uganda (£11,190, prior year £15,150)

10.1 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 over 15 years. They do amazing work on the ground with a brilliant team, and we have been supporting them since May 2021.

10.2 Assistance provided and impact

We donated £10,000 during the year. Here is a heartwarming thank you video from them celebrating the impact our donation has had in the last year

<https://www.youtube.com/watch?v=5cDYVKZUVnU>

The donation helped fund the following:

- School fees (primary, secondary, and vocational) and requirements and counselling visits for 16 girls for the year
- Business training, start up and follow up costs for 15 caregivers of street connected girls
- Business peer training for 150 families to prevent girls from coming to the streets
- Contribution towards a bigger Girls Drop in Centre Costs (rent, utilities, food, medical, social workers, class materials, cleaning materials, clothes and transport for children)

How we spent your grant

Item	Budget	Expenditure
School fees and requirements and counseling visits for 16 girls (primary, secondary, and vocational) for three terms	£2,599	£2,615
Business training, start up and follow up costs for 15 caregivers of street connected girls	£5,126	£5,110
Business peer training for 150 families to prevent girls from coming to the streets	£775	£780
Contribution towards bigger Girls Drop in Centre Costs (rent, utilities, food, medical, social workers, class materials, cleaning materials, clothes and transport for children)	£1,500	£1,495
Total	£10,000	£10,000

Here are the businesses we helped support in the year:

The businesses your grant helped to start



Sofia sells matooke at the roadside. She has been able to afford to send her children to school and ensure they all eat well. She is also happy that she can make some small savings.



Aisha is selling safe boxes and vegetables along the main highway to passing customers. The money she makes is helping her to afford her diabetes medication and take care of her family's basic needs.



Mary chose to start a restaurant. The business is doing well, it has given her more opportunity to meet community members and she says it has really boosted her self-confidence as well as her income.



Betty is selling clothes. Before starting the business, Betty and her younger sister had been evicted and they were living with her mother in law. Now she can afford her own place again and to send her sister to school.



Sofia chose to start a business selling clothes. So far the business is going well and she has been able to use the profits to feed and clothe her children, and make sure she can always pay her rent on time.



Rose is selling rice. When she started the business she was pregnant and her partner had left her. The business helped her prepare for and take care of the baby and even pay school fees for her niece.



Monica started selling rice after seeing a demand in the local area. She is a young mum with no family support and the money she is earning from the business has helped her care for her daughter and even send her to school.



Namuzi started a business selling clothes in a local market. The money is helping her family a lot. She is now able to pay her rent on time every month which is a huge weight off her mind.



Nambi is selling maize flour. As a staple food in Uganda, there is high demand for this and she has a constant stream of customers. She has been able to provide for all her children's basic needs and they are very happy.



Margret was helped to expand her tomato selling business to include other vegetables and her customer base has expanded massively. She has used her profits to make sure her children have everything they need.

The businesses your grant helped to start



Betty is selling rice. The money she makes helps her feed her children and pay her rent. She now has peace of mind as she never has to worry about how she will be able to feed her children.



Mukoye is selling vegetables. She is now in the process of taking over the school fees for her child is under SALVE sponsorship and she feels proud that she will soon no longer need organisational support.



Rebecca started by selling rice and has now expanded her business with her profits to sell beans and posho too. The business has enabled her to care for her family and start making some savings for her future too.



Esther is running a tailoring business as she had the skill but not the capital to get started. The business has helped her increase her income, pay off some debts and take good care of her children.



Jalia makes and sells chapatti. The business has helped ensure she can pay her rent on time every month so she is no longer being threatened with eviction. She can also afford to feed and care for her children well.




These are the girls we supported in education:

The girls you helped to go to school

 Ruth is in P5. She loves playing games, reading and dancing with her friends. She dreams of becoming a teacher one day.	 Hanisha is in P3. She is really enjoying being able to learn. She loves playing netball in her spare time and hopes that she might become a nurse one day.	 Shakira is in S1 and loves going to school. She dreams of becoming a nurse one day so that she can care for people when they are sick. She loves reading and playing games.	 Vicky is in S2. Her favourite subjects are English, Maths, Chemistry and Biology. Her dream is to become a designer. She loves playing football, running and dancing.
 Macklin is in P5. Her favourite subject at school is science. She loves running and playing with friends and she dreams of becoming a nurse.	 Bena is in P6. She loves Science, English and Social Studies at school and dreams of becoming a teacher one day so she can help children to learn.	 Esther is in P6. Her favourite subjects are English and maths and she loves school so much that she wants to become a teacher in the future. She loves singing and writing stories.	 Rachael is in S1. So far she is really enjoying secondary school and hopes it will help her achieve her dream of becoming a nurse. Her hobbies are running and playing football.

The girls you helped to go to school

 Jamawa is in S3. Her dream is to become a journalist and news editor. She loves writing stories and poems and dancing. Her favourite subject is English Literature.	 Zewuriya is in Primary 3. She loves playing netball and singing and she dreams of becoming a nurse one day in the future.	 Esther is in Primary 4. She hopes to become a nurse one day to make a difference to the lives of others. Her favourite subject at school is science and her hobby is going running.	 Getrude is in P4. She loves playing netball with her friends and also learning how to cook. One day, she hopes to become a nurse as she loves taking care of people.
 Hasifa is in P3. She wants to become a nurse one day. Her favourite subjects at school are science and maths and in her spare time she loves to go running and enjoys singing.	 Monica is in P5. She loves playing football and enjoys athletics at school. She hopes to become a social worker one day to help vulnerable members of the community.	 Sarah is doing a vocational course in hairdressing, which she loves. Her dream is to become a hairdresser for celebrities one day. She loves playing netball in her spare time.	 Linnet is in P5. Her hobbies are playing netball, writing stories and drama. Her dream is to become a nurse one day so that she can help others.

11. Kenya Drought Relief (£6,915, new initiative)

Kenya was badly hit by drought during the year, and there was serious concern that many people would die of starvation and livestock would also perish. Footage from the ground was very concerning and we helped through the following 2 initiatives:

1. Donation of £4,924 made in December 2022 to Kenya Association of Manufacturers, who channelled this through the Kenya Red Cross. Report extracts in the screenshots below:

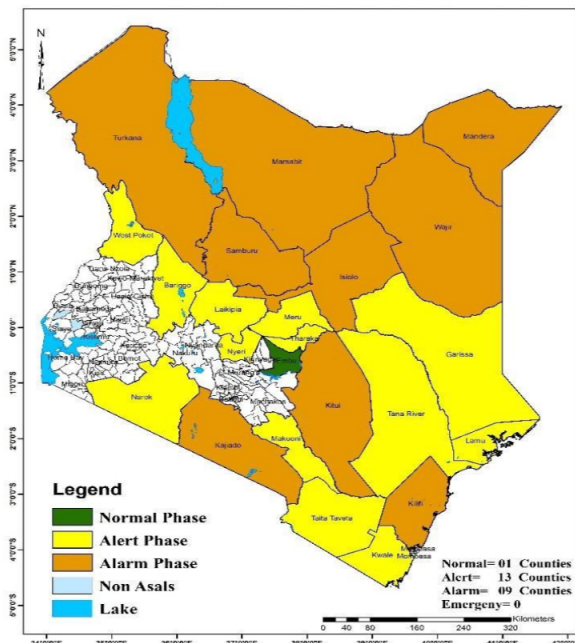


National Drought Response Support –Relief Food Distribution Report January 2023

Introduction

For more than two years now, the country has been experiencing poor rainfall especially in Arid and Semi-Arid (ASAL) regions, which has worsened the food security situation in many counties. The drought vulnerability has been aggravated by other previous and continuous crisis including the locust invasion in 2021, disease outbreak such as; Yellow Fever, Covid 19 pandemic, cholera outbreak, effects of previous failed rainy seasons and impacts of other shocks and hazards on food security. As a result of the prolonged drought, many people have continued to experience hunger due to limited food access, leading to high levels of malnutrition and loss of livestock especially agro pastoral communities. In September 2021, the Government of Kenya declared the drought crisis as a national disaster. The Kenya Food Security Steering Group's (KFSSG) 2021 Mid-season Assessment projected that an estimated 3 million people will be food

insecure between March through June 2022.



Drought Response Interventions

Following the adverse effects of the drought crisis, the Kenya Red Cross Society (KRCS) in collaboration with the national Government, has been supporting the drought affected populations in provision of humanitarian assistance on relief food both at community, school feeding and livestock offtake to save lives. The interventions have been ongoing since October 2022 in provision of relief food and conducting livestock offtake activities in the most affected counties to save lives and

support recovery. Interventions are ongoing in 29 ASAL counties which are in alarm

and alert phases since drought conditions are likely to continue in the next season.

The interventions have been ongoing since mid-2021 particularly on WASH in renovation of water facilities, Health interventions and food donations. However, the drought situation worsened over time

since October 2022, KRCS in collaboration with the Government together with other private sector partners embarked in provision of relief food and conducting livestock offtake activities amongst the affected counties to save lives.

A total of 300.68 MT of maize flour, 435 MT of rice, 233 MT of beans, 36MT of green grams, 2.88MT of corn beef, 16MT of wheat flour, 23MT cooking oil and 6 MT of salt that were contributed by the National Government, Kenya Association of Manufacturers (KAM) and individual well-wishers were distributed both to schools and households. Over 33000 households (200,000 people) have been reached and 100,394 students were reached in 307 schools amongst the affected counties. The counties reached included; Turkana, Wajir, Samburu, Marsabit, Lamu, Tana River, Kitui, Nyeri, Garissa, Meru, Baringo, Narok, Isiolo Kajiado, Nyeri, Embu, Kilifi, Kwale, and Kiambu.

Targeting Criteria
The poor in the community with no source of income or salary
The Orphans
Widows
The aged who had no support from their children or any other primary support
The disabled who had no other primary support
Lactating mothers
Pregnant mothers
Communities who have difficulties accessing markets
HH that have lost their livelihoods from the impending drought, for instance Agro-Pastoralist who have no food crops on their farms.
Mothers with malnourished children 0-5 years

The Food donations summary table from KAM

Commodity	Maize flour	Rice	Green grams	Salt	Cooking oil
Quantity	80170	80170	72000	2400	2400

House reached with food procured and delivered by Kenya Association of Manufacturers

Sno.	County	Wards	Targeted HHolds	CEREALS (MT)		Pulses/Oil (MT)			Total MTS
				Rice	Maize Flour	Green Grams	Oil	Salt	
1	Garissa	Skanska, Gurufu, Jilalan	1000	20.00	0	5.000	1.00	1.00	27.000
2	Mandera	Lafe, Elda	2000	40.00	0	10.000	0.40	0.40	50.800
3	Kajiado	Shompole, Pakase	1000	20.17	0	5.000	0.00	0.00	25.170
4	Kitui	Zombe	1000	0.000	0	5.000	0.00	0.00	5.000
5	Makueni	Nguu	600	0.00	12	3.000	0.00	0.00	15.000
6	Wajir	Hadado	1000	0.00	20	5.000	0.00	0.00	25.000
7	Isiolo	Ngaremaru, OI donyo, Burat	1000	0.00	20	5.000	0.00	0.00	25.000
8	Samburu	Baragoi	1000	0.00	8	5.000	0.00	0.00	13.000
9	Turkana	Kapedo	2000	0.00	0	10.000	0.00	0.00	10.000
10	Kwale	Kaloleni, Sagala	1000	0.00	0	5.000	0.00	0.00	5.000
11	Taita Taveta	Taveta	1000	0.00	0	5.000	0.00	0.00	5.000
12	Marsabit	North Horr	1800	0.00	20.17	9.000	1.00	1.00	31.170
Totals			14400	80.170	80.170	72.000	2.4	2.4	237.140

Conclusion

Drought conditions are still evident in 21 ASAL counties due to underperforming of October, November and December short rains. The situation is likely to persist until June 2023. At least 4.35 million people will remain in need of food aid and other support to guarantee full recovery.

KRCS will continue with drought response operation until the situation normalizes.

2. Donation of £1,991 made to Gamewatcher Safaris, who work in the Selenkay conservancy, which was very hard hit by the drought and saw a lot of livestock dying.

We estimate that our donation covered 20kg maize and 5kgs beans to 122 households around the Selenkay conservancy in November 2022, with each household having 8-10 family members.

Here is a video surrounding the food distribution: [Eselenkei Community Food Drive 2022 - YouTube](#) and below are some photos of the food distribution:



12. Kenya Children Centres feeding programme in Kenya (£3,640, prior year £2,640)

Kenya Children Centres is a UK charity with a local partner in Kenya through which it runs excellent programmes.

We supported their feeding programme at Umoja Primary School in Thika, Kenya with £2,640 and also supported their Christmas Appeal with £1,000, which was doubled. In total we supported the feeding of 65 vulnerable children in Kenya for the whole year through their programme.

13. Other small donations (£4,287, prior year £1,751)

- Small business appeal £1,818

During the year, we started 8 micro-businesses in Kenya, in a new initiative that we are planning to expand. They included: 1 hair and beauty salon, 2 tailoring shops with equipment, 1 clothing business and 4 vegetable / corner shop item businesses. We usually support with 2 months of rent and deposit, some stock and equipment and a small shop-fit. We are very excited about this new empowerment programme, and hope that it will help many families become independent.





- Shishukunj Bhuj feeding £1,250 – donation made to facilitate the feeding of 500 children over 2 days in a bonding exercise between poor children and more well-off children from 53 schools in India. More than 1,000 meals were provided.
- Shishukunj marathon support £500 – donation made to Shishukunj London to support their marathon team who were raising funds for their child support programmes in India. This was also to say thank you for the tremendous help in facilitating logistics and training support for the 4 Help Change Lives runners, who trained and ran the virtual London Marathon in October 2022 with the Shishukunj team, more below.

- School feeding £449 – this money was used to provide exam feeding support at 2 primary schools in Kenya, one in Kakamega and one in Dandora slums, Nairobi, to enable the pupils to do their exams well.
- India donations £270 – minor donations made by Pallvee Shah during a trip to India to support feeding at Raj Saubhag Humanitarian's Ashirvad Centre for Disabled Children in Gujarat, as well as other small initiatives she came across.

14. Thank you to our marathon runners in FY2023

Paren Shah, Niyanta Shah and couple Arti and Robin Gosrani ran the virtual London Marathon for us on 2 October 2022, raising £8,600.

We are very thankful for the funds they raised. Every pound raised makes a huge difference to us as we are a small charity, and this was our only fundraising event of the year.

Paren had a heart attack last year, and none of them had run more than 5km before! All finished in good time with a huge smile. They had expert training from veteran marathon runner Piyush Gudka and his friends, and superb support during training and on the day from Shishukunj London and Help Change Lives.

Thank you so much to everyone involved, who made it a fabulous, memorable and very enjoyable day.



15. Fundraiser of the year award

Many thanks also to one of our staunch supporters, Hema Khimasia, who nominated Pallvee for a Fundraiser of the Year award in the My Local Hero awards. These were organised by Northwood News (where Help Change Lives is based in London) and 31 sister magazines. The Award ceremony was in November 2022, and Pallvee came runner-up.



Future plans

As at 31 March 2023, our future plans included:

- Continuation of the higher education support programme in Kenya.
- Continuation of the Kakamega family support programme in western Kenya.
- Continuation of our period poverty project in Kenya through the distribution of reusable pad kits and educating boys and girls there.
- Continuation of the small business support programme.
- Continued collaboration with like-minded charities as opportunities arise.