



International Health
Development Foundation



ANNUAL REPORT AND FINANCIAL STATEMENT 2024-2025



LEGAL & ADMINISTRATIVE INFORMATION

Charity Name:	International Health Development Foundation
Charity Registration Number:	1186601
Trustees:	Saima Chowdhury Dr Kowsar Hoque Dr Alim Uddin Shahadat Hussain
Registered Office:	71-75 Shelton Street London WC2H 9JQ
Bank:	Lloyds Bank PLC 15 Blackheath Village London SE3 9LH
Independent Examiner:	Mohammed Chowdhury FMAAT (Affiliated member of ACIE) Chadwell Accounting Services Limited T/A Alam & Co Office 6 65B London Road Romford RM7 9QA info@alamandco.co.uk



MESSAGE FROM THE CHAIR OF TRUSTEES

I am honoured to have been elected Chair of Trustees for the International Health Development Foundation during a time of renewed focus and ambition. This year has been one of consolidation and strategic planning, as we continue to build on our strong foundations and prepare for greater global impact.

In 2024–2025, we delivered two key projects: the continuation of our monthly clinics across Bangladesh — reaching nearly 8,000 patients — and the provision of urgent medical aid to Gaza, generously supported by the H&K Cycle Club. These initiatives reflect our unwavering commitment to delivering accessible healthcare to communities in need, even in the most challenging environments.

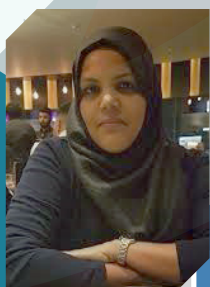
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As Chair, my vision is to lead with integrity, innovation, and a deep commitment to sustainable impact. We are focused on strengthening our governance, enhancing transparency, and expanding our reach to serve communities beyond Bangladesh. Our rebranding to the International Health Development Foundation reflects this global outlook and our aspiration to be a force for good wherever the need is greatest.

Looking Ahead: Goals for 2025–26

As we look to the year ahead, our priorities include:

- ✓ Expanding our Medical Camp Programme, building on the success of our 2025 tour in Bangladesh and Ghana, and exploring new regions where our support is urgently needed.
- ✓ Strengthening our monthly clinic model by enhancing service quality, increasing outreach, and integrating digital health tools for better patient care and data tracking.
- ✓ Launching new partnerships with local and international organisations to co-develop sustainable healthcare solutions tailored to community needs.
- ✓ Investing in governance and capacity building, ensuring our systems, processes, and people are equipped to deliver impact at scale.
- ✓ Enhancing donor engagement and transparency, with improved reporting and storytelling that brings our work to life and deepens trust.



I want to thank our volunteers, donors, and partners for your continued trust and support. Your dedication fuels our mission and inspires us to do more. Together, we can build a healthier, more equitable future for all.

Saima Chowdhury

Chair of Trustees

International Health Development Foundation



STATEMENT FROM THE CHIEF FINANCIAL OFFICER

I am honoured to have been selected as Chief Financial Officer and would like to share my vision for this role. This year reflects strong financial stewardship and a commitment to transparency, ensuring every pound raised supports impactful healthcare initiatives.

Financial Highlights

Income: £158,126



Expenditure: £100,509



Surplus: £57,617



Closing Balance: £74,702



Our income was driven by community-led fundraising, including the Cycle Club charity ride (£101,000) and targeted campaigns for medical aid and clinics. These funds sustained monthly clinics across Bangladesh and delivered urgent medical support to Gaza.

My Commitment

I Feel honoured to serve as CFO and kindly request your duas to help me fulfil this role with effectiveness and impact. My passion for healthcare and promoting healthier lifestyles drives my support for IHDF's incredible work.

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- ✓ Streamline financial processes and strengthen controls
- ✓ Provide regular insights for strategic decisions
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- ✓ Increase Zakat contributions to support livelihoods for those in dire need.

A Personal Note

My late parents inspired my commitment to charity. I dedicate all my efforts to them and pray Allah rewards them and guides me to continue this work successfully.

Thank you to our donors, volunteers, and partners for your unwavering support. Together, we are building a sustainable foundation for global health development.



Shaheen Zaman

Chief Financial Officer

International Health Development Foundation



TRUSTEES REPORT

The Trustees of International Health Development Foundation present their Annual Report and Financial Statement for the period from 1st February 2024 to 31st January 2025.

The Trustees confirm that the Annual Report and Financial Statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 01 January 2015).





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The trustees confirm that they have considered the general guideline issued by the Charity Commission in connection with Public Benefit in setting the objectives of the charity.



OUR OBJECTIVES

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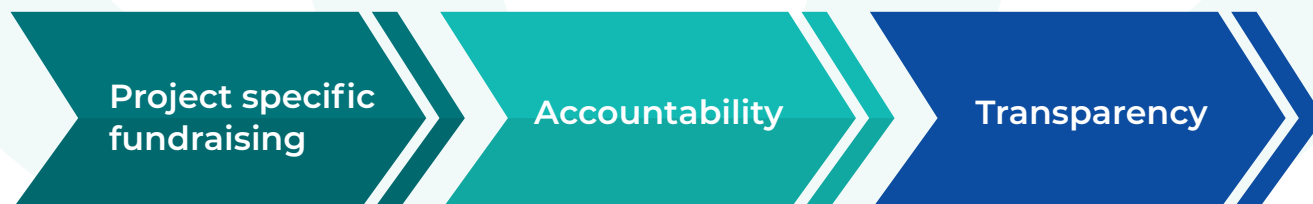


OUR VISION

To improve the health of poor and needy people internationally through the provision of free medical care as well as prevention and health awareness campaigns.



OUR VALUES



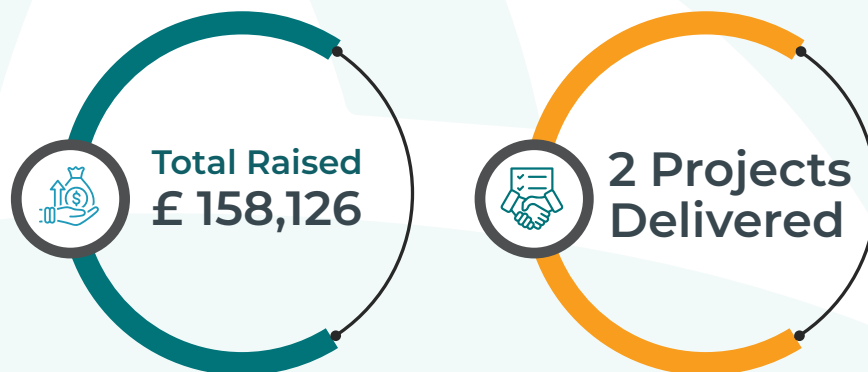


ACHIEVEMENTS AND PERFORMANCE IN 2024

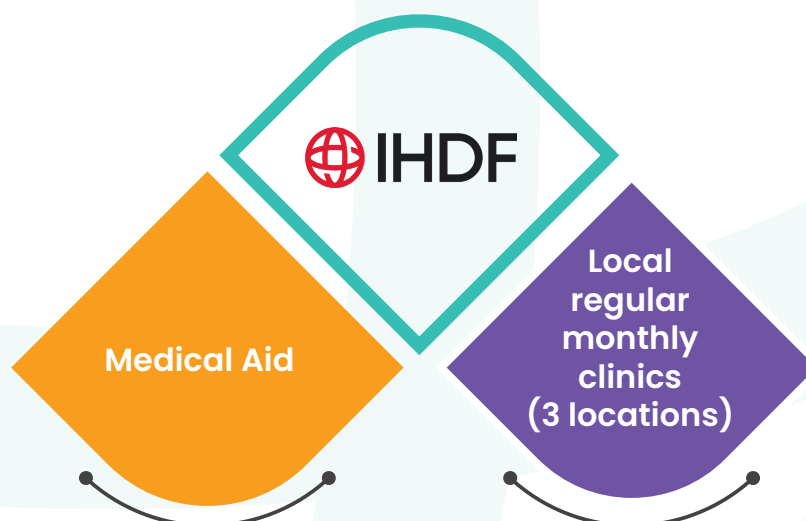
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- ✓ **Cycle Club Fundraiser:** During Summer 2024, the Cycle Club raised an impressive £101,000 through a charity cycle ride from London to Bognor Regis. Of this, £40,000 was used to fund a team of surgeons who delivered life-saving operations in Gaza, facilitated through Islamic Help. Their efforts not only showcased the power of community-driven fundraising but also directly contributed to critical medical interventions for civilians affected by conflict.

Summary of 2024



Projects Delivered





FREE LOCAL REGULAR MONTHLY CLINICS

Our commitment to accessible healthcare continues through our **monthly clinics** operating in **Moulvibazar (Sylhet), Mohammadpur (Dhaka), and Thakurgaon.**

- ✓ Each clinic serves between **200 to 250 patients every month**, offering **completely free consultations and medication.**
- ✓ Patients are assessed and treated by a dedicated team of **four medical professionals**, including specialists in:



General Medicine



Paediatrics



Gynaecology



Optometry



Elderly Medicine

These clinics provide a vital lifeline for communities with limited access to healthcare, ensuring continuity of care and early intervention for a wide range of health issues.





PLANS FOR 2025

Looking Ahead: Expanding Our Global Mission

With our recent rebranding to International Health Development Foundation, we are preparing to extend our healthcare projects beyond Bangladesh, reaching poor and underserved communities in other countries.

Our goal is to share the expertise and experience we've developed over the years in Bangladesh to benefit those in need globally. While our international work will operate under the new name, we will continue our local efforts in Bangladesh under the Bangladesh Health Development Initiative (BHDI) banner.

To make this transition a success, we rely on the continued support of our volunteers and donors. Your involvement is crucial — whether through time, resources, or advocacy — and we invite you to stand with us as we take this important step forward.





STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are required to prepare financial statements for each financial year in compliance with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and all other applicable law which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income and expenditure for the year. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In preparing those financial statements, the trustees are required to:

- ✓ Select suitable accounting policies and then apply them consistently;
- ✓ Make judgements and estimates that are reasonable and prudent;
- ✓ State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- ✓ Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue to operate.

The trustees confirm that the accounts comply with current statutory requirements.

This report was approved by the trustees and signed on their behalf by:

Name: Shaheen Zaman

Position : Chief Financial Officer

Date: 15th October 2025

Accountant Report to the Trustees of IHDF:

I report on the accounts of the charity for the Year Ended 31st January 2025 which are set out on the attached pages.

Respective Responsibilities of Trustee and Examiner:

As the charities trustees you are responsible for the preparation of accounts. You consider the audit requirement of S144 (2) of the charities act 2011 does not apply, and that an independent examination is needed. It is my responsibility to examine the accounts under S145 of the 2011 Act to follow the procedures laid down in the general directions given by the Charity Commission under S145(5)(b) of the 2011 act and to state whether matters have come to my attention.

Basis of Independent Examiners Report:

My examination was carried out in accordance with the General Directions given by the Charity Commissioners.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking of explanations from you as trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.


Independent examiners qualified statement:

In connection with my examination, no matter has come to my attention.

1. Which gives me reasonable cause to believe that, in any material respect, the requirements:

To keep accounts records in accordance with the CC S130 of the 2011 Act.

To prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 - Act.



MOHAMMED CHOWDHURY FMAAT

(Affiliated member of ACIE)

Chadwell Accounting Services Limited
T/A Alam & Co
Office 6
65B London Road Green Lane Romford RM7 9QA

Receipts and Payment Accounts:

For the year ended 31st January 2025

Receipts	Note	Unrestricted	Restricted	2025 Total	2024 Total
Donations	1	7,671		7,671	7,829
Medical Clinic					10,455
Medical Camps			40,802	40,802	12,752
Cataract					1,248
Monthly Clinics			5,000	5,000	
Medical Aid			101,440	101,440	
Flood Help					1,058
Gift Aid		3,213		3,213	3,058
Total Receipts		10,884	147,242	158,126	37,165
Payments:	1				
Charitable costs		18,791	72,417	91,208	65,438
Marketing & Fundraising Costs		7,768		7,768	3,478
Governance costs		1,533		1,533	1,999
Total Payments		28,092	72,417	100,509	70,915
Total Surplus/Loss		(17,208)	74,826	57,617	(33,750)
Funds b/fwd YE 24		4,659	12,426	17,085	50,835
Funds c/fwd YE 25		(12,549)	87,252	74,702	17,085

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Note 1: Receipt & Payment Analysis

Project Name	Generating Income	Direct Charitable Expenses	Marketing & Fundraising Costs	Governance Costs	Surplus/ Deficit
General Donations	7,671	18,791	1,533	7,768	(20,422)
Gift Aid	3,213				3,213
Medical Aid	101,440	40,000			61,440
Monthly Clinics	5,000	20,413			(15,412)
Medical Camps	40,802	12,004			28,798
Total	158,126	91,208	1,533	7,768	57,617

Statement of Assets and Liabilities as at 31st January 2025

	2025	2024
Tangible Assets		
Net Assets:		
Bank and Cash in hand	74,702	17,085
Total Assets	74,702	17,085
Liabilities:		
Creditors		
Total assets less liabilities	74,702	17,085
Capital and Reserve.		
Unrestricted Funds	(12,549)	4,659
Restricted Funds	87,251	12,426
Total Reserve	74,702	17,085

Approved by the trustees:



Name: Shaheen Zaman

Position : Chief Financial Officer

Date: 15th October 2025



International Health
Development Foundation



Thank You
Thank You
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ANNUAL REPORT AND FINANCIAL STATEMENT 2024-2025



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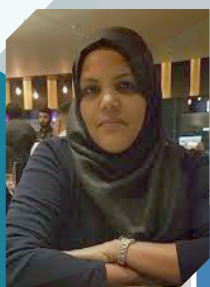
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Chair of Trustees

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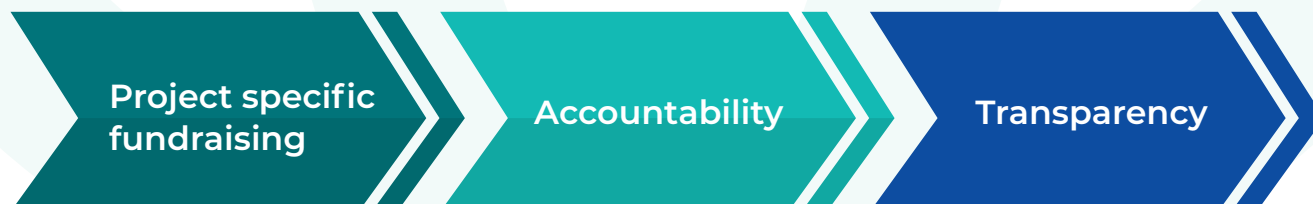


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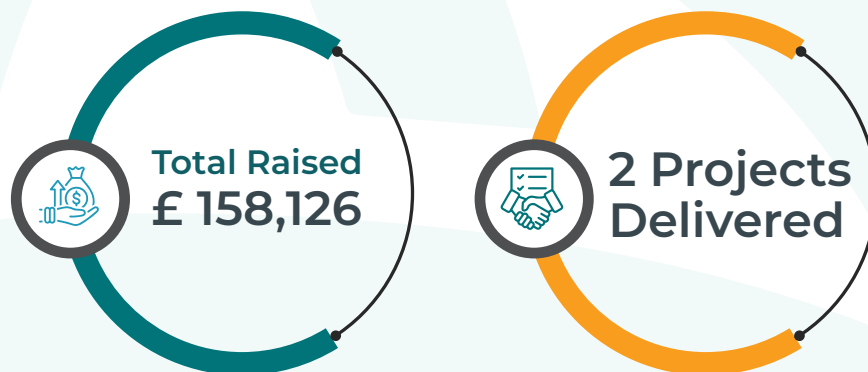


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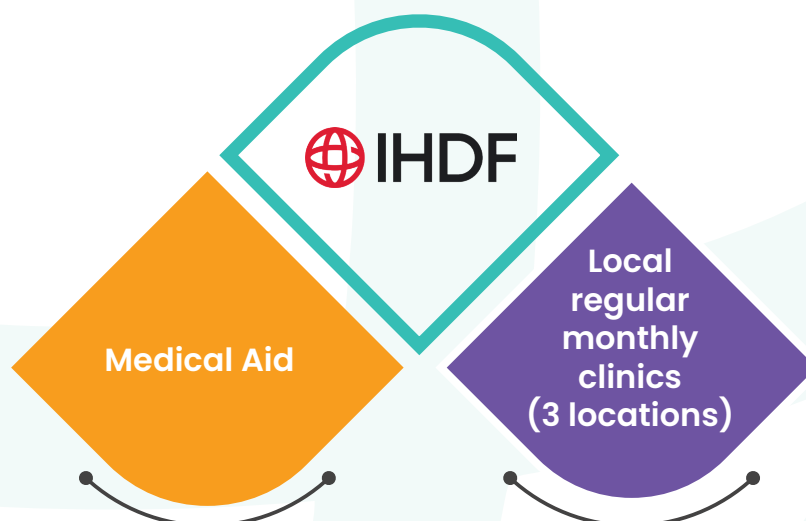
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