

# INTERNATIONAL SOCIAL HEALTH AND WELFARE

England & Wales · Charity number 1189357

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-05-05

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

## Contact

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**Address** The Old House  
2 Wellesley Court Road  
Croydon  
CR0 1LE

**Phone** 03333356333

**Email** [Talk@consciousmuslim.org](mailto:Talk@consciousmuslim.org)

**Website** [www.consciousmuslim.org](http://www.consciousmuslim.org)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT THE PROMOTION OF THE EFFICIENCY AND EFFECTIVENESS OF THE CHARITABLE SECTOR THROUGH THE PROVISION OF PROJECT MANAGEMENT DUTIES TO CHARITIES TO AID THEM WITH FURTHERING THEIR CHARITABLE PURPOSES.

**Activities:** Supports healthier relationships and family systems within Muslim communities through therapeutic interventions, education and accessible support services. Focuses on resolving conflict, strengthening communication and improving emotional wellbeing.

## Classification

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- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Religious Activities
- **Who:** Children/young People, Elderly/old People, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

## Geography

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- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees	
2025-03-31		£0	£0	-	-
2024-03-31		£0	£0	-	-
2023-03-31		£0	£0	-	-
2022-03-31		£0	£0	-	-
2021-03-31		£0	£0	-	-

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## Trustees

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Name	Role	Appointed
Yasin Zaman		2020-05-05

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**INTERNATIONAL SOCIAL HEALTH AND WELFARE**

England & Wales - Charity number 1189357

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# Accounts

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## Trustees' Annual Report for the period

**From: 01/04/2024** Period start date **To: 31/03/2025** Period end date

**Charity name: INTERNATIONAL SOCIAL HEALTH AND WELFARE**

**Charity registration number: 1189357**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>For the public benefit</b> , to promote the efficiency and effectiveness of the charitable sector through the provision of project management services and duties to charities, in order to assist and support them in furthering and achieving their charitable purposes.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	During the period, the charity did not receive any income and therefore no operational activities, projects, or services were undertaken. The trustees focused on maintaining the charity's administrative requirements and ensuring compliance with regulatory obligations. The charity intends to commence activities in future periods in line with its charitable objectives of promoting the efficiency and effectiveness of the charitable sector through the provision of project management support to charities.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees are familiar and follow the Charities Commission's guidance in relation to public benefit

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	

Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	During the period, the charity did not undertake any activities as it had no income. Therefore, no achievements or direct benefits to beneficiaries were recorded. The trustees intend to begin activities in future periods to deliver the charity's objectives and provide public benefit.

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of the period, the charity had no income, expenditure, or funds. The financial position of the charity therefore remained nil, and no financial activities were undertaken during the period.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity's policy is to maintain minimal reserves as it did not undertake any financial activities during the period. Reserves will be reviewed and established in future periods once the charity begins receiving funds and carrying out its activities.
Amount of reserves held	Para 1.22	-
Reasons for holding zero reserves	Para 1.22	The charity holds zero reserves because it did not receive any income or undertake any financial activities during the period. As a result, no funds were available to be retained as reserves.
Details of fund materially in deficit	Para 1.24	[None]
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	[None]

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	

Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	CIO - FOUNDATION Registered 05 May 2020
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	A Chair Trustee is appointed by the trustees by a voting process

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

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### Reference and Administrative details

Charity name	INTERNATIONAL SOCIAL HEALTH AND WELFARE
Other name the charity uses	[None]
Registered charity number	1189357
Charity's principal address	Airport House Business Centre Airport House Purley Way CROYDON CR0 0XZ

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Yasin Zaman			Trustee
2	Haroon Abdul Aziz			Trustee
3				
4				
5				
6				

### Corporate trustees – names of the directors at the date the report was approved

Director name		
[None]		

### Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
[None]		

### Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	[None]
Name and objects of the charity on whose behalf the assets are	[None]

held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	[None]

**Additional information (optional)**

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

[None]
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**Other optional information**

[None]
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**Declarations**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Yasin Zaman	
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	
<b>Date</b>	13 <sup>th</sup> March, 2026	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>INTERNATIONAL SOCIAL HEALTH AND WELFARE</b>	No (if any) 1189357
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## Receipts and payments accounts

For the period from	Period start date 01-Apr-24	To	Period end date 31-Mar-25
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grants & Donations	-	-	-	-	-
Charitable Activities Income	-	-	-	-	-
Gift Aid	-	-	-	-	-
Other Income	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	-	-	-	-	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-
<b>A3 Payments</b>					
Direct Charitable Expenditures	-	-	-	-	-
Admin Expenses	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-
<b>Net of receipts/(payments)</b>	-	-	-	-	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	-	-	-	-	-

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	
		-	-	
		-	-	
		-	-	
	<b>Total Liabilities</b>			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Yasin Zaman		13/03/2026

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**

England & Wales - Charity number 1189357

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# Accounts

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# **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

Registered Charity No. 1189357

**Financial Statement for the Year Ended  
31 March 2024**

## **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

### **LEGAL INFORMATION**

**Name of Charity:** International Social Health and Welfare

**Charity Registration No.** 1189357

**Registered Address:** Airport House, Purley Way  
Croydon CR0 0XZ

**Telephone:** 0333 335 6333

**Email:** [yasin@europe.com](mailto:yasin@europe.com)

**Board of Trustees:**

Mr Yasin Kalaz Zaman  
Mr Harun Abdul Aziz

**Independent Examiner:** **Mohammed Muhit Uddin M Com, ACA, FCCA**  
**Muhit & Co.**  
Chartered Certified Accountants  
80A Ashfield Street  
Unit 4  
London E1 2BJ

**Bankers:**

## **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

### **REPORT OF THE TRUSTEES**

#### **History, Objectives and Activities of International Social Health and Welfare**

The Trustees of the International Social Health and Welfare submit their report and financial statements for the year ended 31 March 2023. International Social Health and Welfare was set up on the 5<sup>th</sup> Day of May 2020. International Social Health and Welfare was incorporated as a charity and its name was entered in the Charity Commission's Central Register on the 5 May 2020.

#### **The Objectives of International Social Health and Welfare are:**

The Charity's objects are for the benefit of the promotion of the efficiency and effectiveness of the charitable sector through the provision of project management duties to charities to aid them with furthering their charitable purpose.

#### **Structure, Governance and Management**

The charity is constituted by a Constitution of a Charitable Incorporated Organisation (CIO) with voting members are its Charity Trustee. It is governed by the regulation set out in the Constitution and run by a voluntary Executive Committee. The charity's committee members are elected at the Annual General Meeting every two years.

The Executive Committee members are normally briefed by the Chairman and the General Secretary to familiarise themselves with the rules, regulations and responsibilities of the charity. The Management Committee met six times during the year to review the activities of the charity including the approval of the annual report and accounts as well as budgets, capital expenditure and to set out the fund-raising date for the charity.

The day-to-day work of the charity is overseen by the Chairman who is responsible to and reports to the Management Committee. The Executive Committee is aware of the potential risks to the charity, both financial and otherwise. Therefore, strategies are in place to control these risks. Assessments have also been taken relating to fire and health and safety.

The Executive Committee are seriously considering other risk areas such as operational, governance and compliance with law and regulations.

A solicitor, who specialises in Charities' law has been consulted about necessary policies. He advised about it. Policies on Conflict of Interest and Conflict of Loyalty were discussed in trustees' meeting and special care is being taken to observe these rules.

#### **Financial Review**

The financial position of the Charity is portrayed in the accompanying Annual Accounts.

**Statement of Trustees' Responsibilities-** Law applicable to charities in England & Wales requires the Trustees to prepare a financial statement for each financial year, which gives a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- (a) Select suitable accounting policies and apply consistently
- (b) Make judgements and estimates that are reasonable and prudent;
- (c) State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- (d) Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping accounting records, which discloses with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the charity act 1993. 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.

### **Reserve Policy**

It is the policy of the charity that unrestricted funds, which have not been designated for a specific use, should be maintained at a level equivalent to at least 12 months' expenditure. The Executive Committee consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. International Social Health and Welfare will actively work to achieve this level of reserves.

### **Risk Factors**

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

### **Independent Examiner**

As per the provisions of the Charities Act 2011, the Trustees agree that an audit is not required for this financial year; however, due to the provisions of the same act an Independent Examiner is required.

The Executive Committee agreed to re-appoint Mohammed Muhit Uddin M Com, ACA, FCCA of Muhit & Co, to carry out the Independent Examination of the accounts in 2024.

Accounts approved on the behalf of the Executive Committee.

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**Yasin K Zaman**  
**Chair and Trustee**

**Dated: 14/02/2025**

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**  
**INCOME AND EXPENDITURE ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**THERE WAS NO FINANCIAL ACTIVITIES TAKEN PLACE YET TO REPORT.**

**INCOME**

	<u>Note</u>	<u>Restricted</u> <u>Fund</u>	<u>Unrestricted</u> <u>Fund</u>	<u>2024</u> <u>£</u>	<u>2023</u> <u>£</u>
Grants & Donations Received	2	-	-	-	-
Profit/ Benefit AR Bank			-	-	-
<b><u>TOTAL:</u></b>		=	=	=	=

**LESS: EXPENDITURE**

	<u>Note</u>	<u>Restricted</u> <u>Fund</u>	<u>Unrestricted</u> <u>Fund</u>	<u>2023</u> <u>£</u>	<u>2022</u> <u>£</u>
Direct Charitable Expenses		-			
<b>NET SURPLUS/(DEFICIT) FOR THE YEAR</b>		=	=	=	=

**INTERNATIONAL SOCIAL HEATH AND WELFARE**  
**BALANCE SHEET**  
**AS AT 31 MARCH 2024**

	Note	2024	2023
		£	£
<b>Fixed Assets</b>		-	-
<b>Current Assets</b>			
Cash at Bank:			
	Bank	-	-
	Cash in Hand	-	-
			-
-			
<b>Less: Current Liabilities</b>			
Creditors & Accruals		-	-
		-	-
Net Current Assets		=	=
<b>Net Assets / (Liabilities)</b>			
<b>Financed By:</b>			
Surplus / (Deficit) fund in 2023		-	-
Surplus fund from 2024		-	-
<b>Accumulated Fund Carried Forward</b>		=	=

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**Yasin Kalaz Zaman**  
**Acting chair and Trustee**

**INTERNATIONAL SOCIAL HEATH AND WELFARE**

**NOTES TO THE ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2024**

**1. ACCOUNTING POLICIES**

**Basis of Accounting:**

The financial statements have been prepared under the historical cost convention in accordance with applicable accounting standards.

**2. Donations:**

This represents donation received from the following individuals and organisation as a nature of unrestricted fund. Donations are taken to Income and Expenditure account on a receipt basis. There were no donations received during the year. Trust has used their carry forward fund to continue the charitable work for this year.

**3. Reserve Funds**

The reserve funds are for the use of continuous charitable support and for the operational expenses of the Charity.

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**

England & Wales - Charity number 1189357

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# Accounts

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# **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

Registered Charity No. 1189357

**Financial Statement for the Year Ended  
31 March 2023**

## **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

### **LEGAL INFORMATION**

**Name of Charity:** International Social Health and Welfare

**Charity Registration No.** 1189357

**Registered Address:** Airport House, Purley Way  
Croydon CR0 0XZ

**Telephone:** 0333 335 6333

**Email:** [yasın@europe.com](mailto:yasın@europe.com)

**Board of Trustees:**

Mr Yasin Kalaz Zaman  
Mr Harun Abdul Aziz

**Independent Examiner:** **Mohammed Muhit Uddin M Com, ACA, FCCA  
Muhit & Co.**  
Chartered Certified Accountants  
80A Ashfield Street  
Unit 4  
London E1 2BJ

**Bankers:**

## **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

### **REPORT OF THE TRUSTEES**

#### **History, Objectives and Activities of International Social Health and Welfare**

The Trustees of the International Social Health and Welfare submit their report and financial statements for the year ended 31 March 2023. International Social Health and Welfare was set up on the 5<sup>th</sup> Day of May 2020. International Social Health and Welfare was incorporated as a charity and its name was entered in the Charity Commission's Central Register on the 5 May 2020.

#### **The Objectives of International Social Health and Welfare are:**

The Charity's objects are for the benefit of the promotion of the efficiency and effectiveness of the charitable sector through the provision of project management duties to charities to aid them with furthering their charitable purpose.

#### **Structure, Governance and Management**

The charity is constituted by a Constitution of a Charitable Incorporated Organisation (CIO) with voting members are its Charity Trustee. It is governed by the regulation set out in the Constitution and run by a voluntary Executive Committee. The charity's committee members are elected at the Annual General Meeting every two years.

The Executive Committee members are normally briefed by the Chairman and the General Secretary to familiarise themselves with the rules, regulations and responsibilities of the charity. The Management Committee met six times during the year to review the activities of the charity including the approval of the annual report and accounts as well as budgets, capital expenditure and to set out the fund-raising date for the charity.

The day-to-day work of the charity is overseen by the Chairman who is responsible to and reports to the Management Committee. The Executive Committee is aware of the potential risks to the charity, both financial and otherwise. Therefore, strategies are in place to control these risks. Assessments have also been taken relating to fire and health and safety.

The Executive Committee are seriously considering other risk areas such as operational, governance and compliance with law and regulations.

A solicitor, who specialises in Charities' law has been consulted about necessary policies. He advised about it. Policies on Conflict of Interest and Conflict of Loyalty were discussed in trustees' meeting and special care is being taken to observe these rules.

#### **Financial Review**

The financial position of the Charity is portrayed in the accompanying Annual Accounts.

**Statement of Trustees' Responsibilities-** Law applicable to charities in England & Wales requires the Trustees to prepare a financial statement for each financial year, which gives a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- (a) Select suitable accounting policies and apply consistently
- (b) Make judgements and estimates that are reasonable and prudent;
- (c) State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- (d) Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping accounting records, which discloses with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the charity act 1993. 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.

**Reserve Policy**

It is the policy of the charity that unrestricted funds, which have not been designated for a specific use, should be maintained at a level equivalent to at least 12 months' expenditure. The Executive Committee consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. International Social Health and Welfare will actively work to achieve this level of reserves.

**Risk Factors**

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

**Independent Examiner**

As per the provisions of the Charities Act 2011, the Trustees agree that an audit is not required for this financial year; however, due to the provisions of the same act an Independent Examiner is required.

The Executive Committee agreed to re-appoint Mohammed Muhit Uddin M Com, ACA, FCCA of Muhit & Co, to carry out the Independent Examination of the accounts in 2024.

Accounts approved on the behalf of the Executive Committee.



.....  
Yasin K Zaman  
Chair and Trustee

**Dated: 11/10/2024**

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**  
**INCOME AND EXPENDITURE ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**THERE WAS NO FINANCIAL ACTIVITIES TAKEN PLACE YET TO REPORT.**

**INCOME**

	<u>Note</u>	<u>Restricted</u> <u>Fund</u>	<u>Unrestricted</u> <u>Fund</u>	<u>2023</u> <u>£</u>	<u>2022</u> <u>£</u>
Grants & Donations Received	2	-	-	-	-
Profit/ Benefit AR Bank			-	-	-
<b><u>TOTAL:</u></b>		=	=	=	=

**LESS: EXPENDITURE**

	<u>Note</u>	<u>Restricted</u> <u>Fund</u>	<u>Unrestricted</u> <u>Fund</u>	<u>2023</u> <u>£</u>	<u>2022</u> <u>£</u>
Direct Charitable Expenses		-			
<b>NET SURPLUS/(DEFICIT) FOR THE YEAR</b>		=	=	=	=

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**  
**BALANCE SHEET**  
**AS AT 31 MARCH 2023**

	Note	2023	2022
		£	£
<b>Fixed Assets</b>		-	-
<b>Current Assets</b>			
Cash at Bank:			
	Bank	-	-
	Cash in Hand	-	-
			-
-			
<b>Less: Current Liabilities</b>			
Creditors & Accruals		-	-
		-	-
Net Current Assets		=	=
<b>Net Assets / (Liabilities)</b>			
<b>Financed By:</b>			
Surplus / (Deficit) fund in 2022		-	-
Surplus fund from 2021		-	-
<b>Accumulated Fund Carried Forward</b>		=	=



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**Yasin Kalaz Zaman**  
**Acting chair and Trustee**

**INTERNATIONAL SOCIAL HEATH AND WELFARE**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**1. ACCOUNTING POLICIES**

**Basis of Accounting:**

The financial statements have been prepared under the historical cost convention in accordance with applicable accounting standards.

**2. Donations:**

This represents donation received from the following individuals and organisation as a nature of unrestricted fund. Donations are taken to Income and Expenditure account on a receipt basis. There were no donations received during the year. Trust has used their carry forward fund to continue the charitable work for this year.

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The reserve funds are for the use of continuous charitable support and for the operational expenses of the Charity.

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**

England & Wales - Charity number 1189357

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# Accounts

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# **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

Registered Charity No. 1189357

**Financial Statement for the Year Ended  
31 March 2022**

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### **LEGAL INFORMATION**

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**Charity Registration No.** 1189357

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**Telephone:** 0333 335 6333

**Email:** [yasin@europe.com](mailto:yasin@europe.com)

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Mr Harun Abdul Aziz

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**Muhit & Co.**  
Chartered Certified Accountants  
80A Ashfield Street  
Unit 4  
London E1 2BJ

**Bankers:**

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The day-to-day work of the charity is overseen by the Chairman who is responsible to and reports to the Management Committee. The Executive Committee is aware of the potential risks to the charity, both financial and otherwise. Therefore, strategies are in place to control these risks. Assessments have also been taken relating to fire and health and safety.

The Executive Committee are seriously considering other risk areas such as operational, governance and compliance with law and regulations.

A solicitor, who specialises in Charities' law has been consulted about necessary policies. He advised about it. Policies on Conflict of Interest and Conflict of Loyalty were discussed in trustees' meeting and special care is being taken to observe these rules.

#### **Financial Review**

The financial position of the Charity is portrayed in the accompanying Annual Accounts.

**Statement of Trustees' Responsibilities-** Law applicable to charities in England & Wales requires the Trustees to prepare a financial statement for each financial year, which gives a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- (a) Select suitable accounting policies and apply consistently
- (b) Make judgements and estimates that are reasonable and prudent;
- (c) State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- (d) Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping accounting records, which discloses with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the charity act 1993. 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.

### **Reserve Policy**

It is the policy of the charity that unrestricted funds, which have not been designated for a specific use, should be maintained at a level equivalent to at least 12 months' expenditure. The Executive Committee consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. International Social Health and Welfare will actively work to achieve this level of reserves.

### **Risk Factors**

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

### **Independent Examiner**

As per the provisions of the Charities Act 2011, the Trustees agree that an audit is not required for this financial year; however, due to the provisions of the same act an Independent Examiner is required.

The Executive Committee agreed to re-appoint Mohammed Muhit Uddin M Com, ACA, FCCA of Muhit & Co, to carry out the Independent Examination of the accounts in 2023.

Accounts approved on the behalf of the Executive Committee.



.....  
**Yasin K Zaman**  
**Chair and Trustee**

**Dated: 11/10/2024**

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**  
**INCOME AND EXPENDITURE ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**THERE WAS NO FINANCIAL ACTIVITIES TAKEN PLACE YET TO REPORT.**

**INCOME**

	<u>Note</u>	<u>Restricted Fund</u>	<u>Unrestricted Fund</u>	<u>2022 £</u>	<u>2021 £</u>
Grants & Donations Received	2	-	-	-	
Profit/ Benefit AR Bank			-	-	-
<b><u>TOTAL:</u></b>		=	=	=	=

**LESS: EXPENDITURE**

	<u>Note</u>	<u>Restricted Fund</u>	<u>Unrestricted Fund</u>	<u>2023 £</u>	<u>2022 £</u>
Direct Charitable Expenses		-			
<b>NET SURPLUS/(DEFICIT) FOR THE YEAR</b>		=	=	=	=

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**  
**BALANCE SHEET**  
**AS AT 31 MARCH 2022**

	Note	2022	2021
		£	£
<b>Fixed Assets</b>		-	-
<b>Current Assets</b>			
Cash at Bank:			
	Bank	-	-
	Cash in Hand	-	-
		-	-
<b>Less: Current Liabilities</b>			
Creditors & Accruals		-	-
		-	-
Net Current Assets		=	=
<b>Net Assets / (Liabilities)</b>			
<b>Financed By:</b>			
Surplus / (Deficit) fund in 2022		-	-
Surplus fund from 2021		-	-
<b>Accumulated Fund Carried Forward</b>		=	=



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Yasin Kalaz Zaman  
Acting chair and Trustee

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**

**NOTES TO THE ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2022**

**1. ACCOUNTING POLICIES**

**Basis of Accounting:**

The financial statements have been prepared under the historical cost convention in accordance with applicable accounting standards.

**2. Donations:**

This represents donation received from the following individuals and organisation as a nature of unrestricted fund. Donations are taken to Income and Expenditure account on a receipt basis. There were no donations received during the year. Trust has used their carry forward fund to continue the charitable work for this year.

**3. Reserve Funds**

The reserve funds are for the use of continuous charitable support and for the operational expenses of the Charity.

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**

England & Wales - Charity number 1189357

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# Accounts

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# **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

Registered Charity No. 1189357

**Financial Statement for the Year Ended  
31 March 2021**

## **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

### **LEGAL INFORMATION**

**Name of Charity:** International Social Health and Welfare

**Charity Registration No.** 1189357

**Registered Address:** Airport House, Purley Way  
Croydon CR0 0XZ

**Telephone:** 0333 335 6333

**Email:** [yasin@europe.com](mailto:yasin@europe.com)

**Board of Trustees:**

Mr Yasin Kalaz Zaman  
Mr Harun Abdul Aziz

**Independent Examiner:** **Mohammed Muhit Uddin M Com, ACA, FCCA**  
**Muhit & Co.**  
Chartered Certified Accountants  
80A Ashfield Street  
Unit 4  
London E1 2BJ

**Bankers:**

## **INTERNATIONAL SOCIAL HEALTH AND WELFARE**

### **REPORT OF THE TRUSTEES**

#### **History, Objectives and Activities of International Social Health and Welfare**

The Trustees of the International Social Health and Welfare submit their report and financial statements for the year ended 31 March 2021. International Social Health and Welfare was set up on the 5<sup>th</sup> Day of May 2020. International Social Health and Welfare was incorporated as a charity and its name was entered in the Charity Commission's Central Register on the 5 May 2020.

#### **The Objectives of International Social Health and Welfare are:**

The Charity's objects are for the benefit of the promotion of the efficiency and effectiveness of the charitable sector through the provision of project management duties to charities to aid them with furthering their charitable purpose.

#### **Structure, Governance and Management**

The charity is constituted by a Constitution of a Charitable Incorporated Organisation (CIO) with voting members are its Charity Trustee. It is governed by the regulation set out in the Constitution and run by a voluntary Executive Committee. The charity's committee members are elected at the Annual General Meeting every two years.

The Executive Committee members are normally briefed by the Chairman and the General Secretary to familiarise themselves with the rules, regulations and responsibilities of the charity. The Management Committee met six times during the year to review the activities of the charity including the approval of the annual report and accounts as well as budgets, capital expenditure and to set out the fund-raising date for the charity.

The day-to-day work of the charity is overseen by the Chairman who is responsible to and reports to the Management Committee. The Executive Committee is aware of the potential risks to the charity, both financial and otherwise. Therefore, strategies are in place to control these risks. Assessments have also been taken relating to fire and health and safety.

The Executive Committee are seriously considering other risk areas such as operational, governance and compliance with law and regulations.

A solicitor, who specialises in Charities' law has been consulted about necessary policies. He advised about it. Policies on Conflict of Interest and Conflict of Loyalty were discussed in trustees' meeting and special care is being taken to observe these rules.

#### **Financial Review**

The financial position of the Charity is portrayed in the accompanying Annual Accounts.

**Statement of Trustees' Responsibilities-** Law applicable to charities in England & Wales requires the Trustees to prepare a financial statement for each financial year, which gives a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- (a) Select suitable accounting policies and apply consistently
- (b) Make judgements and estimates that are reasonable and prudent;
- (c) State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- (d) Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping accounting records, which discloses with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the charity act 1993. 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.

### **Reserve Policy**

It is the policy of the charity that unrestricted funds, which have not been designated for a specific use, should be maintained at a level equivalent to at least 12 months' expenditure. The Executive Committee consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. International Social Health and Welfare will actively work to achieve this level of reserves.

### **Risk Factors**

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

### **Independent Examiner**

As per the provisions of the Charities Act 2011, the Trustees agree that an audit is not required for this financial year; however, due to the provisions of the same act an Independent Examiner is required.

The Executive Committee agreed to re-appoint Mohammed Muhit Uddin M Com, ACA, FCCA of Muhit & Co, to carry out the Independent Examination of the accounts in 2022.

Accounts approved on the behalf of the Executive Committee.



.....  
**Yasin K Zaman**  
**Chair and Trustee**

**Dated: 11/10/2024**

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**  
**INCOME AND EXPENDITURE ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**THERE WAS NO FINANCIAL ACTIVITIES TAKEN PLACE YET TO REPORT.**

**INCOME**

	<u>Note</u>	<u>Restricted</u> <u>Fund</u>	<u>Unrestricted</u> <u>Fund</u>		<u>2021</u> <u>£</u>
Grants & Donations Received	2	-	-		
Profit/ Benefit AR Bank			-	-	-
<b><u>TOTAL:</u></b>		=	=	=	=

**LESS: EXPENDITURE**

	<u>Note</u>	<u>Restricted</u> <u>Fund</u>	<u>Unrestricted</u> <u>Fund</u>		<u>2021</u> <u>£</u>
Direct Charitable Expenses		-			
<b>NET SURPLUS/(DEFICIT) FOR THE YEAR</b>		=	=	=	=

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**  
**BALANCE SHEET**  
**AS AT 31 MARCH 2021**

	Note	2021 £
<b>Fixed Assets</b>		-
<b>Current Assets</b>		
Cash at Bank:		
	Bank	-
	Cash in Hand	-
		-
-		
<b>Less: Current Liabilities</b>		
Creditors & Accruals		-
		-
Net Current Assets		=
		=
<b>Net Assets / (Liabilities)</b>		
<b>Financed By:</b>		
Surplus / (Deficit) fund in 2022		-
Surplus fund from 2021		-
<b>Accumulated Fund Carried Forward</b>		=
		=

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**Yasin Kalaz Zaman**  
**Acting chair and Trustee**

**INTERNATIONAL SOCIAL HEALTH AND WELFARE**

**NOTES TO THE ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2021**

**1. ACCOUNTING POLICIES**

**Basis of Accounting:**

The financial statements have been prepared under the historical cost convention in accordance with applicable accounting standards.

**2. Donations:**

This represents donation received from the following individuals and organisation as a nature of unrestricted fund. Donations are taken to Income and Expenditure account on a receipt basis. There were no donations received during the year. Trust has used their carry forward fund to continue the charitable work for this year.

**3. Reserve Funds**

The reserve funds are for the use of continuous charitable support and for the operational expenses of the Charity.