

THE HELP TIBET TRUST

England & Wales · Charity number 1190580

Details

Other names HELP TIBET

Status Registered

Legal form CIO

Registered 2020-07-28

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

Contact

Address Help Tibet
Po Box 138
London
SW13 9RN

Phone 02087488784

Email info@helptibet.org.uk

Website www.helptibet.org.uk

Activities

Objects: A) THE RELIEF OF PERSONS OF TIBETAN ORIGIN WHO ARE IN NEED HARDSHIP OR DISTRESS BY REASON OF THEIR SOCIAL AND ECONOMIC CIRCUMSTANCES;B) THE ADVANCEMENT OF TIBETAN CULTURE AND HERITAGE FOR THE PUBLIC BENEFIT, PRIMARILY (BUT NOT EXCLUSIVELY) AMONG PEOPLE OF TIBETAN ORIGIN; ANDC) TO ADVANCE THE EDUCATION OF PERSONS OF TIBETAN ORIGIN PRIMARILY (BUT NOT EXCLUSIVELY) BY PROVIDING GRANTS TOWARDS EDUCATIONAL FACILITIES, EQUIPMENT, PROJECTS, AND MATERIALS.

Activities: The Help Tibet Trust works in partnership with people of Tibetan origin to promote sustainable communities and develop initiatives which support the wellbeing of the most vulnerable. Our grants' programme supports health and social care of older people; youth development and education; self-sustainable work and employment projects; and community and environmental improvement projects.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations
- **What:** General Charitable Purposes, Education/training, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies

Geography

- India
- Nepal
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£52,807	£83,654	-	-
2024-06-30	£109,462	£79,099	-	-
2023-06-30	£69,393	£80,083	-	-
2022-06-30	£42,873	£59,177	-	-
2021-06-30	£114,701	£35,796	-	-

Trustees

Name	Role	Appointed
Isabelle Sarah White MBE	Chair	2020-07-28
KATHARINE MARY ELIZABETH COX		2020-07-28
Karma Tsering		2020-07-28
LINDA MARGARET MURRAY HANCOCK		2020-07-28
SUSANN MARY HILL		2020-07-28

THE HELP TIBET TRUST

England & Wales - Charity number 1190580

Accounts

The Help Tibet Trust

Registered Charity Number 1190580

Statement of Accounts

For the Year Ended

30th June 2025

The Help Tibet Trust

Constitution Dated: 28th July 2020

Registered Charity: 28th July 2020

Charity Number: 1190580

Patron: His Holiness The Dalai Lama

President: Alexander Norman

Trustees: Isabelle White (Chairman)
Susann Hill
Linda Hancock
Katharine Cox
Karma Tsering

Registered Office: PO Box 138
Barnes
London
SW13 9RN

020 8748 8784

Independent Examiner: Nicholas Bulloch FCA

The Help Tibet Trust

Report of the Trustees for the Year Ended 30th June 2025

Introduction

The Trustees present their report and accounts for the year ended 30th June 2025. The information set out on page 2 forms part of this report.

Structure, Governance and Management

Under its Constitution dated 28th July 2020 the objects of the Charity are:

- a) the relief of persons of Tibetan origin who are in need, hardship or distress by reason of their social and economic circumstances;
- b) the advancement of Tibetan culture and heritage for the public benefit, primarily (but not exclusively) among people of Tibetan origin; and
- c) to advance the education of persons of Tibetan origin primarily (but not exclusively) by providing grants towards educational facilities, equipment, projects, and materials.

All funds generated are used in the furtherance of these objectives.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit and believe there is a clear public benefit from the activities of the Charity.

Achievements and Performance for the Year

During the year a total of £79,689 was spent by way of grants to local partners including on:

- > alternative energy solutions - solar street lighting;
- > schools - libraries, science laboratories, drinking water filters, sanitation units, modernising school playgrounds, support for special needs children and general maintenance;
- > care of old and disabled Tibetans in old people's homes and stipends for those living in remote areas;
- > community facilities - general maintenance and modernisation to community kitchens and halls;
- > mobile clinic for the remote areas.

Risk

The major risks to which the Charity is exposed have been identified by the Trustees and procedures established to mitigate these risks are monitored and reviewed regularly and have been recorded in the risk register.

The Help Tibet Trust

Report of the Trustees for the Year Ended 30th June 2025

Trustees

The Trustees during the year were:-

Isabelle White (Chairman)
Katharine Cox
Susann Hill

Linda Hancock
Karma Tsering

None of the Trustees has any beneficial interest in the organisation.

New Trustees are identified and elected by the Board of Trustees. In addition to knowledge gained at Trustee meetings normally held 4 to 5 times a year, new Trustees are provided with initial briefing materials on the Charity's activities as well as their legal obligations and on the content of the Charity's Constitution.

Financial Position

The receipts and payments of the Charity for the year and the financial position as at 30th June 2025 are shown in the attached accounts on pages 7 to 9. The Charity's policy is to retain sufficient reserves to cover 12 months of costs on long term projects.

Isabelle White
Trustee
11th December 2025

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

I report to the Trustees on my examination of the accounts of The Help Tibet Trust (the "Charity") for the year ended 30th June 2025.

This report is made solely to the Charity's Trustees, as a body, in accordance with Section 145 of the Charities Act 2011 (the "Act"). My independent examination work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my independent examination work, for this report, or for the opinions I have formed.

Respective Responsibilities of the Trustees and the Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

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

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

Independent Examiner's 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 accounting records in accordance with section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act; have not been met; or

- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Nicholas Bulloch FCA
11th December 2025

Chartered Accountant
29 Fitzgerald Avenue
London
SW14 8SZ

The Help Tibet Trust

Statement of Receipts and Payments for the Year Ended 30th June 2025

	£
Income and Receipts	
Donations (Note 2)	41,944
Fundraising	7,977
Investment Income	1,919
Interest Income	967
Total Receipts	<u>52,807</u>
Direct Charitable Expenditure	
Education Programme in Nepal	3,520
Other Projects in Nepal	56,625
Education Programme in India	4,000
Other Projects in India	15,544
Total Direct Charitable Expenditure	<u>79,689</u>
Other Expenditure	
Administrative Expenses	3,705
Fundraising Expenses	260
Total Other Expenditure	<u>3,965</u>
Total Payments	<u>83,654</u>
Net Receipts / (Payments) for the Year	<u><u>-30,847</u></u>
Bank Balances - Opening	57,274
Bank Balances - Closing	<u><u>26,427</u></u>

All income and expenditure in the Statement of Receipts and Payments was unrestricted.

The Help Tibet Trust

Statement of Assets and Liabilities as at 30th June 2025

	£
Bank Balances	
Bank Balances - 30th June 2024	57,274
Net Receipts / (Payments) for the Year	-30,847
Bank Balances - 30th June 2025	<u>26,427</u>
Investments	
Market Value - 30th June 2024	67,572
Change in Valuation	-2,793
Market Value - 30th June 2025	<u>64,779</u>
Total Assets less Liabilities - 30th June 2025	<u><u>91,206</u></u>

The Help Tibet Trust

Notes to the Accounts for the Year Ended 30th June 2025

1. Accounting Policies

- a) As gross income is less than £250,000 the Charity uses the "Receipts and Payments" method of accounting.
- b) The Charity's policy is to retain sufficient reserves to cover 12 months of costs for long term commitments.
- c) Investments are included at market value.

2. Donations

Donations include amounts received from the following:

	£
The Tanner Trust	8,000
Mrs. P. de Lotbiniere	5,000
Mrs. R U B White Charitable Trust	10,000
The Betty Lawes Foundation	3,000
The Matthews Wrightson Charity Trust	2,000
The Crowood Press	500
The Camellia Foundation	5,000

3. Market Value of Investments

Investments at 30 June 2025 comprised:	Number of Income Units	Value (£)
The COIF Charities Ethical Investment Fund	21,833	64,779

THE HELP TIBET TRUST

England & Wales - Charity number 1190580

Accounts

The Help Tibet Trust

Registered Charity Number 1190580

Statement of Accounts

For the Year Ended

30th June 2024

The Help Tibet Trust

Constitution Dated: 28th July 2020

Registered Charity: 28th July 2020

Charity Number: 1190580

Patron: His Holiness The Dalai Lama

President: Alexander Norman

Trustees: Isabelle White (Chairman)
Susann Hill
Linda Hancock
Katharine Cox
Karma Tsering

Registered Office: PO Box 138
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020 8748 8784

Independent Examiner: Nicholas Bulloch FCA

The Help Tibet Trust

Report of the Trustees for the Year Ended 30th June 2024

Introduction

The Trustees present their report and accounts for the year ended 30th June 2024. The information set out on page 2 forms part of this report.

Structure, Governance and Management

Under its Constitution dated 28th July 2020 the objects of the Charity are:

- a) the relief of persons of Tibetan origin who are in need, hardship or distress by reason of their social and economic circumstances;
- b) the advancement of Tibetan culture and heritage for the public benefit, primarily (but not exclusively) among people of Tibetan origin; and
- c) to advance the education of persons of Tibetan origin primarily (but not exclusively) by providing grants towards educational facilities, equipment, projects, and materials.

All funds generated are used in the furtherance of these objectives.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit and believe there is a clear public benefit from the activities of the Charity.

Achievements and Performance for the Year

During the year a total of £77,035 was spent by way of grants to local partners including on:

- caring for the old and vulnerable, including increasing the number of grants during the year;
- educational projects, including installation and maintenance of school libraries, and general maintenance and improvement of school facilities;
- support with water boreholes and alternative solar energy solutions;
- medical support including special needs assistance; and
- support for local businesses.

Risk

The major risks to which the Charity is exposed have been identified by the Trustees and procedures established to mitigate these risks are monitored and reviewed regularly and have been recorded in the risk register.

The Help Tibet Trust

Report of the Trustees for the Year Ended 30th June 2024

Trustees

The Trustees during the year were:-

Isabelle White (Chairman)
Katharine Cox
Susann Hill

Linda Hancock
Karma Tsering

None of the Trustees has any beneficial interest in the organisation.

New Trustees are identified and elected by the Board of Trustees. In addition to knowledge gained at Trustee meetings normally held 4 to 5 times a year, new Trustees are provided with initial briefing materials on the Charity's activities as well as their legal obligations and on the content of the Charity's Constitution.

Financial Position

The receipts and payments of the Charity for the year and the financial position as at 30th June 2024 are shown in the attached accounts on pages 7 to 9. The Charity's policy is to retain sufficient reserves to cover 12 months of costs on long term projects.

Isabelle White
Trustee
9th December 2024

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

I report to the Trustees on my examination of the accounts of The Help Tibet Trust (the "Charity") for the year ended 30th June 2024.

This report is made solely to the Charity's Trustees, as a body, in accordance with Section 145 of the Charities Act 2011 (the "Act"). My independent examination work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my independent examination work, for this report, or for the opinions I have formed.

Respective Responsibilities of the Trustees and the Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

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

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

Independent Examiner's 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 accounting records in accordance with section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act; have not been met; or

- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Nicholas Bulloch FCA
9th December 2024

Chartered Accountant
29 Fitzgerald Avenue
London
SW14 8SZ

The Help Tibet Trust

Statement of Receipts and Payments for the Year Ended 30th June 2024

	£
Income and Receipts	
Donations (Note 2)	97,570
Fundraising	9,648
Investment Income	1,344
Interest Income	900
Total Receipts	109,462
Direct Charitable Expenditure	
Education Programme in Nepal	9,730
Other Projects in Nepal	52,120
Education Programme in India	3,500
Other Projects in India	11,685
Total Direct Charitable Expenditure	77,035
Other Expenditure	
Administrative Expenses	1,828
Fundraising Expenses	236
Total Other Expenditure	2,064
Transfer to Investment Fund	25,000
Total Payments	104,099
Net Receipts / (Payments) for the Year	5,363
Bank Balances - Opening	51,911
Bank Balances - Closing	57,274

All income and expenditure in the Statement of Receipts and Payments was unrestricted.

The Help Tibet Trust

Statement of Assets and Liabilities as at 30th June 2024

	£
Bank Balances	
Bank Balances - 30th June 2023	51,911
Net Receipts / (Payments) for the Year	5,363
Bank Balances - 30th June 2024	<u>57,274</u>
Investments	
Market Value - 30th June 2023	37,719
Additions during the Year	25,044
Change in Valuation	4,809
Market Value - 30th June 2024	<u>67,572</u>
Total Assets less Liabilities - 30th June 2024	<u><u>124,846</u></u>

The Help Tibet Trust

Notes to the Accounts for the Year Ended 30th June 2024

1. Accounting Policies

- a) As gross income is less than £250,000 the Charity uses the "Receipts and Payments" method of accounting.
- b) The Charity's policy is to retain sufficient reserves to cover 12 months of costs for long term commitments.
- c) Investments are included at market value.

2. Donations

Donations include amounts received from the following:

	£
The Tanner Trust	50,000
Mrs. P. de Lotbiniere	10,000
Mrs. R U B White Charitable Trust	10,000
The Betty Lawes Foundation	3,000
The Matthews Wrightson Charity Trust	2,000
The Crowood Press	500
Lansdowne Partners	3,500
The Fieldrose Charitable Trust	8,000
The Moneybury Charitable Trust	200

3. Market Value of Investments

Investments at 30 June 2024 comprised:	Number of Income Units	Value (£)
The COIF Charities Ethical Investment Fund	21,833	67,572

THE HELP TIBET TRUST

England & Wales - Charity number 1190580

Accounts

The Help Tibet Trust

Registered Charity Number 1190580

Statement of Accounts

For the Year Ended

30th June 2023

The Help Tibet Trust

Constitution Dated: 28th July 2020

Registered Charity: 28th July 2020

Charity Number: 1190580

Patron: His Holiness The Dalai Lama

President: Alexander Norman

Trustees: Isabelle White (Chairman)
Susann Hill
Linda Hancock
Katharine Cox
Karma Tsering

Registered Office: PO Box 138
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London
SW13 9RN

020 8748 8784

Independent Examiner: Nicholas Bulloch FCA

The Help Tibet Trust

Report of the Trustees for the Year Ended 30th June 2023

Introduction

The Trustees present their report and accounts for the year ended 30th June 2023. The information set out on page 2 forms part of this report.

Structure, Governance and Management

Under its Constitution dated 28th July 2020 the objects of the Charity are:

- a) the relief of persons of Tibetan origin who are in need, hardship or distress by reason of their social and economic circumstances;
- b) the advancement of Tibetan culture and heritage for the public benefit, primarily (but not exclusively) among people of Tibetan origin; and
- c) to advance the education of persons of Tibetan origin primarily (but not exclusively) by providing grants towards educational facilities, equipment, projects, and materials.

All funds generated are used in the furtherance of these objectives.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit and believe there is a clear public benefit from the activities of the Charity.

Achievements and Performance for the Year

During the year a total of £78,403 was spent by way of grants to local partners including on:

- caring for the old and vulnerable, including increased grants during the year in response to the increase in living expenses;
- educational projects, including school libraries and science laboratories, and extending educational facilities in response to rising demand;
- alternative solar energy solutions; and
- support for emergencies.

Risk

The major risks to which the Charity is exposed have been identified by the Trustees and procedures established to mitigate these risks are monitored and reviewed regularly and have been recorded in the risk register.

The Help Tibet Trust

Report of the Trustees for the Year Ended 30th June 2023

Trustees

The Trustees during the year were:-

Isabelle White (Chairman)
Katharine Cox
Susann Hill

Linda Hancock
Karma Tsering

None of the Trustees has any beneficial interest in the organisation.

New Trustees are identified and elected by the Board of Trustees. In addition to knowledge gained at Trustee meetings normally held 4 to 5 times a year, new Trustees are provided with initial briefing materials on the Charity's activities as well as their legal obligations and on the content of the Charity's Constitution.

Financial Position

The receipts and payments of the Charity for the year and the financial position as at 30th June 2023 are shown in the attached accounts on pages 7 to 9. The Charity's policy is to retain sufficient reserves to cover at least 12 months of costs on long term projects.

Isabelle White
Trustee
13th December 2023

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

I report to the Trustees on my examination of the accounts of The Help Tibet Trust (the "Charity") for the year ended 30th June 2023.

This report is made solely to the Charity's Trustees, as a body, in accordance with Section 145 of the Charities Act 2011 (the "Act"). My independent examination work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my independent examination work, for this report, or for the opinions I have formed.

Respective Responsibilities of the Trustees and the Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

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

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

Independent Examiner's 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 accounting records in accordance with section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act; have not been met; or

- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Nicholas Bulloch FCA
13th December 2023

Chartered Accountant
29 Fitzgerald Avenue
London
SW14 8SZ

The Help Tibet Trust

Statement of Receipts and Payments for the Year Ended 30th June 2023

	£
Income and Receipts	
Donations (Note 2)	55,208
Fundraising	7,791
Gift Aid Income Tax Refunds	4,948
Investment Income	1,149
Interest Income	297
Total Receipts	<u>69,393</u>
Direct Charitable Expenditure	
Education Programme in Nepal	12,385
Other Projects in Nepal	51,045
Education Programme in India	10,240
Other Projects in India	4,733
Total Direct Charitable Expenditure	<u>78,403</u>
Other Expenditure	
Administrative Expenses	1,490
Fundraising Expenses	190
Total Other Expenditure	<u>1,680</u>
Total Payments	80,083
Net Receipts / (Payments) for the Year	<u><u>-10,690</u></u>
Bank Balances - Opening	62,601
Bank Balances - Closing	<u><u>51,911</u></u>

All income and expenditure in the Statement of Receipts and Payments was unrestricted.

The Help Tibet Trust

Statement of Assets and Liabilities as at 30th June 2023

	£
Bank Balances	
Bank Balances - 30th June 2022	62,601
Net Receipts / (Payments) for the Year	-10,690
Bank Balances - 30th June 2023	<u>51,911</u>
Investments	
Market Value - 30th June 2022	36,850
Change in Valuation	869
Market Value - 30th June 2023	<u>37,719</u>
Total Assets less Liabilities - 30th June 2023	<u><u>89,630</u></u>

The Help Tibet Trust

Notes to the Accounts for the Year Ended 30th June 2023

1. Accounting Policies

- a) As gross income is less than £250,000 the Charity uses the "Receipts and Payments" method of accounting.
- b) The Charity's policy is to retain sufficient reserves to cover at least 12 months costs for long term commitments.
- c) Investments are included at market value.

2. Donations

Donations include amounts received from the following:

	£
The Tanner Trust	20,000
The Camellia Foundation	10,000
Mrs. R U B White Charitable Trust	10,000
Mrs. P. de Lotbiniere	5,000
The Betty Lawes Foundation	3,000
The Matthews Wrightson Charity Trust	2,000
The Crowood Press	500

3. Market Value of Investments

Investments at 30 June 2023 comprised:	Number of Income Units	Value (£)
The COIF Charities Ethical Investment Fund	13,346	37,719

THE HELP TIBET TRUST

England & Wales - Charity number 1190580

Accounts

The Help Tibet Trust

Registered Charity Number 1190580

Statement of Accounts

For the Year Ended

30th June 2022

The Help Tibet Trust

Constitution Dated: 28th July 2020

Registered Charity: 28th July 2020

Charity Number: 1190580

Patron: His Holiness The Dalai Lama

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Independent Examiner: Nicholas Bulloch FCA

The Help Tibet Trust

Report of the Trustees for the Year Ended 30th June 2022

Introduction

The Trustees present their report and accounts for the year ended 30th June 2022. The information set out on page 2 forms part of this report.

Structure, Governance and Management

Under its Constitution dated 28th July 2020 the objects of the Charity are:

- a) the relief of persons of Tibetan origin who are in need, hardship or distress by reason of their social and economic circumstances;
- b) the advancement of Tibetan culture and heritage for the public benefit, primarily (but not exclusively) among people of Tibetan origin; and
- c) to advance the education of persons of Tibetan origin primarily (but not exclusively) by providing grants towards educational facilities, equipment, projects, and materials.

All funds generated are used in the furtherance of these objectives.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit and believe there is a clear public benefit from the activities of the Charity.

Achievements and Performance for the Year

During the year a total of £57,511 was spent by way of grants to local partners including on:

- caring for the old and vulnerable, including increased grants during the year in response to the increase in living expenses;
- educational projects, including school libraries and extending educational facilities in response to rising demand;
- support for those in the community most in need during the Covid 19 pandemic; and
- support for non-Covid emergencies.

Risk

The major risks to which the Charity is exposed have been identified by the Trustees and procedures established to mitigate these risks are monitored and reviewed regularly and have been recorded in the risk register.

The Help Tibet Trust

Report of the Trustees for the Year Ended 30th June 2022

Trustees

The Trustees during the year were:-

Isabelle White (Chairman)
Katharine Cox
Susann Hill

Linda Hancock
Karma Tsering

None of the Trustees has any beneficial interest in the organisation.

New Trustees are identified and elected by the Board of Trustees. In addition to knowledge gained at Trustee meetings normally held 4 to 5 times a year, new Trustees are provided with initial briefing materials on the Charity's activities as well as their legal obligations and on the content of the Charity's Constitution.

Financial Position

The receipts and payments of the Charity for the year and the financial position as at 30th June 2022 are shown in the attached accounts on pages 7 to 9. The Charity's policy is to retain sufficient reserves to cover at least 12 months of costs on long term projects.

Isabelle White
Trustee
25th November 2022

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

I report to the Trustees on my examination of the accounts of The Help Tibet Trust (the "Charity") for the year ended 30th June 2022.

This report is made solely to the Charity's Trustees, as a body, in accordance with Section 145 of the Charities Act 2011 (the "Act"). My independent examination work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my independent examination work, for this report, or for the opinions I have formed.

Respective Responsibilities of the Trustees and the Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

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

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

Independent Examiner's 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 accounting records in accordance with section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act; have not been met; or

- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Nicholas Bulloch FCA
25th November 2022

Chartered Accountant
29 Fitzgerald Avenue
London
SW14 8SZ

The Help Tibet Trust

Statement of Receipts and Payments for the Year Ended 30th June 2022

	£
Income and Receipts	
Donations (Note 2)	34,631
Fundraising	3,676
Gift Aid Income Tax Refunds	3,362
Investment Income	1,129
Subscriptions	50
Other	25
Total Receipts	42,873
Direct Charitable Expenditure	
Education Programme in Nepal	9,604
Covid 19 Projects in Nepal	5,733
India	6,669
Nepal	35,505
Total Direct Charitable Expenditure	57,511
Other Expenditure	
Administrative Expenses	1,359
Fundraising Expenses	307
Total Other Expenditure	1,666
Total Payments	59,177
Net Receipts / (Payments) for the Year	-16,304
Bank Balances - Opening	78,905
Bank Balances - Closing	62,601

All income and expenditure in the Statement of Receipts and Payments was unrestricted.

The Help Tibet Trust

Statement of Assets and Liabilities as at 30th June 2022

	£
Bank Balances	
Bank Balances - 30th June 2021	78,905
Net Receipts / (Payments) for the Year	-16,304
Bank Balances - 30th June 2022	<u>62,601</u>
Investments	
Market Value - 30th June 2021	39,071
Change in Valuation	-2,221
Market Value - 30th June 2022	<u>36,850</u>
Total Assets less Liabilities - 30th June 2022	<u><u>99,451</u></u>

The Help Tibet Trust

Notes to the Accounts for the Year Ended 30th June 2022

1. Accounting Policies

- a) As gross income is less than £250,000 the Charity uses the "Receipts and Payments" method of accounting.
- b) The Charity's policy is to retain sufficient reserves to cover at least 12 months costs for long term commitments.
- c) Investments are included at market value.

2. Donations

Donations include amounts received from the following:

	£
The Tanner Trust	10,000
Mrs. P. de Lotbiniere	5,000
Lansdowne Partners	10,000
The Betty Lawes Foundation	3,000
The Matthews Wrightson Charity Trust	2,000
The Crowood Press	500

3. Market Value of Investments

Investments at 30 June 2022 comprised:	Number of Income Units	Value (£)
The COIF Charities Ethical Investment Fund	13,346	36,850

THE HELP TIBET TRUST

England & Wales - Charity number 1190580

Accounts

The Help Tibet Trust

Registered Charity Number 1190580

Statement of Accounts

For the Period Ended

30th June 2021

The Help Tibet Trust

Constitution Dated: 28th July 2020

Registered Charity: 28th July 2020

Charity Number: 1190580

Patron: His Holiness The Dalai Lama

President: Alexander Norman

Trustees: Isabelle White (Chairman)
Susann Hill
Linda Hancock
Katharine Cox
Karma Tsering

Registered Office: PO Box 138
Barnes
London
SW13 9RN

020 8748 8784

Independent Examiner: Nicholas Bulloch FCA

The Help Tibet Trust

Report of the Trustees for the Period Ended 30th June 2021

Introduction

The Trustees present their report and accounts for the period ended 30th June 2021. The information set out on page 2 forms part of this report.

This report represents the first for The Help Tibet Trust (the "Charity") as a newly formed charitable incorporated organisation (CIO). The Trustees made the decision in 2020 to close The Help Tibet Trust (Charity Number: 801800) and form a CIO under the same name, which was registered with the Charity Commission on 28th July 2020. This decision was driven primarily by the desire to take advantage of the separate legal personality and limited liability for Trustees.

Structure, Governance and Management

Under its Constitution dated 28th July 2020 the objects of the Charity are:

- a) the relief of persons of Tibetan origin who are in need, hardship or distress by reason of their social and economic circumstances;
- b) the advancement of Tibetan culture and heritage for the public benefit, primarily (but not exclusively) among people of Tibetan origin; and
- c) to advance the education of persons of Tibetan origin primarily (but not exclusively) by providing grants towards educational facilities, equipment, projects, and materials.

All funds generated are used in the furtherance of these objectives.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit and believe there is a clear public benefit from the activities of the Charity.

Achievements and Performance for the Year

During the period the Charity received a transfer of £112,779 cash and investments from The Help Tibet Trust (Charity Number: 801800). A total of £35,060 was spent by way of grants to local partners on caring for the old and vulnerable, on educational projects including school libraries, on support for those in the community most in need during the Covid 19 pandemic, and on support for non-Covid emergencies.

Risk

The major risks to which the Charity is exposed have been identified by the Trustees and procedures established to mitigate these risks are monitored and reviewed regularly and have been recorded in the risk register.

The Help Tibet Trust

Report of the Trustees for the Period Ended 30th June 2021

Trustees

The Trustees during the period were:-

Isabelle White (Chairman)
Katharine Cox
Susann Hill

Linda Hancock
Karma Tsering

None of the Trustees has any beneficial interest in the organisation.

New Trustees are identified and elected by the Board of Trustees. In addition to knowledge gained at Trustee meetings normally held 4 to 5 times a year, new Trustees are provided with initial briefing materials on the Charity's activities as well as their legal obligations and on the content of the Charity's Constitution.

Financial Position

The receipts and payments of the Charity for the period and the financial position as at 30th June 2021 are shown in the attached accounts on pages 7 to 9. The Charity's policy is to retain sufficient reserves to cover at least 12 months of costs on long term projects.

Isabelle White
Trustee
15th October 2021

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

I report on the accounts of the Charity for the period ended 30th June 2021, which are set out on pages 7 to 9.

This report is made solely to the Charity's Trustees, as a body, in accordance with Section 145 of the Charities Act 2011 (the "Act"). My independent examination work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my independent examination work, for this report, or for the opinions I have formed.

Respective Responsibilities of the Trustees and the Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

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

The Help Tibet Trust

Independent Examiner's Report to the Trustees of The Help Tibet Trust

Independent Examiner's 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 accounting records in accordance with section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act; have not been met; or

- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Nicholas Bulloch FCA
15 October 2021

Chartered Accountant
29 Fitzgerald Avenue
London
SW14 8SZ

The Help Tibet Trust

Statement of Receipts and Payments for the Period Ended 30th June 2021

	£
Income and Receipts	
Transfers from The Help Tibet Trust (Charity Number: 801800)	76,811
Subscriptions	70
Donations (Note 2)	36,131
Fundraising	40
Investment Income	561
Gift Aid Income Tax Refunds	1,088
Total Receipts	114,701
Direct Charitable Expenditure	
Education Programme	2,092
Covid 19 Projects in Nepal	936
India	7,675
Nepal	24,357
Total Direct Charitable Expenditure	35,060
Other Expenditure	
Administrative Expenses	575
Bank Charges	161
Total Other Expenditure	736
Total Payments	35,796
Net Receipts / (Payments) for the Period	78,905
Bank Balances - Opening	0
Bank Balances - Closing	78,905

All income and expenditure in the Statement of Receipts and Payments was unrestricted.

The Help Tibet Trust

Statement of Assets and Liabilities as at 30th June 2021

	£
Bank Balances	
Bank Balances - 28th July 2020	0
Net Receipts / (Payments) for the Period	78,905
Bank Balances - 30th June 2021	<u>78,905</u>
Investments	
Market Value - 28th July 2020	0
Transfer from The Help Tibet Trust (Charity Number: 801800)	35,968
Increase in Valuation	3,103
Market Value - 30th June 2021	<u>39,071</u>
Total Assets less Liabilities - 30th June 2021	<u><u>117,976</u></u>

The Help Tibet Trust

Notes to the Accounts for the Period Ended 30th June 2021

1. Accounting Policies

- a) As gross income is less than £250,000 the Charity uses the "Receipts and Payments" method of accounting.
- b) The Charity's policy is to retain sufficient reserves to cover at least 12 months costs for long term commitments.
- c) Investments are included at market value.

2. Donations

Donations include amounts received from the following:

	£
The Tanner Trust	10,000
Mrs. P. de Lotbiniere	5,000
The Mrs. R U B White Charitable Trust	10,000
The Betty Lawes Foundation	3,000

3. Market Value of Investments

Investments at 30 June 2021 comprised:	Number of Income Units	Value (£)
The COIF Charities Ethical Investment Fund	13,346	39,071