

**The Help Tibet Trust**

**Registered Charity Number 1190580**

**Statement of Accounts**

**For the Year Ended**

**30th June 2022**

## The Help Tibet Trust

<b>Constitution Dated:</b>	28th July 2020
<b>Registered Charity:</b>	28th July 2020
<b>Charity Number:</b>	1190580
<b>Patron:</b>	His Holiness The Dalai Lama
<b>President:</b>	Alexander Norman
<b>Trustees:</b>	Isabelle White (Chairman) Susann Hill Linda Hancock Katharine Cox Karma Tsering
<b>Registered Office:</b>	PO Box 138 Barnes London SW13 9RN  020 8748 8784
<b>Independent Examiner:</b>	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

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

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

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



# 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