

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 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 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	69,393
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	78,403
Other Expenditure	
Administrative Expenses	1,490
Fundraising Expenses	190
Total Other Expenditure	1,680
Total Payments	80,083
Net Receipts / (Payments) for the Year	-10,690
Bank Balances - Opening	62,601
Bank Balances - Closing	51,911

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	51,911
Investments	
Market Value - 30th June 2022	36,850
Change in Valuation	869
Market Value - 30th June 2023	37,719
Total Assets less Liabilities - 30th June 2023	89,630

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