

2021

**Trustees' annual report for the period 1<sup>st</sup> April 2020 to  
31<sup>st</sup> March 2021 for the Charity Commission for England  
and Wales**

**Charity name: Sabzgaman Beski**

**Charity No: 1190835**

**Objectives and activities**

**Summary of the purposes of the charity as set out in its governing  
document**

The objects of the Charity are, for the public benefit

- i. to relieve terminally ill patients at hospices and health settings with a view to improving their quality of life by providing funding or equipment to facilitate the provision of recognised evidence-based acupuncture and massage therapies.
- ii. to promote the conservation protection and improvement of the physical and natural environment, in particular but without limitation by planting trees; and
- iii. advancing education of the general public in topics relating to health and wellbeing and environmental conservation.

**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.**

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1. The Trustees of Sabzgaman Beski organised a musical event to promote the objectives of the charity and to raise money to support those same objectives. The event raised a net cash amount of £1760, and the charity was promoted to the XXX attendees.
2. The Trustees awarded an unrestricted grant of £500 to the Royal Trinity Hospice in support of their work as a hospice, in line with the charity's objectives.

**Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit**

The Trustees can confirm that they have had regard to the guidance issued by the Charity Commission on public benefit

**Achievements and performance**

**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.**

1. The musical event allowed the charity to achieve objectives (ii) and (iii), i.e. to promote the conservation protection and improvement of the physical and natural environment; and promote topics relating to health and wellbeing and environmental conservation.
2. The Trustees awarded an unrestricted grant of £500 to the Royal Trinity Hospice in support of their work in general as a hospice, in line with the

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charity's objective (i) i.e. to relieve terminally ill patients at hospices with a view to improving their quality of life.

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**Financial Review****Review of the charity's financial position at the end of the period**

<b>Report to Charity</b>	
<b>Payments</b>	
<b>Total</b>	<b>0</b>
	-
<b>Receipts</b>	
One off Donations (x5)	£ <b>1,760</b>
Fundraising events	£ <b>1,760</b>
<b>Sub total</b> (Gross income for annual report)	£ <b>3,520</b>
<b>Liabilities</b>	
<b>Description</b>	<b>Amount</b>
Donation to Royal Trinity Hospice	£ 500

<b>Creditors</b>			
<b>Item</b>	<b>Date</b>	<b>Description</b>	<b>Amount</b>
1			
<b>Total</b>			£ 0 -

<b>Debtors</b>			
<b>Item</b>	<b>Date</b>	<b>Description</b>	<b>Amount</b>
1			
<b>Total</b>			£ 0 -

<b>Assets</b>			
<b>Item</b>	<b>Date</b>	<b>Description</b>	<b>Amount</b>
1	01/04/2020	Cash Funds - bank	£ 5,800.00
2		Cash Funds Pety Cash	
3		Purchases (explain in Expnditure)	
<b>Total</b>			£ 5,800.00

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**Statement explaining the policy for holding reserves stating why they are held****Xxx****Structure, Governance and Management****Type of governing document**

Sabzgaman Beski has a constitution (Date last amended 27/07/2020) as its governing document.

**How is the charity constituted?**

Sabzgaman Beski is a Charitable Incorporated Organisation ("the CIO"). The principal office of the CIO is in England.

**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**

As Sabzgaman Beski was only incorporated in August 2020, the current Trustees are the first Trustees.

Provision for Trustee selection is set out in section 10 of the constitution, which states:

"10. Appointment of charity trustees

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(1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.”

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**Reference and Administrative details**

Charity Name: Sabzgaman Beski

Other name the charity uses: None

Registered charity number: 1190835

Charity's principal address: 40 Bramshill Gardens, London, NW5 1JH, England.

**Names of the charity trustees who manage the charity**

The first charity trustees are as follows, and are appointed for the following terms

-

1- Dr Shohreh Beski, Chair

2- Dr Farhad Aref-Adib

3- Dr Mehrnoosh Aref-Adib

4- Dr Benjamin Lamb, Treasurer

5- Mr Matthew Whitecross

6- Dr Golnar Aref-Adib

7- Ms Rosalind Durant, Secretary

8- Dr Iain Oswald

9- Dr Foroutan Parand

10- Mr Javad Shams

11- Mrs Negeen Zohari

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**Corporate trustees - names of the directors at the date the report was approved**

None

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

None

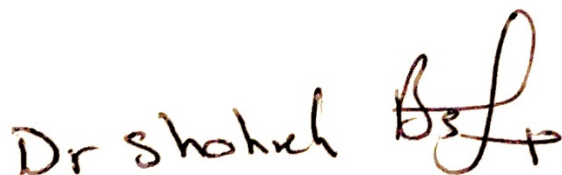
**Funds held as custodian trustees on behalf of others**

None

**Declarations**

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

**Signed on behalf of the charity's trustees**

A handwritten signature in brown ink, reading "Dr Shohreh Beski". The signature is written in a cursive style, with the first name "Shohreh" and the last name "Beski" clearly visible.

**Full name: Dr Shohreh Beski**

**Position: Chair**

**Date: xxx**