

EASTHANDS



Report and Financial Statements

Year Ended 31 March 2025

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BOARD OF TRUSTEES:

Chairperson and Trustee : Mr Mohammed Nobab Uddin
General Secretary & Trustee : Mr Bablul Hoque
Treasurer & Trustee : Mr Md Imran Ahmed

Registered Charity Number: 119 1463

Charity Correspondence Address

18 Spelman Street (Basement)
Spitalfields & Bangla Town
London E1 5LQ

Independent Examiner:

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

Bankers:

Lloyds Bank Plc

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Trustees' Annual Report for the period

From 1st April 2024 to 31st March 2025

Charity name: EASTHANDS

Charity registration number: 1191463

Objectives and Activities

	SORP ref.	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage in United Kingdom and such other countries as the trustees shall from time to time determine, by providing grants, items, and services to individuals in need and/or charities, or other organisations working to meet and relieve their charitable needs.
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	Information, Advice & Guidance; Education; Training; Health & Wellbeing; Environmental Issues; Gardening; Sports Activity; Feeding/ Supporting the Homeless and vulnerable people.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The members of the Board confirm that they have complied with their duty under the Charities Act 2011 to ensure the charity provides public benefit. They have considered the public benefit guidance published by the Charity Commission and believe that they have followed its guidance in this area."

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making.	Para 1.38	We do not make grants to individuals
Policy on social investment including program related investment.	Para 1.38	We are not considering Social Investment at this current time.
Contribution made by volunteers.	Para 1.38	10 volunteers continue to support our services and are critical to our Organisation, both as Trustees, Advisors, and project delivery staff. We are very grateful for everyone's time and commitment. Our volunteer - Rumana Afroze Rakhi awarded Female Volunteer of the Year 2023 by Tower Hamlets Council.
Other		N/A

Achievements and Performance

	SORP ref.	
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	<p>This year, our efforts have spanned a diverse range of initiatives, aimed at enriching the lives of our community members. Here's a glimpse into the spectrum of activities we've proudly facilitated -</p> <p>Information, Advice, and Guidance: Our primary focus has been on addressing pressing cost-of-living concerns, offering invaluable assistance with debt management, navigating energy expenses, facilitating housing applications, aiding in form completion, as well as bridging language barriers through translation and interpreting services.</p> <p>Environment & Carbon Reduction: Through a series of engaging workshops and face-to-face advisory sessions, we've ignited conversations within our community about collective efforts towards reducing our carbon footprint. Our aim is to transform Tower Hamlets into a cleaner, more sustainable area to call home.</p> <p>Health & Wellbeing: Nurturing the wellbeing of our residents, we've extended support towards cultivating green spaces and fostering a love for gardening. Our initiatives have centred around the therapeutic benefits of tending to flowers and growing nutritious food, promoting holistic health practices.</p> <p>Sports and Wellbeing: In our commitment to promoting physical activity and holistic wellness, we've orchestrated regular Badminton sessions. These culminated in a grand tournament in August 2024, a vibrant gathering that saw the participation of over 300 individuals, fostering camaraderie and vitality within our community.</p> <p>We run weekly youth badminton sessions for boys and girls, as well as youth football sessions, specifically aimed at supporting low-income families. Additionally, we offer inclusive badminton sessions for girls and women.</p> <p>All sessions are delivered by qualified coaches, sports workers, and dedicated volunteers. These activities have been highly successful and are in great demand within the community.</p> <p>Foodbank Project: We've distributed carefully packed dry food to individual families experiencing financial strain, extending vital support to our community members facing hardship.</p> <p>Homeless Ramadan Project: Throughout the sacred month of Ramadan, we've diligently delivered nourishing food packages to families in need, ensuring that no one goes hungry during this special time of fasting and reflection.</p>

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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set -	Para 1.41	<p>Objective 1 – Review our Governance, Aims and Objectives and create 5–10-year plan. Fully Achieved</p> <p>Objective 2 – Develop a Fund-Raising Plan to fund our infrastructure and core activities including Young People and the Environment. Achieved</p> <p>Objective 3 – Recruit and consolidate our volunteer bases, provide training and ongoing support. Achieved</p>
Performance of fundraising activities against objectives set -	Para 1.41	<p>As an organisation, our core objective is to secure additional funding to meet the evolving needs of our community. We are committed to delivering impactful programmes and services that address local priorities and promote inclusive growth.</p> <p>In this financial year, we have successfully secured the following estimated total in grants and unrestricted funds:</p> <p>This breaks down as:</p> <p>For 2024/25 - £71,986.00</p> <p>For 2025/26 - £58,155.00</p> <p>For 2026/27 - £34,644.00</p> <p>In our Business Plan, we set a target to increase both grant funding and unrestricted fundraising by 20% annually. To date we have achieved a 18% increase and are well on track to meet our goal moving forward. Additionally, we have secured two- and three-year funding agreements to support our growth strategy.</p> <p>We are also pleased to report a successful partnership with the Good Things Foundation, through which we are providing mobile devices to the most vulnerable members of our community—enhancing digital inclusion and access.</p>
Investment performance against objectives	Para 1.41	N/A
Other		N/A

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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of March 2025, we are showing a surplus of £21,237.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our ambition is to achieve at least three-six months running costs as a minimum. Fortunately, our overheads are minimal and now we have approx. 8 weeks in reserves
Amount of reserves held	Para 1.22	£21,237
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	It is unrestricted reserves we need to increase. Our restricted grants are monitored closely so that we do not overspend but achieve full spend.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Our trustees are committed to support our charity for the long term. We are exploring a range of funding streams. Like others we are affected by cost of living, and we are ensuring our proposals reflect these costs

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	<p>Funding Overview for 2024–25</p> <p>We are pleased to share that our work in 2024–25 has been made possible through the generous support of a range of funders and donors. Their contributions have enabled us to continue delivering impactful programmes across our community.</p> <p>Confirmed funding includes:</p> <ul style="list-style-type: none"> • City Bridge Foundation £58,933 over three years from April 2025 • BBC Children in Need – 3-year grant, £45,000 from April 2025 • Groundwork – £2,000 • Arnold Clark – £500 • Community Lottery Fund - Gardening & Health Programme – £10,000 • Go London (GLA) – £40,000 over two years for a Youth Sports Programme, from 2024/25 • Tower Hamlets -Unity in Diversity: Celebrating Bangladesh Victory Day – £2,500 • Tower Hamlets -Digital Outreach Initiative – £2,500
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		<ul style="list-style-type: none"> • Tower Hamlets - Healthy Together / Empowering Tower Hamlets – £500 • Tower Hamlets -Youth Fund – £3,500 from May 2025 • Barclays Foundation – £2,000 <p>In addition, we were successful in securing support from the Good Things Foundation to provide mobile devices to the most vulnerable members of our community.</p> <p>We also raised:</p> <ul style="list-style-type: none"> • £24,220 in donations from individual donors • £6,100 in sponsorship
Investment policy and objectives including any social investment policy adopted.	Para 1.46	We are not exploring Investments at present.
A description of the principal risks facing the charity	Para 1.46	<p>Key risks:</p> <p>Loss of one or more of the 3 Trustees. We do need to increase our Trustee numbers, and we will look to appoint during the year.</p> <p>Lack of Funds – We have secured a 2-year grant from Go London, 3 years grant BBC in Children Need, 3 Years grant from City Bridge foundation and with careful management, will continue at least this activity. We have Awards for All funding to cover at least 9 months. Our challenge is to work towards securing more project grants and unrestricted funding towards our infrastructure costs.</p> <p>Lack of take up by community – This is extremely unlikely. Our activities relate to community needs. Services we deliver are free and accessible, so no-one is prevented from taking part.</p> <p>Volunteers – We currently have 10 committed volunteers. However, to expand our services, we recognise the need to involve more people. There is a risk associated with losing existing volunteers, so it is essential that we maintain a continuous effort to recruit new individuals.</p>
Other		

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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Charitable Association Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Registered Charity
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	Trustees elected by majority vote.

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	We do have a Policy in place for the induction of new Trustees that must happen within a month of appointment. Further training is given on a regular basis in relation to all Policies and Procedures.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The Charities organisational structure is available at any time, setting out Governing arrangements.
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	EASTHANDS
Other name the charity uses	
Registered charity number	1191463
Charity's principal address	18 Spelman Street (Basement) London E1 5LQ

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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	Mohammed Nobab Uddin	Chair/ Lead Trustee	Whole Year	
2	Bablul Hoque	Trustee	Whole Year	
3	Md Imran Ahmed	Trustee	Whole Year	
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				

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		

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Funds held as custodian trustees on behalf of others.

Description of the assets held in this capacity.	N/A
Name and objects of the charity on whose behalf the assets are held and how these falls within the custodian charity's objects.	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

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)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

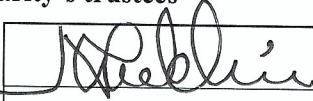
N/A

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mohammed Nobab Uddin	
Position (eg Secretary, Chair, etc)	Chair/Trustee On behalf of Easthands	
Date	12 June 2025	

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF EASTHANDS (CHARITY REG: 1191463)

We have examined the financial statements for the year ended 31 March 2025, which are set out on pages 14 to 18 which have been prepared on the basis of historic cost. The Trustees have confirmed that they hold restricted funds and that all the funds are available to meet the charity's objectives.

Respective Responsibilities of Trustees and 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 Charities Act 2011 and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act and
- state whether particular matters have come to our attention.

Basis of Independent Examiner's Statement

Our 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 seeking explanations from the 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.

Independent Examiner's Statement

In the course of our examination, no matter has come to our attention:

- 1) Which gives us reasonable cause to believe that in, any material respects the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act.have not been met; or
- 2) To which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



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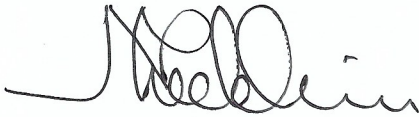
Chartered Certified Accountants

80A Ashfield Street, Unit 4, London E1 2BJ

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Approval of Accounts

We hereby approve the attached accounts for the year ended 31 March 2025 and confirm that we have supplied all the information and explanations required for these accounts.



**Chairperson & Trustee
On behalf of Easthands**

Mohammed Nobab Uddin

Dated: 12 June 2025

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Statement of Financial Activities

For the year ended 31 March 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Incoming resources					
Arnold Grant		500	-	500	-
Donation	2	24,220	-	24,220	27,879
ESC Lottery-Restricted		-	14,950	14,950	-
GLA -London		-	15,175	15,175	5,025
Groundwork London		-	2,000	2,000	-
LBTH-Main Account		-	8,041	8,041	8,309
Main Grant		-	-	-	20,000
Sponsorship		6,100	-	6,100	-
Sported Foundation		-	1000	1,000	2,000
Total incoming resources		30,820	41,166	71,986	63,213
Resources expended					
Cost of generating funds:					
Charitable activities and support	3	32,402	36,960	69,422	47,559
Total resources expended		32,462	36,960	69,422	47,559
Net movement in funds		(1,582)	4,206	2,624	15,654
Reconciliation of funds:					
Total funds brought forward		18,613	0	18,613	2,959
Total Funds carried forward		17,031	4,206	21,237	18,613

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Balance Sheet as at 31 March 2025

	Note	Unrestricted funds	Restricted funds	2025 £	2024 £
Fixed assets		0	0	0	0
Current assets:					
Cash at bank and in hand		22,365	-	22,365	19,453
Prepayments		-	-	-	-
Deposit Account		-	-	-	-
Total Current assets		22,365	0	22,365	19,453
Current liabilities					
Creditors falling due within one year		(1,128)	-	(1,128)	(840)
Net assets		21,237	0	21,237	18,613
The funds of the charity:					
Funds B/F		18,613	-	18,613	2,959
Net funds for this period		(1,582)	4,206	2,624	15,654
Total charity funds		17,031	4,206	21,237	18,613



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Chairperson & Trustee
 On behalf of EastHands

Mohammed Nobab Uddin

Date: 12 June 2025

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Notes to financial statements

1. Accounting policies

(a) Basis of preparation

The financial statements have been prepared under the historical cost convention. The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting and applicable UK Accounting Standards and the Charities Act 2011.

(b) Funds structure

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have set aside resources for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or the terms of a specific appeal at any time and under the terms for public collection of Zakat in accordance with the teachings of Islam.

(c) Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct pay and support costs relating to those activities.

(d) Tangible fixed assets and depreciation

All assets costing more than £500 are capitalised and at historic cost. Fixed assets are stated at cost less accumulated depreciation. The freehold property is valued at historic cost and it is not depreciated.

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2. Incoming resources from voluntary income

	Unrestricted funds £	Restricted funds £	Total 2025 £	2024
Arnold Grant	500	-	500	-
Donation	24,220	-	24,220	27,879
ESC Lottery-Restricted	-	14,950	14,950	-
GLA -London	-	15,175	15,175	5,025
Ground work London	-	2,000	2,000	-
LBTH-Main Account	-	8,041	8,041	8,309
Main Grant	-	-	-	20,000
Sponsorship	6,100	-	6,100	-
Sported Foundation	-	1,000	1,000	2,000
Total	30,820	41,166	71,986	63,213

3. Charitable Activities (Support costs)

	Unrestricted funds £	Restricted funds £	Total 2025 £	2024 £
Accountancy Fees	1,020	-	1,020	840
Badminton project	600	-	600	2,534
Consultancy fee	4,868	-	4,868	450
Equipment	99	-	99	-
Food help	1,850	-	1,850	-
Gardening project	-	-	-	694
Gift	340	-	340	-
Help poor people	-	-	-	100
Helping Homeless project	2,200	-	2,200	1,590
Helping Poor Girl Project	-	-	-	400
Homeless foodbank Project	-	-	-	4,200
Homeless Ramadan Food pack	-	-	-	1,480
Insurance	146	-	146	-
Membership fee	150	-	150	-
Printing and stationary	-	-	-	1,032
Promotional Goods	-	-	-	146
Refreshment	-	-	-	260
Restricted - Community Lottery Fund	-	9,445	9,445	10,891
Restricted - Cranvelly grant	-	2,485	2,485	-
Restricted – Go London Badminton	5,673	15,175	20,848	-
Restricted - NHS project	-	-	-	2,785
Restricted - TH Carbon Programme	-	-	-	8,564

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	Unrestricted funds £	Restricted funds £	Total 2025 £	2024 £
Restricted - Tower Hamlets grants	-	9,855	9,855	-
Social/poor help	405	-	405	-
Sports hall	2,019	-	2,019	-
Staff Salary	11,462	-	11,462	8,580
Subscription	-	-	-	140
Sundry	-	-	-	59
Support Gaza Children	-	-	-	1,850
Support homeless housing project in BD	-	-	-	840
Telephone rental cost	-	-	-	124
Travel & substance	1,500	-	1,500	-
Uniform	70	-	70	-
Total	32,402	36,960	69,362	47,559