

A LEG TO STAND, A HAND TO FEED

- Annual Report 3
- Nov 22 – Oct 23
- Registered Charity 11912042



Vikram

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- At 'A Leg to Stand' we dedicate our work, year in, year out, to our three friends, Steve Lovell, Tabitaya and David Gray.
 - They are always in our thoughts. Steve helped set up our website, Tabitaya was a much-loved member of our Palakhemundi, who passed away from Covid, and David Gray, the husband of Mimi Khan, friends instrumental in the setup of our charity. Thank you.
 - 'What is important to us is that people are cared for, feel safe, valued, respected and loved. This was missing for a community abandoned by their own families. But the benefits are not just one way, linking with this group gave us a real boost and new purpose in life over the harsh days of lockdown and beyond' John Halpern, Liza Tong, Diets Verschuren - trustees A Leg to Stand

BACKGROUND

Who are we? The trustees Liza and Diets were friends with experience in international development, community mobilisation and health and social care. Liza worked with John's wife Taline at the AIDS Alliance (a UK based INGO). Over dinner one night Liza shared how the group had recently got back in touch with her and described their urgent circumstances. We agreed there and then that we were going to do something about this. Diets, with her care/nursing background, when contacted offered her skills to support. A few meetings later we came up with the idea of forming the charity a Leg to Stand a Hand to Feed, a name chosen by the community themselves. John's friend Steve (who sadly passed away three years ago) wanted to help too, and set up our website www.alegtostand.com.

2010

First introduced by UK Church to a community of people affected by leprosy living in a commune in Paralakhemundi, India. Distributed health kits, provided wound care awareness and self management, some emergency relief. Thereafter intermittent fundraising efforts for emergency situations

Early 2020

Community struggling under the hardships of very harsh COVID 19 lockdown in India. Unable to access food and medicines they desperately needed. Added burden of massive increase in prices of basic food stuff meant they were close to starvation. Friends in East Sussex formed a support group to fundraise.

April 2020

Both UK and Paralakhemundi groups meet virtually and establish priorities. Food and essential medication support via Indian NGO partner "Open Ministry Orisha Peace and Evangelical Network", linked by the UK Church, is provided. Virtual relationships grow and strengthen.

BACKGROUND (continued)

- **Oct 2020**
 - Fundraising, nutritional, health, well-being services and infrastructure provided to improve the quality of life for the Community. The UK group is registered (no. 1192042) as a small NGO – Leg to Stand Hand to Feed, a name chosen by the Community in India
- **Nov 2021 –Oct 22**
 - Fresh water tank supplied, a trip for all the community to the seaside for well-being, fundraising, continuation of monthly food supplies, basic medical needs, and at least monthly video calls to check on well-being and needs.
- **Nov 22-Feb 23**
 - Continued monthly video calls to check on well-being, fundraising, continuation of monthly food supplies, payment for medical treatment for severe hand infection
- **Feb 23**
 - Two-week visit by John to Paralakhemundi, with further assessment of all members. Video interviews with members of group, assessing medical needs, funding and building of chicken run on the site, for eggs, assessment of goats, trip to the seaside for all, for well-being, hugs for all members from John
- **Feb23-Oct23**
 - Continuation of monthly food supplies and monthly video calls.



KOUSALYA

OUR BENEFICIARIES

- Our organisation supports sufferers of leprosy, pre and post treatment, their families and dependents in, but not exclusively, the city of Paralakhemundi, Odisha, India.
- Between Nov 2022 and October 2023 we have reached 8 people suffering from the effects of leprosy and 15 family members with services to improve their well being and quality of life. The youngest is less than 2 years and the oldest is 61.



KEY ACHIEVEMENTS IN HEALTH AND DIGNITY

- WASH – continued provision of clean water and electricity to latrines in the compound. Instalment of second water tank
- HEALTH – supply of funds for ongoing medical needs of key members of the community, ointment etc. Supply of mosquito nets to all rooms, as Dengue Fever rampant locally. Supply of fans for rooms to deal with unbearable heat.
- MEDICAL - Continued liaison with the District Health Officer and advocated on behalf of the group for their weekly medical assessment and wound care
- SOCIAL SUPPORT – advocacy on behalf of the group to access their rights to their disability allowance
- WELL-BEING In-person visit from England, and hugs for all. Days spent listening to their stories, so they are all get heard. Day trip to seaside, and dancing. Built the chicken hut, for their own eggs.

Chicken hut built!



Health and Dignity (Continued)



Support for group who have had part of their accommodation knocked down to make way for government buildings, and liaising with Open Ministry Orisha Peace and Evangelical Network to encourage rubble to be removed from the site.

- OTHER SUPPORT
Continuing video calls, and with Zoom calls to other international communities for fundraising and mental well-being.



UPDATES IN CARE, SUPPORT AND LIVELIHOODS



- The cost of living in India has increased threefold for some basic food items. We have still managed to : -
 - Provide a monthly delivery of food (rice, pulses, fresh fruit and vegetables, protein (eggs, meat), oil and spices, as well as bandages and medication
 - Mosquito nets for all
 - Purchase 6 goats for the group to own and pilot a breeding programme – which are being looked after by local families, and monitored. Agreement set up by which the group take a cut when lambs sold on by families.

Care, Support and Livelihoods (continued)

- Provide the second water tank, overhead fans, umbrellas for monsoon season
- Provide chairs and a table
- Plant flowers in a small plot behind the accommodation, alongside the chicken run – for their well-being. Previously none on site.



We didn't realise quite how much difference a table and chairs would make – all playing bingo!

WELL-BEING IMPROVEMENTS – KEY ACHIEVEMENTS

- The group are aware that people abroad are fighting in their corner, with Diets and Liza setting up inspiring charity event film nights, and pop-up home cooking events. Liza's husband Imran also walked 100 miles for charity in aid of our group. Peacehaven Evangelical Free Church fundraise and provide money for food and essential items
- Even seemingly small things, achieved from our monthly calls, like realising the children don't have shoes and that the ground is cold – and buying them shoes – makes a difference.
- We are regularly on the phone with our local contact David from the Open Ministry, and his team, to see what we can do.
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Well-being Improvements (Continued)

- Group members constantly tell us how grateful they are that we are with them – as often their families have totally abandoned them, we are their family, they say.
- We continue our annual beach trip for all, in memory of Steve
- We purchased additional food at Christmas and other key festival moments for the group to celebrate together.
- Financed by John's wife very kindly giving up her Air Miles (!), John flew to India for two weeks to give all a hug, hear their stories and confirm that they are loved and important.



OUR GOVERNANCE AND OPERATING MODEL

We work through local volunteers led by David Lima and the Open Ministry Orisha Peace and Evangelical Network.

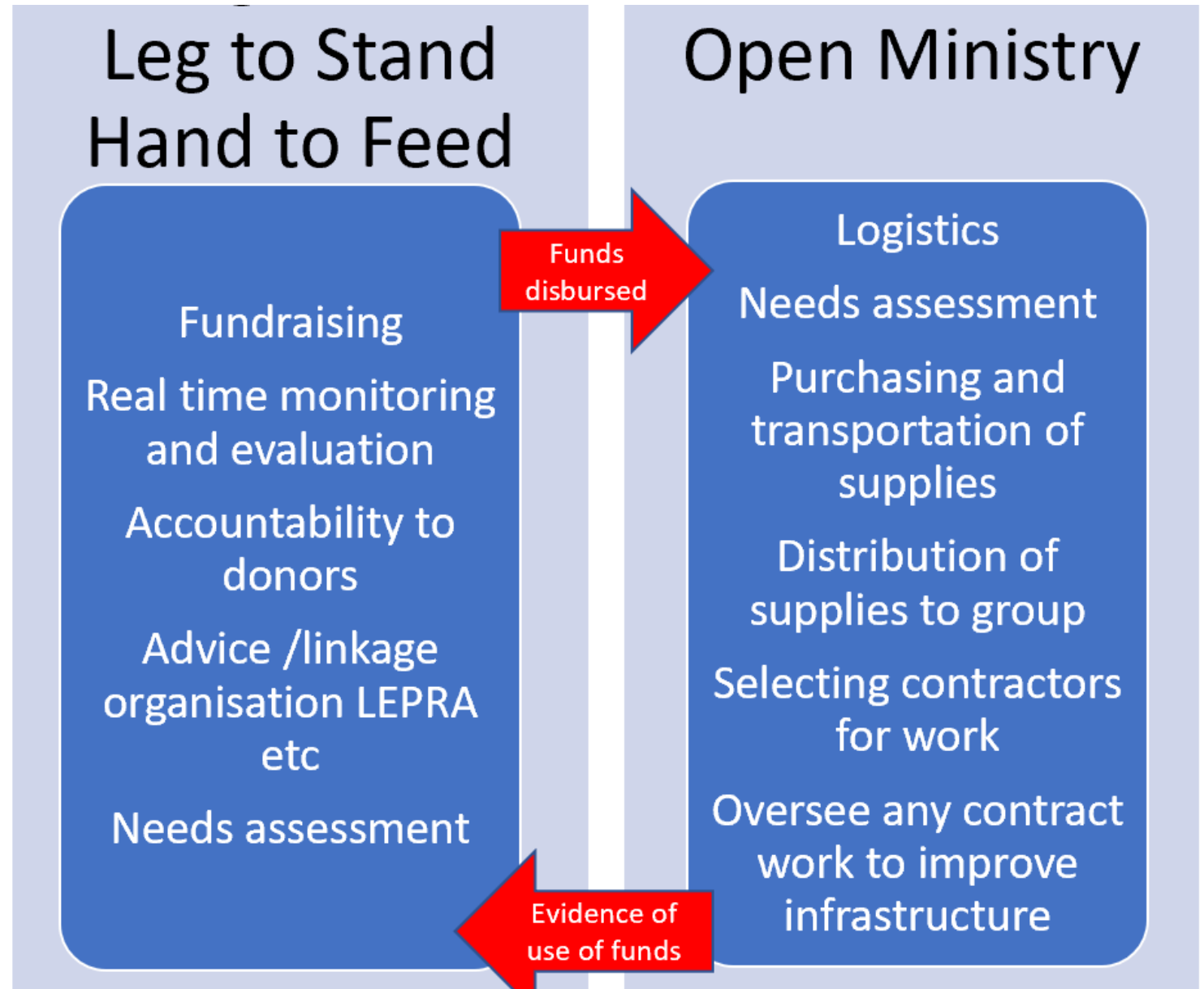
A Leg to Stand has 3 trustees and a WASH/public health advisor.

Trustees have a background in international development, health and social care, media and programme management.

We have NO paid staff, and 100% of raised funds goes straight to our community

We work with and are advised by other specialists in the field of leprosy.

See the diagram opposite for details.





Wonderful
David Lima,
totally
committed to
the welfare of
others

HOW WE MONITOR AND EVALUATE

Skype, Zoom and Facetime calls allow us direct access into the group, and we are fed back pictures confirming where money has been spent.

We complete simple Excel monthly financial accounts.

Monthly we assess on our calls where we stand, and where money can be spent most efficiently and effectively, if and where needed.

Guests also come to calls, offering advice, and sometimes donating as a result.

FINANCIAL REPORT

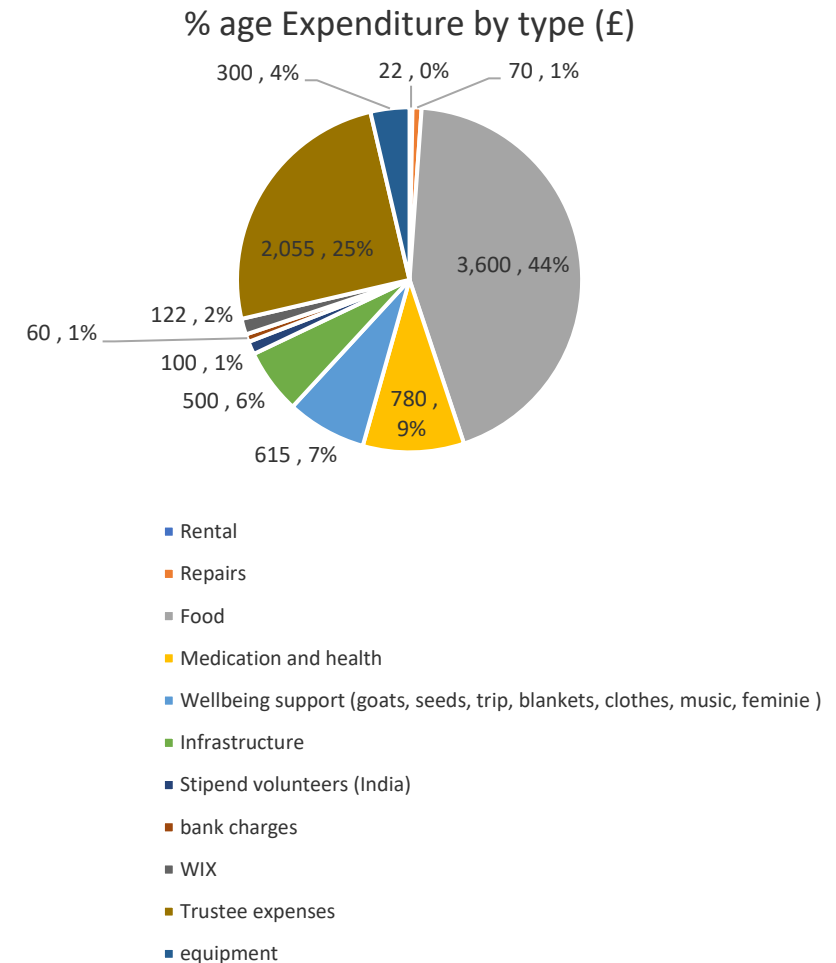


Financial report

Outgoings Analysis

- The total expenditure was £8225
- Food and medication forms 53% of the expenditure and are a recurrent monthly cost
- Wellbeing costs includes: mosquito nets, mattresses, clothing
- John's trip to India £2055 + donated flight
- Infrastructure costs include,. Second water storage tank, electricity, roofing repair
- We have provided a one off bonus to local India based volunteers

Financial outgoings 1 March 2022 – 31 Mar 2023



• **ONE AGAIN, A HUGE THANK YOU TO ALL OUR SUPPORTERS. ALSO, A HUGE THANK YOU AND FROM THE TRUSTEES TO OUR WONDERFUL INDIAN FRIENDS, WHO ENHANCE OUR LIVES GREATLY WITH THEIR LOVE, COURAGE AND KINDNESS. Pictured below are David's wonderful and kind volunteers.**



Annual Accounts 01Apr 2022 - 31 Mar 2023 Leg to Stand Hand to Feed

Receipts and Payments Account

Year start date		Year end date	
For the year from	Apr-22	To	Mar-23

Receipts and payments

	2022/23 Unrestricted funds £	200Y/0Z Restricted funds £	200Y/0Z Total funds £	Last Year Total funds £
Receipts				
Donations, legacies and similar income				
Membership subscriptions	-	-	-	-
Donations	11,307	-	11,307	6,266
Legacies	-	-	-	-
Gift Aid	-	-	-	-
Other similar income	-	-	-	-
Sub total	11,307	-	11,307	6,266
Grants				
Grant	-	-	-	-
Other grants	-	-	-	-
Sub total	-	-	-	-
Fundraising (gross)				
Christmas movie night	-	-	-	723
Detail 2	-	-	-	-
Other fundraising activities	-	-	-	-
	-	-	-	-
Sub total	-	-	-	723
Investment income				
Bank interest	-	-	-	-
Building Society interest	-	-	-	-
Other investment income	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	11,307	-	-	-
Total Gross Income	11,307	-	11,307	
Asset and investment sales, etc.	-	-	-	-
Total receipts	11,307	-	11,307	-

Annual Accounts 01Apr 2022 - 31 Mar 2023 Leg to Stand Hand to Feed

Receipts and Payments Account

Year start date		Year start date		Year start date		Year end date	
For the year from	Apr-21			To		Mar-22	

Receipts and payments

	2022/23 Unrestricted funds £	200Y/0Z Restricted funds £	200Y/0Z Total funds £	Last Year Total funds £
Payments				
Charitable Payments				
Wages	-	-	-	-
Rent	22	-	22	-
Water	-	-	-	-
Electricity and Gas	-	-	-	-
Insurance	-	-	-	-
Repairs and Renewals	70	-	70	-
Materials and equipment	300	-	300	-
Printing and photocopying	-	-	-	-
trustee expenses (John)	2,055	-	2,055	-
Food	3,600	-	-	2,977

Medication and health				
	780	-		744
Wellbeing support (chickens, trip, blankets, clothes)	615	-		918
Infrastructure	500	-	500	830
Stipend volunteers (India)	100	-	100	40
bank charges	60	-		-
Sub total	8,102	-		5,509
Fundraising expenses				
WIX	122	-		190
christmas meal expenses		-	-	-
Detail 3	-	-	-	-
Other fundraising costs	-	-	-	-
Sub total	122	-		190
Total Gross Expenditure	8,225	-		5,699
Asset and investment purchases, etc.	-	-	-	-
Total payments	8,225	-		5,699
Net of receipts/(payments)	3,082	-		5,699
Cash funds last year end	-	-	-	-
Cash funds this year end	3,082	-		5,699

Statement of assets and liabilities at the end of the year

	Xst X 200Z Unrestricted funds £	Xst X 200Z Restricted funds £	Xst X 200Z Total funds £	Last Year Total funds £
Cash funds				
Bank current account	3,082	-		-
Bank deposit account	-	-	-	-
Cash/Floats	-	-	-	-
	-	-	-	-
Total cash funds (Agree balances with receipts and payments account(s))	3,082	-	-	-
Other monetary assets				
Tax claim	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Investment assets				
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Non monetary assets for charity's own use				
Stock	-	-	-	-
Land and buildings	-	-	-	-
Motor vehicles	-	-	-	-
Other	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Liabilities				
Accounts not yet paid	-	-	-	-
Expenses incurred but not invoiced	-	-	-	-
Subscriptions not yet paid	-	-	-	-
Loan - detail	-	-	-	-
Other liabilities	-	-	-	-
Sub total	-	-	-	-

Contingent liabilities and future obligations

Signed by one or two trustees on behalf of all the trustees

Signature

Liza Tong
Eurydice Verschuren

Print Name

Liza Tong
Eurydice Verschuren

Date of approval

5-Oct-23
5-Oct-23

Date	Type	Description	Paid Out	Paid In	Balance
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4-May		justgiving transfer		592.66	
28-May		justgiving transfer		783.25	
8-Aug		justgiving transfer		719.28	
9-Sep		justgiving transfer		569.63	

annual		Liza - paid for wix subscription		122.4	
13-Oct-21	BP	L2D Ltd (A) L2D-21072602	1155.22		1155.22
5-Nov-21	CR	EURYDICE VERSCHURE Oct and Nov dons		100	1255.22
###	DR	TOTAL CHARGES TO 30OCT2021	5		1250.22
###	CR	L Tong liza		657.81	1908.03
7-Dec-21	BP	John Halpern Wise Transfer	350		1558.03
###	BP	John Halpern Wise Transfer	100		
###	BP	John Halpern Wise Transfer	100		1358.03
###	CR	HALL MR D MAY TONG		24	1382.03
###	CR	CASH IN AT HSBC BANK PLC SEAFORD		722.65	
###	BP	Liza Tong Dec Meal Expenses	85.94		2018.74
###	DR	TOTAL CHARGES TO 29NOV2021	5		2013.74
###	CR	L Tong LIZA		438.8	2452.54
5-Jan-22	BP	John Halpern Wise Transfer	350		
5-Jan-22	CR	EURYDICE VERSCHURE Dec and Jan Dons		100	
5-Jan-22	BP	BELLOS J Charity donation		100	2302.54
8-Jan-22	CR	Gell Pamela GOAT		75	
8-Jan-22	BP	John Halpern Wise Transfer	450		1927.54
19-Jan-22	CR	CHQ IN AT 404025		75	2002.54
21-Jan-22	DR	TOTAL CHARGES TO 30DEC2021	8.29		1994.25
23-Jan-22	BP	STARBUCK C&RJ Starbuck goat		75	2069.25
4-Feb-22	BP	John Halpern Wise Transfer	40		2029.25
6-Feb-22	BP	John Halpern Wise Transfer	380		1649.25
8-Feb-22	CR	LTONG		100	1749.25
###	CR	S Yunus LizaCharity		50	1799.25
###	CR	L Tong LIZA		278.33	2077.58
###	DR	TOTAL CHARGES TO 30JAN2022	5.8		
###	CR	EURYDICE VERSCHURE Feb22 donation		50	2121.78
1-Mar-22	CR	Yunus Nureen NUREEN		100	2221.78
7-Mar-22	BP	John Halpern Wise Transfer	350		1871.78
###	DR	TOTAL CHARGES TO 31MAR22	5		1866.78
###	CR	DEVELOPMENT IMPACT LTONG		100	1966.78
		Total	2235.03	6989.03	

Income from 01 Apr 2021 to 31 Mar 2022	6989.03		
Expenditure 01 Apr to 31 Mar 22	6917.34	cost/month	576

expenditure		tot for month				
date	annual charge	WIX website	122.4		Food and meds	4149
bank charges	HSBC		30		Health wellbeing	1340
					infrastructure	1000
		6-Apr-21 food and meds	350	350	stipends	190
		1-May food and meds	350		xmas exp	85.94
		covid emerg	150		bank	30
		21-May Tabitaya funeral	150	650	website	122.4
		28-May food (for June?)	540			
		tablet	190	730	subtot	6917.34
		8-Jul food and meds	350	350		
		8-Aug food and lights	389			
		27-Aug vaccine	40	429		
		7-Sep food and meds	350	350		
		8-Oct food and meds	350	350		
		20-Oct repairs?	500	500		
		8-Nov food and meds	350			
		9-Nov repairs?	500			
		7-Dec christmas meal and trip	550			
		20-Dec meal expenses	85.94	635.94		
		5-Jan food and meds	350			
		8-Jan goats	450	800		
		4-Feb food goats	420	420		
		7-Mar food and meds	350	350		
		total	6917.34			

miscell