

A LEG TO STAND, A HAND TO FEED



- Annual Report 4
- Nov 23 – Oct 24
- Registered Charity 11912042

Vikram (pictured) sadly passed away this year. We are proud that his last few years were made easier due to the support of LTS supporters. We miss him and his smile, and continue to support his friends in his community.

- At 'A Leg to Stand' we dedicate our work, year in, year out, to our 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.
- Sadly, since our last annual report, Vikram (a beloved member of our Indian community) also passed away. We remember him too, with much fondness.

- '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 four years ago) wanted to help too, and set up our website www.alegtostand.com. Today we are looking to update our website, through John's friend and ex-colleague Hugh Stephenson. Thank you so much to Hugh for your brilliance and endeavours.

- **Background (continued)**
- **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.

- **Nov 23**

- Building work going on next door accidentally sliced through the pipe supplying water to our community. We were able to contact the director of operations on the site, through email, and empowered him to fix the pipe and reinstate their supply. Until that point our community had resorted to fetching and using – and drinking – dirty water from potentially dangerous and contaminated sources nearby.

- **May 24**

- Vikram passes away, and a small extra amount is sent from LTS for a meal in celebration of his life.

- **June 24** We financed a trip to seaside for all – the group's one chance to leave the compound every year, and have fun.

- **October 24** Gyanabati, a member of our community, is seriously ill through infected wounds, and we finance a blood transfusion for her. From the brink, she recovers well.

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- 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 2023 and October 2024 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 3 years and the oldest is 62.



KEY ACHIEVEMENTS IN HEALTH AND DIGNITY

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- WASH – Monitoring of water supply, ensuring they wash in clean water, and that latrines are safe.
- HEALTH – supply of funds for ongoing medical needs of key members of the community, ointment etc. Mending of water supply, through liaison with builders next door, ensures continuation of clean water.
- 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 Dignity and support on losing Vikram. Continued monthly calls, to listen to their concerns, and act where we can. Monthly food continues, to save them begging on streets. Trip to seaside, for sense of being loved and cared for – and some much-needed fun!
- PICTURED IS KOUSALYA: She has very severe damage to her hands, with no fingers at all. She needs a lot of support.



UPDATES IN CARE, SUPPORT AND LIVELIHOODS

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- Costs continue to rise in India. Extreme weather conditions across state borders have made transportation costs rocket: -
- However, we still manage a monthly delivery of food (rice, pulses, fresh fruit and vegetables, protein (eggs, meat), oil and spices, as well as bandages and medication
- . Pictured – their wonderful food delivery, provided by LTS supporters. Thank you.

WELL-BEING IMPROVEMENTS – KEY ACHIEVEMENTS

- We continue to run events that will raise money for our group.
- Liza and Diets have run inspiring film nights, and John's young son has even made ice cream for friends and neighbours to buy, during the summer.
- We have also been committed to maintaining the upkeep and safety of their current accommodation, while building goes on next door – monitoring always on regular calls.
- We are regularly on the phone with our local contact David from the Open Ministry, and his team, to see what we can do.
- Rubble cleared in our picture – but it's been a battle to keep their area safe and clear.



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.

OUR GOVERNANCE AND OPERATING MODEL

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

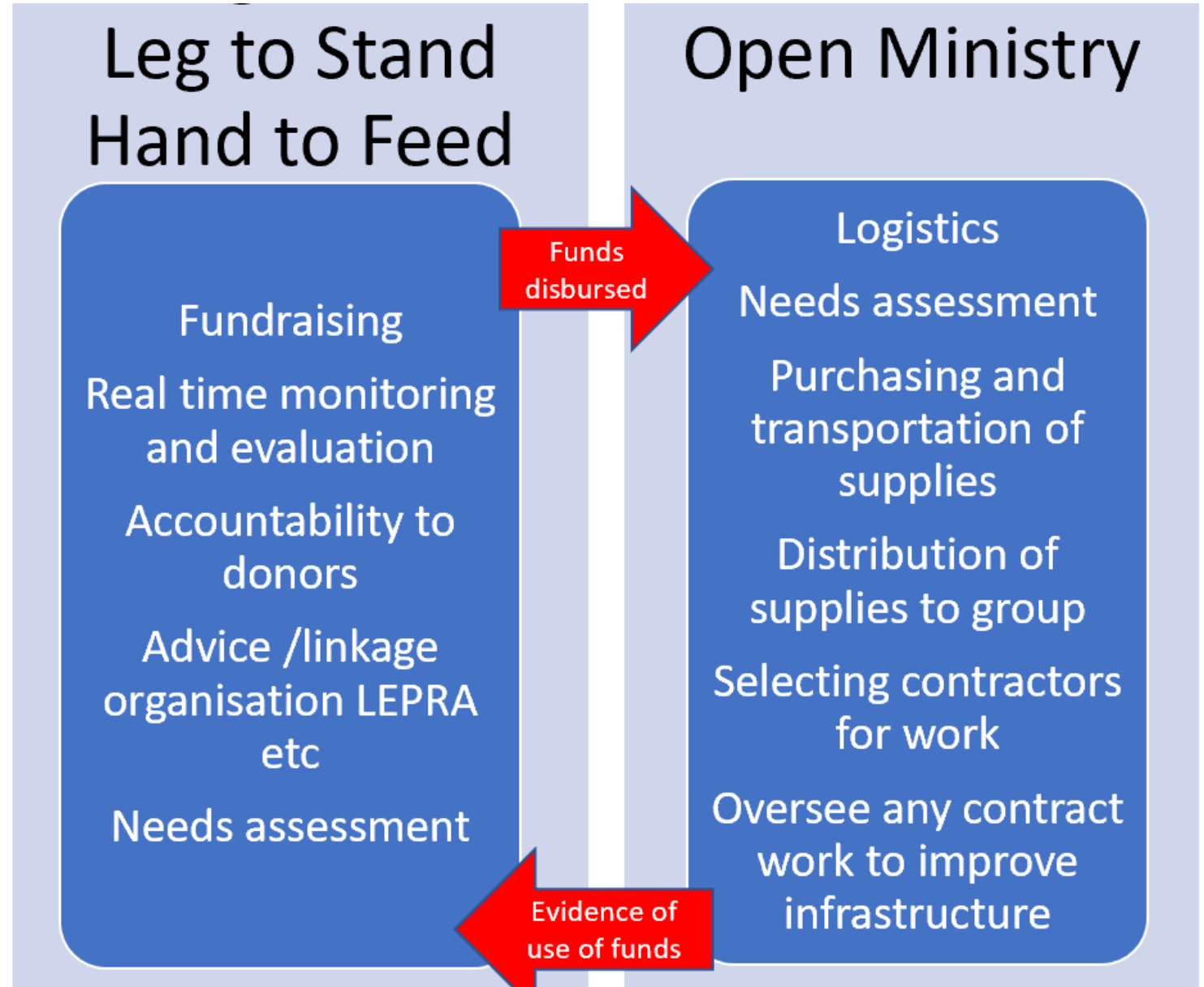
A Leg to Stand has 3 trustees and a WASH/public health advisor.

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.

REPORT

Nov 23 to Oct 24

ONCE 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 2023 - 31 Mar 2024

Receipts and Payments

Year start date

For the year from	Apr-23
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Receipts and payments

2023/24

Unrestricted funds

£

Receipts

Donations, legacies and similar income	
Membership subscriptions	-
Donations	5,910
Legacies	-
Gift Aid	-
Other similar income	-
Sub total	5,910
Grants	-
Grant	-
Other grants	-
Sub total	-
Fundraising (gross)	
Sponsored hike	2,692
monthly giving	
One off lump sums	
	-
Sub total	2,692
Investment income	
Bank interest	-
Building Society interest	-
Other investment income	-
	-
	-
Sub total	8,602
Total Gross Income	8,602
Asset and investment sales, etc.	-
Total receipts	8,602

Annual Accounts 01Apr 2023 - 31 Mar 2024

Receipts and Payments

Year start date

For the year
from

Apr-23

Receipts and payments**2023/24****Unrestricted funds**

£

Payments

Charitable Payments	
Wages	-
Rent	-
Water	-
Electricity and Gas	-
Insurance	-
Repairs and Renewals	86
Materials and equipment	394
Printing and photocopying	-
AGM and trustee expenses	89
Food	3,600
Medication	600
Wellbeing support (goats, seeds, trip, blankets, clothes, music, feminine)	950
Infrastructure	
Stipend volunteers (India)	200
bank charges	60
Sub total	5,979
Fundraising expenses	
christmas meal expenses	
Detail 3	-
Other fundraising costs	-
Sub total	-

Total Gross Expenditure**5,979****Asset and investment purchases, etc.****-****Total payments****5,979****Net of receipts/(payments)****2,623****Cash funds last year end****-****Cash funds this year end****2,623****Statement of assets and liabilities at the end of the year****Xst X 200Z**

Unrestricted funds
£

Cash funds	
Bank current account	6,440
Bank deposit account	-
Cash/Floats	-
	-
	-
Total cash funds (Agree balances with receipts and payments account(s))	6,440
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

4 Leg to Stand Hand to Feed s Account

Year end date

To	Mar-24
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[illegible]

4 Leg to Stand Hand to Feed s Account

Year end date

Last Year 22/23
Total funds
£

	-		4,408
	-	-	-
	-		4,408

Last Year 22/23

Restricted funds	Total funds	Total funds
<i>£</i>	<i>£</i>	<i>£</i>
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Print Name _____

_____ Liza Tong

_____ Eurydice Verschuren

Date of approval
16-Oct-24
16-Oct-24