



The Gurkha Centre Annual Report and Accounts

Year ended 05 April 2022



THE GURKHA CENTRE

ANNUAL REPORT & ACCOUNTS

Year ended on 05 April 2022



Registered Charity Number: 1193430

Registered in England

Registered Address:

28 Milne Way

Harefield

Middlesex

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WELCOME FROM THE CHAIRMAN

This annual report is prepared for the period from the date of registration of the charity under charity commission i.e., 05/02/2021 till the end 05/04/2022.

Even though our charity enters the second year of existence we can already see the difference our work has made, and continues to make, to the community we are proud to serve. Throughout this year we have seen hundreds of families, led campaigns, built links with our referral partners, formed a large volunteer network, and continue to grow. Despite limited funds and the strain of current domestic issues in our country we have a promising future as a dedicated service provider, and I am confident the 2023 will be a year our charity both consolidates what we have already done and continues to expand in new areas. I am pleased that this year we have grown our trustee board, which is active and offers our charity unique insights/perspectives, and I look forward to the board work we will engage in next year. Our policies continue to be robust and continually reviewed, while I am also happy that our new Safeguarding Sub-Committee will be meeting next year which will ensure that our organisation continues to adhere to the safeguarding regulations. Trustees and personnel of the charity continue to enjoy a trusting and transparent relationship ensuring that the needs of our clients are prioritised. More specifically some of the activities the staff and volunteers have been engaged with that I am particularly proud of this year include:

- Helping elderly Gurkhas and their families to open the bank account in U.K and collect their benefits and pension funds.
- Organising the meditation and fitness programs to the old-aged people, while also we have organised a free medical campaign to our clients.
- We continue to provide language classes to our community so that eventually they can access the services and opportunities in the U.K themselves.
- Finally, we have organised different types of events for them such as traditional dancing/music and dinners

We have achieved so much and attracted so many donations that I would just like to thank all the staff of The Gurkha Centre, supporters, donors, and entire team for providing the helping hands which enable us to work for the countless families we serve. Despite the challenges, our work with and commitment to the Gurkha Community will remain unwavering ensuring that we meet our vision, mission, and objectives in 2023.

James Cantwell

Chairman of the Trustee Board and Trustee

TRUSTEE'S REPORT

FOR THE YEAR ENDING 05 April 2022

This report is drawn up in accordance with applicable accounting standards, including the Charities (Accounts and Reports) regulations 2008 and the requirement of the Charities Statement of recommended Practice (SORP) (FRS 102).

The Gurkha Centre was registered under the Charity Commission on 05/02/2022 and the Charity Number is 1193430.

CHARITY STRUCTURE

The Gurkha Centre provides health, wellbeing and education support to Gurkha veterans and their families in the boroughs of West London and beyond through our staff and volunteers.



We receive grants and donations to fund our projects and support our beneficiaries. During the current reporting period, the charity provided various services to the beneficiaries which are not limited to opening of bank account, organising health campaigns, meditation, fitness sessions, English language classes and access to health, welfare, benefits, and pensions. We also provided tailored services as per the need of the beneficiaries including assistance and support to newly arrived members of the Gurkha Nepalese community in their transition and integration to the UK. We run drop-in sessions at our office in Hayes, London and conduct outreach services to support the elderly and vulnerable members with mobility issues.



The charity has a board of Trustees who are responsible to oversee, manage and advise the administration and execution of the charity purposes within the policies and framework of Charity Commission. The Trustees were selected considering their ability to perform the job, and by taking an interview with them.

KEY MANAGEMENT PERSONNEL

Mr. Bhim Tamang was the elected chairman of the charity, hence appointed as CEO of The Gurkha Centre. He is responsible for the day-to-day operation of the charity including direction and co-ordination of work of The Gurkha Centre. He has assured to provide quality services to all beneficiaries in the UK. He also led fundraising campaigns and events on various occasions which contributed positively toward achieving positive outcomes and the vision, mission, and objectives of the charity.



OBJECTS AND ACTIVITIES

The Charity's Objects are:

- Relief of poverty, in particular but not exclusively by providing advice, support and information to individuals in need.
- Protecting and preserving public health by delivering regular health workshops.
- Advancing education and training, including but not limited to English language classes.
- Providing or assisting in the provision of facilities in the interests of social welfare.

ACHIEVEMENT AND PERFORMANCE

During this reporting period, we attracted some funds and successfully achieved our project goals.

We were able to set up our office in Hayes and Harlington Community Centre, Hayes, UB3 4HR. Our

office in Hayes soon became a popular social HUB for the Gurkha Nepalese communities in West London. We rented meeting rooms and hired hall to run Drop-in sessions, functional fitness training and English language classes for our beneficiaries.

Through our staff and volunteers, we were able to support more than 100 beneficiaries during this reporting period. Some of them were newly arrived veterans, wives and widows who joined us for support throughout the year. Through our outreach support work, we provided reassurance to our beneficiaries.



We have an open arm policy to our beneficiaries who wish to benefit from our charitable objects and deeds, and we expect our project to continue in the future. We supported our beneficiaries mainly in areas of health and wellbeing, welfare and benefits, banking, education, and training. Furthermore, we organised cultural and social events to provide opportunities for the community to continue meeting their cultural and social need.



We organised and delivered English language classes to engage and educate our beneficiaries about life skills and life in the UK. We partnered with education provider to deliver accredited ESOL and Functional English and Maths courses too.



We organised and delivered our weekly functional fitness training to our beneficiaries. Every week 40 – 45 older Gurkha veterans, wives and widows attended that session. It helped them maintain physical fitness and functionality. It further provided them a safe space where they were able to make new friends and spend their social hours which was crucial in tackling loneliness and social isolation.



We made referral to other charities and services for support. We assisted our beneficiaries in the application of their benefits claims, i.e., housing benefit and council tax support application, Universal Credit application, pension credit application, etc. We made phone calls to government agencies and benefit officers to seek an update on the progress of claims for our beneficiaries.

Through our work, we were able identify early signs of deteriorating health for some of our beneficiaries and we assisted them in access to appropriate interventions and support from health services.



We mobilised our staff and volunteers in making phone calls to health services for our beneficiaries and provided further support with interpreting and mobility support to hospitals, GPs, and pharmacies. We assisted them with prescription requests and medicine management.



Through our health and wellbeing staff, we organised and delivered safe medicine administration/management training and monitored its effectiveness. This was one of the important aspects of our work with the vulnerable adults with language and literacy barriers. We had to alert GPs for medicine mismanagement (overdose) for some of our beneficiaries as they struggled to take the right dose of medicine to manage their health conditions. We further organised inhouse training sessions to raise awareness in areas of hypertension, diabetes, hand hygiene training and healthy lifestyle.

One of our biggest achievements during this reporting period is working in partnership and collaboration with stakeholders including the NHS, Universities, Charities, and government agencies. We were able to provide community group placement to a group of BSc Global Health students from the Imperial College London.



WHAT WE LEARNED

The language barriers and social exclusion of the retired Gurkhas and their families settled in the boroughs of London, and their difficulties in integration and access to public services are of grave concern not only to the Gurkha communities but also to the wider communities as well as to the local governments. It became more evident how social exclusion, language and cultural barrier and lack of public health awareness contribute negatively further towards already existing public health issues and inequalities. This is our lived experience while supporting the community in access to health and medical support for the Gurkha communities during COVID-19 pandemic outbreak. It was our primary intention to prevent such social exclusion and promote well-being of the Gurkha veterans and families by supporting them to access all necessary means to integrate with the society they live in and facilitate a reasonably comfortable life in their newly settled community.

WHERE DO WE GO FROM HERE

We are at the crucial phase of organisational development with the passion and drive to address the growing need and request for support from the ageing and vulnerable Gurkha veterans, widows, and families. We have built trusting relations with our beneficiaries and stakeholders through our practice which is holistic, person-centred and strength based. We were able to achieve positive

outcomes for our beneficiaries and made a difference for many in the community. During this reporting period, the Charity has supported over 100 clients (both individuals and families) on various issues and problems, with the number of clients we assist continuing to increase. Since we were first registered in 2021, we have gone from strength to strength. We are now the pre-eminent Gurkha charity in West London, a well-respected organisation in the local community with some of our volunteers receiving awards in recognition of their good work.



OUR FINANCIAL REVIEW

INCOME

The Charity's total income from all sources during the accounting period ending on 05/04/2022 was £33,375.16. Donations from Individuals, companies, trusts and other organisations totalled £2,114.02. We also received a total of £25,534.00 in grants from the Veterans' Foundation and the National Lottery and Heathrow Community Trust during this reporting period.

EXPENDITURE

The Charity's total expenditure during this reporting period was £33,273.44. Out of which 69% of the total expenditure i.e., £22,984.65 were spent on wages and salaries to the staffs. Further, the Charity incurred 16% of the total expenses i.e., £5,244.14 in fund raising activities. Other expenses incurred for general administration and other activities amounts to £5,044.65 which is 15% of the total expenditure.

RESERVE POLICY

All the amount remained after incurring expenses will be hold by the Charity for future charitable activities.

APPROVAL OF ACCOUNTS AND REPORTS

The accounts and report attached herewith were approved by the trustees on 05/11/2022. The reports and accounts are prepared in accordance with applicable laws and regulations and gives true and fair view of affairs of the Charity (The Gurkha Centre).

STRUCTURE, GOVERNANCE AND MANAGEMENT



Description of the Charity:	
Type of governing document (Trust deed, royal charter)	Constitution of The Gurkha Centre
How is the charity constituted? (e.g. unincorporated association, CIO)	The Gurkha Centre is registered as CIO.
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	Persons with ability and are eager to perform the jobs in the effective and efficient manner passes through an interview by chairpersons are selected as the trustees.

REFERENCE AND ADMINISTRATIVE DETAILS

Name of Charity	The Gurkha Centre
Other name the charity uses	-
Registered charity number	1193430
Charity's principal address	28 MILNE WAY, HAREFIELD, UXBRIDGE, UB9 6BQ

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).



The law applicable to charities in England requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable accounting standards have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the accounts comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for



safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

TRUSTEES

Name of the Trustees who have been working for the charity as a trustee as on date of approval of this report:

S.N.	Name of Trustees	Date of Appointment	Date of Resign
1.	Chandni Patel	31/05/2020	
2.	Anne-Marie Owusu-Afriyie	20/01/2022	
3.	Lina Nembang Chamling	15/07/2022	
4.	Pirtinarayan Rai	15/07/2022	
5.	James Cantwell	15/07/2022	
6.	Prem Rai	05/11/2022	
7.	Ram Chandra Burja Magar	05/11/2022	
8.	Matthew Hughes	05/11/2022	



Name of Independent examiners:

Red Parrot Accounting Ltd
Chartered Certified Accountants

Red Parrot Accounting, Suite A3 8B,
Vista Centre , 50 Salisbury Road
Hounslow, London
TW4 6JQ



Registered Charity Number:

1193430

Bankers:

HSBC UK

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)	James Cantwell
Position (eg Secretary, Chair, etc)	Chairman of the Trustee Board and Trustee
Date	05/11/2022
Signature(s)	
Full name(s)	Lina Nembang Chamling
Position (eg Secretary, Chair, etc)	Trustee
Date	05/11/2022

INDEPENDENT EXAMINER'S REPORTS

Independent examiner's report to the trustees of The Gurkha Centre

I report to the Trustees on my examination of the accounts of "The Gurkha Centre" (the CIO) for the year ended 05/04/2022.

Responsibilities and basis of report

As the Charity Trustees of the CIO, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

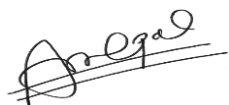
I report in respect of my examination of the Charity's (The Gurkha Centre) accounts carried out under s. 145 of the 2011 Act; and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under s. 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Red Parrot Accounting Ltd

Chartered Certified Accountants

Red Parrot Accounting,
Pentax House, South Hill Avenue,
South Harrow, London,
Middlesex, England,
HA2 0DU
05/11/2022

STATEMENT OF FINANACIAL ACTIVITES

For the period from 05 February 2021 to 05/04/2022

	Unrestricted Fund		Restricted Fund	Endowment Fund	Total Fund
	General	Designated			
Income and Endowments from:					
Donations and legacies					
Donations	2,114.02	-	-	-	2,114.02
Legacies	-	-	-	-	-
Grant					
Veterans' Foundation	18,334.00	-	-	-	18,334.00
Heathrow Community Trust	7,200.00	-		-	7,200.00
Other trading activities					
Fees Collection	1,082.47	-	-	-	1,082.47
Other	4,644.67	-	-	-	4,644.67
Total	33,375.16	-	-	-	33,375.16
Expenditure on:					
Raising funds					
Fundraising	5,244.14	-	-	-	5,244.14
Charitable activities					
		-	-	-	-
Poverty Relief	9,452.79				9,452.79
Protecting And Preserving Public Health	6,303.85				6,303.85
Advancing Education And Training	7,777.28				7,777.28
Social Welfare	4,495.39				4,495.39
Other					
Total	33,273.44	-	-	-	33,273.44
Net gains/(losses) on investments	-	-	-	-	-
Net income/(expenditure)	101.72	-	-	-	101.72
Transfers between funds	-	-	-	-	-
Other recognized gains/(losses):	-	-	-	-	-
Gains/(losses) on revaluation of fixed assets	-	-	-	-	-
Actuarial gains/(losses) on defined benefit pension schemes	-	-	-	-	-
Other gains/(losses)	-	-	-	-	-
Net movement in funds	101.72	-	-	-	101.72
Reconciliation of funds:					
Total funds brought forward	-	-	-	-	-
Total funds carried forward	101.72	-	-	-	101.72

ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

For the period from 05 February 2021 to 05/04/2022

Activity or program	Activities undertaken directly	Grant funding of activities	Support costs	Total
	£	£	£	£
Poverty Relief	713.55	0.00	8739.24	9452.79
Protecting And Preserving Public Health	1310.00	0.00	4993.85	6303.85
Advancing Education And Training	286.50	0.00	7490.78	7777.28
Social Welfare	750.00	0.00	3745.39	4495.39
Total	3060.05	0.00	24969.25	28029.30

ANALYSIS OF SUPPORT COST

For the period from 05 February 2021 to 05/04/2022

	Poverty Relief	Protecting And Preserving Public Health	Advancing Education and Training	Social Welfare	Total
Telephone and Fax	14.00	8.00	12.00	6.00	40.00
Postage	25.16	14.38	21.57	10.78	71.89
Stationery and Printing	17.36	9.92	14.88	7.44	49.60
Subscription	141.25	80.71	121.07	60.53	403.56
Employees Cost	8157.71	4661.55	6992.33	3496.16	23,307.75
Bank Charges	7.13	4.07	6.11	3.05	20.36
Insurance	94.50	54.00	81.00	40.50	270.00
Repair and Maintenance	92.55	52.89	79.33	39.66	264.43
Accountancy Fees	189.58	108.33	162.50	81.25	541.66
Total	8739.2375	4993.85	7490.775	3745.3875	24,969.25

CHARITY BALANCE SHEET

As on 05/04/2022

Particulars	Notes	Amount (£)
Fixed Assets		
Intangible assets		0.00
Tangible assets		0.00
Investments		0.00
Total Fixed Assets		0.00
Current Assets		
Debtors		0.00
Cash and Bank		358.55
Investments		0.00
Total Current Assets		358.55
Liabilities		
Creditors: Amounts falling due within one year		0.00
Net current assets or liabilities		358.55
Total assets less current liabilities		358.55
Creditors: Amounts falling due after more than one year	5	256.83
Provisions for liabilities		0.00
Total net assets or liabilities		101.72
The funds of the charity		
Endowment funds		0.00
Restricted income funds		0.00
Unrestricted funds		101.72
Revaluation reserve		0.00
Pension reserve		0.00
Total Funds		101.72

NOTES TO ACCOUNTS

1. Accounting Policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the financial statements.

a) Accounting Convention

"The financial statements are prepared under the historical cost convention and on a going concern basis, which is dependent upon the availability of adequate continued funding. The nature of the CIO's funding is inherently uncertain as it is only agreed by the funding bodies each year. Should funding be discontinued in future years, the CIO would have to find other sources of funding or significantly curtail its activities. The accounts have been prepared in compliance with and in accordance with the Statement of Recommendation Practice for Charity Accounts. "

b) Income

Income is brought into the account on the basis of amounts received in the accounting period, or receivable at the accounting date and no provision is made for any actual or contingent liability to repay surplus grants. Voluntary income and donations are accounted for as received by the CIO. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs where material.

c) Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and CIOs to contribute financially to the CIO's work. This includes the cost of advertising for donations and the staging of special fundraising events.

2. Taxation

The Gurkha Centre is a voluntary CIO with charitable aims and is exempt from Income Tax and Corporation Tax on its normal activities.

3. Accounting Period

The accounting period covers more than 1 years as it was the first account of the charity and was registered under charity commission on 05/02/2021. Therefore, the first account was made for the period from 05/02/2021 till 05/04/2022.

4. Going Concern

The financial statements have been prepared on a going concern basis as support has been arranged from the Trustees to enable the Charity to pay its debts as they fall due.

5. Creditors: Amounts falling due after more than one year

	2022
	(£)
Taxes and Social Securities	879.50
Other Creditors	(872.71)
Accruals	<u>250.04</u>
	<u>256.83</u>