



The Gurkha Centre Annual Report and Accounts 2023

06/04/22 - 05/04/23

www.thegurkhacentre.org.uk

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WELCOME FROM THE CHAIRMAN

It has been my great privilege to be involved with The Gurkha Centre for the past four years since we were established in year 2019. Our Chief Executive Bhim Tamang has grown this Charity from humble beginnings into something which impacts our community and the people we serve to make a difference.

The past year has been continuous on delivering meaningful impact with our staff, volunteers and funders contributing to serving their roles and showing great sacrifices to our organisation. The dedication they have provided has enabled us to reach further than expected with our missions and goals for the Charity.

The grassroot nature of our organisation keeps us in a unique position to help those around us and be that conduit between the Gurkha community and the vital services it needs within our local community.

We have decided to pursue a different form of governance with an informal arrangement being introduced from 2024 onwards, with the number of trustees and official meetings becoming a minimum while informal meetings and discussions being promoted. This will allow the charity to make many decisions quickly and effectively while still having the contributions from trustees in their areas of expertise.

While this is my last year as a trustee and chairman of this charity, I wish all the best to those who will replace me, and I look forward to seeing the important work we undertake continue into 2024. Bhim Tamang has shown his dedication to this cause 1000 times over and while I am sorry I cannot continue this journey with you all; this organisation has always had the capability to do something truly great for the Gurkha Community. It is no small feat to operate as a charity in this current climate and The Gurkha Centre, despite the severe challenges it faces, still operates as diligently as it did since our first day as a charity.

So for the final time it has been my please to serve this charity and I wish the best of luck to this organisation as it carries on helping the people that most need it.



James Cantwell
Chairman of The Gurkha Centre



WELCOME FROM THE CEO

Whilst it has been a huge privilege and great honour to lead the charity that continues to deliver vital support for Gurkha veterans and families in their hour of need, I would like to take this opportunity to thank everyone who have supported our work, mission, and purposes along the way. The charity is founded on principles of respect, honour, and gratitude upholding the longstanding bond between the Gurkhas and the British Army.

The Gurkha soldiers hold valuable life skills gained from their service in the Military; however, there are many who struggle to navigate day-to-day life and face minor to insurmountable difficulties. As a former Gurkha soldier who served in the Queen's Gurkha Signals, I can relate to those who find it difficult to navigate the system and face challenges in the civvy street.



With right support and self-resilience, I gained invaluable life skills that helped me find my space. Therefore, I was passionate in giving back to our community. I knew the best way to help those in my position was to establish The Gurkha Centre while also studying for a Master's degree in Social Work. It has been very humbling to give back to the community, network with other professionals, and build legacy within the community.

In last ten years, I met and supported many Gurkha veterans, wives, widows, and their families who have been facing barriers and challenges in their transition and access to services in the UK. This gave me an in-depth understanding and insight into the current difficulties experienced by the older Gurkha veterans and their families. To overcome those challenges, bridge the service gap, and improve quality of living for the Gurkha veterans and families, I laid the foundation of The Gurkha Centre in April 2019 with unprecedented support from my partner, Sumita Rai.

Since then, we have grown strength to strength; and we managed to register The Gurkha Centre with the Charity Commission for England and Wales in February 2021. We make significant positive impact day-in, day-out for individuals and families from local Gurkha Nepalese Communities across the boroughs of West London and beyond. Our Volunteers, Staffs, Trustees, and Supporters have been instrumental in driving our charity work, mission and purposes forward. With their hard work, it has been another meaningful year of community work. I am truly grateful to each and everyone, and in particular to our Trustees: James Cantwell, (Chairman of Trustees), Chandni Patel (Trustee Secretary) and Matthew Hughes (Trustee) for their work and support.

Bhim Tamang

Bhim Tamang
CEO, The Gurkha Centre

BACKGROUND

The Gurkhas are soldiers from Nepal who have served in the British Army for over 200 years, including ceremonial duties to major international combat missions and operations representing the United Kingdom. The Gurkhas are renowned for their bravery, loyalty, and military prowess; and they continue to serve as an integral part of the British Forces.

With increasing number of Gurkha veterans, widows and their families choosing to settle in the UK under discretionary rights to settlement following the victory of the Gurkha Campaign led by the famous actress, Joanna Lumley, the service gap for the Armed Forces Communities, mainly the Gurkhas widened further. As such, they have been faced with barriers and challenges in their transition and access to services.



The Gurkha Centre is established to address those challenges, bridge the service gap, and improve quality of living for the Gurkha veterans and families. It is founded on principles of respect, honour, and gratitude; and it provides vital support for our Gurkha veterans and their families in their hour of need, upholding the longstanding bond between the Gurkhas and the British Army.

The Gurkha Centre provides advice, information and practical support to Gurkha soldiers, veterans and their families in health, well-being, and education through our community outreach and office base work in Hayes, London. We make significant positive impacts for individuals and families from the local Gurkha Nepalese communities in the boroughs of West London and beyond. We receive funds and grants to continue achieving our mission, drive our purposes, and deliver vital support for people in their hour of need.

The charity recognises the sacrifices made by the Gurkha soldiers in the service of the British Crown and seeks to ensure their well-being and integration into civilian life after retirement from the military. The Gurkha Centre also works to preserve the unique cultural heritage of the Gurkha community while advocating for their rights and recognition.

MISSION AND IMPACT

The Gurkha Centre is dedicated to supporting Gurkha veterans and their families by providing comprehensive assistance, including access to welfare support, housing, education, and healthcare. Additionally, the organisation aims to preserve the unique cultural heritage of the Gurkha community while advocating for their rights and recognition. Founded on principles of respect, honour, and gratitude, The Gurkha Centre serves as a vital lifeline for Gurkha veterans and their families, ensuring their well-being and successful integration in the local community they live in.



THE GURKHA CENTRE ORGANISED DAY OUT FOR ELDERLY VETERANS AND FAMILY IN KEW GARDEN

ACTIVITY REPORT

The Gurkha Centre made significant strides in fulfilling its mission to support Gurkha veterans and their families in the fiscal year 2022/23. Thanks to our dedicated staff, volunteers, and partners. With their support, we were able to make a difference to hundreds of beneficiaries through different events and activities. We continue to support our beneficiaries in areas of health, social well-being, welfare and benefits, banking, education, and training.

EDUCATION AND TRAINING

The Gurkha Centre provides educational classes to seniors citizens, offering opportunities to learn new skills and stay engaged with the wider community. Through computer skills training, language courses, and other educational initiatives, the organisation promotes lifelong learning and empowerment among Gurkha veterans and their families, enriching their lives and fostering personal development.

Through our fun-filled educational workshops, we help learn essential skills and boost confidence of our senior citizens. We organise various programmes and life skills workshops, fostering cultural integration and personal development to our students.



We facilitated fraud awareness and banking security training in collaboration with local HSBC Bank, empowering our beneficiaries with essential banking skills.

HEALTH AND WELL-BEING

The physical as well as mental health and well-being of our Gurkha veterans and their families is our top priority. We organise and conduct sessions to offer health advice, information, and practical support including mental health support to our beneficiaries. We run weekly functional fitness classes and social activities designed to promote healthy ageing and enhance overall quality of living. Through these various initiatives, the organisation fosters a sense of belonging, happiness, and fulfilment among its beneficiaries, ensuring they thrive in British society.



Our staff and volunteers work tirelessly to empower individuals and families in our community. For an organisation with limited resources, The Gurkha Centre continues to deliver an impact that is far above its weight. With Covid-19 putting an unprecedented pressure on NHS services, we played a vital role in supporting our vulnerable Gurkha veterans and their families in access to healthcare. We offer regular health screenings, check-ups, and liaise with health professionals and services to ensure that our beneficiaries receive the support they need to live healthy and fulfilling lives.

Last year we managed 556 health related cases. Please see the chart below for the breakdown of support we provided.



SOCIAL WELL-BEING

The Gurkha community in West London was fractured and isolated due to Covid-19 and ceasing of planned activities to comply with Government guidelines. This left many older Gurkha veterans and their wives and widows isolated and lonely. The literacy and language barriers prevented many from undertaking doctor's appointments, banking interactions, benefit queries and other similar social and business situations. We understand the importance of social interaction in everyone's life and we are committed to ensuring holistic well-being of our beneficiaries.



Our dedicated team of volunteers and staff provide essential support on a day-to-day basis tailored to the need of our elderly Gurkha veterans and their spouses and widows. Our knowledge and interventional skills come from years of experience working with the community at the grassroots level. We assist our beneficiaries in various ways through our outreach and office base in Hayes and Harlington Community Centre. Our assistance could be as simple as providing linguistic support, reading letters to liaising with services to ensuring health, financial and emotional well-being of our beneficiaries as well as protecting them from risk of harm, neglect or abuse.

The participants of our organised group sessions benefitted from weekly functional fitness training, English language classes, and other social activities in a safe environment where they shared their experiences, received much needed support and became confident to engage once again in social gatherings and activities.

COMMUNITY ENGAGEMENT

The Gurkha Centre provides a much-needed social hub for the Gurkha Nepalese community in West London and we deliver essential social activities to enable our beneficiaries maintain their social connections and well-being. It is understandable that following a long period of inactivity and social isolation caused by Covid-19 pandemic outbreak, the health and confidence of our vulnerable Gurkha veterans and their spouses were all time low.

The year 2022/23 has been a year of great achievement in the sense that we were able to help our beneficiaries overcome fear of Covid-19 and reengage in social activities. Through our projects, we gave them reasons to come out, reunite with their friends and slowly build confidence which helped tackle loneliness and social isolation. Many of them were able to see their friends face-to-face for the first time after more than a year. Our beneficiaries state that the activities help them improve their physical and mental well-being.



We offer safe space for our beneficiaries and engage with the local community groups and organisations for signposting and fostering mutual support. We create opportunities for connection and friendship within the community through our activities, such as, functional fitness training, language classes, and health and welfare support activities. We also organise events to celebrate festivals and cultural practices.

In the year 2022/23, we organised job fair in partnership with ABM Industries to create opportunities in our community. We assisted scores of newly arrived sons and daughters of Gurkha veterans to create CV and supported them throughout to successfully match with their jobs.

RESEARCH AND PLACEMENT

The Gurkha Centre continues to provide research and community group placement opportunity to students from Imperial College London studying BSc. Global Health. It has been rewarding to introduce future doctors to our community for last three years through this mutually beneficial educational partnership project with the College.

As a community, we take pride in helping them understand our crucial role in identifying and addressing health and welfare issues for the Gurkha Nepalese community in West London and beyond.



Through this research and placement initiative, students gain valuable knowledge and information on social determinants of health. It also helps us better understand and address the needs and aspirations of our beneficiaries. We are grateful for the service evaluation completed by the student which provided us with valuable input on improving our services. With our ongoing strategic partnerships, we seek to enhance our support services and provide meaningful opportunities for all.



AWARDS AND ACHIEVEMENTS

In year 2022/23, we had successful nominations in recognition of our community work, which is evident that our friends, families and well-wishers have appreciated our work and dedication in support of our Gurkha veterans and families

The Gurkha Centre was awarded Silver by the Worshipful Mayor of Hillingdon for the Helping Communities Award category in year 2022, which celebrates the work of unsung heroes in London Borough of Hillingdon; and Bronze in Helping Community Award in year 2023. Our CEO Bhim Tamang was awarded Brunel's Jock McKeon Prize for establishing and leading The Gurkha Centre and for his contribution to the Nepalese minority in the UK while simultaneously completing his MA Social Work degree at Brunel University London. Likewise, our CEO was nominated and ranked as a top three finalists for the Heropreneurs Award 2022, further affirming his commitment to serving those who have served their nation.



OUR CEO BHIM TAMANG RECEIVING AWARD FROM THE WORSHIPFUL MAYOR OF HILLINGDON.

Statement of Trustees' Responsibilities

FROM 06 APRIL 2022 TO 05 APRIL 2023

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

Charities SORP requires the Trustees to prepare financial statements for each financial year. Under Charities SORP the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable entity and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable group will continue in operation.
- The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable entity and the group's transactions, disclose with reasonable accuracy at any time the financial position of the charitable group and enable them to ensure that the financial statements comply with the applicable laws and the provisions of the charitable entity's constitution.
- The Trustees are also responsible for safeguarding the assets of the charitable entity and the group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

	
James Cantwell Chairman of Trustees 06/04/2023	Matthew Hughes Trustee 06/04/2023

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 05/04/2023.

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
12/05/2024

Financial Review

Fund raising performance, income, and expenses.

Name of company: THE GURKHA CENTRE

Charity number: 1193430

From: 06 April 2022

To: 05 April 2023

Name of Trustees

1. James Cantwell
2. Chandni Patel
3. Anne-Marie Owusu-Afriyie
4. Matthew Hughes

Principal Activities

- 1)RELIEF OF POVERTY, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING ADVICE, SUPPORT AND INFORMATION TO INDIVIDUALS IN NEED
- 2)PROTECTING AND PRESERVING PUBLIC HEALTH BY DELIVERING REGULAR HEALTH WORKSHOPS
- 3)ADVANCING EDUCATION AND TRAINING, INCLUDING BUT NOT LIMITED TO ENGLISH LANGUAGE CLASSES
- 4)PROVIDING OR ASSISTING IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE

Registered Office

28 MILNE WAY

HAREFIELD

UXBRIDGE

UB9 6BQ

Bankers

HSBC UK

CHARITY BALANCE SHEET

AS ON 05/04/2023

		2022-23	2021-22
Particulars	Notes	Amount (£)	Amount (£)
Fixed Assets			
Intangible Assets		-	-
Tangible Assets		-	-
Investments		-	-
Total Fixed Assets		-	-
Current Assets			
Debtors		-	-
Cash and Bank		2,704.32	358.55
Investments		-	-
Total Current Assets		2,704.32	358.55
Liabilities			
Creditors: Amount falling due within one year	5	2,342.75	256.83
Net current assets or liabilities		361.57	358.55
Total assets less current liabilities		361.57	358.55
Creditors: Amounts falling due after more than one year		-	-
Provision for liabilities		-	-
Total net assets or liabilities		361.57	101.72
The funds of the charity			
Endowment funds		-	-
Restricted income funds		-	-
Unrestricted funds		361.57	101.72
Revaluation reserve		-	-
Pension reserve		-	-
Total Funds		361.57	101.72
		-	-
		0.00	0.00

THE GURKHA CENTRE						
Statement of Receipts and Payments Accounts						
For the period from 06/04/2022 to 05/04/2023						
		Unrestricted Fund		Restricted Fund	Endowment Fund	Total Fund
		General	Designated			
Income and Endowments from:						
Donations and legacies						
	Donations	6229.03	-	-	-	6229.03
	Legacies	-	-	-	-	-
Grant						
	Veterans' Foundation	16,666.00	-	-	-	16,666.00
	Heathrow Community Trust	2,500.00	-	-	-	2,500.00
Other trading activities						
	Fees Collection	2,210.05	-	-	-	2,210.05
Other		15,420.00	-	-	-	15,420.00
Total		43,025.08	-	-	-	43,025.08
Expenditure on:						
Raising funds						-
	Fundraising	3,371.85	-	-	-	3,371.85
Charitable activities						
			-	-	-	-
	Poverty Relief	12,280.30				12,280.30
	Protecting And Preserving Public Health	10,867.18				11,867.18
	Advancing Education And Training	9,888.27				9,888.27
	Social Welfare	6,357.64				6,357.6
						-
						-
Other						
Total		42,765.23	-	-	-	42,765.23
	Net gains/(losses) on investments	-	-	-	-	-
	Net income/(expenditure)	259.85	-	-	-	259.85
Transfers between funds		-	-	-	-	-
	Other recognised gains/(losses):	-	-	-	-	-
	Gains/(losses) on revaluation of fixed assets	-	-	-	-	-
	Actuarial gains/(losses) on defined benefit pension schemes	-	-	-	-	-
	Other gains/(losses)	-	-	-	-	-
Net movement in funds		259.85	-	-	-	259.85
						-
Reconciliation of funds:						
Total funds brought forward		-	-	-	-	-
Total funds carried forward		259.85	-	-	-	259.85

THE GURKHA CENTRE							
Analysis of Support Cost							
For the period from 06 April 2022 to 05 April 2023							
		35	20	30	15		
		Poverty Relief	Protecting And Preserving Public Health	Advancing Education And Training	Social Welfare	Total	Basis
	Telephone and Fax	235.62	134.64	201.96	100.98	673.21	35:20:30:15
	Postage	0.82	0.47	0.71	0.35	2.35	35:20:30:15
	Stationery and Printing	2.45	1.40	2.10	1.05	7.01	35:20:30:15
	Subscription	233.12	133.21	199.82	99.91	666.07	35:20:30:15
	Employees Cost	10,764.94	6,151.40	9,227.09	4,613.55	30,756.98	35:20:30:15
	Bank Charges	33.70	19.26	28.88	14.44	96.28	35:20:30:15
	Insurance	90.65	51.80	77.70	38.85	259.00	35:20:30:15
	Repair and Maintenance	0.00	0.00	0.00	0.00	0.00	35:20:30:15
	Accountancy Fees	175.00	100.00	150.00	75.00	500.00	35:20:30:15
	Total	11,536.31	6,592.18	9,888.27	4,944.13	32,960.90	
THE GURKHA CENTRE							
ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES							
	Activity or program	Activities undertaken directly	Grant funding of activities	Support costs	Total		
		£	£	£	£		
	Poverty Relief	743.98	0.00	11,536.32	12,425.29		
	Protecting And Preserving Public Health	4,275.00	0.00	6,592.18	10,867.18		
	Advancing Education And Training	0.00	0.00	9,888.27	9,888.27		
	Social Welfare	1,413.50	0.00	4,944.14	6,357.64		
	Total	6,432.48	0.00	32,960.90	39,393.38		

THE GURKHA CENTRE									
Notes to Account									
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.								
	Share Capital								
	The company is a Community Interest Company limited by guarantee and has no share capital.								
3	Accounting Period								
	The accounting period covers more than 1 year 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 06/04/2022 till 05/04/2023.								
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.								
	Creditors: Amounts falling due after more than one year								
	Particular	2023 (£)					2022 (£)		
	Taxes and Social Securities	(0.69)					879.50		
	Other Creditors	1926.68					(872.71)		
	Accruals	416.76					250.04		
	Total	2342.75					256.83		



**The Gurkha Centre
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