INTERNATIONAL RELIEF FRIENDSHIP FOUNDATION

England & Wales · Charity number 281776

Details

Other names	IRFF - UK
Status	Registered
Legal form	Trust
Registered	1981-01-29
Register	View on the Charity Commission register

Contact

Address	98 Dyke Drive Orpington BR5 4LZ
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Activities

Objects: 1. TO RELIEVE POVERTY, SUFFERING AND DISEASE AMONGST POOR AGED AND DISABLED PERSONS IN AFRICA, ASIA, SOUTH AMERICA AND THE CARIBBEAN AND IN SUCH OTHER REGIONS AS THE TRUSTEES THINK FIT AND TO PROVIDE MEDICAL ATTENTION AND SERVICES TO ALL PERSONS REQUIRING THE SAME. 2. TO PROVIDE CARE FOR THE SICK AND AGED. 3. TO RELIEVE THE POOR.

Activities: IRFF - UK works to eradicate the causes and effects of poverty and associated problems around the world, especially in Africa, Asia, SE Asia and Europe. We are part of an effective international network which includes the other 80+ national IRFF Chapters, and many other affiliated organisations and associations.

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Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Amateur Sport, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** OVERSEAS
- Congo (Democratic Republic)
- Ghana
- Senegal
- Uganda

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£82,602	£82,256	-	-
2024-03-31	£54,510	£53,784	-	-
2023-03-31	£60,131	£58,655	-	-
2022-03-31	£62,686	£62,929	-	-
2021-03-31	£59,025	£62,805	-	-

Trustees

Name	Role	Appointed
EDWARD HARTLEY	Chair	2003-06-12
Charles Cachia		2018-12-18
TESSA THONETT		

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INTERNATIONAL RELIEF FRIENDSHIP FOUNDATION

England & Wales - Charity number 281776

Accounts

IRFF UK April 2024 to March 2025

Overview

1 Our Mission & Values

Vision: Providing education for, relief to, and improving the health of disadvantaged people as well as enabling sustainable development to as many people and in as many countries as can properly be cared for.
Mission Statement: •Providing financial support for ongoing programmes run by teams in the countries IRFF works with • Providing financial start-up support for new initiatives which will aid the team/board in a given country to achieve medium to long-term self-sufficiency •Teaching management skills which a team/board can use locally to more efficiently communicate and manage their own affairs on the road to self-sufficiency

There are highly motivated people, primarily volunteers, in the countries we work with, prepared to deliver the services needed and strive to improve themselves to achieve higher levels of self-sufficiency.
Therefore, more can be achieved for the beneficiaries, even when funding from the UK may be limited. The programmes IRFF UK supports - such as Primary, Secondary, Vocational Education and health initiatives - are literally life savers and life changers for the beneficiaries.
All funds sent to Africa go directly to the people who will spend it charitably - and account for it. It is not channelled through any "extractive" system.

Highlights:

OUR WORK in Africa:	**Project Type / Name**	**Persons reached (average)**
IRFF UK partners with communities, schools, institutions and organizations in **three fields**.		
1. **Primary and Secondary Education** as preparation for adult life		534
2. **Technical and Vocational Training (TVET) for young women and some young men** as preparation for employment in adult life, bringing advantages for their families and their communities.		38
3. **Offering assistance in health care related fields** like teaching girls in Ghana, South Africa and Uganda about menstrual hygiene and providing them with the necessary menstrual products.		1,184
4. A soup kitchen in Walmer Township South Africa		500
5. Past infrastructure projects at other locations like other Ugandan schools **+ previous TVET in Gambia + previous projects in Uganda** such as education in prison, MMT (removing jiggers). Projects before 2010 and the school in Sri Lanka are not included.		728
DR CONGO		
1. Primary Education and Secondary Education for previous street children in Goma **until 16/05/24**	**Primary/ Secondary Education** **DR CONGO (HFC) STREET CHILDREN**	60
2. Training older boys in carpentry and young women in operating a bakery	**Vocational Education** **Part of HFC work**	7 included in the 60
GHANA		
1. Technical and Vocational Training (TVET) of young women in the *informal sector,* Cohort 2 being assembled	**Vocational Education GHANA VOCATIONAL TRAINING**	4 graduated + 6 training
2. A period poverty project	**Health care**	600
SENEGAL		
1. Channelling funds, received 1:1, to a school in Senegal	**Primary Education**	200
SOUTH AFRICA		
1. Walmer Primary School in Port Elizabeth particularly including literacy classes to aid “reading for meaning” and therefore improve a child’s capacity for learning	**Primary Education CHILD LITERACY**	60
2. Slovo Study Group, offering online learning at secondary level + special tutoring	**Secondary Education**	8
3. A period poverty project – from March 2022	**Health care**	170
4. A soup kitchen project in the Walmer Community	**Feeding children and old people**	500

UGANDA		
1. Provision of a high-quality Primary education at Destiny School south of Kampala. School children being taught gardening and planting of greens.	**Primary Education** **DESTINY SCHOOL**	206
2. Provision of proper toilet facilities in schools, especially for menstruating girls Previous projects at Butali School (a borehole) and Kigulu Prime Academy in Uganda (a kitchen ++)	Part of the Destiny School project	- 200
3. GirlChild period poverty project at three schools Previous girls helped by GC 2014 - 2020		240 200
4. Provision of a water well at Busabala School for 1,000 pupils minus the 200 girls included in "GC period poverty project at three schools"		800
Previous TVET in Gambia **Previous projects in Uganda – education in prison, MMT**		28 500
TOTAL PERSONS REGULARLY REACHED by 30/04/24		**About 3,800**

The value of education in African countries cannot be underestimated. Poor educational levels frustrate all efforts to raise the living standards of a population above subsistence level and very few can break out of a poverty cycle without higher skills. Education is a human right, a powerful driver of development, and one of the strongest instruments for reducing poverty and improving health, gender equality, peace, and stability.

For example, the young people in the ***Slovo Study Group*** are offered online learning at secondary level + special tutoring at a level which they could never obtain locally. Equally the continued work of the ***Destiny primary school*** in Uganda is growing successful while ***the literacy education being offered at a school in Walmer, Port Elizabeth, South Africa*** is boosting the ability of children to learn there. and ***education of 60 street children in the DR Congo***, unimaginable for them without the efforts of the HFC team in Goma as well as ***the school in Senegal*** all contributed to giving a quality education to the next generations in Africa– see more in the descriptions below.

Regarding *period poverty* The World Bank estimates that *at least 500 million women and girls* globally lack access to the facilities they need to manage their periods. Just *in South Africa alone up to 7 million schoolgirls* do not have access to or cannot afford sanitary products, and many of them must stay home. They often use unhygienic methods to manage their periods which can cause health problems and infections. Often, girls and women must choose between buying food or sanitary products because of the costs. When faced with this difficult choice, many choose to purchase food as it is more of a priority. As a result, many must face the health and social consequences of not having sanitary products.
The ***GirlChild project in Uganda*** had long been supported by IRFF UK from 2015 to finance *education of schoolgirls about menstrual health* and also *how to make their own reusable pads.* This was paused halfway through 2022 but was re-launched under new

leadership from March 2023 and throughout the financial year 2023/2024 ultimately serving up to 400 girls in three schools in Uganda – but this time providing disposable pads because reusables would be too much for the young girls to manage in the absence of adequate parental support.
WAIT Ghana launched their period poverty project fully in early February 2023 and throughout the financial year 2023/2024 ultimately serving up to 574 girls in a number of villages in Ghana with reusable pads they had made by seamstresses which should last for 2-4 years. Finally ***Walmer Angels South Africa*** launched their period poverty project in early 2023 and throughout the financial year 2023/2024 serving primary school girls in a school in Walmer, Port Elizabeth, in this case disposable pads because water is so scarce in that area.
The period poverty projects are in a class of their own but, in part, could be also be seen as a sub-classification of ***Education*** since the girls supported can gain back the ability, comfortably and safely to attend school also during the days they are menstruating, no longer losing about 20% of their schooling days that they would otherwise lose. There are also other education benefits which the headmistress of Destiny School in Uganda describes eloquently under "*GirlChild period poverty project*" below

Under the classification "***TVET – Technical and Vocational Education***", one project had to be dropped at the end of March 2024 and that was GESTP in Gambia, since communication became almost non-existent. IRFF UK was not actively funding the project, but an IRFF UK trustee was from the USA, but still IRFF UK had some management obligations there, so it was decided to move on and find other projects. However, the work under "TVET" continued in a small way on Ghana with training being offered to young women both in baking/bread and cake making and sewing/dressmaking.

The Gambia project was rapidly replaced by another classification of projects "***Soup kitchens***" after a plea for help was received from the Walmer Angels in Port Elizabeth since they were not able to raise the funds to run a soup kitchen feeding 500 old people and children their one meal a day in the Walmer township.

DEMOCRATIC REPUBLIC OF CONGO

By May 2024 the hand-over of the 60 street children to a local charity, TAD, was completed and IRFF's involvement, which had been intense, ended then.
All went well after that until the end of January 2025 when the M23 rebels entered Goma and the young men, in particular, were in danger and had to get out of the city. This also included male officers at TAD who dropped the children back into HFCs lap and fled, without leaving any funds. IRFF UK and WCA provided for food costs again as well as the $400 needed by six of the seven HFC male volunteers to flee far from the city but Ben, the HFC coordinator, stayed to take care of the 20 foster families who had taken three orphan children each. He was in danger!
He finally left Goma mid-March. He believes he owes his life to the small support IRFF UK and WCA could give to pay for his travel costs.

The challenge now was to find a way to support the 20 families taking care of the 60 HFC children. It was finally agreed that $3,000 would be enough to have the 20 foster mothers trained and equipped with goods and equipment so that could run their own market sales business to be self-sufficient in providing for the children in their care. Again, working in cooperation WCA and IRFF UK were able to raise those funds and get them to the families by mid-June 2025.



View of the new wooden house

GHANA

WAIT Ghana made more great strides in the year running a period poverty project by having reusable pads made and distributing them, with education, in various villages, as well as arranging for girls to be taught pastry/cake decoration and bread and cake making as the TVET activity. The WAIT Coordinator, Mrs Vivian Nkasia, made a number of trips to various villages, to the community of Wute, Logote, Lawui near the city of Akatsi in the Volta Region donating reusable pads and providing education. The great advantage of issuing reusable pads is that they are to new girls every time which is why we estimate that that WAIT Ghana already reached about 700 girls by the end March.
Regarding the TVET projects, Vivian wrote at the end of March that the sewing and catering training have gone but then she was for new information to come from a new government in Ghana about TVET in Ghana.



Two ladies sewing reusable pads at the WAIT Ghana location



A young woman holding pads with Vivian and village male leader behind her



A young lady receiving a reusable pad in fascination

SOUTH AFRICA

SHINE Walmer

As the most unequal country in the world, South Africa faces significant challenges. Among 50 countries, South Africa ranks the worst in literacy. 8 out of 10 Grade 4 learners (9-10 years old) in South Africa cannot read for meaning.

Children cannot learn from one of the biggest sources of knowledge – books – if they cannot read. Literacy education opens up a world of learning to them and contributes strongly to them achieving much more in their lives – what every parent hopes for their children.

The number of pupils in the SHINE programme was 73 during the year.

In November 2024 Pat Hippert wrote:

"I need to thank the IRFF Team and her Sponsors for the confident and professional difference you make in our program in our Township school. Keeping it modestly manageable, I repeat the gratitude from my previous newsletter: Your generous IRFF sponsorship has enabled our Centre to run smoothly with sufficient stationery, quality teaching aids, coffee and tea refreshments for the double shift volunteers, a colourful library environment, tape strengthened and coded library books and learner library cards. Each element is subtle but important for the enthusiastic and energetic environment that our Volunteers and learners flourish in".



Pat Hippert with a happy student


A heartfelt pupil teacher relationship


Deeply into teaching literacy

SOUTH AFRICA

<u>The information below tells a lot about the five members of the Slovo Study Group</u>

Iminathi Kose

INTERVIEW DAY/TIME:



What subjects are you upgrading?

Business Studies and History

Amount left to pay for upgrading?

R1900

After upgrading what are you planning on studying or doing?

I plan on studying a Bachelor of Education course as I aspire to be a teacher. The course would be a B Ed in Intermediate Phase Teaching. I also have a second option in my tertiary studies in the form of a BCom in Transport & Logistics Management.

What aspirations do you have for yourself?

My aspirations to graduate in my previously stated Education course and become a prominent teacher that can deliver services in which some educators in my country have failed to deliver as I have witnessed first hand throughout my journey. Upon landing a job I have aspirations of continuing in my studies and going for higher qualifications (B Ed in Senior and FET) should it be achievable at that stage in my life. Essentially, I am not a person that tends to look too far ahead into my future as I prefer to focus on what is ahead of me in the short term but I can say that I want to be in a position of certainty, where I can choose what direction is best for me and those I care for.

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Thoko Madikane

INTERVIEW DAY/TIME:



What subjects are you upgrading?

English HL, Business Studies, History

Amount left to pay for upgrading?

R2,842.50

After upgrading what are you planning on studying or doing?

I'm planning to study BA(Law)

What aspirations do you have for yourself?

My aspiration is to do side hustling while I earn my degree.

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Ibanathi Buqa

INTERVIEW DAY/TIME:

What subjects are you upgrading? Business and History

Amount left to pay for upgrading?

None. Fully Paid.



After upgrading what are you planning on studying or doing?

I am planning to study Human Resource Management or Education at an university.

What aspirations do you have for yourself?

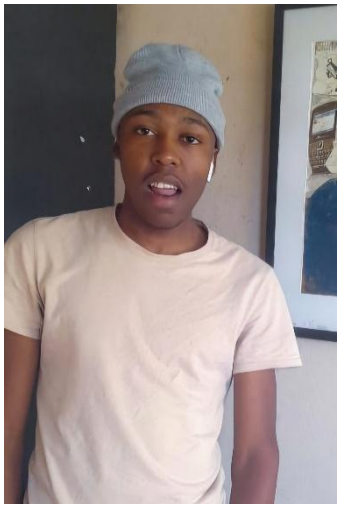
I want to be an example for my siblings and show them that education is key to success. I want financial freedom and stability for me and my family.

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Iphelele Baxana

INTERVIEW DAY/TIME:

What subjects are you upgrading?



Geography, Mathematics and Physical Science

Amount left to pay for upgrading?

R2,900

After upgrading what are you planning on studying or doing?

I am planning on pursuing Physiotherapy and BSc in Applied Geology as a second choice.

What aspirations do you have for yourself?

Since I love helping and being of help to other people, I would really enjoy doing physiotherapy as I can also take it further with indulging it with sport, which I love. I like being outside and I enjoy learning about the world around us I find it interesting. That is why my second choice is BSc in Applied Geology. I am also passionate about writing screenplays but for now I've been doing it as hobby on my spare time. My priority is to get into university and study the course I'm passionate about. So this is a chance to prove to myself that I can get what I want and that it's not impossible.

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Ayabonga Mkuhlu



INTERVIEW DAY/TIME:

What subjects are you upgrading?

Mathematical Literacy, English FAL, IsiXhosa HL, Business Studies, Economics & History

Amount left to pay for upgrading?

R4,000

After upgrading what are you planning on studying or doing?

Human Resource Management

What aspirations do you have for yourself?

"Graduating in university and get my HRM degree. Developing my writing skills. Trying new things like theatre work, acting, scriptwriting, etc. (Anything that has to do with filming)"

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IRFF UK provided funding for the required upgrades and continues to finance travel costs and books.

SOUTH AFRICA

<u>Period poverty project</u>

At least 3 out of 10 girls miss school every month because of period problems in South Africa so the Walmer School decided to do something about that. They were obliged to offer disposable pads because of a lack of water but that could change.

In 2024 IRFF funded the project from January providing disposable pads at a cost of £0.90 per girl per month; this includes menstrual health education given to girls, and boys, by a trained nurse. This is changing their lives for the better, removing a major reason for them missing school.

Glenda Brunette who founded the Walmer Angel Project wrote in March:

"I've just been to The Walmer Lower Primary school and handed out sanitary towels to four grade 7 classes. Each girl received 2 packets each for the month. I will hand out next month again.

I spoke to the teachers and students to ask them how they felt about receiving the assistance. None were shy and said they really appreciate the help as most families cannot afford to purchase personal hygiene products.

Thank you once again for your continuous support in helping us to make the young girls more comfortable.

I had a meeting with the Headmistress and Deputy Headmistress yesterday and they said I must convey their appreciation".



Girls being shown sanitary towels in March



Jessica Lillian Bredenkamp

SOUTH AFRICA

<u>The soup kitchen project</u>

The simple funding of the soup kitchen at the Walmer Township in Port Elizabeth continued since we cannot see 500 children and old people go hungry.

The journalist Estelle Ellis wrote on 9th Nov 2023:

“Children are dying of hunger in the Eastern Cape – declare a disaster, urges Human Rights Commission”.



People receiving food from a soup kitchen



Children receiving food from a soup kitchen

UGANDA

Destiny School

This school was established by IRFF UK in 2008. During the annual period the average number of pupils taught increased to 206. Once again it was a very dynamic year at the school; IRFF UK sent £13,800 to run the school and £12,500 to fund infrastructure projects such as 01/11/24 biodigester toilets, 25/02/25 To Destiny School account for the Busabala School water well £4,500.00.
Previous years had seen a camera security system there, more fire extinguishers, completion of the security wall.

About the head teacher Jesca who has been dedicating her life to children in Kibiri just south of Kampala:
- she is passionate to impact the education of poor community children and give them all the best possible primary level education possible (classes P1 to P7)
- she is very passionate about the protecting the young girls in her school who have tendency to get involved with boys and men even from the age of 11, get pregnant or catch HIV/AIDS which is why she is so concentrated on the GirlChild project (see below).

There are currently 206 pupils at the school, but she tells us that it has capacity for 400, and she is ambitious to reach that number.
Regular reports provided by the headteacher Jesca about 2024 tell us:

- In April they reported they still have a big challenge regarding furniture and seats across our classes. Also, with students getting minor accidents and being sick at school, they are looking at getting a school nurse to assist, especially the very young ones in pre-primary and those that stay with teacher Jesca.
- On School Academic Day the children displayed the skills they had learned in class and vocational skills like tailoring, there was making of sweaters and cooking, art and craft plus farming, poultry for their parents.
- They were able to do their end of Term 1 examinations successfully, the general performance is fairly good, though they still have many children who are struggling with reading and writing. They still need to assist these children in reading and have few reading books in the library but hope they will be able to get some more over time, to help the children practice and develop their reading culture.
- In June they did beginning of term exams to seek to bring to speed the holiday makers back into school mood; these exams were done successfully.
- They had to host a couple of visitors such as inspectors of school from Ministry of Education and Municipality. They also hosted the Buganda Kingdom administrators from the Kabaka (King of Buganda) Palace visitors who were so happy with the school administration and the way Destiny Junior School is teaching Ugandan children.
- They feed the pupils at school with the most balanced diet they can, including own-grown produce.
- They had their mid-term examinations on 30th July 2024, a very important examination to do assess the pupils and the teachers by examining the study syllabus content taught and to see whether the pupils have picked up the content and can interpret or understood the taught concepts. They then invited the parents to review and as well to see how far the school has reached in the different aspects of education and learning.

They also held Music Dance and Drama in July which was so colourful with creativity; it was and interesting to see how pupils expressed themselves in music, poems and dance to pass on very educative information to the parents and community.
6 November was the first day for the Primary Seven candidates sitting for their

Primary Leaving Examinations. They prepared well starting with Mathematics in the morning and Social Studies in the afternoon.



Successful graduates with their school leaving certificates with a proud Jesca surrounded by her “children”



Education in the open for the school pupils

PERIOD POVERTY PROJECTS

Period poverty projects involving education of menstruating schoolgirls in menstrual health and also supplying them with pads were developed by local teams during the year in **Ghana**, **South Africa and Uganda;** funding was acquired for these from FFWPU UK.
The projects run by **WAIT Ghana** and in **South Africa** are discussed above.

The GirlChild/WAIT team in **Uganda** immediately catered for 30 girls at Destiny School, then about 200 more at the nearby Busabala School and even began to look after girls at a third school, Jjungo Church of Uganda Primary School, with approx. 150 more girls involved.

The effect of this work, particularly in Busabala School, went far beyond menstrual hygiene training and receipt of pads. As Jesca, the head teacher at Destiny School reported:
"Busabala Primary School.
The program has impacted the girl child so much and at every visit that we do and there is a reported increase in the number of girl child we assist.
The girl children are studying better, are not losing days off school, are particularly Feeling cared for and loved.
Jjungo Church Of Uganda Primary School
This is extremely in a village set up, the parents and guardians do not value education as much as elsewhere, and the pupils are also less caring towards education, enter into early childhood marriages and stay away from school during the rainy sessions, planting and harvesting seasons. Much work to do there.
After doubling its pupil numbers partly due to GC WAIT work Busabala Primary School needed a better water supply, which IRFF UK funded.



Children with new knickers. Not many in Uganda have more than one pair



Jesca teaching children at Busabala School, Uganda



Children receiving pads at Jjungo Primary School

2 Our organization

2.1 Trustees and WB

The current trustees of IRFF UK at the time of writing (in alphabetic order) are:
Charles Cachia – general support / donor
Edward Hartley – accountant/Treasurer, General Manager of IRFF UK and Chair of the Working Board. Also Country Coordinator for DR Congo, Ghana and Uganda
Tessa Thonett - director and manager of our invaluable charity shop, the Tricycle Shop in Alton. Country Coordinator for South Africa

These volunteers are very ably supported by seven people, most of whom are modestly remunerated:
Grahame Bennett – advisor, newsletter writer
Chantal Bezuidenhout – social media coordinator
Nathaniel German – Search Engine Optimisation / website improvement
Patrick German – social media facilitator
Natania Kobayashi – content writer for newsletters and leaflets, Tricycle Shop Gift Aid claim preparation, Slack coordinator, Instagram marketing with Faith
Terry Sweeney – analyst and business advisor; a valuable fundraiser
Toby Suda - our website manager

These ten persons make up our UK Working Board, which manages all UK operations and also relates to the executive team acting in each recipient nation.

Financials

This report covers **the period April 2024 – March 2025**.
The total income was £54,491 and total spending £53,784, sub-divided into

Incomes of:

General donations - mainly from Tricycle Shop	22,239
Gift Aid reclaimed	8.868
Destiny School (infrastructure) project	4,589
Destiny child/teacher sponsorship project	12,816
DR Congo HFC	658
Ghana TVET	200
New period poverty projects	9,411
Senegal school project	22,412
SHINE literacy S.A.	1,167
Slovo Study Group S.A.	242
Walmer Angels soup kitchen	-
Fundraising costs	-
IT and FR assistant funding	-
TOTAL	**82,602**

Expenditure of:

General fund	2,494
Destiny child/teacher sponsorship	13,800
Destiny School (infrastructure)	12,500
DR Congo project	1,810
Gambia GESTP project	-
Ghana TVET	2,400
Joe Slovo Study Group S.A.	2,546
Period poverty: Ghana, S.A., Uganda	8,595
Senegal project	21,609
SHINE Walmer S.A. literacy classes	4,625
Walmer Angels soup kitchen	2,400
Fundraising costs	5,158
IT and FR assistant funding	4,320
TOTAL	**82,256**

The significant differences in the financials in the year 2024/2025 compared to the previous financial year were:

On the income side

1. **The overall income** in 2024/2025 was £28,111 greater than in the previous year due to a reduction in the funding for Senegal of £21,609 which meant that the core funding for other IRFF projects rose by £8,655.
2. **General donations**, mainly from the charity shop and Gift Aid, both healthy.
3. **Destiny School sponsorship** income was very slightly higher, and the **Destiny School infrastructure** project income increased by £3,926
4. Other items for South Africa like **SHINE Walmer School P.E.**, **Slovo Study Group** and the **Walmer Angels soup kitchen** increased while some income arrived to

offset the high **DR Congo** costs and the incomes for **period poverty projects** rose significantly.

<u>On the expenditure side</u>:

1. **The overall costs** in 2024/2025 rose by £28,472 partly due to passing on of donations to **Senegal.**
2. An increase in costs was seen for **fundraising**, **DR Congo** and **Destiny School infrastructure projects**.
3. A few projects experienced a decrease in costs.

IRFF UK finished the year ending 31st March 2025 with £16,969 in reserves consisting of: £13,183 in **General Funds**, £942 in the **Destiny School fund**, £103 in the **DR Congo project fund**, £130 in the **Ghana TVET fund**, £1,796 in the **period poverty projects fund,** and £796 in the **Senegal fund** and £19 in the **SHINE fund**.
The overall figure was just £346 more than last year's figure.

Plans for the period 1st April 2025 to 31st March 2026
This period will be characterised by:

- **Primary and Secondary Education** as preparation for adult life; *possibly adding more project*s
- **Vocational Training of Young Women** as preparation for employment in adult life; *possibly adding more projects*
- **Health related** (and **education related**) **projects** like menstrual hygiene management and providing girls with menstrual products - having projects in 4 or even 5 countries by end of March 2026.
- **Raising the number of persons currently supported in Africa** from 3,800 to 5,000+
- **Possibly paying for building of more water wells**.
- For the projects using up General Funds from the Tricycle Shop, **at least £18,000 more to be found** for the Ghana TVET project, the Slovo Study Group, SHINE Walmer S.A., the Walmer Angels soup kitchen, Destiny School Uganda as well as £**3,000** for new projects.
- **More fundraising capability**, whether through grants, online fundraising, corporate fundraising, snail-mail mail outs, individual giving, including establishment of a substantial social media marketing team (which occurred in mid-June 2025).
- **More management capacity** with at least two more people ready to be a trustee / join the Senior Management Team.

We welcome all offers of support to serve current and future beneficiaries and thank you all in advance for any intentions in that direction.

IRFF UK trustees
July 2025

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/24	To	Period end date 31/03/25

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General fund	31,107			31,107	27,502
Destiny child/teacher sponsorship		12,816		12,816	12,663
Destiny School (infrastructure)		589		589	663
DR Congo project		658		658	1,561
Gambia GESTP project		-		-	-
Ghana TVET		200		200	147
Joe Slovo Study Group S.A.		242		242	354
Mobile First Aid Project		-			
Period poverty: Ghana, S.A., Uganda		9,411		9,411	6,537
Senegal project		22,412		22,412	2,500
SHINE Walmer S.A. literacy classes		1,167		1,167	1,966
Walmer Angels soup kitchen		-		-	600
Fundraising costs		-		-	-
IT and FR assistant funding		-		-	-
Sub total *(Gross income for AR)*	31,107	47,495	-	78,602	54,491
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	31,107	47,495	-	78,602	54,491
A3 Payments					
General fund	1,683		-	1,683	1,625
Destiny child/teacher sponsorship		13,800		13,800	13,910
Destiny School (infrastructure)		12,500		12,500	6,073
DR Congo project		1,810		1,810	4,890
Gambia GESTP project		-		-	1,256
Ghana TVET		2,400		2,400	1,242
Joe Slovo Study Group S.A.		2,546	-	2,546	2,918
Period poverty: Ghana, S.A., Uganda		8,960	-	8,960	5,755
Senegal project		18,420	-	18,420	2,496
SHINE Walmer S.A. literacy classes		4,260		4,260	3,741
Walmer Angels soup kitchen		2,400		2,400	1,224
Fundraising costs		5,157		5,157	4,320
IT and FR assistant funding		4,320		4,320	4,336
Sub total	1,683	76,573	-	78,256	53,784
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	1,683	76,573	-	78,256	*53,784*
Net of receipts/(payments)	29,424	- 29,078	-	346	707
A5 Transfers between funds	- 29,975	29,975	-	-	-
A6 Cash funds last year end	13,734	2,888	-	16,622	15,915
Cash funds this year end	13,183	3,785	-	16,968	16,622

Section B Statement of assets and liabilities at the end of the period

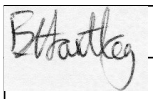
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	13,183	3,785	-
	Cash	-		-
		-	-	-
	Total cash funds	13,183	3,785	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		EDWARD HARTLEY	23/06/25

CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	International Relief Friendship Foundation		
On accounts for the year ended	31 March 2025	**Charity no (if any)**	281776
Set out on pages	Page 1 and 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2025**

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed: [signature] **Date:** 15/01/2026

Name: Sohaib Akram - Axis Accountants Ltd

Relevant professional qualification(s) or body (if any): ACCA

Address:

8 Deer Park Road
London
SW19 3GY

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/24	To	Period end date 31/03/25

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General fund	31,107			31,107	27,502
Destiny child/teacher sponsorship		12,816		12,816	12,663
Destiny School (infrastructure)		589		589	663
DR Congo project		658		658	1,561
Gambia GESTP project		-		-	-
Ghana TVET		200		200	147
Joe Slovo Study Group S.A.		242		242	354
Mobile First Aid Project		-			
Period poverty: Ghana, S.A., Uganda		9,411		9,411	6,537
Senegal project		22,412		22,412	2,500
SHINE Walmer S.A. literacy classes		1,167		1,167	1,966
Walmer Angels soup kitchen		-		-	600
Fundraising costs		-		-	-
IT and FR assistant funding		-		-	-
***Sub total** (Gross income for AR)*	31,107	47,495	-	78,602	54,491
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	31,107	47,495	-	78,602	54,491
A3 Payments					
General fund	1,683		-	1,683	1,625
Destiny child/teacher sponsorship		13,800		13,800	13,910
Destiny School (infrastructure)		12,500		12,500	6,073
DR Congo project		1,810		1,810	4,890
Gambia GESTP project		-		-	1,256
Ghana TVET		2,400		2,400	1,242
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	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	EHartley	EDWARD HARTLEY	23/06/25

INTERNATIONAL RELIEF FRIENDSHIP FOUNDATION

England & Wales - Charity number 281776

Accounts

IRFF UK April 2023 to March 2024

Overview

1 Our Mission & Values

Vision: Providing education for, relief to, and improving the health of disadvantaged people as well as enabling sustainable development to as many people and in as many countries as can properly be cared for.
Mission Statement: •Providing financial support for ongoing programmes run by teams in the countries IRFF works with • Providing financial start-up support for new initiatives which will aid the team/board in a given country to achieve medium to long-term self-sufficiency •Teaching management skills which a team/board can use locally to more efficiently communicate and manage their own affairs on the road to self-sufficiency

There are highly motivated people, primarily volunteers, in the countries we work with, prepared to deliver the services needed and strive to improve themselves to achieve higher levels of self-sufficiency.
Therefore, more can be achieved for the beneficiaries, even when funding from the UK may be limited. The programmes IRFF UK supports - such as Primary, Secondary, Vocational Education and health initiatives - are literally life savers and life changers for the beneficiaries.
All funds sent to Africa go directly to the people who will spend it charitably - and account for it. It is not channelled through any "extractive" system.

Highlights:

OUR WORK in Africa:	**Project Type / Name**	**Persons reached (average)**
IRFF UK partners with communities, schools, institutions and organizations in **three fields**.		
1. **Primary and Secondary Education** as preparation for adult life		534
2. **Technical and Vocational Training (TVET) for young women and some young men** as preparation for employment in adult life, bringing advantages for their families and their communities.		38
3. **Offering assistance in health care related fields** like teaching girls in Ghana, South Africa and Uganda about menstrual hygiene and providing them with the necessary menstrual products.		1,184
4. A soup kitchen in Walmer Township South Africa		500
5. Past infrastructure projects at other locations like other Ugandan schools **+ previous TVET in Gambia + previous projects in Uganda** such as education in prison, MMT (removing jiggers). Projects before 2010 and the school in Sri Lanka are not included.		728
DR CONGO		
1. Primary Education and Secondary Education for previous street children in Goma **until 16/05/24**	**Primary/ Secondary Education** **DR CONGO (HFC) STREET CHILDREN**	60
2. Training older boys in carpentry and young women in operating a bakery	**Vocational Education** **Part of HFC work**	7 included in the 60
GHANA		
1. Technical and Vocational Training (TVET) of young women in the *informal sector,* Cohort 2 being assembled	**Vocational Education GHANA VOCATIONAL TRAINING**	4 graduated + 6 training
2. A period poverty project	**Health care**	600
SENEGAL		
1. Channelling funds, received 1:1, to a school in Senegal	**Primary Education**	200
SOUTH AFRICA		
1. Walmer Primary School in Port Elizabeth particularly including literacy classes to aid “reading for meaning” and therefore improve a child’s capacity for learning	**Primary Education CHILD LITERACY**	60
2. Slovo Study Group, offering online learning at secondary level + special tutoring	**Secondary Education**	8
3. A period poverty project – from March 2022	**Health care**	170
4. A soup kitchen project in the Walmer Community	**Feeding children and old people**	500

UGANDA		
1. Provision of a high quality Primary education at Destiny School south of Kampala. School children being taught gardening and planting of greens.	**Primary Education** **DESTINY SCHOOL**	206
2. Provision of proper toilet facilities in schools, especially for menstruating girls Previous projects at Butali School (a borehole) and Kigulu Prime Academy in Uganda (a kitchen ++)	Part of the Destiny School project	- 200
3. GirlChild period poverty project at three schools Previous girls helped by GC 2014 - 2020		240 200
Previous TVET in Gambia **Previous projects in Uganda – education in prison, MMT**		28 500
TOTAL PERSONS REGULARLY REACHED by 30/04/24		**About 3,000**

The value of education in African countries cannot be underestimated. Poor educational levels frustrate all efforts to raise the living standards of a population above subsistence level and very few can break out of a poverty cycle without higher skills. Education is a human right, a powerful driver of development, and one of the strongest instruments for reducing poverty and improving health, gender equality, peace, and stability.

For example, the young people in the ***Slovo Study Group*** are offered online learning at secondary level + special tutoring at a level which they could never obtain locally. Equally the continued work of the ***Destiny primary school*** in Uganda is growing successful while ***the literacy education being offered at a school in Walmer, Port Elizabeth, South Africa*** is boosting the ability of children to learn there. and ***education of 60 street children in the DR Congo***, unimaginable for them without the efforts of the HFC team in Goma as well as ***the school in Senegal*** all contributed to giving a quality education to the next generations in Africa– see more in the descriptions below.

Regarding *period poverty* The World Bank estimates that *at least 500 million women and girls* globally lack access to the facilities they need to manage their periods. Just *in South Africa alone up to 7 million schoolgirls* do not have access to or cannot afford sanitary products, and many of them must stay home. They often use unhygienic methods to manage their periods which can cause health problems and infections. Often, girls and women must choose between buying food or sanitary products because of the costs. When faced with this difficult choice, many choose to purchase food as it is more of a priority. As a result, many must face the health and social consequences of not having sanitary products.
The ***GirlChild project in Uganda*** had long been supported by IRFF UK from 2015 to finance *education of schoolgirls about menstrual health* and also *how to make their own reusable pads.* This was paused halfway through 2022 but was re-launched under new leadership from March 2023 and throughout the financial year 2023/2024 ultimately serving up to 400 girls in three schools in Uganda – but this time providing disposable

pads because reusables would be too much for the young girls to manage in the absence of adequate parental support.
WAIT Ghana launched their period poverty project fully in early February 2023 and throughout the financial year 2023/2024 ultimately serving up to 574 girls in a number of villages in Ghana with reusable pads they had made by seamstresses which should last for 2-4 years. Finally ***Walmer Angels South Africa*** launched their period poverty project in early 2023 and throughout the financial year 2023/2024 serving primary school girls in a school in Walmer, Port Elizabeth, in this case disposable pads because water is so scarce in that area.
The period poverty projects are in a class of their own but, in part, could be also be seen as a sub-classification of ***Education*** since the girls supported can gain back the ability, comfortably and safely to attend school also during the days they are menstruating, no longer losing about 20% of their schooling days that they would otherwise lose. There are also other education benefits which the headmistress of Destiny School in Uganda describes eloquently under "*GirlChild period poverty project*" below

Under the classification "***TVET – Technical and Vocational Education***", one project had to be dropped at the end of March 2024 and that was GESTP in Gambia, since communication became almost non-existent. IRFF UK was not actively funding the project but an IRFF UK trustee was from the USA, but still IRFF UK had some management obligations there, so it was decided to move on and find other projects. However the work under "TVET" continued in a small way on Ghana with training being offered to young women both in baking/bread and cake making and sewing/dressmaking.

The Gambia project was rapidly replaced by another classification of projects "***Soup kitchens***" after a plea for help was received from the Walmer Angels in Port Elizabeth since they were not able to raise the funds to run a soup kitchen feeding 500 old people and children their one meal a day in the Walmer township.

DEMOCRATIC REPUBLIC OF CONGO

Following on from the loss of the old building in volcano lava, at the end of April a charity TAD stated that they were prepared to pay for upkeep of the 60 orphans if they are all housed at one location, which meant that Ben's team had to build a house/shelter for them costing at least $7,500.
That project is for 5 years and after this time all 60 children will already be integrated into youth centres for learning trades. Other orphans can be added along the way as some get older. TAD offered to fund the new house with $1,000 leaving the rest to be found by IRFF UK, WCA in the UK and local volunteers.
To cut a long story short IRFF UK fundraised £1,561 in the year for that and sent £4,890 for building works but also food for the children and some medical costs. More arrived from WCA, TAD and local volunteers. After passing through various building phases they were just at the stage of putting in toilets by the end of March. Handover to TAD was being planned for May 2024.



View 1 of the new wooden house



View 2 of the new wooden house



View 3 of the new wooden house

GHANA

WAIT Ghana made great strides in the year developing the period poverty project by having reusable pads made and distributing them in various villages as well as arranging for girls to be taught pastry/cake decoration, bread making and dress-making as the TVET activity.
The WAIT Coordinator, Mrs Vivian Nkasia, made a number of trips to various villages, for example in May to the community of Wute, Logote, Lawui near the city of Akatsi in the Volta Region. There was another one in October in Akatsi donating reusable pads and providing education.
Many new people are reached in the villages but the travel costs can be high. The great advantage of issuing reusable pads is that they are to new girls every time which is why we estimate that that WAIT Ghana already reached 574 girls aby the end March.
Regarding the TVET projects Vivian wrote at the end of March:
1. For the sewing, two girls were registered in the same period (January 2024 and will graduate in June 2025). The madam wants them to graduate after three years but that is too long. We want to help more girls in a shorter period of 1 ½ years.
2. For the catering, we have one girl who started earlier in September and will graduate in April. The other girl started in January 2024 and she will graduate in July 2024. The training is only for six months; if they add baking that will take an additional 3 months.
3. We will register three new girls in August.



Two ladies sewing reusable pads at the WAIT Ghana location



Young women registering in May to receive trading and receive pads



A young lady receiving a reusable pad in fascination

GAMBIA

To investigate the state of the project, the country coordinator Margret and her sister visited Gambia from 18th June – 10th July. A lot of serious fundraising for project was done in the USA, not needing anything from the UK, a lot was also taken by another person as well to Gambia in June. The funding was needed to purchase two used manual sewing machines, to buy a pump for bore hole and to finance business training of Cohort 1 girls as well as the later graduating Cohort 2. Also to finance a GCCI trade fair presence at which girls could sell products they had hand-made to help finance a future business launch.

It was explained that amongst the current graduates there will be girls who can train the next cohorts of trainees. There are two provinces GESTP has identified which they could send graduates to next year – with each graduate doing maybe a 3 month stint each time.

A template for doing good bookkeeping in 2024 was created but unfortunately never used and communication over a period of 12-15 months became very sparse which is why IRFF UK pulled out of the project at 31st March 2024.



Cohort 2 business graduation of about 15 new graduates



Margret and a Gambian colleague at the Cohort 2 graduation

SOUTH AFRICA

SHINE Walmer

As the most unequal country in the world, South Africa faces significant challenges. Among 50 countries, South Africa ranks the worst in literacy. The 2016 Progress in International Reading Literacy (PIRLS) revealed that 8 out of 10 Grade 4 learners (9-10 years old) in South Africa cannot read for meaning.

Children cannot learn from one of the biggest sources of knowledge – books – if they cannot read. Literacy education opens up a world of learning to them and contributes strongly to them achieving much more in their lives – what every parent hopes for their children.

The number of pupils in the SHINE programme has increased to 87 (41 boys to 46 girls).

A wonderful initiative is run by the Grade 5 and 6 Learners who have been trained by Pat and Joy to run the library. They are so proud of their role and each student wears a name badge stating that they are Library Assistants.

We were told "*Your generous IRFF sponsorship has enabled our centre to run smoothly with sufficient stationery, quality teaching aids, coffee and tea refreshments for the double shift volunteers, a colourful library environment, tape strengthened and coded library books and learner library cards*."

A new safety fence to protect the SHINE facilities was funded and erected since it otherwise vulnerable to pilfering.

Initiatives like SHINE play a fundamental and meaningful role in our society.



Pat Hippert with a happy student


The new safety fence I


The new safety fence II

SOUTH AFRICA

Slovo Study Group

The Joe Slovo Study Group is a group of 8 teenagers who are schooling online through UCT Online.

They are following the South African Education Department's CAPS Curriculum with the aim of completing high school at a Grade 12 level, the maximum achievable grade in the South African school system. It is estimated that this should take no longer than another 2 years for everyone to achieve their Matric Certificate.

2024 started off with quite a bang with various additional expenses beside the typical stationery requirements. The local team assisted a few additional children who are either related to these students or known to them, with school uniforms, stationery and school fees.

They also had to replace a charger and repair a laptop.

They enlisted the early intervention of tutors to ensure that the students get good grades in the critical final year of school..

The project coordinator Chantal started having conversations with the students to establish career choices for next year. At the end of March 2024 they still had time to apply for bursaries and grants for next year and to make a decision on this.





SOUTH AFRICA

<u>Period poverty project</u>

At least 3 out of 10 girls miss school every month because of period problems in South Africa so the Walmer School decided to do something about that. They were obliged to offer disposable pads because of a lack of water but that could change.

In 2024 IRFF funded the project from January providing disposable pads at a cost of £0.90 per girl per month; this includes menstrual health education given to girls, and boys, by a trained nurse. This is changing their lives for the better, removing a major reason for them missing school.

For example, in April 2023, the handing out of sanitary towels to schoolgirls in Port Elizabeth went very well. Jessica Lillian Bredenkamp, a qualified nursing sister, explained all the changes that take place in a young girls body when her monthly periods start. She did it with humour and there were lots of giggles. Each girl received 3 packets.



Girls after receiving sanitary towels



Jessica Lillian Bredenkamp

SOUTH AFRICA



People receiving food from a soup kitchen



Children receiving food from a soup kitchen

<u>The soup kitchen project</u>

In early November 2023 the accountant for a number of projects, Cecilia, reached out to IRFF as follows:

"*We run a soup kitchen providing a cooked meal to approximately 500 people (mostly children and the elderly) which operates from Monday to Friday, We are currently facing a significant challenge in sustaining our vegetable supply, as the cost of purchasing vegetables amounts to R5000 per week. Unfortunately, we are unable to maintain this expense, and it is impacting our ability to continue serving those in need. Our dedicated team of volunteers works tirelessly to cook nutritious meals and ensure that as many people as possible receive a warm meal each day. However, due to financial constraints, we were forced to close down another soup kitchen that we previously operated. It breaks our hearts to see people in this community going hungry, especially when our soup kitchen is often their only source of food for the day. We humbly request your support in the form of vegetable donations or financial assistance to help cover the cost of purchasing vegetables. Any contribution, no matter how small, would make a significant difference in our ability to continue providing meals to those who rely on us*."

We could not see 500 children and old people go hungry have ben funding that soup kitchen since November.

In an SAHRC HUNGER REPORT the journalist Estelle Ellis on 9th Nov 2023 wrote

"Children are dying of hunger in the Eastern Cape – declare a disaster, urges Human Rights Commission"

UGANDA

Destiny School

This school was established by IRFF UK in 2008. During the annual period the average number of pupils taught increased to 206.

The first part of the year was concerned with regular teaching and security wall Phase 4. There was also the need for the gate for protection from direct rain fall water and construction of a protective arch.

There was a very unpleasant case of poisoning at a Ugandan school and the government began to impress upon schools the need for increased security. We subsequently got into discussion with the Destiny School about a camera security system there and more fire extinguishers, both of which we financed.

Twelve Primary Seven candidates completed their Primary Leaving Examinations on 9th November 2023. All 12 sat the examination. Upon coming back they were very happy about completing their examinations and had a dance to celebrate. Two got first grades and the remaining 10 got super second grades. Almost all the children continued on to Senior Secondary School; the two best performing children were given full bursary (sponsorship) by the Grace Christian Secondary School Kayabwe and three were given a half bursary mainly because of their outstanding academic performance and talent in music, dance and drama.

On 23rd December the head teacher sent a letter of gratitude highlighting their thanks for all IRFF UK had offered to develop the school and educate the Ugandan child. They were thankful for the underground well, the pump, the strong nice perimeter wall, the cameras, the beddings (mattresses, bedsheets and blankets) and the continuous children/teachers' sponsorship. Which has helped to feed the school, pay staff salaries, cater for utilities and medical bills.

The head teacher has received very good feedback that all the former children of Destiny junior who continued to Senior Secondary School performed very well at the Uganda Certificate of Education.



A section of the plastered and completed security wall



Jesca (on the far left) with the 12 graduating students

PERIOD POVERTY PROJECTS

Period poverty projects involving education of menstruating schoolgirls in menstrual health and also supplying them with pads were developed by local teams during the year in **Ghana**, **South Africa and Uganda;** funding was acquired for these from FFWPU UK.
WAIT Ghana developed a concept of getting reusable pads sewn by a sewing madam and visiting numerous villages in southern Ghana. In this way they reached about 600 schoolgirls.
In **South Africa** schoolgirls in Walmer were taught about health by a nurse and a social worker at their local school, which resulted in 170 girls receiving education and disposable pads (due to a lack of water for washing out reusable pads.

The GirlChild/WAIT team in **Uganda** immediately catered for 30 girls at Destiny School then about 200 more at the nearby Busabala School and even began to look after girls at a third school, Jjungo Church of Uganda Primary School, with approx. 150 more girls involved.

The effect of this work, particularly in Busabala School, went far beyond menstrual hygiene training and receipt of pads. As Jesca, the head teacher at Destiny School reported:
"Busabala Primary School.
The program has impacted the girl child so much and at every visit that we do and there is a reported increase in the number of girl child we assist.
The girl children are studying better, are not losing days off school, are particularly Feeling cared for and loved.
Jjungo Church Of Uganda Primary School
This is extremely in a village set up, the parents and guardians do not value education as much as elsewhere, and the pupils are also less caring towards education, enter into early child hood marriages and stay away from school during the rainy sessions, planting and harvesting seasons. Much work to do there.



Pupils at Destiny School in Uganda showing off pads with teacher Jesca



Jesca teaching children at Busabala School, Uganda



Children receiving pads at Jjungo Primary School



A girl in Uganda seeing a (reusable) sanitary pad for the first time



Reusable pad making in Ghana



Teaching girls about disposable sanitary pads and how to use them



Girls in South Africa being told about (disposable) sanitary pads



Girls in Ghana with their trainer after having received pads

2 Our Organization

2.1 Trustees and WB

The current trustees of IRFF UK (one since 2003) at the time of writing (in alphabetic order) are:
Charles Cachia – general support / donor
Edward Hartley – accountant/Treasurer, General Manager of IRFF UK and Chair of the Working Board. Also Country Coordinator for DR Congo, Ghana and Uganda
Tessa Thonett - director and manager of our invaluable charity shop, the Tricycle Shop in Alton. Country Coordinator for South Africa

These volunteers are very ably supported by five people, most of whom are modestly remunerated:
Grahame Bennett – advisor, newsletter writer
Nathaniel German – Search Engine Optimisation / website improvement
Natania Kobayashi – content writer for newsletters and leaflets, Tricycle Shop Gift Aid claim preparation, Slack coordinator, Instagram marketing with Faith
Terry Sweeney – analyst and business advisor; a valuable fundraiser
Toby Suda - our website manager

These eight persons make up our UK Working Board which manages all UK operations and also relates to the executive team acting in each recipient nation.

Financials

This report covers **the period April 2023 – March 2024**.
The total income was £54,491 and total spending £53,784, sub-divided into

Incomes of:

General donations - mainly from Tricycle Shop	19,739
Gift Aid reclaimed	7,762
Destiny School (infrastructure) project	663
Destiny child/teacher sponsorship project	12,663
DR Congo HFC	1,561
Gambia TVET	0
Ghana TVET	147
New period poverty projects	6,537
Senegal school project	2,500
SHINE literacy S.A.	1.966
Slovo Study Group S.A.	354
Walmer Angels soup kitchen	600
TOTAL	**54,491**

Expenditure of:

Office costs	1,625
Fundraising costs	4,336
Destiny School (infrastructure) project	6,073
Destiny School child/teacher sponsorship project	13,910
DR Congo support	4,890
Gambia TVET (transfer to Destiny sponsorship)	1,256
Ghana TVET	1,242
New period poverty projects (3)	5,755
Senegal project	2,496
SHINE Walmer School P.E.	3,741
Slovo Study Group	2,918
Walmer Angels soup kitchen	1,224
IT costs	4,320
TOTAL	**53,784**

The significant differences in the financials in the year 2023/2024 compared to the previous financial year were:

On the income side

1. **The overall income** in 2023/2024 was £5,620 less than in the previous year due to a reduction in the funding for Senegal dropping by £8,988 but this meant that the core funding for other IRFF projects rose by £3,368 at a time when charities were suffering a drop on average of 8% of income in that period.
2. **General donations**, mainly from the charity shop, dropped by £2,000 but Gift Aid, including some charity shop sales, increased by £3,330
3. **The GirlChild Project in Uganda** joined the group of new period poverty projects and **MMT** income and **Gambia** income disappeared altogether.

4. **Destiny School sponsorship** income dropped a little but the **Destiny School infrastructure** project income increased by almost £6,000
5. Other items for South Africa like **SHINE Walmer School P.E.**, **Slovo Study Group** and the **Walmer Angels soup kitchen** increased while some income arrived to offset the high **DR Congo** costs and the incomes for **period poverty projects** rose significantly (by £4,729).

<u>On the expenditure side</u>:

1. **The overall costs** in 2023/2024 were just £4,871 less than in the previous year due to a reduction in the costs for **Senegal** of £8,984 and there were no further costs for **Sri Lanka**, **MMT Uganda** and the **Girl Health and Support Uganda** project (the latter being absorbed into the new period poverty projects).
2. An increase in costs was seen for **fundraising**, **DR Congo** (as the last year of funding, helping to build a new building) and the **Slovo Study Group**.
3. A decrease in costs was experienced for **Office costs**, **Ghana TVET**, and **SHINE S.A.** (no infrastructure costs in the period).
4. The **Destiny School child/teacher sponsorship** costs were marginally higher while the last series of **Destiny School infrastructure projects** for now were £4,400 higher than in the previous year.

IRFF UK finished the year ending 31st March 2024 with £16,641 in reserves consisting of: £13,734 in **General Funds**, £1,828 in the **Destiny School fund**, £980 in the new **period poverty projects fund** and £99 in the **SHINE fund**.
The overall figure was just £726 more than last year's figure.

Plans for the period 1st April 2024 to 31st March 2025

This period will be characterised by:

- **Primary and Secondary Education** as preparation for adult life; *possibly adding more project*s
- **Vocational Training of Young Women** as preparation for employment in adult life; *possibly adding more project*
- **Health related** (and **education related**) **projects** like menstrual hygiene management and providing girls with menstrual products - having projects in 4 or even 5 countries by end of March 2025.
- **Raising the number of persons supported in Africa** from 3,000 to 4,000+
- **Paying for building wells/bore holes** providing people with clean water, including water for irrigation purposes, etc.
- For the project using up General Funds from the Tricycle Shop, **at least £13,000 more to be found** for the Ghana TVET project, the Slovo Study Group, SHINE Walmer S.A., the Walmer Angels soup kitchen, PP projects, Destiny School Uganda as well as £3,000 for new projects.
- **More fundraising capability**, whether through grants, online FR, corporate FR, snail-mail mail outs, individual giving, +++
- **More management capacity** with at least two more people ready to assist at any time.

We welcome all offers of support to serve current and future beneficiaries and thank you all in advance for any intentions in that direction.

The IRFF trustees and Working Board – November 2024

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	International Relief Friendship Foundation		
On accounts for the year ended	31 March 2024	**Charity no (if any)**	281776
Set out on pages	Page 1 and 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2024**

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:		**Date:**	15/01/2025
Name:	Sohaib Akram - Axis Accountants Ltd		
Relevant professional qualification(s) or body (if any):	ACCA		
Address:	8 Deer Park Road London SW19 3GY		

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation
Charity No: 281776

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/23	To	Period end date 31/03/24

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General fund	27,502			27,502	26,362
Destiny child/teacher sponsorship		12,700		12,700	14,254
Destiny School (infrastructure)		663		663	150
DR Congo project		1,561		1,561	-
Gambia GESTP project		-		-	772
Ghana TVET		147		147	2,780
Joe Slovo Study Group S.A.		354		354	-
Mobile First Aid Project		-			240
Period poverty: Ghana, S.A., Uganda		6,537		6,537	1,960
Senegal project		2,500		2,500	11,488
SHINE Walmer S.A. literacy classes		1,947		1,947	2,125
Walmer Angels soup kitchen		600		600	-
Fundraising costs		-		-	-
IT and FR assistant funding		-		-	-
Sub total *(Gross income for AR)*	27,502	27,008	-	54,510	60,131
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	27,502	27,008	-	54,510	*60,131*
A3 Payments					
General fund	1,625		-	1,625	4,588
Destiny child/teacher sponsorship		13,910		13,910	13,055
Destiny School (infrastructure)		6,073		6,073	2,600
DR Congo project		4,890		4,890	1,727
Gambia GESTP project		1,256		1,256	1,450
Ghana TVET		1,242		1,242	2,666
IFF Uganda fund		-			800
Joe Slovo Study Group S.A.		2,918	-	2,918	1,545
Mobile First Aid Project		-			800
Period poverty: Ghana, S.A., Uganda		5,755	-	5,755	2,602
Senegal project		2,496	-	2,496	11,480
SHINE Walmer S.A. literacy classes		3,741		3,741	9,455
Sri Lanka		-			855
Walmer Angels soup kitchen		1,224		1,224	-
Fundraising costs		4,320		4,320	712
IT and FR assistant funding		4,336		4,336	4,320
Sub total	1,625	52,159	-	53,784	58,655
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	1,625	52,159	-	53,784	*58,655*
Net of receipts/(payments)	25,877	- 25,151	-	726	*1,476*
A5 Transfers between funds	- 23,313	23,313	-	-	-
A6 Cash funds last year end	11,171	4,745	-	15,915	*14,439*
Cash funds this year end	13,735	2,907	-	16,641	*15,915*

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	*13,735*	*2,907*	-
	Cash	-		-
		-	-	-
	Total cash funds	**13,735**	**2,907**	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	EHartley	EDWARD HARTLEY	13/01/25

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

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Independent examiner's statement

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Signed:		**Date:**	15/01/2025
Name:	Sohaib Akram - Axis Accountants Ltd		
Relevant professional qualification(s) or body (if any):	ACCA		
Address:	8 Deer Park Road London SW19 3GY		

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation
Charity No: 281776

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/23	To	Period end date 31/03/24

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	-	-	-	-	-
Sub total	-	-	-	-	-
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		-	-	-
	Total cash funds	**13,735**	**2,907**	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	EHartley	EDWARD HARTLEY	13/01/25

INTERNATIONAL RELIEF FRIENDSHIP FOUNDATION

England & Wales - Charity number 281776

Accounts

IRFF UK April 2022 to March 2023

Overview

1 Our Mission & Values

Vision: Providing education for, relief to, and improving the health of disadvantaged people as well as enabling sustainable development to as many people and in as many countries as can properly be cared for.
Mission Statement: •Providing financial support for ongoing programmes run by teams in the countries IRFF works with • Providing financial start-up support for new initiatives which will aid the team/board in a given country to achieve medium to long-term self-sufficiency •Teaching management skills which a team/board can use locally to more efficiently communicate and manage their own affairs on the road to self-sufficiency

There are highly motivated people, primarily volunteers, in the countries we work with, prepared to deliver the services needed and strive to improve themselves to achieve higher levels of self-sufficiency.
Therefore, more can be achieved for the beneficiaries, even when funding from the UK may be limited. The programmes IRFF UK supports - such as Primary, Secondary, Vocational Education and health initiatives - are literally life savers and life changers for the beneficiaries.
All funds sent to Africa go directly to the people who will spend it charitably - and account for it. It is not channelled through any "extractive" system.

Highlights:

OUR WORK in Africa:	**Project Type / Name**	**Persons reached (average)**
IRFF UK partners with communities, schools, institutions and organizations in **three fields**.		
1. **Primary and Secondary Education** as preparation for adult life		771
2. **Vocational Training for young women and some young men** as preparation for employment in adult life, bringing advantages for their families and their communities.		61
3. **Offering assistance in health care related fields** like teaching orphan girls in Uganda about menstrual hygiene and providing them with the necessary materials + teaching them to sew their own - which prevents them having to lose days off school every month Removing fly larvae (jiggers) from peoples' feet to avoid catastrophic life-long lameness and associated problems; also, providing shoes to avoid reinfection. (*shut-down project in June 2022*)		140
DR CONGO		
1. Primary Education and Secondary Education for previous street children in Goma	**Primary/ Secondary Education** **DR CONGO (HFC) STREET CHILDREN**	60
2. Training older boys in carpentry and young women in operating a bakery	**Vocational Education** **Part of HFC work**	7 included in the 60
GAMBIA		
1. Vocational education of young women in the *informal sector,* Cohort 2 being assembled.	**Vocational Education GAMBIA VOCATIONAL TRAINING**	20 graduated in June + 25 training
GHANA		
1. Vocational education of young women in the *informal sector,* Cohort 2 being assembled	**Vocational Education GHANA VOCATIONAL TRAINING**	4 graduated + 4 training
2. A period poverty project – from December 2022	**Health care**	40
SENEGAL		
1. Channelling funds, received 1:1, to a school in Senegal	**Primary Education**	200
SOUTH AFRICA		
1. Walmer Primary School in Port Elizabeth particularly including literacy classes to aid "reading for meaning" and therefore improve a child's capacity for learning	**Primary Education CHILD LITERACY**	60
2. Slovo Study Group, offering online learning at secondary level + special tutoring	**Secondary Education**	8
3. A period poverty project – from March 2022	**Health care**	170
UGANDA		
1. Provision of a high quality Primary education at Destiny School south of Kampala	**Primary Education DESTINY SCHOOL**	206

2. Provision of proper toilet facilities in schools, especially for menstruating girls	Part of the Destiny School project	-
3. Saving people from getting crippled from jiggers and thus being able to work (*shut-down project in June 2022*)	**Health care** **MMT**	100
4. Sanitising huts in villages to help make living and sleeping healthier (*shut-down project in June 2022*)	Part of the MMT work	50
5. Occasional slum clearing in Kampala for the same reasons (*shut-down project in June 2022*)	A minor project in a Ugandan town	50
6. Teaching young girls about menstrual hygiene	**Health care** **GIRLS HEALTH & SUPPORT PROJECT**	200
7. Young people being taught the best way to avoid HIV/AIDS infection	**Health care** **WAIT UGANDA**	200
8. Young people being taught how to make liquid soap	At Destiny School	-
9. School children being taught gardening and planting of greens	At Destiny School	-
10. Kigulu Prime Academy + 3 other schools occasionally supported with equipment (a conservative estimate) (*shut-down project in June 2022*)	Minor projects in Uganda	50
11. Primary Education at Masaka Prison (185 persons) (*shut-down project in June 2022*)	**Primary Education** **MASAKA PRISON**	185
TOTAL PERSONS REGULARLY REACHED – all activities as an average over the year (1,174 at 31/03/23)		**Just over 1,000**

The value of education in African countries cannot be underestimated. Poor educational levels frustrate all efforts to raise the living standards of a population above subsistence level and very few can break out of a poverty cycle without higher skills. Education is a human right, a powerful driver of development, and one of the strongest instruments for reducing poverty and improving health, gender equality, peace, and stability.

For example: *The Democratic Republic of the Congo (DRC)* has made significant strides towards universal access to *primary education* over the past few decades. The net attendance rate has increased from 52% in 2001 to *78% in 2018*, but an estimated 86% of 10-year-olds in DRC are in learning poverty, meaning they cannot read and understand simple text. Just over 45% receive *secondary education.*
The children of the *Hope for Children's Centre, DRC* were not only taken off the streets but are also fortunate to be receiving good schooling.

Senegal's youth population is exceptionally large, with those 14 and under accounting for 41.5 percent of the total population. The high influx of youth coupled with widespread poverty has left more than *40 percent of the total population illiterate* in

recent years. Over *90% enrol in Primary Education* but the difficulty is in retaining students*: many are discouraged from continuing education* after the primary level because of untrained staff, challenging school environments and resource shortages. The children of the *Yonent Mame Ibrahima School*, Dakar are really fortunate to attend a very good school with high standards.

In *South Africa 95%+ of children enrol in Primary Education* but this drops to *between 42% and 89%* in *Secondary Education* between the ages of 13 and 18 – and *some areas* like the one served by IRFF UK *have very poor education standards at secondary level*. The children of the *Walmer Primary School*, Port Elizabeth are really fortunate to attend a very good school, offering a literacy programme which brings education alive. Research has shown that 81% of Grade 4 children in South Africa cannot read for meaning. The 72 children on the SHINE program at *Walmer Primary School* will be part of the 19% who can.
The young people in the *Slovo Study Group* are offered online learning at secondary level + special tutoring and are very fortunate to get such an education.

In *Uganda* although *90%* of children attend *Primary School*, that drops *below 25% in Secondary School* due to facility shortages. This disparity contributes to continued poverty, as those without a secondary education have lower chances of pursuing careers. Living in a rural area and in poverty reduce the chances even further of receiving an education.
Therefore, the 206 children at Destiny School, living in a rural area and poverty are very lucky to be able to receive a Primary Education.

Vocational training of young people is very important. *According to the African Center for Economic Transformation,* one-fifth of the global population under the age of 25 now resides in rapidly growing Sub-Saharan Africa (SSA). The region's working-age population is expected to reach 600 million in 2030, with a youth share of 37 percent. With the right education and training, coupled with well-defined national development strategies and employment policies, Africa's large and fast-growing youth population could be a great asset for development and provide a comparative advantage in world markets.
However, governments face significant challenges in realizing the demographic dividend, including high unemployment rates—across Africa, youth unemployment (10.9 percent) is essentially double that of adults (5.6 percent)—and slow growth in productive jobs. In most African countries, over 80% of workers are in the informal sector, either in traditional agriculture or in urban informal economic activities. The employment situation has also been unfavourable for women, almost 90% of whom are employed informally. Gender differences tend to be more pronounced in countries with high levels of youth unemployment.
The fate of young women without marketable skills is to be stuck at home doing household chores, working for very low wages in the informal sector, getting married off early and getting pregnant early with little opportunity to reach their full potential. How fortunate then are the young women in Gambia and Ghana who can receive TVET education and acquire a marketable skill empowering self-determination.

Regarding *period poverty* The World Bank estimates that *at least 500 million women and girls* globally lack access to the facilities they need to manage their periods. Just *in South Africa alone up to 7 million schoolgirls* do not have access to or cannot afford sanitary products, and many of them must stay home. They often use unhygienic methods to manage their periods which can cause health problems and infections. Often, girls and women must choose between buying food or sanitary products because of the costs. When faced with this difficult choice, many choose to purchase food as it is more of a priority. As a result, many must face the health and social consequences of not having sanitary products.
The Girls Health & Support Project (known locally as GirlChild) has long been supported by IRFF UK to finance *education of schoolgirls about menstrual health* and also *how to make their own reusable pads,* a system which will be duplicated in *Ghana* in 2023. Other countries which IRFF will be supporting in 2023, including *South Africa*, *Uganda* and possibly *Zambia* and *Gambia,* may take a different approach - buying disposable pads where water is scarce or buying reusable pads and/or menstrual cups where water supplies are adequate.

These are *health-related projects* planned for 2023 replacing one or two which were dropped in 2022 such as MMT and slum clearing in Uganda due to a change in personnel.

Hence, by adding a number of period poverty initiatives, IRFF UK may well be funding more projects in 2023/4, increasing the number of persons positively affected to at least 1,500 and possibly closer to 2,000.

The explanations offered above are the rationale for why IRFF UK develops contact with established teams in a number of African countries and supports them by providing the different valuable services that better the lives of their beneficiaries. We will now examine the projects, supported in 2022/2023, in more detail.

DEMOCRATIC REPUBLIC OF CONGO

This project, which is supported in cooperation with the World Cultural Association (WCA), involves helping to finance a team taking care of 60 previous street children in Goma. These children have been through many trials, are mostly cared for by foster parents and are now attending school. IRFF's contributions from January of 2022 were mostly health-related, since almost all of the children were sick (flu and cough, headaches, fever) and in need of medicine. £150 was sent in January and £270 in March. £237 was sent in June for other medical need, followed by £420 in August for school supplies and £770 in November for emergency food supplies (since Goma was under siege by M23 rebels).

Having received funds to pursue fundraising projects such as running a bakery and making various metal items, it is hoped that the team there will be relatively self-sufficient if not hampered by being under war conditions.

Second hand clothing for the children was also a very big topic early in 2023.

In March the HFC Director Ben wrote: M23 terrorists occupy a very large part of the region and this causes terror and desolation. the killings and savage massacres continue and the region remains the world. Despite all this the team of HFC volunteers continues to hope that all this will end sooner or later. Some time ago we had the hope of establishing bases for self-sufficiency but unfortunately following the war which has just lasted almost 1 year it has not been possible.

One hopes 2023/2024 will be better.



Pamela handing out school materials with husband Ben and a colleague behind her



Group picture of some the children



Group picture of some the foster parents



The bakery

GHANA

WAIT Ghana concentrated on building an official location (officially required when dealing with young people) in a village north of Accra, based on a shipping container, preparing for helping teenage girls to acquire a skillset which will enable them to earn a livelihood. Seven girls will be taught pastry/cake decoration, bread making and dress-making from early 2023. Cohort 1 of a similar project was completed last year when 4 girls graduated.

The WAIT Coordinator, Mrs Vivian Nkasia, is also gearing up to teach schoolgirls about menstrual health and is also making reusable pads herself (or can have them made). She has long had experience in teaching young people how to be avoid acquiring the HIV virus/AIDS and STDs by being sexually responsible, something important to themselves but also avoiding infecting others, often unknowingly.

IRFF UK funded 2022 activities to the tune of £3,650 from dedicated funds received. Early 2023 saw the launch of a full-blown period poverty project in two or three villages including provision of reusable pads and menstrual health education. IRFF has acquired funding for three or four of these projects in 2023.







GAMBIA

Cohort 1 of a similar project was completed in Gambia in 2022. 20 of the 25 young women who started the program graduated in June. They acquired skills in tie-dying as well as commercial and business skills; Cohort 2, consisting of 25 young women started their course in October.

The training starts with learning how to tie-dye different styles or patterns. They then receive instructions how to utilize natural materials for colours, starting with cola nuts.

The young women will then visit the Gambia National Museum in order to gain knowledge of the types and tie-dye methods the ancient Gambians made. There is also a trip planned to the forest to collect leaves and tree bark to use for natural colours.

During the course they will visit the Afrijula company, as did the first cohort. Afrijula is a local company which is helping small scale businesses to advertise their business online.

The first cohort will successively be offered loans to start their own business.

The second cohort of 25 young women started their course in November 2022 and following the pattern of the previous course. Graduation of those who pass theory exams is expected in July 2023 in the presence of many parents and dignitaries.







SOUTH AFRICA

SHINE Walmer

8 out of 10 Grade 4 learners in South Africa cannot read for meaning.
The Shine Chapter is in the middle of Walmer Township, a very, very poor area. They operate from two bright yellow containers on a primary school grounds. According to the curriculum, *learners must be taught in English from Grade 4*. *SHINE takes the Grade 3 learners and immerses them in books and reading, with comprehension, in English*. Many kids have not heard any English.

In 2022/23 60 such children were taught by SHINE, supported by IRFF. In her final report Pat Hippert, who runs the SHINE chapter, wrote:
"*Your very generous sponsorship has made 2022 into the most successful year yet in our 9 years at Walmer Primary School!. Restructuring the curriculum made an incredible difference in the scaffolded structure of our program which was very worthwhile for the limited understanding of our under-exposed young children. Your sponsorship made long overdue repairs possible at our container centre. Our Teaching Centre also serves as a charity venue for learners needing stationery, academic resources, uniform items, medical assistance, emotional support and friendship.*
Your investment in our program is part of a warm and positive move forward in the dignity and hope of our upcoming generation. Thank you Everyone at IRFF!"

What more could one possibly wish to hear!



Pat Hippert with a happy student


Karen with a focussed student


Volunteers playing games with children

SOUTH AFRICA





Slovo Study Group

The Slovo Study Group is a group of eight children (youths) that IRFF is supporting through the last 3-4 years of school and potentially into tertiary education. They had previously been funded and mentored through a programme called Artworks for Youth which has now closed. The children are registered at UCT Online, thanks to their previous online school. The challenges of changing schools and catching up has been stressful to say the least, amidst the additional stressors of living in a township in South Africa.

Their biggest requirement right now is connectivity. They have a huge need for data to cover power station load shedding. Estimated data usage for the current test series is about R4000 - R5000 per month.

Given that most of the children need assistance with Maths and Science in particular the Slovo Group decided to hold a Maths and Science Bootcamp in November 2022 to help the children tackle their exams with a bit more confidence.

They spent two days with educators and tutors from the local university focusing strictly on Maths and Science. They had two sessions with educators that gave them a good overview and addressed their issues in general them each teen was then paired with a student of the local university to provide one on one attention.

It ended up being a fairly costly exercise, but well worth it.

SOUTH AFRICA





Period poverty project

At least 3 out of 10 girls miss school every month because of period problems in South Africa so the Walmer School decided to do something about that. They were obliged to offer disposable pads because of a lack of water but that could change.

The school received a gift of 420 packets of pads as a once off donation from The Union of Jewish Women and many of these were distributed in November 2022.

IRFF began providing funding in February 2023 providing disposable pads at a cost of £0.90 per girl per month; this includes menstrual health education given to girls, and boys, by a trained nurse. This is changing their lives for the better, removing a major reason for them missing school.

A fence to protect the SHINE facility

This subjects was were first discussed in 2022; funding was then sent early March 2023.

UGANDA

Destiny School

This school was established by IRFF UK in 2008 and by January 2022 was finally out of the Covid 19 lockdown. The children were back at school and all activities were in operation. On 10th January 2022 there were 90 pupils; two weeks later this had increased to 194 pupils. Many children joined from very poor families and from child labouring which has been escalated by the pandemic. Many people lost their jobs so they sought help from the school after knowing that they could be helped at Destiny. Challenges included:

1. Increase in number of pupils which calls for addition in almost every item used.
2. Girl children have experienced physical growth which calls for provision of pads and an incinerator.
3. Provision of drinking water (containers or purifiers)
4. The cost of almost everything has increased a lot.
5. Increasing teachers' remuneration

By the middle of Term Two (end of June), teachers were doing tremendous work educating the children as they were preparing for mock examinations. The boys played football, the girls netball and all learned about poultry keeping.
Term 3 saw three examinations (BOT), a kid's fun day and an educational tour for the whole school.

During 2022 the school saw drop out of some school-going students from the Covid period; the boys into economic activities like bricklaying and fishing to make ends meet and the girls ending up in early girl child pregnancy and marriages, thus calling for more support from the Girl Child (GC) work (see below), in counselling sessions, empowerment and provision of menstrual health information and items to be used.
The main support given in 2022 was regular operational funding plus £800 for Phase 1 of plastering the security wall erected in 2021
A quote from Destiny School: "*We are very grateful for your care and support and we thank you so much for funds which will be used as set out to impact the education of the poor community children*".

2023 will see a number of additional expenses including phases 2-4 of plastering the security wall, bedding for children staying at the school and school furniture for small children.



Rainfall slowly eroding away the unplastered bricks



Infant pupils seated on the floor due to lack of furniture



A vegetable garden within the school compound



Pupils swimming during the kids fun day



Destiny School teachers at a meeting

MMT

This project involved a team working in a number of villages and households removing jiggers (crippling flea larvae) and treating wounds. They continued to sensitise the communities on treatment and prevention of jiggers.

No pictures are necessary (a bit graphic). The key person for the project was head-hunted by the Ugandan government for special projects (also a head teacher) so MMT was shut down – but the people still in need of help could be assisted by another charity operating in the same field.

WAIT / Girls Health & Support Project – a period poverty project

These were supported financially until October, until the personnel changes made it unclear how these projects would proceed. As before there was education on how to avoid contracting the HIV virus and AIDS as well as teaching girls about menstrual hygiene and also how to make their own reusable pads. The projects were reviewed in December are now reported on under Period Poverty projects.

PERIOD POVERTY PROJECTS

Projects like the Girl Health & Support Project (GC) in Uganda are planned by local teams to start in 2023, at least in **Ghana**, **South Africa**, **Uganda** and possibly **Gambia**; and funding was acquired for these from FFWPU UK. **WAIT Ghana** developed a concept for implementation from January as did the **South African** team, while Teacher Jesca Nakamayisa, headmistress of Destiny School **Uganda** had already formulated a plan for a period poverty project and purity education in Uganda, including:

I) Setting up the Girl Child clubs in schools
II) Teaching personal hygiene and reproductive health.
III) Empowerment, sensitising, counselling and monitoring progress.
IV) Girl Child seminars and workshops for student leaders and teachers in those schools.
V) Talks and seminars on reproductive health and HIV/AIDS prevention, sensitisation and care.
VI) Community Girl Child programs, especially for those that dropped out of school due to early child pregnancy to empower them and skill them at the centre.
VII) Radio and TV shows to showcase the Girl Child activities.

These will be followed by longer term goals.

The programme in Ghana distributes self-produced reusable pads while the South Africa and Uganda teams distribute disposable pads. As mentioned, the South Africans may move to reusable pads later if sufficient water comes available.

So, incredible projects were supported by IRFF UK in a number of African countries in 2022 and early 2023 and 2023/24 promises to be even more intense; IRFF UK is inviting volunteers to join us from anywhere in the world to help better the lives of all people it is supporting for them to lead life more abundantly.

2 Our Organization

2.1 Trustees and WB

The current trustees of IRFF UK (one since 2003) at the time of writing (in alphabetic order) are:
Charles Cachia - takes care of Destiny School donors
Edward Hartley – accountant/Treasurer, General Manager of IRFF UK and Chair of the Working Board. Also Country Coordinator for DR Congo, Ghana and Uganda
Margret Orr – located in the USA (appointed as a trustee on 02/09/20). IRFF UK's representative in the USA. Country Coordinator for Gambia,
Tessa Thonett - director and manager of our invaluable charity shop, the Tricycle Shop in Alton. Country Coordinator for South Africa

These volunteers are very ably supported by five people, most of whom are modestly remunerated:
Faith Guzman in the Philippines – Instagram, LinkedIn, Facebook marketing
Natania Kobayashi – content writer for newsletters and leaflets, Tricycle Shop Gift Aid claim preparation, Slack coordinator, Instagram marketing with Faith
Nataniel German – Search Engine Optimisation / website improvement
Terry Sweeney – analyst and business advisor; fundraisier
Toby Suda - our website manager

These nine persons make up our UK Working Board which manages all UK operations and also relates to Board set in recipient nations

Financials

This report covers **the period April 2022 – March 2023**.
The total income was £60,130 and total spending £58,655, sub-divided into

Incomes of:

General donations - mainly from Tricycle Shop	21,930
Gift Aid reclaimed	4,432
Destiny School (infrastructure) project	150
Destiny child/teacher sponsorship project	14,253
MMT project	240
Senegal project	11,488
Girl Health and Support Uganda project	150
Ghana TVET income	2,780
SHINE Walmer School P.E.	2,125
Gambia	772
New projects (Period Poverty)	1,810
TOTAL	**60,130**

Outgoings of:

Office costs	4,588
Fundraising costs	712
Destiny School (infrastructure) project	2,600
Destiny child/teacher sponsorship project	13,055
WAIT Uganda project fund project	450
Ugandan - Director support	800
MMT Project	800
Senegal project	11,480
Girl Health and Support Uganda project	540
DR Congo support	1,727
Ghana TVET	2,666
Slovo Study Group	1,545
SHINE Walmer School P.E.	9,455
Gambia	1,450
Sri Lanka blind and deaf school	855
IT and FR assistant costs	4,320
New projects (PP) - South Africa, Ghana	1,612
TOTAL	**58,655**

There were areas which were well covered financially and others where further funding was needed. The blue costs were either fully or partially funded by income from the Tricycle Shop (essential!) and 2023/4 will be similar but without "*Ugandan - Director support*", "*MMT project*" and "*Sri Lanka blind and deaf school*".

Many of the projects planned in 2023 are already expected to be funded but there will be a need for further funding of
"*Destiny child/teacher sponsorship project*",
"DR *Congo support*",
"*Ghana TVET*",
"*Slovo Study Group*" and
"*SHINE Walmer School P.E.*"
for which IRFF UK will looking for approximately £9,000 over year.

We welcome all offers of support to serve these beneficiaries and thank you all in advance for any intentions in that direction.

The IRFF trustees and Working Board – October 2023

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees

Charity Name
INTERNATIONAL RELIEF FRIENDSHIP FOUNDATION

On accounts for the year ended	31 March 2023	**Charity no (if any)**	281776

Set out on pages Page 1 and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

Responsibilities and basis of report

As the charity's trustees, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 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 (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed:  **Date:** 31/10/2023

Name: Axis Accountants Ltd (Sohaib Akram)

Relevant professional qualification(s) or body (if any): ACCA

Address: 8 Deer Park Road, London, SW19 3GY

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/22	To	Period end date 31/03/23

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General fund	26,362			26,362	22,673
Uganda fund - incl. IFF Uganda Chair support		-		-	200
Destiny School (infrastructure)		150		150	979
Destiny child/teacher sponsorship		14,254		14,254	12,223
Mobile First Aid Project		240		240	400
Girl Health & Support Project		150		150	140
Senegal project		11,488		11,488	11,500
DR Congo project		-		-	3,705
Gambia		772		772	5,481
Ghana		2,780		2,780	950
Sierra Leone		-		-	2,000
Sri Lanka		-		-	1,235
Fundraising costs		-		-	
Period poverty projects: Ghana, S.A., Uganda		1,810		1,810	-
SHINE Walmer S.A. literacy classes		2,125		2,125	
Joe Slovo Study Group S.A.		-		-	1,200
Sub total *(Gross income for AR)*	26,362	33,769	-	60,131	62,686
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	26,362	33,769	-	60,131	*62,686*
A3 Payments					
General fund	4,588		-	4,588	8,735
Uganda fund - incl. IFF Uganda Chair support		800		800	200
Destiny School (infrastructure)		2,600		2,600	2,820
Destiny child/teacher sponsorship		13,055		13,055	10,500
Ugandan scholarships/personnel support/Kigulu		-		-	1,000
WAIT Uganda project		450		450	670
Mobile First Aid Project		800	-	800	2,033
Girl Health & Support Project		540	-	540	980
Senegal project		11,480	-	11,480	12,492
Congo project		1,727		1,727	4,647
Gambia		1,450		1,450	3,547
Ghana		2,666		2,666	1,300
Sierra Leone		-		-	1,996
Sri Lanka		855		855	1,355
Period poverty projects: Ghana, S.A., Uganda		1,612		1,612	
IT/FR assistant		4,320		4,320	4,320
Zambia bore holes project		-		-	2,000
SHINE Walmer S.A. literacy classes		9,455		9,455	1,742
Joe Slovo Study Group S.A.		1,545		1,545	2,541
Fundraising costs		712	-	712	51
Sub total	4,588	54,067	-	58,655	62,929
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	4,588	54,067	-	58,655	*62,929*
Net of receipts/(payments)	21,774	- 20,298	-	1,476	- *243*
A5 Transfers between funds	- 20,809	20,809	-	-	-
A6 Cash funds last year end	10,206	4,233	-	14,439	*18,462*
Cash funds this year end	11,171	4,744	-	15,915	*18,219*

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	*11,171*	*4,744*	-
	Cash	-		-
		-	-	-
	Total cash funds	11,171	4,744	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		EDWARD HARTLEY	21/06/23

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

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Name: Axis Accountants Ltd (Sohaib Akram)

Relevant professional qualification(s) or body (if any): ACCA

Address: 8 Deer Park Road, London, SW19 3GY

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation

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Period poverty projects: Ghana, S.A., Uganda		1,810		1,810	-
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		-	-	-
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	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		EDWARD HARTLEY	21/06/23

INTERNATIONAL RELIEF FRIENDSHIP FOUNDATION

England & Wales - Charity number 281776

Accounts

IRFF Annual Report 2021/2022

1 Message from the Working Board Chair

IRFF UK has been operating in the UK since 1980 but only at a very low level until ten years ago when a new team began implementing new ideas and strategies and also backed those up with improved fundraising.

This transformation has taken place since 2012 due to:

1. A clearer and more ambitious vision
2. Optimising our UK Working Board of 7 with all of the trustees taking on practical roles, and very low operating costs. They are so low that, including Gift Aid and General Funds, 100% of all dedicated donations are sent to support the overseas charitable project intended.
3. Focussing on strengthening and developing the work of our independent partner in Uganda, IFF Uganda (International Friendship Foundation)
4. A clear focus on building up the infrastructure in Uganda - school buildings, water tanks, bore holes, latrines, a vehicle for general use, buying land to develop on, a children's play area and a library at our flagship school Destiny School near Kampala, a fully functioning farm in Masaka and more recently land at Destiny School to house teachers on and have a small infirmary, including support for four other partner schools and more recently a small vehicle for transporting animals, people and goods in Masaka
5. From 2017/2018, the focus changed to investment in people with a view to helping them become self-sufficient both financially, and with an appropriate higher-level education, so that IRFF UK can limit its future engagement in Uganda and focus on working in other African countries
6. None of this would have been possible without the huge efforts of the Tricycle Shop in Alton, IRFF's only charity shop, which has been an invaluable source of unrestricted funds since September 2012 - as well as Gift Aid on its sales, and our beloved donors who have supported specific projects.
7. As IRFF UK enters its 43rd year since its founding, but just its 14th year in its new form, it is brimming with a vision of how it can apply lessons learned over the last decade to supporting very capable people who just need help to get started in new countries like DR Congo, Ghana, Gambia, South Africa, Sri Lanka, and others in the future.
8. We welcome all potential donors to choose IRFF UK as a powerful channel for making a difference through their philanthropy. Having seen a consolidation of its position IRFF UK is realistically planning to increase its income (mostly for new projects) in 2022/2023 to £65,000 and upwards from there as project opportunities in Africa arise.
   We will eventually have to strengthen our team in the UK as and how new opportunities arise.

2 Our Mission & Values

Vision: Providing education for, relief to, and improving the health of disadvantaged people as well as enabling sustainable development to as many people and in as many countries as can be properly cared for.
Mission Statement: •Providing financial support for ongoing programmes run by teams in the countries IRFF works with •Also providing financial support for starting up new initiatives which will aid the team/board working in a given country to achieve self-sufficiency in the medium to long-term •Teaching management skills which a team/board can use locally to more efficiently communicate and also manage their own affairs on the road to self-sufficiency

We have highly motivated people on the ground, primarily volunteers, in the countries we work in who are prepared to deliver the services needed but are also prepared to improve themselves in achieving higher levels of self-sufficiency. In this way more can be achieved for the beneficiaries, even when funding from the UK may be limited. Also the programmes such as Primary Education, Secondary Education, Tertiary Education and health initiatives are literally life savers and life changers for the beneficiaries.
All funds to Africa go directly to the people who will spend it charitably - and account for it. It is not channelled through any "extractive" systems.

Our programme areas, providing financial support for:

1) <u>Education</u>

The following is carried out:

- Our flagship project Destiny Junior School in Uganda, opened in 2009, which now teaches Levels 1-7 of the Primary School curriculum in Uganda with 200 children, 7 teachers and one cook. We saw recent completion of a security wall around the school (required by the authorities) and a new bore hole for water.
- Four partner Primary schools in Uganda:
  - Kigulu Prime Academy
  - Bright Future School
  - Butale Mixed Primary School
  - Victory Nursery School
- Primary school level education of male prisoners in Masaka Prison, Uganda.
- Soap-making education for female prisoners in Masaka Prison, Uganda.
- Sanitary pads making, crafts and handiwork for members of the Girl Health & Support Project and the Mother's Love groups in Uganda.
- WAIT training (break-dancing, performing arts, speaking on the dangers of catching AIDS, abstinence before finding a safe spouse/lifetime partner, self-confidence, finding oneself as a single person, deep self-respect) in Uganda.
- The L'école Yonent Mame Ibrahima Primary School in Dakar, Senegal
- Vocational training of young women in Ghana for them to find employment in pastries and cake decoration; bread making, dress making, and hairstyling and vocational training of young women in Gambia in tie-dye and batik skills.
- Supporting education of 12 to 19 year olds in Port Elizabeth, South Africa via ArtWorks for Youth, which includes learning about expression through art projects, film-making but also catching up on their regular schooling on-line since some schools locally are very poor.

2) <u>Health care</u>

- Mobile Medical Team, in Uganda: treatment to remove jiggers (larvae in the feet) + spraying homes with chemicals that kill bed bugs.
- The sanitary pads making by girls reached by the Girl Health & Support Project.

3) <u>Communal support</u>

- Kabuuma Joint Family Association, Uganda - funding a building, providing medicines, financing a Kabuuma farm project and very recently providing a sewing machine.
- DR Congo – after the local volcano exploded and destroyed most of the foundation built up in Goma, providing funds to purchase machinery and materials in order to produce pastry products that would be sold for a profit.

3 Our Organization

3.1 Trustees and WB

The current trustees of IRFF UK at the time of writing (in alphabetic order) are:

- Charles Cachia - takes care of Destiny School donors
- Edward Hartley – accountant/Treasurer, General Manager of IRFF UK and Chair of the Working Board
- Margret Orr – located in the USA. IRFF UK's representative in the USA, Country Coordinator for Gambia, including the GESTP vocational education programme.
- Tessa Thonett - director and manager of our invaluable charity shop, the Tricycle Shop in Alton. Country Coordinator for South Africa

These volunteers are very ably supported by five people, two of whom are modestly remunerated:

- Ashley Crosthwaite - occasional support of operations in Uganda; original founder of the Destiny School with the local team and occasional fundraiser
- Karin Yamanaka - fundraising specialist
- Maisha Zaman – period poverty project specialist
- Mia Gardiner – special assistant to the Chair
- Toby Suda - our IT and fundraising specialist
- Terry Sweeney – analyst and business advisor

These ten persons make up our UK Working Board which manages all UK operations and also relates to teams active in the recipient nations.

IRFF UK 2021 ANNUAL ACTIVITIES REPORT

In 2021, IRFF UK continued its support for projects in Uganda, Ghana, Congo and South Africa, and despite the spreading of the Coronavirus world-wide, the charity has added two more countries to its benevolent support: Sri Lanka and the Gambia.

Uganda

Restrictions due to the pandemic hindered the projects in Uganda, but support was given to keep Destiny School, the Mobile Medical Team, the Girl Health and Support Project and WAIT Uganda running, whilst a new development took place at Kawule Farm.

DESTINY JUNIOR SCHOOL – KIBIRI

Not until the end of February 2021, were schools allowed to partly re-open in Uganda. Before then, most of the funds sent over were used to feed the children and staff who came to the school for support.

Following the Ugandan Government's plan of reopening schools in a phased manner, Primary five and six pupils were allowed back at the school. It was found that the children had deteriorated academically given the fact that they have been at home for a long period because of the pandemic, so a lot of effort was required by the teachers to get these children to the required standard. More reading materials were needed to support this. In addition, some of children's clothes and shoes were torn and in a bad state.

As the end of March approached, the teachers had the task of preparing the pupils at Destiny Junior school to sit their Primary Leaving Examinations successfully which would take place on the 30th and 31st March 2021.







Thanks to funding from IRFF UK, the bore hole (below) was finally being repaired, thus enabling the school to have a constant supply of water once again.





Headteacher Jesca and the others teachers at Destiny Junior school also introduced skills training as part of the learning to help keep the children occupied during the lockdown and holidays.

These included liquid soap making, growing tomatoes and other vegetables, and arts and crafts etc.




One of the teachers (left) and a pupil (right) making liquid soap at the school

By July and August, after some of the restrictions were lifted, further activities were carried out, both at Destiny Junior school and the other projects in Uganda.

Headteacher Jesca and the entire staff at the school have continued to involve the children in liquid soap making, tailoring, gardening and the growing of mushrooms.





Some of the children sewing using the sewing machine that was provided by IRFF UK. The children learnt how to cut materials for dress-making

The children were encouraged to wash their hands regularly as part of the conditions enforced by the Government.





The activities of liquid soap making, tailoring and gardening continued at the school.

During the months of September and October, learning for the children continued, although not all of it was taking place at the school.

The teachers visit the community following up their pupils by giving them assignments, exercises/activities in work books, and setting tests for them. Some pupils came to the school to pick their work, or drop off their books for marking.





Learning to make masks

The school has been offering lunch to those children who dropped by, and after lunch, they occupied themselves in different activities like music, dance and drama. Other children in the community were included in these activities.





During the final two months of 2021, things started to slowly resemble normality. A new classroom was constructed at Destiny Junior school, after a difficult year experienced by both the children and teaching staff! Funding for the classroom came from the local Government, as well as from IRFF UK.





The new classroom from beginning to completion

For the large part of the year, teachers have attended to the pupils by giving them assignments and activities in work books. A variety of tests have been administered. They have been marked and graded as the pupils' performance.

Excitedly, on the 15th December 2021, the non-classroom teaching came to an end! The pupils celebrated with a special meal prepared by the school; then, the teachers gave out the results. The school year came to an end, with the children staying at their homes, except those who lived with Headteacher Jesca!




The Government of Uganda has fully opened all institutions and term one in 2022 will begin on the 10th January, with all pupils now allowed to turn up for classes.

MOBILE MEDICAL TEAM

At the beginning of the year, the Mobile Medical Team (MMT) was in the process of acquiring letters from the different local authorities to enable them to visit the communities given that a lot of the Covid restrictions for movement within Uganda had been lifted.

The team made assessments and evaluations by visiting 15 households which received their services of jigger uprooting and treatment. Out of the 15 households that were visited, people in five of them were completely healed. Two homes were in a promising state, only lacking a supporting hand. People in the other homes were in bad situation since it was a while that the MMT visited them. They required immediate attention. The team also discovered that the community had known about the impact of their services and yearned to receive them.

Kigulu Prime Academy (a partner school with a MMT) had placed a request to the authorities to visit some households that were in a pathetic condition. They were only waiting for permission from the authorities to be granted before they could go to them and offer services on behalf of I.F.F. Uganda.

It should be explained that the MMT in Uganda has been set a major setback since the 4x4 vehicle purchased by IRFF UK several years ago has been absconded and now limits the work that can be carried out in rough, rural areas!! So, unfortunately, no MMT work had taken place during March-April 2021.

However, in May, there was better news! The MMT managed to carryout activities for 2 days. They disinfected households, and gave out food items and medical supplies to needy families. The team taught the communities how to remove jiggers by themselves because due to the Covid 19 pandemic, they were instructed to observe Special Operating Procedures (S.O.P.s) whilst in the field.



Preparing the disinfectants



Spraying the houses and beddings

Feet needing jigger removal





Distributing food items and soap to needy people

Paul Isabirye and the MMT carried out further activities in rural areas of Uganda: removing jiggers from the affected people and offering them treatment; giving out food items and soap to the needy; and improving health and hygiene by sanitising homes in various communities.





The MMT was able to offer valuable help to the elderly in the community

In September and October, the MMT happily reported that the areas they had visited earlier and given treatment to, were very appreciative because many people were healed from jiggers and were observing proper hygiene.
Three members of the I.F.F Uganda Working Board (Paul, Jesca and Tadeo) were able to join the MMT on one occasion!
They then visited a new area outside the zone where they had been working in.
The MMT continued to also spray houses and beddings with pesticides and offer food and soap where it was needed.











The MMT have said that generally, there has been an improvement in all the people they have given treatment to. However, they discovered that a good number get re- infected because they are living in the same conditions, like dusty floors and walking bare footed. Such families could not afford to buy pesticides to spray in their houses.







WAIT UGANDA AND GIRL HEALTH & SUPPORT PROJECT
Unfortunately, due to the Covid-19 situation in Uganda, it was hard to re-start these projects as face-to-face meetings were not permitted. As soon as the schools were partly re-opened, plans were made to resume most of the activities of WAIT Uganda and the Girl Health and Support Project.

Their programme began with teaching about sanitization, and giving guidance and counselling. This was intended to awaken the young people from immorality and bad habits developed from staying home for a long period of time. The team hoped to engage both the students planning to go back to school and those who dropped out.

In addition to giving counselling and guidance, the team also taught the youth how to make liquid soap as a sustainable project for them. Tadeo Buyinza led the sessions.





Later in the year, further sessions of counselling and offering guidance took place, as well as introducing liquid soap making to more youth in the community.







As another service to the community, Tadeo and the youth donated hand washing sets and liquid soap to the nearby prison, which were gratefully received!





In September 2021, some volunteers (Francis, Tadeo and Ruth) participated in a two-day workshop with facilitators from Kampala, teaching skills on how to make animal and chicken feeds which are cost friendly compared to concentrates. The team was grateful to acquire such skills.



The youth watching how animal feeds are made



Dance performance after the learning session

On Christmas eve 2021, the team of volunteers donated 30 pairs of crock shoes to the orphans in Kago parish. They also gave out 2 hand washing sets and 3 bags of cement during the blessing the newly-constructed children's building. The team thanked priest Mayanja for his cooperation with the activities of the Girl Health and Support project.



Giving out scholastic Materials at the event



Children using the hand washing sets that were donated by IFF Uganda

KAWULE FARM become FORTUNE FARMS LTD
The ownership and management of the farm has been taken over by a UK couple who are investing consistently to make it a valuable asset for our Ugandan partner IFF Uganda to be able to fund some of its projects in the future.

Ghana

In January 2021 due to the Covid 19 pandemic, WAIT Ghana decided to change its usual school activities to visiting communities where more youth, especially the girls, needed financial support in order to acquire a skill which would enable them to earn a livelihood.

In light of this development, WAIT Ghana decided to support a total of four girls in Vocational Training: pastries and cake decoration, bread making, dress making, and hairstyling. With the help of an Assemblyman, two of the girls were selected from Korleman (Monica and Priscilla) and the other two from Manchie community (Angelina and Zeliatu) in the Ga West Municipality, Greater Accra Region.

Initially the plan was to be carried out at Dedeiman, a community under the same Municipality but because other NGOs were operating there, we decided to choose Korleman and Manchie since these communities have almost no support from the outside.





A word from the team in Ghana:
“Thank you for your initial support IRFF UK. However, we wish to support more youth, and would like to have a vocational centre where the trainees of today become the trainers tomorrow!
“For this reason, WAIT Ghana would like to propose that in order for this support to be a sustainable one, there is a need to purchase a 20ft. container of a reasonable size with all the necessary equipment and materials which can be used as an office space for vocational training, especially in the sector of pastries, cake decor and bread making. In this way, the trainees today can also train other batch of girls in future which will greatly cut down cost. This will also serve to raise funds for the organization here in Ghana as pastries can be sold and the income used to cater for needs”.

Gambia

On the 21st November 2021, the Girls Empowerment and Skills Training Project was officially launched at Sukuta Nema, where parents of the girls and members of the community were invited to grace. The speakers at the opening ceremony were as follows; prayer lead by a religious leader, overview of the project by Cherno B. Cham (project coordinator), project activities and expectations by Musa Jaiteh (trainer), a remark by the VDC Chairman, a remark by the Sukuta Youth chairman and the assistant chairlady, and remarks by community elders and some parents.

Four days later, the training begun with all the girls present except two who were not able to attend. After two weeks of training, the girls were given their first test of the practical work which was to tie a material to make a rapper. After three days of tying trials the girls had their first experience of dying with natural dye and few chemicals. In order to motivate them, the girls were asked to take the rappers and use as samples. The performance of the girls became so impressive as the days went by. They later bought t-shirts to dye and sell at the Sukuta Week celebration.

As of now, the project is going on as expected and they are very much optimistic of a great success at the end of the four months. As the training continues, they will be selling the materials and will keep the money in an account. The girls will be signatories to it in order to enable them to receive loans without interest so that they could start their own business after the training.












Happy faces with the finished product after the process of tying and dying the materials

Democratic Republic of Congo

By March 2021 IRFF UK was happy to know that this project had become self-sufficient with their help, but then the local volcano exploded and destroyed most of the foundation built up in Goma. 2021 has seen further support given to the Hope for Children (HFC) project by IRFF UK to get them back to self-sufficiency.

During 2021, IRFF UK supported HFC by providing funds to purchase machinery and materials in order to produce pastry products that would be sold for a profit. Money was also raised to help support the 60 children now placed in foster homes.













From the oven to selling the pastry products in a shop

South Africa

ArtWorks for Youth in Port Elizabeth, began winding down from July but was still being supported for a while. However, a new project to support, the SHINE literacy programme at Walmer School also in Port Elizabeth, emerged in September - a powerful way to inculcate a passion for learning in young pupils.





The Shine learning programme in action, ending with end of year awards with the Principal (below)

The Shine chapter operates in two bright yellow containers on primary school grounds in the middle of Walmer Township, a very, very poor area of South Africa. The children who attend do not pay any fees!



Because the curriculum stipulates that learners must be taught in English from Grade 4, Shine takes Grade 3 learners and immerses them in books and reading, with comprehension in English. Many kids have not heard any English at all.

"We have noticed a huge difference in the level of proficiency this year compared to 2019. These kids have not heard any English for one year as school closed because of Covid 19. Literacy levels at home will be very low with no books in the house at all.
"Before Covid 19, we had started a library at breaktime, and it was enormously popular. We would slip a Word Finder sheet inside the book and you would think the learner had won the lottery. We want to return to that level of interaction as soon as we can. We had 40 volunteers working over 6 sessions." Karen Jack, volunteer

At Shine, they do not have massive wish lists, but really need to fix windows, and to buy ink for printing and to have the means to run campaigns and projects, sometimes by request of the teachers. They also want to erect a new fence.

Sri Lanka

In 2021, IRFF UK started supporting Yasodara Specialised School in Sri Lanka, a school which educates and provides a skill set for disabled, deaf and blind children. It has many projects on hold and IRFF UK is their first new funder for some time.

The initial funds from IRFF UK were allocated to the purchase of tables and renovation of the dining hall. Further support may well be offered in the near future!





"Thank you and your organization, which, without your generous support we would not have been able to complete this much overdue work. Your kind and caring support has meant so much to our school in the time of need. Many Thanks!"
Mrs N.V. Kamala Siriyalatha, Principal of the Yasodara Specialised School



Conclusion

Incredible projects were supported by IRFF UK in Uganda, Ghana, DR Congo, South Africa, Gambia and Sri Lanka in 2021. 2022 promises to be even more inspiring and IRFF UK is inviting volunteers to join us from anywhere in the world.

Please feel free to visit our website (www.irff-uk.org) to read about all the projects carried out by IRFF UK and to sign up to our newsletter, and also check out our Facebook page (www.Facebook.com/irff-uk) to see if you would like to get involved or support any of our projects.
Thank You for all your support in 2021!

4 Our Future

4.1 Promoting self-sufficiency of our local partners.
4.1.1 Facilitating the training of local partner personnel in Africa.
4.2 Increasing our funding and manpower to increase the number of countries we can serve; there were already new projects on the horizon at 01/04/22.
4.3 Trimming our range of projects as circumstances change in a country, a change of leadership and manpower locally (for example dropping MMT and WAIT in Uganda), but adding a whole new range of period poverty relief projects in countries like Ghana, South Africa and others, depending on funding level.
4.4 Improved PR through use of image films and involvement of trustees/directors in reaching out to ever-increasing numbers of people.
4.5 Updating our Cases for Support annually.
4.6 Increasing our management capacity to work with more nations to increase our positive impact. We need country coordinators, a management assistant and a fundraising manager. We had already increased our volunteer base by two important persons at the time of writing (November 2022).
4.7 Reaching out to more institutional funders such as more Rotary Clubs and others as well as foundations and corporate donors based on defined growth needs in African nations.

5 Our accounts

The IRFF UK financial year is 1st April to 31st March.
The key features of the financial year April 2021/March 2022 were:

- Income rose by about £3,600 compared to the previous year while outgoings were about the same.
- The pattern of incomes and outgoings was somewhat different to the previous year in that more General Fund income was received, more Destiny School sponsorship income, more income for Ghana, and also new incomes for DR Congo, Gambia, Sierra Leone and Sri Lanka, but a reduction occurred for Destiny School Infrastructure after the high in the previous year (winding it down), for WAIT Uganda income, Senegal income, ArtsWorks for Youth income (winding it down), and a complete falling away of any involvement in the Palestine book project.
- IRFF did finish the year with very slightly more Unrestricted Funds, well above the minimum reserve needed of about £6,000.
- The nature of the fundraising also changed with much more coming in from corporate fundraising and Gift Aid claims were somewhat more than in 2020/2021.
- So IRFF was able to enter the new year 2021/2022 with a healthy Unrestricted Funds level of £10,206 (cf. £9,725 in 2020/2021) and is already well on its way to maintaining an income in the new financial year of about £60,000.

Please see the attached accounts below for details of incomes and outgoings for the period 1st April 2021 to 31st March 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document
The trust is governed by its trust deed officially signed on 25/12/1980.

Risk management
The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The principal risks relate to the need always to maintain effective financial management of the charity's assets and resources for its charitable purposes. To this end, the charity ensures at least one, appropriately qualified trustee, who fulfils on a voluntary basis the role of Treasurer.

Public benefit
It is the intention of the charity that any project it supports should provide a clear benefit to defined beneficiaries.

- Improving the quality of life via more accessible vocational skills for young women in Ghana and Gambia.
- Supporting the education of children/young adults in a number of communities in Senegal, South Africa and Uganda, formally in schools but also through organisations like ArtWorks for Youth (later Slovo Study Group) and Masaka Prison.
- Provision of health support services to people in outlying villages in Uganda, in particular to remove jiggers in the young and the old and disinfecting living quarters.
- All activities are fully documented, in written form, with pictures and even video, as well as some testimonies from happy beneficiaries

Prepared by Edward Hartley, Chair of the Trustees, on behalf of the Board of Trustees and the Working Board of IRFF UK
November 2022

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/21	To	Period end date 31/03/22

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General fund	22,673			22,673	15,692
Uganda fund - incl. IFF Uganda Chair support		200		200	499
Destiny School (infrastructure)		979		979	8,819
Destiny child/teacher sponsorship		12,223		12,223	10,185
Ugandan scholarships				-	-
WAIT Uganda project				-	-
Mobile First Aid Project		400		400	1,430
Girl Health & Support Project		140		140	-
Senegal project		11,500		11,500	17,000
Congo project		3,705		3,705	-
Gambia		5,481		5,481	
Ghana		950		950	145
Sierra Leone		2,000		2,000	
Sri Lanka		1,235		1,235	
Book translation project Palestine					1,920
IT/FR assistant				-	-
Zambia bore holes project				-	-
SHINE Walmer S.A. literacy classes					
ArtWorks for Youth South Africa		1,200		1,200	3,335
Sub total *(Gross income for AR)*	22,673	40,013	-	62,686	59,025
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,673	40,013	-	62,686	*59,025*
A3 Payments					
General fund	8,735		-	8,735	5,157
Uganda fund - incl. IFF Uganda Chair support		200		200	1,559
Destiny School (infrastructure)		2,820		2,820	7,769
Destiny child/teacher sponsorship		10,500		10,500	10,800
Ugandan scholarships/personnel support/Kigulu		1,000		1,000	280
WAIT Uganda project		670		670	480
Mobile First Aid Project		2,033	-	2,033	1,580
Girl Health & Support Project		980	-	980	640
Senegal project		12,492	-	12,492	15,988
Congo project		4,647		4,647	3,120
Gambia		3,547		3,547	
Ghana		1,300		1,300	642
Sierra Leone		1,996		1,996	
Sri Lanka		1,355		1,355	
Book translation project Palestine					3,200
IT/FR assistant		4,320		4,320	4,320
Zambia bore holes project		2,000		2,000	1,000
SHINE Walmer S.A. literacy classes		1,742		1,742	
Arts for Youth South Africa		2,541		2,541	5,699
Fundraising costs		51	-	51	571
Sub total	8,735	54,194	-	62,929	62,805

A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	**22,673**	**40,013**	**-**	**62,686**	***59,025***
A3 Payments					
General fund	**8,735**		**-**	**8,735**	**5,157**
Uganda fund - incl. IFF Uganda Chair support		**200**		**200**	**1,559**
Destiny School (infrastructure)		**2,820**		**2,820**	**7,769**
Destiny child/teacher sponsorship		**10,500**		**10,500**	**10,800**
Ugandan scholarships/personnel support/Kigulu		**1,000**		**1,000**	**280**
WAIT Uganda project		**670**		**670**	**480**
Mobile First Aid Project		**2,033**	**-**	**2,033**	**1,580**
Girl Health & Support Project		**980**	**-**	**980**	**640**
Senegal project		**12,492**	**-**	**12,492**	**15,988**
Congo project		**4,647**		**4,647**	**3,120**
Gambia		**3,547**		**3,547**	
Ghana		**1,300**		**1,300**	**642**
Sierra Leone		**1,996**		**1,996**	
Sri Lanka		**1,355**		**1,355**	
Book translation project Palestine					**3,200**
IT/FR assistant		**4,320**		**4,320**	**4,320**
Zambia bore holes project		**2,000**		**2,000**	**1,000**
SHINE Walmer S.A. literacy classes		**1,742**		**1,742**	
Arts for Youth South Africa		**2,541**		**2,541**	**5,699**
Fundraising costs		**51**	**-**	**51**	**571**
Sub total	**8,735**	**54,194**	**-**	**62,929**	**62,805**
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	**8,735**	**54,194**	**-**	**62,929**	***62,805***
Net of receipts/(payments)	**13,938**	**-** **14,181**	**-**	**-** **243**	**-** ***3,780***
A5 Transfers between funds	**-** **13,457**	**13,457**	**-**	**-**	**-**
A6 Cash funds last year end	**9,725**	**4,957**	**-**	**14,682**	***18,462***
Cash funds this year end	**10,206**	**4,233**	**-**	**14,439**	***14,682***

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	*10,206*	*4,233*	-
	Cash	-		-
		-	-	-
	Total cash funds	**10,206**	**4,233**	**-**
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		EDWARD HARTLEY	28/06/21

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	International Relief Friendship Foundation		
On accounts for the year ended	31 March 2022	**Charity no (if any)**	281776
Set out on pages	Page 1 and 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2022**.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:	[signature] **Date:** 09/11/2022
Name:	Axis Accountants Ltd (SOHAIB AKRAM)
Relevant professional qualification(s) or body (if any):	ACCA
Address:	8 Deer Park Road London SW19 3GY

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/04/21		31/03/22

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
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General fund	22,673			22,673	15,692
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Sri Lanka		1,235		1,235	
Book translation project Palestine					1,920
IT/FR assistant				-	-
Zambia bore holes project				-	-
SHINE Walmer S.A. literacy classes					
ArtWorks for Youth South Africa		1,200		1,200	3,335
***Sub total** (Gross income for AR)*	22,673	40,013	-	62,686	59,025
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,673	40,013	-	62,686	*59,025*
A3 Payments					
General fund	8,735		-	8,735	5,157
Uganda fund - incl. IFF Uganda Chair support		200		200	1,559
Destiny School (infrastructure)		2,820		2,820	7,769
Destiny child/teacher sponsorship		10,500		10,500	10,800
Ugandan scholarships/personnel support/Kigulu		1,000		1,000	280
WAIT Uganda project		670		670	480
Mobile First Aid Project		2,033	-	2,033	1,580
Girl Health & Support Project		980	-	980	640
Senegal project		12,492	-	12,492	15,988
Congo project		4,647		4,647	3,120
Gambia		3,547		3,547	
Ghana		1,300		1,300	642
Sierra Leone		1,996		1,996	
Sri Lanka		1,355		1,355	
Book translation project Palestine					3,200
IT/FR assistant		4,320		4,320	4,320
Zambia bore holes project		2,000		2,000	1,000
SHINE Walmer S.A. literacy classes		1,742		1,742	
Arts for Youth South Africa		2,541		2,541	5,699
Fundraising costs		51	-	51	571
Sub total	8,735	54,194	-	62,929	62,805
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	8,735	54,194	-	62,929	*62,805*
Net of receipts/(payments)	13,938	- 14,181	-	- 243	- *3,780*
A5 Transfers between funds	- 13,457	13,457	-	-	-
A6 Cash funds last year end	9,725	4,957	-	14,682	*18,462*
Cash funds this year end	10,206	4,233	-	14,439	*14,682*

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	10,206	4,233	-
	Cash	-		-
		-	-	-
	Total cash funds	10,206	4,233	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		EDWARD HARTLEY	28/06/21

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	International Relief Friendship Foundation		
On accounts for the year ended	31 March 2022	**Charity no (if any)**	281776
Set out on pages	Page 1 and 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2022**.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:	[signature] **Date:** 09/11/2022
Name:	Axis Accountants Ltd (SOHAIB AKRAM)
Relevant professional qualification(s) or body (if any):	ACCA
Address:	8 Deer Park Road London SW19 3GY

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/04/21		31/03/22

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General fund	22,673			22,673	15,692
Uganda fund - incl. IFF Uganda Chair support		200		200	499
Destiny School (infrastructure)		979		979	8,819
Destiny child/teacher sponsorship		12,223		12,223	10,185
Ugandan scholarships				-	-
WAIT Uganda project				-	-
Mobile First Aid Project		400		400	1,430
Girl Health & Support Project		140		140	-
Senegal project		11,500		11,500	17,000
Congo project		3,705		3,705	-
Gambia		5,481		5,481	
Ghana		950		950	145
Sierra Leone		2,000		2,000	
Sri Lanka		1,235		1,235	
Book translation project Palestine					1,920
IT/FR assistant				-	-
Zambia bore holes project				-	-
SHINE Walmer S.A. literacy classes					
ArtWorks for Youth South Africa		1,200		1,200	3,335
***Sub total** (Gross income for AR)*	22,673	40,013	-	62,686	59,025
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Girl Health & Support Project		980	-	980	640
Senegal project		12,492	-	12,492	15,988
Congo project		4,647		4,647	3,120
Gambia		3,547		3,547	
Ghana		1,300		1,300	642
Sierra Leone		1,996		1,996	
Sri Lanka		1,355		1,355	
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Total payments	8,735	54,194	-	62,929	*62,805*
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	Cash	-		-
		-	-	-
	Total cash funds	10,206	4,233	-
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Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		EDWARD HARTLEY	28/06/21

INTERNATIONAL RELIEF FRIENDSHIP FOUNDATION

England & Wales - Charity number 281776

Accounts

IRFF Annual Report 2020/2021

1 Message from the Working Board Chair

IRFF UK has been operating in the UK since 1980 but only at a very low level until nine years ago when a new team began implementing new ideas and strategies and also backed those up with improved fundraising.

This transformation has taken place since 2012 due to:

1. A clearer and more ambitious vision
2. Optimising our UK Working Board of 7 with all of the trustees taking on practical roles and very low operating costs. They are so low that, including Gift Aid and General Funds, 100% of all dedicated donations are sent to support the overseas charitable project intended.
3. Focussing on strengthening and developing the work of our independent partner in Uganda, IFF Uganda (International Friendship Foundation)
4. A clear focus on building up the infrastructure in Uganda - school buildings, water tanks, bore holes, latrines, a vehicle for general use, buying land to develop on, a children's play area and a library at our flagship school Destiny School near Kampala, a fully functioning farm in Masaka and more recently land at Destiny School to house teachers on and have a small infirmary, including support for four other partner schools and more recently a small vehicle for transporting animals, people and goods in Masaka
5. In 2020/21 the focus changed to investment in people with a view to helping them become self-sufficient both financially, and with an appropriate higher-level education, so that IRFF UK can limit its future engagement in Uganda and focus on working in other African countries
6. None of this would have been possible without the huge efforts of the Tricycle Shop in Alton, IRFF's only charity shop, which has been an invaluable source of unrestricted funds since September 2012 - for almost 9 years now - as well as Gift Aid on its sales, and our beloved donors who have supported specific projects.
7. As IRFF UK enters its 42nd year since its founding but just its 13th year in its new form, it is brimming with a vision of how it can apply lessons learned over the last decade to supporting very capable people who just need help to get started in new countries like Ghana, the Congo and others
8. We welcome all potential donors to choose IRFF UK as a powerful channel for making a difference through their philanthropy. Having seen a consolidation of its position IRFF UK is realistically planning to increase its income (mostly for new projects) in 2021/2022 to £61,000 and upwards from there as project opportunities in Africa arise.
   We will eventually have to strengthen our team in the UK as and how new opportunities arise.

2 Our Mission & Values

Vision: Providing education for, relief to, and improving the health of disadvantaged people as well as enabling sustainable development to as many people and in as many countries as can be properly cared for.
Mission Statement: •Providing financial support for ongoing programmes run by teams in the countries IRFF works with •Also providing financial support for starting up new initiatives which will aid the team/board working in a given country to achieve self-sufficiency in the medium to long-term •Teaching management skills which a team/board can use locally to more efficiently communicate and also manage their own affairs on the road to self-sufficiency

We have highly motivated people on the ground, primarily volunteers, in the countries we work in who are prepared to deliver the services needed but are also prepared to improve themselves achieving higher levels of self-sufficiency. In this way more can be achieved for the beneficiaries, even when funding from the UK may be limited. Also the programmes such as schools, MMT and Girl Health & Support Project/WAIT are literally life savers and life changers for the beneficiaries.
All funds to Africa go directly to the people who will spend it charitably - and account for it. it is not channelled through "extractive" systems.

Our programme areas, providing financial support for:

1) Education

The following is carried out:

- Our flagship project Destiny Junior School in Uganda opened in 2009 which now teaches Levels 1-7 of the Primary School curriculum in Uganda with 120 children, 7 teachers and one cook. Recent virtual completion of a security wall around the school and a new bore hole for water.
- Four partner Primary schools in Uganda:
  - Kigulu Prime Academy
  - Bright Future School
  - Butale Mixed Primary School
  - Victory Nursery School
- Primary school level education of male prisoners in Masaka Prison, Uganda.
- Soap-making education for female prisoners in Masaka Prison, Uganda.
- Sanitary pads making, crafts and handiwork for members of the Girl Health & Support Project and Mother's Love groups in Uganda.
- WAIT training (break-dancing, performing arts, speaking on the dangers of catching AIDS, abstinence before finding a safe spouse/lifetime partner, self-confidence, finding oneself as a single person, deep self-respect) in Uganda.
- The L'école Yonent Mame Ibrahima Primary School in Dakar, Senegal
- Vocational training of young women in Ghana for them to find employment in pastries and cake decoration; bread making, dress making, and hairstyling.
- Supporting education of 12 to 19 year olds in Port Elizabeth, South Africa via ArtWorks for Youth, which includes learning about expression through art projects, film-making but also catching up on their regular schooling on-line since some schools locally are very poor.

2) Medical care

- Mobile Medical Team, in Uganda: treatment to remove jiggers (lavae in the feet) + spraying homes with chemicals that kill bed bugs.

3) Communal support

- Kabuuma Joint Family Association, Uganda - funding a building, providing medicines, financing a Kabuuma farm project and very recently providing a sewing machine.
- The Congo – supporting farming for maize and soap making to allow the Congo team to build its own financial foundation. Project completed from IRFF's side since mid-September 2020

IRFF UK 2020/2021 ANNUAL ACTIVITIES REPORT

Conclusion

2020/2021 was indeed a very busy and fruitful year for all IRFF staff and volunteers in the UK, Uganda, Ghana and Congo and South Africa. Our sincere thanks go out to each individual and team for their incredible efforts and energy put in during the year and a special mention to all donors and volunteers at The Tricycle Shop for their continued financial support which has allowed IRFF UK to support the many activities mentioned in this report. Thank you very much!!

To view the work of IRFF UK, please visit our website at www.irff-uk.org

3 Our Organization

3.1 Trustees and WB

The current trustees of IRFF UK at the time of writing (in alphabetic order) are:

- Charles Cachia - takes care of Destiny School donors and advises, as an engineer, on purchase of vehicles in Africa
- Edward Hartley – accountant/Treasurer, General Manager of IRFF UK and Chair of the Working Board
- Margret Orr – located in the USA. IRFF UK's representative in the USA.
- Tessa Thonett - director and manager of our invaluable charity shop, the Tricycle Shop in Alton. Country Coordinator for South Africa

Edward has been a trustee for 17 years while Tessa has been a trustee for 11 years. Efforts will be made in accordance with https://www.charitygovernancecode.org/en Section 5 to replace themselves as soon as is practicable.

These volunteers are very ably supported by five people, two of whom are modestly remunerated:

- Ashley Crosthwaite - occasional support of operations in Uganda; original founder of the Destiny School with the local team and occasional fundraiser
- Marshall de Souza – Main Country Coordinator for Uganda, Fundraising Manager, Country Coordinator for Congo and Ghana
- Toby Suda - our IT and fundraising specialist
- Terry Sweeney – analyst and business advisor

These eight persons make up our UK Working Board which manages all UK operations and also relates to teams active in the recipient nations

3.2 Formal relationship with African main partners; MOU with IFF Ltd Uganda, less formal with small partners in the Congo and Ghana

The relationship between IRFF UK and its partners should be underpinned by a formal relationship, in writing, to avoid any naturally occurring misunderstandings and clearly state what each party expects.

IRFF UK 2020 ANNUAL ACTIVITIES REPORT

2020 has been like no other! Both the occurrence of the Coronavirus pandemic and the passing of IFF Uganda director, Robert Mwogeza in November, made life much more difficult and different for everyone. A lot of the funding has been spent on providing food for hungry people, yet a great deal was achieved as this report shows!! Paul Isabirye of Kigulu Prime Academy has stepped up to be the Chairman of the IFF Uganda Working Board.

On another note, IRFF UK has started supporting an NGO in South Africa as you'll read later.

Uganda

Apart from support given to Destiny School, the Mobile Medical Team, the Girl Child Project and WAIT Uganda, a great deal of effort was made to raise funds to support the building of the Perimeter Wall at Destiny School – a requirement thrust upon us by the local council!!

DESTINY JUNIOR SCHOOL – KIBIRI

The school term started on 27th January 2021 with 74 pupils and 7 teachers, but rose to 120 pupils, 9 teachers and two non-teaching staff by the end of February. 17 Primary 7 pupils will sit the Primary Leaving Examinations (PLE) this year. The staff will be busy doing their best to enable them pass with good grades.





The school hired 4 acres of land to practice farming with the aim of producing food for the school to subsidise the feeding costs. They harvested 1,000 kgs of corn and 2 tonnes of sweet potatoes. The UK funds saved by this project were used to top up the staff salaries.







The construction of the perimeter wall begun before the lockdown started in March and the school closed. About a quarter of the wall was constructed, using 5 trips of hard-core stones, 9000 clay bricks, 40 bags of cement, 8 trips of sand and 7 pieces of iron bars. The wall built so far is strong and 9ft high.





From March, the school created lesson packages for all the pupils who were advised to study from home in groups of 5 who lived nearby. Teachers gave assignments to the pupils from text books which they collected for marking. Sometimes teachers used apps to explain while pupils used their parents' smart phones to communicate to them. Those in Primary 7 seven were given a priority. The teachers did a commendable job in keeping them updated!





Those without food at their homes came to head teacher Jesca. Teachers dropped maize flour and beans to families who needed them. Destiny Junior School reopened on 6th May.

The school continued to harvest sweet potatoes, take the corn for milling, and distributed the food to mainly pupils' homes where people are starving.






Thanks to a donation of £400 from IRFF UK, 60 workbooks were bought for the pupils, making it much easier for the teachers to give assignments. Pupils did the assignments and took their books to the teacher for marking and corrections. The books were used by Primary 7 class, and covered four subjects - social studies, science, English, and mathematics.

The pupils have offered their thanks to IRFF UK (centre picture below).







During May-June, further funding was sent to continue with the Perimeter Wall Phase 2. Close to half of the construction was completed, using 5 trips of hard-core stones, 7000 clay bricks, 35 bags of cement and 8 trips of sand.







As the lockdown continued, farming was allowed to go on in order to provide food for the country. The school hired 4 acres of land and grew corn and beans. The land cultivation, planting, and weeding was done by volunteers. Beans and corn have been harvested!!







Tadeo paid a visit to Destiny school (far right photo), and brought some food from Kawule Farm. He brought a bag of sweet potatoes and a bunch of matoke (green bananas), which was of great help to feed the children.

In early July, Phase 3 of the wall construction began at Destiny Junior School. A trench was dug into which stones were laid to make the foundation of the wall. After the procurement of materials (bricks, sand, stones, poles, cement and iron bars) they continued with the wall. By August 2020, Phase 3 was completed.





Destiny Junior School's teachers continued to visit the community and followed up the pupils by giving assignments using work books and setting tests for them. Flash cards (see below) were used for the lower class to help them with their reading. Primary 7 were given more consideration than the other classes, in order to prepare them for the national exams.





Over 540kgs of maize flour, 48kgs of sugar, and 48 bars of soap were distributed to homes of the most needy, many of whom had pupils at Destiny school. 48 families were supported.

After 8 months and 4 phases of work, the perimeter wall at Destiny Junior School has been completed in October. Thanks to all those people abroad who donated money or contributed in some way to enable

this project take place! In Uganda, they managed to raise the necessary funds to buy and fix the two gates. This wall will protect the children at Destiny school from children being abducted and body parts taken from them; provide security for the school community; and also to put in place a crucial requirement by the local authority for not closing down the school.









Amidst certain restrictions and conditions, Destiny school re-opened on the 15th October with 20 students in Primary 7 class.

During the long lockdown, pupils not attending classes require help. Parents in the community and the local authority asked Headteacher Jesca to organise activities to occupy the children as some of them were getting involved in suspicious activities. The school managed to hire trainers in music, dance and drama. After the completion of the perimeter wall, children came in the evenings to attend the trainings. Covid-19 protocol was observed (washing hands, sanitising and taking temperature).

Most of the children hardly ate meals at their homes, so the school fed those who attend the training.





As the year came to an end, lessons continued at Destiny Junior School, with the children making a lot of progress!





Work still to be completed at Destiny Junior School

The perimeter wall, although well-constructed, requires plastering to protect it from the challenges of the weather, like heavy rain. Similarly, another structure is under construction (see photo on the right) and needs a roof in order to be completed.



We are also reminded that the borehole at the school is not functioning and requires repair work. The school currently uses piped water, but the bills are quite high!

MOBILE MEDICAL TEAM

Workshops for the community leaders were organised in three districts in the eastern part of the country, namely Luuka district at Bumanya village, Kamuli District at Nabirumba village and Iganga district at Bunyiro village. They discussed the rate at which poor hygiene is increasing day by day in the region. The community leaders blamed it on the lack of local water source. On hearing this, the district officials promised to increase bore holes in some areas. Most of the children and elderly are deformed due to jiggers and other parasites. The team promised to keep treating jiggers and spray pesticides in their homes, while the district officials try to improve their living conditions.

During the workshops, the leaders were shown photos of IFF Uganda treating jiggers and spraying pesticides in houses. The district medical officers commended IFF Uganda for their good work, and promised to give support where possible.





From 11th -14th March, the team camped at Kyanvuma parish to remove jiggers, discuss hygiene, and follow up on some people whom they had treated before. At Kyanvuma Muslim School, they found people recovering and had started to follow the sanitation/ hygiene procedures that were taught to them - like keeping both their bodies and the environment clean. The team sprayed parasite-killing pesticide in the classrooms and homes.





During the lockdown in May-June, the team carried out pesticide spraying, hand washing demonstrations, and sanitising households. Over 150 homes were reached by the team, discussing proper personal hygiene and community sanitation. Due to COVID-19, the team avoided body contact with anybody, and focussed the demonstrations of hand washing on mainly children and the elderly.





With Uganda still in a lockdown in July-August, many restrictions were in place, including schools.

On 13th August, the team visited Lumino in Busia district which borders the country of Kenya. This time the team was accompanied by district officials and police escort to ensure that they followed the COVID 19 protocol. They found many children infected by jiggers and a number of girls got pregnant during the lockdown. They managed to treat 10 children with jiggers, and gave instructions on how to sanitise, hand wash, and observe personal hygiene.




In September, the medical team camped in the Luuka district, working at 3 villages, namely Naigobya, Budhabangula and Bukoova. The communities were mobilised through the Covid-19 prevention committee to implement the protocols. The team managed to attend to 21 people with jiggers, and sprayed pesticide in 55 homes to combat bedbugs, lice and fleas that cause jiggers in the company of the district health official, who gave talks on hygiene and sanitation.





A TESTIMONY



"My name is Kamidha Kalemb. I am 73 years old and live at Kituuto, in Luuka district.

I hereby thank the medical team for treating me by removing jiggers.

As you can see, I am old with visual difficulty, and can't see well.

Thank you, my grandchildren, for such a helping hand.

Jiggers and bedbugs are about to kill me. It's a problem to get water, soap, salt and my beddings are in rags.

Now that you have sprayed my house to kill bedbugs, removed jiggers, gave me soap, and fetched water for me, I will have a good sleep.

My request is that when you come back, please bring me a blanket, because for me it always becomes too cold in the late hours of the night.

Thanks. May God bless you".

WAIT / GIRL EDUCATION AND SUPPORT PROJECT

A joint one-day workshop was organised at Nabusanke secondary school with a theme "Role of the Youth in the Community" - how one can remain HIV/STDs free!! The youth resolved to abstain from sex until marriage and keep educating their peers about the dangers of immoral behaviours. They also discussed girl hygiene, especially during menstruation periods, and also the use of reusable sanitary pads.

On 18th March, Tadeo visited some project partners - Butale Mixed Primary School, Masaka prison, and also Bright Future School; they are all progressing well. On the 28th, Tadeo was invited by the Muslim leadership in Kawule to discuss ways of training youth in abstinence, and offering them skills in agriculture. Brother Juma attended an agricultural training session at Kawule farm, and requested help in setting up a vegetable garden at his home, which was completed on the 23rd.









Given the outbreak of COVID-19, some community members gathered at Kawule Farm to discuss what Coronavirus is, its effects, and how to prevent its spread. They launched a hand washing campaign there!

On the 5th-6th May, the team conducted HIV/AIDS awareness activity amongst different youth groups at Nabugabo landing site. They found out that there was an increase in the number of people, especially fishermen, catching HIV/AIDS and also a high rate of teenage pregnancy, hence the need for WAIT activity!

The team met a girl called Namugerwa (pictured bottom left) who was HIV positive and a Senior 4 class candidate. She shared with them her personal life and the challenges she was going through after getting to know them from the many times they visited and supported girls by giving out sanitary pads.





On 10th July a team of WAIT volunteers camped in Kiwangala community for two days, mobilised girls and young women, and held sessions on personal hygiene, HIV/AIDS prevention, and menstruation cycle education.





On 22rd July, the team decided to address the increase of diseases caused by poor hygiene in the Nabugabo area near Lake Victoria. WAIT volunteers took on the task of helping to construct latrines. The community was happy since most of them lacked these facilities.





As schools reopened for exam candidate classes, it became apparent that sadly there has been an over-whelming increase in teenage pregnancy during the lockdown. The ministry of education allowed pregnant girls to attend classes.

Despite the heavy rain, the WAIT and GIRL CHILD team reached out to Holderguard primary school on 16th October and helped 50 vulnerable girls with sanitary pads, soap, toilet paper and small towels. Five

more schools were visited on 17th and 18th October, including Migamba primary school, and on 23rd October, they were at Luvule Muslim Primary school.

The team made a local hand washing unit and assisted those pupils who could not afford masks which is a requirement for attending classes.



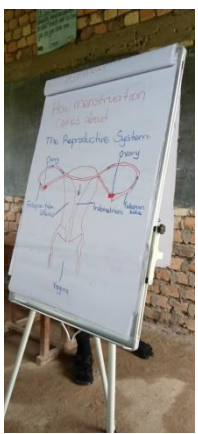
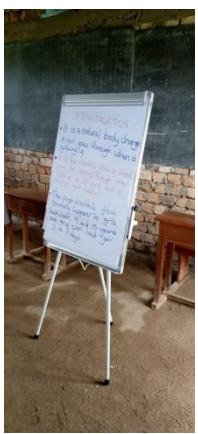




From 8th–10th November, the Girl Child Project ran a seminar on the island of Lake Nabugabo. Presentations on health and how the menstrual cycle works were given.




They showed the girls that it was possible to have safe and natural sanitary pads made from papyrus by comparing them with ones that cause discomfort.



They gave out drinks and sanitary pads to the girls and women present.

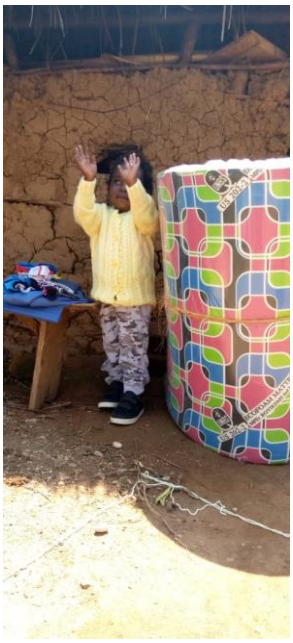




On 5th December, the team spent time giving orphans some mattresses, bedsheets, blankets and clothes. Many of these children sleep badly due to the lack of blankets and mattresses.









KAWULE FARM

At the farm two sows gave birth to eight piglets in December 2019, and three more are due to deliver. Three pigs were sold at Shs 400,000 each (about £90). The money helped in feeding the animals and birds on the farm, whilst some was used to purchase medication for Tadeo, the farm manager.





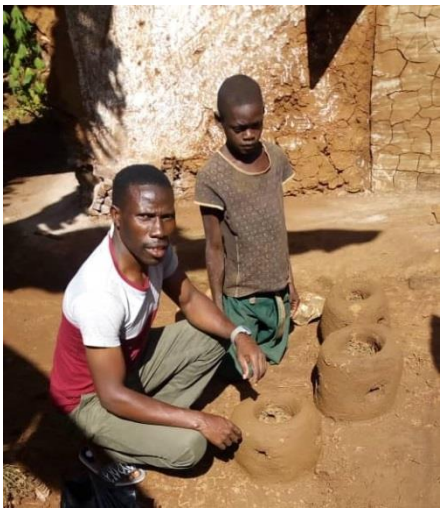
Under the guidance of the community elder, Mr. David Busagwa and chairman of the disabled community, the farm donated 7 piglets to 7 households; once sold, the money from them would enable their children get education in the near future.

They continued to feed hungry households, and taught a 10 year boy called Latif how to make cooking stoves using local materials and yet preserve nature in the community.









The money made by selling these has helped him support his grandparents as well get him into education.

On 13th May, Tadeo gave a presentation on family values at Kawule Farm because many families are breaking up as children go wild during the long lockdown. At the end, they gave out masks to everyone and sanitary pads to the female members.
Every Sunday, Kawule Farm serves food to the elderly in the community.

Every Saturday youth come to the Farm to learn agricultural skills which will help them in their future lives.











Planting sweet potato





Treating the pigs with the help of the community.





The truck is helping them to reach out to more villages in order to feed the hungry. They were able to earn 80,000shs by carrying farmers' produce to the market. This money was used to service the truck, which was needed. Tadeo and his volunteers say: *Thank You IRFF UK for making all this happen!!*

They have taught children how make cooking stones from banana skins as this method saves many trees from being cut down. The money raised has helped some children pay their school fees. During this pandemic, besides the food donations, they have also provided liquid and bars of soap during their 'Hand Washing Campaign'.







Volunteers at the farm managed to plant one acre of sweet potatoes and also 1200 seedlings of green pepper which were covered with banana cuttings to protect from the hot sunshine. They water the seedlings twice a day, drawing water from the well which has proven to be difficult and tedious.




The farm is progressing well; two sows delivered 14 piglets but four did not survive. 2 pigs were sold in August for UShs 600,000/=, and the money was spent on buying 2 tyres for the Hijet vehicle, clothes for naked children, feeds and vaccinations and Tadeo's expenses. In addition, the Hijet generated UShs 200,000/= which paid for third party insurance for the truck and to cater for domestic essentials.







The volunteers felt it was time to have a community centre in order to hold gatherings for the purpose of training, workshops and seminars. The community has already made and baked 3,000 bricks. They are now fundraising for 20 bags of cement, 35 iron sheets, nails and sand. The ground has been levelled to enable the construction of the centre to begin.





A business couple from the UK, Alex and Miho Fortune, visited Kawule farm in December. Their investment is additional support to IFF Uganda from what IRFF UK has given, and is helping the farm develop further. The piggery and poultry structures have increased in that there are now about 300 chickens and 25 pigs being managed well.





Whilst the farm is being run as a business, the plan is to also generate funds that would pay for the running of some of IFF Uganda projects instead of money coming from IRFF UK!

A TRIBUTE TO ROBERT MWOGEZA

Robert Mwogeza, IFF Uganda Chairman sadly died on 19th November 2020 and was buried on the 22nd. He had been suffering from Diabetes for some time, and caught Covid-19 but did not recover. At the Funeral service, apart from family members, IFF Uganda and Destiny Junior School were represented, and a wreath was laid on behalf of IFF Uganda.



Robert served IFF Uganda diligently since 2008. He often went into rural areas with the Mobile Medical Team to faithfully help local people improve their standard of life by removing jiggers, disinfecting their homes, and talking about basic hygiene.

He leaves behind a wife, Agnes and five children. He will always be remembered and missed immensely.

After the burial, the IFF Uganda working board held a meeting and Paul Isabirye was proposed to succeed Robert. IRFF UK also approved this move.

Ghana

This year, WAIT UK was able to support inter-school activities in Ghana (see photos below), so no funding was required from IRFF UK. However, next March 2021, IRFF UK is planning to support a Skills Training project for Girls in Ghana which will run for several months!





Democratic Republic of Congo

IRFFUK has been supporting the Hope for Children shelter in Goma by paying for evening meals for 60 orphans since 2018. In February, IRFF UK offered funding to purchase school uniforms and satchels for the children who were allowed into school for free education.





Later in the year, the shelter moved closer to self-sufficiency by starting an agricultural project supported by IRFF UK. After clearing the land, the volunteers were able to grow, harvest and sell corn, raising valuable funds for the shelter!





South Africa

This year, IRFF UK started supporting Art Works for Youth in Port Elizabeth, South Africa (a new NGO partner) to educate disadvantaged youth. However, due to the Covid-19 Pandemic, a large proportion of the funds sent have being used to purchase food items for hungry citizens. The NGO has been feeding 150 students three days per week!





If you would like to support, please go to: https://www.irff-uk.org/art-works-for-youth on our website.

So, despite the awful pandemic, incredible projects, supported by IRFF UK, were able to start or continue in Uganda, Ghana, the Congo and South Africa in 2020.

Next year, 2022 promises to be just as good and exciting, for IRFF UK and all its many volunteers world-wide!!

Please feel free to visit our website (www.irff-uk.org) to read about all the projects carried out by IRFF UK and to sign up to our newsletter, and also check out our Facebook page (www.Facebook.com/irff-uk) to see if you'd like to get involved or support any of our projects.

Thank You for all your support in 2020!

4 Our Future

4.1 Promoting self-sufficiency of our local partners.

4.1.1 Facilitating the training of local partner personnel in Africa.

4.2 Increasing our funding and manpower to increase the number of countries we can serve; there were already two new projects on the horizon at 01/04/21 namely a vocational training programme for 15-20 young women in Gambia and a school for the deaf and blind in Sri Lanka. However, growth will be allowed to be organic according the funding opportunities available and also our manpower.

4.3 Improved PR through use of image films and involvement of trustees/directors in reaching out to ever-increasing numbers of people.

4.4 Updating our Cases for Support annually.

4.5 Increasing our management capacity to work with more nations to increase our positive impact. We need country coordinators, admin. staff, an accountant and more fundraisers.

4.6 Reaching out to more institutional funders such as more Rotary Clubs and others as well as foundations and corporate donors based on defined growth needs in African nations.

5 Our accounts

The IRFF UK financial year is 1st April to 31st March.

The key features of the financial year April 2020/March 2021 were:

- Despite the Covid pandemic, since there was still vital support needed by various nations, the income rose by £3,400 compared to the previous year and outgoings increased just slightly more by £3,500.
- The pattern of incomes and outgoings was somewhat different to the previous year in that much more income was obtained for a Uganda Destiny School infrastructure project – the security wall – but costs were actually lower there than in the previous year.
- The difference was that all 2020/2021 infrastructure project costs were paid for by dedicated donations, not any Unrestricted Funds, since the latter were in short supply with the forced shutdown of IRFF's one charity shop.
- Other differences included much greater income and outgoings for our partner project, the school in Dakar in the Senegal, noticeably no incomes or expenses for Kawule Farm in Uganda due to an alternative funder being found for that, naturally many less Unrestricted Funds received from the charity shop and elsewhere, increased incomes and outgoings for the ArtWorks for Youth Project in Port Elizabeth, South Africa and other smaller changes.
- IRFF did finish the year with very slightly less Unrestricted Funds due to the above-mentioned plus and minus factors but also careful spending in uncertain times managed to keep these funds well above the minimum reserve needed of about £6,000.
- The nature of the fundraising also changed with much more coming in from corporate fundraising, which tended to balance out the missing income from trading by the charity shop in Alton.
  Gift Aid claimable was naturally also significantly less in 2020/2021.
- Nevertheless IRFF was able to enter the new year 2021/2022 with a healthy Unrestricted Funds level of £9,725 (cf. £12,089 in 2019/2020) and is already well on its way to reaching a new target income in the new year of £60,000 - £65,000.

Please see the attached Independent Examiner's Report and Accounts 2020-2021 for details of incomes and outgoings for the period 1st April 2020 to 31st March 2021.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The trust is governed by its trust deed officially signed on 25/12/1980.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The principal risks relate to the need always to maintain effective financial management of the charity's assets and resources for its charitable purposes. To this end, the charity ensures at least one, appropriately qualified trustee, who fulfils on a voluntary basis the role of Treasurer.

Public benefit

It is the intention of the charity that any project it supports should provide a clear benefit to defined beneficiaries.

- Improving the quality of life via more accessible vocational skills for young women in Ghana.
- Supporting the education of children/young adults in a number of communities in Senegal, South Africa and Uganda, formally in schools but also through organisations like ArtWorks for Youth.
- Provision of medical support to people in outlying villages in Uganda, in particular to remove jiggers in the young and the old and disinfecting living quarters.
- All activities are fully documented, in written form, with pictures and even video as well as some testimonies from happy beneficiaries

Prepared by Edward Hartley, Chair of the Trustees, on behalf of the Board of Trustees and the Working Board of IRFF UK
November 2021

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	International Relief Friendship Foundation		
On accounts for the year ended	31 March 2021	**Charity no (if any)**	281776
Set out on pages	Page 1 and 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2021**

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:		**Date:**	22/09/2021
Name:	Axis Accountants Ltd		
Relevant professional qualification(s) or body (if any):	ACCA		
Address:	8 Deer Park Road London SW19 3GY		

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/20	To	Period end date 31/03/21

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General fund	15,692		-	15,692	28,938
Uganda fund - incl. IFF Uganda Chair support	-	499		499	-
Destiny School (infrastructure)	-	8,819		8,819	1,847
Destiny child/teacher sponsorship	-	10,185		10,185	9,169
Ugandan scholarships	-			-	-
WAIT Uganda project	-			-	584
Kawule Farn Project	-			-	1,045
Mobile First Aid Project	-	1,430	-	1,430	1,500
Girl Health & Support Project	-		-	-	-
Senegal project	-	17,000	-	17,000	7,700
Book translation project Palestine	-	1,920	-	1,920	4,239
Congo project	-			-	-
Ghana	-	145		145	107
IT/FR assistant	-			-	-
Zambia bore holes project	-			-	453
ArtWorks for Youth South Africa	-	3,335	-	3,335	-
Sub total *(Gross income for AR)*	15,692	43,333	-	59,025	55,582
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,692	43,333	-	59,025	55,582
A3 Payments					
General fund	5,157		-	5,157	4,691
Uganda fund - incl. IFF Uganda Chair support		1,559		1,559	140
Destiny School (infrastructure)		7,769		7,769	9,540
Destiny child/teacher sponsorship		10,800		10,800	9,851
Ugandan scholarships/personnel support/Kigulu		280		280	1,615
WAIT Uganda project		480		480	1,234
Kawule Farn Project				-	5,670
Mobile First Aid Project		1,580	-	1,580	1,800
Girl Health & Support Project		640	-	640	1,100
Senegal project		15,988	-	15,988	7,692
Book translation project Palestine		3,200	-	3,200	5,950
Congo project		3,120		3,120	5,335
Ghana		642		642	107
IT/FR assistant		4,320		4,320	4,140
Zambia bore holes project		1,000		1,000	-
Arts for Youth South Africa		5,699		5,699	400
Health clinic in Zambia/WAIT Zambia		571	-	571	-
Sub total	5,157	57,648	-	62,805	59,265
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	5,157	57,648	-	62,805	59,265
Net of receipts/(payments)	10,535	- 14,315	-	- 3,780	- 3,683
A5 Transfers between funds	- 12,899	12,899	-	-	-
A6 Cash funds last year end	12,089	6,373	-	18,462	22,145
Cash funds this year end	9,725	4,957	-	14,682	18,462

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Bank	9,725	4,957	-
	Cash	-		-
		-	-	-
	Total cash funds	9,725	4,957	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	EDWARD HARTLEY	28/06/21

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

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CHARITY COMMISSION FOR ENGLAND AND WALES

International Relief Friendship Foundation

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	Cash	-		-
		-	-	-
	Total cash funds	9,725	4,957	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	EDWARD HARTLEY	28/06/21