

Friends of Asha (Ireland)

Northern Ireland · Charity number 101268

Details

Known as Asha

Status Received

Registered 2015-03-04

Register [View on the Charity Commission for Northern Ireland register](#)

Contact

Address 8 Beaumont Hill
Ballymena
Co Antrim
BT43 6bj
BT43 6BJ

Phone 07966 016850

Email ashaireland@icloud.com

Website www.asha-india.org

Activities

Purposes: The objects of the Trust are the relief of poverty primarily in Delhi, India and such other places as the Trustees may decide

What the charity does: The prevention or relief of poverty

How the charity works: Advice/advocacy/information,Community development,Community enterprise,Counselling/support,Education/training,Gender,Grant making,Human rights/equality,Medical/health/sickness,Playgroup/after schools,Relief of poverty,Research/evaluation,Urban development,Volunteer development,Youth development

Who the charity helps: Adult training,Carers,Children (5-13 year olds),General public,Homelessness,Language community,Older people,Overseas/developing countries,Parents,Preschool (0-5 year olds),Specific areas of deprivation,Unemployed/low income,Volunteers,Women,Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£67,338	£109,500	£0	0

Trustees

Name	Role	Appointed
Barney Graham		
Freddy Martin		
Gareth Williams		
Lynn Montgomery		
Mrs Pearl Donnelly		
Mrs Valerie Alexander		
Victoria Thampi		

Friends of Asha (Ireland)

Northern Ireland - Charity number 101268

Accounts

Friends of Asha (Ireland)**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 5th APRIL 2025**

	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
RECEIPTS				
Personal Donations	21,773	-	21,773	41,111
Donations from Churches / Schools	40,675	-	40,675	21,613
Donations from Charities / Trusts	1,300	-	1,300	3,000
Donations from Companies	-	-	-	500
Event Receipts	-	-	-	4,155
Gift Aid	3,591	-	3,591	9,370
	<u>67,339</u>	<u>-</u>	<u>67,339</u>	<u>79,749</u>
PAYMENTS				
Charitable Activities	109,500	-	109,500	33,886
Governance Costs	6,906	-	6,906	3,599
	<u>116,406</u>	<u>-</u>	<u>116,406</u>	<u>37,485</u>
NET INCOME/(DEFICIT) FOR YEAR	<u>(49,067)</u>	<u>-</u>	<u>(49,067)</u>	<u>42,264</u>
Balance Sheet as at 5 April	2025			2024
	£			£
ASSETS				
Cash at hand and in bank	<u>1,357</u>			<u>50,424</u>
RESERVES				
Opening Balance	50,424			8,160
(Deficit) Surplus for Year	<u>(49,067)</u>			<u>42,264</u>
Closing Balance	<u><u>1,357</u></u>			<u><u>50,424</u></u>

Friends of Asha (Ireland)

Northern Ireland - Charity number 101268

Accounts

Friends of Asha (Ireland)**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 5th APRIL 2024**

	Unrestricted 2024 £	Restricted 2024 £	Total 2024 £	Total 2023 £
RECEIPTS				
Personal Donations	41,111	-	41,111	27,388
Donations from Churches / Schools	21,613	-	21,613	37,698
Donations from Charities / Trusts	3,000	-	3,000	1,200
Donations from Companies	500	-	500	-
Event Receipts	4,155	-	4,155	9,414
Gift Aid	9,370	-	9,370	5,870
	<u>79,749</u>	<u>-</u>	<u>79,749</u>	<u>81,570</u>
PAYMENTS				
Charitable Activities	33,886	-	33,886	89,693
Governance Costs	3,599	-	3,599	2,282
	<u>37,485</u>	<u>-</u>	<u>37,485</u>	<u>91,975</u>
NET INCOME/(DEFICIT) FOR YEAR	<u>42,264</u>	<u>-</u>	<u>42,264</u>	<u>(10,405)</u>

Balance Sheet as at 5 April	2024 £	2023 £
ASSETS		
Cash at hand and in bank	<u>50,424</u>	<u>8,160</u>

RESERVES		
Opening Balance	8,160	18,565
(Deficit) Surplus for Year	<u>42,264</u>	<u>(10,405)</u>
Closing Balance	<u>50,424</u>	<u>8,160</u>

Friends of Asha (Ireland)

Northern Ireland - Charity number 101268

Annual report



Friends of ASHA (Ireland)

Trustees Annual Report for the year ended 5th April 2024

The Trustees present their Annual Report and Financial Statements for the year ending 5th April 2024 including the audited accounts for that period.

1.0 Reference and Administrative Details

For general matters and enquiries:
Friends of Asha (Ireland)
c/o Mrs. Victoria Thampi
95 Sydenham Avenue
Belfast BT4 2DL

For financial matters:
Friends of Asha (Ireland)
c/o Mr. Norman Graham
8 Beaumont Hill
Ballymena BT43 6BJ

Registered Charity in Northern Ireland (NIC 101268)

2.0 Charity Trustees

The Charity Trustees who served during the year or who were trustees at the date of this report were:

Mrs. Valerie Alexander
Mrs. Pearl Donnelly
Mr. Norman (Barney) Graham
Mr. Freddy Martin
Mrs. Lynn Montgomery
Mrs. Victoria Thampi
Mr. Gareth Williams

3.0 Principal Office Bearers

Chairperson:	Mrs. Victoria Thampi
Secretary:	Mrs. Pearl Donnelly
Hon. Treasurer:	Mr. Norman (Barney) Graham

4.0 Accountant

A1 Accounting
17 Millreagh Drive
Dundonald
Belfast BT16 1WP

5.0 Independent Examiner

Time is Limited, Chartered Accountants

6.0 Bankers

Ulster Bank Limited
Arches Retail Park
Connswater
Belfast BT5 4AF

7.0 Description and Purpose of Friends of ASHA (Ireland) [FOA(I)]

FOA(I) was formed in 2002 as the all-Ireland support group for the ASHA charity which is based in Delhi, India. FOA(I) has a strong Christian ethos and enjoys full UK charitable status under the Charities Commission for Northern Ireland. It also has HMRC Tax Exemption – Ref XR 37459. All work carried out by the charity is done by unpaid volunteers.

There are currently 7 Trustees (see details above) and no employees.

8.0 Description of Asha Society

The Asha Society (www.asha-india.org) is a charity established in Delhi in 1989 that is dedicated to improving the lives of the urban poor through programmes covering health, education, empowerment, environment, infrastructure development and financial inclusion. Asha works amongst nearly one million slum inhabitants covering 95 slums in the city of Delhi. Asha's interventions focus on the rights of slum dwellers and it works in partnership with them and the Government to bring about sustainable poverty reduction and positive change.

9.0 The year 6th April 2023 – 5th April 2024 for FOA(I)

This year the Trustees and supporters of FOAI celebrated the 35th anniversary of ASHA. We enjoyed a special celebration in Riddell Hall, Belfast and were delighted to have almost 100 guests with us for a meal and to reflect on all that has been achieved in those 35 years. We also had two special guests, Freddy Martin (Asha) and Loknathan, a young man from a slum

community in Delhi who has graduated from a Delhi university. A number of speeches were given to mark the occasion along with a presentation by our chairperson which illustrated quite a few of the visits to Delhi and the fantastic experiences that many of the people present have enjoyed since the very first visit by Ruth McKibbin and a team from Methodist College, Belfast in 2001.

Freddy and Loknathan stayed in N. Ireland for 1 week from 23rd to the 30th November 2023. During this time, they undertook speaking engagements in several schools and Churches and enjoyed a visit to Queens University Belfast where our chairperson gave them a guided tour.

The trustees are delighted to report that this year two schools from N. Ireland who are long term supporters of Asha's work visited Asha to work alongside the slum communities there. The first team to go out to Delhi in October 2023 for 12 days was one from the Royal School, Armagh, who visited Asha's Mayapuri and Dr Ambedkar Basti community. The large team of over 20 pupils team was led by Mrs. Lynn Montgomery, a Trustee of FOA(I). Some details of their visit can be seen in Para. 10.7.

The second team to travel in October 2023 was from Methodist College, Belfast. The team included 16 pupils and 5 adults, was led by Mr. Paul Kirk and were in Delhi for almost two weeks. They volunteered at the Asha Kalkaji slum community. The team was also accompanied by a doctor from the Royal Victoria Hospital, Belfast, Dr Catherine Patterson. Further details of this visit can be read in Para. 10.7.

A from the Ballymena Builders also visited the community in Savda and helped to build a Resource Centre there. The trustees are extremely grateful to the Ballymena Building team for their on-going support of Asha's work.

Income for the year was slightly down on the previous year, but FOA(I) has a strong base of regular personal contributors who, along with Church and school donations, meant that over £90,000 was transferred to Asha over the period. The trustees are extremely grateful to all donors and we look forward to working closely with them in the year ahead. We are aware that some more schools are planning trips to Delhi and that is so encouraging! Both pupils and teachers will enjoy their visit to the slums of Delhi, where they will receive a warm welcome. The experience will be a memorable one and for some, will be life-changing.

The Trustees continue to consider new and innovative fundraising ideas and partners so that we can do more to help meet the needs of the slum dwellers that Asha work with.

10.0 The year April 2023 - March 2024 for Asha

10.1 Asha - Asha was born in 1988 under the stewardship of Dr Kiran Martin- Founder and Director and pediatrician by profession. Asha India is dedicated to improving the lives of the urban poor through programmes covering Health, Education, Empowerment, Environment, Infrastructure development and Financial inclusion. Asha works amongst 1,000,000 slum inhabitants covering 95 slums in Delhi. Asha's interventions focus on the rights of slum dwellers, and it works in partnership with the communities and the Government to bring about long-term poverty reduction and positive change.

10.2 Friends of Asha (Ireland) - Friends of Asha (Ireland) was formed in the year 2002 with its administration base currently located in Ballymena, County Antrim, Northern Ireland. It is the all-Ireland support group for the Asha charity, which is based in Delhi India, Website: www.asha-india.org. FOAI has a strong Christian ethos and enjoys full UK charitable status under the Northern Ireland Charities Commission for Northern Ireland - NIC 101268, in addition to HMRC Tax Exemption. Friends of Asha (Ireland) is dedicated to promoting the impactful work of Asha India in Ireland and raising awareness about Asha's effective strategies for poverty reduction. FOAI supports these initiatives by fundraising, fostering partnerships, and sharing success stories to inspire broader support and engagement. Asha India's activities in the year 2023-24 are enumerated as follows-

10.3 Healthcare - Asha's Healthcare Program provided comprehensive care to slum residents across Asha communities through a three-tier service delivery model. Asha's focus ranged from young children to the elderly, addressing various healthcare needs and ensured access to essential treatments. In tier one, women living and working in the slums trained as Community Health Volunteers (CHVs) regularly visited and monitored the Health of people in their communities. In the second tier, senior nurse practitioners and paramedic staff treated the community residents at Asha clinics located at the heart of the slums. CHVs accompanied the patients to the clinics where their ailments were diagnosed, and they were provided free treatment and medicines. In the third tier, the Asha Polyclinic, with facilities like well-equipped diagnostic labs, X-Ray, ECG, and Ultrasound, in addition to the full-time services of a specialist doctor, ensured that the slum community residents were provided with advanced healthcare services and pathological tests. The advanced diagnostic facilities at Asha Polyclinic were made available to the slum community residents through weekly sample collection. A robust Referral System complimented Asha's Healthcare Services, and the Asha team referred the people who needed advanced tertiary healthcare to reputed public and private hospitals in Delhi based on Asha's knowledge and network of specialist doctors. Asha's Healthcare Programme resulted in Better Health Seeking Behaviour across the slum communities. Asha regularly conducted clinics with would-be mothers, children under five years of age, the

elderly, and patients having diabetes, hypertension and respiratory issues like COPD and Asthma, Geriatric Healthcare along with general clinics. There was no maternal death, and the child Survival rate was 98%. All pregnant women had their babies delivered by trained healthcare team led by Senior Nurse Practitioners. 98% of children were fully immunised.

10.3.1 Asha's Healthcare Services include:

Maternal and Newborn Healthcare- Asha's Maternal and Newborn Healthcare programme included the following services-

- Antenatal Care: Regular Antenatal clinics for expectant mothers were conducted including foetal growth monitoring through ultrasound and foetal heartbeat, weight check, and vaccination against tetanus toxoid. The team maintained individual health cards to indicate the follow-up treatments, including the distribution of medicines and supplements, like iron, vitamins, calcium, and folic acids. The Asha Health Team also educated pregnant women on the importance of having a nutritious diet, family planning and personal hygiene. It was ensured that 100% of pregnant women across Asha slums underwent mandatory three ANC Check-ups. 552 pregnant women were provided ANC coverage during the year.

- Natal- The Asha Community Health Volunteers were actively involved in educating and encouraging pregnant women to delivery at certified healthcare facilities or homes only in the presence of a trained nurse, midwives/trained birth attendants. They ensured that every pregnant woman in the slum had a safe delivery overseeing the delivery complications and cases of high-risk pregnancies and strictly banning the services of untrained medical practitioners. Each expectant mother was given birth kits during the last trimester. The CHVs ensured that the ladies were admitted to the hospitals on the advised dates for delivery. They also educated pregnant women to identify the symptoms of labour and unusual pain and always accompanied them to the hospitals for delivery. 100% of deliveries carried out were either Institutional or under the supervision of trained birth attendants. There were 320 deliveries during the year. The Child Survival Rate at Asha was almost 98%. This year, 93% of children were born with normal birth weight. (2.5 kg and above.) There has been no maternal mortality death across Asha slums in the last five years.

- Post Natal: The Asha CHVs ensured that every newborn received their mother's milk within 6 hours after delivery. They educated the new mothers on best breastfeeding practices, personal hygiene, and proper newborn care. They also ensured that the women continued the intake of iron, folic acid, vitamin, and calcium supplements after delivery. The Asha health team made the Child Health Card for every newborn during the first postnatal home visit. The postnatal home visits were continued till six weeks after delivery. During these visits, the health team checked the mother's health status by monitoring the BP, Pulse Rate and identified post-delivery complications like anaemia, headache, and body pain, if any and made follow-up treatments and ensured immediate referral services. The team also monitored that

the newborns were free of any potential health complications, regularly breastfed, and received proper care from the mother. The team educated the family members on the importance of caring for the mother and child to avoid many health complications in low-resource settings. CHVs conducted home visits as per schedule for adequate postnatal care. 100% of children were breastfed within 6 hours after birth. 978 Post Natal visits were conducted during the year.

10.3.2 Activities conducted under the immunity-building programme for pregnant and lactating women: During the reporting period, the Asha team continued the unique immunity-building programme for pregnant and lactating women through Vitamin supplements, Vitamin D injections and individual advice on a balanced diet and nutrition. The regular follow-up health care services by the Asha team have reduced the cases of infections and diseases among pregnant and new mothers. It was evident that women have started taking self-initiative to seek medical aid when they encountered any health problems.

10.3.3 Activities conducted under the Child Health Care programme:

Well-Baby Clinics: Asha health team conducted well-baby clinics every week to cater to the health needs of young children in the slum. The primary focus was on improving the nutritional and Health status of the children from 0-5 years and reducing mortality, morbidity, and malnutrition along with Growth Monitoring. Every child's weight was checked, and children below the average weight were given iron, zinc, and vitamin supplements. Individual health cards were maintained for every child. This year Asha reached 2708 children through Well-Baby clinics. Under-five mortality rate across Asha slums was 13 per 1000 live births.

A. Immunisation: The Asha Team ensured that the children between 0-5 years in the slum received routine Immunisation as per the WHO protocol against the ten preventable diseases. Asha also collaborated with the Government of India to administer polio drops to children from 0-5 years as per the schedule of the Pulse Polio Programme across its slum communities to contribute to the mission of Polio free India. Children from the Asha communities have received 100% BCG, 98% Polio(OPV & IPV), 99% Penta and 86% MMR vaccination, 99% Rota Virus vaccination and 100% Hepatitis B vaccination.

B. Growth Monitoring: Every child's growth was monitored regularly by measuring their height and weight and recorded in the prescribed "Road-To-Health" chart. Cases of malnutrition were identified by measuring each child's mid-arm circumference using a MAC band. The identified malnourished kids were advised appropriate remedial measures.

C. Vitamin A supplementation- Asha's Healthcare team have ensured that all the children in the 0–5-year age group receive Vitamin A supplementation every six months as per schedule. 2600 children received Vitamin A supplementation at Asha during the project period. The rate of Vitamin A supplementation rate at Asha is almost 99%.

D. Prevention of Infections and Diseases: The Asha Health team continued educating the mothers on preventing common infectious diseases like diarrhoea, respiratory infections, and viral fevers among young children by maintaining hygiene and cleaning the surroundings. The team always motivated the slum dwellers to use clean drinking water, avoid open defecation and follow hygienic practices. Asha team and the Mahila Mandal members ensured cleanliness and sanitation of their respective communities including drains and public toilets through regular follow up with the local sanitary inspectors.

10.3.4 Activities conducted under Sexual and Reproductive Health and Family Planning Services

A. Counselling on Family planning practices: The Asha health team provided family planning advice to couples, mainly the newly wed, and distributed IUDs, Condoms, Oral pills and injections. The team also attended to the needs of the people living with HIV/AIDS, understanding their situation, individual needs, and choices. This year, Asha's Sexual and Reproductive Health Care reached 6588 eligible couples in the reproductive age group. Of this, 1,831 opted for permanent birth control methods, and 2525 opted for temporary measures. In total, 4,356 couples adopted family planning methods.

B. Awareness creation on Menstrual Hygiene, Reproductive Tract Infections & STDs: Individual education/group meetings were conducted for young adolescent girls and women across the Asha slums and distributed Sanitary Napkins and informed them of proper hygienic practices to prevent infections and identify the symptoms of such diseases and seek early medical help.

10.3.5 Activities conducted to control Malnutrition and Anaemia among women and children

A. Special Clinics to take care of Anaemia and Malnutrition amongst Women- To combat cases of Malnutrition and Anaemia, especially amongst pregnant women, The Asha team dedicated a day every week to running a special clinic to screen and treat Malnourishment and Anaemia among children and women across its slum communities. After measuring their BMI and Haemoglobin Count, they provided the identified malnourished and Anaemic women with a required dose of Vitamins, Minerals, Iron, Zinc and Calcium supplements. This year, Asha reached 142 women and girls through the malnutrition clinics.

B. Special Clinics to Prevent Malnourishment among Children: To combat malnutrition amongst children, Asha's healthcare team ensured that they were on regular intake of Calcium, Minerals and Vitamins and monitored their growth through weight checks from time to time. They also advised the parents of such children to provide them with balanced, nutritious and cheap protein diets, including eggs, milk, fruits and soyabeans. This unique Asha intervention on malnourishment and anaemia management among children helped to reduce the incidence of malnutrition and anaemia across its slum communities. 90% of children across the Asha slums were born healthy.

10.3.6 Geriatric Care - Asha regularly organised geriatric clinics across its programme areas. Complete medical check-ups were conducted, and medicines and supplements were provided. Patients with eye, ear or orthopaedic-related problems were referred to the hospital for treatment, accompanied by Asha CHV. Asha provided glasses and hearing aids on the recommendation of medical experts. The mental and emotional well-being of the elderlies were also taken care of. Asha health team and the ambassadors made regular home visits, spent time and engaged in conversation and helped them in their daily activities. This year Asha reached 293 elderlies through the geriatric care programme.

Asha continued its unique food programme for the elderlies across the communities. Appropriately titled "Love and Lunch", the needy and abandoned elderlies visited the centre and were warmly welcomed by the Asha team. The elderly who were sick or unable to walk to the centre was accompanied to the centre by young student ambassadors. After the Meet and Greet session, where the elderly talked to each other and shared their individual experiences, the Asha team provided them with freshly prepared, hot, nutritious meals with tender love and warmth. The menu for the meal was decided in advance, keeping in mind the health and nutrition requirements of the elderly. Before the meal, there was a prayer led by the Asha Team Leader to invoke God's blessings. After the prayer, everyone enjoyed the meal together. After the meal, they were accompanied to the washing area, and the Asha team helped them to wash their hands and clean their utensils. Special care ensured that the entire environment was filled with enjoyment, joy, love and spontaneity. Ultimately, the elderly members were given a warm send-off with a sweet hug accosted by an Asha team member to their house. This gesture of love, care and affection filled their heart, and they looked forward to this interaction every day with much eagerness and expectation as it helped them to remove their loneliness.

This noble initiative by Asha also provided a platform for the elderly and created space to express themselves and for the Asha team to show gratitude and respect to the community's senior members as well as promoted healthy ageing. The 'Love and Lunch' programme was also an occasion for the elderly to interact with each other, share their problems and remove their loneliness. 158 Elderly, across Asha's project locations, were covered under Asha's Love and Lunch six days a week.

10.3.7 Non-Communicable Chronic Disease Management

A. Asthma and COPD: Based on the severity of their condition, patients were treated with bronchodilators and inhalers and Rotacaps. Nebulisers were used as needed. Team members explored triggers such as occupational hazards and advised a change of occupation if necessary. They explained the value of a balanced, nutritious diet with fruits and vegetables. They advised patients to avoid smoking and cooking with biomass (wood and animal waste)

fuel when possible. This year Asha reached over 250 patients for treatment of respiratory diseases.

B. Diabetes: Asha Health team monitored fasting and PP blood sugar levels and the more accurate measure of the average blood sugar level, HbA1C. Regular Full body check-up with all tests was conducted for the patients. Hypoglycaemic drugs were given as needed. Patients with comorbidities were carefully monitored and treated. CHVs emphasised that a balanced diet, proper lifestyle management, and exercise are as important as medication for diabetes control. This year, Asha's diabetes care programme covered 336 persons.

C. Hypertension: Treatment was given with anti-hypertensive drugs. Asha teams monitored blood pressure and medication adherence during home visits, sensitising patients to reduce cardiovascular risk through smoking cessation and a balanced diet to lower cholesterol. Asha's Healthcare team recommended diets rich in magnesium, potassium, and fibre, reduced salt intake, and regular exercise for Hypertension Management. This year, Asha reached 346 persons through a hypertension management programme.

D. Building Immunity for the Community Residents- Building immunity has been one of the critical ways of preventing severe infections. The Asha health team focused on building immunity among its slum residents. As part of the programme, Asha provided Vitamin D injections to all the residents across the slum communities except children, who have been proven by experts worldwide as a great immunity builder. The community members, especially the more vulnerable, elderly, and sick patients, were provided micronutrients to enhance their immunity. CHVs conducted house-to-house visits to distribute these supplements and ensured they were being consumed. Along with Vitamin D injections, the Asha team also advocated exercise, a balanced and healthy diet, adequate sleep, reduced stress, and controlling the consumption of tobacco and alcohol to boost immunity levels.

10.3.8 Asha Polyclinic: Advanced Healthcare, including Diagnostics, laboratory tests, USG, X-Ray, ECG and services of a Specialist Doctor were available at Asha Polyclinic, the Tier III of Asha's Healthcare Model. 3,911 patients were registered for treatment, 2,753 patients had undergone laboratory tests, 1,016 patients had USG, 205 patients had X-Ray during the year.

10.4 Asha's Higher Education Programme

Asha's Higher Education Programme started in the year 2008 and till date, had resulted in more than 5,100 students receiving University education along with more than 700 students covered under vocational and skill development programmes. To enhance the academic pathways for students, the Asha Education team began attending Parent Teacher meetings at schools. This initiative aimed to help students make informed decisions about their senior secondary class subjects, considering their aptitude, merit, and market demand. It was crucial

because the parents and family members of these students often lacked the educational background needed to guide them in making the right academic choices.

Asha Resource Centre acted as the hub of Higher Education for the slum students. The identified Asha students were provided with the necessary support in terms of academics, like sample test papers, supplementary text materials, and regular mock exams so that they could thoroughly prepare for their crucial board exams and achieve excellent grades. The students utilised the facilities at the advanced IT Labs to enhance their IT skills and complete their assignments. The Resource centre provided the necessary academic environment to the students, which they missed at their homes. This year, Asha supported 1400 school students with study spaces. In addition, around 1,200 students benefitted from the seven functioning IT Labs every month.

Common University Entrance Test (CUET) continued to present a difficult challenge for the Asha community students. Added to that, difficulties in accessing tertiary education for the students from the slum community and the severe financial crisis made the parents reluctant to send their children for a college education. The problem was more acute for girls due to the societal mindset conditioned by patriarchy. Asha team and the Ambassadors counselled and motivated the students, parents and their families regarding the benefits of college education and promising career opportunities, which will help them break the poverty cycle. The parents were also convinced that Asha would provide the necessary financial support to the students to secure college admission. After securing the parent's consent, the next big challenge was to have the required documentation for the student. Asha student ambassadors visited the Government departments along with the students much before the final school results were declared to procure these necessary documents and certificates required for admission.

After ensuring that the students were ready for university admission with their parent's consent and the necessary documents, the Asha team and the student ambassadors helped them step by step in the CUET enrolment process and supported them by paying their examination fees.

After the CUET results were declared, the next step was to guide the students and take them through the online admission process of the University based on their CUET results. Asha's team and the ambassadors also helped the students with course and college selection. The entire admission process for the students was conducted at the Asha Resource centres. Asha team also helped needy and deserving students secure admission in vocational and skill development programmes like ITI, Nursing, Lab Technician, etc. During the year, 250 students were supported for CUET. There were 60 regular University admissions, and 87 girls got admission to the undergraduate degree through the Non-Collegiate Women's Education Board. 65 students were enrolled in Open School in the year 2023-24. 15 students were

enrolled for the vocational and skill development programmes. 43 college students were enrolled for upskilling computer courses during the year.

Currently, 4 students are pursuing Masters Programmes through scholarships in the University of Sydney, 1 student is pursuing Masters in University of Queensland and two students are pursuing PhD in University of Melbourne.

10.4.1 Internship: Internship opportunities were provided to the meritorious students from the new slum communities. The internship opportunity helped the selected students develop professional skills and exposed them to working in an International, multicultural work environment. 18 Internships were provided to Asha students during the year.

Online English Classes- Expert English teachers and professionals who were Friends and Supporters of Asha from different countries like the UK, Ireland, USA and Australia mentored Asha students to improve their conversational and academic English skills. Also, they provided specialised training for the IELTS examination for students selected to pursue Master's Programmes in prestigious Universities abroad through Asha scholarships.

Practising the Asha Way of Life - "Asha Way of Life" is more than a concept; it's a heartfelt journey embraced by Asha's team and their communities. Dedicated to instilling profound life values, they weave gratitude, compassion, joy, affirmation, non-violence, and generosity into every thematic intervention. The "Asha Way of Life," created a bond of unity and togetherness. The Asha team, along with Mahila and Bal Mandal members and student ambassadors, practiced the "Asha Way of Life" in the community through various initiatives, embodying the spirit of love, care, and unwavering support.

10.5 Asha's Relief to the flood affected victims at Anna Nagar and Riverbed slum community: In 2023, the floods in Delhi had left the Asha community at Anna Nagar and Yamuna Riverbed in unimaginable distress, with homes and belongings swept away, leaving them in utter despair. Amidst the darkness, The Asha team was on the ground daily, helping and supporting those affected. Understanding the urgency of the situation, the Asha team provided emergency relief, medical support, distributed tarpaulin sheets and nourishing cooked meals and other essential life support items to aid in rebuilding homes and restarting lives from scratch. More than just physical aid, Asha provided emotional support to the community, reassurance, comfort, hope and the strength to face the challenges.

10.6 Celebrating Asha's 35th Anniversary: - A Week of Joy and Reflection

Marking the splendid thirty-five years of Asha's work in the Delhi slums, a week-long celebration was held, filled with various events that brought together the global Asha family including Trustees and Board Members from Friends of Asha GB, Ireland, USA and Australian

Friends of Asha , Long time Supporters and Volunteers alongside Asha’s team, Women’s group members, Community Health Volunteers (CHVs), students, and alumnae, the celebration provided an opportunity to reflect on past achievements and plan about the future.

10.6.1 Reception at the British High Commissioner’s Residence

The festivities began on February 19’ 2024 with a delightful reception hosted by the British High Commissioner to India, His Excellency Alex Ellis who addressed the gathering, celebrating Asha’s journey of 35 years in the slums of Delhi. CHV Meena shared her inspiring story, and Asha alumnus Abhishek recounted his journey from a one-room shanty to studying in Australia. Members of Asha global family and long-term supporters also shared their reflections and words of encouragement. The evening ended with everyone enjoying delicious Indian food prepared by the Asha team and community women.

10.6.2 Inauguration of the New Asha Centre

The week saw the inauguration of a new Asha Centre in the Vivekananda Slum Colony. The ribbon-cutting ceremony was filled with excitement, highlighting the promise and potential of this new facility. The centre will have an IT lab and a dedicated study space for students, providing much-needed resources for educational development. Additionally, it will serve as a meeting place for children’s and women’s groups, fostering community engagement and support. This new centre is a significant step forward in enhancing educational opportunities and community cohesion in the area.

10.6.3 Community Celebration at Mayapuri Slum

A vibrant community celebration took place in Mayapuri slum community under a colorful marquee, bringing together representatives from all Asha communities, global Asha family and the team. The event was filled with inspiring speeches and honoured Asha team members who have dedicated over 20 years of service. Attendees were also treated to wonderful dance performances, contributing to the joyous atmosphere. The celebration concluded with a delicious lunch, enhancing the sense of community and festivity.

10.6.4 Grand Finale: The week concluded on Friday, February 23, 2024, with a gala evening that offered a rich and varied program. Attendees were treated to a series of speeches, personal reflections, and a video montage highlighting Asha’s journey and accomplishments. The evening’s entertainment included singing, recitations of Urdu poetry, and dancing, creating a vibrant and celebratory atmosphere.

The Asha team and graduates took the opportunity to express their gratitude to Dr. Kiran, conveying their appreciation for her dedication. Additionally, the event honored supporters from various walks of life, recognizing their significant contributions to Asha’s mission and

ongoing work. This finale gala served as a testament to the impact of Asha's initiatives and the community's collective effort towards its success.

10.7 Visitors and Dignitaries during the year:

Victoria Thampi, Chair of Friends of Asha Ireland and her husband, Matt, visited Asha for a week, encouraging the women, the elderly, the young people and the children too, through a host of planned educational and creative activities. Their visit proved that Asha is one big global family relating to one another on the principles of dignity, mutual respect and love.

A team from Northern Ireland, The Royal School, Armagh visited Asha's Mayapuri and Dr Ambedkar Basti community in October 2023. The team had brought a wonderful energy to the centre, engaging children and women in various crafts, play and educational activities. Asha's Mahila Mandal, Bal Mandal, and college students had a fantastic time, making the most of this opportunity through interactive sessions.

The team from Methodist College Belfast, Northern Ireland, also visited Asha for 12 days in October 2023. They volunteered at the Asha Kalkaji slum community. The team spent quality time having fun-filled infotainment activities like crafts, Mural paintings and storytelling with the children of the Bal Mandal group. They also had age-appropriate interaction with college students and ladies from mahila mandal groups. On the one hand, the community participated in an interactive and participative session which was an enriching experience for them. On the other hand, the team got to understand more about life in the Kalkaji slum community. A wonderful medic by the name of Dr Catherine Patterson visited Asha with the Methody team. She conducted training for Asha's nurses and paramedics on resuscitation measures. She presented a blood pressure monitor to the Asha health care staff at Kalkaji as a gift of love and appreciation.

Long time Asha supporter and friend Valerie Alexander and Andrea from Northern Ireland visited Asha in April 2023. They engaged with the community students in an inspiring session on personality development and understanding their strengths, enriching everyone with valuable insights. They also organized a surprise picnic with elderly people from the Kumsur Pahari slum community in Lodhi Garden. They all enjoyed delicious food together and had heartfelt conversations. The smiles on everyone's faces were priceless as they cherished each moment together. It was a day filled with warmth, laughter, and love.

Asha Centre at Savda - Asha opened a resource centre at Savda in Northwest Delhi. The centre, equipped with Asha IT Lab with advanced laptops and high speed wi-fi connectivity is the hub for educational activities for the community and will transform many lives with the power of education. The building team from Ballymena, long-time Asha supporters, helped Asha in building the centre and turning the dreams into reality.

VThampi

Victoria Thampi, Chairperson, Friends of Asha (Ireland)

9th February 2025

Date

Friends of Asha (Ireland)

Northern Ireland - Charity number 101268

Annual return



Independent examiner's report to the charity trustees of Friends of Asha (Ireland)

I report on the accounts of the company for the year ended 5 April 2024, which are set out on page 1.

Respective responsibilities of charity trustees and examiner

As the charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice (SORP) applicable to charities



4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Name: *AW Murphy*

Date: 14/02/2025

Andrew Murphy, Chartered Accountant

Friends of Asha (Ireland)

Northern Ireland - Charity number 101268

Accounts

Friends of Asha (Ireland)**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 5th APRIL 2023**

	Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
RECEIPTS				
Personal Donations	27,388	-	27,388	73,537
Donations from Churches / Schools	37,698	-	37,698	48,066
Donations from Charities / Trusts	1,200	-	1,200	3,940
Event Receipts	9,414	-	9,414	87
Gift Aid	5,870	-	5,870	-
	<u>81,570</u>	<u>-</u>	<u>81,570</u>	<u>125,630</u>
PAYMENTS				
Charitable Activities	89,693	-	89,693	213,150
Governance Costs	2,282	-	2,282	2,613
	<u>91,975</u>	<u>-</u>	<u>91,975</u>	<u>215,763</u>
NET INCOME/(DEFICIT) FOR YEAR	<u>(10,405)</u>	<u>-</u>	<u>(10,405)</u>	<u>(90,133)</u>

Balance Sheet as at 5 April	2023 £	2022 £
ASSETS		
Cash at hand and in bank	<u>8,160</u>	<u>18,565</u>
RESERVES		
Opening Balance	18,565	108,698
(Deficit) Surplus for Year	<u>(10,405)</u>	<u>(90,133)</u>
Closing Balance	<u>8,160</u>	<u>18,565</u>

Friends of Asha (Ireland)

Northern Ireland - Charity number 101268

Annual report



Friends of ASHA (Ireland)

Trustees Annual Report for the year ended 5th April 2023

The Trustees present their Annual Report and Financial Statements for the year ending 5th April 2023 including the audited accounts for that period.

1.0 Reference and Administrative Details

For general matters and enquiries:
Friends of Asha (Ireland)
c/o Mrs. Victoria Thampi
95 Sydenham Avenue
Belfast BT4 2DL

For financial matters:
Friends of Asha (Ireland)
c/o Mr. Norman Graham
8 Beaumont Hill
Ballymena BT43 6BJ

Registered Charity in Northern Ireland (NIC 101268)

2.0 Charity Trustees

The Charity Trustees who served during the year or who were trustees at the date of this report were:

Mrs. Valerie Alexander
Mrs. Pearl Donnelly
Mr. Norman (Barney) Graham
Mr. Freddy Martin
Mrs. Lynn Montgomery
Mrs. Victoria Thampi
Mr. Gareth Williams

3.0 Principal Office Bearers

Chairperson:	Mrs. Victoria Thampi
Secretary:	Mrs. Pearl Donnelly
Hon. Treasurer:	Mr. Norman (Barney) Graham

4.0 Accountant

A1 Accounting
17 Millreagh Drive
Dundonald
Belfast BT16 1WP

5.0 Independent Examiner

Time is Limited, Chartered Accountants

6.0 Bankers

Ulster Bank Limited
Arches Retail Park
Connswater
Belfast BT5 4AF

7.0 Description and Purpose of Friends of ASHA (Ireland) [FOA(I)]

FOA(I) was formed in 2002 as the all-Ireland support group for the ASHA charity which is based in Delhi, India. FOA(I) has a strong Christian ethos and enjoys full UK charitable status under the Charities Commission for Northern Ireland. It also has HMRC Tax Exemption – Ref XR 37459. All work carried out by the charity is done by unpaid volunteers.

There are currently 7 Trustees (see details above) and no employees.

8.0 Description of Asha Society

The Asha Society (www.asha-india.org) is a charity established in Delhi in 1989 that is dedicated to improving the lives of the urban poor through programmes covering health, education, empowerment, environment, infrastructure development and financial inclusion. Asha works amongst nearly one million slum inhabitants covering 95 slums in the city of Delhi. Asha's interventions focus on the rights of slum dwellers and it works in partnership with them and the Government to bring about sustainable poverty reduction and positive change.

9.0 The year 6th April 2022 – 5th April 2023 for FOA(I)

Thankfully this year saw a slow and steady recovery to more normal pre-Covid activities for FOA(I). We were delighted to have a visit from Freddy Martin (Asha) from 19th to 28th November. During this time, he undertook speaking engagements in a number of schools and Churches. A celebratory meal to mark the visit, with our special guests Freddy and Shiv, a young man from a slum community who has graduated from a Delhi university, held in a Belfast City Centre Pan Asian restaurant with over 70 people in attendance.

The trustees were delighted to see the first teams from N. Ireland since Covid starting to visit Asha in Delhi again. Two teams from Northern Ireland travelled to Delhi to work alongside the slum communities there. The first team to go out to Delhi in February 2023 was from Dunclug College, Ballymena and was led by Mrs. Valerie Alexander, a FOA(I) Trustee. The team visited a number of slum communities and interacted with the children's clubs (Bal Mandals) and young people. They also managed to raise an amazing £11,400 which was gratefully received by Asha.

The second team to travel in early March 2023 was one from the Ballymena area to build a home for a slum dweller in a colony called Savda Gevhra in NW Delhi. The team was coordinated by Tony Farquhar, but unfortunately, he sustained a hand injury at work at the last minute which meant that he was unable to travel and lead the team. However, they appeared to manage well without him and had a very successful trip. They had worked hard in the months before they travelled and managed to fundraise a fantastic total of £14,105 which was sufficient to get the property completed after their 2-week work trip, with any surplus going to Asha general funds.

Income for the year was slightly down on the previous year, but FOA(I) has a strong base of regular personal contributors who, along with Church and school donations, meant that over £90,000 was transferred to Asha over the period. The trustees are extremely grateful to all donors and we look forward to working closely with them in the year ahead. We are aware that some more schools are planning trips to Delhi and that is so encouraging! We know that both pupils and teachers will have really enjoy their visit to the slums of Delhi where they will receive a very warm welcome. The experience will be a memorable one and for some, will be life-changing.

FOA(I) look forward to February 2024 when Asha will celebrate its 35th anniversary. We hope to have an early celebration of this event when Freddy Martin visits N. Ireland again in November 2023. The Trustees also continue to consider new fundraising ideas and partners so that we can continue to help meet the needs of the slum dwellers that Asha work with.

10.0 The year April 2022 - March 2023 for Asha

In the health sector, Asha regularly conducted regular clinics with would-be mothers, children under five years of age, the elderly, and patients having diabetes, hypertension and respiratory issues, along with general clinics. There was no maternal death, and the child Survival rate was 99.7. All pregnant women had their deliveries by trained health workers. 98% of children were fully immunised.

Love and Lunch. This initiative ensured that the neediest, poor and abandoned elderly men and women in the slums received better nutrition through delicious lunches prepared and served by the Asha team at every community centre six days a week. An atmosphere of love, joy, and compassion is fostered, and the recipients are doing much better with this care and attention.

Specialised nutritional care programmes for hundreds of malnourished children and women continues in the slums, medical checks being done regularly.

Asha ensured all children were enrolled in school. Around 220 students were supported for university education in India. Twenty-three college students were assisted to undergo summer internships at different multinational companies like Macquarie Global, and Irish Embassy and New Zealand High Commission. Nine hundred fifty high school students accessed the library and study centres at the Asha resource centres. 1200 school and college students accessed IT labs in the slums.

Asha accomplished another milestone by sending the first girl, Mohini to pursue a master's at the University of Queensland, with a full scholarship. Along with her, two more students, Sunny and Sumit, received the opportunity to study master's at the University of Sydney on an equity scholarship. They joined Tushar, who is already pursuing a Master's degree in International Relations at the University of Sydney and Chandan, who is pursuing PhD in maths at the University of Melbourne.

Asha continued to empower more than 600 women and 650 children, and they continued to work as agents of change in their slum communities by liaising with elected legislative members and officials from government agencies. The women's group ensured that all the infrastructure in the slum, including community toilet complexes, parks, and garbage disposal depots, were properly maintained and repaired from time to time.

Asha also provided emergency relief to slum communities affected by floods and demolition. Food, medicines and temporary shelter was given to the affected families

Asha India also hosted two teams from Ballymena, Northern Ireland: team of builders and team of students and teachers from Dunclug College. The builders were able to construct a home in Sawada Ghevra, this home like in the past provides housing and shelter to the poorest of the poor families. The Dunclug team spend a fortnight in a slum in south Delhi doing various activities with children, young people and elderly.

Asha has embraced the "Asha Way of Life" values like generosity, justice, compassion, dignity, affirmation and others are practiced in the slums. Asha has renewed its commitment to work together and become a force for liberation and transformation through empowering others. It continues to emphasise servanthood in leadership, fostering mutual acceptance and appreciation. Every member of the Asha family and community has practised the "Asha Way of Life" in their own way- writing gratitude letters, donating clothes, and items of need, sharing food, practising the value of affirmation with each other and other innovative ways.



Victoria Thampi
Chairperson, FOA(I)

Friends of Asha (Ireland)

Northern Ireland - Charity number 101268

Annual return



Independent examiner's report to the charity trustees of Friends of Asha (Ireland)

I report on the accounts of the company for the year ended 5 April 2023, which are set out on page 1.

Respective responsibilities of charity trustees and examiner

As the charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice (SORP) applicable to charities



4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Name: *AW Murphy*

Date: 12/03/2024

Andrew Murphy, Chartered Accountant