

Charity registration number: 1078353

HEALTH HELP INTERNATIONAL

Annual Report and Financial Statements
for the Year Ended 30 November 2023

HEALTH HELP INTERNATIONAL

ANNUAL REPORT AND FINANCIAL STATEMENTS

Year Ended 30th November 2023

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HEALTH HELP INTERNATIONAL

TRUSTEES AND PROFESSIONAL ADVISERS

Charity name	Health Help International
Charity registration number	1078353
Principal office	Brynhyfyd Road Newport South Wales NP20 4FX
Patron	Mr R W Prosser
Trustees	Dr C John J Spurrier-Davies Dr E Plummer Mrs S Chalmers C Byrne I Park G Thomas
Bankers	Lloyds TSB 42 Commercial Street Newport South Wales Monmouthshire Building Society John Frost Square Newport South Wales Friends of the Banyan Tree (two accounts) NatWest The Square Willerby East Yorkshire HU10 7UA Strathaven Friends of HHI Bank of Scotland 13 Common Green Strathaven ML10 6AQ
Independent Examiner	Mr W K Paine 44 Pettingale Road Croesyceiliog Cwmbran Torfaen NP44 2NZ

The trustees have pleasure in presenting their report and the financial statements of the charity for the year ended 30 November 2023.

ORGANISATION AND STRUCTURE

Health Help International (HHI, the Charity) became a registered charity on 25 November 1999. The Charity was originally set up to provide funds and assist Mpongwe Mission Hospital in Zambia, and was known as The Mpongwe Mission Hospital Appeal. The Charity is unincorporated and is governed by its constitution. The Charity's registration number is 1078353. The Charity's patron is its founder, R W Prosser.

The trustees

The trustees who served the charity during the year were as follows:

Dr E Plummer (Chairman)
J Spurrier - Davies (Secretary)
G Thomas (Treasurer)
Mrs S Chalmers
C Byrne
Dr C John
I Park

For the first accounting period the original trustees were those people who adopted and signed the Constitution. The trustees run the affairs of the Charity, but delegate much of this work to the Management Committee which comprises some members of the trustees and volunteer organisers. There are no paid employees. At the annual general meeting all members of the trustees shall retire from office but can offer themselves for reappointment. The Management Committee who served during the year were:

J. Spurrier – Davies
Mrs J Williams
M Hopkin
B Medhurst
C Byrne
I Park
E Plummer
Mrs H Winstanley
T Hatherall
Mrs E Jones
Ms V Harding (August to October)

In addition to the above, the Friends of the Banyan Tree is a subgroup of HHI, which raises funds for educational and other projects in India and liaises with the Centre for Dalit Studies and Action (CDSA) in India. Its members are:

P Baker
Mrs S Seabon

A second subgroup is the Strathaven Friends of HHI (SFHHI) who raise funds for HHI in Scotland, in particular in Strathaven and the surrounding area. Their members are:

Iain Park
Mrs Helen Baird
Willie Cooper
Ian Gow
Mrs Margery Menzies
Mrs Kath Russell

Appointment and training of trustees

The trustees are appointed from individuals who have expressed an interest in the Charity. New trustees or members of the management committee are always welcome.

Objectives

The object of the Charity is to relieve persons who are in conditions of need, hardship or distress by reason of their social or economic circumstances by the provision of medical treatment, medication, facilities, buildings, equipment or other necessary supplies.

The thinking behind the work of the Charity is a resolve to obey God's command to love our neighbour as ourselves, to heal the sick and care for the weak and poor of this world. We seek to do this by supplying medical equipment and funding medical aid to those unable to afford hospitalisation or treatment, providing money for special needs school infrastructure and running costs, and funding humanitarian and educational help to those who need it most, in particular the disabled. We currently do this in Zambia and India. We consider that self-help is important for the dignity of the recipients and where possible we ensure this plays a part.

REVIEW OF THE YEAR - OVERALL

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. We review our aims, objectives and activities each year. This review looks back at what we achieved and the outcomes of our work in the previous year. This review helps us ensure our aims, objectives and activities remain focused on our stated purposes. The work of this charity is only restricted by the funds we have available, which are received from the kind and generous giving of private individuals and churches who continue to support our work, and occasional grant funding from charitable trusts. We strive to help any person or groups of people in most need without restriction or discrimination in our current areas of operation in India and Zambia.

REVIEW OF THE YEAR – INDIA

The effects of Covid-19 are over, and it has been a year of "business as usual" for HHI in India. We have been able to maintain our usual full programme of delivering help to those who need it most in the extreme south of the country, as well as in Odisha (Orissa).

Our India lead Edmund Plummer visited in January with a film crew from Big Picture Charity Films who produced a number of excellent short videos about the various aspects of our work in India. These are available to anyone interested on our website hhi.org.uk or on Vimeo, and have proven very useful in generating interest

and promoting our work. The costs were entirely borne by one of the HHI team, and so did not have any impact on our charitable work.

The visit enabled an inspection of all aspects of the work that we fund (with the exception of the work in Odisha, which is in an inaccessible part of the country), and it is all clearly going very well, being conducted very effectively and efficiently. We are completely satisfied that our Indian partners are spending our money wisely and well.

At other times communications have been maintained via email and WhatsApp.

During the year we encountered significant problems with sending out money, primarily due to the Indian authorities introducing new restrictions on money being sent from abroad to NGOs, but not telling anyone, and rejecting payments with cryptic comments. This was eventually resolved, and it is a great credit to our Indian partners that they were able to maintain their activities despite the hiatus in the flow of money.

The transfer of **Asha Kiran Ashram**, our special needs centre for disabled children in Tamil Nadu, to Grace Ministries progressed gradually throughout the year, and the end is in sight. It is a slow process, as seems to be inevitable when dealing with Indian bureaucracy, but our partners have persisted and we are nearly there. Celestial Ministries, the Indian NGO that operates Asha Kiran Ashram, will continue as a component of Grace Ministries, but its religious aspects have been transferred to Grace Ministries leaving it as an educational, medical and social enterprise; we are hoping that this will ease relationships with the State authorities, whilst allowing it to maintain its own distinct ethos. New trustees have been appointed who bring a commendable variety of experience and expertise, and bank accounts have been adjusted. The current director, Santhosh Kumar, will stay on for the time being as managing trustee in order to provide continuity, but will gradually move on to a well-earned retirement.

The children are making good progress. A stimulating environment, physiotherapy, special needs teaching, vocational training and fun and games with their peers all combine to great effect. The staff are dedicated, hard-working and skilful. Much of the ground lost during the Covid years has been made up. We are very happy with what is happening there.

The story at **Happy Valley Special Therapy Centre** is very similar. If Happy Valley did not exist, the children would go to a state school where they would be neglected. There are state special needs (SN) schools, but these try to teach the national curriculum with a couple of SN sessions a week thrown in, so they are not much use. Happy Valley does mostly or all SN work. If a child has an "accident", Happy Valley sorts it out, whereas a state SN school does nothing and calls the parents in. So it gives a much better service. As a result, the children are developing to the fullest extent that they are capable of, often with surprising results. The centre also provides respite for their hard-pressed families.

A purpose-built building, owned by the centre, remains the long term hope and aim, but the costs associated with this are daunting.

We continue to benefit from long term funding for much of the running costs of Asha Kiran Ashram and Happy Valley from Blackwood Engineering Trust, a trust associated with a local engineering company which trades with India and wished to return some of its profits to those most in need in that country. We are very grateful for this.

Thanal House is a residential home for destitute women who were living on the streets; many have severe psychiatric problems. It has continued to function without needing our intervention. Numbers have been reduced to about 20, allowing a greater level of care for those who remain. The work is carried out by Salini assisted by her husband Sanil and her mother Valsala. The effects of lockdown, particularly the drop in local support such as support "in kind" remain, which is putting a considerable strain on their finances. We are doing our best to help.

Shibu, our regular "bystander" (an unofficial nursing assistant) at a government hospital in Trivandrum, continues to do wonderful work, looking after anything up to a dozen patients who have no-one to care for them during their stay in hospital. Without such care they would not be admitted; thus his presence provides a very cost-effective way of getting treatment for people who would otherwise be denied it. He also acts as a point of contact for the medical staff, who will often draw his attention to the needs of destitute or poor patients who need his services, help with the costs of medical supplies or transport, and the like. He has an excellent reputation and relationships with the doctors and nurses at the hospital. HHI provides the costs that he incurs on behalf of others, as well as providing him with board and lodging and other necessary supplies. We also support his mother, who is in a nursing home, in lieu of salary.

Credit unions continue to provide invaluable financial and social support to a wide variety of women of very limited means, across caste and religious divides. We are continuing to contribute towards the administration costs (two salaries and transport) of a group of over 130 such credit unions. These allow women to work together, pooling their resources so as to enable any member to borrow money for an agreed purpose – to set up in business, purchase livestock, meet a medical bill, pay for education or pay off loan sharks are typical. Checks and balances are in place to prevent fraud and to engender trust. The unions also provide a social forum for members to discuss problems and areas of concern. The number of such groups is increasing, demonstrating their value.

Tuition groups supplement state education (which is often of poor quality). The number of such groups has fluctuated over the year - sometimes a group shrinks to the extent that it is no longer viable, or the teachers prove unsuitable, but there is always a demand for such groups, and replacements are therefore started at the beginning of the new academic year. This year we ran six then five such groups, catering for about 100 children. The children come for an hour or two of extra tuition, either before or after school, with longer on a Saturday, and also a more extended programme over the long vacation (April/May). The groups are each led by a graduate who would otherwise be unemployed. Experience has shown that such groups provide a huge boost to the children who attend, either by reiterating what has been taught in school but has not been fully understood, giving a preview

of what is to come, or by filling in missing parts of the curriculum. Pass rates have soared in areas where such groups have been established. Funding of the groups is primarily from our autonomous sub-committees, the Friends of the Banyan Tree.

The Friends of the Banyan Tree also support the **Centre for Dalit Studies and Action** (CDSA), an established, proven and successful community project operating at **Idinjar** on the verges of a tribal area in the foothills of the Western Ghats, providing tuition groups, a vacation programme, a medical centre and community nursing for an isolated and disadvantaged area.

We also provide money for **medical treatment, operations** and the like. We continue to send out money regularly for these and immunosuppressant drugs for kidney transplant patients which is distributed or used as the need arises. We also send out regular support for the medical and living costs of about 40 particularly needy people who need to purchase expensive medicines long term. We continue to send out money for the more major operations and expensive courses of treatment as and when it is needed. These are declining due to the gradual spread of government provision of such services, but some such needs remain, and it is particularly gratifying that this year we have been able to meet many such requests from our India partners.

The **craft centres** continue to be largely self-supporting, although they need to find more outlets for their work. These provide employment for women who are unemployed, whose husbands have left them or are invalids, or are otherwise in need; they are empowered to help themselves. They make cards, painted leaves, plaited wrist-bands, tea towels, pencil cases, tote bags and so on. Our Scottish friends continue to show a lot of interest in the cards which include painted leaves, including local scenes, and market these online very successfully.

The persecution of Christians in **Orissa** is well known. We provide for monthly **medical camps** amongst people who have been displaced by such violence and intimidation; sadly the need for these remains and may well increase.

We continue to provide **income generating** opportunities, mainly by means of training in sewing and the provision of subsidised sewing machines. There is a good demand for their skills, and about three quarters of the women who complete the training are able to use their skills, either in employment or in a cottage industry, so as to support themselves and their families.

Rev Dr Santhosh Kumar, of Celestial Ministries, administers the work of Asha Kiran Ashram. The rest of the work is administered by our partner at The Banyan Tree in India, Philip Mathew, Salini Sam Joseph at Thanal House, Chandra Babu at CDSA and Pastor Wilson Kochukunju (Director of BGM Social Service Centre, providing credit unions, employment opportunities and medical and agricultural support). All our partners have agreed verbally and in writing to comply with our safeguarding policy.

Philip Mathew has announced his intention to retire when he turns 60, in January 2027. We have agreed that he will appoint an assistant as soon as he can, who can

learn everything, lighten his heavy workload, and take over in due course. Philip will retire to the north of the state to his family.

Plans for the future in India (2023/24 objectives):

- To maintain our life-saving and transformative work, and to expand it, to the extent that our funding allows.
- To review current funding of all the various activities and projects that we support, so as to ensure that funding is used in the most cost-effective manner possible and is aligned as closely as possible with the aims and objectives of HHI.
- To maintain funding for The Banyan Tree, an Indian registered charity, providing support for health-related activities, the disabled, tuition groups and other assistance as far as resources allow.
- To put in place a succession plan for the current director of the Banyan Tree, Philip Mathew.
- To maintain funding of medication for and treatment of kidney patients, heart patients and other patients.
- To maintain and, if possible, to develop the services available to disabled children in the Nedumangad area within the current budget.
- To maintain funding of Thanal House and Asha Kiran Ashram.
- To facilitate the transfer of the work of Asha Kiran Ashram to Grace Ministries.
- To provide funding for medical treatment and other aid, as requested, to the greatest extent possible.
- To investigate new funding opportunities and projects that we might initiate or support.

REVIEW OF THE YEAR – ZAMBIA

Executive Summary

From December 2022 to November 2023 our work in Zambia has continued to support the disabled and their carers into sustainable living following the food donations they received during the pandemic. In addition, we have reinstated our termly support to physically disabled students as they have returned to school post pandemic and our financial support to the schools and hospitals has increased. With the financial support from HHIUK, our sister organisation in Zambia (HHZ) continues to identify those in greatest need and organises their help. HHZ continues to flourish with guidance from the board of trustees under the leadership of its chairperson Mr Fancy Gondwe. To capture the inspirational good work which is being achieved through HHI working in partnership with HHZ, the Big Picture Charity Film (BPCF), a charitable film organisation visited Monze in Sept 2023. The films which have been produced will be available for public viewing in 2024. The BPCF visit and expenses were personally paid for by a HHIUK committee member.

HHZ Staff and Trustees

The HHZ Board of Trustees, in accordance with their constitution, met regularly and invited HHIUK to table issues for discussion. Minutes of the meetings were reported to the UK.

During the annual general meeting in October 2023, four new board members were elected following the retirement of three previous members. The new members are Brother Innocent Phiri (Holy Family), Mrs Peggy Kalima (House mother, Choongo School), Mr Arthur Bweupe (Head teacher, Nanga school) and Prisca Hatembo (Senior teacher, Muumba school).

Monthly reports and accounts continue to be sent by email to the UK for scrutiny, along with funding requests and project proposals. The HHZ accounts continue to be scrutinised by a volunteer within HHIUK and all the income received and expenditure generated by HHZ has been recorded and reconciled to bank statements.

HHZ has strengthened its partnership with local health institutions such as Holy Family and Monze Mission Hospital. In June 2023 HHZ was successful in their bid to the Bank of Zambia for support and received £2,000 worth of mobility aids for distribution. Additionally, as a result of the partnership made between HHZ with Water Aid in 2022, a hand wash basin was installed at the entrance to the HHZ compound in January 2023 for all visiting clients to use freely.

The sections below describe the work done in more detail.

Management and Staffing at the Monze Centre

The HHZ staffing has been slightly reorganized to include a full-time member of staff namely Ms Mwanza Mpofo who has IT skills and social work qualifications and can support Mrs Brenda Chileshe in the day-to-day work as administrator for HHZ.

Frank Sichama was not re-appointed as driver in January 2023 but John Mwansa, one of the HHZ security guards, has received driving lessons in order to act as driver for the HHZ outreach programmes. Tawanda Vinya and John Mwansa remain as full-time security guards. The remaining four members of staff include two seamstresses, one carpenter / handyman and one cleaning lady.

As in 2022-3 all eight HHZ members of staff have continued to be employed as full-time workers. In April 2023 all the staff received an increase in their pay to reflect Statutory Zambian Labour requirements. Three members of staff are disabled. HHZ has joined NHIMA (National Health Insurance Management Authority). The employee contribution of 1% is paid by HHIUK.

All the staff have received sign language training which was given at no cost by Mrs Mwila, a former HHZ trustee. The staff use their signing skills when required each day as they carry out their tasks and engage with clients.

Income generation and repairs to the HHZ premises.

The staff and trustees continue to maintain HHZ premises. The forecourt to the HHZ compound has been concreted aiding wheelchair and vehicle access. There is a new, more prominent sign outside the compound gates with the full name and address of the charity along with its mission statement. It can be clearly seen on the approach from the main road in Monze.

HHZ has continued to raise some of its own income through guest room and premises rentals and approximately £3,900 was raised by HHZ during the financial year 2022-2023. This has enabled HHZ to fund, independently of HHIUK, essential food supplies and some emergency training college fees for vulnerable disabled people whom they have encountered in their outreach programs.

Safeguarding policy

The safeguarding policy adopted by HHZ has continued to be updated, and a safeguarding committee has been appointed consisting of three HHZ trustees. All clients and recipients who receive financial help from HHZ are asked to sign a safeguarding document permitting HHIUK to use their images and details for UK newsletters and website updates.

Charity work with Individuals

During 2023 HHI has provided start-up capital to 56 individuals who were previously receiving monthly support throughout Covid. This was one of the key HHI objectives for 2023. Those who have received startup capital have been monitored and supported by HHZ. The vast majority of clients have successfully established businesses and are now sustaining themselves or their disabled dependants.

The ongoing monthly support given to disabled individuals who have received HHI support for some years has continued, and, when necessary, medicines and hospital transport has been paid for those seeking help in emergency situations. Physiotherapy sessions at Holy Family have been paid for by HHIUK for those individuals who have been discovered by HHZ to have been without physiotherapy support since their diagnosis.

A new partnership has been established with Holy Family which will reduce the cost for HHI in providing artificial limbs for those in need. HHZ will buy the raw materials with HHI funding and Holy Family craftsmen will make the limbs for free. Another need which has arisen in the partnership with Holy Family is that of providing food for the 122 disabled students in the Holy Family school. HHI has agreed to support these students with a small monthly contribution in the same way as support is given to Muumba and Nanga schools.

Wheelchair repair, servicing, and practical support for the disabled

The free wheelchair repair service has been maintained by the competent HHZ carpenter / handyman, Robbie Mooya. Anyone who needs wheelchair maintenance can visit the HHZ compound and receive attention. The material estimates are communicated to HHIUK via the monthly reports and funding is included in the

monthly allocation. In conjunction with the Holy Family Physiotherapy Centre, standing frames are made specifically to order for children with cerebral palsy. Wheelchair servicing has also been regularly carried out as part of the HHZ outreach work in the disabled unit in Choongo School and at Nanga Special School.

One important development which has started in March 2023 within the wheelchair repair service is training in wheelchair repair which is given freely to suitable disabled students. The trainees are learning how to repair and maintain wheelchairs so that when Robbie retires, they can continue this valuable work and, in the meantime, they can set up their own repair service to generate an income. Six students graduated during 2023 with the necessary skills to repair wheelchairs.

Feeding support and equipment for Monze Mission Hospital

The children's ward and the malnutrition ward in Monze Mission Hospital continue to receive monthly funding from HHIUK via HHZ. The nurses are extremely grateful for this financial supplement as it aids healing. The funding is also used by a senior nutritional nurse to provide weekly demonstrations to mothers on how to prepare nutritional food on a low budget to prevent malnutrition in their children. During the September 2023 visit to the hospital, HHI handed over unwanted and unused stoma and colostomy products. These were gratefully received by hospital staff.

The 2022 request by the hospital doctors for a new autoclave has been successfully answered by HHI. £19,500 was raised in 2023 and this paid for the autoclave in full and also included a contribution towards shipment costs. The autoclave left the UK in August 2023 and is expected to arrive in December 2023 for installation in January 2024. The provision of this important piece of medical equipment was one of our main objectives for 2023.

Support for Schools

Muumba School continues to receive monthly funding to feed the growing number of pupils. 409 are now attending the school which includes 173 orphans and vulnerable children. In 2023 there was a need to increase the monthly contribution towards the midday feeding programme from £140 per month to £180 per month (depending on exchange rate) because of increased costs of mealie meal and maize. The parents continue to prepare the food each day. The Head Teacher has given HHI positive feedback on the beneficial effects of this feeding programme.

The separate male and female flush toilets and disability ramps previously provided by HHIUK have certainly made a difference to pupils' attendance during 2022. The girls' attendance and exam pass rate continues to match that of the boys.

Prisca Hatembo, who is a physically disabled person who has been supported by HHI since 2009, is now a senior teacher in Mumba school. In the September 2023 HHZ annual general meeting, she was appointed a trustee of HHZ.

Mr Bbilika, the headteacher at Muumba school, requested help from HHI to fund a shelter so that the children could eat their lunch in the shade. There was no shade at all in the school grounds. A corrugated iron roof was erected on a sturdy wooden frame as an initial plan but mango tree saplings were also planted by the students as

an environmentally friendly provider of shade. Both the funding and mango tree idea were provided by HHI.

Nanga Special School

Nanga Special school has continued to benefit from the Active Daily Living project. Crops during 2023 were good and the students have been empowered with skills for growing and producing nutritional food for their daily diet. As well as banana saplings a booster pump was supplied by HHI to aid the irrigation system. The sale of the vegetables has given the school some income and an improved diet. Termly school fees from the parents are often lacking and it is challenging to feed all 48 students when only 18 students have paid their fees. As a result, HHI has started to contribute a monthly amount to help bridge the deficit.

The solar panels on the Nanga dining room are still being well cared for by the Nanga staff and they continue to supply the students with electricity for lighting and the laptops which HHI donated during their September 2022 visit. Students are becoming proficient in using the Raspberry PI software and they are using laptops effectively to assist in reading English, using power point, and signing.

Choongo School disabled unit.

Two of the main needs at Choongo school have been addressed by HHI during 2023. A new kitchen has been provided by HHI following the welcome donation received from BPCF. The new build brick kitchen will enable the house mothers to prepare food for the disabled residence with light and electricity.

A new boys' toilet has also been built in 2023. It has a ramp for wheelchair access and supportive handrails.

Support for individual students into education

Throughout 2023 HHI continued to support 17 young disabled students into residential educational places in special schools. In October at the end of the school year two of the students graduated from their special needs units and have moved onto higher education. This left spaces for other students to be receive support. Five more students who desperately needed help were identified by HHZ and added, bringing the total to 20. All 20 will receive financial help every term for their transport, residential fees, and stationery.

HHZ continues to monitor the students who receive support. Student progress reports are received from the schools and sent to HHIUK. This includes letters of thanks from those students reaching their final terms of education.

Menstrual Hygiene Project and tailoring training.

The menstrual hygiene outreach work continues to deliver a free service to several schools in the Monze District. The HHZ seamstresses liaise with the charity, Zambian Women and Girls (Zam W & G) so that the outreach visits are coordinated and not duplicated.

During the school holiday time the HHZ seamstresses Alistair and Primeldah make the packs which include environmentally friendly sanitary protection and new underwear. During term time appointments are made to visit schools and often up to 500 -700 packs are given to the students in each school following a lesson on menstrual hygiene awareness. Staff in the schools have given feedback to HHZ expressing their appreciation and confirming that female attendance has remained high following the receipt of the menstrual hygiene packs. Funding has been sought to help maintain this essential work.

The HHZ seamstresses also provide training for individual disabled people in the art of dress making. Several disabled ladies have successfully completed their tailoring course during 2023 and have graduated with a new sewing machine paid for by HHI. Sewing supplies such as cotton, scissors and needles were taken to Monze by the UK visitors in September 2023, and they were gratefully received.

Objectives for December 2023 to November 2024

HHI aims to continue to support HHZ in a full range of activities again this year but in particular will be looking to achieve the following.

- To continue to help individuals with medical needs and to give support to the disabled with an emphasis on sustainable living.
- To provide funds for the mobility aid repair programme and to encourage the HHZ carpenter to continue to help in any way he can to facilitate the practical mobility needs of the disabled in schools and homes.
- To encourage and support the wheelchair-repair teaching programme.
- To continue to train suitable candidates in tailoring and on completion of their training to provide them with sewing machines.
- To continue with the new partnership with Holy Family thus benefiting those requiring artificial limbs and to continue feeding the disabled student in the Holy Family school.
- To continue to support Mumba school and Nanga school and to contribute to feeding the students.
- To provide a new dormitory for the disabled students at Choongo school
- To continue to support the 20 disabled students into education despite the rise in school fees.
- To continue to support HHZ in their own income generation ventures.
- To continue to fund the feeding programme & the nutritional education programme in Monze Mission Hospital and to consider any new medical requests for funding.

FINANCIAL REVIEW

Results

During this financial year the Charity raised a total of £217,126 (2022: £168,694), mainly from the generous support of individuals, and spent £216,605 (2022: £192,797), the vast majority on projects in Zambia (37%) and India (58%). The remaining 5% of expenditure represented the UK costs of running the charity; these are mainly printing, postage, insurance and travelling (covered by a donation by the traveller). The increase in both income and expenditure, and the excellent balance between income and expenditure, are particularly gratifying.

Reserves Policy

The level of available unrestricted funds at the end of the year amounted to £37,223 of which £33,230 was immediately available (2022: £32,366 / £22,984). The level of unspent restricted funds at the end of the year was £46,633 (2022: £50,969), which will be spent on those projects as shown in note 10 to the statutory financial statements. The trustees monitor the level of available money regularly throughout the year and decide on how much to retain dependent on need; currently they regard a target of about £25,000 (about three months' core expenditure) for the unrestricted balance as reasonable and are satisfied that this target has been achieved.

Investment Powers and Restrictions

The Charity has no investment powers except to place any surplus funds into deposit accounts.

INDEPENDENT EXAMINER

A resolution to appoint an Independent Examiner for the ensuing year will be proposed at the Annual General Meeting.

Signed by order of the trustees



J Spurrier-Davies
Secretary

15/7/24

Date

HEALTH HELP INTERNATIONAL

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS OF HEALTH HELP INTERNATIONAL Year ended 30 November 2023

I report on the accounts of the Trust for the year ended 30 November 2023, which are set out on pages 10 to 15

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 1445 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



W K Paine
Independent Examiner
44 Pettingale Road
Croesvceilioa
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Torfaen
NP44 2NZ

Date

20/01/2024

HEALTH HELP INTERNATIONAL

STATEMENT OF FINANCIAL ACTIVITIES

Year Ended 30th November 2023

		Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	Note	£	£	£	£
Income from:					
Donations	2	91,741	96,439	188,180	159,661
Fundraising		-	28,787	28,787	8,924
Investment income	3	159	-	159	109
Total incoming resources		<u>91,900</u>	<u>125,226</u>	<u>217,126</u>	<u>168,694</u>
Expenditure on:					
Raising funds		3,282	-	3,282	1,631
Charitable activities:					
Donations made to beneficiaries		78,817	131,077	209,894	187,727
Costs of shipping container		-	-	-	-
Direct administration and travel		3,016	156	3,172	3,131
Cost of transferring funds		257	-	257	308
Total resources expended		<u>85,372</u>	<u>131,233</u>	<u>216,605</u>	<u>192,797</u>
Net income before transfers		6,528	(6,007)	521	(24,103)
Gross transfers between funds		(1,671)	1,671	-	-
Net Movement in funds		<u>4,857</u>	<u>(4,336)</u>	<u>521</u>	<u>(24,103)</u>
Reconciliation of funds:					
Total funds brought forward		32,366	50,969	83,335	107,438
Total funds carried forward		<u><u>37,223</u></u>	<u><u>46,633</u></u>	<u><u>83,856</u></u>	<u><u>83,335</u></u>

HEALTH HELP INTERNATIONAL

BALANCE SHEET

As at 30 November 2023

FIXED ASSETS

Tangible Assets - - - - -

CURRENT ASSETS

Stocks	6	200	-	-	200	-
Debtors and Prepayments	7	4,065	-	-	4,065	4,680
Cash at bank		33,096	46,633	-	79,729	78,655
		<u>37,361</u>	<u>46,633</u>	<u>-</u>	<u>83,994</u>	<u>83,335</u>

CREDITORS: DUE WITHIN ONE YEAR

	8	138	-	-	138	-
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NET CURRENT ASSETS

		<u>37,223</u>	<u>46,633</u>	<u>-</u>	<u>83,856</u>	<u>83,335</u>
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NET ASSETS/(LIABILITIES)

		<u>37,223</u>	<u>46,633</u>	<u>-</u>	<u>83,856</u>	<u>83,335</u>
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FUNDS

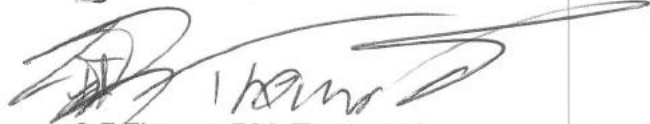
Unrestricted		37,223	-	-	37,223	32,366
Restricted		-	46,633	-	46,633	50,969
Designated		-	-	-	-	-
		<u>37,223</u>	<u>46,633</u>	<u>-</u>	<u>83,856</u>	<u>83,335</u>

Approved by the board of trustees on

1 July 2024 and signed on their behalf by:



E Plummer (Chairman)



G E Thomas FCA (Treasurer)

The notes on pages 18 to 21 form part of these financial statements.

HEALTH HELP INTERNATIONAL

NOTES TO THE FINANCIAL STATEMENTS

Year ended 30 November 2023

1 Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities FRSSE', effective for accounting periods commencing after 1 January 2015, and the Charities Act 2011.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the Trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for particular purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 9.

Incoming resources

Voluntary income including donations and legacies is recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Donated goods are valued by the trustees.

Investment income is recognised when received.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Stocks

Stocks are stated at the lower of cost and net realisable value.

2 Voluntary income

	Unrestricted Funds	Restricted Funds	Total Funds 2023	2022
	£	£	£	£
Donations	90,741	96,439	187,180	158,661
Donations in kind	1,000	-	1,000	1,000
	<u>91,741</u>	<u>96,439</u>	<u>188,180</u>	<u>159,661</u>

HEALTH HELP INTERNATIONAL

NOTES TO THE FINANCIAL STATEMENTS

Year ended 30 November 2023

3 Investment Income

	Unrestricted Funds	Restricted Funds	Total Funds 2023	2022
	£	£	£	£
Interest on cash	159	-	159	109
	<u>159</u>	<u>-</u>	<u>159</u>	<u>109</u>

4 Trustees remuneration and expenses

The Trustees received no remuneration during the financial year. Legitimate expenses incurred personally are reimbursed accordingly.

5 Taxation

All this Charity's activities are primary purpose and therefore exempt from taxation.

6 Stocks

	2023	2022
	£	£
Unsold craft goods	200	-
	<u>200</u>	<u>-</u>

7 Debtors and prepayments

	2023	2022
	£	£
Gift Aid	3,165	3,800
Prepaid expenditure	900	880
	<u>4,065</u>	<u>4,680</u>

8 Creditors:

	2023	2022
	£	£
Deferred income	138	-
	<u>138</u>	<u>-</u>

HEALTH HELP INTERNATIONAL

NOTES TO THE FINANCIAL STATEMENTS Year ended 30 November 2023

	Balance at 1 December 2022	Incoming Resources	Outgoing Resources	Transfers	Balance at 30 November 2023
	£	£	£	£	£
Unrestricted funds					
General funds	32,366	91,900	(85,372)	(1,671)	37,223
Restricted funds					
Banyan Tree	41,211	31,816	(30,737)	-	42,290
Beste	-	1,394	(1,281)	-	113
Beulah	334	655	(327)	-	662
Blind Club	281	5	(226)	-	60
Bus Fund	-	-	-	-	-
Deaf School	-	1,103	(421)	-	682
Heart Patients	-	1,266	(1,266)	-	-
India General	-	10,055	(10,055)	-	-
LSD	-	-	-	-	-
Nanga	-	-	-	-	-
Orissa	-	1,407	(1,407)	-	-
Special India Fund	-	3,831	(3,151)	-	680
Phillip's SN Centre	-	14,909	(14,909)	-	-
Special Needs	-	1,703	(602)	-	1,101
Physio Hall	-	-	-	-	-
Kidney patients (TN)AKA	-	6,185	(6,185)	-	-
Alternative catalogues	-	7,693	(7,693)	-	-
Autoclave	9,100	28,786	(29,455)	779	110
Vine Press Books	43	-	-	-	-
Thanal House	-	4,353	(4,353)	(43)	-
Thanal House Project	-	-	-	935	935
	50,969	125,226	(131,233)	1,671	46,633
Total funds	83,335	217,126	(216,605)		83,855

Transfers are made to fund deficits, or with the permission of the donor.

HEALTH HELP INTERNATIONAL

NOTES TO THE FINANCIAL STATEMENTS

Year ended 30 November 2023

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Banyan Tree: To fund projects in India.

Blind Club: To assist the quality of life for the blind in Monze, Asha Kiran and Happy Valley.

Deaf School: To fund deaf projects for deaf children in Monze and the Gwembe Valley, and Asha Kiran and Happy Valley.

India General: To assist projects in India.

Orissa: Supporting Christians suffering persecution in India.

Special India Fund: To assist projects in India.

Asha Kiran Ashram: To assist with the funding of the Rays of Hope Centre for disabled children.

Alternative Catalogue: Funds provided specifically for agriculture, educational, community or medical projects and needs.

Vine Press: To provide emergency relief where no other monies are available.

Thanal House: To provide assistance to meet the running costs of the home for destitute women in India.

Phillip's SN Centre: To provide assistance for disabled children in Arruvikkara and the Nedumangad district.