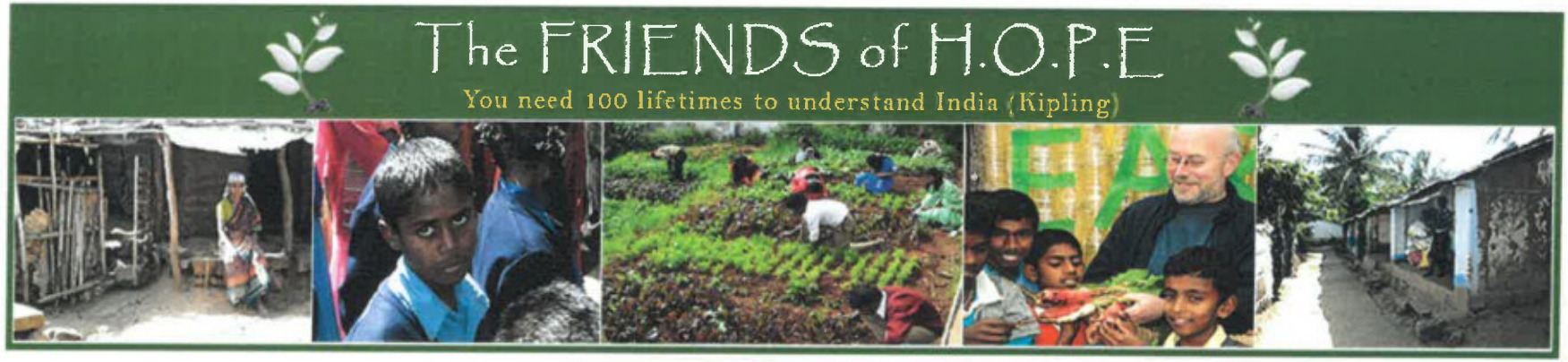

Annual Report 2016

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The Friends of H.O.P.E
Charity directory

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(incorporated: 9 October 1998)

REGISTERED CHARITY NUMBER 1083028
(registered: 25 October 2000)

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Introduction

The Friends of H.O.P.E (FoH) has inspired many villages and rural communities of the Nilgiris to apply traditional self-help knowledge that embraces traditional local foods, medicinal plants and their uses, organic and biodynamic methods of agriculture and livestock management, landscape planning and water harvesting.

FoH was formed in 1999 to support the work of Vanya Orr in India. Vanya's vision and our objective is to help communities create a holistic sustainable environment whilst restoring and protecting local traditions and cultures. FoH provides financial support, strategic guidance and practical advice where needed to our implementing partner agencies. All of our Trustees have Indian connections and experience in dealing with both tribal and non-tribal communities. - Mrs Rosaleen Mulji, David Pople and Prof Sheila Hillier are also trustees of The Nilgiris Adivasi Trust. Nicholas Grey (with his wife Mary) were the founder trustees of Wells for India which works in Rajesthan, Dr Mahesh Mathpati is a well-known and highly respected Ayurvedic doctor, and Michael Moore worked, and lived in India for some years. All money raised by FoH, except for a very small amount needed to cover its administrative expenses, is remitted to the partnering NGO's. The **Friends of H.O.P.E. does not and has never paid fees to its trustees who provide their services entirely on a voluntary basis**.

The Nilgiri Hills are approximately 7000 feet above sea level. Stunningly beautiful, with abundant wildlife, dramatic waterfalls and mountainside covered with shola forest. This important biosphere is at the very heart of our work. In the Nilgiris, however, the landscape is populated by degraded and polluted watersheds and farms. Soil erosion is very noticeable. Behind the mask of beauty lies abject poverty.

Farming in India is in crisis. There are numerous occurrences in the region of farmer suicides brought on by persistent hardship (see farming projects on page 5), made worse by drought conditions towards the end of the year. At the time of writing Tamil Nadu is suffering from severe drought conditions and in the period December 2016 through to February 2017 over 240 farmers in the Nilgiris committed suicide which the press described as being directly related to the drought through failed harvest and indebtedness. Infanticide of girl children is prevalent. The base poverty line is assessed at Rs24,000 - 30,000 a year in the area, that's about Rs500 a week, which just about £1.20 a day for a 6 day working week. But if family support is required for a family of 4 children or more and who need further education (college or university) the poverty line can be re-drawn quite easily on income equating to Rs6,000 per month (£720 a year). There is only one doctor for 11,500 patients in India compared to the world health norm of 1 to 1000. For many villagers this often means a long, difficult journey to the nearest township to see a GP - by doing so they would lose a day's wages which they cannot afford to lose. It is essential we help communities build on existing traditional healthcare knowledge

One Health

At a meeting at FRLHT/TDU in Bangalore at the beginning of February, 2017 The Friends of H.O.P.E and FRLHT -TDU (www.frlht.org and www.tdu.edu.in) in Bangalore agreed to be the initial co-sponsors of a PhD action research fellowship to inspire the design and delivery of new, multi-dimensional, integrative and sustainable community health models for rural areas in India and other parts of the world. The PhD study will look at these practices, review international literature on policy and governance frameworks and come up with a compelling case for a recommended framework that incorporates local ecosystem specific traditions in healthcare, agriculture, animal husbandry, forestry, water management and sanitation. An advisory board will be established and the PhD programme will be guided by Dr. P. M. Unnikrishnan, as an expert in this field. The London School of Hygiene and Tropical Medicine have also expressed an interest in providing guidance.

Executive Summary

Typical home of rural poor in the area

The rural poor in the Nilgiris include indigenous tribal peoples – The Badegas, The Irullas, The Kotas, The Todas, and The Kurumbas (forest dwellers) are the principal groups. Each community has its own culture and superstitions. FoH fund holistic community based programmes that are changing attitudes – biodynamic, organic farming and horticultural practices with 'zero input cost' (other than labour) is slowly improving viability for the smallholder. Farmers and growers are encouraged to restore goodness to the soil; schools are planting of shola tree saplings which help to bind the soil in the hillsides and encourage wildlife. Over the coming years we hope to be working closely with an organisation based in Banglaore called ARGYAM who are experts in the area of facilitating water conservation and sanitation and we hope that we can help villages introduce water conservation, rain water harvesting, grey water recycling etc. to help particularly with drought conditions. By eliminating the destructive effects of fertilizer and pesticides (including weed killer that finds its way into river systems) we have shown that growers can improve yield, and (we believe) produce more nutritious crops that are not contaminated with chemical residues. But across the region malnutrition is increasing, particularly amongst the young and where families are very poor emphasising that their basic diet of low grade rice is contributing to increased anaemia, diabetes etc. Following a recent village survey of 50 villagers all 50 were found to be anaemic. The FoH funded traditional health programmes seek to introduce a self-sufficient community based health system where local voluntary health organisers (VHO's) are forming self-help groups integrating with traditional healers to fulfil the role of GP. FoH funding is also available for programmes that support people living with HIV or Aids (PLWHIV). We also run income generation programmes such as dressmaking, knitting and craft training. Another important part of our work is the school eco-club programme including participating schools around in the Coimbatore area.

We have also established an education fund for aspirational children and students from poor, desperate backgrounds who want to achieve their dreams and which is available to help children from indigenous tribal groups with further educational and vocational support. Finally, we have established a hardship fund to support widows and single parents and are also helping a young lad of 10 years who has Duchene Muscular Dystrophy.

We are well connected with local Government and have been requested to participate in the organic movement in the Nilgiris in conjunction with government via the National Horticultural Mission and NABARD (National Agricultural Bank for Research and Development). Since the programme started, between 100 and 200 farmers each year are trained in bio-dynamic organic farming methods and many farmers continue to be supported by our outreach team as required. Field visits were made to over 40 villages last year as we sought to establish the organic awareness centres.

Relationship between The Friends of H.O.P.E and its partners

As mentioned in the introductory remarks, the relationship between FoH and the partnering agencies is governed by Memoranda of Understanding (MoU's) or Project Agreement (the governing documents). These documents define the parameters as to how the charities work together, with FoH providing funding, advisory and practical help on an as-needed basis and with the Indian agencies being the implementing partners. The MoU's allow for FoH to be provided with reports on a regular basis, and also stipulate that each NGO will be fully accountable to FoH for the way in which funding from FoH is used. With written

reports and other information supplied regularly those who give money can be assured that donations are used for the intended purpose and not wasted.

Discussions commenced during the year between FoH and The Nilgiris Adivasi Trust (NAT), a UK registered charitable trust based near Winchester - it has been agreed to work closely together with a view to considering a full merger in perhaps a year's time. Geographically FoH and NAT both support communities in the Nilgiris and where NAT's focus has been supporting the Victoria Armstrong Memorial School, Kothagiri, and other tribal initiatives.

Highlights and achievements during the past 12 months

- Tradition healthcare project – Rejuvenation of traditional Tribal medical Practices project (RTTMP) Over 2000 village people were helped by our 15 VHO trainees in the past year. Workshops held with traditional practitioner/healers and traditional knowledge is being documented before it is lost to future generations. The project covers 60 villages with a total population of 7300.
- 14 organic awareness centres have been created and many organic smallholdings/ nutrition gardens have been established in various villages.
- Farmer/grower marketing initiatives established in year with growers produce. It is hoped that a supply chain network and database can be created to support local smallholders, where growers can be matched with buyers.
- Over 100 growers, village women and farmers are regularly attending training programmes either on site or at the Thambatty resource nursery.
- The HIV support programme with ASHWINI in Gudalor valley has screened 1800 people for HIV and TB in the past year. Monthly HIV meetings continue. Approx. 30 PLWHIV attend day clinics in Ooty.
- ASHWINI have agreed to take a co-ordinating role in the revamped HIV initiative resulting in a number of mental health issues being identified (above) and 20 HIV patients are currently receiving regular counselling.
- It has been agreed that we should help 2 (identified) PLWHIV establish self-help enterprises in 2017.
- Ayurvedic treatment agreed at the AVP hospital in Coimbatore for Sanjay who has Duchene Muscular Dystrophy, an incurable muscle wasting disease.
- Work experience organised in prestigious hospital and research centre/University for student wishing to study to become Ayurvedic doctor.
- Agreement in principle reached with FRLHT-TDU(www.frlht.org) in Bangalore to co-sponsor a PhD fellowship action research programme to develop the concept of one health, a community based holistic health system for rural villages.
- In the UK, celebrity fundraising supper evenings continued with match funding from the Barclays Community Fund via its staff. Further UK fundraising events are being organised for 2017.

Farming

Farming in India, despite accounting for 14% of India's GDP, is in crisis. Helping farmers and growers is mission critical for us. Many farmers and growers commit suicide each year and many widows do not receive compensation (often as high as 60% of widows in some states) and the surviving spouse is pressurised into repaying mountains of debt. It has been reported that in 2014 over 5600 farmers committed suicide, in 2015 suicides had passed the 8,000 mark (Source Indian Express article). In Tamil Nadu, in the first 2 months of 2017, 243 farmer suicides were reported due to failed harvest and debt caused by drought conditions. Reportedly, more than 20,000 housewives annually take their lives, and the rate – more than 20 per 100,000 people average – is higher in Tamil Nadu where the cause of suicide is often farming related. De-monetisation was introduced last

year to try and reduce the black economy but reportedly it actually made matters worse because in farming areas most transactions are for cash, not cheque.

The majority of farmers and growers try to make a living on less than half an acre of land and so it is important that we continuously show them how to mulch, make BD compost, vermicompost etc., how and when to apply biodynamic inputs, and show farmers that by restoring goodness to the land moisture is retained for much longer. We also have to demonstrate to farmers that an organic model improves yield, quality and plant health; whilst reducing production input costs so that they (the farmer) has a chance of a sustainable living.

Kollimalai training nursery

We are grateful to The Onaway Trust in the UK for supporting our farming outreach programme.

Providing training to village women in the current farming environment is essential - here a group of Kurumba women from Manjoor attend training at the Thambatty nursery.

Our food – our environment, our future: a 3 year farming outreach initiative.

Recent headlines continue to describe India's farming as "fields of despair".

Agriculture is the primary source of income for the majority of families in the Nilgiris. But poor land management, over-use of chemical fertilizers and pesticides has led to contaminated soil and water courses, and vegetables and fruits have significant traces and residues of all of this. I mentioned the example in last years' report where in Kerada the village elders believed that a massive increase in breast cancer in the village was attributed to the weedkiller 'round up' seriously contaminating the streams and ponds. Now as we seek to explore the concept of 'one health' and introduction of a 4th tier to create a community health system, the importance of organics as part of a holistic solution cannot be underestimated. There should be nothing new to all of this thinking as it is inherent in traditional Indian health systems.

Communities are encouraged to help themselves and create sustainable environments by harnessing farmers and growers who are convinced, and galvanizing others as positive agents for sustainable organic development. By the end of 2016, 14 OAC's had been established or were in the early stages of being established, farmers were receiving on-going training by our support team. At

the Resource nurseries of Thambatty and Kollimalai, and on site at the OAC, training includes slope management, raised bed techniques, crop rotation, provision of BD inputs, alternative waste management, recycling, soil restoration and community based alternative income streams such as growing medicinal herbs.

The farming outreach programme is implemented by GoHT under the NAWA umbrella. This project helps communities, farmers and growers understand consequential food issues and challenges.

Training at Thambatty: Ms Pushpa demonstrating how to make Jeevamritham to a group of 23 Kurumba tribal women from Manjoor who attended the Dept of Horticulture programme titled 'organic farming for beginners'. Pushpa had a terrific connection with this group.

The specific objectives of the project are to:-

- Improve knowledge, skill levels and methodologies among rural farming communities
- Demonstrate use and value of panchagavya, CPP, BD preparations, jeevamritham, pest repellents, bio-dynamic and vermi-compost,
- Exchange of information and documentation of activities,
- Help farmers to optimise yield and net sales value from their smallholding,
- Facilitate the concept of environmental citizenship through shared knowledge and sense of responsibility.
- Facilitate acceptance of the concept of 'one health' where local communities are empowered with reliable self-help knowledge which recognizes that the health of humans, animals and the eco-system is all interconnected.
- Each OAC farmer/grower to have delegated responsibility to help growers change to biodynamic production with a target of up to 20 organic smallholdings in his/her village.
- Each OAC farmer/grower has to encourage village women to establish kitchen nutritional gardens.
- Continuous training during initial 12 month period, and on-site support
- R&D... soil analysis, laboratory testing of nutrition content of vegetables and comparing yield, sales value and nutrition content to vegetables grown with fertilizers.
- Improved nutrition and well-being of village community
- Promote traditional foods.
- To encourage other areas of self-help such as irrigation, rain water harvesting, water conservation, grey water recycling and improvements to sanitation in the villages.
- involve the school eco-clubs.

BD compost making at the Thambatty resource nursery. Cow dung slurry is added together with BD507, Velerian

Philomena is a widow who has a 1.5 acre small-holding. Philomena lost her husband some years ago and has been struggling to bring up her family ever since, faced with a burden of debt like so many widows in India. We are helping her to restore her land as one of the OAC's. This is Philomena in her recently planted banana field; she is also planning to grow ginger, turmeric & yam next season. Despite having water she is still impacted by the current drought and is mulching as instructed.

Mr. Sasikumar has a smallholding which we are helping him convert to an OAC. Situated at Kayunni, a small Paniya trbal village near the town of Gudalor and despite really hard drought conditions, Sasi managed a successful harvest of pepper, turmeric, ginger, yam and tapioca which were sold locally. He retained most of the ginger for seed. He is now preparing his land for next season but he is just now waiting patiently for the rains to come.

Mr Sasi's crop of ginger

Below, Mr Arun's field in Ooty

Opposite right: Black pepper and Butterfruit at Mr Kalidasan's smallholding, Kayunni.

Supply chain for marketing and selling vegetables

A new marketing initiative commenced during the year as growers repeatedly need to have outlets for their produce. Potential markets in Chennai, Coimbatore and Bangalore are being established and the plan is for growers to be linked directly to buyers – a supply chain. In the meantime vegetables are sold on the growers' behalf through local markets and this appears to be going well.

Drought

There is a severe water shortage in Tamil Nadu. In villages throughout the Nilgiris families are being restricted to just 20 litres of water per family per week. Villages are unable to water their kitchen gardens and planting is being delayed because of a lack of irrigation. 243 farmer suicides in 2 months according to statistics directly attributed to failed harvest, or indebtedness because of failed harvest. The government has decided to help with compensation but so far this is not reaching the farmer. What is important, and this is really part and parcel of the 'one health' concept, is that there is a glaring need for villagers to fix guttering all around the roof lines of their properties and install water butts, install water tanks on their land, install suitable irrigation and instigate grey water re-cycling. Discussions will be taking place during 2017 at village level to undertake baseline research to quantify the problem and identify whether there is a grant available to cover the cost. Models exist which can be adopted at village level but it needs to be done in a co-ordinated fashion.

ARGYAM, headquartered in Bangalore, work to assist vulnerable communities in areas of water conservation and sanitation. At a meeting with Jayamala Subramaniam, CEO of ARGYAM, on 1st February 2017 it was agreed in principle that ARGYAM would be like to support the 'one health' partnership by sharing their knowledge and expertise in domestic and agricultural water systems, water conservation, and sanitation models and systems. They will help to bring together resources intelligence etc., connecting partners, exploring ideas, design solutions and collaborating with material development. ARGYAM will also help community implementing agencies to scale up and to make application for Government support regarding any hardware needs. We feel sure that further discussions will need to take place during 2017 but here we have a start to create an agreed approach to mitigate the seriousness of drought conditions, which particularly affect the poor. We hope that Keystone India can also be involved.

Health and hope

HIV/Aids

HIV/Aids in many regions of India is swept under the carpet, and we find this to be the case in our area, making it difficult to obtain reliable overall statistics as to the number of infected persons. We have been working with the rural poor now for over 15 years and have established confidentiality and trust with the tribal groups, and are respectful of culture and traditions. We know that approximately 400 PLWHIV do not attend government hospitals and don't take ART. There are also 20 identified children and young people who have been affected by HIV up to the age of 19 in the Ooty/Coonoor blocs who need support. These young people have either been orphaned or they are from single parent family situations which are desperate, and where little or no income support is provided by government.

Our programme of HIV awareness, screening and counselling support, is being co-ordinated by Dr Mahantu and Sathi of ASHWINI. Dr Mahantu and Sathi together with 200 volunteer health organisers are managing an outreach health programme that screens 1800 people a year for both HIV and TB. Our programme centred on Ooty takes the form of a weekly clinic and is managed by organiser, Shanti, Dr Dilip, together with nursing, counselling support and the ASHWINI outreach team. These programmes funded by FoH also deal with mental health issues arising from HIV. Training for voluntary health organisers and outreach workers particularly from within tribal communities takes place at the ASHWINI, Gudalor hospital on a regular basis.

At the beginning of 2017 we committed funds to support 2 PLWHIV establish their own businesses. Mr S is a single male and lives at home but his mother and the extended family and people in his village do not know he has HIV. Mr S refuses to marry and only his sister who has sworn to keep confidence knows why Mr S has said this. We have agreed to fund the purchase of a tailoring machine, cutting table and deposit on premises. We hope he will have established his business by the beginning of May. Ms J was sold into prostitution by her husband but managed to escape, not once but twice. Again we have committed help for her – either to establish an organic small holding which she can run with a family member retaining confidences so that again the village will continue to be unaware of her HIV status, or by way of encouragement to go into tailoring – much depends on the village elders agreeing to make uncultivated land available.

Above, Mother and child health education at Koomamoola village
Below, HIV health education, Gudalor area

Above, meeting with village elders Erumad area

Providing nutritional supplements and organic vegetables helps PLWHIV overcome tiredness, feelings of nausea etc. and it also helps in balancing ART side effects. A number of PLWHIV have asked our implementing agencies to help them establish kitchen gardens or community gardens where they can grow their own vegetables and medicinal plants.

When you visit and take time to meet people especially PLWHIV and you hear the words **it's good to know somebody really cares"**, you feel the emotion welling up inside.

We are appreciative of the support provided by The Mercury Phoenix Trust, the Church of Ireland Bishop's Appeal committee and The Nilgiris Adivasi Trust who have all played their part in keeping this programme going. **Thank you.**

Above, HIV meeting Ooty, February, 2017

Traditional Healthcare

Locally Ayurveda and Siddha (in The Nilgiri Hills of Tamil Nadu), have guided Indian communities in their healthcare practices. The meaning of Swasthya: swa – self +sthya – rooted within form the foundation for the self-help health projects that FoH have funded over the years. The term means being in equilibrium with oneself and can be achieved at several levels viz physiological, tissues, metabolism, excretion, sensory, mental and spiritual, and influenced by relationships with biological rhythms of nature, the sun, moon, seasons, quality of water, air food, stress, social relationship, work environment and so on.

Ayurveda's and Yoga's approach to health, together with Siddha can thus guide homes to live a life that is in tune with nature.

Rejuvenation of Traditional Tribal Medical Practices project

The RTTMP (rejuvenation of traditional tribal medical practices) project is delivering front line healthcare. Organised in two village clusters it covers 60 tribal villages (1400 families and over 7200 very poor people). As a joint initiative with NAWA, it serves as a very important base for establishing a link of Tribal Medicinal practices with that of Ayurvedic and Siddha medical practices – these are mainstreamed as alternative medicine in the Indian medical system. During the past year the 15 health organisers (VHO's) supported by Priyanka and Rajalakhsmi, saw 2030 patients. Ailments treated ranged from colds, coughs, throat infections, fever, joint pain, rheumatism, muscle tear, ulcerated leg conditions, sickle cell anaemia, anaemia, anorexia, to diabetes – amazing!

Workshops have continued with traditional healers and it has been agreed that in 2017 the project be structured into 6 area traditional health clinics, each headed up by a traditional healer. The project seeks to work with these practitioners so that not only is their knowledge documented but available to hand down to future generations. It is essential that traditional knowledge is not lost.

Health education meetings in the villages are held regularly; they are run by the VHO's and Interns. From time to time training programmes are also conducted in the constituent villages by Balasubramaniam, the project's administrator, Priyanka and Rajalakhsmi (our 2 interns) and our VHO's – for example 42 women in Garikiyur village were shown how to prepare some simple herbal medicines and essential oils at home for treating common ailments such as colds, coughs and fever, aches and pains, and skin infections. Centenalla asciatica oil is used for joint pain and muscle tears, helicrysum oil is used for skin conditions. Helicrysum is brilliant for removing warts and healing ulcerations – it is applied directly to the affected area; it is a simple and very effective remedy.

Whenever we can we encourage village women to plant their own nutrition gardens. One such garden was taken up in Kurukundah village. This garden was provided with not only medicinal herb seedlings but also with vegetable seeds and greens along with fruit trees and lemon. This has enabled the village members to not only have medicinal herbs on hand to deal with simple ailments but also allows then to earn a steady income for the sales of the fruits.

Below, are some of the capsules made by the women, attested by SRM pharmaceutical university, that are prescribed to anaemia patients.

Dr Balasubramani and VHO providing herbal medicines to anaemia patients

Anaemia is prevalent in the villages. Here Kalliammal with a NAWA colleague taking bloods in a tribal village near Kothagiri. In Kunjapanni village 50 village people had their bloods taken and all 50 were found to have anaemia!

In the photo below our VHO, Lakhsmi, is treating a woman in Sundapatty

The health organisers, Interns and Traditional healers hold a workshop on traditional medicine. In attendance: Rajkumar (Project manager), GoHT personnel, and NAWA personnel. Some of the essential oils and traditionally made medicines are on display.

Kitchen gardens

33 village nutritional gardens have been established under the RTTMP programme.

Kollikarai nursery for medicinal plants

The Kollikarai unit acts as a resource centre for medicinal herbs. 52 different medicinal herbs are cultivated here. There is also a small group of women based at Kollikarai (The Thulasi group) and who have established their own medicinal herb and essential oil enterprise. Plants propagated at Kolliakarai are

transplanted into the village nutritional gardens such as the one at Kurukundah village mentioned on page 12.

Aloe Vera (Indian Aloe) being grown at Kollikarai and is used for a variety of skin conditions from acne and eczema to psoriasis. Burns are also treated effectively with the pulp from the leaf.

Sanjay

Sanjay has Duchene Muscular Dystrophy disease (DMD). This is an incurable, muscle wasting disease. Average life expectancy is 21 years. We received a letter from a friend last year asking if we could help with treatment for Sanjay. Following a visit to meet him and his family you could not imaging the difficulties they are living under given Sanjay's condition. The hilltop town of Ooty is probably geographically the worst place in which to have DMD, getting around in a wheelchair would be almost impossible. Sanjay's home is a small 'hut' located across a field from a steep pathway/steps. The home is so small, there is no room for mobility equipment, the floor is uneven and ridged with concrete, Ravi, Sanjay's father earns Rs8,000 a month. On this wage, he has no hope of providing for the medicines, change of diet and mobility needs. The photo that was sent to us with the letter and which is on our website showed Sanjay able to stand unaided, Six months later when we visited he was sitting cross legged on a bed watch TV. He cannot walk, or go to the toilet without assistance. His diet was terrible, eating bags of crisps hardly makes for a good diet, so he'd put on weight! He had to leave school 6 months ago when the teachers could not cope.

Two weeks after first seeing Sanjay, we accompanied him and his father to fulfill an appointment we had arranged with Dr. Keshavan at the Ayurvedic Pharmacy Hospital in Coimbatore. We plonked him in a wheel chair – he loved it! Grinning from ear to ear, he quickly learnt how to manipulate the wheelchair even though his steering left a bit to be desired, bumping into people in the waiting area! But you could tell that really enjoyed the sense that he was able to move around on his own. When we met with Dr. Keshavan we explained the family's circumstances and indicated that as a charity FoH were willing to raise the money to fund any agreed treatment.

And so it was agreed that Sanjay would follow an Ayurvedic regime - prescription, change of diet and every 6 months would go into hospital for 2 weeks where he would be put on a special diet, have intensive physiotherapy with essential oil treatment. Additionally, every quarter, Dr Keshavan undertook to try and get Sanjay

in front of a team of specialists who would assess Sanjay's progress and mobility needs. Full details of the Sanjay appeal can be found on our website:- http://www.friendsofhope.org.uk/news.html.

Eco-Clubs

Gardening in school provides the opportunity to attain systematic knowledge and skill in the production of plants for human use. The initiative will impart gardening knowledge to future generations. Educators have long recognized that outdoor experiences encourage a child's social, physical, emotional as well as intellectual development. Gardening is an inspiring subject in the learning process because it is effortless, and requires involuntary attention from the children. With the massive increase in population in India there is an urgent need to improve crop productivity to achieve self-sufficiency and eradicate malnutrition. Children learn the techniques of food production and grow vegetables that can also be included in their school meals, thus helping to provide a balanced diet.

Additionally, the school garden acts as a realistic laboratory of learning, where facts learned in the classroom can be applied practically. Higher Sec students can also be introduced to studying weather patterns of the region, and so engage in climate studies with the help of a rain gauge, hygrometer, thermometer and anemometer (measures wind speed). Children's artistic activities improve while designing the garden, sowing the seeds, selecting the seed varieties based on colour, size, and shape and so on. Children also gain mathematical knowledge by demarking the plot area, deciding the amount of seeds and manure, first ascertaining the length and breadth of rows, and the size of the master beds. Further they learn how to calculate the cost of production and learn basic budget finance skills. Gardening also enhances cooperation among peer groups and the students acquire social skills. In addition they learn the names of plants, all about pests and predators in the ecosystem and gain a holistic sense of biological thinking. In today's educational system parental involvement is of utmost importance. The steering committee established in each school ensures the eco-club is integrated into the school syllabus as an optional subject. School management will review progress and be given the opportunity to strengthen the gardening programme.

Objectives

- Giving pupils knowledge and skills for better agricultural productivity and sustainable agricultural and horticultural practices; giving environmental education a sustainable and practical dimension, and helps change attitudes towards agriculture and rural life.
- Improving food diversity to combat micro-nutrient deficiencies among school children and improve overall food security.
- Provide a holistic sense of biological thinking including the environment
- Provide life skills in finance and economics

Kesalada primary school is a great example of community engagement and benefit – the school children have extended their medicinal herb garden. They are a tribal village school where there is a very good parent teacher association. The primary school children have been learning about medicinal herbs and the head teacher plans to extend the garden so that it is maintained for the benefit of the entire village community.

Above, the classroom environment at Kesalada school.

Our Education Fund

FoH has a small student fund to support young people from poor backgrounds. Students currently benefitting are Emima, Kowsalya, Nisha and her sister, Harish, and Meena. Harish from Thenali village has a severe speech impediment but despite this is at University studying telecoms engineering and has won a scholarship so clearly doing exceptionally well. Emima takes took her public exam in April, 2016 but did not gain the mark she needed. She still hopes to become a doctor. At our suggestion she has agreed to an internship with a major research organisation, where she will study medicinal plants, Ayurveda treatments and learn Sanscrit as well as improving her English before applying to an Ayurveda medical school, to which we will open the door. Nisha and her sister are still at Glenmorgan Toda village school. ! Nisha and her sister are orphaned and we are pleased to continue our support with contribution towards books etc. Kowsalya lives with her aunt in Thenali village, her dad died some years ago and her mum has severe mental health issues. Kowsalya is doing well at the higher sec school in Ooty and is only 6 marks away from being top of her class. Meena finished Emerald Heights school last year and has decided to go to The Government Arts College in Ooty to study tourism. All students being supported are from orphaned and very poor single parent backgrounds.

Fundraising

We held a supper evening with John Pilkington in March, 2016 and before gift aid we raised just over £1,400. We are grateful to the Barclays Bank community team for match funding the evening. We hope to arrange more events in 2017.

Income and finance report

The FoH accounts are published separately and available upon request. The accounts can also be found via our web site or via the Charities Commission web site. Grants and donations over £500 were received from the following organizations and individuals:- The Hadley Trust; The Onaway Trust; Paget Trust; Nilgiris Adivasi Trust; The Bryan Guinness Charitable Trust; Tony Mortlock; Big Tours SRL; The Souter Charitable Trust.

Fundraising events were held throughout the year and contributed, net of costs just over £1,435.

We are also grateful to other charities and individuals who have contributed to our income by way of grants, donations and gift aid. Your support is so very much appreciated. We are also grateful to British Airways for baggage waiver and their past support.

Financial review

Income in the year received and committed was £28,697 (previous year £45,415). The Trustees policy is that all funds (except for nominal administrative costs) should be sent to India, and particularly at times when we can take advantage of preferential exchange rates. In this way we can optimize our funding to the project.

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2016

The directors, who are also trustees of the charity, present their report and the accounts for the year ended 31 October 2016.

The governing document of the charity is the Memorandum and Articles of Association incorporated on 9 October 1998. The Friends of H.O.P.E. is a company limited by guarantee. The liability of the members is limited by their guarantee. In the event of the company being wound up during the period of their membership (or within a year following), members undertake to contribute such amounts as may be required, up to a maximum of £10.

The annual general meeting deals with the appointment of trustees and other matters such as approval of the report and accounts and the appointment of auditors.

The objectives of the charity are:

a) the relief of poverty and sickness and to advance education among the inhabitants of the Nilgiri region of India; and
b) the encouragement and promotion of the protection and preservation of the environment in the Nilgiri region of India.

RESERVES POLICY AND RISK MANAGEMENT

It is the objective of the directors to hold whenever possible approximately six month's expenditure in reserves, but it is also our policy to take advantage of a good exchange rate whenever possible. We therefore monitor the combined reserves of our NGO partners and The Friends of H.O.P.E on a monthly basis to preserve a sound reserves policy.

The risks to which the charity is exposed are frequently reviewed and procedures have been established to manage those risks.

DIRECTORS / TRUSTEES

Dr Nicholas Grey	
Prof Sheila Hillier	(Appointed 24 November 2016)
Michael Moore	
Dr Mahesh Mathpati	(Appointed 9 June 2016)
Rosaleen Mulji	(Appointed 24 November 2016)
David Pople	

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2016 (CONTINUED)

DIRECTORS' RESPONSIBILITIES

The directors are responsible for preparing the Directors' Report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial period which give a true and fair view of the state of affairs of the company at the end of the period and of its income or expenditure for the period. In preparing those accounts, the directors are required to:-

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the small companies regime under section 419(2) of the Companies Act 2006, and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102.

By order of the board
and signed on its behalf by

D Pople
Company Secretary

22 JUNE 2017

INDEPENDENT EXAMINERS' REPORT
TO THE TRUSTEES OF THE FRIENDS OF H.O.P.E

I report on the accounts of the company for the year ended 31 October 2016 set out on pages 20 to 23.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is needed.

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 145 of the Charities Act 2011;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011; and
- to 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 those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of 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:

- which gives me reasonable cause to believe that, in any material respect, the requirements:

a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and

b) to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Companies Act 2006, and with the the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102;

have not been met; or

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

14 June 2017

CJ GOODHEAD FCA
KNIGHT GOODHEAD LIMITED
Chartered Accountants

7 Bournemouth Road
Chandler's Ford
Eastleigh
Hampshire SO53 3DA

THE FRIENDS OF H.O.P.E.

(Company limited by guarantee and not having a share capital)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2016

(Including Income and Expenditure Account)

	Notes	2016 £	2015 £
Income			
Donations and legacies		28,697	45,415
TOTAL INCOME		**28,697**	**45,415**
Expenditure			
Charitable activities			
H.O.P.E. projects	3	39,655	50,413
TOTAL EXPENDITURE	4	**39,655**	**50,413**
Net expenditure for the year		(10,958)	(4,998)
FUNDS AT 31 OCTOBER 2015		29,772	34,770
FUNDS AT 31 OCTOBER 2016		**18,814**	**29,772**

The Statement of Financial Activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities and unrestricted funds.

THE FRIENDS OF H.O.P.E. **(COMPANY NUMBER 3647389)**

(Company limited by guarantee and not having a share capital)

BALANCE SHEET AT 31 OCTOBER 2016

	Notes	2016	2015
		£	£
CURRENT ASSETS			
Debtors	5	8,223	19,270
Cash at bank and in hand		11,024	10,935
		19,247	30,205
CREDITORS: amounts falling due within one year	6	(433)	(433)
NET CURRENT ASSETS		18,814	29,772
NET ASSETS		**18,814**	**29,772**
FUNDS			
General Fund		18,814	29,772
		18,814	**29,772**

For the financial year ended 31 October 2016, the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records, which comply with section 386, and for preparing accounts, which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its income and expenditure for the financial year, in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the board of directors on 22 JUNE 2017
and signed on its behalf by

M Moore

M Moore
Director

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2016

1 ACCOUNTING POLICIES

Accounting convention

The accounts have been prepared under the historical cost convention, in accordance with the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The accounts have been prepared on the going concern basis. There are no material uncertainties about the charity's ability to continue.

Income

Income is recognised when received, together with any associated tax refund, except for income given for specific purposes where it is matched against the related expenditure.

Expenditure

Expenditure is recognised in the period to which it relates and is allocated to the appropriate cost heading. No material items of expenditure require apportionment across more than one category.

2 LEGAL STATUS

The charitable company was incorporated on 9 October 1998 in England and Wales and was registered on 25 October 2000 with the Charity Commission in England and Wales. The registered number is 03647389 and the charity number is 1083028. The charity is a public benefit entity.

The registered office of the charity is 7 Bournemouth Road, Chandler's Ford, Eastleigh, Hampshire, SO53

3 HOPE PROJECTS

	2016 £	2015 £
Grant funded activities	38,189	49,078
Support costs	1,033	881
Accountancy and independent examination	433	453
	39,655	50,413

4 TOTAL EXPENDITURE

No director received any remuneration during this or the previous year. During the year reimbursed expenses relating to project costs of £2,913 (2015: £4,318) were paid to one trustee.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2016 (continued)

5 DEBTORS

	2016	2015
	£	£
Gift aid recoverable	223	270
Debtors	8,000	19,000
	8,223	19,270

6 CREDITORS: amounts falling due within one year

	2016	2015
	£	£
Accruals	433	433

7 TRANSITION TO FRS 102

The financial statements for the year ended 31 October 2015 were prepared in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities" 2005 (revised 2008). The financial statements for the year ended 31 October 2016 have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102, which legislation brought into effect from January 2015. This transition between financial reporting frameworks has given rise to a change in the accounting policy for the recognition of legacy income from when it is 'virtually certain' to when it is 'probable'. This has not given rise to any other changes to the accounting policies adopted.