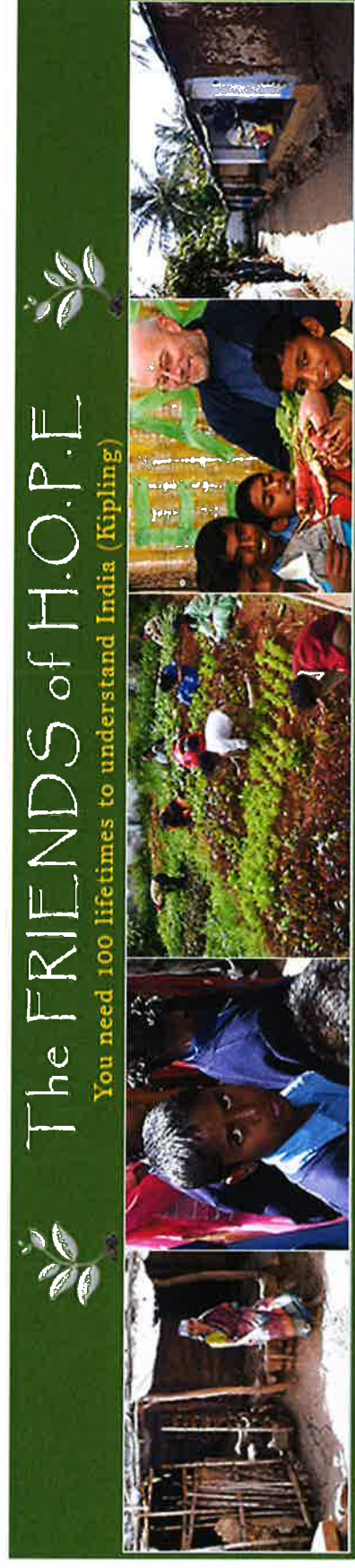




Annual Report 2022

The Nilgiri Hills of Tamil Nadu rise to 8,000 feet above sea level and are stunningly beautiful, with abundant wildlife, dramatic waterfalls and mountainside covered with shola forest.

Geographically The Nilgiris with the neighbouring Wayanad district are situated between Karnataka to the north and Kerala to the west. The territory is extraordinarily diverse, as indeed is the climate. All over the Nilgiris swathes of forest and ancient grasslands have been destroyed and the landscape is populated by degraded and polluted watersheds and farms. Soil erosion is very noticeable, but yet there is a wealth of biological diversity corresponding to altitudes and geology. The communities living in the area are as diverse as the territory. Indigenous tribal communities survive alongside newcomers including refugees from Sri Lanka. Gudalur at the foot of the hills to the West has a large Muslim population as well as being a centre for the extensive Paniya community who until quite recently survived as bonded labourers.

This is the area, and these are the kinds of people upon which Friends of H.O.P.E focusses, we see the Earth and People as belonging together, encouraging communities to look after their land and use it well is at the very heart of our work.

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

REGISTERED COMPANY NUMBER
(incorporated: 9 October 1998)

3647389

REGISTERED CHARITY NUMBER 1083028
(registered: 25 October 2000)

COMPANY SECRETARY

David Pople

LIFE PRESIDENT: Vanya Orr

TRUSTEE DIRECTORS

Nicholas Grey, Michael Moore, David Pople, Dr Mahesh Mathpati,
Mrs. Rosaleen Mulji, Prof Sheila Hillier

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Executive summary

The Tamil Nadu state government issued an organic policy and followed it up with the publication of an agricultural bill with significant encouragement for organic transition (March and April 2023). We are very proud to have seen these seeds germinate and begin to grow.

We do not regard ourselves as a lobby group but over the last 20 years we have participated in discussions at Collectorate level and built relationships with the staff of the Horticulture directorate via our project manager. Our model nursery and a willingness to support the growers at field level demonstrates our capabilities. At our AGM discussion in July 2022, we decided to develop a revised strategy by introducing climate smart organic transition, realizing that by focusing on micro watersheds you could also look at influencing environmental restoration – water conservation, rebuilding natural habitats and the forest. This includes working with enthusiastic growers and farmers to create organic awareness centres in micro watersheds in each of the climatic zones of the Nilgiris. More information on this subject is available in our farming section.

In the Nilgiris there are 72,900 smallholdings, all under 2.5 acres and 65,000 of those holdings are under 1 acre. The small marginal farmers and growers in these watersheds are most susceptible to economic forces due to climate change, and influence of middlemen on the prices they receive.

Thus, we have a real opportunity here to ensure the region becomes totally organic in the farming sense, to improve carbon enrichment, to prevent soil erosion and land degradation and to restore the natural grasslands and shola forest of the Hill area. Organics/biodynamics has a direct influence on improving the natural environment. We are the only NGO supporting the organic movement in a meaningful way that tackles climate change.

Our traditional health project (RTTMP) offers a regular health service for 64 villages. During COVID we could only adequately cover one third of the project villages but, since our year end, our team staffing has now increased by 4 and the health service is back to agreed project levels. Integrated with traditional healers over 3000 cases are treated each year. We are delighted that 13 women, five of whom are now healers in their own right, have been empowered to provide a health service for a population of 7800 tribal people. In the coming months we are looking to establish a referral agreement by way of MoU to the PSG Hospitals Group. Discussions will take place on linking Vedic traditional treatments into PSG's mainstream health in areas such as critical care, end of life etc. PSG have just opened a 150-bed specialist oncology unit with nuclear fusion treatment being offered for cancer patients.

COVID also meant that our small HIV team of 3 staff have been unable to host regular group therapy sessions, and distribution of nutrition supplements and organic vegetables to the HIV community has been spasmodic due to lack of funding. But counselling and the programme tackling the stigma of HIV has shown what can be achieved in difficult circumstances (summary available if interested). Up to 443 people affected by HIV are supported. The school eco club re-launch is still on hold despite school children returning to class at the beginning of this year.

The Nilgiris natural ecosystem is being decimated. This ecological crisis is very much intertwined with the Indigenous people. Changes in the landscape have severely impacted the shola grassland mosaic and challenged the traditional lifestyles of the indigenous people and agricultural practices.

Indigenous knowledge is defined as 'A body of knowledge built up by a group of people through generations of living in close contact with nature'. Traditional knowledge and practices have their own importance

as they have stood the test of time and have proved to be efficacious to the local people and form the basis for their link with nature.

The Nilgiris is amongst the most fragile ecosystems in the world and must be protected, particularly as it is widely accepted that the region is the source of water for South India.

About us

The Friends of H.O.P.E (FoH) has inspired many villages and rural communities of the Nilgiris to apply traditional self-help practical and sustainable knowledge that embraces traditional local foods, traditional health, medicinal plants and their uses, organic and biodynamic methods of agriculture, animal husbandry, water conservation and environmental protection.

FoH was formed in 1998 to support Vanya Orr's holistic vision for sustainable communities, our 'economics of permanence', in restoring and protecting local traditions and cultures. The charity 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 served as trustees of The Nilgiris Adivasi Trust (NAT). Nicholas Grey (with his wife Mary) were the founder trustees of Wells for India which works in Rajasthan, Dr Mahesh Mathpati is a well-known and highly respected Ayurvedic doctor, and Michael Moore lived and worked 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 Trustees of FoH give their time and services entirely on a voluntary basis.**

All funding from us and sent to India meets FCRA rules and we are fully compliant. We expect that The Garden of HOPE Trust will apply for full,

rather than partial, FCRA status during 2023 but in the meantime Prior Permission status is sufficient.

Poverty in the region

Poverty amongst Tribal communities is commonplace. These indigenous peoples rely on agriculture and the forest for their livelihoods, and farming is in crisis. Statistically in rural areas such as the Nilgiris over 31% of the scheduled castes and about 20% of the backward classes come into the poverty category (source: socialjustice.nic.in). The rural poor in the Nilgiris include an indigenous tribal population of almost 28,000 – Irullas, Kotas, Todas, Paniyas and Kurumbas being the principal groups. The agriculturalist Badagas, numbering some 200,000, are also often referred to as indigenous peoples as their origins can be traced back as far as the other groups, but mostly they migrated from the plains a few hundred years ago.

The base poverty line in India is assessed at Rs221 per day (about £2.20). It remains the same as the previous year – we know of many earning far less, and those 'retired' just have a nominal pension income plus anything they can earn as 100-day workers. If support is required for a family of 4 or more children, the poverty line needs to be re-drawn. However, the poorest members of society are the socially isolated HIV community, where daily income can be less than Rs200 (£2.00)

During the COVID lockdowns day workers were laid off, resulting in massive reductions to family income, and increased debt particularly caused by commitments to fund children's education via English medium schools. People with HIV are struggling for survival, having no support from their community, nor from employers.

A typical example of poor housing in the region



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

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 with Indian agencies being the implementing partners. The MoU's allow for FoH to be provided with regular reports, and also stipulate that each NGO will be fully accountable to FoH for the way in which funding is used. Therefore, those who give money can be assured donations are used for the intended purpose and not wasted.

Aspirations for an Organic Region

Over the past 20 years we have been promoting an organic region for the Nilgiris, an area of 2,500 sq km. An organic road map which we sponsored was presented to the Collector some 3-4 years ago and this has since evolved into the launch by the State Government of The Tamil Nadu Organic Policy for the Nilgiris (March 2023) closely followed by an Agricultural Bill providing significant funding for organic

transition (April 2023). We quote: "A special scheme to promote organic farming in the Nilgiris district will be implemented by the state government over a period of five years at an outlay of Rs 50 crore. Creation of awareness on organic farming, reducing the use of chemical fertilizers, introduction of organic cultivation practices, providing guidance on the production of vermicompost, panchagavya and dasagavya, extending cultivation assistance, registration for organic certification and creation of markets for organic produces will be carried out in the coming year at an outlay of Rs 5 crore," said Panneerselvam, Agriculture Minister.

The organic movement initiative was introduced by Vanya Orr nearly 20 years ago and this movement, undertaken with FoH funding via The Earth Trust, then NAWA and now GoHT, has been instrumental in spreading organic awareness but now, with this wonderful news, we also need to address the impact of climate change in our strategy, and provide more support for the small, marginal farmers and growers that make up the vast majority of agricultural enterprises.

Revisiting our strategy for Organic transition

The press announcement is really encouraging, and we are adjusting our planning accordingly. Organics and Biodynamics is a practical way of mitigating and tackling climate change impacts in the region. We have a wealth of information which now needs to be put onto a database. Discussions have led us to look at how best to improve the rate of organic conversion and we believe that a 'climate smart' micro-watershed approach, properly thought through, engaging with the villages, will be well suited to aspects of the government's support

strategy for farmers and growers. Initial conversations and meetings with organic farmer-growers suggest that in principle, 12 organic awareness centres (OAC's) on farmers' land in each of the different climatic zones of the Nilgiris could be established. Full data capture will initially be gathered from two selected micro- watersheds and sustainable nursery models created within each. This may be a simulated model to be proved in the field and which demonstrates soil health, multi and inter-cropping; a model which calculates cost, yield, and income. There are some 300 watersheds in the Nilgiris, of which 234 are described as micro-watersheds. Bench terracing is important to the watershed valleys and significantly is recognized by Organic producers as a means to prevent further soil erosion. We think it is important to maintain these terraced areas. Slope cultivation would be the unacceptable alternative as it is prone to loss of topsoil during the monsoon periods, an argument taken to the Collectorate and the Dept of Horticulture. Watershed 'management' provides the opportunity to look at restoration of natural habitats and the shola forest with other stakeholders such as the Forest Department and the Directorate of the SADP. We seek to engage with indigenous groups who, when all is said and done, are the natural custodians of the forest, and document and understand the ancient ways that should be reintroduced to manage the ecology of the Nilgiris biosphere.

Impact of climate change. Coping with natural conflict

The loss of natural habitats and forest for wildlife has meant that farmers cultivations are frequently destroyed by wildlife seeking water and food – in particular “bison” and elephants are seen frequently ruining crops. Livestock is threatened by tigers, leopards, panthers and the like. Aggressive weather patterns, drought and consolidated

periods of monsoon, can be devastating for the smaller enterprise. Our climate smart resilient farming and horticulture strategy, recognises the need to restore natural habitats and the forest ecology and accordingly, our objectives have to be redefined.



Farmers from Melkowhatty village visit Thambatty for guidance.



The government's department of horticulture sent 30 farmers from Godalatty village to gain confidence in conversion to organic farming. They saw and learned about composting, slope management, multi-cropping, azolla cultivation, vermicompost etc.

Engaging watershed communities

Educating local communities about the impacts of climate change on micro watersheds and the importance of adopting sustainable land-use practices will be important. Awareness-raising campaigns can increase community involvement in sustainable land-use practices and promote a more climate-resilient micro watershed.

Finally, our partner in the Nilgiris, The Garden of HOPE Trust is preparing a detailed implementation plan outlining a series of goals and objectives compatible with the approach described above.

Our traditional health service programme (RTTMP)

The value of local health traditions to indigenous communities goes back in time over thousands of years. Our health programme focuses on tribal villages found on the Eastern slopes near Kothagiri town in the Nilgiris. The strategy defined by our team and local healers proposes key activities to sustain the project over the next 3-4 years and which are set within the broader FoH objective of drawing upon traditional knowledge to improve health for tribal communities, linking environmental concerns for the forest and the urgent need to restore soil health within agriculture and horticulture.

Our team of 13 tribal women (VHO's) together with a group of local traditional healers, resource the project. Six members of our VHO team were tested during the year about their knowledge are also now recognised as healers by virtue of Quality Care India certification.

The RTTMP programme looks at long term TRADITIONAL health sustainability for the people by the people. Local knowledge utilises

the power of medicinal plants efficacy so is not reliant on local health providers or NGOs. Patients were treated for a variety of conditions ranging from common colds, coughs, fever, snake bite, ulcerated legs, midwifery, diabetes, anaemia and TB to post stroke therapies. Over 3600 patients were treated during the year, up 20%.

Capacity building is provided by FRLHT/TDU.

NAWA continues to provide a mobile outreach 'allopathic ambulance' but it only covers a few of the 64 participating villages.

Just after the year end we agreed and then signed (March 2023) a 5-year MoU with TDU as a research partner, and GoHT as the implementing partner via the RTTMP programme. This allows for the anaemia research project to be extended by a further 3-4 years, involve more families with a number of healers gaining insightful knowledge about iron deficiency anaemia and sickle cell. Provision for other research programmes as may be agreed, was also written into the agreement.

Anaemia awareness training provided by TDU





Vijaya, applying massage oil having diagnosed the cause of this child's stomach pain.

The RTTMP team meets each month to review progress and discuss cases. To help regularise data collection it was agreed that a mobile APP be developed. Most of the team have smart phones and Wi-Fi/WhatsApp connectivity is sometimes problematic. The team outlined the activity (strategy) they wished to strengthen over the next 3 years: -

- Improve the basic health service provided.
- Continue to document ancient traditional knowledge handed down through generations and thus safeguard for the future.
- Participate in the anaemia research programme by monitoring Hg levels, dietary outcomes and well-being.
- Increase health awareness. Vanya had a syllabus of educating village women in particular on the way the body functions and the importance of a good balanced diet.
- Develop traditional medicines and oils via Mullai self-help group. This involves an understanding of standards and licensing of product by, or on behalf of, Mullai.

- School programme – to introduce, or improve awareness of the value of, and how to identify, medicinal plants and their uses.
- to offer internships to university students and to those from tribal villages seeking to gain knowledge.
- Continue to prepare and distribute pandemic decoctions at village level.
- Work in a holistic manner to encourage villagers to establish kitchen nutritional gardens.

We met with PSG Hospitals and we agreed that discussions would take place later in 2023 with a view to reaching an MoU agreement.

Subjects to be considered would include a referral system, critical care and integrating traditional health with their care offerings. PSG has an excellent reputation, and we can see many benefits of such a partnering including linking home care for the elderly, oncology etc.



Iron content of few traditional food items used in Nilgiris			
Sl.No	TRADITIONAL VILLAGE FOOD	Common name	Iron (mg/100g) Groups
1	Amila	Goosberry	1.25 FRUITS
2	Pomegranate	Pomegranate, maroon seeds	0.31 FRUITS
3	Fig Fruit	Fig	0.69 FRUITS
4	Guava	Guava, white flesh	0.32 FRUITS
5	Mint	Mint leaves	8.56 CONDIMENTS AND SPICES-FRESH
6	Sigappu Ponnanganni	Ponnaganni	3.88 GREEN LEAFY VEGETABLES
7	Drumstick Leaves	Drumstick leaves	4.56 GREEN LEAFY VEGETABLES
8	Curry Leaves	Curry leaves	8.67 CONDIMENTS AND SPICES-FRESH
9	Jack Fruit	Jack fruit, ripe	0.36 FRUITS
10	Sirukeeral (Amaranthus)	Amaranth leaves, green	4.64 GREEN LEAFY VEGETABLES
11	Beetroot	Beet root	0.76 ROOTS AND TUBERS
12	Jamun fruit	Black berry	0.63 FRUITS
13	Dates	Dates, dry, pale brown	3.2 FRUITS
14	Black Grapes	Grapes, seeded, round, black	0.22 FRUITS



On-going training for the RTTMP will be important

*Healer, Veeran,
proudly shows his
QCI certificate and below*



*A selection of products
made by the Mullai
self-help group*



Our HIV support and stigma programmes

We regularly support over 210 of the 483 people registered in the Nilgiris with HIV, a significant increase on the year before.

One to one counselling, group therapies, stigma reduction, nutrition, mental health, are all essential interventions. Sathiya, our programme manager, and his small team are building relationships and trust.

The table below lists the number of meetings (and attendance) of people who have participated in our stigma, HIV awareness programme. Our stigma programme is planned over 3 years – always there are new groups to meet and talk to. Whilst we believe the programme is working well, we still come across many instances of anguish caused by lack of awareness, lack of patient privacy and ignorance. The programme records that there has been -

63 meetings in hospital settings -	1725 participants
67 seminars conducted in schools and colleges	4034 participants.
65 tea factory or estate employer/employee visits	833 participants
52 community meetings	1477 participants
46 sessions with 100-day worker groups	1391 participants

Aged 23, Uma had been orphaned following the death of both parents which was attributable to HIV. (For many years she was not aware of her status – indeed her uncle was the only person who did know and thankfully he has been very supportive). On a home-counselling visit we encouraged her to attend our group therapy meetings where she received nutrition supplements and participated in group therapy. However, a few months later she found she was unusually tired and unable to eat. She went to the ART centre for treatment and was diagnosed as being severely jaundiced. The doctors there suggested that because of COVID Uma attend a private multidisciplinary facility in Coimbatore where she was admitted for one day only and where 'her liver was found to be fully damaged'. The following day she died. Uma's case is so similar to Shiveraj's case a few years earlier.

We do see improvements in understanding. Two or three years ago clients would have been more inclined to, or even attempted, suicide, such as 'C' an Irulla woman who ingested Gramoxone. C's case led us to establish a client 'traffic light at risk register' (red, amber, green), red being most vulnerable. Over the past year the number of reported suicide attempts has declined significantly. Our 'at risk register' is maintained on a daily basis and reflects this

But there are still issues within the family, an HIV positive daughter was told she could not live in the family home, and so a tarpaulin was erected outside the walls of the house as a lean-to...the tarpaulin leaks during monsoon conditions and needs replacing. The client's living conditions are awful with just 50 sq. ft of space. This particular client had an alcoholic husband who disclosed her status. She also lost her son during COVID and so she turned to the family - yet this is the way they treated her.



This evidences a continued need to tackle stigma within the home environment and demonstrates to us that stigma will always need to be addressed. The problem will never really go away, given the cultures of the region. Constant village visits will be necessary over the next 2 years when a final review will take place. People with HIV or affected by HIV will continue to face discrimination by mainstream society and are badly treated everywhere. There is a huge reluctance to talk about HIV, making our counselling forums essential. Most people affected, including children, acquired HIV without any knowledge and it is only when they are tested that they find out, often

with calamitous consequences to family and community life. It was to address this need that our nutritional and psychological support programmes were also started.

We offer frequent counselling for individuals, families and communities to help them overcome concerns and issues they sense and meet in their day to day lives. This is done by constantly raising awareness. Gradually, we have seen knowledge levels improving, and numerous changes in attitudes and behaviour have been noted in visit reports and monitoring. The client also is noticing an improving situation.



People with HIV often suffer the impacts of stigma when visiting health care settings. Sathiya reports that training and meeting with health care staff over the past years has dramatically improved staff understanding of HIV, from paediatric care to ART delivery. The healthcare sector has its own challenges, frequent staff rotation, new staff and we are talking to the sector about regular induction of staff. We hope to see further improvement across this sector over the next twelve months.

In schools and colleges, we see significant discrimination and have reports on file of teachers refusing to let children continue in school

once their HIV status is known, or indeed where HIV positive children are not allowed to socialise, necessitating a school transfer. We feel that a lot of effort needs to be put into this sector during the next twelve months, particularly as the young have the potential to be great peer educators, via technology and social media.



Above: Sumithra talking to daily wage workplace and tea estate workers

Below: Nutrition distribution and group therapy event in Ooty Feb 2023. 116 Beneficiaries received nutrition supplements on that occasion.



Meetings led by Sathiya create a safe environment in which to share problems, struggles and provide enlightenment and motivation to live

meaningfully - different problem-solving strategies are discussed. Individual as well as group counselling sessions, are available.

We want to restart regular distribution of much needed nutritional supplements and organic vegetables which we had to stop because of lockdown restrictions and the logistics of delivering both supplements and produce to each centre. We manage our unrestricted funding to provide nutrition supplements marking auspicious occasions, such as Divali.

Everyone asks when the monthly nutrition and group therapy meetings will restart. They recognise the enormous benefits, both physical and mental, this service gives. By charting each client before and after nutrition we can see a huge improvement in CD04 levels.

In summary over the last 12 months, and separately from the stigma programme, above

- 1564 individuals receive counselling.
- 844 families were counselled.
- Support was available 24/7 for anyone who needed help.
- When funds were available to provide nutrition support, approximately 116 beneficiaries on average received supplements and vegetables on each occasion, free of charge.

Eco-Clubs

The aim of the Eco club is to develop a green consciousness and social responsibility. Through Eco Clubs we promote recycling, composting, organic gardening, evidencing the importance of the natural environment – the forest and plants found in the forest, particularly medicinal plants found around the villages in the Nilgiris region.

We had to cancel much activity during COVID as the schools closed for significant periods of time and practically, we hope to commence coincidentally with new academic year in June 2023. However, recently the RTTMP team began engaging in 16 school programmes which introduce the value of, and identification of, the medicinal plants found in the forest near each school. The students will also gain basic health knowledge as we seek to protect traditional knowledge at village level. A further short list of schools wanting to join the eco club network of schools and colleges has been drawn up following conversations with head teachers. We plan to help the schools establish organic gardens growing vegetables, culinary and medicinal herbs, and where space permits, encourage the creation of a botanical garden and tree planting.

Our climate smart resilient farming strategy encompasses environmental protection, and the tribal schools are to be approached to help with research and documenting traditional conservation of the forest around them.

Below, students at Pudur and Garikiyur schools



PhD: exploring self-reliance in primary healthcare among families and communities using traditional medicine.

We are looking forward to the publication next year of this valuable research programme.

Our Education Fund

FoH together with The Nilgiris Adivasi Trust (NAT) support young people from tribal community and/or backward class family backgrounds.

Students currently attending the Victoria Armstrong School in Kothagiri, the Tribal school (VBVT) and drop-out school in Gudalor, and the NWTWS school hostel all receive grants from NAT. Based on information provided by NAWA's director of education bursaries were provided by NAT to students from tribal communities progressing to higher secondary and college education.

The trustees of NAT have decided to wind up their charity but FoH hope to find a way to continue the support which they lent to the above.

The FoH fund provided support to Emima during 2022, and this continues. For her final practical year at the Atreya Ayurveda College in Bangalore, Emima is studying for her Bachelor of Ayurvedic Medical Sciences degree (BAMS) over 5 years.

Fundraising events

No fundraising events were held during the year but overall, our income recovered, but is not yet back to pre-COVID levels.

Financial review

The FoH accounts are available separately and upon request. They are also found via our web site or on the Charity Commission's web site. Income during the year increased significantly. Income in the year received and committed amounted to £52,612, (previous year £29,780). 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. Total funds expended on projects during the year amounted to £61,520 (previous year £24,560).

Local UK administrative costs amounted to just £1,785 (£1,185) as detailed in the annual accounts. Grants and donations over £700 were received from the following organizations and individuals: - The Rowney Trust; The Onaway Trust; The Bryan Guinness Charitable Trust; The Souter Charitable Trust; St

Clare and St Francis Trust; The Paget Trust; Mercury Phoenix Trust; CB and HH Taylor 1984 Charitable Trust; Nilgiris Adivasi Trust. A grant of £1,000 was received from unidentified sources.

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

Photo Gallery

Lakshmi being testing during Quality Care India certification programme. Lakshmi was one of six of our VHO's who received certification and recognition as an approved Healer.





Tribal healers from Gudalor taluk receiving their certificates, each healer received Rs50,000 on passing the test programme.



Before lockdown: The Collector visiting the GoHT stand at an Organic conference in Ooty.



Kesalada school medicinal plantand botanical garden

Below: a farm worker learning how to prepare Jeevamritham





Above and below: HIV stigma 'workplace' awareness meetings



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 2022

The directors, who are also trustees of the charity, present their report and the accounts for the year ended 31 October 2022.

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
Michael Moore
Dr Mahesh Mathpati
Rosaleen Mulji
David Pople

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 2022 (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 on 14 July 2023
and signed on its behalf by



D Pople
Company Secretary

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

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 October 2022, which are set out on pages 20 to 25.

RESPONSIBILITIES AND BASIS OF REPORT

As the trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charitable company's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S REPORT

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- 1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- 2) the accounts do not accord with those accounting records; or
- 3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- 4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



CJ GOODHEAD FCA
KNIGHT GOODHEAD LIMITED
Chartered Accountants
7 Bournemouth Road
Chandler's Ford
Eastleigh
Hampshire SO53 3DA

5 July 2023

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 2022

(Including Income and Expenditure Account)

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Income					
Donations and legacies	3	22,123	30,489	52,612	29,780
TOTAL INCOME		22,123	30,489	52,612	29,780
Expenditure					
Charitable activities					
H.O.P.E. projects	4	21,342	41,963	63,305	25,745
TOTAL EXPENDITURE	5	21,342	41,963	63,305	25,745
Net income / (expenditure) for the year		781	(11,474)	(10,693)	4,034
FUNDS AT 31 OCTOBER 2021	8, 9	4,137	12,662	16,799	12,765
FUNDS AT 31 OCTOBER 2022		4,918	1,188	6,106	16,799

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

THE FRIENDS OF H.O.P.E.

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

COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2021

(Including Income and Expenditure Account)

	Unrestricted funds £	Restricted funds £	Total funds 2021 £
Income			
Donations and legacies	17,091	12,689	29,780
TOTAL INCOME	17,091	12,689	29,780
Expenditure			
Charitable activities			
H.O.P.E. projects	18,706	7,039	25,745
TOTAL EXPENDITURE	18,706	7,039	25,745
Net (expenditure) / income for the year	(1,615)	5,650	4,034
FUNDS AT 31 OCTOBER 2020	5,752	7,013	12,765
FUNDS AT 31 OCTOBER 2021	4,137	12,663	16,799

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

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

BALANCE SHEET AT 31 OCTOBER 2022

	Notes	2022 £	2021 £
CURRENT ASSETS			
Debtors	6	1,227	508
Cash at bank and in hand		5,516	17,307
		<u>6,743</u>	<u>17,815</u>
CREDITORS: amounts falling			
due within one year	7	(637)	(1,016)
		<u></u>	<u></u>
NET CURRENT ASSETS		6,106	16,799
		<u></u>	<u></u>
NET ASSETS		<u>6,106</u>	<u>16,799</u>
FUNDS			
General Fund	8	4,918	4,137
Restricted Fund	9	1,188	12,662
		<u></u>	<u></u>
	10	<u>6,106</u>	<u>16,799</u>

For the financial year ended 31 October 2022, 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
and signed on its behalf by

M Moore

M Moore
Director

14th July 2023

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 2022

1 ACCOUNTING POLICIES

Accounting convention

The accounts have been prepared under the historical cost convention, 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.

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. Support costs are allocated between funds based on the corresponding income split in the period.

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for specific purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

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 3DA.

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 2022 (continued)**3 TOTAL INCOME**

	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Grants	20,000	30,489	50,489	27,529
Donations	1,656	-	1,656	1,743
Gift aid reclaimed	467	-	467	508
Other income	-	-	-	-
	22,123	30,489	52,612	29,780

4 HOPE PROJECTS

	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Grant funded activities	18,876	38,565	57,441	24,560
Fundraising	1,716	2,364	4,080	60
Support costs	485	669	1,154	573
Accountancy and independent examination	265	365	630	553
	21,342	41,963	63,305	25,745

5 TOTAL EXPENDITURE

No director received any remuneration during this or the previous year. During the year reimbursed expenses relating to project costs of £801 (2021: £157) were paid to one trustee.

6 DEBTORS

	2022 £	2021 £
Gift aid recoverable	467	508
Prepayments	760	-
	1,227	508

7 CREDITORS: amounts falling due within one year

	2022 £	2021 £
Trade Creditors	84	1,016
Accruals	553	-
	637	1,016

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 2022 (continued)

8 UNRESTRICTED FUNDS	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
General funds	4,137	22,123	(21,342)	4,918
9 RESTRICTED FUNDS	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
Education fund	39	14,489	(14,528)	-
RTTMP fund	2,400	-	(2,400)	-
HIV/Health	357	6,000	(6,357)	-
Farming and sustainable villages	9,866	10,000	(18,678)	1,188
	12,662	30,489	(41,963)	1,188

Education fund: The Nilgiris Adivasi Trust (NAT) and Friends of HOPE contribute to tribal school running costs and bursary support for students attending higher secondary schools.

RTTMP fund: The Rejuvenation of Traditional Tribal Medicinal Practices fund supports traditional health projects and is encouraging the setting up of a self help health service in 60 villages.

HIV/Health fund: The funding for people living with HIV covers screening for both HIV and TB, counselling, vocational support and nutritional supplements.

Farming and sustainable villages: Encourages farmers to convert to organic farming practices and to restore goodness to the soil, thus helping to protect the natural environment.

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS	Unrestricted funds £	Restricted funds £	Total funds £
<i>As at 31 October 2022</i>			
Debtors	1,227	-	1,227
Bank and cash	4,328	1,188	5,516
Creditors	(637)	-	(637)
	4,918	1,188	6,106
<i>As at 31 October 2021</i>			
Debtors	508	-	508
Bank and cash	4,644	12,663	17,307
Creditors	(1,016)	-	(1,016)
	4,137	12,663	16,799

