



PROSHANTI UK
Company limited by guarantee
Trustees' report and financial statements
for the year ended 31 December 2019

Charity information

Trustees who served during the year

Lilu Ahmed (Chair of Trustees)
Dr Rebecca Scott
Dr Jaha Afroze Momena
Stephen David Storr
Samsul Siddiki

President

Shafi Ahmed

Vice President

Rev Helen Matthew

Secretary

Graham Rowbotham

Charity number

1137179

Registered office

The Bromley by Bow
Centre
St Leonard's Street, Bromley by Bow
London
E3 3BT
UK

Independent Examiner

Meer and Company Chartered
Accountants No. 1 Cochrane House
Admirals Way
Canary Wharf
London
E14 9UD

Bankers

HSBC Bank Plc
38 Canada Place, Canary Wharf
E14 5AH

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Report of the Trustees' for the year ended 31 December 2019

The Trustees present their annual report and the financial statements for the year ended 31 December 2019 and confirm they comply with the Charities Act 2011, the trust deed and the Charities SORP 2005.

Structure, governance and management

Governing document

Proshanti UK is incorporated as a company limited by guarantee and registered with the Charity Commission in December 2009 under charity number 1137179. It is governed by Memorandum and Articles of Associations dated 19th December 2009.

Organisational structure

The Trustees of the Charity are also the Directors of the Company. We have formal Board meetings at least four times a year and meet informally between Board meetings. Our volunteer medical advisers in London meet about twice a year and report directly to the Board.

What is Proshanti?

Proshanti UK is a UK based charity and was formed in 2009 after a number of UK professionals and volunteers visited Juri, a remote sub-district (Upazila) of Moulvibazaar District in the Sylhet region of Bangladesh.

It was set up in 2009 with the aim of transforming health care in rural Bangladesh by creating a healthy living partnership between the communities in Bangladesh and Bromley by Bow, Tower Hamlets in East London. The aim is to build a Healthy Living Centre in the Juri sub-district of Moulvibazaar District that will provide free affordable primary health care, together with preventive and health education, as well as an effective patient referral service to a trusted hospital.

Recruitment and appointment of trustees

Trustees are recruited from those who show a particular interest in the work of Proshanti and who can contribute to the work of the Board. Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing Proshanti's aims and objectives. In particular, the Trustees have considered how the activities of the organisation will contribute to the objectives that have been established for the charity.

Induction and training of trustees

A number of publications, detailed guides and how to guides, from the Charity Commission are also provided including "What makes a charity", "Charitable purposes and public benefit" and "Public benefit: the rules for charities". This ensures that new trustees are aware of the scope of their responsibilities under the Charities Act.

Risk management

The trustees assess the risks the charity faces using a risk matrix which identifies the major risks by area of activity, the nature of those risks, the likelihood of the risks happening and the measures taken to manage them. The trustees review the risk at their meetings. The trustees are satisfied that systems are in place, or arrangements are in hand, to manage the risks. In particular, insurance cover is in place and the finances of the Charity are kept under review.

Objectives and activities

Our objectives

The objects of the charity are set out in Memorandum and Articles of Association and are summarised as follows:

"The Company's objects are the relief of sickness and the promotion and preservation of good health, in particular but not exclusively, of people living in the Juri region of Bangladesh, by the support and establishment of a healthy living centre or centres."

Report of the Trustees'
for the year ended 31 December 2019

Activities and achievements

Proshanti UK provides the following clinical services from the Juri clinic: **Referral services and assessment**

Proshanti is well established in the JuriUpazila as a service provider for pregnant women and thus, most of our patients are referred by fellow service users.

- Without community level clinics, Family Welfare Visitors also refer pregnant women to Proshanti.
- Proshanti staff also hold community meetings throughout Juri to raise awareness of its' services.
- Proshanti's criteria for applicants - that they have no other viable means of receiving antenatal care and their level of means - determines the enrolment process.
- Proshanti Outreach Workers carry out home visits for prospective clients during the enrolment assess to assist in their assessment.
- In 2019, around 300 pregnant women were referred to Proshanti, of whom 180 were enrolled.

Ante-natal care

- 666 antenatal appointments were handled across the 180 mothers enrolled during 2019. During these appointments, appropriate blood and urine tests, as well as ultrasound scans, were delivered to mothers. The health of mother and child is constantly monitored throughout this process.

- Proshanti also offered services to 20 of high risk patients during 2019. 'High-risk' typically applies to women who have previously had stillbirths, high blood-pressure or are rhesus negative.
- Food support was provided to mothers who were found to be significantly malnourished
- In 2019, we offered 183 health education sessions to 2,362 pregnant women, their partners and young people. These sessions covered key topics such as: nutrition during pregnancy (type and amount of food and the best way to prepare it), personal hygiene, rest, danger signs, birth planning, breast feeding, new-born baby care and the importance of antenatal and postnatal care.

- Over 3604 telephone follow-up calls were made, primarily as enrolled mothers were nearing their due date, ensuring they are following the best practice to ensure the safe delivery of their child. In 2019, Proshanti offered delivery services to 148 women (73 boys and 77 girls);

- 108 normal home deliveries of which 74 by Proshanti midwives and rest 34 by local TBA or family member before arrival of our midwives;
- 16 normal deliveries at hospital
- 24 caesarean deliveries at hospital

- 335 post natal visits were carried out in 2019, during which Proshanti midwives carry out a detailed physical assessment of mother and child. When necessary, Proshanti midwives counselled mothers on various issues relating to their post-natal wellbeing.

- We are pleased to report that there were 0 maternal deaths in 2019, demonstrating that our interventions are protecting vulnerable women. Sadly there was one still birth and two premature births.

Partnership work

To manage Proshanti's work cost effectively in Bangladesh, because of the difficulty of registering as an independent NGO, in July 2016 Proshanti entered into an association with Prottoy, an existing Bangladesh-registered NGO, for the delivery of Proshanti's services in the region.

Report of the Trustees' for the year ended 31 December 2019

Proshanti has a Memorandum of Understanding with Juri Adhunic General (Pvt) Hospital who offer free clinic and office space to run Proshanti's clinical services. In addition, they provide free of charge day-to-day doctors consultation for Proshanti patients.

Proshanti also worked closely with Upazila Health staff, who offered advice and training support for our midwives.

Proshanti Juri clinic staff

Two full time midwives

One full time outreach worker/Project Officer

One part time accountant (1 day a week)

In addition, the Executive Director of Prottoy spends one day a week to monitor the quality of services delivered, as well as liaising with the local government administration and the NGO Affairs Bureau.

The Proshanti UK Programme Development Consultant keeps close links with Juri staff as well as the Prottoy Executive Director to ensure Proshanti's work in Juri runs smoothly.

Impact of Proshanti Work

Juri has a diverse population which includes people of various cultures and religions, including Tea Garden workers originally from India, tribal communities such as the Manipuri people, Muslim, Hindu and Christian women. In rural, poor communities in Bangladesh, women often have very little say or control over their own situations and health. Women who live in extreme poverty often have had very little education, little knowledge about health and little confidence to assert their needs. Social and family circumstances can be very difficult with severe overcrowding, poor quality housing, poor diet and the focus of control over family decisions being held by men and parents-in-law. Poor maternal and child health outcomes can have a devastating effect on women and their families.

This project impacts positively on women's experience of health care in preparation for and during pregnancy and childbirth, and aims to give confidence to and to empower poor and excluded women, regardless of culture or religion.

Financial review

Reserves policy

The trustees have reviewed the reserves of the charity. Their policy is to hold enough funds to meet four months' operating costs of the premises. The free reserves as at 31 December 2019 were £43,959 (£35,700 - 31 December 2018).

Principal funding sources

Proshanti is indebted to numerous individual donors as well as East London NHS LIFT Company for their regular and generous contribution towards Proshanti. In 2019 we received a donation of £2,500 from the Souter Trust.

Proshanti organised a Ramadan Appeal in May / June 2019, £ 5,516 was raised through this appeal.

Investment policy and objectives

The charity has no long-term investments. Our cash reserves are held in bank accounts.

Report of the Trustees'
for the year ended 31 December 2019

Statement of Trustees' responsibilities

The charity trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- 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 financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the trust deed.

They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees for the purposes of charity law who served during the year and up to the date of this report are set out on charity information page.

Approved by the Trustees and signed on its behalf by:

Lilu Ahmed (Chair of Trustees)

Date: 05 September 2020

L. K. Ahmed,

Independent examiners' report to the trustees
of PROSHANTI UK

I report on the accounts of the trust for the year ended 31 December 2019.

Respective responsibilities of Trustees and examiner

The charity trustees 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 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to :

- i) examine the accounts under section 145 of the 2011 Act ;
- ii) follow the procedures laid down in the general Directions given by the Commission under section 145(5)(b) of the 2011 Act, and
- iii) state whether particular matters have come to my attention

Basis of opinion

My examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 account, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view " and the report is limited to those matters set out in the next statement.

Independent examiner's statement

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

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

For and on behalf of Meer and Company Chartered Accountants



Haroon Rafique - Chartered Accountant

Date: 05 September 2020

**No.1 Cochrane House
Admirals Way
Canary Wharf
London
E14 9UD**

Statement of financial activities
for the year ended 31 December 2019

		Unrestricted funds	Restricted funds	Total Funds 2019	Total Funds 2018
	Notes	£	£	£	£
Incoming resources					
Incoming resources from generated funds:					-
Donations	2	34,791	5,045	39,836	36,204
Other income		80	-	80	30
Total incoming resources		34,871	5,045	39,916	36,234
Resources expended					
Cost of generating funds		-	-	-	-
Charitable activities		(12,205)	(5,045)	(17,250)	(15,689)
Administrative costs	3	(12,002)	-	(12,002)	(12,286)
Total resources expended		(24,207)	(5,045)	(29,252)	(27,975)
Net movement in funds		10,664	-	10,664	8,259
Retained funds brought forward		38,914	5,045	43,959	35,700
Retained funds carried forward		49,578	5,045	54,623	43,959
Statement of total recognised gains and losses					
				Year ended 2019	Year ended 2018
				£	£
Net incoming resources before other recognized gains/losses		10,664	-	10,664	8,259
Total recognised gains since last annual report		10,664	-	10,664	8,259

The notes on pages 8 to 10 form an integral part of these financial statements.

Balance sheet
as at 31 December 2019

	Notes	Unrestricted funds	Restricted funds	2019 £	2018 £
Current assets					
Debtors	4	8,721	-	8,721	8,721
Cash at bank and in hand		41,197	4,705	45,902	35,243
		49,918	4,705	54,623	43,964
Net current assets		49,918	4,705	54,623	43,959
Total assets less current liabilities					
		49,918	4,705	54,623	43,959
Net assets					
		49,918	4,705	54,623	43,959
Funds					
Income funds	6	49,918	4,705	54,623	43,959
Total funds	7	49,918	4,705	54,623	43,959

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The company is exempt from the requirements relating to preparing audited accounts in accordance with section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit of the accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved by the Board on 5 September 2020 and signed on its behalf by

Lilu Ahmed (Chair of Trustees)

Registration number 1137179

L. K. Ahmed,

The notes on pages 8 to 10 form an integral part of these financial statements.

1. Accounting policies

1.1. Accounting convention

The financial statements have been prepared in accordance with 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)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

1.2. Incoming resources

All incoming resources are recognised once the charity has entitlement to the resources, it is certain that the resources will be received and the monetary value of incoming resources can be measured with sufficient reliability.

2. Income

The total income of the charity for the year has been derived from its principal activity wholly undertaken in the UK.

	Unrestricted Funds	Restricted Funds	Year ended 31/12/19	Year Ended 31/12/18
East London Lift	17,500	-	17,500	15,000
Souter Trust	2,500		2,500	
Other donations	14,791	5,045	19,836	21,204
Other income	80	-	80	30
	<u>34,871</u>	<u>5,045</u>	<u>39,916</u>	<u>36,234</u>

Notes to the financial statements
for the year ended 31 December 2019

3. Administration Expenses	Year ended 2019	Year ended 2018
	£	£
Service delivery fees	17,250	15,689
Travelling	1,314	1,312
Volunteer expenses	-	-
Printing, postage and stationery	249	249
Insurance	482	472
Programme management & consultancy fees both in Bangladesh and UK	9,855	9,600
Sundry expenses	1	431
Bank charges	103	222
	<u>29,252</u>	<u>27,975</u>
4. Debtors	2019	2018
	£	£
Prepayments and accrued income	<u>8,721</u>	<u>8,721</u>
5. Creditors: amounts falling due within one year	2019	2018
	£	£
Accruals and deferred income	<u>-</u>	<u>5</u>
6. Funds	Unrestricted Funds	Total
	£	£
At 1 January 2019	43,959	43,959
Net income for the year	10,664	10,664
At 31 December 2019	<u>54,623</u>	<u>54,623</u>

Notes to the financial statements
for the year ended 31 December 2019

7. Reconciliation of movements in total trust funds

	2019	2018
	£	£
Incoming resources for the year	10,664	8,259
Net addition to funds	10,664	8,259
Opening trust funds	43,959	35,700
Closing trust funds	54,623	43,959