

Registered Charity Number: 1085071

**FRIENDS OF ASHA (GB)**  
**CHARITY ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

# **FRIENDS OF ASHA (GB)**

## **REFERENCE AND ADMINISTRATIVE INFORMATION**

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### **Trustees**

The trustees during the year ended 31 March 2025 were as follows:

David Finch  
Richard Hogben  
Godfrey Martin  
Helen Finch  
Nigel Rees  
Amanda Clegg  
Paul Weston  
David Briggs

### **Principal Address**

36 Combe Street Lane, Yeovil, Somerset BA21 3PE

### **Independent Examiner**

Bells Accountants, 10a High Street, Chislehurst, Kent, BR7 5AN

### **Charity Number**

1085071

# FRIENDS OF ASHA (GB)

## REPORT OF THE TRUSTEES

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### Governing instrument

Trust deed dated 1 November 1999, amended by supplemental deed dated 9 January 2001.

New trustees are appointed by the board of trustees.

The charity is a trust consisting of 8 trustees.

### Objectives and Activities

1. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby in India and in such other parts of the world as the trustees may from time-to-time think fit.
2. To promote the protection and preservation of good health in India and in such other parts of the world as the trustees may from time to time think fit.
3. To promote and fulfil such other charitable purposes beneficial to the community in such locations as the charity may from time to time be operating.

The objects of the charity have been achieved by supporting the Asha Community Health & Development Society (hereinafter Asha) in its work with people living in the slums of Delhi. As shown in the accompanying accounting report, the income of the charity has derived from donations received and has been spent in pursuit of the charity's objectives.

### Introduction

**Friends of Asha Great Britain:** Established in November 1999.

Friends of Asha (GB) has continued to raise funds and support the work of Asha this year. As expected, the very high response of donors during the Covid pandemic has not been matched again this year, however giving has been maintained. The trustees have continued to develop communication with donors using social media and email as well as attending a variety of fund-raising opportunities. The Hope and Spice book and merchandise continue to be well received.

Several of the trustees have visited this year to witness the work and use of Friends of Asha (GB) giving and to seek governance assurance. They were unanimously impressed and inspired by the visits. In addition, the trustees have actively sought and received assurance through a variety of channels. Links with Delhi have continued with regular contact with a variety of individuals including the Founder and Director and senior staff via Zoom, WhatsApp, email, telephone, and other technology links. This has proved an effective way for the trustees to give advice and to discharge their assurance role ensuring that the funds generated in Great Britain have been appropriately used for the benefit of the poor in India.

**About Asha Society, New Delhi:** Founded in 1988 by Dr. Kiran Martin—a paediatrician and visionary—Asha India is committed to transforming the lives of the urban poor in Delhi through an integrated model of Health, Education, Empowerment, Environment, Infrastructure, and Financial Inclusion. Asha works with over 100 slum communities, directly impacting the lives of one million residents. Central to Asha's mission is the belief in human dignity, equality, and the right to health and education for all. Through a rights-based approach and strong community-government partnerships, Asha continues to drive sustainable development and long-term poverty alleviation.

**Friends of Asha – Great Britain:** Established in 1999, Friends of Asha GB is a registered charity in UK acting as a committed Support Group and championing Asha India's transformative work across the United Kingdom. FOA(GB) raises awareness and mobilises resources to support holistic community development in Delhi's slums. We build partnerships, share powerful narratives, fund-raise and facilitate international engagement, ensuring that the spirit and impact of Asha's work resonate across borders.

# FRIENDS OF ASHA (GB)

## REPORT OF THE TRUSTEES cont'd

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### Asha's Interventions in the slums

#### Healthcare programme

##### Antenatal Care

In 2024–25, Asha achieved 100% antenatal coverage across slum communities, reaching 486 pregnant women.

Regular antenatal clinics included foetal monitoring, tetanus vaccination, and nutritional supplements (iron, calcium, folic acid). Each mother was issued a health card, and all received education on nutrition, hygiene, and family planning. Child survival rate stood at 98%.



##### Intrapartum Care

Asha's Community Health Volunteers (CHVs) ensured 100% safe and institutional deliveries, with 323 births under trained supervision. CHVs provided birth kits, facilitated hospital admissions, and accompanied women during labour. No maternal deaths were recorded over the past five years, and 95% of babies were born with healthy birth weight.

##### Postnatal Care

CHVs conducted 1,065 home visits, ensuring newborns were breastfed within six hours of birth and mothers received postnatal support, including supplements and regular check-ups. Mothers and infants were monitored for complications and referred when needed. Family involvement and maternal recovery were actively promoted.

##### Well-Baby Clinics

Asha conducted weekly clinics for children aged 0–5, focusing on nutrition, growth monitoring, and illness prevention. In 2024–25, 2,818 children were reached and regularly weighed, with underweight children receiving iron, zinc, and vitamin supplements. Individual health cards tracked each child's development.

Asha ensured over 95% immunisation coverage, following WHO guidelines and partnering with the Government of India for polio drops under the Pulse Polio Programme. These efforts protected children against life-threatening, preventable diseases.



Children's growth was tracked using "Road-to-Health" charts and mid-arm circumference measurements. Malnourished children received immediate care. All children received Vitamin A every six months, boosting immunity and reducing infection risks.

Mothers were educated on hygiene practices to prevent diarrhoea and respiratory infections. In collaboration with Mahila Mandals, Asha worked to improve sanitation infrastructure, promote clean environments, and ensure proper waste management.

# FRIENDS OF ASHA (GB)

## REPORT OF THE TRUSTEES cont'd

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### Family Planning & Reproductive Health

In 2024–25, 6,842 couples received counselling, with 4,389 adopting contraception (1,224 permanent, 3,165 temporary). Services included IUDs, oral pills, condoms, and injections. Special care was provided to individuals living with HIV/AIDS.

### Menstrual Hygiene & RTI/STD Awareness

Asha conducted awareness sessions for adolescent girls and women on menstrual hygiene, reproductive tract infections, and sexually transmitted diseases, empowering them with knowledge for healthier lives.

### Geriatric Care: Compassion for the Elderly

In 2024–25, Asha provided consistent medical care to 293 elderly residents across its slum communities. Services included health check-ups, medicines, and referrals for eye, ear, and orthopaedic care. Glasses and hearing aids were distributed based on medical need. Emotional well-being was supported through home visits, companionship, and practical help. The 'Love and Lunch' programme served daily hot meals to 159 elderly individuals, fostering connection and reducing loneliness.



### Non-Communicable Chronic Disease Management

#### Respiratory Diseases

Asha treated 103 patients with asthma, COPD, and related conditions using inhalers, bronchodilators, nebulisation, and lifestyle education. Patients were advised on environmental triggers and supported with occupational guidance when necessary.



#### Diabetes Care



336 diabetic patients received regular monitoring (FBS, PPBS, HbA1C), medication, and lifestyle counselling. CHVs promoted balanced diets, physical activity, and adherence to treatment protocols.

# FRIENDS OF ASHA (GB)

## REPORT OF THE TRUSTEES cont'd

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### Hypertension Management

346 patients with high blood pressure were managed through medication, home monitoring, and dietary counselling. Emphasis was placed on smoking cessation, stress reduction, and sustained heart-healthy habits.



### Dental and physiotherapy Care



Recognising the escalating healthcare needs of slum communities, Asha has significantly expanded the scope of its Polyclinic with two vital additions — a state-of-the-art Dental Clinic and a fully equipped Physiotherapy Unit. These new services mark a major stride toward comprehensive, inclusive healthcare delivery.

The Dental Clinic has already transformed lives by delivering critical oral healthcare to 258 patients, many of whom were receiving professional dental care for the first time in their lives. From pain relief to preventive care, the clinic has filled a long-standing gap in essential services. The clinic offers expert medical care led by a highly qualified doctor and is equipped with state-of-the-art facilities and advanced diagnostic tools.

Simultaneously, the Physiotherapy Unit has become a lifeline for 823 individuals, supporting recovery from strokes, injuries, and the management of chronic conditions such as arthritis and muscular disorders. By offering sustained rehabilitative care, this unit empowers patients to regain mobility, independence, and dignity.



### Education Programme

Asha supported thousands of slum-based students through its Education Programme in 2024–25. The Asha Resource Centres served as academic hubs, benefiting 1,350 students monthly through IT labs and providing quiet study spaces to over 1,500 school students. The team also actively guided parents during PTMs on subject and career choices, bridging educational gaps for first-generation learners.

# FRIENDS OF ASHA (GB)

## REPORT OF THE TRUSTEES cont'd

### Primary Education Programme

Asha ensured consistent school enrolment through documentation support, remedial classes, and mentoring. Parents were engaged to address barriers like child labour and gender bias, especially affecting girls.



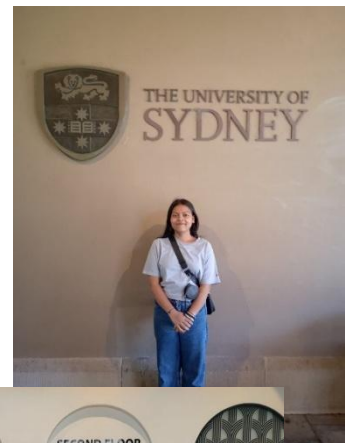
### Higher Education Programme



In 2024–25, 250 students received university entrance exam coaching, 137 students secured undergraduate admission with Asha’s support, and 84 students pursued distance education. Asha also facilitated para-medical (21) and technical (9) training programmes. Two students began their Master’s studies.

### International Higher Education

Three students pursued Master’s degrees at the University of Sydney in 2024, while three others completed theirs—two from Sydney and one from Queensland. Two students are currently pursuing PhDs at the University of Melbourne, reflecting the success of Asha’s global education initiative.



### Internships: Professional Exposure

18 students from new Asha communities undertook internships with top organisations, gaining valuable skills, professional confidence, and career exposure.



### Online English & IELTS Coaching

Students participated in online English classes led by mentors from the UK, USA, Ireland, and Australia. Specialised IELTS coaching and personalised mentorship helped them prepare for global academic opportunities.

# FRIENDS OF ASHA (GB)

## REPORT OF THE TRUSTEES cont'd

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### Empowerment Programmes

#### Women's Advocacy Groups

With 17 Women's groups and 470 members, Asha conducted 544 community meetings addressing issues like domestic violence, legal literacy, and sanitation. Women emerged as community changemakers through collective action and advocacy.



#### Children's Advocacy Groups

18 Children's Advocacy Groups with 575 members made 223 official visits, promoting civic awareness, rights advocacy, and leadership skills among children aged 6–13.



#### Youth Groups

Launched in 2024, 15 youth groups with 403 adolescents received academic and digital literacy support, life skills coaching, and leadership development.



### The Asha Way of Life

Asha's programmes are grounded in core values—gratitude, compassion, dignity, justice, joy, simplicity, generosity, non-violence, affirmation, and the power of touch—infusing all relationships and services with purpose and humanity.

#### Global Visitors and Dignitaries

Helen Finch, Trustee of Friends of Asha Great Britain along with a team of nurses, visited Asha in February 2025 and conducted Health clinics at Kalkaji. The clinics greatly benefitted the community and contributed to rich experience sharing for the Asha team. She was joined by the Chair Dr David Finch. During the year, another trustee Amanda Clegg visited to support the work and further strengthened the FOA(GB) assurance function.

In February 2025, Asha welcomed a delegation comprising of teachers and students from the Discovery Schools Trust (UK). The group was led by FOA(GB) Trustee David Briggs. Their immersive seven-day experience in the Seelampur community provided an enriching platform for deep engagement with children and women in the communities. Through a series of interactive workshops, storytelling sessions, games, and recreational activities, participants experienced a joyful and stimulating environment that nurtured creativity and learning. These initiatives not only promoted cognitive and emotional development among children but also created safe and inclusive spaces for women to connect, express themselves, and build supportive cross-cultural networks. Their presence not only uplifted spirits but also reaffirmed the global unity and compassion that underpins Asha's mission.

# **FRIENDS OF ASHA (GB)**

## **REPORT OF THE TRUSTEES cont'd**

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In March 2025, Asha was honoured to welcome Danny Leitch, Founder and Co-Partner of Gridlines—a global leader in financial modelling and audit services—along with his colleague. Following a warm orientation at Asha's Headquarters, the visitors proceeded to Kusumpur Pahadi slum community, where they spent a deeply engaging and inspiring day.

### **Conclusion**

Friends of Asha (GB) has maintained its previous income this year, however the level of need in Delhi has increased further. The trustees have been impressed and inspired by the remarkable courage and efforts made by the wider Asha team to care for so many people in such difficult circumstances, and we commend the work of Asha.

### **Reserves policy**

It is the policy of Friends of Asha (GB) not to retain significant reserves but to distribute income when appropriate recipients and projects are identified.

Dr D Finch - Chair  
12 January 2026

# FRIENDS OF ASHA (GB)

## Independent Examiner's Report to the Trustees of Friends of Asha (GB)

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I report on the accounts of the Trust for the year ended 31 March 2025, which are set out on pages 11 to 13.

### Respective responsibilities of the trustees and examiner

The charity's 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:

- examine the accounts (under section 145 of the 2011 Act):
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act): 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 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 disclosure in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

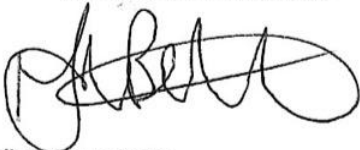
### Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that in any material respect the requirements
- to keep accounting records in accordance with section s130 of the 2011 Act: and
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

have not been met; or

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



Bells Accountants  
10a High Street  
Chislehurst  
Kent  
BR7 6LH

11 January 2026

# FRIENDS OF ASHA (GB)

## RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2025

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	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
<b>Receipts</b>				
Donations received	184,935	14,000	198,935	195,605
Tax reclaimed	<u>11,281</u>	<u>-</u>	<u>11,281</u>	<u>10,514</u>
<b>Total receipts</b>	<b><u>196,216</u></b>	<b><u>14,000</u></b>	<b><u>210,216</u></b>	<b><u>206,119</u></b>
<b>Payments</b>				
<b>Charitable expenditure</b>				
<i>Direct charitable expenditure</i>				
Grants payable	-	251,326	251,326	100,000
Stall fee	35		35	120
<i>Support costs</i>				
<i>Administration:</i>				
Postage and stationery	39		39	38
Insurance	301		301	301
Bank charges	204		204	176
Advertising/marketing	1,800		1,800	2,069
Office and computer expenses	144		144	145
Professional fees	714		714	2,546
Travel	2,483		2,483	2,762
Sundries	<u>60</u>	<u>-</u>	<u>60</u>	<u>60</u>
	<u>5,780</u>	<u>251,326</u>	<u>257,106</u>	<u>108,217</u>
<i>Governance costs:</i>				
Accountancy fees	<u>960</u>	<u>-</u>	<u>960</u>	<u>900</u>
<b>Total payments</b>	<b><u>6,740</u></b>	<b><u>251,326</u></b>	<b><u>258,066</u></b>	<b><u>109,117</u></b>
<b>Net receipts/(payments)</b>	<b><u>189,476</u></b>	<b><u>(237,326)</u></b>	<b><u>(47,850)</u></b>	<b><u>97,002</u></b>
Cash and bank balances b/f			<u>126,455</u>	<u>29,453</u>
<b>Cash and bank balances c/f</b>			<b><u>78,605</u></b>	<b><u>126,455</u></b>

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# FRIENDS OF ASHA (GB)

## STATEMENTS OF ASSETS AND LIABILITIES AS AT 31 MARCH 2025

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	2025 £	2024 £
<b>Cash funds</b>		
Bank current account	78,605	126,455
	<u>          </u>	<u>          </u>
<b>Assets retained for own use</b>		
Tax refundable	17,186	11,282
	<u>          </u>	<u>          </u>
<b>Liabilities</b>		
Accountancy fees	(960)	(960)
	<u>          </u>	<u>          </u>

We approve the accounts on pages 11 to 13 and confirm that we have made available all relevant records and information for their compilation.

Signed on behalf of the trustees

Dr D Finch  
Trustee

12 January 2026

# FRIENDS OF ASHA (GB)

## NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2025

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### 1 Restricted funds

These represent specific gifts from supporters towards various programmes undertaken by Asha. The amount comprises:

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Training and education	5,000	2,600
Riverbed project	9,000	19,500
	<hr/>	<hr/>
	14,000	22,100
	<hr/> <hr/>	<hr/> <hr/>

### 2 Trustees' transactions

There were no transactions with trustees during the year that require disclosure.