H4FA	**Help 4 Forgotten Allies** *includes Projects to Support Refugees from Burma*
	Charity Registration No ***1139273***

ANNUAL ACCOUNTS & TRUSTEES REPORT

Year ended

31 December 2025

Help 4 Forgotten Allies

includes Projects to Support Refugees from Burma

Charity Registration No ***1139273***

Charity Registration Number:

1139273
(Registered 08 December 2010)

Governing Document:

Trust Deed dated 25 November 2010

Other Names:

The Charity was formerly known as Projects to support Refugees from Burma

Registered Address:

12 Highworth Avenue
CAMBRIDGE
CB4 2BG

Trustees:

Mr Geoff Holt (Chair)
Mrs Sally McLean MBE (Founding Chair)
Mr Andrew Page (Treasurer)
Mr Peter Mitchell (RCEL Representative)
Mr Van Cung Lian
Mr Andrew Curtis
Mr Alex Bescoby
Mr Bertie Lawson
Judge Philip Head (appointed 30/01/2025)
Mr Timothy Davies (appointed 19/05/2025)
Mrs Fiona Matthews (appointed 01/08/2025)

President:

General Sir Alex Harley

Patrons:

Dame Joanna Lumley OBE
Karen Archer

Objects:

The object of the charity is to help relieve the suffering of people, including refugees from Burma (Myanmar), who have fled hardship and human rights abuses.

These activities specifically include aid for veterans (and their widows/ dependants) who served in the armed forces raised in Burma during the Second World War.

ANNUAL ACCOUNTS

Help 4 Forgotten Allies (H4FA)

includes Projects to Support Refugees from Burma (PSRB)

Charity No 1139273

PERIOD: 1 January - 31 December 2025

		Comparative 2024
Income (Receipts)	**£**	
Individual Donations & Gifts	29292.88	27468
Reclaimed Tax on Gift Aid	4026.60	1635
RCEL Grant [Note 1]	21293.71	14692
Van Mesdag Fund	15000.00	20000
Cuthbert Horn Trust	7000.00	0
Tadworth & Walton Overseas Trust	7000.00	7000
Special Forces Benevolent Fund	8000.00	3000
CCLA Deposit Fund Income	3412.09	2077
Total Income	***95025.28***	*75872*
Expenditure (Payments)		
Grants made to Veterans & Widows (H4FA) [Note 2]	43033.84	*38536*
Grants for Education & Humanitian Purposes (PSRB)	73190.69	*85035*
Charity Development Costs [Note 3]	17512.98	*0*
Charity Administration Costs	3498.05	*1821*
Total Expenditure	***137235.56***	*125392*
Excess/(Deficit) of Income over Expenditure	***-42210.28***	*-49520*
Current Assets	*as at 31/12/2025*	*as at 01/01/2025*
Investments		
CCLA Deposit Fund	60000.00	90000.00
Cash at bank and in hand		
H4FA Account (Cooperative Bank)	11305.98	20203.44
PSRB Account (Cooperative Bank)	7777.72	11090.54
	79083.70	121293.98
	121293.98	
	-42210.28	
	79083.70	

Andrew Page
Trustee & Treasurer

Notes to the Accounts

Note 1
Year on year variations: RCEL provide grant funding upon receipt of a distribution plan. Subsequently, if Veterans or Widows are not found or have died then RCEL claw back the grants for these individuals in the following period.

Note 2
Year on year variations: The grant distribution year runs from April to March and timing of payment varies according to the local political stability and weather conditions.

Note 3
In 2025, H4FA incurred one-off expenditure in supporting the production of the 'Last Burma Star' film and a short promotional film that raises awareness of the work H4FA does in Myanmar. This short film will be used at fundraising events, sent to existing donors and posted to our website. Additionally, in 2025, costs were incurred in updating / enhancing H4FA's website.

Independent examiner's report to the trustees of H4FA

I report to the trustees on my examination of the accounts of H4FA for the year ended 31 December 2025.

Responsibilities and basis of report

As the charity trustees of H4FA, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the accounts of H4FA carried out under section 145 of the Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- accounting records were not kept in respect of H4FA as required by section 130 of the Act; or
- the accounts do not accord with those records.

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



Raymond A Bissex FCA

32 Brooklands Avenue
Waterloo
Liverpool
L22 3XZ

Date: 23 May 2026

Website:

www.h4fa.org.uk

Payments to Trustees

No payments (other than approved expenses) were made to Trustees or any persons connected with them during this financial period.
No material transaction took place between the organisation and a Trustee or any person connected with them.

Safeguarding

The Trustees are committed to protecting and safeguarding the welfare of beneficiaries of the Charity, in accordance with established policies and procedures.

GDPR and Data Protection

The Trustees are committed to ensuring that established policies and procedures on GDPR and Data Protection are followed.

Risk Assessment

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

Reserves Policy

The Trustees have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Trustees aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

Public Benefit

The charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or aims that are for the public benefit. Details of how the charity has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.



Chair of Trustees

Help 4 Forgotten Allies (H4FA)

Projects to Support Refugees from Burma (PSRB)



Annual Report

UK registered charity no.1139273
Patrons: Dame Joanna Lumley DBE FRGS & Karen Archer
President: General Sir Alex Harley KBE CB

H4FA

Introduction: (Geoff Holt writes)
Our charitable objects are to help relieve the suffering of those who have fled hardship and human rights abuses, including refugees from Myanmar/Burma. These activities specifically include aid for needy veterans and their widows who served so faithfully in the armed forces raised in Myanmar/Burma during the Second World War. Sadly, they have often not received the proper recognition they deserve. During the year, with the help of local partners, and despite increasingly challenging and often dangerous situations on the ground, we have continued to distribute grants.

The trustees have agreed that the future strategic direction of the charity will be to focus increasingly on educational and humanitarian projects, seeking to provide a longer-term legacy for these people who have suffered so much. We remain immensely grateful to all our supporters and donors, both individuals and grant-making bodies, without whom none of this would be possible. As we look forward, we believe there is a strong and much needed future for the charity.



Myanmar/Burma: (Peter Mitchell writes)
In my report last year, I placed great emphasis on the dire conditions within Myanmar/Burma. It is dreadful to report that the overall situation has deteriorated yet further. The military junta have further consolidated their power. Though many countries have not recognised the recent election as valid, some significant powers have, which has resulted in much increased military and political support. Indiscriminate bombing, shelling and the use of drones have increased, as has targeting of villages, towns, schools, hospitals and places of worship. This has the clear aim of making the population at large fearful, thus deterring support for opposition forces.

There continue to be huge challenges in getting humanitarian aid and educational support to many parts of the country where there is actual or likely conflict. It is estimated that there are between three to four million Internally Displaced Persons (IDPs) and many thousands have fled abroad, largely to the refugee camps on the Thai/Myanmar border and more recently on the Indian border. The termination of aid from the USA and cutbacks in UK aid continue to aggravate an already grave situation.

Distribution of grants to ex-servicemen and widows: (Van Cung Lian writes)
H4FA successfully delivered welfare grants to WWII veterans and widows across Myanmar in 2025, overcoming active conflict and significant logistical barriers. The distribution relied on a committed network of volunteers who travelled through difficult terrain, navigated rapidly changing security conditions, and adapted their methods to ensure every beneficiary was reached. Beneficiaries expressed profound gratitude for the continued support, emphasising both the emotional reassurance of being remembered and the practical importance of the grants in meeting essential daily and medical needs. Volunteers again demonstrated exceptional dedication throughout the distribution period. Some undertook long journeys during the rainy season through remote mountain routes, captured in the distribution video:

Link: https://www.youtube.com/watch?v=aBctkNdjCIc&t=4s



Widow Ngoih Ning and our volunteer



Veteran Pu Van Ham and our volunteer

In conflict-affected areas, many beneficiaries were displaced, yet volunteers still managed to locate them and delivered the vital welfare grant. Despite these challenges, the 2025 distribution was completed successfully. The resilience and resourcefulness of our volunteers, combined with the heartfelt appreciation of the beneficiaries, highlight the continuing importance of H4FA's mission and the profound impact of remembering those who once served with loyalty and courage. I was also honoured to present H4FA's work at the RCEL Commonwealth Council and Annual General Meeting on 25 March 2026 at Canada House in London. Our partnership with RCEL remains vital, enabling us to continue supporting people who are in dire need of our assistance.



Phoenix School: (Van Cung Lian writes)

The Phoenix School project in the Zokhawthar Refugee Camp on the Indian border remains an important part of H4FA's wider humanitarian work. With more than 60,000 refugees in Mizoram State and over 8000 in the border town alone, access to education is extremely limited. Phoenix School provides a vital lifeline, offering day and night classes so displaced children can continue learning in a safe environment. Now in its fourth year, the school has grown from a pilot of 115 students to an average of 190 students in 2025/26, supported by 17 refugee teachers. Annual expenditure was approximately £18,000, covering salaries, learning materials, and essential operational costs. Attendance remained consistently high, reflecting the community's reliance on the programme. The school teaches the Indian curriculum and Mizo dialect, alongside life-skills activities such as arts, crafts, and sport. Students also take part in community activities such as collecting rubbish in the town - an initiative that has strengthened relationships with the local community and encouraged civic responsibility among the children.



H4FA trustees Mr. Van Cung Lian with a blind student and manager from Phoenix School

Several students have since returned to Myanmar/Burma and successfully transitioned into local schools, where they are now top performers. This outcome reflects the core objective of the project: to ensure refugee children receive a foundational education while displaced, enabling them to reintegrate into local schools with minimal difficulty. The project also supports vulnerable individuals beyond the classroom. During my visit to India last year, I met a blind student who lost his sight while fighting for freedom and democracy. H4FA has been sponsoring his education at a specialist blind school, helping him rebuild his life and regain independence. To help sustain the project, I completed two charity bike rides: the Fred Whitton Challenge and a one-day Coast-to-Coast ride, raising funds through my JustGiving page. Maintaining Phoenix School is increasingly challenging, and continued donor support is essential to keep the school open, retain its teachers, and ensure refugee children do not lose the only education available to them.

Just Giving Page - https://www.justgiving.com/page/van-cung-lian-4



Refugee children learning at Phoenix School

Fundraising Film: (Alex Bescoby writes)
H4FA very kindly supported the production of *The Last Burma Star*, and played an integral role in some of the film's most important moments. In particular, our trustee Van, from Chin State, helped us identify our central contributor, Corporal Con Herh, and facilitated the extraordinary meeting that forms the emotional climax of the film. As viewers will know, Levison Wood and I also travelled to meet pupils and teachers from Phoenix School, which provides education and refuge for children displaced from Chin State by the ongoing conflict in Myanmar/Burma. While we were there, we wanted to create a short companion film to shine a light on the remarkable work the school, funded by H4FA, is carrying out in incredibly difficult circumstances. The result is a special appeal film designed to help audiences better understand the impact of Phoenix School and to support its continuing work helping the descendants of those brave Commonwealth veterans now living through a new conflict of their own. We would be grateful if you can share it far and wide!

Link: https://youtu.be/IOxgjKxEtRk



PSRB

Emmanuel School: (Sally Mclean writes)

This the largest of our projects and backed generously by the Van Mesdag Trust and Tadworth and Walton Overseas Aid Trust. Emmanuel is a small Anglican primary school in Mae La refugee camp, which is the biggest of the Karen refugee camps on the Thai border with over 34,000 people. It is 40 km from the town of Mae Sot, a small Thai town with an airport. There are currently 243 children: 111 boys, 132 girls, 15 teachers, 2 cooks and a caretaker. The lower grades have higher numbers of children some of whom have arrived recently from war torn Karen State on the other side of the border where the schools are not functioning normally due to the ongoing raging civil war.



There has been a complete cut in rations in the camps now. The Thai government is for the first time allowing refugees to work outside the camps and offering ID. Only the most vulnerable receive any rations at all. Anxiety is exacerbated by the clinics in the camp closing. Children find that the lessons in gardening and sewing give them hope of finding employment in the future, and that art is therapeutic. We are proud that their marks compare very favourably with other camp schools.



PSRB sends four quarterly payments to pay teachers' salaries, buy school equipment and stationery, and to make repairs. Given the intensity of the rainy season, keeping the roofs in good repair is essential. Emmanuel Middle School was begun through the generosity of the Van Mesdag Trust and the school has a library which commemorates and honours the memory of Mr Rob Van Mesdag. Provision of lunches each day is with money kindly given by the Tadworth and Walton Overseas Aid Trust. Full reports are sent each quarter. Trustees visited in October 2022, and another visit was made in March 2025. The teachers, pupils and committee thank donors very wholeheartedly. We sent Emmanuel School £33,060 in four quarterly payments between April 2025 to April 2026. £29,606 was sent for the same period the previous year and £26,062 the year before that. The last payment included £250 for a Homeschooling project.



Homeschooling Project
Gloria, who was headmistress of Emmanuel School for many years, left about two years ago in the hope of being resettled in the USA with her family. However, between leaving her post and applying for resettlement, President Trump's government put the resettlement programme on indefinite hold. She has started schooling children who have been excluded from the camp schools because they have various problems such as ADHD. She is teaching 50 such children and has four colleagues. PSRB is sending £5,000 a year to this project.

Care Villa
We sent Care Villa, also in Mae La camp, £3,010 at Christmas 2025 to pay for basic needs beyond the meagre food rations the nine handicapped men receive. They are casualties of landmines in the endless war between the Karen and the military junta; their housing is very basic. The money we sent works out at £28 per resident per month, and pays for extra food, two carers, medicines, extra hygiene products and lessons in music, current affairs discussions and English tuition.

Karenni Bible College
We have supported this small Bible College in Ban Mae Surin, Karenni Refugee Camp on the Thai border since 2001. Despite the ongoing threat of camp closure, a devastating fire in 2013, and now the big cuts to camp rations from the US government, the college survives. It is in a very remote location near to the border in the jungle and the internet connection is problematic. Currently there are 53 students: 26 young women and 27 young men, as well as 20 teaching staff. The college is full of life and a source of comfort and support to the camp population of over three thousand. They provide a home for 87 war orphans, 49 girls and 38 boys and have a very successful choir. Over 25 years, the college has grown a great deal, and it is good to see how its relations with Thai churches as well as Burmese churches and with churches in Australia, through its diaspora, have grown and helped it to get well established and supported.

PSRB is the main donor and our partner, Bellay Htoo South in Thailand visits on our behalf. She is a Karen and, therefore, communicates well with the leadership and students there. She also speaks fluent English so can report clearly to us here in the UK. The donations we send are mainly spent on paying staff, supplementing food rations, supporting the orphans in their care, and buying office equipment. As the military junta has bombed many churches on the other side of the border in Karenni State and persecuted Christians over decades, this Bible College is an unlikely jungle haven of education and preparation for the students to rebuild their country in the future. The Bible College sends report and accounts regularly, and there are plans for one of our trustees to visit both Emmanuel School and the Bible College during the next 12 months.

IDP Teachers Project
Our distributor takes small individual grants, to teachers in remote areas of Karenni State. The teachers work in schools that were set up for the children of villagers who have fled military incursions. The bombing of civilians has been worst in Karenni State.

Links:
https://www.youtube.com/watch?v=CBWf_W1j7HQ
https://www.youtube.com/watch?v=2zLvIkspzt8



The schools and our distributor have to endure more advanced drones, jet fighters and big mortars as he travels through the jungles and over mountains to reach these schools in Southern Karenni. He writes that the schools have had to move from place to place and now have trenches and bunkers around them. The main roads are controlled by the military junta and the schools have to stop and start as they run and hide from the bombing in trenches. Food has become much more expensive. In total between the four schools supported this year there are 65 teachers and an average annual wage of £177. We gave them roughly £63 each. It is safer not to put his name in this report, but we are very grateful to him for his courage and perseverance.

Maternity Bags Project (shown in report cover photograph)
This is a project to provide expectant mothers living in difficult circumstances as IDPs or in refugee camps, with the basic necessities for childbirth and for their newborn baby. For the Karen people following evidence of genocidal intentions towards them by the military junta, protecting their newborns is very close to their hearts. There are up to four million IDPs now in Myanmar/Burma, and too many women have to give birth in very difficult circumstances. PSRB has decided to give annually to this project.