CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/01/2025 Period start date To 31/12/2025 Period end date

Charity name: Help4Nam

Charity registration number: 1192740

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	**The charity achieves its aims and objectives, in particular but not exclusively by: The relief of financial hardship among people living or working in Namibia, by providing such persons with goods/services which they could not otherwise afford through lack of means.**
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	**Through generous financial donations we were able to continue to provide needy families in Namibia with food parcels over the last 12 months. Donations were used to purchase food and toiletries which was distributed to underprivileged homes in the 4 locations where the charity focuses its work, namely Windhoek, Rehoboth, Groot Aub and Okahandja. As well as individuals referred to us by social workers, the beneficiaries also included primary schools and soup kitchens. Our dedicated team of volunteers in Namibia are a huge support to what we do. They arrange quotations for food supplies from supermarkets, delivery and packing of the parcels, distributing to the identified beneficiaries as well as cooking meals at soup kitchens. Our volunteers are unemployed and have no means of transportation therefore they were paid for their travel and other expenses related to their work for the charity. Help4Nam were extremely fortunate to again receive funding of £5074 from Charities Aid Foundation (CAF). This is the fourth consecutive year of funding from their Corporate Social Responsibility Programme.**
Statement confirming	Para 1.18	**The Trustees confirm that they have**

whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit		**complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charities Commission for England and Wales.**

Additional information (optional)
You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	**Everyone working for our food bank are volunteers-we have no paid employees. We do reimburse volunteers for their expenses related to work for the charity such as travel expenses.**
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	**During the past year Help4Nam has fed approximately 2000 individuals through distributing food parcels, providing food for soup kitchens as well as hosting and funding community cookouts.** **Help4Nam also partnered with Gondwana Care Trust to distribute 360 'back to school bags' to 3 primary schools in Namibia as well as provide a meal to 300 school kids through their Meal for 2 Project.** **Help4Nam also held their annual Christmas parties at two state hospitals in Windhoek, where 200 kids were provided with toys and much needed toiletries.** **Our beneficiaries are extremely grateful for the food parcels which provide much needed sustenance in times when they have nowhere else to turn. The current**

		unemployment rate in Namibia is a staggering 42% and most of our beneficiaries are unemployed. We aim to facilitate employment by identifying the needs of beneficiaries and connecting them with useful services and partners in our network in Namibia. As well as general hygiene products such as body soap, toothpaste and toilet paper, the parcels we provide consist of non-perishable, nutritionally balanced food-essential for those beneficiaries on medication for treatment such as AntiRetroviral Treatment (ART) for HIV/AIDS and other medical conditions such as Cancer and Diabetes.

Additional information (optional)
You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	**The reserve is held to ensure that the charity has adequate to fulfil the Food Bank's continuing operational costs (such as yearly website subscription and domain fees)**
Amount of reserves held	Para 1.22	**£2000**
Reasons for holding zero reserves	Para 1.22	**N/A**
Details of fund materially in deficit	Para 1.24	**N/A**
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	**N/A**

Additional information (optional)
You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	**Our principle source of funds for this financial year was received from the Charities Aid Fund in the sum of £5074 and the remaining funds were financial donations given by individual members of the public.**
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	**Constitution**
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	**Charitable Incorporated Organisation**
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	**Appointed by the current Trustees having regard to the skills, knowledge and experience needed for the effective administration of the CIO.**

Additional information (optional)
You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	**Help4Nam is also registered as a charity in Namibia (HFN Charity Organisation) with 2 Directors and 5 members**
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Help4Nam
Other name the charity uses	Help4Nam Foodbank, HFN Charity Organisation
Registered charity number	1192740
Charity's principal address	5 Goring Road Staines Middlesex TW18 3EH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Stephanie Collins	Chair		
2	Marliese Williams-Gill	Trustee		
3	Catherine Paisley	Trustee/Treasurer		
4				
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17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	C Paisley	
Full name(s)	Catherine Paisley	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	18 October 2026	

CHARITY COMMISSION FOR ENGLAND AND WALES

Help4Nam	1192740

Receipts and payments accounts

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For the period from	01/01/2025	To	31/12/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Balance brought forward from last year 2024	9,846	-	-	9,846	-
Donations	2,138	-	-	2,138	-
CAF Ambassodors for Good Funding	5,074	-	-	5,074	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
***Sub total** (Gross income for AR)*	17,058	-	-	17,058	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	17,058	-	-	17,058	-
A3 Payments					
Cost of food parcels	2,150	-	-	2,150	-
Fundraising Events Namibia	4,186	-	-	4,186	-
Wesbsite subscriptions/Memberships	339	-	-	339	-
Volunteer expenses	116	-	-	116	-
Community Hub/Charity Shop Namibia	1,305	-	-	1,305	-
Promotional Materials	151	-	-	151	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	8,247	-	-	8,247	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	8,247	-	-	8,247	-
Net of receipts/(payments)	8,811	-	-	8,811	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	8,811	-	-	8,811	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Donations	8,811	-	-
		-	-	-
		-	-	-
	Total cash funds	8,811	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	C Paisley	Catherine Paisley	18/10/2026