APNA GHAR

England & Wales · Charity number 1013583

Details

Other names	APNA GHAR MINORITY ETHNIC WOMENS CENTRE
Status	Registered
Legal form	Other
Registered	1992-08-10
Register	View on the Charity Commission register

Contact

Address	124 Ocean Road South Shields Tyne And Wear NE33 2JF
Phone	01914564147
Email	ag@apnagharwomenscentre.com
Website	apnagharwomenscentre.com

Activities

Objects: A.TO ADVANCE THE EDUCATION OF ASIAN AND MIDDLE EASTERN WOMEN LIVING IN THE BENEFICIAL AREA.B.TO RELIEVE POVERTY AMONGST ASIAN AND MIDDLE EASTERN WOMEN. C.TO ADVANCE THE EDUCATION OF THE INHABITANTS CONCERNING GOOD CITIZENSHIP IN A MULTI-RACIAL SOCIETY AND THE INTELLECTUAL,ARTISTIC,ECONOMIC AND CULTURAL BACKGROUND OF THE INHABITANTS OF SOUTH TYNESIDE AND ITS SURROUNDING AREAS.

Activities: Apna Ghar is a centre run by and for minority ethnic women residing in a deprived area of South Tyneside. The centre provides vocational and non-vocational classes i.e. IT, English for beginners. Make services more accessible to the senior citizen members of the community with luncheon clubs, health awareness sessions. It also provides activities for the youth community.

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Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Religious Activities, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies

Geography

- **Area of benefit:** SOUTH TYNESIDE
- Gateshead
- Newcastle Upon Tyne City
- North Tyneside
- South Tyneside
- Sunderland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£129,177	£99,933	-	-
2024-03-31	£119,315	£100,907	-	-
2023-03-31	£95,022	£104,030	-	-
2022-03-31	£161,084	£127,252	-	-
2021-03-31	£108,372	£86,310	-	-

Trustees

Name	Role	Appointed
Saira Malik	Chair	2020-11-05
Amina Hyder		2016-07-14
Asia Uddin		2021-11-24
Elaine Crompton		2020-11-05
Joanna Lajmi		2022-10-18
Laila Abdullah		2024-09-26

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APNA GHAR

England & Wales - Charity number 1013583

Accounts

ANNUAL REPORT 2024-2025

APNA GHAR

It is Our mission

Apna Ghar is a charity run by and for Minority Ethnic Women living in South Tyneside

We offer a wide range of opportunities designed to build confidence and empower women to recognise and reach their full potential, all while respecting and embracing their cultural identity.

Our main Goals Are :

Enhancing awareness of the range of Opportunities and services provided by Apna Ghar.

Increasing the number of service users who use the Services

Creating and building good connections with different organisations, groups and people in the community.

providing different types of skill-based and non skill-based training options.

valuing and appreciating the different cultures.

Our Objectives are:

To provide outreach and link workers support to community

To actively promote the services of Apna Ghar to the community of South Tyneside.

To provide a culturally supportive and safe meeting place

To make the services more accessible to the senior citizen members of the community.

Meet our BOARD MEMBERS and staff members

CHAIR : SAIRA MALIK

DEPUTY CHAIR : ASIA UDDIN

TREASURER : AMINA HYDER

SECRETARY : ELAINE CROMPTON

MEMBER : JOANNA LAJMI

MEMBER : LAILA ABDULLAH

STAFF

NASRIN BEGUM - CENTRE CO-ORDINATOR
SHELLINA BEGUM - PROJECT LEAD
LESLEY WALDRON - DOMESTIC ABUSE LEAD
FARIDA ANSARI - DA PROJECT WORKER
AYSHA DAYA PROJECT WORKER
ALEYA BEGUM PROJECT WORKER

Sharing our vision

Established over 38 years ago, Apna Ghar continues to uphold the founding vision that remains as strong and relevant today as it was at its inception. As the only Minority Ethnic Women's Centre in South Tyneside, Apna Ghar is committed to remaining a leading provider of dedicated services for Minority Ethnic women.

Our vision is underpinned by a commitment to continually enhance the support we offer, through regular review and a deep understanding of the evolving needs of our members.

Apna Ghar is dedicated to delivering high-quality, culturally sensitive services, while maintaining strong relationships with funders, clients, members, and the wider community.

In the following pages, we highlight the ways in which Apna Ghar has translated its mission into meaningful action over the past year. We want you to understand how we work—and, more importantly, the real and lasting difference our work makes to the lives of the women we support in our community.

Chairs Report, Saira Malik

Esteemed Members, Partners, and Friends,

On behalf of Apna Ghar, I am honored to present our 2025 AGM annual report. This year has been another period of resilience, growth, and collective achievement for our ethnic minority women's community. Together, we have expanded our in-reach, delivered culturally affirming services, and strengthened pathways to education, employment, as well as well-being and holistic support. Our volunteers, staff, and Trustees have worked hard daily and shown extraordinary dedication, adaptability, and compassion, ensuring that every person we serve feels seen, heard, and valued.

I would like to extend heartfelt thanks to all funders and supporters who have stood with us through another year of challenges and opportunities. Your sustained generosity—whether through grants, in-kind contributions, or strategic partnerships—has been the backbone of our impact. You have enabled us to innovate, sustain essential programs, and reach those most in need within our communities. You have all supported our organisation to be there for our service users.

We have had yet another successful year engaging with service users as well as our community peers and anchor organisations of local authority and police commissioner team to continue to address the issues that affect our communities and have focused on safety and support throughout the year, attending community engagement events and participating in local community events particularly where race related issues have been discussed. We remain committed to improving education and support to our wider community to enable and empower a more equitable and equal presence in our South Tyneside community, which culminated this year in Apna Ghar being a key participant with peer organisations Sangini and WHIST to form the United Women's Partnership, which will work together with local authority and police commissioners team to prevent violence and hate against women and girls in South Tyneside.

We have listened to our service users and continued to provide core services with funders support, which include classes; Sewing, English language support, Youth group activities, IT training and Domestic abuse support alongside providing generic support and help on a daily basis to enable service users to access translation support and wider local services they require help with

On a final note, Apna Ghar was independently nominated in the love South Tyneside awards and Amina Hyder, our beloved Treasurer, was also shortlisted for an award which were all proud moments for our team.
The Apna Ghar team and I extend sincere thanks to our funders:
Community Foundation, The National Lottery Community Fund, Sir James Knott Trust, Garfield Weston, South Tyneside Council, UKSPF Fund, Northumbria PCC, Ballinger Trust and RISE North East.
You have collectively contributed and enabled us to transform lives and give a voice to women and girls, often felt unheard.
Apna Ghar's team remains committed to addressing the health and social wellbeing of girls and women, recognizing that empowering them strengthens families and communities as a whole. Moving forward, we will continue to expand access to holistic services and supportive spaces, ensuring our service users guide our charity objectives and aims.

"Empowered women empower communities."

I look forward to the coming year and the continued successful working of our Apna Ghar team: with, for and championing our community. Our team is fully committed to continue building on its strong foundations to invest further, faster in women's support and leadership and build a brighter, more equitable future for all.

Dr Saira Malik

Centre Co-Ordinator Report 24-25

Nasrin Begum

We are pleased to highlight another year of progress for the minority ethnic women of South Tyneside, who have gained substantial support from the services offered by Apna Ghar. This achievement reflects our ongoing commitment to addressing their needs and empowering the community further.

Our new Elderly Project funded by Community Foundation supported women over 50 yrs of age and gave them an opportunity to take part in activities to improve their physical health and mental wellbeing. The ladies access fitness classes to help improve mobility and confidence. From the sessions and activities, we have seen a growth in confidence within the ladies, and it has also helped reduced social isolation.

We have successfully secured funding for another 2 years for our Carers project after our 3-year funding came to an end. The project continues to enable many of the ladies to gain qualifications and find employment in the care sector.

We also run a support group for many of our service users who are unpaid carers.

Our new funding for the Volunteer Project has helped us to continue to support our current volunteers and recruit new ones. The volunteers undertake training courses to develop new skills and improve on existing ones. Many are completing their placement hours for Adult social care and also Childcare leading onto completing their qualification and actively seeking employment.

Our Youth Group funding came to an end last September, an extremely successful initiative with around 40 girls participating in both indoor and outdoor activities. The programme promotes healthy lifestyles and positive development. We are happy to report that we have now been able to secure funding for another year to start this up again, to be able to provide activities and sessions for girls between the age of 11-18 in a safe space environment.

Our popular Sewing Project also continue after the funding came to an end in Sept'24. The new funding will support running the sessions. The women have created some fantastic pieces and improved their craft skills as well as getting an opportunity to meet people and make new friends.

We continue our regular classes such as basic literacy, basic IT, fitness, and healthy eating in our Luncheon Club.

We continue our partnership work with WHIST and Hope and Hospitality on the UKSPF Food Fair Project for the 2nd year.

Support Services

Information, Advice and Guidance

We offer daily drop-in sessions for service users seeking general advice and support. These sessions cover a wide range of issues, including housing, Universal Credit, welfare benefits, and health-related appointments. In addition, we provide interpreting, translation, and signposting services to help individuals access appropriate external support.

Domestic Abuse Support Sessions

Survivors of domestic abuse are supported through both one-to-one and group sessions, delivered by multilingual staff trained to address cultural and linguistic needs. Our holistic approach ensures that women receive tailored support in a safe and understanding environment.

Household Support Fund Vouchers

As part of our response to the cost-of-living crisis, nearly 200 families received vital support with food and energy costs through the Household Support Fund. This initiative has provided critical relief to some of the most vulnerable members of our community.

Partnership and Collaborative Working

Over the past year, we have strengthened our partnerships and witnessed the positive outcomes of reconnecting with organisations that share our values. These collaborations have enhanced the reach and effectiveness of Apna Ghar's services. We remain committed to working alongside partners, agencies, and funders to create meaningful, long-lasting change.

Sustainability and Funding

Securing sustainable funding continues to be a key challenge, particularly in maintaining staffing levels and delivering core services. However, we remain optimistic and proactive in exploring new funding opportunities. We extend our sincere thanks to our funders, management team, staff, and dedicated volunteers for their unwavering commitment and support to Apna Ghar.

Basic Literacy

Aysha Daya

Since the basic literacy classes have started around 50 ladies have joined.
Women who attend are from different backgrounds and different walks of life.
Women are of Indian, Pakistani, Afghani, Bangladeshi, Iraqi, Yemeni ,Chinese and African nationals.
Some of these ladies are new to the country and want to learn the new language to understand the local customs and traditions. Ladies would like to learn and improve their language skills to be able to help their children with homework.
Being an ethnic minority Centre, the ladies feel comfortable coming into the centre as opposed to colleges as this can be daunting for some especially being in a new country. Below are 2 case studies on 2 of the students.

Case study 1
64 year old BV who is from India travels by metro from Hebburn to South Shields every week to attend the classes. She is the eldest member in her class but doesn't let her age put her off from learning. BV is always excelling in her work and often does additional work at home so I can check it for her. Though BV had learnt basic English in India, she lacked out in her speaking skills.
BV says " initially I was very nervous as I didn't really speak English but able to go to other places to volunteer and study .I am very happy learning English at Apna Ghar and hope to continue to do so in the future"

Case study 2
DA is a young mother of 2 who has moved to England from Iraq in mid 2024. Due to the war in Iraq she was not able to continue her studies further, hence she never got the opportunity to study English .Something she had dreamt of.
She attends regularly on a weekly basis since joining in September. DA knew very limited English when she first joined but she continues pushing herself to do her best each week.
DA says "I attend the class so I can help my children with homework, speak with their teachers and I am able to fill out forms. I want to be able to learn English so that I can speak and mix with other people and in the future when my baby is older it can help me with employment. I really love coming to Apna Ghar where I feel happy and safe".

FOODFAIR PROJECT

Funded by UK Government | South Tyneside Council

AYSHA DAYA

FOOD FAIR PROJECT AT APNA GHAR

The Food Fair project is funded by **UKSPF.** The project is a partnership with Whist and Hospitality and Hope, to engage and work with the local community to support community integration.

The project includes working with schools, adults and families within the community to give them the skills and motivation to think and act in regard to better quality food at a lower cost.

Workshops are held both at Apna Ghar and in the community. Some sessions are a demo and some are a hands on session where participants join in the cooking

As we are a ethnic minority centre ,we use our knowledge of herbs and spices to share with others in both cooking and for medicinal purposes.

Goody bags containing key ingredients are typically distributed after each cooking demonstration, allowing participants to recreate the dishes at home.

At the end of the multi-week course, we also provide practical kitchen items such as recipe books, blenders, slow cookers, and electric grills to support continued healthy cooking and learning beyond the sessions.

Quotes by those participants who took part in the workshops:

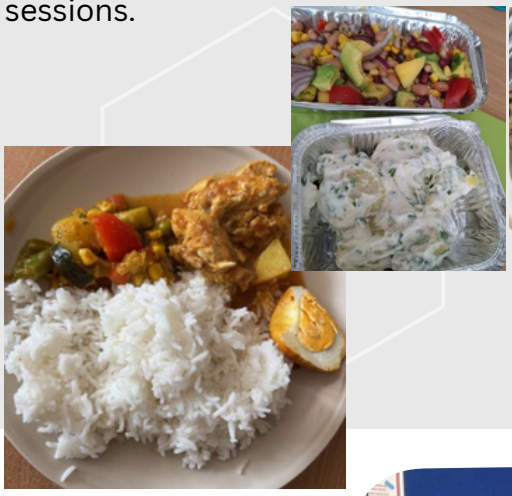
BV : I Love Aysha's sessions .She makes it all seem so easy and it actually does not take long.

FARIA: I have never really cooked from scratch and use to rely on ready meals and takeouts when my husband is away on work. I struggled a lot after moving to England in regards to food. These classes have been great and I have learnt a lot. I hope they continue in the future.

EH: These cooking classes have been so valuable to me .I have learnt so much esp about family meals and lately in the Pre Ramadan workshops. They are so quick and easy and low in budget .I have truly appreciated all the classes.

B: Love learning the Indian dishes and so does my family. The lessons are great.

Yasmin: I was scared and never knew how to use a pressure cooker. Aysha demonstrated it perfectly. Will be buying one soon.



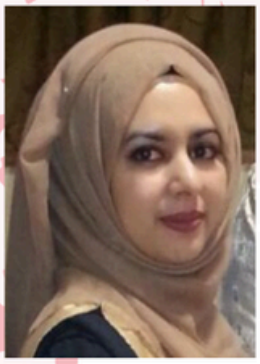
Project Statistics

- **17 outreach engagements were made with local organizations to generate interest in the project.**
- **23 events have been successfully delivered.**
- **155 households have participated in these events.**
- **90 individuals received information on energy efficiency.**
- **140 people have gained skills and motivation to access better quality food at a lower cost.**
- **140 individuals have increased awareness of resources available to support healthy eating.**
- **55 participants are expected to adopt energy-efficient measures.**

Wellbeing Activities

As part of our focus on wellbeing, we invite a different organization each month to speak to the women on a variety of important topics. These sessions are sometimes held during our weekly luncheon club.

Get Involved : If you're interested in joining our food workshops or would like more information, please contact Aysha.



Elderly Project

Aleya Begum

As a community support worker for the elderly (over 50 years) my aim was to support 35–40 ladies (or more), by engaging and enriching their lives through a diverse range of engaging activities such as invigorating walking, baking, site seeing, trips, fitness sessions, mental health talks, festive celebrations, relaxations through massage sessions, dancing, painting, creative arts and crafts, stimulating games, delightful picnics and valuable social connections..

Objectives:

- Evaluate and monitor participants physical mobility and mental wellness to ensure comprehensive support
- Cultivate and enhance a strong sense of strong assurance and confidence among all participants
- Create a vibrant and supportive community atmosphere, fostering increased activity levels, happiness, and meaningful friendships while **alleviating feelings of loneliness**
- Drive tangible improvemnts in both physical mobility and mental wellbeing through consistent and active participation

Benefits:

- The ladies have gained more confidence with time
- They have felt happier and more fit and enjoyed the company of others
- Fitness class was a huge hit! Their overall physical health had improved massively
- The activities reduced their stress levels, they felt happier and uplifted at the end of each sessions

Notable Accomplishments:

- Successfully welcomed over 35 enthusiastic women by April.
- Organised regular weekly walks, encouraging participants to achieve impressive step counts ranging from 6,000–10,000 steps.
- Coordinated several enriching excursions and trips to broaden horizons and create lasting memories.
- Introduced memory and sensory-based games designed to sharpen concentration, develop cognitive abilities, enhance visual perception, and strengthen social skills — all while nurturing a sense of self-confidence.
- Offered regular tea and snacks at sessions, complemented by informative talks on health and overall wellbeing.
- Delivered weekly fitness classes tailored to the needs and abilities of the participants.
- Hosted joyful, festive celebrations filled with thoughtful gifts and delicious food, creating a sense of community.

QUOTES FROM THE WOMEN:

- "I DON'T NEED TO GO TO THE PHYSIOTHERAPIST NO MORE, BECAUSE MY LEG INJURY HAS IMPROVED SINCE ATTENDING THE WALKING AND FITNESS SESSIONS"
- "I HAVE LOST A BIT OF WEIGHT AFTER ATTENDING THE FITNESS SESSIONS"
- "THE WAY YOU DELIVER FITNESS SESSIONS ID JUST PERFECT FOR OUR LEVEL OF CAPABILITY"
- "OUR PROJECT LEAD IS VERY FRIENDLY AND EASY TO TALK TO"
- "I FORGET MY LIFE STRESS WHEN I ATTEND YOUR SESSIONS"
- "YOU ARE ALWAYS IN OUR PRAYERS"

My thoughts:

Participants have demonstrated a remarkable increase in self-confidence and overall well-being as they continue to engage with the program. I have seen the level of happiness increase since they first started the sessions. I feel a sense of satisfaction when the women leave my session with plenty of appreciation and gratitude.

APNA SAHARA PROJECT

Lesley Waldron & Farida Ansari

SUSAN DUNGWORTH
NORTHUMBRIA
POLICE & CRIME
COMMISSIONER

The Apna Ghar – Domestic Abuse Service by Apna Sahara supports women and their children who have experienced or are currently experiencing domestic abuse.

We empower victims by helping them understand the nature of domestic abuse and the significant impact it can have on themselves and their children. Our service provides support with day-to-day challenges including budgeting, housing applications, welfare benefits, wellbeing, and mental health – to name a few.

Domestic abuse can leave victims feeling fearful, confused, isolated, and emotionally and financially vulnerable. It often results in a lack of confidence, trust issues, and poor mental health, especially when support from family and friends is absent.

This is where the Apna Ghar – Apna Sahara Project steps in. We offer compassionate advice, practical support, and a safe space for victims to rebuild their lives. Our goal is to help them move forward with confidence, gain independence, and live a life free from abuse.

At Apna Sahara, we are committed to making a positive difference in the lives of those affected by domestic abuse – walking with them on their journey toward safety, healing, and empowerment.

Group Sessions:

We have held multiple group sessions with the women throughout the year and invited professional to discuss other issues such as housing team, NHS, Age Concern, Hate Crime drop-in session, Counselling, Carbon monoxide, Menopause and Diabetic talk, Northern Rights and more.

We introduced the children/Mum's craft sessions In July 2024 at the beginning of the school holidays to support those suffering with DA in the home & to avoid isolation due to lack of childcare.

We have been fortunate to have dedicated volunteers to support this so we could operate with only one DA staff member to make the other DA staff member available to support Mums knowing their children are in safe hands.

This project has been a huge success. Our first session was held on 30th July 2024. We had 7 children join us; the project has gone from strength to strength. We now have over **40** children who join us regularly for our group sessions which are held every week during the school holidays. We intend to continue these sessions providing we have funding.

Feedback

"I had an appointment, and it was a good appointment and I felt it was progressing towards the right direction. I'm happy with the service that I'm getting at Apna Ghar".

"I am feeling very happy and safe in Apna Ghar. They are all very helpful and I feel like home here. I have always been helped by the staff here. They are really very nice and welcoming"

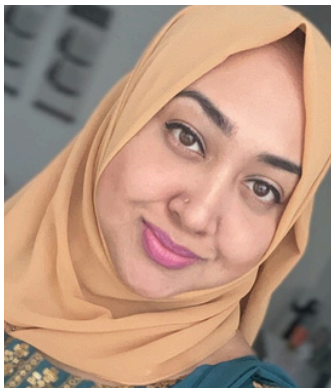
"I now have a new safe home & I am currently completing Basic literacy course at Apna Ghar – everything is good thanks to Apna Ghar DA team for their continued support – they have turned my life around"

"My children love the craft sessions, they always ask when the next one will take place. It makes me happy that I can visit the centre with my children"

Carers Project

Shellina Begum

COMMUNITY FUND



VISION

Our vision is to empower women to recognise their full potential while embracing and maintaining their cultural identity. We aim to build confidence, boost self-esteem, and reduce feelings of isolation and loneliness. Through meaningful connections, skill-building, and personal development, women can grow in confidence and feel inspired by the positive changes in their lives. By meeting like-minded individuals, they are supported and empowered to move forward with purpose and strength.

OBJECTIVES

Our mission is to have a total of 250 women and girls to access activities, contributing to increased sense of community and self esteem and decreased social isolation. We seek to increase the impact currently made through their learning in their carers project and helps progress more women into paid employment as relatively low numbers of carers from culturally diverse communities identify as carers

IMPACT

All the BME Women get benefits from training Oppurtunities, enhanced organisational skills and increased capacity to make a more meaningful impact to achieve their personal goals. The wider community will benefit from understanding the culture and can get support from the organisation helping to bridge cultural gaps and promote diversity awareness.

OUTCOMES

- 18 started Carers Training
- 5 Went into Employment
- 23 women attended the listening ear services
- 100% of the ladies waiting on the list started adults class L1
- Approx 60% had improved mental health
- 3 Ladies found Jobs in care homes
- 17 women attend conversation class
- Most women said they had increased confidence
- 20 started level1&2 Training

QUOTES

Service user said' I hardly get any chance for myself, coming to apna ghar has helped my confidence and now i try to visit every week as i enjoy it'

Another woman who attends the conversation class said 'I really want to get into employment but my English speaking was not good, by attending the classes I have improved alot and believe I can achieve my goals now'

FJ who attends the course said 'I have found work in a care home all thanks to Apna Ghar, they gave me the support i needed'

SB said ' i love coming out the house after looking after my mother in law all day. i get tired and Apna Ghar has given me chance to make friends'

Carers project Conversation Class

Tutor Mary Thompson

These classes once again ran for the whole of the academic year and were generally very well-attended. The classes provide extra English language help for members interested in working as carers, and are run alongside the Level 1 & 2 Adult Care courses offered at Apna Ghar.

The ladies taking part in the conversation classes have various levels of English, roughly similar to ESOL levels Entry 1 to Entry 3. There are no exams – instead, progress is shown by how well the learners can participate in discussions, ask and answer questions on a range of issues, use topical vocabulary, and of course join and successfully complete Adult Care and other related courses. I saw definite improvements in everyone's English this year, as well as increased levels of confidence and motivation.

The Conversation classes will continue in September 2025 and many of the ladies have expressed interest in returning, and also joining Adult Care courses. Most of them said that they need and would like more than one English class a week. We are hoping to welcome more learners who are eligible, and it would be great to see the ladies using their improving English skills out in the community as much as possible.

The learning environment has been fun and light-hearted. The ladies have been encouraged to talk about issues which are important to them, in what they hopefully regard as a safe space. Topics discussed and studied over the past year include nutrition & healthy eating, maintaining mental & physical health, healthcare in the UK and their own countries, and the world of work. The learners also refreshed their knowledge of basic grammar and learned new points like phrasal verbs and small talk expressions. A healthcare context was given wherever possible. We also had a visit to the Word Library, where the ladies applied for library cards and were given the opportunity to ask questions and talk about their interests.

Some quotes from the learners about the classes:-

"**My English is improving day by day" – NA**

"There is a relaxed atmosphere" – BS

"The teacher and all the students are friendly" – SC

"The classes are absolutely fine" - NS

Caring for carers support group

Shellina Begum

As part of our ongoing commitment to supporting unpaid carers in the community, we facilitated the Caring for Carers Support Group, providing a safe, welcoming space for individuals who care for family members, friends, or loved ones.

The group met regularly to offer emotional support, share experiences, and reduce feelings of isolation often experienced by carers (family or friends). Sessions included a mix of informal peer support, structured discussions, and occasional guest speakers from local health and wellbeing services and trips to local areas.

Key activities included:

- Providing a space to talk openly and confidentially about the challenges of caring roles.
- Signposting carers to relevant services, such as respite care, mental health support, and financial advice.
- Organising wellbeing activities such as mindfulness sessions, creative arts, and relaxation techniques.
- Sharing coping strategies and self-care tips to help manage stress and burnout.

Outcomes:

- Many carers reported feeling less isolated and more emotionally supported.
- Attendees developed a stronger sense of community and connection.
- Several participants accessed external services they were previously unaware of, thanks to group signposting.
- Feedback indicated that regular sessions gave carers “something to look forward to” and a break from their demanding routines.

Challenges:

Some carers faced barriers in attending due to time constraints or lack of respite. We responded by offering flexible meeting times and exploring future options for virtual participation.

Conclusion:

The Caring for Carers Support Group has proven to be a vital service, promoting the wellbeing of those in unpaid caring roles. Continued support and investment in these sessions is essential to ensure carers receive the recognition, help, and community connection they need.

Homework club for Carers students

Apna Ghar responded to the carers students requiring time and space to complete their homework by setting up a ‘Homework Club’. Students who were studying for their Level 1 and Level 2 Course said that having the time at home to complete their homework at home was looking like a challenge. Apna Ghar then formed a Homework Club for the students to do their work .

One student said ‘when i go home i get distracted with children as i have 4 kids at home, Being allowed to work at Apna Ghar lets me focus and finish my work each week.’

Another said ‘doing my work with others motivates me to finish my work which would have taken me twice the time at home so this is a great idea.’

One carer said ‘ I enjoy coming to Apna Ghar, they have helped me over the last year. They helped me rediscover myself.’

Volunteer Project

We would like to take the time to thank Garfield Weston Foundation and Sir James Knott for giving our Volunteers the opportunity to make a difference in the community. The purpose of the grant is to recruit, train and support our much-needed volunteers. Currently we have 15 volunteers recruited. Some of them engage in reception duties, kitchen, over 50's project, food fair project, Luncheon Club, helping in the classes etc.

Over the past six months they have undergone training courses such as Health and Safety level 1&2, Living on Budget including numeracy skills, First Aid trainings as well as courses like Esol and English conversation class to build up their English Language Skills. We hold regular Luncheon club for the elderly and the volunteers help us run this. Two of the volunteers have applied for employment and have been successful. One of them has secured a role at a school as a reading support worker. The other volunteer has now secured a job as a care worker after undertaking a course in adult Social Care Level 2.

Our Future Plan

- 1. The volunteers will attend suitable training to seek and gain employment
- 2. English is not our volunteers first language and often they find it hard to communicate in English so we encourage them to speak in English
- 3. Help them with their CV writing and interview skills
- 4. Overall confidence building
- 5. Encourage them to work more independently

Impact of Our Volunteer Project on the Community

Our volunteer project continues to make a meaningful difference in the lives of local residents. By providing time, skills, and compassionate support, volunteers help to reduce isolation, improve access to vital services, and strengthen community resilience. Their contributions not only enhance the wellbeing of individuals and families, but also foster a stronger, more connected community where people feel empowered and supported.

Our Volunteer project has helped so many women in South Tyneside and we are happy to be part of it.

Feedback

The following is the feedback we received from our volunteer:

'I am very happy for the opportunity to volunteer at Apna Ghar' SH

'I never thought about volunteering, but I am happy Apna Ghar helped me to get training and now I am doing volunteering here.' RB

'I have completed my volunteer passport and now I will look for a job' SB

SEWING

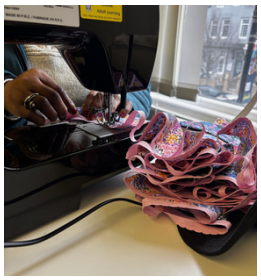
Tutor: Anila Maqbool

COMMUNITY FUND

Sewing at Apna Ghar Duration: January- July 2025
Skill level: Beginner Curriculum: - Covered foundational techniques of threading machines, seams, hemming alongside creative projects as well as student's personal projects. - Balanced theory (fabric selection, pattern reading) with hands-on practice. Students progress: Most learners mastered core skills in setting up a sewing machine, straight stitching, seam finishing.
Assessment methods: verbal tutor feedback, peer feedback, Q&A.
The following tutor feedback is for the sewing and dressmaking course delivered at Apna Ghar from January to July 2025 on weekly basis consisting one session a week. The aim for the course was to provide students with essential sewing and dressmaking skills to uplift their confidence in using a sewing machine, enabling them to use the learned skills to save money on garment making and repairs as well as enabling them to use the skill to offer garment making and repair services. Alongside the sewing skills, the aim was also to improve students' confidence when it comes to socialising, improved language skills, basic maths and English skills and becoming familiar with the cultural side of life in the UK, especially for those students who are new to the country and have English as second language. Are in need of help to build their confidence in communication and do their day to day activities independently. Students started the course at beginner level and were very keen to learn the sewing skills and how to use a sewing machine. Main reasons for them to enrol on the course were

- able to make own clothes
- able to make basic mending and adjustments
- able to make understand different types of fabrics
- build confidence in speaking and socialising
- explore culture through fabrics and garments
- create own sewing patterns for future

Students also learned how to create a sewing pattern using an old garment. Creating their own sewing pattern was preferred to enhance students' Maths and English skills(reading and writing). Essential skills, to allow students to save money by not buying pre-printed patterns which can be costly. It will also support their creative thinking as they will be able to make changes into patterns according to their needs. Majority of the students have English as their secondary language, they were encouraged to use the opportunity to brush up their language/ speaking skills and learn one new word each week to expand their vocabulary. Students were also encouraged to take part in Q&A during the session to evaluate their own work and of their peers to develop their knowledge, social skills and language skills.



They were set pre planned tasks to complete as well as work on their personal projects. As previously practiced, students used upcycled materials for their work During the sessions, students practised taking measurements, cutting according to measurements, using essential garment making tools and equipment, how to hold scissors and cut in a straight line, getting sewing machines ready to sew, finishing off garments and garment alterations. Following is some photographic evidence of students' work. A top made using lace fabric. The student who completed this project has use an old tenant to take measurements and cut fabric accordingly

Information advice and guidance

South Tyneside Council

The primary objective was to empower individuals by providing accurate and relevant information, offering guidance on available options and supporting them in taking steps toward positive, lasting life changes. Apna Ghar serves as an inclusive, culturally sensitive space where BAME women can access trusted information and personalised support in a safe and welcoming environment. They have access to Culturally Sensitive Support

Many BAME women may face language barriers, lack of trust in institutions, or cultural stigma. IAG delivered in a culturally sensitive and multilingual environment helps overcome these challenges, ensuring they feel heard, understood, and respected.

This included help with job searching, housing support, and one-to-one tailored guidance to enable informed decision-making in areas such as education, employment, benefits, health, and overall wellbeing. We also supported service users in accessing local services and understanding their rights and entitlements, ensuring they feel confident and equipped to advocate for themselves and their families.

Our multilingual team is here to listen without judgment, offering practical and emotional support to help women navigate their journeys with dignity and respect. At Apna Ghar, every voice matters — and we are committed to walking alongside each woman, providing the tools and encouragement she needs to build a brighter future.

Service user says 'UC ask me to check my journal every week, at the age of 60 i cant get the grasp of doing this on a phone, Apna Ghar help me update my Journal every week. without this help i would feel lost'

another says 'i struggle to make Drs appointments and understanding my letters, i come to AG to have my letters translated, the staff are always happy to help me'

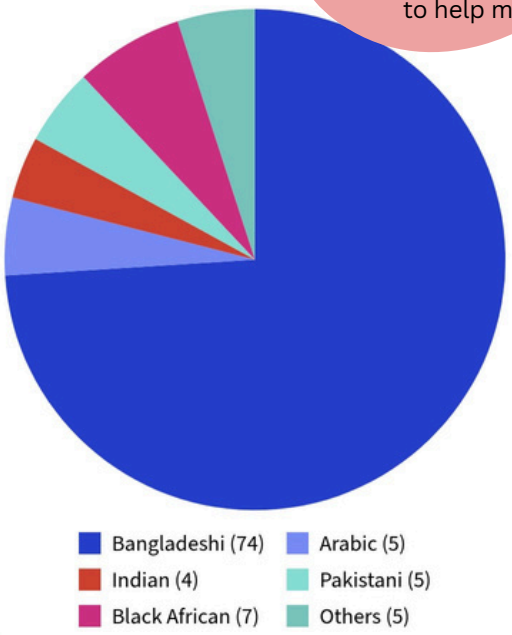
IAG acts as first point of contact to acts as culturally sensitive support

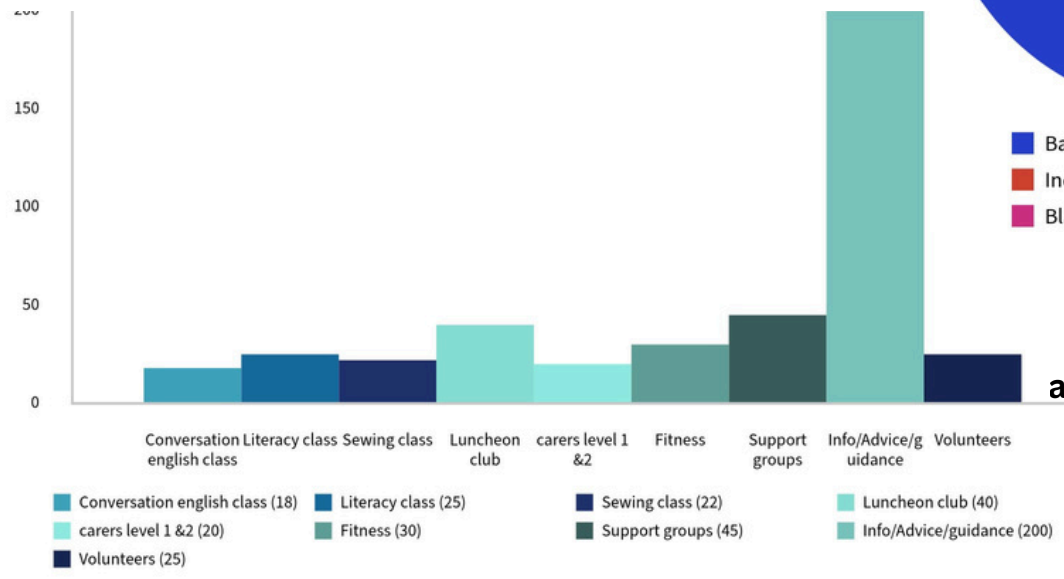
approx 20 women come through the door each week who need IAG

90 % said they can now navigate these systems with confidence and clarity, reducing stress and confusion.

Ethnicity of our members- 24-25

Summary of Apna Ghars service users ethnicity...





Summary of service user's attendance at our classes and activities for the year....

South Shields Summer Mela

For the last 3 Years The community come together and have a street party which we Know as ‘Ocean Road Mela’ Apna Ghar has been involved once again this year reaching out to the communities about our services and making it a fun day with Henna Art and face painting. We also did guess the spice and the service users really enjoyed this.

Training

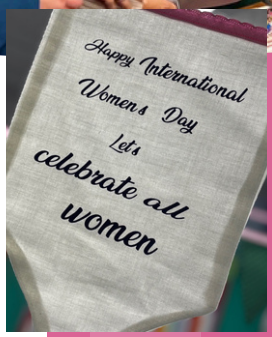
Every year we make sure the volunteers and staff get relevant training done

These include

- Safe Guarding adults and children
- Fire safety
- Food hygiene
- First Aid at work
- Customer service at work
- Domestic abuse awareness
- Mental health awareness
- Basic IT
- Child exploitation

International Womens Day Celeberation event

"As a Women’s Centre, we proudly celebrate International Women’s Day each year to honour womanhood and sisterhood. This year was no exception—we marked the occasion with music, dance, singing, poetry recitals, raffle prizes, and delicious food."



Free Mini Health Checks for BAME Women By NHS South Tyneside health collaboration

We offered free, confidential mini health checks right here at Apna Ghar Women’s Centre — no appointments, no long waits. In house Interpreters available. These quick check-ups are designed with the ladies in mind, delivered in a supportive, culturally sensitive environment where your privacy and comfort come first. Checks included, blood sugar levels, Blood pressure, weight checks, BMI, heart rate and lots more It's a convenient way to take care of your health in a space that understands and respects your background, culture, values, and needs.

We have also had various health talks over the past year, these include diabetes talk, menopause awareness and mental health

The Treasurer Report

Amina Hyder

This year has been an exceedingly difficult year for me due to my personal health challenges, but I am happy to report that Apna Ghar has gone from strength to strength.

We are able to celebrate its success in providing services to the Community through the continued support of our funders and an **8%** increase in our grant funding.

The National Lottery Community Fund grant of **£31,236** towards our Carer's Project gave us an extension based on our ability to deliver the outcomes.

Additional funding from **Kellet Fund through Community Foundation** of **£15,000** towards improving health for women over 50 years.

Grants from various Funders are listed below –

£10,000 from **Ballinger Trust** has been generous and supportive and we are very grateful to them for their faith in our work.

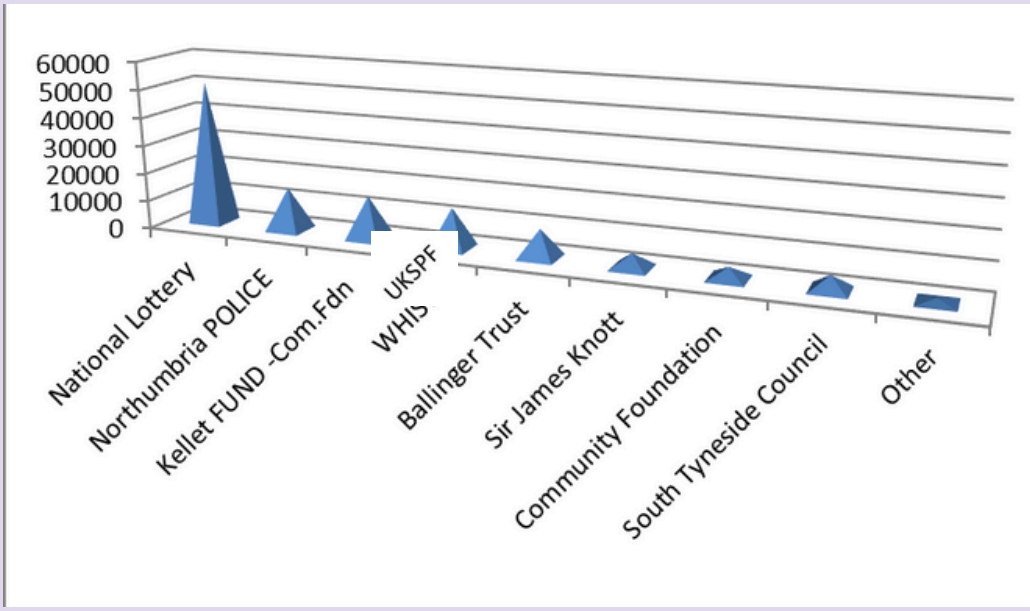
£5,500 from **South Tyneside Counci**l for their continued support of our services.

£15,200 from **Northumbria Police and Crime Commissioner** for our Domestic Abuse project.

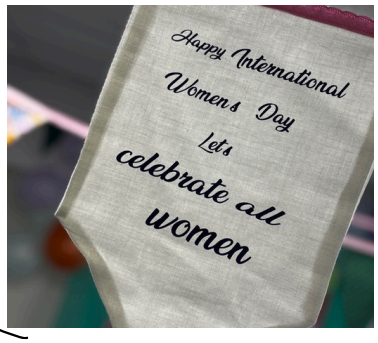
£14,119 from **WHIST** for the Food Fair project funded by **UK Shared Prosperity Fund**.

We are very grateful to **Sir James Knott Trust** for a grant of **£5000** for 3 years towards our Volunteer Project to support volunteers access training and employment.

As always very thankful to the **Community Foundation** for their continued support over the years towards our IT classes and Literacy classes.



Finally, I have to Thank our funders, Joanna Lajmi for her support, trustees and especially our staff and volunteers for their support to continue our valuable work.


Happy International
Women's Day
Let's
celebrate all
women

APNA GHAR
ETHNIC MINORITY
WOMEN'S CENTRE

Foundation
Date 10 7 2024
Pay APNA GHAR WOMEN CENTRE
£400.00
FOUR HUNDRED POUNDS
ASDA SOUTH SHIELDS

APNA GHAR

Contact Us

www.apnagharwomenscentre.com

0191 4564153

ag@apnagharwomenscentre.com

124 Ocean Road, NE33 2JF

Thank you to all our funders

COMMUNITY FUND

BALLINGER CHARITABLE TRUST

SIR JAMES KNOTT TRUST

Community Foundation

SUSAN DUNGWORTH NORTHUMBRIA POLICE & CRIME COMMISSIONER

South Tyneside Council

Funded by UK Government

South Tyneside Council

Garfield Weston FOUNDATION

WHiST WOMEN'S HEALTH IN SOUTH TYNESIDE

ASDA Foundation

Apna Ghar
Registered Charity No. 1013583

Trustees' Report
and
Financial Statement
for the year ended
31 March 2025

Apna Ghar

Name:	**Apna Ghar**
Charity no:	1013583
Structure:	Unincorporated association governed by a constitution.
Trustees:	Saira Malik Amina Hyder Joanna Lajmi Elaine Crompton Asia Uddin Laila Abdullah Trustees are elected by the membership at each Annual General Meeting.
Address:	124-126 Ocean Road South Shields NE33 2JF
Bankers:	Lloyds Bank
Independent Examiner:	Mark Thompson MAAT VODA Spirit of North Tyneside Wing 2nd Floor, Wallsend Community Hub & Library 16 The Forum Wallsend NE28 8JR

Apna Ghar

Review of activities and performance 2024-25

Overview

We are pleased to highlight another year of progress for the minority ethnic women of South Tyneside, who have gained substantial support from the services offered by Apna Ghar. This achievement reflects our ongoing commitment to addressing their needs and empowering the community further.

Activities, Education & Skills Development

Community Foundation - Basic Literacy Classes -Delivered to women identified as having little or no English. The sessions help participants build essential English skills, especially spoken language. These sessions prepare them for progression to pre-entry or Entry Level 1 ESOL courses.

Community Foundation - Basic IT Classes : With the rise of digital technology, these sessions support women in improving digital skills to aid communication, day-to-day tasks, and employability.

TNL - English Conversation Classes -Ongoing alongside Level 1 and 2 Adult Care courses held at Apna Ghar.

The National Lottery - Carers Project- Women enrolled in Level 1 and 2 Care Diplomas through Training in Care. Many have completed qualifications and some have found employment. The Level 1 course continues to attract new learners.

The National Lottery - Sewing Classes -Women develop practical sewing skills while enhancing their English and making new friends. The sessions have been well attended.

Garfield Weston/Sir James Knott - Volunteer Project - Another successful year with over 25 volunteers trained and supported. Many obtained their volunteering passports and some progressed into employment.

The National Lottery - Youth Group -An extremely successful initiative with around 40 girls participating in both indoor and outdoor activities. The programme promotes healthy lifestyles and positive development.

Health & Wellbeing

Women's Luncheon Club Weekly sessions. These sessions focus on healthy eating, budgeting, socialisation, and reducing isolation. They also include health awareness talks from professionals.

UKSPF - Food Fair Project -Delivered in partnership with WHIST and Hospitality and Hope. Sessions cover healthy cooking, budgeting, and food sustainability.

Community Engagement

Welcoming Space: Apna Ghar continues to serve as a welcoming community space, providing tea and light refreshments for local women.

Support Services

TNL - Caring for Carers Support group- for women caring for family members at home.

STC Outreach Support- Information, Advice and Guidance- Daily drop-in sessions for our service users for general advice, covering support in housing, Universal Credit, benefits and health appointments. We also provide interpreting, translating, and signposting help to access a range of services.

Northumbria PCC - Domestic Abuse Support Sessions - Survivors are supported through one-to-one and group sessions, as well as holistic care led by multi-lingual staff trained to understand cultural and linguistic needs. –

STC - Household Support Fund Vouchers - Nearly 200 families received support with food and energy costs as part of the Household Support Fund addressing the cost-of-living crisis.

Further details of the charity's activities are available in the full annual report from the charity's principal address or the Charity Commission website.

Risks, reserves and investments

The Trustees aim to maintain free reserves in unrestricted funds at a level equivalent to six months expenditure. This level would allow the charity to continue its activities for a reasonable period in the event of a sudden curtailment of funding. This would allow enough time for the charity to either obtain new funding sources or restructure its activities.

Trustees' responsibilities in relation to the financial statements

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities.

Signed: .....Chair, on behalf of the Trustees, date: 9.7.25

Independent Examiners Report

Report to the trustees of **Apna Ghar**

On accounts for the year ended **31 March 2025** **Charity no 1013583**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.
It is my responsibility to

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

Basis of independent examiner's statement

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 accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:
1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **17th June 2025**

Name: Mark Thompson MAAT
Address: VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Community Hub & Library
16 The Forum
Wallsend
NE28 8JR

Statement of Financial Activities
for the year ended 31 March 2025

Receipts		Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
Grants	2	7,453	120,891	128,344	119,315
Generated Funds		255		255	-
Membership Fee		429		429	-
Bank interest				-	-
Other Income		149		149	-
Total Receipts		**8,286**	**120,891**	**129,177**	**119,315**
Payments					
Salaries			65,658	65,658	64,383
Other Charitable Activities			33,353	33,353	35,438
Governance			480	480	480
Other Resources Expended		442		442	606
Total Payments		**442**	**99,491**	**99,933**	**100,907**
Surplus / deficit for the year		7,844	21,400	29,244	18,408
Transfer between Funds				-	-
Funds at 1 April 2024		**172,277**	**109,136**	**281,413**	**263,005**
Funds at 31 March 2025		**180,121**	**130,536**	**310,657**	**281,413**

Apna Ghar
Balance Sheet
31 March 2025

	notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	6	133,456		133,898	
Current assets					
Debtor					
Cash at bank and in hand		177,201		147,515	
		177,201		147,515	
Creditors: amounts falling due within one year					
Net current assets			**177,201**		**147,515**
Total assets less current liabilities			310,657		281,413
Creditors: amounts falling due after one year					
Net Assets at 31 March 2025			**310,657**		**281,413**
Represented By:					
Restricted Funds (Fixed Assets)			52,655		52,655
Restricted Funds (Current Assets)			77,881		56,481
Total Restricted Funds			**130,536**		**109,136**
Unrestricted Funds (Fixed Assets)			80,801		81,243
Unrestricted Funds (Current Assets)			99,320		91,034
Total Unrestricted Funds			**180,121**		**172,277**
			310,657		**281,413**

The financial statements were approved by the following members of the Management Committee:

Signed..... MARK..... Position..CHAIR.....

Signed..... Position..TREASURER.....

Date 9.7.25

Apna Ghar
Notes to the accounts, 2025

1. Accounting Policies

a The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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

Apna Ghar 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(s).

b Grants received are accounted for on a received basis and credited to income.

c Voluntary income is received by way of donations and gifts and is included in full in the Receipts and Payments Account when received

d Freehold property is stated at value, depreciation only listed when applicable.
Fixtures & Fittings are depreciated at 15% reducing balance.

2. Grants receivable

Unrestricted	
South Tyneside Council - Household support	5,925
University of Sunderland	538
Oko Consultancy	210
AIA Tella Ltd	480
Agenda Alliance	300
Total Unrestricted Funding	**7,453**
Restricted Funds	
South Tyneside Council Outreach	5000
South Tyneside Council - Workshops	500
The National Lottery - Carers Project (2)	31,236
The National Lottery Community Fund - Sewing Project	19,798
Community Foundation - Kellet Fund	15,000
Community Foundation - Womens Fund	2,500
Community Foundation - IT Class	1,500
Northumbria Police PCC	15,200
Ballinger Trust	10,000
WHIST - Foodfair Project	14,119
RISE North East - Arts & Crafts	1,038
Sir James Knott Trust	5,000
Total Restricted Funding	**120,891**

3. Trustees, staff and related party transactions

The organisation employed 9 members of staff during the period of the accounts. No payments were made to trustees' towards salary costs for the year £65658

4. Costs of financial services

During the year £500 was paid for the independent examination of the accounts. No other amounts were paid for financial services.

5. **Restricted Funds**

Analysis of Restricted Funds:

	Open Bal	Income	Expend	Transfer	End Bal
(Fixed Assets)					
The Big Lottery Fund	10,173				10,173
South Tyneside Council Capital Fund	14,040				14,040
National Lottery Capital Fund	13,442				13,442
Northern Rock Foundation Capital	15,000				15,000
Total Fixed Asset Funds	52,655	-	-	-	52,655
(Revenue)					
Ballinger Trust	1,025	10,000	5,293		5,732
South Tyneside Council Outreach	9,265	5,000	-		14,265
South Tyneside Council - Welcoming Space	360	-	360		-
South Tyneside Council - Workshops	-	500	500		-
The National Lottery - Carers Project	12,773		12,773		-
The National Lottery - Carers Project (2)		31,236	16,968		14,268
RISE North East - Arts & Crafts	-	1,038	1,038		-
The National Lottery Community Fund - Youth Group	6,758	-	6,758		-
Garfield Weston - Volunteer Project	6,594	-	6,594		-
The National Lottery Community Fund - Sewing Project	7,787	19,798	7,787		19,798
WHIST - Foodfair Project	111	14,119	8,461		5,769
Northumbria Police PCC	-	15,200	15,200		-
Community Foundation - Kellet Fund	-	15,000	6,740		8,260
Community Foundation - Womens Fund	-	2,500	1,944		556
Community Foundation - New Literacy Class	3,371	-	3,371		-
Community Foundation - IT Class	3,900	1,500	3,900		1,500
Sir James Knott Trust	-	5,000	1,503		3,497
Inspire - Warm Space	4,236	-	-		4,236
Inspire - Fitness Class	301	-	301		-
Total Revenue Restricted Funds	56,481	120,891	99,491	-	77,881
Total Fixed Asset & Revenue Restricted Funds	**109,136**	**120,891**	**99,491**	-	130,536

6 **Fixed Assets**

	Freehold Land and Buildings	Fixtures & Fittings 15%	Total
Cost			
As at 1 April 2024	130,953	10,808	141,761
Additions			
Disposals			
As at 31 March 2025	130,953	10,808	141,761
Depreciation			
As at 1 April 2024		7,863	7,863
Charge for the year		442	442
Disposals			
As at 31 March 2025		8,305	8,305
Net Book Value at 31 March 2025	**130,953**	**2,503**	**133,456**
Net Book Value at 31 March 2024	130,953	2,945	133,898

Apna Ghar
Registered Charity No. 1013583

Trustees' Report
and
Financial Statement
for the year ended
31 March 2025

Apna Ghar

Name:	**Apna Ghar**
Charity no:	1013583
Structure:	Unincorporated association governed by a constitution.
Trustees:	Saira Malik Amina Hyder Joanna Lajmi Elaine Crompton Asia Uddin Laila Abdullah Trustees are elected by the membership at each Annual General Meeting.
Address:	124-126 Ocean Road South Shields NE33 2JF
Bankers:	Lloyds Bank
Independent Examiner:	Mark Thompson MAAT VODA Spirit of North Tyneside Wing 2nd Floor, Wallsend Community Hub & Library 16 The Forum Wallsend NE28 8JR

Apna Ghar

Review of activities and performance 2024-25

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Signed: .....Chair, on behalf of the Trustees, date: 9.7.25

Independent Examiners Report

Report to the trustees of **Apna Ghar**

On accounts for the year ended **31 March 2025** **Charity no 1013583**

Respective responsibilities of trustees and examiner

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It is my responsibility to

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Basis of independent examiner's statement

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Signed: **17th June 2025**

Name: Mark Thompson MAAT
Address: VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Community Hub & Library
16 The Forum
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NE28 8JR

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for the year ended 31 March 2025

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Bank interest				-	-
Other Income		149		149	-
Total Receipts		**8,286**	**120,891**	**129,177**	**119,315**
Payments					
Salaries			65,658	65,658	64,383
Other Charitable Activities			33,353	33,353	35,438
Governance			480	480	480
Other Resources Expended		442		442	606
Total Payments		**442**	**99,491**	**99,933**	**100,907**
Surplus / deficit for the year		7,844	21,400	29,244	18,408
Transfer between Funds				-	-
Funds at 1 April 2024		**172,277**	**109,136**	**281,413**	**263,005**
Funds at 31 March 2025		**180,121**	**130,536**	**310,657**	**281,413**

Apna Ghar
Balance Sheet
31 March 2025

	notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	6	133,456		133,898	
Current assets					
Debtor					
Cash at bank and in hand		177,201		147,515	
		177,201		147,515	
Creditors: amounts falling due within one year					
Net current assets			**177,201**		**147,515**
Total assets less current liabilities			310,657		281,413
Creditors: amounts falling due after one year					
Net Assets at 31 March 2025			**310,657**		**281,413**
Represented By:					
Restricted Funds (Fixed Assets)			52,655		52,655
Restricted Funds (Current Assets)			77,881		56,481
Total Restricted Funds			**130,536**		**109,136**
Unrestricted Funds (Fixed Assets)			80,801		81,243
Unrestricted Funds (Current Assets)			99,320		91,034
Total Unrestricted Funds			**180,121**		**172,277**
			310,657		**281,413**

The financial statements were approved by the following members of the Management Committee:

Signed..... MARK..... Position..CHAIR.....

Signed..... Position..TREASURER.....

Date 9.7.25

Apna Ghar
Notes to the accounts, 2025

1. Accounting Policies

a The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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

Apna Ghar 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(s).

b Grants received are accounted for on a received basis and credited to income.

c Voluntary income is received by way of donations and gifts and is included in full in the Receipts and Payments Account when received

d Freehold property is stated at value, depreciation only listed when applicable.
Fixtures & Fittings are depreciated at 15% reducing balance.

2. Grants receivable

Unrestricted	
South Tyneside Council - Household support	5,925
University of Sunderland	538
Oko Consultancy	210
AIA Tella Ltd	480
Agenda Alliance	300
Total Unrestricted Funding	**7,453**
Restricted Funds	
South Tyneside Council Outreach	5000
South Tyneside Council - Workshops	500
The National Lottery - Carers Project (2)	31,236
The National Lottery Community Fund - Sewing Project	19,798
Community Foundation - Kellet Fund	15,000
Community Foundation - Womens Fund	2,500
Community Foundation - IT Class	1,500
Northumbria Police PCC	15,200
Ballinger Trust	10,000
WHIST - Foodfair Project	14,119
RISE North East - Arts & Crafts	1,038
Sir James Knott Trust	5,000
Total Restricted Funding	**120,891**

3. Trustees, staff and related party transactions

The organisation employed 9 members of staff during the period of the accounts. No payments were made to trustees' towards salary costs for the year £65658

4. Costs of financial services

During the year £500 was paid for the independent examination of the accounts. No other amounts were paid for financial services.

5. **Restricted Funds**

Analysis of Restricted Funds:

	Open Bal	Income	Expend	Transfer	End Bal
(Fixed Assets)					
The Big Lottery Fund	10,173				10,173
South Tyneside Council Capital Fund	14,040				14,040
National Lottery Capital Fund	13,442				13,442
Northern Rock Foundation Capital	15,000				15,000
Total Fixed Asset Funds	52,655	-	-	-	52,655
(Revenue)					
Ballinger Trust	1,025	10,000	5,293		5,732
South Tyneside Council Outreach	9,265	5,000	-		14,265
South Tyneside Council - Welcoming Space	360	-	360		-
South Tyneside Council - Workshops	-	500	500		-
The National Lottery - Carers Project	12,773		12,773		-
The National Lottery - Carers Project (2)		31,236	16,968		14,268
RISE North East - Arts & Crafts	-	1,038	1,038		-
The National Lottery Community Fund - Youth Group	6,758	-	6,758		-
Garfield Weston - Volunteer Project	6,594	-	6,594		-
The National Lottery Community Fund - Sewing Project	7,787	19,798	7,787		19,798
WHIST - Foodfair Project	111	14,119	8,461		5,769
Northumbria Police PCC	-	15,200	15,200		-
Community Foundation - Kellet Fund	-	15,000	6,740		8,260
Community Foundation - Womens Fund	-	2,500	1,944		556
Community Foundation - New Literacy Class	3,371	-	3,371		-
Community Foundation - IT Class	3,900	1,500	3,900		1,500
Sir James Knott Trust	-	5,000	1,503		3,497
Inspire - Warm Space	4,236	-	-		4,236
Inspire - Fitness Class	301	-	301		-
Total Revenue Restricted Funds	56,481	120,891	99,491	-	77,881
Total Fixed Asset & Revenue Restricted Funds	**109,136**	**120,891**	**99,491**	-	130,536

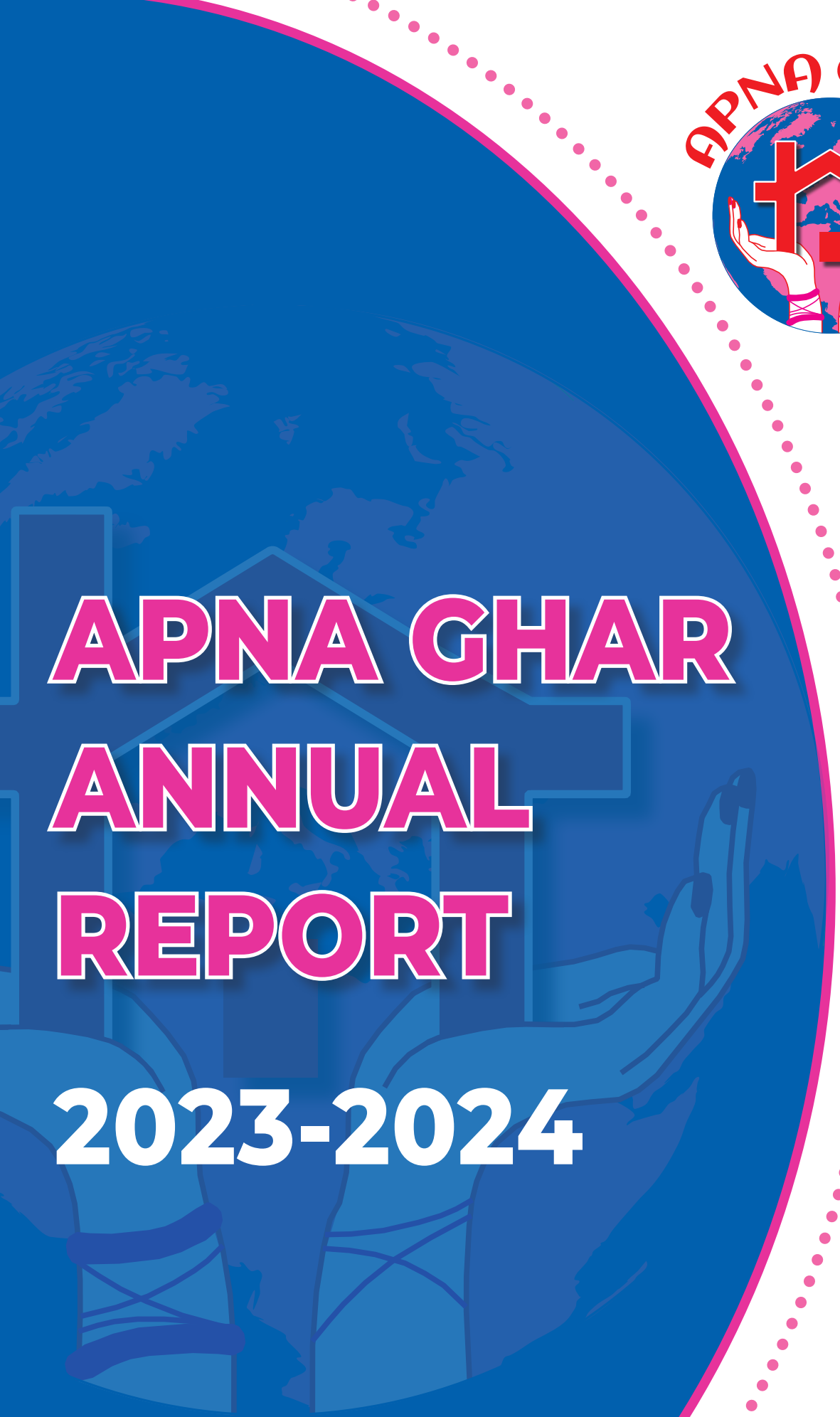
6 **Fixed Assets**

	Freehold Land and Buildings	Fixtures & Fittings 15%	Total
Cost			
As at 1 April 2024	130,953	10,808	141,761
Additions			
Disposals			
As at 31 March 2025	130,953	10,808	141,761
Depreciation			
As at 1 April 2024		7,863	7,863
Charge for the year		442	442
Disposals			
As at 31 March 2025		8,305	8,305
Net Book Value at 31 March 2025	**130,953**	**2,503**	**133,456**
Net Book Value at 31 March 2024	130,953	2,945	133,898

APNA GHAR

England & Wales - Charity number 1013583

Accounts



APNA GHAR ANNUAL REPORT

2023-2024

Saira Malik

CHAIR

As the Chair of Apna Ghar, I am pleased to present our annual report, reflecting on our achievements, challenges, and future goals. 2024 has been another pivotal year for our organization, and I am proud of what we have accomplished together.

Reflecting on the past year's achievements, we have been successful in our fundraising target by obtaining ongoing National Lottery support, building upon ongoing funding support from Ballinger Trust, Northumbria Police, Garfield Weston, South Tyneside Council, Community Foundation and our joint Food Fair project with WHIST. We are very grateful to each of our donors and supporters, without whom we would not be supporting and transforming the lives of girls and women daily. It is with sincere thanks to the dedication of our team and generous contributions from our donors that we are excelling in our aim to provide a multi-generational support service offer to our local community. Enabling, empowering and supporting all girls and women in our community.

2024 saw us launch our Youth Group initiative which has been immensely popular and has impacted positively on our younger service users. We have increased our community involvement through participating in local and regional events and workshops and aim to further fostering stronger community relationships and awareness of our mission. We continue to stride forward in establishing new partnerships with peer organisations and enhance our capacity to serve and reach more beneficiaries.

Despite our successes, we have faced challenges including funding fluctuations and retaining of staff. We are actively addressing these issues by recruiting a Centre Coordinator as well as continuing to develop initiatives for further funding to help and support our community users in all areas of health and social care.

Moving forward, we aim to expand our outreach programs to serve all active and potential service users in South Tyneside, increase our digital presence to attract all age supporters and operationalise a new older persons support program to further enhance our capacity to support service users of all ages. We aim to build upon developing plans to provide an all-age service offer to really support our service users holistically. Recently, we witnessed and/or experienced racist and Islamophobic behaviour throughout England. This was a difficult time for many of us and laid bare the importance of community and cultural integration as well as the need to come together and support one another. We must protect and provide a safe space for everyone, especially those who are most vulnerable as well as educate those who are unaware, to develop cultural competency and community cohesion. With our community events continuing and the Town coming together peacefully, it feels that locally we have been successful in community cohesion. But we must continue to retain, strengthen and build upon community links further consolidating our communities mutual respect and support.

I would like to extend my heartfelt thanks to our dedicated staff, volunteers, and Trustees for their unwavering commitment. Your hard work is the backbone of our charity.

Together, we have made significant strides, but there is much more to be done. Let us continue to work collaboratively to achieve our mission and continue making a difference in our community.

In the words of Margaret Maed "never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Thank you for your support

BOARD MEMBERS & STAFF TEAM

Chair : Saira Malik

Deputy Chair : Asia Uddin

Treasurer : Amina Hyder

Secretary : Elaine Crompton

Member : Laila Abdullah

Member : Joanna Lajmi

STAFF

Resmina Reed
Funding and Personnel Manager

Nasrin Begum
Finance and Family Support

Shelina Begum
Carers Project Lead

Farida Ansari
Community support/domestic abuse

Drupy Senanayake
Volunteer Lead

Yasmin Hasan
Youth group Lead

Saima Chowdary
Youth group lead

Leslie Waldron
Domestic abuse Lead

Aysha Daya
Food Fair Lead

2023-2024 has been another challenging yet successful year. We have continued to deliver our classes and courses, as the demand increases for these services. This has been possible due to the continued support of our funders and the grants received from them.

Our Information Advice and Guidance sessions are accessed on a daily basis by our service users. Much of the support accessed is for Universal Credit, health related benefits, Housing, Employment and Training advice.

Our Domestic Abuse project support workers provide a listening ear to the DA women and provide the right level of help and support where needed.

Our popular classes have been our IT classes and Basic Literacy class. Women were keen to improve their IT skills as well as their spoken English. This enabled them to learn how to navigate the internet and to create and access Universal Credit accounts, NHS app etc. As digital technology plays a major part of society now, moving forward this new skill would help them improve both their own and families lives.

Health and general wellbeing are important to us, and we are focused on educating the women to live healthier lifestyles. The women have shown interest in our Fitness classes and we are happy to see that there are women from different age groups and fitness levels that have participated .

Our Food Fair Project educates the women to understand how to cook healthier meals, focuses on food sustainability and reducing food wastage. These were delivered at the centre as well as in external venues. The women have thoroughly enjoyed attending sessions where they have had the opportunity to participate in cooking demos, as well as receiving goodies, such as slow cookers to experiment cooking easy and healthy dishes. Alongside the Food Fair sessions the women have had opportunity to attend our Welcoming Space/Luncheon Club for food and also to meet other women in a safe space.

Another popular class is our Sewing class. As we were able to secure funding from The National Lottery, the sessions have continued again this year. We have helped the women bring out their creative side and many have been able to produce some outstanding pieces of work.

Our Volunteer project and Carers Project have continued to do well. Many women secured placements in Apna Ghar, schools, playgroups and Care homes as Volunteers, after completing their Volunteer passports. They have also managed to gain qualifications in Food Safety, Customer Service and Safeguarding training. These were delivered by Lokman Training and Training in Care.

Training in Care, as part of our Carers Project continued to deliver Level 1 and 2 in Diploma in Care at Apna Ghar with many of the women securing employment and voluntary placements after completion of the courses.

A Carers support Group at Apna Ghar has also been successful in providing the BME carers to attend and engage with other Carers for information, to enjoy a cup of tea and activities together.

We participated in a few Mini Health Checks provided by First Contact Clinical over the year. This was very popular and we were happy to see that many women took up this opportunity to attend. These important health checks were able to pick up health issues of the women for further checks and referrals to their GPS.

We are happy to report that once again we were able to support the Local Authority to distribute Household Support vouchers to 100 eligible families from the BAME communities affected by the cost-of-Living crisis.

Apna Ghar participated in the Ocean Road Mela for the second year running. It was a very successful event with a good opportunity for the local community to engage in many fun activities we had and to find out more about the services we have to offer.

Funding for staffing costs continues to be a challenge due to many short- term funded projects coming to an end. We remain hopeful that we will continue to secure more funding to continue our invaluable services. We have had a few challenges with roof leaks and other building maintenance issues but managed to cover the costs from some of our running costs. We did manage to secure some funding from STC CAF grant which helped us purchase new carpets for the upper floors staircase.

In addition, with the demand of our services we will continue to apply for further funding from Trusts and Charities to help continue our important work.

Big thanks to staff, volunteer, and management board members for their continued hard work and support.

Nasrin Begum

Apna Ghar is a charity run by and for Minority Ethnic Women living in South Tyneside.

We provide a wide range of opportunities that aims to develop confidence and empower women to recognise their full potential whilst allowing them to maintain their cultural identity.

Our main goals are:

- Enhancing awareness of the range of opportunities and services provided by Apna Ghar
- Increasing the number of users who use the Services
- Creating and building good connections with different organisations, groups, and people in the community.
- Providing different types of skill-based and non-skill-based training options.
- Valuing and appreciating the different cultures.

Our objectives are:

- To provide outreach and link workers support to the community
- To actively promote the services of Apna Ghar to the community of South Tyneside
- To provide a culturally supportive and safe meeting place
- To make the services more accessible to the senior citizen members of the community.

Sharing our VISION

Apna Ghar was established more than 35 years ago with a vision as strong today as it was all those years ago. As the only Minority Ethnic Women's Centre in South Tyneside ...

Apna Ghar's vision is to remain a leading supplier of services for **Minority Ethnic Women.** It has the aim to enhance the services provided by continually reviewing and understanding the needs of its members.

Apna Ghar has a commitment to **funders, clients, members and the community** in which it serves. In the following pages, we look at some of the ways Apna Ghar has been transforming words into actions over the past year.

Apna Ghar wants you to know how they work and what a difference it makes to the women of the community in which it serves.

Resmina Reed

Funding and Personnel Manager

In my capacity as the Funding and Personnel Manager, it gives me great pleasure to see that we are daily, delivering work which has continued to meet the aims and objectives of Apna Ghar since its inception.

Anyone working in the charity world will know that job security, long term strategic planning and implementing processes, procedures and policies which can make real long-lasting progress and create a better society is not simple. Although sustainability can at times be precarious, Apna Ghar has managed this challenge and has continued to operate for over 35 years with the support of many long-term funders who see the value of our vital work and for this we are extremely grateful.

> Empowerment of the most vulnerable minority ethnic women is at the heart of everything we do, Apna Ghar is the bridge that enables each woman's unmet needs to be understood and made possible, when she realizes and acknowledges that she has rights, a voice and choices and that she and her family will be given support to actualize them as well as heal from intergenerational trauma that is evident in most minority ethnic groups, until she can feel able to manage her and her family's lives and cope with the challenges of normal life and truly integrate them into the wider community, this is what the Centre continually strives to do.

Apna Ghar (which means "Our Home") therefore continues its intention to make every woman who enters its door to feel at home and to create a sistership with all women and our partner organizations as we work together and create changes that have real and long-term impact. We have representatives from various religious and cultural backgrounds, and we are proud that this home allows everyone into it without any prejudice.

> Through education and building self-esteem and confidence, everyone can play their part in becoming good citizens and raise their children with values that are universal.

What has also become very apparent to me in this role is how the global challenges continue to impact and reverberate locally for example the status and safety of women, gaps between the rich and poor, education and learning, peace and conflict, values and ethics and many more.

So, moving forwards, Apna Ghar is looking to bring the voices of the minority ethnic women with the support of our local partners into the bigger conversations where the changes that need to happen, are not only the changes that are for our local and national communities but with an eye always on what that might look like on a Global platform and how together we could create a better and harmonious world!

Shellina Begum

Carers project Lead

Apna Ghar developed the Vimla Carers Project which aims to overcome some of the barriers faced by and to better meet the needs of Black and minoritised women in South Tyneside, including those providing care, needing care for themselves or wanting to develop their skills to obtain paid employment as a career. The project aimed:

- **To develop one-to-one support and wrap around care to ensure carers and their families are accessing all available entitlements including state benefits, listening services and other advice and advocacy support.**
- **To ensure carers are looking after their own health and wellbeing needs so they can care well.**
- **To create links and connections between carers and those cared for.**
- **To create a peer-support group for carers with others who understand their lives.**
- **To build confidence and skills-recognition sessions for women, alongside English for Speakers of Other Languages, to ensure carers can look at career development.**
- **To support women interested in developing a career in care with skills, knowledge, and training to enable them to provide culturally sensitive and appropriate care for others in their communities through paid work.**

When designing this project, a support worker commented:

"Many women are caring for children or adults with disabilities or special needs within their home and are unaware of support which might be available for them."

Alongside the development of the project, carers and those cared for within Black and minoritised communities were able to be involved in the strategic development of a Carers Strategy, led by South Tyneside council.

"Support from Apna Ghar to participate in this strategy has been invaluable; it is recognised in the strategy that

'relatively low numbers of carers from culturally diverse communities identify as carers or access support services' and without the engagement of Apna Ghar to facilitate the connectivity between the local authority and women caring in the community, this document may not have recognised the specific needs faced by Black and minoritised communities in South Tyneside. It is great credit to Apna Ghar and the women using their services, that they were able to influence the production of such a significant piece of work which has been built with the needs of carers at its centre.

Year 1 2021/2

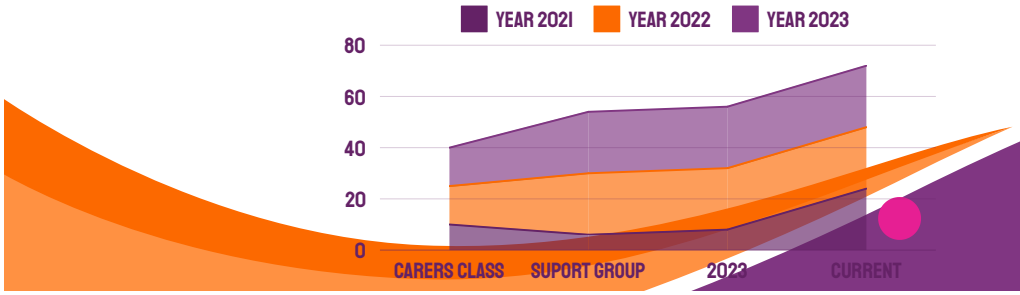
- **Ten women registered for Level 1 Adult and Child Care, Dementia and Mental Health courses. 100% of the attendees completed these courses.**
- **Care for Carers events were attended by six women and fourteen women attended the Listening Ear sessions. Thirteen women registered for Level 2 Adult Care Diploma – this includes all the women who completed Level 1 and a further three women.**
- **Two of the thirteen women achieved employment with a local care provider.**
- **Fifteen women undertook an English conversation class to build their confidence with spoken English which supported them to progress onto the Level 1 or Level 2 courses.**

Year 2 2022/23

- **Eight of the women who completed Level 2 Adult Care Diploma are now employed as paid carers with a local care provider.**
- **Fifteen women were on the waiting list to start the Level 1 Adult and Child Care, Dementia and Mental Health courses.**
- **Twenty-four women attended the Carers Group or Listening Ear sessions, which have moved to a monthly group based on feedback provided by attendees.**

Year 3 2023/2024

- **Fifteen women have started the Level 1 Adult and Child Care, Dementia and Mental Health courses; this is 100% of the women who were on the waiting list in year 2.**
- **Twelve women regularly attend the Listening Ear sessions, and eight women regularly attend the Carers Group sessions which take place monthly based on participant feedback.**
- **Two further women have achieved employment with a local care provider with another one-woman pending confirmation of employment**



Volunteer Project

Drupy Senanayake - Volunteer Coordinator

Another Great Year

As a coordinator, I am continually impressed by how our volunteers have worked together as a cohesive team, demonstrating remarkable collaboration and dedication to support our local community. Through their efforts, they have not only developed new skills but have also grown both personally and professionally. Their commitment to learning and self-improvement through training has significantly enhanced their contributions to the local community, driving positive change and making a meaningful impact. Their teamwork and development are a testament to their passion and the collective strength of our organisation.

Our Impact in the Community

Our volunteers collaborate with a diverse range of organizations, including The Salvation Army, Age Concern, Crest, and Cafe Westoe. They also support at St Jude's Church Toddler Group, Bright Futures, Whist, Hindu Narisang, Emmaus, and Your Voice Counts. This extensive network of partnerships enhances our ability to serve various communities and address a broad spectrum of needs, showcasing the dedication and versatility of our volunteers in fostering positive change across different sectors.

The APNAGAR Luncheon Club is solely run by our volunteers and the Youth Group has one of our volunteers helping out.

Impact On Volunteers

Our annual report highlights the great impact our organisation has had on our dedicated volunteers. Engaging with our courses has hopefully not only enriched their lives but also fostered a deep sense of community and purpose. Volunteers have reported increased skills in leadership, teamwork, and cultural competency, while also benefiting from the personal fulfilment, that comes from making a tangible difference in the lives of others. Their commitment has been instrumental in advancing our mission, and the growth they experience reflects the strength and vitality of our collective efforts.

24 total Volunteers over the last year

12 in volunteering positions

4 Volunteers in Employment

Courses and Training Attended by Our Volunteers

- Adult Social Care Services
- Food Hygeine, Health and Safety
- ESOL - South Tyneside College / WHIST
- English Language
- Back to Employment support with CV's/ interviews /confidence building (3 volunteers)
- Basic ICT
- Food allergy and Intolerance
- Child care safety
- Safeguarding and Prevention
- Children and Young Force
- Dementia
- Maths
- Mental Health and Wellbeing
- Early years Setting
- Volunteering course
- Customer care

The Volunteer Project was nominated for the King's Award 2024

Plan for the Future

1. Complete volunteer passports.
2. Emphasis on English and Maths training and courses to support our volunteers with applying for jobs and gaining employment.
3. Encourage group activities such as introducing a 'buddy' system to help with sharing, learning skills and to support one another to build our volunteers confidence .
4. Continue in-house training with IT and administration skills.
5. One-to-one support with CV writing and interview skills

APNA SAHARA PROJECT DOMESTIC ABUSE SERVICE

Lesley Waldron **Farida Ansari**

Apna Ghar – Apna Sahara Project provides an 'all round' family support service to assist with Domestic Abuse (DA) offering advice & guidance ensuring clients receive the very best 'all round' support.

In 2024 Apna Ghar DA team introduced a weekly 'drop in' service (Healthy Relationships & Wellbeing) This has been a great success assisting service users to understand that we all have a voice as well as encouraging independence, avoiding isolation & building trusting relationships.

We have received 26 new referrals & continued to support 58 survivors throughout 2023/2024. We closed a few cases due to survivors moving out to different cities or disengagement.

We have supported survivors with housing applications, managing finances, volunteering, universal credit, solicitor appointments, immigration issues, listening ears, health & wellbeing, welfare support, job opportunities, 1-2-1 sessions.

We encourage our ladies to 'speak up' & reach out so they know they are not alone throughout their journey.

We also provide safety planning & a safe space to talk.

We work closely with other services in our community, signposting ladies to GP's, counselling sessions, social services, police as well as Crest, Whist, Angelou Centre, solicitors.

Classes and Courses:

At Apna Ghar – Apna Sahara DA service we encourage service users to enrol on suitable courses.

The service users attended Adult Care Level 1 & 2 along with other short courses, Basic literacy, English Conversation, Fitness, IT, Sewing, Customer Service Level 2, Food and Hygiene etc. The ladies also attended Luncheon Club and Welcoming spaces.

Quotes...

I live with my husband & children in a property owned by my husband, he is abusive & intimidating & rarely even speaking to me now. I was advised by a friend to visit Apna Ghar & they immediately supported me emotionally, assisted with completion of housing application & worked with me to secure my own home away from the abuse for which I am incredibly grateful.

I received all the help and support I needed at Apna Ghar. I moved to Northeast from London and visited Apna Ghar and South Tyneside Council. Both Apna Ghar and Council helped me a lot. I am grateful for receiving all the help and emotional support at Apna Ghar. Once I told Apna Ghar DA team about a hate crime that I faced in my temporary house. She arranged a meeting with a community police who deals with hate crime to help me. I am feeling confident now"

"I feel comfortable when I come to the centre. I have learnt so much by coming here. If I knew places like Apna Ghar existed previously, I would have been more confident and supported earlier on."

"It has been good - I was a victim of financial abuse via my husband and Apna Ghar helped me with my debt and seek professional help."

Case Study:

A lady fled DA from a different part of the country & arrived at Apna Ghar end of November 2023. The lady had worked briefly with another local service. At Apna Ghar we continued to support this lady with housing, hate crime along with emotional support & providing an interpreter.

The lady was terrified, felt lost & alone.

She has now moved from temporary accommodation into her own home, she has enrolled in our Basic Literacy and IT classes & she is doing amazing. The transformation from the lady arriving at Apna Ghar, the confidence she has gained.... She is now safe to live her life without abuse. This is what the job is about & it makes us very proud to see how amazing this lady is doing today.

Aysha Daya is the lead on the Food Fair project at Apna Ghar

The Food Fair project is funded by UKSPF. The project is a partnership with Whist and Hospitality and Hope, to engage and work with the local community to support community integration.

The project involves working with the community, including young people, families and schools, to develop the skills and motivation to think and act in regard to better quality food at lower cost.

Several cooking on a budget session have been held in various venues in South Shields which were delivered by Apna Ghar.

Being an ethnic minority center, we are also able to share our knowledge of the medicinal benefits of the spices used in our cooking which are very easily available these days as well as the many different cooking styles of various cultures represented at the Centre.

At the end of each cooking course, slow cookers, electric grills and food vouchers were handed out to those who attended the course.

We also take into account the wellbeing side and invite different organizations monthly usually to raise awareness. These usually are part of our luncheon club, which is held once a week. We have held sessions to raise awareness about Breast Cancer, Lung cancer, Cervical Cancer, DWP, and Health watch to name a few.

Statistics from July 2023-31 March 2024

- ***10*** *events have been held in various locations in the community including schools, mosque and at Apna Ghar.*
- ***92*** *households have taken part in food related events*
- ***44*** *people are given energy efficiency information at FFP events.*

Please contact Aysha or the team at Apna Ghar to get involved and learn about future projects taking place.

Youth Club

This project has been a great success with 40 girls registering at the start of the Youth Club last year.

Our aim has been to

- *Provide a safe space and a fun environment where young girls aged 11-18 are welcome. They have an opportunity to be with other girls and time to be themselves and make friends.*
- *Encourage girls to take part in physical activity and develop healthy habits and lifestyles.*
- *Provide a fun focus day for mothers and daughters to play together and forge relationships with other local families.*
- *Provide support for families whose children struggle with school, or have difficulty making friends, by linking children up with individual one-to-one volunteers who support them to access the sessions and build friendships with other children.*

Throughout the year, we have had weekly groups, and attendance has been roughly 8-18 girls at any one time. The sessions have included baking, flower arranging, candle making, mug painting, coffee and colouring as well as massage and well-being evenings.

During the year, two trips were planned with the group: A pantomime at the Customs House and the Escape room. Feedback has been very positive, and the Escape room trip was a major success with the girls and most of them enjoyed the challenge and showed great enthusiasm.

Support from our volunteers also made this project run smoothly and they in turn were also getting the opportunity to learn from the sessions as well as enjoy them.

Sewing at Apna Ghar

THE SEWING SKILLS COURSE is delivered on a weekly basis and is very popular with the women at the Centre.

The aim for the course is to provide students with essential sewing skills to build their confidence in using a sewing machine, enabling them to use the learned skills to save money on garment making and repairs as well as enabling them to use the skills to offer garment making and repair services.

Alongside the sewing skills, the aim is also to improve students' confidence when it comes to socializing, improve language skills, basic math and English and becoming familiar with the cultural side of life in the UK, especially for those students who are new to the country and English is their second language. Our aim is to help build their confidence in communication and support them to carry out their day-to-day activities independently.

Most of the students who started the class this term were novices and very keen to learn sewing skills and learn how to use a sewing machine. Main reasons to join the sewing class

- ***to be able to make their own clothes/garments.***
- ***to be able to do basic mending and understand different types of fabrics.***
- ***Build their confidence in speaking and socializing.***
- ***Explore different cultures through fabrics and garments.***

All the students started the course with learning to use the sewing machines and discussed which one to buy for their personal use according to their skill level.

Students also learned how to create a sewing pattern using an old garment. By creating their own sewing pattern helps to enhance students' math and English skills (reading and writing). Essential skills, to allow students to save money by not buying pre-printed patterns which can be costly and will support their creative thinking as they will be able to make changes into patterns according to their needs.

English Conversation Class

The English conversation classes have been running since Sept 2021 alongside the Adult Care courses. Ladies who were interested in studying on the Level 1 and 2 Adult Care courses, but who needed a little bit more help with their English skills, were eligible to join the classes. It is a rolling programme, so students stay until they feel confident enough to move onto the Adult Care courses.

Teaching these classes is very enjoyable as there are no exams, the ladies feel less under pressure. They liked practising their English in a safe, relaxed and non-threatening environment. Many of them were beginners or felt that their speaking skills were rusty and welcomed the chance to practise the language again. I have known some of the ladies for quite a long time and there has always been a mutual respect and a keen desire to become involved.

Many different themes and issues were explored and discussed over the three years. We looked at a lot of vocabulary to do with health & wellbeing and talked about the care systems in the UK and the students' own countries. We also discussed topical news stories, and issues relevant to the ladies' own lives, such as their children's education and how to find a job in the local area. The ladies were encouraged to share opinions and make suggestions whenever possible and were given the appropriate words and phrases to do so. They also refreshed their knowledge of basic grammar – present and past tenses, question formation, comparatives & superlatives, etc.

Quite a few of the learners went on to study Adult Care at Levels 1 & 2, and/or joined other courses offered at Apna Ghar, such as Customer Care, I.T. and Food Hygiene (all taught in English). This was a great result, and it was lovely to see the ladies' confidence and skills increase. In my and the learners' opinion, there is a definite need for these kinds of classes to continue in the future.

Some quotes from the students:

"It was nice to speak English" – Monoara

"Everybody has the chance to speak" – Shirina

"My English has improved...day by day we learn more" – Nargis

"I am happy that the teacher is interested in our culture" – Shirina

The **treasurers** report

This year has been challenging, difficult, stressful but also rewarding.

The final year for the National Lottery Community Fund grant and we were faced with a lot of uncertainty about the future funding. The National Lottery Community Fund award has certainly kept us very busy and supported our Carers project which is commendable. Resmina, our Funding Manager worked very hard and successfully secured award for a further two years continuation 2024-26 which resolved the situation.

Grants continued to be received from funders:

Ballinger Trust has been generous and supportive over the years. It is always good when funders have faith in our work. **£10,000**

Once again continued support of **£5000** from South Tyneside Council

£15200 from the Northumbria Police Crime Commissioner for our DA Project which is a valuable part of our services.

Happy to report a grant of **£10000** for our volunteer project from Garfield Weston where many volunteers obtained training and gained employment.

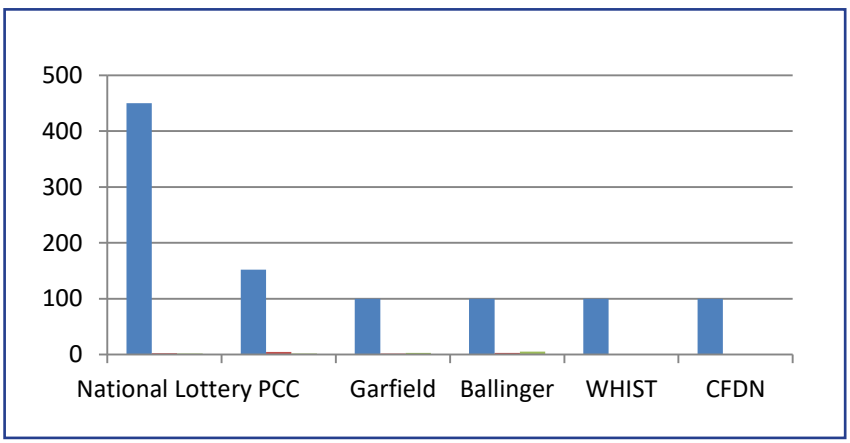
£10789 from WHIST for (UKSPF) Food Fair project

We are thankful to Community Foundation for their continued support. We received few grants for our IT class **£4800,** Literacy class **£3803** and **£2500** for running costs.

Two grants from National Lottery Community Fund **£9475** Youth Group and **£8939** Sewing Project.

£1000 from the Community Area Forum Grant (CAF) for stairs carpets, **£624** for Fitness class & **£470** for Welcoming Space from STC.

Finally, I thank our funders, Joanna for attending the Wednesday meetings, Trustees, staff and volunteers for their support to sustain our valuable work.



Brushes Set

COMMUNITY FUND

KIM MCGUINNESS NORTHUMBRIA POLICE & CRIME COMMISSIONER

Community Foundation

South Tyneside Council

James Knott Trust

Newcastle Building Society

BALLINGER CHARITABLE TRUST

WHiST WOMEN'S HEALTH IN SOUTH TYNESIDE

RISE.

Training in Care

Garfield Weston FOUNDATION

THE Barbour FOUNDATION

Community Foundation

South Tyneside Council

APNA GHAR MINORITY ETHNIC WOMEN'S CENTRE

124 - 126 Ocean Road
South Shields
Tyne & Wear
NE33 2JF

Tel: (0191) 456 4153
(0191) 456 4147

Email: ag@apnagharwomenscentre.com
Website: www.apnagharwomenscentre.com

APNA GHAR

Registered Charity No. 1013583

Apna Ghar

Registered Charity No. 1013583

Trustees' Report
and
Financial Statement
for the year ended
31 March 2024

Apna Ghar

Name:	**Apna Ghar**
Charity no:	1013583
Structure:	Unincorporated association governed by a constitution.
Trustees:	Saira Malik Amina Hyder Kishwar Haque Joanna Lajmi Elaine Crompton Asia Uddin Laila Abdullah Trustees are elected by the membership at each Annual General Meeting.
Address:	124-126 Ocean Road South Shields NE33 2JF
Bankers:	Lloyds Bank
Independent Examiner:	Mark Thompson MAAT VODA Spirit of North Tyneside Wing 2nd Floor, Wallsend Customer First Centre 16 The Forum Wallsend NE28 8JR

Independent Examiners Report

Report to the trustees of **Apna Ghar**

On accounts for the year ended **31 March 2024** **Charity no 1090870**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.
It is my responsibility to

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

Basis of independent examiner's statement

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 accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **21st June 2024**

Name: Mark Thompson MAAT

Address:
VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Apna Ghar

Review of activities and performance 2023-24

We are very proud to report another year where the minority ethnic women of South Tyneside have benefited greatly from the services provided by Apna Ghar. This is very much reflected in the confidence they have gained and development of their personal and social skills.

Activities

Community Foundation - Basic literacy classes : have been delivered to women who were identified as having none or very basic knowledge of the English language. The sessions were to help these women to build their English skills, especially developing their spoken skills. This would then prepare them to move on to pre-entry/level1 ESOL classes.

Community Foundation - Basic IT Classes : In today's fast paced and interconnected world, we need to have a digital presence. The advent of the internet and the rapid growth of Digital technologies have transformed the way we communicate and conduct day to day activities. This class has proved to be very popular.

TNL - English conversation classes : running alongside the level 1 and level 2 Adult Care courses held at Apna Ghar

WHIST - Women's luncheon club : This class is being run in partnership with WHIST. Weekly session to engage and meet other women, make friends and reduce social isolation and loneliness. Learn how to cook healthy meals, cooking on budget, as well energy saving and increase health awareness through sessions delivered by professionals

WHIST - Food Fair Project : Funded by South Tyneside Council and in partnership with WHiST and Hospitality and Hope, this project is around healthy eating, cooking on a budget and food sustainability.

INSPIRE - Fitness classes : Popular weekly class, targeted at women of all abilities.

Garfield Weston - Volunteer Project : Another successful year of our volunteer project in which our volunteers learned new skills through training in achieving their volunteers passports . Over 25 volunteers have been trained at the centre and some later gained employment from this experience.

The National Lottery - Youth Group : This has been extremely successful and nearly 40 girls have signed up. Weekly activities are held for the girls at the centre as well as outside in the park. They are encouraged to take part in physical activities and develop healthy habits and lifestyles.

The National Lottery - Sewing Classes : Women learn a new skill and practice their spoken English. This class is always well attended and women also get the opportunity to make new friends.

TNL - Caring for Carers : Group sessions to help support women who are caring for family members at home

The National Lottery - Carers Project : Women signed up for the Carers course run by Training in Care. Many have completed their level 1 and 2 in Diploma in Care. Some have found employment within Care sector which is a big achievement. Our Carers course level 1 continues with more new ladies attending to complete the modules and move onto level 2.

Northumbria PCC - Domestic Abuse Support Sessions : Supporting domestic abuse survivors through one-to-one listening sessions, group sessions on healthy relationships and signposting to our various classes and a holistic approach using our multi-lingual staff who understand the cultures of the victims

STC - Household Support Fund Vouchers : We were involved in distributing Household support vouchers to nearly 200 families as part of the Local Authorities Household Support Fund Project which supported eligible families with food and energy bill costs due to the cost-of-living crisis

Further details of the charity's activities are contained in the charity's annual report which is available from the charity's principal address or from the Charity Commission website

Risks, reserves and investments

The Trustees aim to maintain free reserves in unrestricted funds at a level equivalent to six months expenditure. This level would allow the charity to continue its activities for a reasonable period in the event of a sudden curtailment of funding. This would allow enough time for the charity to either obtain new funding sources or restructure its activities

Trustees' responsibilities in relation to the financial statements

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities.

Signed: ……Chair, on behalf of the Trustees, date: 14.8.24

Statement of Financial Activities
for the year ended 31 March 2024

Receipts		Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
Grants	2	6,061	113,254	119,315	92,366
Generated Funds				-	2,656
Other Income				-	-
Bank interest				-	-
Total Receipts		**6,061**	**113,254**	**119,315**	**95,022**
Payments					
Salaries			64,383	64,383	62,867
Other Charitable Activities			35,438	35,438	40,713
Governance			480	480	450
Other Resources Expended		606		606	
Total Payments		**606**	**100,301**	**100,907**	**104,030**
Surplus / deficit for the year		5,455	12,953	18,408	(9,008)
Transfer between Funds				**-**	**-**
Funds at 1 April 2023		**166,822**	**96,183**	**263,005**	**272,013**
Funds at 31 March 2024		**172,277**	**109,136**	**281,413**	**263,005**

Apna Ghar
Balance Sheet
31 March 2024

	notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	6	133,898		134,418	
Current assets					
Debtor					
Cash at bank and in hand		147,515		128,587	
		147,515		128,587	
Creditors: amounts falling due within one year					
Net current assets			**147,515**		**128,587**
Total assets less current liabilities			281,413		263,005
Creditors: amounts falling due after one year					
Net Assets at 31 March 2024			**281,413**		**263,005**
Represented By:					
Restricted Funds (Fixed Assets)			52,655		52,655
Restricted Funds (Current Assets)			56,481		43,528
Total Restricted Funds			**109,136**		**96,183**
Unrestricted Funds (Fixed Assets)			81,243		81,763
Unrestricted Funds (Current Assets)			91,034		85,059
Total Unrestricted Funds			**172,277**		**166,822**
			281,413		**263,005**

The financial statements were approved by the following members of the Management Committee:

Signed…… Position…CHAIR……..

Signed…… Position…TREASURER…..

Date 14.8.2024

Apna Ghar
Notes to the accounts, 2024

1. **Accounting Policies**

a The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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

Apna Ghar 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(s).

b Grants received are accounted for on a received basis and credited to income.

c Voluntary income is received by way of donations and gifts and is included in full in the Receipts and Payments Account when received

d Freehold property is stated at value, depreciation only listed when applicable.
Fixtures & Fittings are depreciated at 15% reducing balance.

2. **Grants receivable**

Unrestricted	
Barbour Trust	2,000
South Tyneside Council - Household support	2,250
University of Sunderland	1,600
Angelou Centre	86
Amazon	25
Agenda Alliance	100
Total Unrestricted Funding	**6,061**
Restricted Funds	
South Tyneside Council Outreach	5000
South Tyneside Council - Welcoming Space	470
The National Lottery - Carers Project	30,654
The National Lottery Community Fund - Sewing Project (New)	8,939
The National Lottery Community Fund - Youth Group	9,475
Garfield Weston - Volunteer Project	10,000
South Tyneside Coucil - Community Area Forum Grant (CAF)	1,000
Community Foundation - Womens Fund	2,500
Community Foundation - New Literacy Class	3,803
Community Foundation - IT Class	4,800
Northumbria Police PCC	15,200
Ballinger Trust	10,000
WHIST - Foodfair Project	10,789
Inspire - Fitness Class	624
Total Restricted Funding	**113,254**

3. **Trustees, staff and related party transactions**

The organisation employed 13 members of staff during the period of the accounts. No payments were made to trustees' towards salary costs for the year £64383

4. **Costs of financial services**

During the year £480 was paid for the independent examination of the accounts. No other amounts were paid for financial services.

5. Restricted Funds

Analysis of Restricted Funds:

	Open Bal	Income	Expend	Transfer	End Bal
(Fixed Assets)					
The Big Lottery Fund	10,173				10,173
South Tyneside Council Capital Fund	14,040				14,040
National Lottery Capital Fund	13,442				13,442
Northern Rock Foundation Capital	15,000				15,000
Total Fixed Asset Funds	52,655	-	-	-	52,655
(Revenue)					
Ballinger Trust	-	10,000	8,975		1,025
South Tyneside Council Outreach	5,871	5,000	1,606		9,265
South Tyneside Council - Welcoming Space	-	470	110		360
The National Lottery - Carers Project	13,639	30,654	31,520		12,773
RISE North East	610		610		-
The National Lottery Community Fund - Youth Group	-	9,475	2,717		6,758
Garfield Weston - Volunteer Project	98	10,000	3,504		6,594
The National Lottery Community Fund - Sewing Project (New)	3,346	8,939	4,498		7,787
WHIST - Luncheon Club	1,180		1,180		-
WHIST - Foodfair Project	-	10,789	10,678		111
Northumbria Police PCC	-	15,200	15,200		-
Community Foundation - Info, Advice & Guidance	8,996		8,996		-
Community Foundation - Conversation Class	2,074		2,074		-
Community Foundation - Womens Fund		2,500	2,500		-
Community Foundation - New Literacy Class		3,803	432		3,371
Community Foundation - IT Class		4,800	900		3,900
Sir James Knott Trust	2,984		2,984		-
Inspire - Warm Space	4,730		494		4,236
Inspire - Fitness Class		624	323		301
South Tyneside Coucil - Community Area Forum Grant (CAF)	-	1,000	1,000		-
					-
Total Revenue Restricted Funds	43,528	113,254	100,301	-	56,481
Total Fixed Asset & Revenue Restricted Funds	**96,183**	**113,254**	**100,301**	**-**	**109,136**

6 Fixed Assets

	Freehold Land and Buildings	Fixtures & Fittings 15%	Total
Cost			
As at 1 April 2023	130,953	10,808	141,761
Additions			
Disposals			
As at 31 March 2024	130,953	10,808	141,761
Depreciation			
As at 1 April 2023		7,343	7,343
Charge for the year		520	520
Disposals			
As at 31 March 2024		7,863	7,863
Net Book Value at 31 March 2024	**130,953**	**2,945**	**133,898**
.			
Net Book Value at 31 March 2023	130,953	3,465	134,418

Apna Ghar

Registered Charity No. 1013583

Trustees' Report
and
Financial Statement
for the year ended
31 March 2024

Apna Ghar

Name:	**Apna Ghar**
Charity no:	1013583
Structure:	Unincorporated association governed by a constitution.
Trustees:	Saira Malik Amina Hyder Kishwar Haque Joanna Lajmi Elaine Crompton Asia Uddin Laila Abdullah Trustees are elected by the membership at each Annual General Meeting.
Address:	124-126 Ocean Road South Shields NE33 2JF
Bankers:	Lloyds Bank
Independent Examiner:	Mark Thompson MAAT VODA Spirit of North Tyneside Wing 2nd Floor, Wallsend Customer First Centre 16 The Forum Wallsend NE28 8JR

Independent Examiners Report

Report to the trustees of **Apna Ghar**

On accounts for the year ended **31 March 2024** **Charity no 1090870**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.
It is my responsibility to

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

Basis of independent examiner's statement

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 accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **21st June 2024**

Name: Mark Thompson MAAT

Address:
VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Apna Ghar

Review of activities and performance 2023-24

We are very proud to report another year where the minority ethnic women of South Tyneside have benefited greatly from the services provided by Apna Ghar. This is very much reflected in the confidence they have gained and development of their personal and social skills.

Activities

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Further details of the charity's activities are contained in the charity's annual report which is available from the charity's principal address or from the Charity Commission website

Risks, reserves and investments

The Trustees aim to maintain free reserves in unrestricted funds at a level equivalent to six months expenditure. This level would allow the charity to continue its activities for a reasonable period in the event of a sudden curtailment of funding. This would allow enough time for the charity to either obtain new funding sources or restructure its activities

Trustees' responsibilities in relation to the financial statements

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities.

Signed: ……Chair, on behalf of the Trustees, date: 14.8.24

Statement of Financial Activities
for the year ended 31 March 2024

Receipts		Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
Grants	2	6,061	113,254	119,315	92,366
Generated Funds				-	2,656
Other Income				-	-
Bank interest				-	-
Total Receipts		**6,061**	**113,254**	**119,315**	**95,022**
Payments					
Salaries			64,383	64,383	62,867
Other Charitable Activities			35,438	35,438	40,713
Governance			480	480	450
Other Resources Expended		606		606	
Total Payments		**606**	**100,301**	**100,907**	**104,030**
Surplus / deficit for the year		5,455	12,953	18,408	(9,008)
Transfer between Funds				**-**	**-**
Funds at 1 April 2023		**166,822**	**96,183**	**263,005**	**272,013**
Funds at 31 March 2024		**172,277**	**109,136**	**281,413**	**263,005**

Apna Ghar
Balance Sheet
31 March 2024

	notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	6	133,898		134,418	
Current assets					
Debtor					
Cash at bank and in hand		147,515		128,587	
		147,515		128,587	
Creditors: amounts falling due within one year					
Net current assets			**147,515**		**128,587**
Total assets less current liabilities			281,413		263,005
Creditors: amounts falling due after one year					
Net Assets at 31 March 2024			**281,413**		**263,005**
Represented By:					
Restricted Funds (Fixed Assets)			52,655		52,655
Restricted Funds (Current Assets)			56,481		43,528
Total Restricted Funds			**109,136**		**96,183**
Unrestricted Funds (Fixed Assets)			81,243		81,763
Unrestricted Funds (Current Assets)			91,034		85,059
Total Unrestricted Funds			**172,277**		**166,822**
			281,413		**263,005**

The financial statements were approved by the following members of the Management Committee:

Signed…… Position…CHAIR……..

Signed…… Position…TREASURER…..

Date 14.8.2024

Apna Ghar
Notes to the accounts, 2024

1. **Accounting Policies**

a The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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

Apna Ghar 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(s).

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d Freehold property is stated at value, depreciation only listed when applicable.
Fixtures & Fittings are depreciated at 15% reducing balance.

2. **Grants receivable**

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South Tyneside Council - Household support	2,250
University of Sunderland	1,600
Angelou Centre	86
Amazon	25
Agenda Alliance	100
Total Unrestricted Funding	**6,061**
Restricted Funds	
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The National Lottery Community Fund - Sewing Project (New)	8,939
The National Lottery Community Fund - Youth Group	9,475
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Community Foundation - Womens Fund	2,500
Community Foundation - New Literacy Class	3,803
Community Foundation - IT Class	4,800
Northumbria Police PCC	15,200
Ballinger Trust	10,000
WHIST - Foodfair Project	10,789
Inspire - Fitness Class	624
Total Restricted Funding	**113,254**

3. **Trustees, staff and related party transactions**

The organisation employed 13 members of staff during the period of the accounts. No payments were made to trustees' towards salary costs for the year £64383

4. **Costs of financial services**

During the year £480 was paid for the independent examination of the accounts. No other amounts were paid for financial services.

5. Restricted Funds

Analysis of Restricted Funds:

	Open Bal	Income	Expend	Transfer	End Bal
(Fixed Assets)					
The Big Lottery Fund	10,173				10,173
South Tyneside Council Capital Fund	14,040				14,040
National Lottery Capital Fund	13,442				13,442
Northern Rock Foundation Capital	15,000				15,000
Total Fixed Asset Funds	52,655	-	-	-	52,655
(Revenue)					
Ballinger Trust	-	10,000	8,975		1,025
South Tyneside Council Outreach	5,871	5,000	1,606		9,265
South Tyneside Council - Welcoming Space	-	470	110		360
The National Lottery - Carers Project	13,639	30,654	31,520		12,773
RISE North East	610		610		-
The National Lottery Community Fund - Youth Group	-	9,475	2,717		6,758
Garfield Weston - Volunteer Project	98	10,000	3,504		6,594
The National Lottery Community Fund - Sewing Project (New)	3,346	8,939	4,498		7,787
WHIST - Luncheon Club	1,180		1,180		-
WHIST - Foodfair Project	-	10,789	10,678		111
Northumbria Police PCC	-	15,200	15,200		-
Community Foundation - Info, Advice & Guidance	8,996		8,996		-
Community Foundation - Conversation Class	2,074		2,074		-
Community Foundation - Womens Fund		2,500	2,500		-
Community Foundation - New Literacy Class		3,803	432		3,371
Community Foundation - IT Class		4,800	900		3,900
Sir James Knott Trust	2,984		2,984		-
Inspire - Warm Space	4,730		494		4,236
Inspire - Fitness Class		624	323		301
South Tyneside Coucil - Community Area Forum Grant (CAF)	-	1,000	1,000		-
					-
Total Revenue Restricted Funds	43,528	113,254	100,301	-	56,481
Total Fixed Asset & Revenue Restricted Funds	**96,183**	**113,254**	**100,301**	**-**	**109,136**

6 Fixed Assets

	Freehold Land and Buildings	Fixtures & Fittings 15%	Total
Cost			
As at 1 April 2023	130,953	10,808	141,761
Additions			
Disposals			
As at 31 March 2024	130,953	10,808	141,761
Depreciation			
As at 1 April 2023		7,343	7,343
Charge for the year		520	520
Disposals			
As at 31 March 2024		7,863	7,863
Net Book Value at 31 March 2024	**130,953**	**2,945**	**133,898**
.			
Net Book Value at 31 March 2023	130,953	3,465	134,418

APNA GHAR

England & Wales - Charity number 1013583

Accounts

APNA GHAR
ANNUAL REPORT
2022/2023

MANAGEMENT BOARD MEMBERS

Saira Malik
CHAIR

Asia Rahman
VICE CHAIR

Amina Hyder
TREASURER

Joanna Lajmi
DEPUTY TREASURER

Elaine Crompton
SECRETARY

Ayesha Saud
MEMBER

Shobha Srivastava MBE
MEMBER

Parveen Begum
MEMBER

Kishwar Haque
MEMBER

APNA GHAR TEAM

Nasrin Begum
CENTRE CO-ORDINATOR

Resmina
FUNDING/PERSONNEL MANAGER

Rajwant
DOMESTIC ABUSE OFFICER

Aysha
FOOD FAIR LEAD

Farida
FAMILY & DOMESTIC SUPPORT WORKER

Drupy
VOLUNTEER CO-ORDINATOR

Shelina
FINANCE SUPPORT WORKER

Menara
COMMUNITY SUPPORT WORKER

Razna
COMMUNITY SUPPORT WORKER

Akhi
COMMUNITY SUPPORT WORKER

VOLUNTEERS

Shahanaz

Rita

Murshida

Amie

Tida

Jannath

Babita

SAIRA MALIK
CHAIR

Dear Friends

One of the joys of preparing the annual report is that it gives us the opportunity to look back and reflect on what has been accomplished. 2022-23 has been another successful and inspiring year for Apna Ghar, with projects and courses which have positively contributed to the lives of all women in our community. As the incoming Chairperson 2022, it has been an honour to be part of an organisation that is a visionary and prides itself on empowering and supporting females of all ages to achieve their aspirations and goals for over 35years.

This year has been filled with opportunity and challenges as we continue to navigate ourselves through the post covid pandemic: an experience that many of us relive and remain affected by but also serves as a reminder of how crucial our organisation has been in providing support and enablement to many community members when they have needed a safe space or opportunity to up-skill to rebuild and restart their lives.

The past year has been extremely busy with our ongoing educational classes of ESOL, IT, sewing, cookery and Carers, all with the aim of enabling our service users to integrate into society and empower them with new skills and confidence. Our domestic violence support project has been a life saving initiative offering support to the most vulnerable community members and a project that we value and respect immensely. Our warm space initiative proved popular as a safe environment for service users impacted by the cost-of-living crisis and socioeconomic pressures which enabled us to build further links with our community. Of course, all of this has possible because of the generosity and opportunity provided by our funders new and old, supporting us to provide these critical skills and functions.

Apna Ghar has been fortunate to expand our workforce with the appointment of our centre manager for staff and funding management and the ongoing recruitment of volunteers which has proved popular. Testimony to the presence of Apna Ghar in our community and the beacon of hope and help that our service users see us to be for them.

This year has also seen us develop collaboration links with other community anchor organisations throughout our town and has led to our first joint funding with WHiST appoint our food lead in order to spread the message of how nutrition plays a key part in the health and well-being of our service users.

Our First Ladies engagement event in July was an opportunity to reach into our community and speak to existing, new, and potential members. It was a huge success with over 120 attendees and in response to the overwhelming feedback and support of our children and young persons, we have successfully set up our first youth girls group which has proven popular. We wish to build on the success of this initial community outreach with more engagement and events due to be planned; inspiring, building confidence, listening, and empowering and implementing.

I would like to take this opportunity to thank our Funders **The National Lottery, Northumbria Police Commissioner, Community Foundation, South Tyneside Council, Sir James Knott Trust, Newcastle Building Society, Ballinger Trust, WHiST, RISE (North East)** amongst others whom without we would not be able to provide so many services and educational opportunities that has been life transforming for many young people and women in our community. I would also like to thank the Board Members for their ongoing active participation and support and most importantly a massive thank you to our staff and volunteers for their limitless support, contribution and commitment which has been the driving force of our centre.

In the words of Maya Angelou **"Each time a woman stands up for herself, she stands up for all women"**.

Apna Ghar **is a charity run by and for Minority Ethnic Women living in South Tyneside.**

We provide a wide range of opportunities that aims to develop confidence and empower women to recognise their full potential whilst allowing them to maintain their cultural identity.

Our main goals are:

- Enhancing awareness of the range of opportunities and services provided by Apna Ghar
- Increasing the number of users who use the Services
- Creating and building good connections with different organisations, groups, and people in the community.
- Providing different types of skill-based and non-skill-based training options.
- Valuing and appreciating the different cultures

Our objectives are:

- To provide outreach and link workers support to the community
- To actively promote the services of Apna Ghar to the community of South Tyneside
- To provide a culturally supportive and safe meeting place
- To make the services more accessible to the senior citizen members of the community

Mission

By providing a wide range of opportunities Apna Ghar aims to develop confidence and empower women to recognise their full potential, whilst allowing them to maintain their cultural identity.

Vision

Apna Ghar's vision is to remain a leading supplier of services for Minority Ethnic Women.

We aim to enhance the services that we provide by continually deepening our understanding of what our members needs are.

We have a commitment to our funders, clients, members and the community in which we operate.

Values

Apna Ghar wants you to know how they work and what a difference it makes to the women of the community in which it serves

NASRIN BEGUM

Centre Co-Ordinator

The past year has been a challenging and busy year for Apna Ghar as our Centre is now in full operation and we continue to serve the Women from the BME communities post Covid.

The demand for our services has increased as we strive to help those in need. With the cost-of-living crisis we have seen an increase in service users accessing support for Universal credit, health related benefits and Housing in our Information, advice, and Guidance sessions.

Our ESOL classes run on a weekly basis and with the increase in demand for basic English classes we were able to secure funding to run a basic literacy class. This opened opportunities for our ladies to learn English to build their confidence and help them integrate into the wider local community.

Health and general wellbeing are important to us, and we are focused on educating the women to live healthier lifestyles. We continue to run our fitness class which is quite popular. The Luncheon Club offers our ladies to try different healthy cuisines and encourages the women to implement healthy eating within their own homes.

We have registered with the South Tyneside Council Programme as a Community Warm Space Hub, which is open to women from the local communities three times a week. It is run by staff and volunteers who provide soup, tea and coffee to users who enjoy the warm space and a chat. It gives them an opportunity to find out and access our services and other organisations on a range of issues.

We are proud to report on our Volunteer project and Carers Project. We have been able to recruit, support and train up volunteers, and help establish placements internally at Apna Ghar. Also, over the 2 years of our Carers Project 30 women have signed up for the Carers course run by Training in Care. Many have completed their level 1 and 2 in Diploma in Care. Some have found employment within Care sector which is a big achievement. Our Carers course level 1 continues with 12 new ladies attending.

Sewing classes continue to be well attended with an oversubscribed waiting list. the sessions have helped the women to learn a new skill and boost their confidence.

Being fortunate to have been able to secure funding with the PCC, we continue with our Domestic Abuse Project which gives those in need the right level of help and support.

We are happy to report that we were able to support the Local Authority to distribute Household Support vouchers to 100 eligible families from the BME communities affected by the cost-of-Living crisis.

Funding for staffing costs continues to be a challenge due to many short- term funded projects coming to an end. We remain hopeful that we will continue to train up new volunteers who will support our services.

In addition, with the demand of our services we will continue to apply for further funding from Trusts and Charities to help continue our important work.

I would like to thank staff, volunteer, and management board members for their continued hard work and support.

VOLUNTEER PROJECT

Drupy Senanayake - Volunteer Co-ordinator

FUNDED BY SIR JAMES KNOTTS

what a year it has been. Through the ups and down of the last year, I am so pleased with the work our volunteers have achieved. Together they have worked towards reaching a common goal for the Centre through both independent and teamwork volunteering to benefit our small, but mighty, community in South Shields. Not only have I seen the benefits around us but I can see it within themselves and the positive effect it has had on their wellbeing and mental health. Together they have emerged stronger, with new skills and a passion for helping our community.

My greatest achievement as Volunteer Co-Ordinator has been to see the volunteers achieve what they set out to do and get into employment and further education.

Impact On The Volunteers

There has been a great overall improvement in confidence in our women which has helped develop integration within the wider society. Access to relevant training such as IT, English courses, First-Aid training has helped develop skills for volunteering in areas that would have not been possible before. Now they are able to put those skills into practice. The social benefits area clear to see with volunteers creating their own support network between themselves. The engagement of our women in the volunteer project increased over the year as we now have a total of 31 volunteers. We hope this will only continue to increase

Plans For Next Year

1) Training - to ensure the training the women receive is empowering them to become good decision makers, learn good teamwork and leadership values and social skills. This will be a continuation of the training completed by Bea from Inspire.

2) Focus on enhancing IT Skills through workshops and volunteering placements.

3) Improving English language skills, reading, writing and speaking to help increase confidence when volunteering and independence.

4) Challenge volunteers with placements out of their comfort zone to learn new skills and indentify areas of work and experience that may interest them. This would give them ann opportunity to "Be Their Own Boss" and create a path to discover their own entrepreneurial skills.

OUR WOMEN'S WORDS!

" I feel better when I help out or speak to someone at the centre"

"I feel I have got my life back"

"Less depressed when I am busy at the Centre"

"I didn't know I will get this support at Apna Ghar"

"Made a friend and now we cook together and share our food"

31	26	19	16	18	2
TOTAL VOLUNTEERS	*IN VOLUNTEERING POSITIONS*	*COMPLETED VOLUNTEER PASSPORTS*	*VOLUNTEERS IN WORK*	*VOLUNTEERS IN FURTHER EDUCATION*	*VOLUNTEERS WHO STARTED THEIR OWN BUSINESS*

COMMUNITY SUPPORT PROJECT

AKHI AZAD
COMMUNITY SUPPORT WORKER

In my role as Community support Worker I help women with Advice, Information and guidance. In the past year we have had more than 50 clients who need support in accessing information around Universal credit, Benefits, Council tax, Child benefits as well as health calling their GP or the hospital for appointments, etc.

They also need support with the job centre or need a new CV. Client said: I got the support for council tax, and it made a difference with my finances and reduced my bills. Another client needed my help to call her son's Special school for information regarding her DWP claim. I am also the Lead worker for the Luncheon club and Fitness sessions.

LUNCHEON CLUB

In the luncheon club we had 45 sessions with more than 212 women over the year and is a very popular club. We get women from diverse backgrounds and once a month have a guest speaker. We have had representatives from the Police, the Community police, Cancer awareness, dental, fire safety officer, etc. The women truly enjoy these sessions and find them interesting and informative.

Feedback from one woman was that "I can meet my friends, make new friends and I feel great after I attend the club." Another client said that she enjoys the diverse food that is made each week. A volunteer who helps at the Luncheon club said "I have improved my skills by volunteering at the kitchen. My confidence has got much better since I joined the luncheon club.
The club has helped women dealing with isolation, loneliness and helps with their wellbeing and confidence.

FITNESS CLUB

Our fitness instructor is Toni from the RISE Project and she had 26 sessions with 17 participants and was very well attended. It has helped the women to improve their physical and mental health.

The RISE Project evaluated the project and had interviews with 2 participants. They got lots of positive feedback from the women. One of the client's who attended the fitness lesson said "her doctor had urged her to be more active and since she began with the fitness her wellbeing has been improved alot.

Make yourself a PRIORITY

TODAY AND EVERYDAY

2022/2023

positive thought
positive life

Resmina Reed
FUNDING
PERSONNEL MANAGER

During the 2022 winter, in response to the cost-of-living crisis, Apna Ghar Women's Centre became involved in the Warm Spaces (now known as Welcoming Places) scheme launched by South Tyneside Council. The aim was to support residents to stay warm whilst avoiding rising heating costs, avoid social isolation and provide support, advice and signposting as needed.

I was the facilitator overseeing this project and I am very happy to say that this scheme has been a great success for Apna Ghar This involved, meeting and greeting our service users, creating a safe space for them, providing something hot to eat, drink and connection with other women. Knowing that you are not the only one struggling financially or mentally is a huge relief for our women and being able to share their concerns and worries about personal issues around poverty and loneliness allowed them to lighten their burdens. Most of our service users spoke about the impact of high energy costs on their daily lives including how they had to make decisions about whether to put the heating on or spend less on food. For the elderly this was an extremely difficult time, so it was something that they saw as a very valuable thing to be able to come to Apna Ghar for warmth and a hot meal.

We have received very positive comments from our service users about Warm Spaces (now Welcoming Places). There is deep feeling of gratitude to have this safe space, somewhere local and near to them where they can keep warm and have something to eat and be able to have support from members of our team, get information, advice and guidance or maybe just a listening ear without any judgements.

We continue to provide a Welcoming Place to our community as we manage the current cost of living crisis and are working closely with the South Tyne Council and other partners

Razna Begum
SUPPORT WORKER

On a day-to-day basis, I support my colleagues at Apna Ghar, My duties could include helping with meal preparations during our Welcoming Places, accessing community facilities, calling the doctors, help finding jobs, or providing general emotional and practical support for our women and their families. The list really is endless from, appointments to filling in forms, from being a shoulder to cry on as well as being there to help them gain the help and support their needs.

I am very dedicated to my job as a Support Worker at Apna Ghar. Organisations understand the importance of being consistent. I try to connect with everyone I meet, like the members, staff, or people using our services. Key focus is always on making supporting a person to lead a successful and a more independent life. I enjoy making a positive difference to someone's life and helping them become more self-sufficiency and have a feeling of achievement and satifisfaction.

Aysha Daya ESOL VOLUNTEER

Since joining Apna Ghar in February, I have had the pleasure of teaching many women from the local community through the ESOL programme for whom English is not a first language. The women I teach have grown up in homes where English is not the main language spoken. Because of this, they come to my classes to learn English. They want to be able to fit in and be a part of the larger society.

I prepare my delivery using props. Usually, we begin the session with a group activity or discussion where we present the work. Then, the ladies work in pairs and practice what they have learned. Lastly, we move on to the performance stage to see how they have improved. We review what we learned in previous sessions to make sure we remember it. I really like teaching these ladies and it makes me happy to see them improve in every lesson.

RAJWANT KAUR

DOMESTIC ABUSE OFFICER

APNA SAHARA PROJECT

We had 17 new referrals in 2022-2023 and supported 45 survivors around domestic abuse, housing, legal support, hate crime, employability and raising awareness.

Apna Sahara Project held accredited group sessions for domestic abuse survivors to attend around employability with FIRST Enterprise. The survivors reflected and focused on themselves and implemented future goals for themselves.

Staff continued to provide 1-1 support with survivors for support around their cases such as debt, housing, or universal credit etc. We provided listening ear services, where we would listen to survivors and let them be heard about their issues and how they are feeling. We have allocated food vouchers, bus travel and food parcels for domestic abuse survivors. We have been providing sanitary products and clothing vouchers for survivors with children

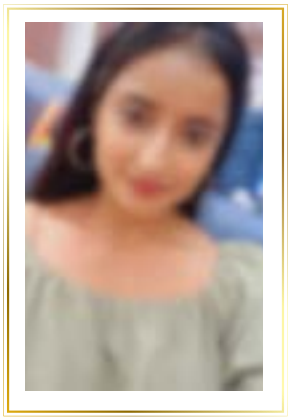
QUOTES

Survivor A - "When I came here, I felt more confident, and I made friends. I feel like its my family when I come here "

Survivor B - "I feel safe talking to you especially, and they helped me a lot in clarifying many things. I am grateful to you"

Survivor C - "I share a good bond with you.. thank you for everything especially for your listening ear "

Survivor A - "I feel good always thinking about Apna Ghar, my family"



CASE STUDY

A survivor was married twice in her life, and both were abusive. The survivor experienced physical, emotional, and sexual violence and psychological and immigration abuse. During the second marriage, the perpetrator asked the survivor to leave the children. This came as a shock as the survivor was made to think that the children from her previous marriage was not an issue. The survivor refused to do this, and this is when then abuse started, physically emotionally and mentally. The abuse resulted in survivor requiring hospital treatment.

The survivor was placed in a women's refuge before being signposted to Apna Ghar. During this time, she was given asylum status as she was a victim of immigration abuse too. The survivor received support by signposting to Newcastle Law Centre (FLOWS) for immigration legal support. The survivor was provided with food and clothes vouchers. The survivor has started volunteering and thinking about her career.

They come to the centre to be more social and confident. They are seeking counselling from WHIST.

FARIDA ANSARI

Family & Domestic Abuse Support Worker

CARERS PROJECT

Currently we are providing different types of classes and courses for Adult carer such as English class, accredited courses, Adult carer level 1 and 2. Following are the accredited courses that took place at Centre:

Adult Carer Level 1 and 2

Our first thirteen ladies have completed Adult Care course and some of them have already found employment, some of them are volunteering at Apna Ghar and other places to gain more experience and knowledge. We help them to complete their placement at Apna Ghar.
A few ladies have completed the Adult Carer level 1 and ready to start level 2. Adult carer level 2 will start from September 2023

English Conversation Class

Last year 12 ladies attended the English conversation classes. They attend the English conversation class to improve their English so they can attend Adult carer course.

Befriending Service

We call our caring for carers on a regular basis to find out how they are doing. Some of them are looking after their loved ones for 24 hours and can't come to the Centre so we called them and find out if they need any help with anything.

Interpreting Service

The service users need an interpreter most of the time during their appointments such as housing, Universal Credit, GP appointments, Council tax, Gas and Electricity etc. We provide interpreting service to them on a regular basis.

Caring for Carers

We have 24 caring for Carers in our list. We help them with everyday needs such as housing, benefits, GP appointments, Council Tax etc. We hold Caring for Carer group sessions once a month because it is difficult for them to come every week. We invite professionals to come and talk about relevant issues and their solutions. We have invited a few professional since last year April 2022 till March 2023 such as South Tyneside housing team, NHS cancer awareness team, Northumbria police, CPU training etc. We also invite them for Luncheon club, Warm Space, Welcoming Place and sometimes to just have a cup of tea and chat.

The ladies were invited to the Nari Shakti event which was a part of the Comic Relief project. The ladies enjoyed the event as there was dance, music, food, henna, calligraphy, a guest speaker etc.

The ladies who are carers hardly get time for themselves but an event like this gives them an opportunity to dress up and look good and meet other ladies. They all said that they enjoyed the event and requested us to host this type of event more in the future.

Michelle, a Community Police Officer visited Apna Ghar to attend Caring for Carers session. Some of the carers have problems with their neighbours so they shared this with Michelle.

Carer's Report

One of our Service Users Caring for Carers said that one midnight she heard a banging noise on her front door. She and her family were very scared. There was a man who was knocking on the door. He knocked a few times. She was so scared that she called the police. When police came, she found out that man had dementia and had escaped from a nearby Care Home.

S.P completed her Adult Carer Level 2 and is looking for a job. She did voluntary work in two organisations to complete her placement. She says a big thank you to The National lottery for giving her the opportunity to complete Adult Carer Level 2 at Apna Ghar because she lives next to Apna Ghar and it was easy for her to balance between her course and her family as she didn't have to travel far. She feels very confident and independent now. She says "She was overjoyed to receive her Adult Carer Level 2 certificate. Lynne and Natalie were very helpful throughout the course. She is very thankful to Apna Ghar for providing everything that she needed for her course such as course book, notes books, stationary etc.

Farida arranged the Certificate ceremony and invited everyone who did the course which helped them to get into the Adult Care Level 1 and those who completed Adult Carer Level 2. We invited all the caring for carers so they can also get motivation. We invited Cath from National lottery but unfortunately, she could not attend. Most of the ladies attended the event and few couldn't because they were at work. Amina handed out the certificate to everyone. Afterwards everyone enjoyed food and each other's company.

This course runs alongside the Adult Care Level 1 & Level 2 courses at Apna Ghar. It is primarily aimed at ladies who wish to take an Adult Care course, but who need to improve their English skills and gain more confidence first. The Conversation classes have been running since July 2021 and many of the students have gone on to complete their Level 1 & Level 2 in Adult Care.

A variety of topics have been covered in the classes, including Health and the Body, Food and Nutrition, Describing People, Daily Routine and Shopping, as well as vocabulary related to Adult Care. The main focus is on building speaking and listening skills, through activities such as discussions and debates, questionnaires and quizzes. Stronger students are encouraged to help those students whose English level is lower, and the aim is to create a relaxed and friendly environment without the stress of written exams. In my opinion, this has really helped some of the ladies overcome their shyness and they feel able to practise speaking English without any pressure.

The English Conversation class is a rolling course and some students have attended for a longer period than others, as they continue to bring their English language up to a level high enough to undertake the Adult Care courses. It is gratifying to see the ladies' confidence and skills improve - learning to speak English and use topical vocabulary will undoubtedly benefit them, if and when they continue their studies and find employment.

Mary Thompson Owen-Smith

Sarah Jolley - Training In Care

ADULT CARE LEVEL 1

The group achieved their Level 1 Preparing to Work in Adult Care, some of this group are looking to progress onto their Level 2 Care in September.

'I have improved from this class. I know about communication and how to look after people. I also learned about the key values and principles in care'

INTRODUCTION TO EARLY YEARS LEVEL 1

This course gave the ladies an insight to early childhood development and to see the advantages of play to support children's development

MENTAL HEALTH LEVEL 1

The group enjoyed learning about different types of mental health conditions and how to improve and look after their own mental health.

'I feel good about my course, I know more information about mental health. I really enjoyed the course as my teacher is very friendly and very nice. She would always help me when I did not understand'

EMPLOYABILITY LEVEL 1

The ladies enjoyed learning about the attitudes an employer would like and learning about mindset

MONEY LEVEL 1

The women had a good time during the class where they learned about handling their money. We discussed different kinds of bank accounts and ways to save money.

'I have learned how to find ways to save money and how to plan and manage my expenses for trips back home.'

VOLUNTEERING LEVEL 1

The ladies learned the benefits to volunteering and how to support different groups that attend Apna Ghar.

'The course help me build confidence and learn all about volunteering'

STRESS LEVEL 1

The ladies learned about different types of stress and how to mange stress in different ways.

PERSONAL & SOCIAL DEVELOPMENT LEVEL 1

The group explored topics such as environmental awareness, teamwork and how to support others. The group had a lot of fun especially the bridge building task.

They also tried new activities within their leisure time including sewing and skipping.

SEWING WITH ANILA

Majority of the students, who started the class this term, were novices but very keen to learn the sewing skills and how to use a sewing machine. Main reasons for them to enrol on the course were

- to be able to make their own clothes and garments.
- be able to do basic mending and understand different types of fabric

All the students started with learning to use sewing machines and discussed which one to buy for their personal use according to their skill level.

Students also learned how to create sewing pattern using an old garment. Creating their own sewing pattern was preferred to enhance students with Maths, English and their writing. It also allows students to save money by not buying pre-printed patterns which can be costly and will support their creative thinking as they will be able to make changes into patterns according to their needs. Students have shown dedication to the learning throughout the course and completed many projects. Following is some photographic evidence of the students work.

Treasurer

The level of income has decreased this year following the ending of the Comic Relief Fund. However we managed to continue our services from a number of sources listed below:

£30654 **THE NATIONAL LOTTERY**
This is the 2nd year with one more year to go for our valuable carers project.

£15200 **NORTHUMBRIA POLICE COMMISSIONER**
Have been beneficial to Apna Ghar and have helped the organisation to expand its services.

£9994 **COMMUNITY FOUNDATION**
For Information, Advice and Guidance sessions, Our most valuable part of our services – Access to support from multi lingual staff.

£5000 **SOUTH TYNESIDE COUNCIL**
A welcome continuous grant for our outreach work to the community.

£5000 **SIR JAMES KNOTT TRUST**
For our Volunteer Leader's post.

£2978 **NEWCASTLE BUILDING SOCIETY**
We have managed to keep the English Conversation class running with this grant through our Community Foundation.

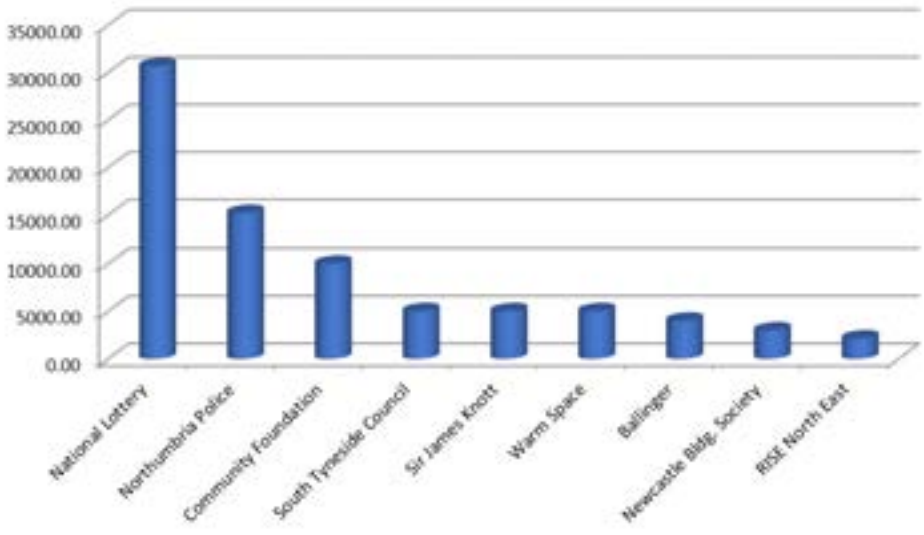
£4000 **BALLINGER TRUST**
Once again a continued support - contribution towards the running cost of Apna Ghar.

£4372 **WOMEN'S HEALTH IN SOUTH TYNESIDE (WHiST)**
Partnership grant for our Luncheon Club.

£2132 **RISE - NORTH EAST**
For our Fitness classes.

£5000 **SOUTH TYNESIDE LOCAL AUTHORITY**
We are thankful to the local authority for this grant that has gone towards Warm Space at Apna Ghar to serve the community.

Finally I thank our funders, Management Committee members, Joanna and Nasrin for supporting me in my role as Treasurer.



COMMUNITY FUND

KIM MCGUINNESS NORTHUMBRIA POLICE & CRIME COMMISSIONER

Community Foundation

South Tyneside Council

James Knott Trust

Newcastle Building Society

BALLINGER CHARITABLE TRUST

WHiST WOMEN'S HEALTH IN SOUTH TYNESIDE

RISE.

Training in Care

Garfield Weston FOUNDATION

APNA GHAR MINORITY ETHNIC WOMEN'S CENTRE

124 - 126 Ocean Road
South Shields
Tyne & Wear
NE33 2JF

Tel: (0191) 456 4153
(0191) 456 4147

Email: ag@apnagharwomenscentre.com
Website: www.apnagharwomenscentre.com

APNA GHAR

Registered Charity No. 1013583

Apna Ghar
Registered Charity No. 1013583

Trustees' Report
and
Financial Statement
for the year ended
31 March 2023

Apna Ghar

Name:	**Apna Ghar**
Charity no:	1013583
Structure:	Unincorporated association governed by a constitution.
Trustees:	Saira Malik Shobha Srivastava Amina Hyder Kishwar Haque Joanna Lajmi Elaine Crompton Asia Uddin Parveen Begum Ayesha Saud Trustees are elected by the membership at each Annual General Meeting.
Address:	124-126 Ocean Road South Shields NE33 2JF
Bankers:	Lloyds Bank
Independent Examiner:	Mark Thompson MAAT VODA Spirit of North Tyneside Wing 2nd Floor, Wallsend Customer First Centre 16 The Forum Wallsend NE28 8JR

Apna Ghar

Review of activities and performance 2022-23

The minority ethnic women of South Tyneside have benefited immensely from the services provided by Apna Ghar which is reflected in the confidence they have gained and development of their personal and social skills. This is a great achievement

Activities

Ongoing ESOL accredited courses delivered by South Tyneside College tutors.

English conversation classes running alongside the level 1 and level 2 Adult Care courses held at Apna Ghar

Basic Literacy Course: These sessions are delivered to the women who were identified as having none to very basic knowledge of the English language. The sessions were to help these women build up their English skills, especially developing their spoken skills. This would then prepare them to move onto pre-entry/entry level 1 ESOL classes.

Women's luncheon club. This class is being run in partnership with WHIST. Weekly session to engage and meet other women, socialise, learn how to cook healthy meals, budget meals and health awareness sessions delivered by professionals

Fitness classes: Popular class, targeted at women of all abilities.

Caring for Carers: Group sessions to help support women who are caring for family members at home

Volunteer Project: We successfully started our long-awaited volunteer project and recruited volunteers. 10 volunteers have been trained at the centre and later gained employment from this experience.

Carers Project: Women signed up for the Carers course run by Training in Care. Many have completed their level 1 and 2 in Diploma in Care. Some have found employment within Care sector which is a big achievement. Our Carers course level 1 continues with more new ladies attending to complete the modules and move onto level 2.

Domestic Abuse Support Sessions: Supporting domestic abuse survivors through one-to-one sessions, group sessions, signposting to our various classes and a holistic approach using our multi-lingual staff who understand the cultures of the victims

Sewing Classes: Women learn a new skill and practice their spoken English.
Information Advice and Guidance session: Community links are central to Apna Ghar's identity which is supported by our multi-lingual team of support workers. The main work is interpreting, translating, and signposting to various agencies.

Warm Space: We registered with the South Tyneside Council Programme as a Community Warm Space Hub, which is open to women from the local communities three times a week. It is run by our staff and volunteers who provide soup, tea and coffee to users who come to enjoy the warm space and a chat. It gives them an opportunity to find out and access our services and other organisations on range of issues. Professionals are also invited to speak to the ladies on issues around mental health, energy bills support and etc.

Household Support Fund Vouchers- We were involved in distributing Household support vouchers to 100 families as part of the Local Authorities Household Support Fund Project which supported eligible families with food and energy bill costs due to the cost-of-living crisis

Further details of the charity's activities are contained in the charity's annual report which is available from the charity's principal address or from the Charity Commission website

Risks, reserves and investments
The Trustees aim to maintain free reserves in unrestricted funds at a level equivalent to six months expenditure. This level would allow the charity to continue its activities for a reasonable period in the event of a sudden curtailment of funding. This would allow enough time for the charity to either obtain new funding sources or restructure its activities

Trustees' responsibilities in relation to the financial statements
Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities.

Signed: .....Chair, on behalf of the Trustees, date: 21.5.23

Independent Examiners Report

Report to the trustees of **Apna Ghar**

On accounts for the year ended **31 March 2023** **Charity no 1090870**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

Basis of independent examiner's statement

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 accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **05 July 2023**

Name: Mark Thompson MAAT

Address: VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Apna Ghar
Balance Sheet
31 March 2023

	notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	6	134,418		135,030	
Current assets					
Debtor					
Cash at bank and in hand		128,587		136,983	
		128,587		136,983	
Creditors: amounts falling due within one year					
Net current assets			**128,587**		**136,983**
Total assets less current liabilities			263,005		272,013
Creditors: amounts falling due after one year					
Net Assets at 31 March 2023			**263,005**		**272,013**
Represented By:					
Restricted Funds (Fixed Assets)			52,655		52,655
Restricted Funds (Current Assets)			43,528		68,438
Total Restricted Funds			**96,183**		**121,093**
Unrestricted Funds (Fixed Assets)			81,763		82,375
Unrestricted Funds (Current Assets)			85,059		68,545
Total Unrestricted Funds			**166,822**		**150,920**
			263,005		**272,013**

The financial statements were approved by the following members of the Management Committee:

Signed..... Position..... CHAIR .....

Signed..... Position..... Treasurer .....

Date 21.8.23

Statement of Financial Activities
for the year ended 31 March 2023

Receipts		Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
Grants	2	2250	90116	92366	160972
Generated Funds		2656		2656	112
Other Income				0	0
Bank interest				0	0
Total Receipts		**4906**	**90116**	**95022**	**161084**
Payments					
Salaries			62867	62867	53355
Other Charitable Activities		941	39772	40713	73447
Governance			450	450	450
Other Resources Expended					0
Total Payments		**941**	**103089**	**104030**	**127252**
Surplus / deficit for the year		3965	-12973	-9008	33832
Transfer between Funds		**11937**	**-11937**	**0**	**0**
Funds at 1 April 2022		**150920**	**121093**	**272013**	**238181**
Funds at 31 March 2023		**166822**	**96183**	**263005**	**272013**

Apna Ghar
Notes to the accounts, 2023

1. Accounting Policies

a The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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

Apna Ghar 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(s).

b Grants received are accounted for on a received basis and credited to income.

c Voluntary income is received by way of donations and gifts and is included in full in the Receipts and Payments Account when received.

d Freehold property is stated at value, depreciation only listed when applicable.
Fixtures & Fittings are depreciated at 15% reducing balance.

2. Grants receivable

Unrestricted	
South Tyneside Council - Household support	2250
Total Unrestricted Funding	**2250**
Restricted Funds	
South Tyneside Council Outreach	5000
The National Lottery - Carers Project	30654
RISE North East	2132
Community Foundation - Info, Advice & Guidance	9994
Community Foundation - Conversation Class	2978
Sir James Knott Trust	5000
Northumbria Police PCC	15200
Ballinger Trust	4000
WHIST - Luncheon Club	4372
Comic Relief Fund	5786
Inspire - Warm Space	5000
Total Restricted Funding	**90116**

3. Trustees, staff and related party transactions

The organisation employed 13 members of staff during the period of the accounts. No payments were made to trustees' towards salary costs for the year £62867

4. Costs of financial services

During the year £450 was paid for the independent examination of the accounts. No other amounts were paid for financial services.

5. Restricted Funds

Analysis of Restricted Funds:

	Open Bal	Income	Expend	Transfer	End Bal
(Fixed Assets)					
The Big Lottery Fund	10173				10173
South Tyneside Council Capital Fund	14040				14040
National Lottery Capital Fund	13442				13442
Northern Rock Foundation Capital	15000				15000
Total Fixed Asset Funds	52655	0	0	0	52655
(Revenue)					
Coalfield Regeneration Trust	877		877		0
Comic Relief Fund	38880	5786	32729	11937	0
Ballinger Trust	0	4000	4000		0
South Tyneside Council Outreach	1865	5000	994		5871
The National Lottery - Carers Project	7649	30654	24664		13639
RISE North East	1056	2132	2578		610
Community Foundation S&T Grassroot Fund	1000		1000		0
Garfield Weston	10000		9902		98
TNL Community Fund - Sewing Project (New)	7542		4196		3346
WHIST - Luncheon Club	-431	4372	2761		1180
Northumbria Police PCC	0	15200	15200		0
Community Foundation - Info, Advice & Guidance	0	9994	998		8996
Community Foundation - Conversation Class	0	2978	904		2074
St James Knott Trust	0	5000	2016		2984
Inspire - Warm Space	0	5000	270		4730
Total Revenue Restricted Funds	68438	90116	103089	11937	43528
Total Fixed Asset & Revenue Restricted Funds	**121093**	**90116**	**103089**	**11937**	**96183**

6 Fixed Assets

	Freehold Land and Buildings	Fixtures & Fittings 15%	Total
Cost			
As at 1 April 2022	130953	10808	141761
Additions			
Disposals			
As at 31 March 2023	130953	10808	141761
Depreciation			
As at 1 April 2022		6731	6731
Charge for the year		612	612
Disposals			
As at 31 March 2022		7343	7343
Net Book Value at 31 March 2023	**130953**	**3465**	**134418**
Net Book Value at 31 March 2022	130953	4077	135030

Apna Ghar
Registered Charity No. 1013583

Trustees' Report
and
Financial Statement
for the year ended
31 March 2023

Apna Ghar

Name:	**Apna Ghar**
Charity no:	1013583
Structure:	Unincorporated association governed by a constitution.
Trustees:	Saira Malik Shobha Srivastava Amina Hyder Kishwar Haque Joanna Lajmi Elaine Crompton Asia Uddin Parveen Begum Ayesha Saud Trustees are elected by the membership at each Annual General Meeting.
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Bankers:	Lloyds Bank
Independent Examiner:	Mark Thompson MAAT VODA Spirit of North Tyneside Wing 2nd Floor, Wallsend Customer First Centre 16 The Forum Wallsend NE28 8JR

Apna Ghar

Review of activities and performance 2022-23

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Activities

Ongoing ESOL accredited courses delivered by South Tyneside College tutors.

English conversation classes running alongside the level 1 and level 2 Adult Care courses held at Apna Ghar

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Women's luncheon club. This class is being run in partnership with WHIST. Weekly session to engage and meet other women, socialise, learn how to cook healthy meals, budget meals and health awareness sessions delivered by professionals

Fitness classes: Popular class, targeted at women of all abilities.

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Sewing Classes: Women learn a new skill and practice their spoken English.
Information Advice and Guidance session: Community links are central to Apna Ghar's identity which is supported by our multi-lingual team of support workers. The main work is interpreting, translating, and signposting to various agencies.

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The Trustees aim to maintain free reserves in unrestricted funds at a level equivalent to six months expenditure. This level would allow the charity to continue its activities for a reasonable period in the event of a sudden curtailment of funding. This would allow enough time for the charity to either obtain new funding sources or restructure its activities

Trustees' responsibilities in relation to the financial statements
Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities.

Signed: .....Chair, on behalf of the Trustees, date: 21.5.23

Independent Examiners Report

Report to the trustees of **Apna Ghar**

On accounts for the year ended **31 March 2023** **Charity no 1090870**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

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

Basis of independent examiner's statement

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Independent examiner's statement

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1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **05 July 2023**

Name: Mark Thompson MAAT

Address: VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Apna Ghar
Balance Sheet
31 March 2023

	notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	6	134,418		135,030	
Current assets					
Debtor					
Cash at bank and in hand		128,587		136,983	
		128,587		136,983	
Creditors: amounts falling due within one year					
Net current assets			**128,587**		**136,983**
Total assets less current liabilities			263,005		272,013
Creditors: amounts falling due after one year					
Net Assets at 31 March 2023			**263,005**		**272,013**
Represented By:					
Restricted Funds (Fixed Assets)			52,655		52,655
Restricted Funds (Current Assets)			43,528		68,438
Total Restricted Funds			**96,183**		**121,093**
Unrestricted Funds (Fixed Assets)			81,763		82,375
Unrestricted Funds (Current Assets)			85,059		68,545
Total Unrestricted Funds			**166,822**		**150,920**
			263,005		**272,013**

The financial statements were approved by the following members of the Management Committee:

Signed..... Position..... CHAIR .....

Signed..... Position..... Treasurer .....

Date 21.8.23

Statement of Financial Activities
for the year ended 31 March 2023

Receipts		Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
Grants	2	2250	90116	92366	160972
Generated Funds		2656		2656	112
Other Income				0	0
Bank interest				0	0
Total Receipts		**4906**	**90116**	**95022**	**161084**
Payments					
Salaries			62867	62867	53355
Other Charitable Activities		941	39772	40713	73447
Governance			450	450	450
Other Resources Expended					0
Total Payments		**941**	**103089**	**104030**	**127252**
Surplus / deficit for the year		3965	-12973	-9008	33832
Transfer between Funds		**11937**	**-11937**	**0**	**0**
Funds at 1 April 2022		**150920**	**121093**	**272013**	**238181**
Funds at 31 March 2023		**166822**	**96183**	**263005**	**272013**

Apna Ghar
Notes to the accounts, 2023

1. Accounting Policies

a The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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

Apna Ghar 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(s).

b Grants received are accounted for on a received basis and credited to income.

c Voluntary income is received by way of donations and gifts and is included in full in the Receipts and Payments Account when received.

d Freehold property is stated at value, depreciation only listed when applicable.
Fixtures & Fittings are depreciated at 15% reducing balance.

2. Grants receivable

Unrestricted	
South Tyneside Council - Household support	2250
Total Unrestricted Funding	**2250**
Restricted Funds	
South Tyneside Council Outreach	5000
The National Lottery - Carers Project	30654
RISE North East	2132
Community Foundation - Info, Advice & Guidance	9994
Community Foundation - Conversation Class	2978
Sir James Knott Trust	5000
Northumbria Police PCC	15200
Ballinger Trust	4000
WHIST - Luncheon Club	4372
Comic Relief Fund	5786
Inspire - Warm Space	5000
Total Restricted Funding	**90116**

3. Trustees, staff and related party transactions

The organisation employed 13 members of staff during the period of the accounts. No payments were made to trustees' towards salary costs for the year £62867

4. Costs of financial services

During the year £450 was paid for the independent examination of the accounts. No other amounts were paid for financial services.

5. Restricted Funds

Analysis of Restricted Funds:

	Open Bal	Income	Expend	Transfer	End Bal
(Fixed Assets)					
The Big Lottery Fund	10173				10173
South Tyneside Council Capital Fund	14040				14040
National Lottery Capital Fund	13442				13442
Northern Rock Foundation Capital	15000				15000
Total Fixed Asset Funds	52655	0	0	0	52655
(Revenue)					
Coalfield Regeneration Trust	877		877		0
Comic Relief Fund	38880	5786	32729	11937	0
Ballinger Trust	0	4000	4000		0
South Tyneside Council Outreach	1865	5000	994		5871
The National Lottery - Carers Project	7649	30654	24664		13639
RISE North East	1056	2132	2578		610
Community Foundation S&T Grassroot Fund	1000		1000		0
Garfield Weston	10000		9902		98
TNL Community Fund - Sewing Project (New)	7542		4196		3346
WHIST - Luncheon Club	-431	4372	2761		1180
Northumbria Police PCC	0	15200	15200		0
Community Foundation - Info, Advice & Guidance	0	9994	998		8996
Community Foundation - Conversation Class	0	2978	904		2074
St James Knott Trust	0	5000	2016		2984
Inspire - Warm Space	0	5000	270		4730
Total Revenue Restricted Funds	68438	90116	103089	11937	43528
Total Fixed Asset & Revenue Restricted Funds	**121093**	**90116**	**103089**	**11937**	**96183**

6 Fixed Assets

	Freehold Land and Buildings	Fixtures & Fittings 15%	Total
Cost			
As at 1 April 2022	130953	10808	141761
Additions			
Disposals			
As at 31 March 2023	130953	10808	141761
Depreciation			
As at 1 April 2022		6731	6731
Charge for the year		612	612
Disposals			
As at 31 March 2022		7343	7343
Net Book Value at 31 March 2023	**130953**	**3465**	**134418**
Net Book Value at 31 March 2022	130953	4077	135030

APNA GHAR

England & Wales - Charity number 1013583

Accounts

ANNUAL REPORT 2021/2022

Apna Ghar

2021/2022

AWARENESS THROUGH ART

Page 7

CARING FOR CARERS

Page 4-5

Dr Otilia Popescu MD

The CHAIR Reports

MANAGEMENT BOARD Members

Otilia Popescu - Chair
Saira Malik - Deputy Chair
Amina Hyder - Treasurer
Surajah Hunter - Deputy Treasurer
Elaine Crompton - Secretary
Kishwar Haque - Member
Asia Rahman - Member
Shobha Srivastava MBE - Member

The Apna Ghar Centre team

Susan Stevenson - Projects Coordinator
Nasrin Begum - Finance and Family Support
Shellina Begum - Finance/ Community Support/ Domestic Abuse
Farida Ansari - Community Support/Domestic Abuse
Akhi Azad - Community Support
Rajwant Kaur - Domestic Abuse Officer
Naiema Ali - Admin Assistant
Drupy Senanayake - Volunteer Lead
Huda Alnajjar - Community Support

It has been an honour to have been elected Chair of Apna Ghar Minority Ethnic Women's Centre in 2021 – 2022. As we emerged from the Covid pandemic, we face the challenges of a world where there is more domestic violence and mental health problems, more poverty, and more child abuse, but also a wish to come together, to meet with friends and family and to live as normal. We have seen this reflected in the activities that the Centre managed to provide throughout the past financial year. Thanks to our funders we continued to offer support to women from ethnic minorities living in South Tyneside. Our Domestic Abuse project continued and thanks to funding from Comic Relief we became involved in a partnership project aimed at promoting health and wellbeing, as well as awareness of Domestic Abuse for BAME women across the borough. We started our Carers' project, which is currently ongoing, and we hope to offer training and work opportunities to women who may be already carers for family members and now can access further education and work opportunities. We also set up a support group to care for women who are unpaid carers, caring for loved ones with physical or mental health problems at home. Our Luncheon Club continued, improved and became an opportunity for women from different backgrounds to meet and share their love of food and good cooking, as well as to improve their language skills. Our health promotion activities continued through education sessions as well as our fitness programme. We invited health professionals into our Luncheon Club and carers' sessions, and encouraged women to eat healthier alternatives through our Luncheon Club. Our Sewing Class proved popular once more, with women learning a new skill, as well as having the opportunity to practice their spoken English and numeracy. ESOL classes are always in demand across the borough and we are pleased to have held three classes per week, as well as a conversation class for those aspiring to enrol onto our Carers' courses. I would like to thank the staff who go above and beyond doing their duty, always with a smile on their faces, to the Coordinator who keeps the team together and ensures that all activities are on track, to our volunteers, and to the Board members who supported me throughout. And, last but not least, a huge 'Thank you' to our funders: Comic Relief, The National Lottery, Police Crime Commissioner's fund, Community Foundations of Tyne and Wear and Northumberland and Durham, South Tyneside Council, Ballinger Trust, Garfield and Weston Fund, Lloyds Foundation, Coalfields Regeneration and Rise North East, and many others who appreciate the work we do. Their support is paramount, and we could not help the minority women of South Tyneside without their help.

Dr Otilia Popescu MD

It is our MISSION

Apna Ghar is a Minority Ethnic Women's Centre, based in the heart of South Shields.
By providing a wide range of opportunities the charity aims to develop confidence and empower women to recognise their full potential whilst allowing them to maintain their cultural identity.

Our strategic aims include:

- Enhancing awareness of the range of opportunities and services provided by Apna Ghar
- Extending the number of users who utilise the services provided by Apna Ghar
- Promoting and developing effective links with the community between a wide range of organisations, groups and individuals
- Offering a range of vocational and non-vocational training opportunities
- Respecting and valuing the diversity of cultures

& our **objectives** are:

- To provide outreach and link workers support to the community
- To actively promote the services of Apna Ghar to the community of South Tyneside
- To provide a culturally supportive and safe meeting place
- To make the services more accessible to the senior citizen members of the community

The project coordinator reports...

Susan Stevenson, Projects Coordinator

The past year has been a busy year, one which has been dominated with reconnecting in person with organisations who are able to support the work Apna Ghar delivers to the BAME women of South Tyneside. Building and retaining relationships with all the agencies and funders is an absolute must for a charity, not least of which now, when funding is tight and demand for our services in the centre increases.
The coming year is set to be one of worry and heartache for many as the cost-of-living crisis really hits home. We, as a charity, will strive to do our best to help those in need, be that as a listening ear, a warm place to retreat, or to signpost to those able to give financial or mental health support.
It has been a joy to see our service users feeling more confident about coming out of their homes after the pandemic. The many classes, courses, focus groups and events have helped build that confidence and for that we thank our funders, the management team and the hardworking team of staff and volunteers for their time and flexibility to support local families.

Sharing our VISION

Apna Ghar was established more than 35 years ago with a vision as strong today as it was all those years ago. As the only Minority Ethnic Women's Centre in South Tyneside ...

Apna Ghar's vision is to remain a leading supplier of services for **Minority Ethnic Women**. It has the aim to enhance the services provided by continually reviewing and understanding the needs of its members.

Apna Ghar has a commitment to **funders, clients, members and the community** in which it serves. In the following pages, we look at some of the ways Apna Ghar has been transforming words into actions over the past year.

Apna Ghar wants you to know how they work and what a difference it makes to the women of the community in which it serves.

Caring for Carers

living better lives

One of the focusses of the Asha Ki Kiran (Ray of Hope) project is to 'Care for our Carers'. Support Worker Farida Ansari says: "Many women are caring for children or adults with disabilities or special needs within their home." Farida explains that many of these women are unaware of the help and support available to them.

Apna Ghar started the support sessions by inviting Jacqui Kaid, Strategic Carers Liaison Officer, who delivered information to a group of six women, who are carers for family members. Jacqui delivered the contents of the Carers Handbook to the service users.

Farida Ansari explains: One of our carers was very astonished to know that there is help but she struggled so much with her first child. Her elder son has learning difficulties and she struggled so much with him as she was new to this country and didn't know that she can get help. She is very pleased that she attends Carer sessions gaining knowledge about different kinds of help and benefits".

Building English skills with Mary

English Conversation Tutor Mary Thompson Owen-Smith reports on student's progress:

The English Conversation class started in July 2021 and runs alongside the Level 1 and Level 2 Adult Care courses held at Apna Ghar. Students who are interested in joining these courses, but who need a little help with their English, can build up their language skills in a safe, confidential and hopefully fun environment. The aim is for the students to progress onto the Level 1 and Level 2 courses, or to develop their English while already studying Adult Care, if they and the teachers feel extra tuition is needed.

TUTOR: Mary Thompson Owen-Smith

The first group of students had classes until March 2022. Some of the ladies were allowed to join the group simply to improve their English, while the others went on to enrol on the latest Level 2 Adult Care course. In the current group, all are either already on a Care course or intending to join one in a few months, so the goals are much clearer this time.

The students' English levels range from complete beginner to pre - intermediate. The focus is on improving speaking skills and exploring topics like health, medicine, food and diet, fitness, etc., as well as practising general grammar, making questions and explaining vocabulary. Students with a higher level of English are happy to help those with a lower level, and recently a volunteer has joined the class – she herself has just completed the Level 2 course and is about to start work as a carer, so her input has been invaluable.

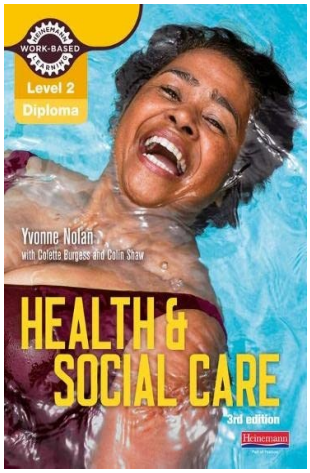
RELAXING BODY AND MIND WITH YOGA

Four blocks of 6 week Yoga sessions were held in the centre to help relieve stress, calm the mind and strengthen the muscles.

Yoga tutor, Patricia Uttridge delivered the sessions in Apna Ghar to groups of women who were keen to learn about the benefits of yoga.

One of our service users said: "My doctor advised me to get some exercise, I attended Apna Ghars Yoga class and it has helped me quite alot. I have also met other lovely ladies who are in the same boat as me."

One of the service users enjoys the benefits of Yoga in Apna Ghar



On track

All thirteen students, who have been studying the 17 module Adult Care Diploma Level Two, have been described as being 'on track' by tutor Lynne Sparkes.

"Level 2 Group tutor Lynne said, "Each and every one of the learners have stayed on programme throughout, a few have actually already completed and moved onto supporting others in the group to finish. They have all completed skills days to put their knowledge of what they have learned in the classroom, into practice. We are really proud of how far they have all come and are excited to see what they can do in the future."

> "A FEW HAVE ACTUALLY ALREADY COMPLETED AND MOVED ONTO SUPPORTING OTHERS IN THE GROUP TO FINISH"

Level one carers achieve success

EXAM SUCCESS: All ten students (above) studying for their level one Adult and Child Carers certificate were happy to receive their certificates in July 2021.

Tutor, Natalie New (above right) said: "The group were all so proud of themselves, but also of each other as they realised that they could achieve a lot. They were all really keen to move onto higher levels and look into gaining employment in the care sector."

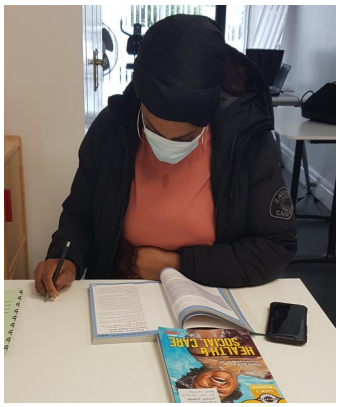
Receiving her certificates, Fatema Irin said: "I feel very proud. I am excited and very happy."

As well as receiving their level one certificates, the students also received awareness certificates for Dementia and Mental Health**.** Fatema Irin said she found the course very interesting. "I learnt about Dementia and Mental Health. I learnt so many new things during level one," says Fatema. Both Lynne and Natalie gave us lots of information about Adult Carers.

Homework club for Carer students

Apna Ghar responded to the Carer students needing time and space to devote to completing their homework by setting up a 'Homework Club'.

Students studying for their level one and level two certificates said that having the time at home to complete homework was very challenging. Apna Ghar formed a homework club for the students. One of the students, Rita Hossain said the homework session was very helpful. "Natalie [New] was very helpful and she helped everyone with their homework." Rita explains that as a single mother she finds it very hard in the morning to do everything



by herself and often misses her breakfast. She said, "I am very thankful to Apna Ghar for the lunch that they provided to everyone. Without food it wouldn't be easy to stay all day. She enjoyed having lunch with everyone and share the bonding.

Fatema Irin said homework sessions was a great idea. In the beginning when she did her homework at home, she used to struggle a lot as there was no one at her house to help her, but when they started attending the homework session she was very happy as she could finish her homework the same day. Fatema also said that Natalie was very helpful and supportive.

Projects Coordinator, Susan Stevenson said: "A big thank you to the Training in Care staff who adapted the sessions for the students and ensured that Natalie New was on hand to help the women complete their homework."

Flu Jabs

As well as promoting the Covid 19 boosters, Apna Ghar again hosted flu clinics in the centre ensuring more than 70 women got their annual flu jabs. Service users were keen to come to the centre for their jabs. One service user said, “I prefer having my flu jab at Apna Ghar as I know I will get help with language straight from the time I enter the door. All staff are very helpful.”

Medical School Partnership

Over the past year, Apna Ghar has partnered with Sunderland University to give placement opportunities to a group of year two medical school students. One of the students, Syeda Haque, who had a placement in the centre said:
“Thank you for your time and allowing me to shadow your team at Apna Ghar. It was incredibly insightful to be part of that. The community event you held for the Womens Together Partnership was greatly appreciated. I cannot tell you enough how much I learnt from everyone there.”
Eight students had placements in the centre and learned about the local community and spent time getting to know about the services available. This helped give the students an understanding of how much service provision takes place outside of primary and secondary care and the differing populations they may meet as future doctors.

Women Thrive with Luncheon

Lunch was back on the menu thanks to a partnership with WHiST and their Women's Thrive Project.
Since Apna Ghar was formed by its founder, Vimla Storey, more than 34 years ago, the luncheon club has been a place for women to meet, make friends, eat together and share stories.
Volunteer Lead Drupy Senanayake says: “We have ladies from many different countries coming together cooking their own cuisine and sharing recipes and this has made all the difference as we learn to eat and learn about the different cultures from around the world.”
Drupy explains:
“It is a place where a single mum or a lonely elderly lady who eats alone at home can come together once a week to have a different meal.”
A few words that have described this club “I feel fulfilled and happy when I come and eat and talk to the ladies,” and “I miss the food when it's not on”.
For more information on the Luncheon Club, speak to a member of the Apna Ghar team.

A group of ‘unpaid carers’ share lunch together in Apna Ghar

“I FEEL I HAVE A FAMILY TO EAT WITH WHEN I COME HERE”

Ladies Rise to get into fitness

Thanks to the Rise Together Fund Apna Ghar Service Users have been able to take part in fitness classes, targeted towards women of all abilities. Circuit training, seated exercise, whatever the ability, it’s catered for. Toni Elwin delivers the course. Toni says: “The objective of the class is not only to increase fitness, but to do it in a fun and accessible way, this has been aided by the wonderful new equipment of resistance bands and exercise bikes.” Many of the service users have told Toni that the class has encouraged them to continue exercising outside of the classes, many have done so by walking to the centre and performing the exercises at home. “I have intentionally made the class attainable to encourage this continuation at home,” adds Toni.
If you’d like to take part, speak to a member of the Apna Ghar team.

This popular class is sew good

Thanks to The National Lottery Community Fund, Apna Ghar were able to restart the Sewing Class this year.

Sewing Tutor Anila Maqbool said: "The majority of the students, who started the class this term, were novice but very keen to learn the sewing skills and how to use a sewing machine. Mainly the reason for them to enrol on the course was for them to be able to make their own clothes/garments, be able to do basic mending and understand different types of fabric.

All students started with learning to use the sewing machines and discussed which one to buy for their personal use according to their skill level. Students also learned how to create a sewing pattern using an old garment. Creating their own sewing pattern was preferred in order to enhance students' Maths and English skills. This will also allow students to save money by not buying pre-printed patterns and will support their creative thinking as they will be able to make changes to their patterns according to their needs.

Students have shown dedication to the learning throughout the course and completed many projects. Some of the students also discussed how can they use the newly learned sewing skills to create self-employment opportunities."

NEW SKILLS: Student's are learning skills to make their own garments and discussed how they can create self-employment opportunities.

"THANK YOU APNA GHAR FOR HELPING ME FIND MY PASSION [FOR SEWING]"

ESOL (English for Speakers of other languages) classes have been held in Apna Ghar by South Tyneside College over this year. Leyla AlSayadi has been delivering the course.

Leyla says: "The course overall was very successful with five learners passing speaking and listening NOCN exams with a minimum of 'satisfactory achievement'.

This result has been internally and externally verified. The learners were actively engaged in lessons and the positive group dynamic contributed to the progress made by each individual.

If learners can demonstrate commitment, I believe that next year holds even more opportunities for them as we change to the nationally recognised Trinity Exam board."

ACHIEVING POTENTIAL

Apna Ghar has hosted a wide variety of classes and sessions to help build women's confidence and guide them either into work, or into education over the last financial year.

Projects Coordinator Susan Stevenson says: "Working alongside agencies such as Northern Rights and Training in Care, women have been able to access a wide and varied range of classes and information sessions to help them."

CV writing and application forms have featured highly on service users 'need to know' list. Northern Rights held an information session in the centre, giving women the opportunity to register with them for future help when applying for work. One of Apna Ghar's service users, Rita Hossain says:

"I did my Adult Carers Level 2 course at Apna Ghar. This course was very interesting and useful. I need to do 150 hours placement to get my Certificate. Training in Care was very helpful and gave me all the information where and how to apply for the placement. Natalie who works for Training and care helped me to get a placement at Age Concern and I'm thankful to her. I am very thankful to Apna Ghar for giving me the opportunity to attend Adult Cares Level 2 which was funded by National lottery. A big thank you to National lottery too".

Partnership working for IT Classes

Working in Partnership with local charity Bliss=Ability, IT sessions were delivered to service users in Apna Ghar.
Some of the women are pictured receiving their IT Participation Certificates. IT tutor, Doreen Hudson says: "They have worked hard and made excellent progress most of them having no previous knowledge of IT. Some of them will be continuing their learning as this was a first step for them. They have gained confidence in themselves and have taken great pride in their work and achievements. BLISS=Ability wishes them the very best in all their future ventures. Well done ladies."

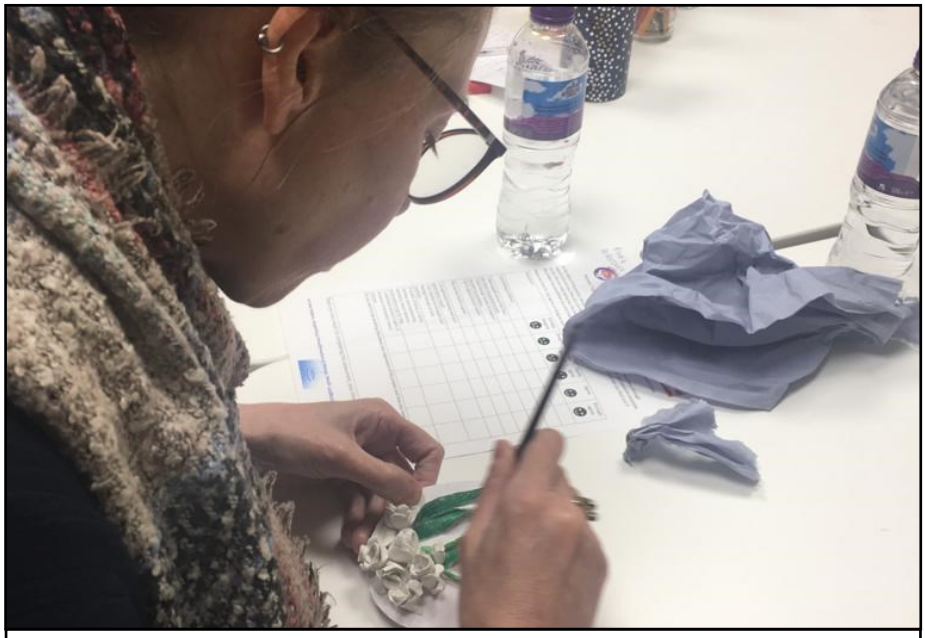
A group of students receive their IT

A lifeline for our service users

Family Support Worker Nasrin Begum reports on the delivery of the Information, Advice and Guidance (IAG) service:
"Our engagements with our service users continue to increase and we are happy to report that over the year we have supported 127 clients. The main areas that we offer support have been accessing GP appointments online, education, translating letters/documents, immigration, benefit claims, social housing, council tax and Universal Credit. Referrals come from Jobcentre Plus with the majority accessing our English classes to develop their language skills, which will help them to access jobs in the future. IAG is a lifeline for some of our service users. Many would struggle to engage due to language barriers and low self-esteem and confidence, thus would not receive the help and support they require to get on with their daily lives.
"I am proud to be of service to improve the lives of these women. I would also like to add that Apna Ghar are grateful for the funding received from Coalfields Regeneration Trust this year, who have supported us to continue this invaluable work for our service users and the BAME communities."

A SERVICE USER SAYS:

"I lost my husband a couple of years ago, and it is through Apna Ghar that I have started to gain my happiness again. The support I received over the years have built my self-esteem and confidence. I attend English class and have improved my English language skills."



ART THERAPY: Apna Ghar staff have been raising awareness of Domestic Abuse through art sessions

Support groups helping the survivors of Domestic Abuse

Currently, we have 52 clients in our database, 30 clients seek help each month through 1:1, domestic abuse group sessions, and are encouraged to attend classes and courses. Over the last year, the Apna Sahara project has received 15 new Domestic Abuse referrals from external and internal agencies. The Apna Sahara project has provided information and guidance to external agencies working with youths around DA and signposted them to appropriate youth agencies. We have given support around BAME and cultural abuse and supported external professional around this issue and support.

Apna Ghar has worked in partnership with Sangini through the Women Together Partnership to raise awareness around domestic abuse and the importance of art and creative therapy in promoting positive mental health and healing from trauma related abuse. A service user who attended the sessions stated, she wanted to speak to someone about domestic abuse but was unsure and uncomfortable until this space was given to them to explore their feelings around domestic abuse.

Domestic Abuse Lead Raj Kaur says:

"We have had a busy and tempestuous year with the Apna Sahara project. It has seen many changes as we came to the end to our PCC funding for the project in October 2021. However, we have worked hard to maintain the support we had for our DA survivors by providing 1-1 Domestic Abuse emotional support, signposting to relevant agencies such as WHiST, Options, CREST, Impact, Changing Lives. Through the partnership work with Sangini, we have provided Domestic Abuse survivors with art therapy related support, which has a positive impact on the women. I am pleased to say that we have now secured additional three year funding from Northumbria Police and Crime Commission to continue to deliver this project."

A survivor's story - a story of hope

Domestic Abuse worker Farida Ansari shares a survivor's story:
Client A has been married for 12 years and she didn't realise that she had been a Domestic Abuse victim for so many years. When she married, like any other girl, she had lots of hopes and dreams with the marriage. Her husband is a very controlling and orthodox. He tried to control her in every aspect of her life. She realised he was not the right person from the beginning but she wanted to give a chance to her marriage with the hope that he might change one day.
Client A is going through depression and seeking medical help for it. She always wonders where to seek help for her problem because she knew the life that she has been living is not a normal life. One day she attended one of the Domestic abuse awareness sessions at Apna Ghar and learned about Domestic abuse and its types and also where to seek help. She was very happy that she attended the session and got all the information. Now she shares her problem with the Apna Ghar Domestic Abuse team and decided to move out of the abusive relationship. She is very thankful to Apna Ghar and Comic Relief who have given hope to her and many other women within the BAME culture who are suffering in silence.

The **treasurer** reports

Apna Ghar's Treasurer, Amina Hyder gives us a rundown of the charity's finances for the year. Amina says:

Once again Apna Ghar is able to celebrate its success in providing services to the community through the continued support of our funders. I list below grants received from a number of sources:

£80177 from Comic Relief Fund working in partnership has been our major funder and helped us to maintain good control over expenditures throughout.

£38196 from the National Lottery Community Fund for our long-awaited carers project and a sewing class.

£10000 from Coalfields Regeneration Trust for our valuable Information Advice & Guidance sessions. £10000 from Garfield Weston received in March'21 will be carried over to the next financial year as part funding for our much-needed Domestic Abuse project.

£7628 from Northumbria Police and Crime Commission for our Domestic Abuse project

which is going from strength to strength. A welcome continuous award of

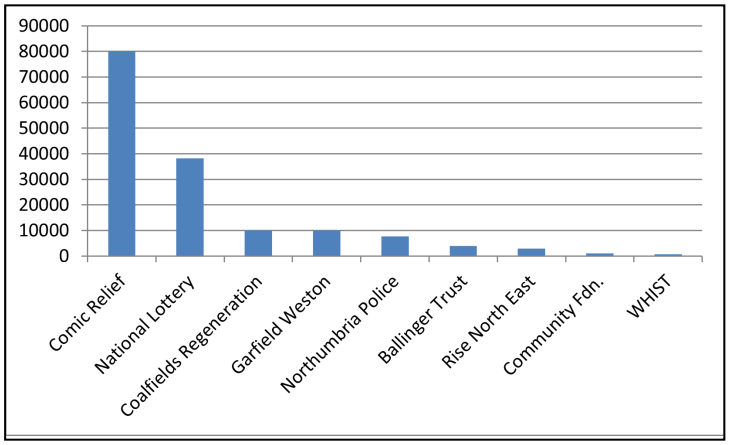
£5000 from the South Tyneside Council to support our outreach work to the community.

£4000 Ballinger Trust has been very supportive over the years and granted us £4000.00 annually a contribution towards our running costs.

Few smaller grants were received -

- RISE North East for Fitness classes,
- Community Foundation
- S&T Grassroot Fund for refurbishment and
- Women Health in ST for luncheon club

In conclusion I have to say the year ahead will be full of challenges as obtaining funding will be difficult but with the help of our dedicated staff, volunteers and Management Committee we will continue to thrive. I would like to give our thanks to all our funders without their support our work would not be possible. Thanks, are also due to Nasrin our Finance Officer for looking after our financial affairs.

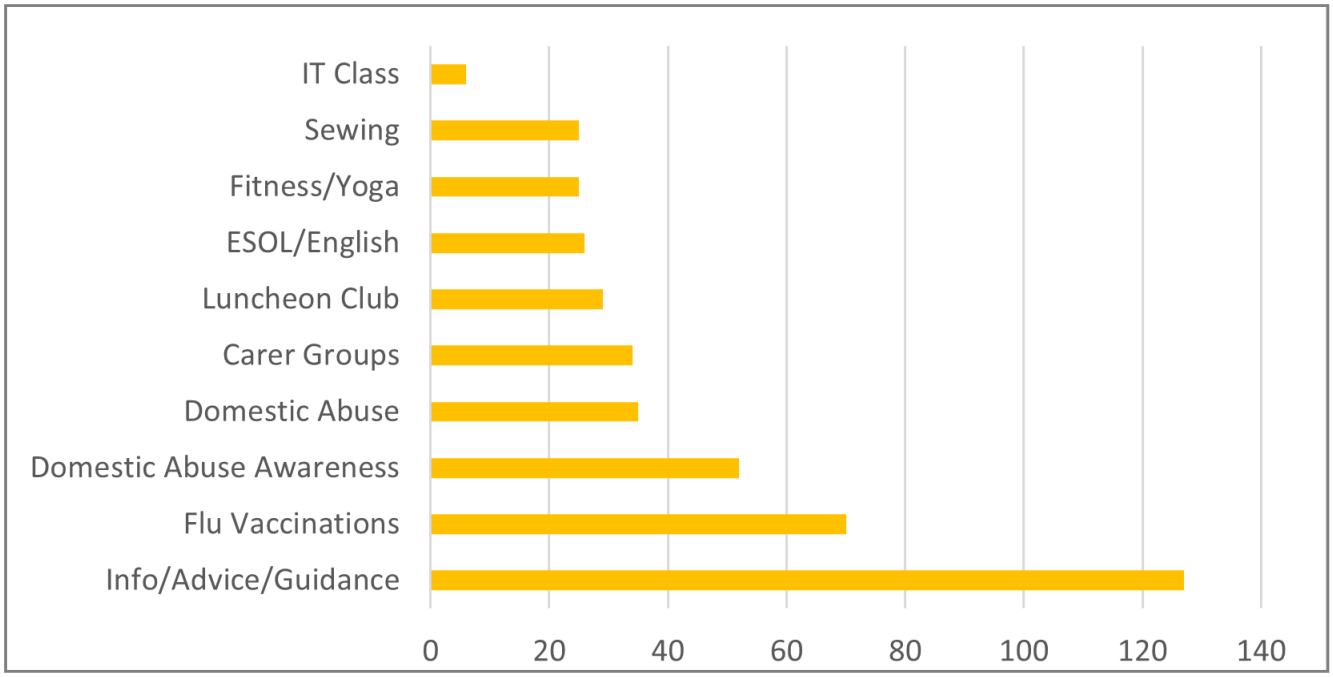


What else?

As well as all of the funders listed, we also extend our thanks to many organisations for their support and guidance throughout the year, which is greatly appreciated by Apna Ghar.

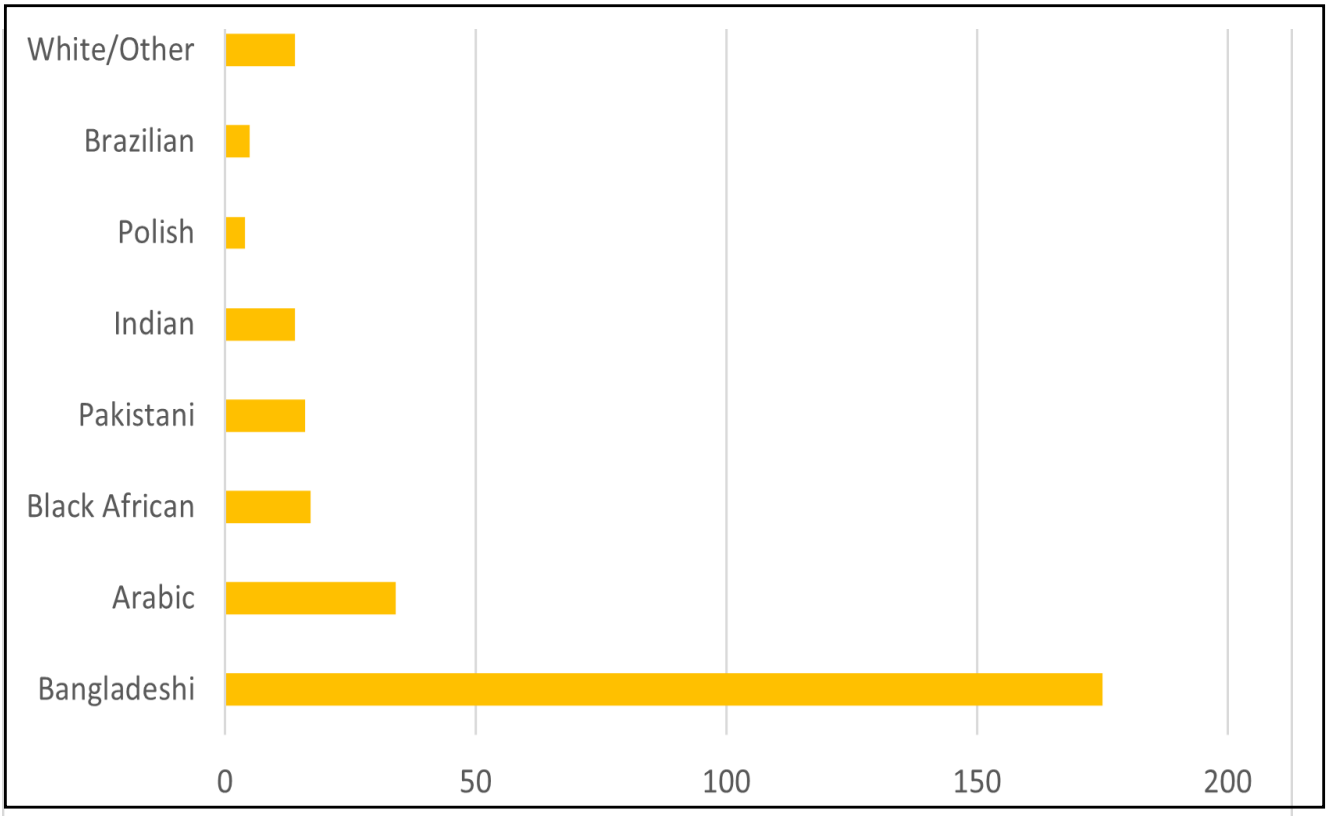
Our projects - 2021/22

Here is a summary of service users' attendance at our classes and activities for the year...



Ethnicity of members - 2021/22

Here is a summary of service users' ethnicity ...



Acknowledgements

Apna Ghar Minority Ethnic Women's Centre would like to thank all who have supported them during the 2021/22 financial year, including the following funders:

COMMUNITY FUND

Community Foundation

Garfield Weston

the coalfields regeneration trust

COMIC RELIEF

BALLINGER CHARITABLE TRUST

South Tyneside Council

RINGTONS A FAMILY BUSINESS SINCE 1907

LLOYDS BANK FOUNDATION England & Wales

RISE.

KIM MCGUINNESS NORTHUMBRIA POLICE & CRIME COMMISSIONER

Apna Ghar Minority Ethnic Women's Centre

124 - 126 Ocean Road
South Shields
Tyne & Wear
NE33 2JF

Tel: (0191) 456 4153
(0191) 456 4147

Email: ag@apnagharwomenscentre.com
Website: www.apnagharwomenscentre.com

APNA GHAR

Registered Charity No.

Apna Ghar
Registered Charity No. 1013583

Trustees' Report and Financial Statement for the year ended 31 March 2022

Apna Ghar

Name:	**Apna Ghar**
Charity no:	1013583
Structure:	Unincorporated association governed by a constitution.
Trustees:	Otilia-Ana-Maria Popescu Shobha Srivastava Saira Malik Amina Hyder Kishwar Haque Surajah Hunter Elaine Crompton Asia Uddin Drupathy Chernelle Senanayake Trustees are elected by the membership at each Annual General Meeting.
Address:	124-126 Ocean Road South Shields NE33 2JF
Bankers:	Lloyds Bank
Independent Examiner:	Mark Thompson MAAT VODA Spirit of North Tyneside Wing 2nd Floor, Wallsend Customer First Centre 16 The Forum Wallsend NE28 8JR

Apna Ghar

Review of activities and performance 2021-22

All of our courses, sessions and activities aim to increase women's confidence and self-esteem, with the target of leading more independent lives and to feel empowered to reach their full potential, whilst allowing them to maintain their cultural identity.
INFORMATION, ADVICE AND GUIDANCE SESSIONS: Daily sessions are held in the centre. Subjects most often covered are Universal Credit, Education issues, Housing, translation of letters and documents and immigration.
SEWING CLASSES: Women learn a new skills and practice their spoken English and use numeracy skills .
ESOL: Accredited course with weekly sessions delivered by South Tyneside College tutors
ESOL: Two weekly Accredited courses delivered by CECOS
ENGLISH CONVERSATION: Weekly English Conversation running alongside the Level 1 and Level 2 Adult Care courses held at Apna Ghar. Students who are interested in joining these courses, but who need a little help with their English, can build up their language skills
WOMEN'S LUNCHEON CLUB: This class is being run in Partnership with WHiST. Weekly session to socialise, learn how to cook healthier, budget meals and health related sessions to educate.
HEALTH: Apna Ghar again hosted two Flu Vaccination clinics and has promoted the Covid 19 jab. Health professionals invited to centre monthly to advise and educate towards healthier lifestyles
FITNESS CLASSES: Popular class, targeted at women of all abilities. Circuit training, seated exercise, whatever the ability, it's catered for.
YOGA: Weekly sessions focussing on health and mental wellbeing in a safe and secure environment.
SEATED YOGA: Sessions held for those unable to do mat work, focussing on the above.
LEVEL ONE CHILD AND ADULT CARE: Accredited course running throughout the academic year, delivered by Training in Care. The foundation to Level 2. Awareness sessions included and employability modules too.
LEVEL TWO ADULT CARE DIPLOMA: A 17 module course aimed towards getting women into work, building confidence and tackling the shortage of BAME carers in South Tyneside.
DOMESTIC ABUSE AWARENESS: Raising awareness of what Domestic Abuse is, through Art Therapy and meaningful conversations.
DOMESTIC ABUSE SUPPORT SESSIONS: Supporting domestic abuse survivors through one-to-one sessions, group sessions, signposting to our various classes and a holistic approach using our multi-lingual staff who have understanding of the cultures of the victims.
CARING FOR CARERS: Group sessions to help support women who are caring for loved one's at home. Weekly/monthly sessions from professionals who are able to guide and signpost.
IT SESSIONS: Classes held to deliver basic IT sessions – accredited course
PLACEMENTS: We have this year accepted 7 university students on placement in Apna Ghar, supporting their studies in Health and Social Care.

HOSPITALITY & HOPE: Staff have supported the charity to deliver food parcels to BAME during school holidays.

VOLUNTEERS: Re-recruitment of volunteers started with three new volunteers joining the Team.

Risks, reserves and investments

The Trustees aim to maintain free reserves in unrestricted funds at a level equivalent to six months expenditure. This level would allow the charity to continue its activities for a reasonable period in the event of a sudden curtailment of funding. This would allow enough time for the charity to either obtain new funding sources or restructure its activities

Trustees' responsibilities in relation to the financial statements

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities.

Signed: ..... Chair, on behalf of the Trustees, date: 8/9/22

Independent Examiners Report

Report to the trustees of **Apna Ghar**

On accounts for the year ended **31 March 2022** **Charity no 1090870**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.
It is my responsibility to

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

Basis of independent examiner's statement

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 accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **24 August 2022**

Name: Mark Thompson MAAT
Address: VODA
Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR

Statement of Financial Activities
for the year ended 31 March 2022

Receipts		Unrestricted Funds 2022	Restricted Funds 2022	Total Funds 2022	Total Funds 2021
Grants	2	1359	159613	160972	105055
Generated Funds		112		112	3317
Other Income				0	0
Bank interest				0	0
Total Receipts		**1471**	**159613**	**161084**	**108372**
Payments					
Salaries			53355	53355	45856
Other Charitable Activities		1709	71738	73447	40004
Governance			450	450	450
Other Resources Expended					0
Total Payments		**1709**	**125543**	**127252**	**86310**
Surplus / deficit for the year		-239	34070	33832	22062
Transfer between Funds		**13869**	**-13869**	**0**	**0**
Funds at 1 April 2021		**137289**	**100892**	**238181**	**216119**
Funds at 31 March 2022		**150920**	**121093**	**272013**	**238181**

Apna Ghar
Balance Sheet
31 March 2022

	notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	6		135,030		135,749
Current assets					
Debtor					
Cash at bank and in hand		136,983		102,432	
		136,983		102,432	
Creditors: amounts falling due within one year					
Net current assets			**136,983**		**102,432**
Total assets less current liabilities			272,013		238,181
Creditors: amounts falling due after one year					
Net Assets at 31 March 2020			**272,013**		**238,181**
Represented By:					
Restricted Funds (Fixed Assets)			52,655		63,524
Restricted Funds (Current Assets)			68,438		37,368
Total Restricted Funds			**121,093**		**100,892**
Unrestricted Funds (Fixed Assets)			82,375		72,225
Unrestricted Funds (Current Assets)			68,545		65,064
Total Unrestricted Funds			**150,920**		**137,289**
			272,013		**238,181**

The financial statements were approved by the following members of the Management Committee:

Signed ..... Position VICE CHAIR

Signed ..... Position TREASURER

Date 8/9/22

Apna Ghar
Notes to the accounts, 2022

1. **Accounting Policies**

a The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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

Apna Ghar 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(s).

b Grants received are accounted for on a received basis and credited to income.

c Voluntary income is received by way of donations and gifts and is included in full in the Receipts and Payments Account when received.

d Freehold property is stated at value, depreciation only listed when applicable.
Fixtures & Fittings are depreciated at 15% reducing balance.

2. **Grants receivable**

Unrestricted	
Lloyds BME Partnership	1359
Total Unrestricted Funding	**1359**
Restricted Funds	
South Tyneside Council Outreach	5000
The National Lottery Community Fund - Sewing Classes	7542
The National Lottery - Carers Project	30654
RISE North East	2984
Coalfield Regeneration Trust	10000
Northumbria Police PCC	7628
Ballinger Trust	4000
Community Foundation S&T Grassroot Fund	1000
Garfield Weston	10000
WHIST - Luncheon Club	628
Comic Relief Fund	80177
Total Restricted Funding	**159613**

3. **Trustees, staff and related party transactions**

The organisation employed 9 members of staff during the period of the accounts. No payments were made to trustees' towards salary costs for the year £53355

4. **Costs of financial services**

During the year £450 was paid for the independent examination of the accounts. No other amounts were paid for financial services.

5. Restricted Funds

Analysis of Restricted Funds:

	Open Bal	Income	Expend	Transfer	End Bal
(Fixed Assets)					
Awards For All	3408			-3408	0
The Big Lottery Fund	10173				10173
South Tyneside Homes	3200			-3200	0
South Tyneside Council Capital Fund	14040				14040
Early Years Fund	4261			-4261	0
National Lottery Capital Fund	13442				13442
Northern Rock Foundation Capital	15000				15000
Total Fixed Asset Funds	63524	0	0	-10869	52655
(Revenue)					
Coalfield Regeneration Trust	0	10000	9123		877
Comic Relief Fund	0	80177	38297	3000	38880
Ballinger Trust	0	4000	4000		0
High Sheriff Award	648		648		0
South Tyneside Council Outreach	1503	5000	4638		1865
The National Lottery - Carers Project	0	30654	23005		7649
RISE North East	0	2984	1928		1056
Community Foundation S&T Grassroot Fund	177	1000	177		1000
Garfield Weston	847	10000	847		10000
TNL Community Fund - Sewing Project	9103		9103		0
TNL Community Fund - Sewing Project (New)		7542			7542
Lloyds - BME Project	10062		10062		0
Community Foundation - Tampon Tax Community Fund	8523		8523		0
WHIST - Luncheon Club	0	628	1059		-431
Community Foundation - Ringtons Fund	3894		3894		0
Hadrian Trust	1000		1000		0
Lloyds - Covid React Fund	1611		1611		0
Northumbria Police PCC	0	7628	7628		0
Total Revenue Restricted Funds	37368	159613	125543	3000	68438
Total Fixed Asset & Revenue Restricted Funds	**100892**	**159613**	**125543**	**-7869**	**121093**

6 Fixed Assets

	Freehold Land and Buildings	Fixtures & Fittings 15%	Total
Cost			
As at 1 April 2021	130953	10808	141761
Additions			
Disposals			
As at 31 March 2022	130953	10808	141761
Depreciation			
As at 1 April 2021		6012	6012
Charge for the year		719	719
Disposals			
As at 31 March 2022		6731	6731
Net Book Value at 31 March 2022	**130953**	**4077**	**135030**
.			
Net Book Value at 31 March 2021	130953	4796	135749

APNA GHAR

England & Wales - Charity number 1013583

Accounts

ANNUAL REPORT 2020/2021

Apna Ghar

STAFF FIND NEW WAYS TO WORK

Page 4

SUPPORT FROM FUNDERS

Page 4-10

Dr Shobha Srivastava MBE

MANAGEMENT BOARD Members

Shobha Srivastava MBE - Chair
Otilia Popescu - Deputy Chair
Amina Hyder - Treasurer
Surajah Hunter - Deputy Treasurer
Elaine Crompton - Secretary
Drupathy Senayake - Deputy Secretary
Kishwar Haque - Member
Saira Malik - Member
Asia Rahman - Member

The Apna Ghar Centre team

Susan Stevenson - Projects Coordinator
Nasrin Begum - Finance and Family Support
Shellina Begum - Finance/ Community Support/ Domestic Abuse
Farida Ansari - Community Support/Domestic Abuse
Akhi Azad - Community Support
Rajwant Kaur - Domestic Abuse Officer
Naiema Ali - Admin Assistant
Caroline Moralee - Domestic Abuse Officer
Lynda Aboushammala- Domestic Assistant

The CHAIR Reports

"It has been a pleasure and a challenge to have been elected Chair of Apna Ghar Minority Ethnic Women's Centre again in 2020 – 2021.

Before March 2020 we didn't know what was in store for us in the coming year. Many of us had not heard of 'Zoom', 'Teams' and many such terms, but in a months' time if we didn't learn these it would be at our peril. At the start of the Lockdown Apna Ghar suddenly went quiet. We furloughed the few staff we had and forwarded phone calls coming to the centre to one of the senior Trustees.

Very soon realisation dawned on us that our services were required even more than before due to the need of our many clients who did not speak English, hence did not know what was going on. With schools and workplaces having been closed these ladies had to cook and clean for many more family members at home all of the time and therefore could not go out, meet with friends and family. Mental health and well-being and indeed physical health started to suffer and Domestic Violence and Abuse increased manifold. My trustees started to meet at regular intervals via Zoom and decided we needed our staff back and indeed to appoint more staff especially a lead worker for Domestic Violence and Abuse. Thanks to many funders who stepped up to help us so we could appoint a Coordinator, Domestic Violence and Abuse worker and two more staff including a lady from the Arab community so that we could reach out to ladies of this community also. We opened the centre and work started following Government guidelines.

One of our new projects was all about Covid and the stories emerging due to Lockdown. This was called The Sitara Project, we asked ladies and children to write down their experiences during these unusual times.

This culminated in the publication of a book, 'Rising Stars'.

I must thank my Trustees who have been doing their duties while at home. The idea of Covid stories came from one of them, and helped the mental health of many ladies and children. We continue to meet monthly just as we did before March 2020, although these are not face to face.

Staff took the challenge to heart and have been working above and beyond their call of duty. A massive thanks to them. The Domestic Abuse team are doing a sterling job under the leadership of the Lead worker and many ladies have been helped and possibly lives saved. With the easing of Lockdown our English classes, Sewing classes, IT and other classes have resumed according to Government guidelines. I must thank the Coordinator who has kept the team together and ensures all activities are run without a hitch.

Last but certainly not least, a huge huge thank you to our funders The National Lottery, Police Crime Commissioner's fund, Community Foundations of Tyne and Wear and Northumberland and Durham, South Tyneside Council, Ballinger Trust, Garfield and Western Fund, Lloyds Foundation, and many others who appreciate the work we do. We could not have helped so many women without the funds.

Dr Shobha Srivastava MBE

We're on a MISSION

Apna Ghar is a centre run by and for Minority Ethnic Women.
By providing a wide range of opportunities it aims to develop confidence and empower women to recognise their full potential whilst allowing them to maintain their cultural identity.

Our strategic aims include:

- Enhancing awareness of the range of opportunities and services provided by Apna Ghar
- Extending the number of users who utilise the services provided by Apna Ghar
- Promoting and developing effective links with the community between a wide range of organisations, groups and individuals
- Offering a range of vocational and non-vocational training opportunities
- Respecting and valuing the diversity of cultures

& our **objectives** are:

- To provide outreach and link workers support to the community
- To actively promote the services of Apna Ghar to the community of South Tyneside
- To provide a culturally supportive and safe meeting place
- To make the services more accessible to the senior citizen members of the community

Farewell to Apna Ghar's patron

We are sorry to report the death of Apna Ghar's much loved Patron, Shahida Ali who passed away in August 2021.
Shahida came to South Shields in the 60s from Pakistan with her husband who was in the Royal Air Force and who had later fought in the Falklands War.
Shahida had qualified as a social worker and after a successful career in social work practice she retired as a senior lecturer at Sunderland University. She liked gardening, drawing and painting and enjoyed meeting people and socialising. She had a gift for making people feel very special and a way of caring for young and old and bringing different communities together.
She remained active until her very last days.
Shahida leaves behind many mourning fans and friends, two sons and two grandchildren.
Shahida was a past chair of Apna Ghar Board and will be remembered for her contribution towards the rights of Minority ethnic women and highlighting issues of discrimination and domestic abuse within South Shields and the need for services for domestic abuse victims.
She will also be remembered for her assistance proofreading and contributing to Apna Ghar's book, Rising Stars.

Sharing our VISION

Apna Ghar was established more than 34 years ago with a vision as strong today as it was all those years ago.
As the only Minority Ethnic Women's Centre in South Tyneside ...

Apna Ghar's vision is to remain a leading supplier of services for **Minority Ethnic Women**. It has the aim to enhance the services provided by continually reviewing and understanding the needs of its members.

Apna Ghar has a commitment to **funders, clients, members and the community** in which it serves. In the following pages, we look at some of the ways Apna Ghar has been transforming words into actions over the past year.

Apna Ghar wants you to know how they work and what a difference it makes to the women of the community in which it serves.

Ten service users attended a three week Writing Workshop, funded by the National Lottery.

English Teacher Leyla Al-Seyadi hosted the sessions via Zoom. The object of the workshop was to learn how to structure a piece of writing, learn essential writing techniques as well as advanced writing techniques such as alliteration, onomatopoeia, similes, and metaphors. Learners used the techniques to write an extended piece of writing about their experience of 'Life in a Pandemic'.

Leyla said: "Every learner's confidence increased by being able to speak and add intelligent comments in the chat in front of others. Learners were challenged to learn and apply literary techniques, a skill covered by many of their children studying GCSE English."

With breakout rooms and writing exercises, all those attending appreciated the time to concentrate on something to distract them from the second lockdown.

Here are some comments from the students...

"I wanted to improve English language by learning this course"

"My English writing is not good that's why I attended the course and I also want to work as a dinner lady or carer"

Community Foundation steps in during unprecedented times

It was with the greatest relief that funders stepped in to support the work of Apna Ghar, during a very uncertain year for the women's charity.

Projects Coordinator Susan Stevenson explains: "When the pandemic hit, this was at a time when previous funding was coming to an end. The future looked very uncertain, but thanks to a Community Foundation Covid Response grant our work was able to continue, albeit in a very different way."

Community Support Coordinator Nasrin Begum explains: "During the first lockdown we continued our services remotely and identified families who needed support to claim Universal Credit. Many of them were claiming benefits for the first time ever. The reduction of income meant families could not keep up mortgage and rent payments. We supported members with these issues in line with government advice via information on their website and signposted them to relevant agencies for specialist support.

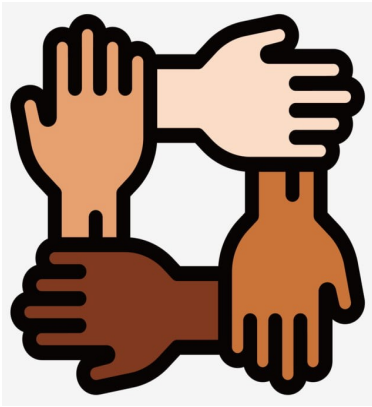
It was sad to see how it was affecting their general well-being and mental health due to these issues. Isolation was causing an increase in anxiety and depression within our elderly service users who already had existing health problems. Single parent families and those living with extended family members were also affected. Regular contact was made to check on the well-being of our vulnerable service users, with GP surgery and NHS111 contacted when needed.

We identified that families were struggling with home learning due to school closures. We offered support by contacting schools and the local education department explaining the issues some of the BAME families were experiencing, such as language and communication barriers with schools and lack of technology equipment for the children to use from home.

Later, feedback received from the families were positive, as a lot of schools were supportive after these problems were reported to them.

These are a few of the many issues identified within the communities and we are very fortunate to have been able to continue our invaluable services to the people who needed it most.

COMMUNITY FOUNDATION COVID SCHEME funding enabled staff to deliver 30 activity packs to families, benefiting 70 children to help relieve boredom during lockdown and distract them from the worry of the pandemic. One recipient of the pack said: "Me and my children were very happy to receive the activity packs that the Apna Ghar staff delivered to our house. My daughter had not been going to shops due to the pandemic so to get things in this pack she was very excited -thank you."



Women Together Partnership

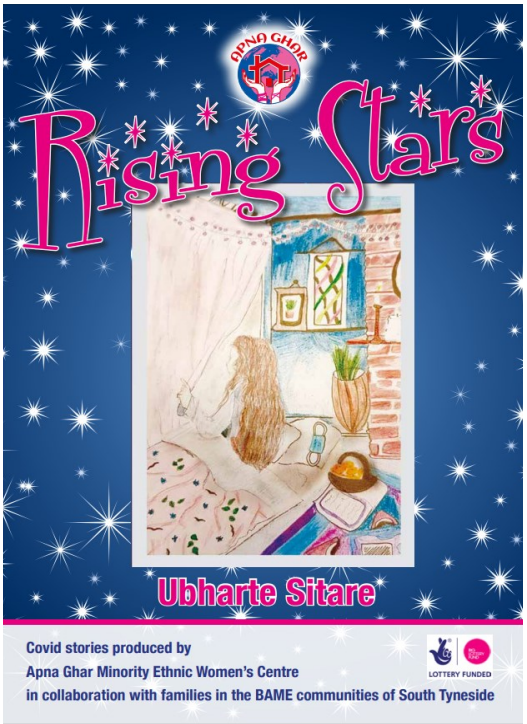
Management Board Member, Kishwar Haque explains:
Lloyds Foundation Enhanced grant, was an 18-month project which successfully ended in July-2021. The grant was to support the BME 'Women-Together-Partnership'(WTP) of five agencies: Apna-Ghar (lead agency), Hindu Nari Sangh, Aspire, Diverse Women Network, Sangini. It contributed towards the development across all five agencies in the sphere of-Strengthening the governance, developing Black Feminist Leadership and assisting with strategic financial planning.
The needs of individual organisations were varied but the strategic planning was successfully adapted in line with the grant proposal, including sharing experiences/ learning, building confidence, solidarity between organisations and developing constructive relationships with high levels of trust, most notably demonstrated in the acquisition of further grant funding through Comic Relief. All partners benefitted from the Lloyds Covid-React fund to support beneficiaries with activities, towards general physical and mental wellbeing, along with provision of PPE and digital equipment. Apna Ghar's rolling programme of physical fitness was a great success.

GREAT TYNESIDE BAKEOFF
Thanks to the Community Foundation Covid Response fund 30 families received activity and baking kits. Nasrin Begum was one of the staff members involved with this project. Nasrin says: "We identified families who were struggling financially during Covid and with home learning due to schools being closed. Activity packs and Baking kits were delivered to these children, which they could do as part of their home learning and have fun whilst gaining life skills. The smiles on their faces and beautiful pics showing them involved with their packs and their baking skills were fabulous and proved how much they welcomed and enjoyed these activities."

The RISING STARS of Apna Ghar tell their Covid stories

Forty Apna Ghar members and their families shared their Covid stories, which were collated and published into a book entitled Rising Stars. The book, which is now available in all libraries and community centres across South Tyneside and many schools across the borough was published with thanks to the funding from The National Lottery Community Fund.
Paul Craig, Headteacher of St Joseph's Primary School in Jarrow said: "I just wanted to thank you for the fantastic book that your group have produced. My staff have been touched by the stories, from both young and old, and it is a credit to your centre and community."
After printing, the books were launched live during a zoom meeting on Monday 8th March 2021.

If you would like to read the book, please contact a member of staff who will either send you a digital version, or will arrange for a paper copy for you to read, or, why not pop into your local library and ask to for a copy of Apna Ghar's Rising Stars.



"LOTS OF PEOPLE AT THE HEALTHNET MEETING ON FRIDAY SAID HOW MUCH THEY ENJOYED READING THE STORIES AND SAID IT'S A FABULOUS PIECE OF WORK"
MARGARET ADAMS, DIRECTOR OF HEALTHWATCH SOUTH TYNESIDE

Promoting the Covid-19 Jab

Following the success of flu vaccination clinics in Apna Ghar, staff went on to promote the Covid -19 vaccine to service users and their families.

Apna Ghar's Chair, Shobha Srivastava, who is a Covid champion promoted the vaccine via an online video, which was shown across the region.

Shellina Begum was one of the staff members who had conversations to publicise the jab.

Shellina says: "We spoke to service users and promoted the Drop-in sessions at the local health centre, weekend sessions at the local mosque and gurdwara. It was good to know we could do our bit to help protect our community."

Food Hygiene

When many projects were paused during the pandemic, five members of staff took the opportunity to obtain their Food Hygiene certificates, through the training provider, Training in Care. Since achieving their certificates, staff have been sharing safe cooking and hygiene practises with Service Users in the Women's Luncheon Club.

Staff Member Akhi Azad says: "We all enjoy sharing our knowledge and have spoken to luncheon club members about the course and how to ensure they store and prepare food safely. I was happy to attend the training session and to receive my certificate."

Flu jab on Luncheon Club menu

During the majority of the financial year, the pandemic severely disrupted the delivery the Women's Luncheon Club, which was funded by Ringtons, through the Community Foundation.

With members keen to learn about healthy eating, nutrition and how to live a healthier lifestyle the centre stepped in to host a flu vaccination clinic.

Projects Coordinator Susan Stevenson says: "We were very much aware of the fact that many of our service users were wary about receiving their flu jab. Between lockdowns, we arranged with the local health authority to hold two flu vaccination clinics in our centre."

A service user receives her flu jab in Apna Ghar.

The team spoke to service users and reassured them that the building was Covid secure and encouraged a total of 71 ladies to receive their jab.

"We were very pleased with the turnout," said Susan. We were told that usually 30 people attended, so our 40, plus additional 31 was a remarkable result."

Staff arranged for a one way system to be in place and appointments five minutes apart, to ensure social distancing.

"It was like a military operation," said Susan, "We are so pleased we were able to reach out to so many ladies."

As a result of last year's success, Apna Ghar is pleased to have been approached to host sessions again in the centre this year.

> **"I CAN'T SPEAK ENGLISH, SO WOULD BE EASY FOR ME TO COME HERE, THEY ALREADY HAVE AN INTERPRETER"**

Winter warmer hampers

As temperatures plummeted in the winter and lockdown continued, staff braved the Antarctic-like conditions to lift spirits of service users to deliver Winter Warmer hampers. With funding from The National Lottery and with the kind help of staff from Morrison's, South Shields, 29 Hampers containing everything needed to make a wholesome warming soup was delivered to local service users. One of the grateful recipients of a pack was surprised but very pleased to receive a winter warmer hamper. She said "The soup was very nice - me and my kids liked it. Thank you so much."

A stitch in time helps saves sewing class from Covid

The first task for sewing class members following lockdown was to make their own face coverings. (pictured below).

SEW GOOD: Student's first task when the sessions restarted was to make face masks, to ensure they were all safe in class and in the community.

During lockdown the sewing class was understandably suspended. A cross stitch project was given to members, to enable them to develop a new skill.
When restrictions were lifted, the class was overjoyed to enter the building once more.
"I have always wanted to learn sewing," said one of the students, "It's so expensive to have a dress sewn. I can now make my own dresses. Thanks for the classes."
Another student, who took part in a six week Learn to Crochet class said, "I didn't think I would enjoy crochet this much. I am addicted. I've made bookmarks and a scarf. I really enjoyed the classes."
The aim of the sessions has been to build confidence, expand communication skills, embed English speaking and writing, and maths, as well as learning the skills of using a sewing machine and dressmaking.
Class tutor Aneela said: "I am pleased to say every single student achieved that goal. Students have attended regularly and timely, which showed their dedication."

"THANK YOU APNA GHAR FOR HELPING ME FIND MY PASSION [FOR SEWING]"

ESOL English for Speakers of Other Languages

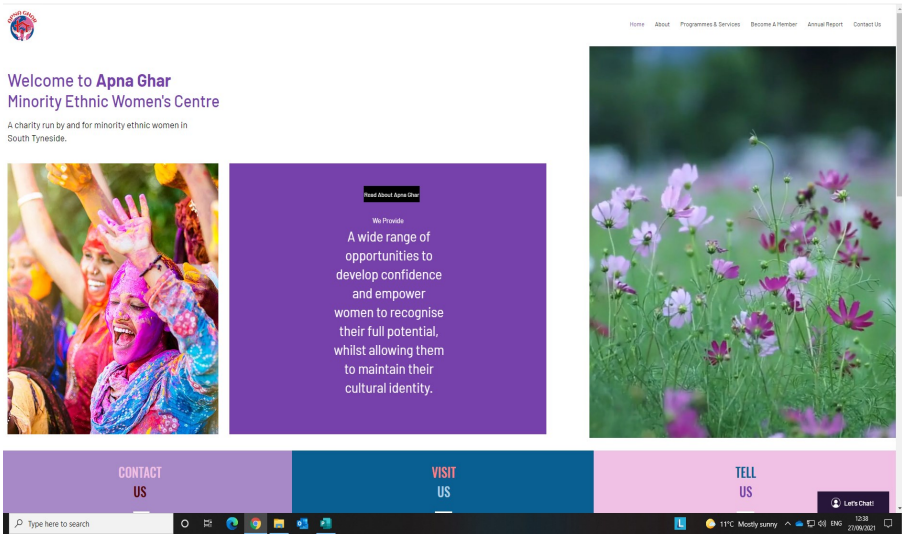
ESOL (English for Speakers of other languages) classes have been held in Apna Ghar by South Tyneside College over this year. Jill Whitehead was tutor to a total of six students who studied in the centre with all students achieving their ESOL certificate at the end of the academic year.
Jill says: " This accredited qualification can often lead to a pathway to further education or employment. With demand for ESOL sessions so high in South Tyneside, we are very happy to host the sessions in the centre."
Susan Stevenson, Projects Coordinator for Apna Ghar says: "This course is vital to help with the integration of these women into the community. Many thanks to South Tyneside College for their continued support and delivery of this course in our centre."

CONVERSATION CLASS SUCCESS

Two 15 week English Conversation classes have been held in Apna Ghar this year.
One block of sessions was for an introduction to spoken English and the other at a slightly higher level, with a pathway to ESOL accredited courses. The courses were run thanks to the Tampon Tax fund.
Jill Whitehead ran the beginners class. "We did a lot of activities matching words with images," said Jill. "They really enjoyed learning and every week we covered a new topic, which would be useful to them: family and friends, neighbourhood, shopping etc. They progressed very well, and I certainly saw an increase in their level of understanding from the beginning of the 15 weeks to the end. They were able to talk about things and their confidence grew in talking within the group. They were a pleasure to teach as they were always enthusiastic and showed a great willingness to learn."
Mary Thompson was tutor for the pre-intermediate class. "The ladies were very keen to build on their skills and make progress with their English," said Mary. "The ladies took part in some lively discussions and it was wonderful to see them overcoming initial shyness and putting their opinions forward on a range of topics."
The course covered reading, writing, speaking and listening with students producing a piece of work, which was subsequently published in the Apna Ghar book, which was published (see p5).

Website is attracting new members

Thanks to funding from The Lloyds Foundation, Apna Ghar is celebrating the launch of their bright and lively new website.



Apna Ghar's Chair, Shobha Srivastava says: "In this day and age, to own a good website is vital. We were lucky enough to receive the funding to create a lively and eye-catching website, communicating our programmes and services ."
Apna Ghar are currently looking for a volunteer to keep their website looking crisp and fresh and up to date.
Projects Coordinator Susan Stevenson says: "If you, or somebody you know would be willing to devote a little of their time to help, please make contact with us, we'd love to hear from you."
Visit our website at https://www.apnagharwomenscentre.com

Demand for support rises

More than 40 new service users accessed our Information, Advice and Guidance service in the six month period, following lockdown. This was in addition to the existing service users who accessed appointments with family support staff over that period.
Community Support worker Shellina Begum says: "We have dealt with an increasing number of cases via the telephone, with service users reluctant to leave the house due to fear following lockdown. Housing, accessing healthcare and help with translating important official documents have been in great demand."

A SERVICE USER SAYS:

"I don't know where I would've went or who to if it wasn't for Apna Ghar staff. I live on my own and I regularly speak to staff for advice and guidance. They are always ready to help me even throughout the lockdown. Thank you for your hard work."

Support groups helping the survivors of Domestic Abuse

Working closely with the Police and Crime Commissioners, Apna Ghar has supported 37 direct Survivors of domestic abuse (DA) over the last year and engaged with 71 women in total providing support, guidance, and awareness around domestic abuse.

The Apna Sahara project (Sahara translating to 'support' in Urdu/Bengali) as it has been named, is currently supporting BAME women of South Tyneside who have either referred themselves as survivors of Domestic Abuse, or who have been referred to the group via religious institutes, children's social care, Options, Impact Family services, Northumbria Police.

Raj Kaur, who is employed by Apna Ghar as a Domestic Abuse Officer says: "It has been a busy year for the Domestic Abuse team in Apna Ghar. This service is vital for the BAME women of South Tyneside as most feel a sense of betrayal or lack of loyalty to their families, their religion or indeed to themselves to identify as Domestic Abuse victims. The dynamics of the centre ensure the women feel safe and in time learn to trust the staff, a vital asset for the team working with survivors. All Apna Sahara staff work extremely hard to maintain and provide a holistic and low level therapeutic environment to ensure survivors' voices are heard.

Over the past year, survivors have expressed their gratitude for the support at Apna Ghar. One survivor said.....

"When one [session] finishes I just look forward to the next".

There has also been an overall positive impact on survivors' mental health by accessing the Apna Sahara support group.
Another survivor said .....

"I always have pressure in my head, I feel very lonely at home but when I come to these groups I feel the pressure release and I feel better throughout the day"

A survivor shares her story with us

I live in South Shields and I heard about Apna Ghar from WHiST (Women's Health in South Tyneside).

My journey has been absolutely amazing at Apna Ghar. I had an unpleasant married life but decided to put an end during the first lockdown last year.
When I left my husband, I was very terrified and was going through depression. Apna Ghar supported me in my crisis days. My mental health was not good but I got all the support that I could get from Apna Ghar. All the staff are very friendly at Apna Ghar and each time I go there I always receive a warm welcome. I attend group sessions regularly and it boosts confidence in me. I still remember when I joined the group session last year, I was very shy and not confident enough to share my feelings with others but with the passing of time I learnt so much from the group session and am confident now. We share, we talk, we laugh, discuss our problems with each other and also give suggestions to each other. I enjoy coming to the group sessions. Apna Ghar keeps us engaged with so many activities. I got the chance to share my story with everyone through The Rising stars book, which Apna Ghar published in March. Recently we went to a family trip and Sitara picnic. My kids and I enjoyed both outings. I am also engaged with other courses at Apna Ghar such as IT, Adult Carer, group session etc. I have found 100% benefit from Apna Ghar.

The **treasurer** reports

Apna Ghar's Treasurer, Amina Hyder gives us a rundown of the charity's finances for the year. Amina says:

During the 2020/21 financial year, Apna Ghar received income from a number of sources as stated below:

£5000 from South Tyneside Council

£5000 Covid Scheme grant through Community Foundation

£4960 Lloyds BME Partnership Project

£7669 Lloyds Foundation Covid React Fund.

£3508 from the Government's Furlough scheme.

£4000 Ballinger Trust who contributed for the second year towards our running costs for the centre.

Major funding sources were:

£26770 from The National Lottery Covid 19 Response. This covered the salaries and core costs for the centre to assist a greater number of people during the year.

£27341 from Northumbria Police Commissioner. This grant enabled Apna Ghar to start a much needed service for a group of Domestic Abuse cases.

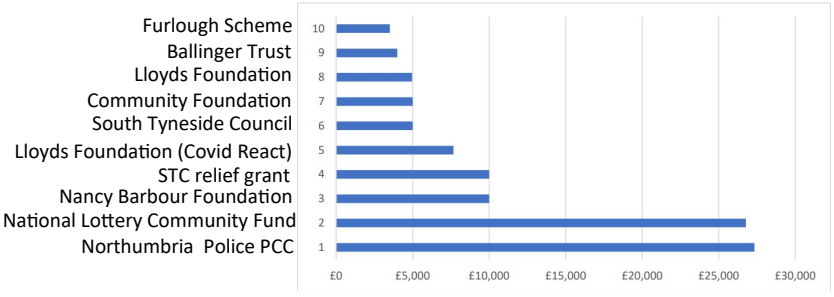
In addition, I take this opportunity to report two unrestricted funding grants:

£10000 from Nancy Barbour Fund through Community Foundation and

£10000 from South Tyneside Council MBC Relief Grant, which partially supported our core costs and contingency fund.

The grants were used effectively and beneficially in recognition of our services to the community and I am proud to say that Apna Ghar continues to make excellent progress.
Finally, the trustees and myself are extremely thankful to our funders and hope that we can continue to rely upon their support and guidance in the years to come.

The contribution of all management members and dedicated staff is gratefully acknowledged.



What else?

As well as all of the funders listed, we also extend our thanks to many organisations for their support and guidance throughout the year, which is greatly appreciated by us all.

Acknowledgements

Apna Ghar Minority Ethnic Women's Centre would like to thank all who have supported them during the 2019/20 financial year, including the following funders:

COMMUNITY FUND

Community Foundation

BALLINGER CHARITABLE TRUST

Garfield Weston

South Tyneside Council

LLOYDS BANK FOUNDATION England & Wales

HADRIAN TRUST

KIM MCGUINNESS NORTHUMBRIA POLICE & CRIME COMMISSIONER

RINGTONS A FAMILY BUSINESS SINCE 1907

Registered Charity No. 1013583

Apna Ghar
Minority Ethnic Women's Centre

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South Shields
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NE33 2JF

Tel: (0191) 456 4153
(0191) 456 4147

Email: ag@apnagharwomenscentre.com
Website: www.apnagharwomenscentre.com

Apna Ghar
Registered Charity No. 1013583

Trustees' Report and Financial Statement for the year ended 31 March 2021

Apna Ghar

Name:	**Apna Ghar**
Charity no:	1013583
Structure:	Unincorporated association governed by a constitution.
Trustees:	Kishwar Haque Shameem Malik Shahida Ali Surajah Hunter Amina Hyder Susan Forster Shobha Srivastava Asia Rahman Trustees are elected by the membership at each Annual General Meeting.
Address:	124-126 Ocean Road South Shields NE33 2JF
Bankers:	Lloyds Bank
Independent Examiner:	Mark Thompson MAAT VODA Linskill Centre Linskill Terrace North Shields NE30 2AY

Apna Ghar

Review of activities and performance

Projects, activities and services over the past year within Apna Ghar have been delivered very differently. There was the necessity to pause a number of projects, which we are pleased to say are all now up and running in the centre. We have had more demand than ever for many of our services. Despite challenges, the centre has achieved all educational targets for ESOL, Beginners English Conversation Class, Intermediate English Conversation Class, Food Hygiene Course, First Aid Training, Access to employment support, support of Asylum Seekers and Refugees and Domestic Abuse survivors.
Information, Advice and Guidance Sessions: As part of Apna Ghar's identity, this service has reached out to women and girls facing multiple barriers, including discrimination, domestic abuse/violence, poverty and ill health. Daily sessions have been held in the centre to support our service users at a time when we have felt more needed than ever. As a result of the initial lockdown, staff in the centre were furloughed, however, this was soon reversed when demand was realised. Universal Credit, Education issues, translation of letters and documents were amongst the subject's service users accessed the service for.

Sewing Classes: This continues to be a well-attended class with students of all levels meeting weekly to make traditional dress and to learn new skills. During lockdown, the Sewing Tutor contacted the ladies to check on their wellbeing. A small handheld sewing project was given to students to learn a new skill at home, during lockdown. Since restrictions lifted, sessions have resumed, and an additional six week Learn to Crochet class was held. As well as learning, the class is proving to be a good way for students to interact with each other and the tutor.

ESOL: South Tyneside College tutors deliver weekly ESOL sessions to service users in Apna Ghar. The students achieve an accredited qualification, often leading to a pathway to employment or further education.
English Conversation: Two 15-week English Conversation classes have been held in Apna Ghar. One block of sessions for an introduction to spoken English and the other at a slightly higher level, with a pathway to ESOL accredited courses.
Elderly Women's Luncheon Club: This class was paused throughout the period of the pandemic, due to government restrictions.
Health: Staff has continued to give appropriate recommendations to service users regarding general health and well-being. As a result of this, Apna Ghar hosted a Flu Vaccination clinic, with 71 women receiving their jab. Apna Ghar also played its part in promoting the Covid 19 vaccination, referring s

Sitara Project: This National Lottery funded project culminated in the publication of a book, Rising Stars. Throughout the duration of the pandemic, staff engaged with service users in various ways: via Zoom, telephone, or one to one, when restrictions permitted. Activity packs and food parcels were delivered to those most in need. They gathered service users' stories and the books have been given to service users, schools and libraries. The book has also been shared digitally to our stakeholders and other charities and local organisations.
Domestic Abuse Project: As seen in the national press, the pandemic has highlighted an increase in the amount of domestic abuse victims. Apna Ghar has supported Domestic Abuse survivors via one-to-one sessions, group sessions and referral to various classes to develop confidence.
Confidence/Self Esteem: All our courses, sessions and activities have the ultimate aim to increase women's confidence and self-esteem, with the target of leading a more independent lives and to feel empowered to reach their full potential, whilst allowing them to maintain their cultural identity.
Further details of the charity's activities are contained in the charity's annual report which is available from the charity's principal address or from the Charity Commission website.

Risks, reserves and investments

The Trustees aim to maintain free reserves in unrestricted funds at a level equivalent to six months expenditure. This level would allow the charity to continue its activities for a reasonable period in the event of a sudden curtailment of funding. This would allow enough time for the charity to either obtain new funding sources or restructure its activities

Trustees' responsibilities in relation to the financial statements

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities.

Signed: Shobha Sivaraman Chair, on behalf of the Trustees, date: 18/08/21

Independent Examiners Report

Report to the trustees of **Apna Ghar**

On accounts for the year ended **31 March 2021** **Charity no 1090870**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.
It is my responsibility to

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

Basis of independent examiner's statement

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 accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:
1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **28 July 2020**

Name: Mark Thompson MAAT
Address: VODA
Linskill Centre
Linskill Terrace
North Shields
NE30 2AY

Statement of Financial Activities
for the year ended 31 March 2021

Receipts		**Unrestricted Funds 2021**	**Restricted Funds 2021**	**Total Funds 2021**	**Total Funds 2020**
Grants	2	28315	76740	105055	75084
Generated Funds		3317		3317	9958
Other Income				0	0
Bank interest				0	0
Total Receipts		**31632**	**76740**	**108372**	**85042**
Payments					
Salaries			45856	45856	38974
Other Charitable Activities		848	39156	40004	23747
Governance			450	450	450
Other Resources Expended					0
Total Payments		**848**	**85462**	**86310**	**63171**
Surplus / deficit for the year		30784	-8722	22062	21871
Transfer between Funds				**0**	**0**
Funds at 1 April 2020		**106505**	**109614**	**216119**	**194248**
Funds at 31 March 2021		**137289**	**100892**	**238181**	**216119**

Apna Ghar
Balance Sheet
31 March 2021

	notes	2021 £	2021 £	2020 £	2020 £
Fixed assets					
Tangible assets	6		135,749		136,595
Current assets					
Debtor					
Cash at bank and in hand		102,432		79,524	
		102,432		79,524	
Creditors: amounts falling due within one year					
Net current assets			**102,432**		**79,524**
Total assets less current liabilities			238,181		216,119
Creditors: amounts falling due after one year					
Net Assets at 31 March 2020			**238,181**		**216,119**
Represented By:					
Restricted Funds (Fixed Assets)			63,524		63,524
Restricted Funds (Current Assets)			37,368		46,090
Total Restricted Funds			**100,892**		**109,614**
Unrestricted Funds (Fixed Assets)			72,225		73,071
Unrestricted Funds (Current Assets)			65,064		33,434
Total Unrestricted Funds			**137,289**		**106,505**
			238,181		**216,119**

The financial statements were approved by the following members of the Management Committee:

Signed..Shobha Srivastava..... Position.....Chairwoman.....

Signed.....R Hazelden..... Position.....Treasurer.....

Date 18/08/2021.

Apna Ghar
Notes to the accounts, 2021

1. **Accounting Policies**

a The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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

Apna Ghar 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(s).

b Grants received are accounted for on a received basis and credited to income.

c Voluntary income is received by way of donations and gifts and is included in full in the Receipts and Payments Account when received.

d Freehold property is stated at value, depreciation only listed when applicable.
Fixtures & Fittings are depreciated at 15% reducing balance.

2. **Grants receivable**

Unrestricted	
Lloyds Partneship Group	4807
HMRC Furlough Scheme	3508
South Tyneside MBC Relief Grant	10000
Community Foundation - Nancy Barbour Fund	10000
Total Unrestricted Funding	**28315**
Restricted Funds	
The National Lottery - Covid 19 Response	26770
Lloyds - BME Project	4960
Lloyds - Covid React Fund	7669
South Tyneside Council Outreach	5000
Community Foundation - Covid Scheme Grant	5000
Northumbria Police PCC	27341
	76740

3. **Trustees, staff and related party transactions**

The organisation employed 9 members of staff during the period of the accounts. No payments were made to trustees' towards salary costs for the year £45856

4. **Costs of financial services**

During the year £450 was paid for the independent examination of the 2021 accounts. No other amounts were paid for financial services.

5. Restricted Funds

Analysis of Restricted Funds:

	Open Bal	Income	Expend	Transfer	End Bal
(Fixed Assets)					
Awards For All	3408				3408
The Big Lottery Fund	10173				10173
South Tyneside Homes	3200				3200
South Tyneside Council Capital Fund	14040				14040
Early Years Fund	4261				4261
National Lottery Capital Fund	13442				13442
Northern Rock Foundation Capital	15000				15000
Total Fixed Asset Funds	63524	0	0	0	63524
(Revenue)					
The National Lottery - Covid 19 Response	0	26770	26770		0
Big Lottery	317		317		0
Ballinger Trust	4000		4000		0
High Sheriff Award	873		225		648
South Tyneside Council Outreach	603	5000	4100		1503
MIND	908		908		0
Community Foundation - Covid Scheme Grant	0	5000	5000		0
Community Foundation S&T Grassroot Fund	377		200		177
Garfield Weston	4082		3235		847
TNL Community Fund - Sewing Project	9692		589		9103
Lloyds - BME Project	10040	4960	4938		10062
Community Foundation - Tampon Tax Community Fund	8998		475		8523
Community Foundation - Women Fund	1306		1306		0
Community Foundation - Ringtons Fund	3894				3894
Hadrian Trust	1000				1000
Lloyds - Covid React Fund	0	7669	6058		1611
Northumbria Police PCC	0	27341	27341		0
Total Revenue Restricted Funds	46090	76740	85462	0	37368
Total Fixed Asset & Revenue Restricted Funds	**109614**	**76740**	**85462**	**0**	**100892**

6 Fixed Assets

	Freehold Land and Buildings	Fixtures & Fittings 15%	Total
Cost			
As at 1 April 2020	130953	10808	141761
Additions			
Disposals			
As at 31 March 2021	130953	10808	141761
Depreciation			
As at 1 April 2020		5166	5166
Charge for the year		846	846
Disposals			
As at 31 March 2021		6012	6012
Net Book Value at 31 March 2021	**130953**	**4796**	**135749**
.			
Net Book Value at 31 March 2020	130953	5642	136595

Apna Ghar
Registered Charity No. 1013583

Trustees' Report and Financial Statement for the year ended 31 March 2021

Apna Ghar

Name:	**Apna Ghar**
Charity no:	1013583
Structure:	Unincorporated association governed by a constitution.
Trustees:	Kishwar Haque Shameem Malik Shahida Ali Surajah Hunter Amina Hyder Susan Forster Shobha Srivastava Asia Rahman Trustees are elected by the membership at each Annual General Meeting.
Address:	124-126 Ocean Road South Shields NE33 2JF
Bankers:	Lloyds Bank
Independent Examiner:	Mark Thompson MAAT VODA Linskill Centre Linskill Terrace North Shields NE30 2AY

Apna Ghar

Review of activities and performance

Projects, activities and services over the past year within Apna Ghar have been delivered very differently. There was the necessity to pause a number of projects, which we are pleased to say are all now up and running in the centre. We have had more demand than ever for many of our services. Despite challenges, the centre has achieved all educational targets for ESOL, Beginners English Conversation Class, Intermediate English Conversation Class, Food Hygiene Course, First Aid Training, Access to employment support, support of Asylum Seekers and Refugees and Domestic Abuse survivors.
Information, Advice and Guidance Sessions: As part of Apna Ghar's identity, this service has reached out to women and girls facing multiple barriers, including discrimination, domestic abuse/violence, poverty and ill health. Daily sessions have been held in the centre to support our service users at a time when we have felt more needed than ever. As a result of the initial lockdown, staff in the centre were furloughed, however, this was soon reversed when demand was realised. Universal Credit, Education issues, translation of letters and documents were amongst the subject's service users accessed the service for.

Sewing Classes: This continues to be a well-attended class with students of all levels meeting weekly to make traditional dress and to learn new skills. During lockdown, the Sewing Tutor contacted the ladies to check on their wellbeing. A small handheld sewing project was given to students to learn a new skill at home, during lockdown. Since restrictions lifted, sessions have resumed, and an additional six week Learn to Crochet class was held. As well as learning, the class is proving to be a good way for students to interact with each other and the tutor.

ESOL: South Tyneside College tutors deliver weekly ESOL sessions to service users in Apna Ghar. The students achieve an accredited qualification, often leading to a pathway to employment or further education.
English Conversation: Two 15-week English Conversation classes have been held in Apna Ghar. One block of sessions for an introduction to spoken English and the other at a slightly higher level, with a pathway to ESOL accredited courses.
Elderly Women's Luncheon Club: This class was paused throughout the period of the pandemic, due to government restrictions.
Health: Staff has continued to give appropriate recommendations to service users regarding general health and well-being. As a result of this, Apna Ghar hosted a Flu Vaccination clinic, with 71 women receiving their jab. Apna Ghar also played its part in promoting the Covid 19 vaccination, referring s

Sitara Project: This National Lottery funded project culminated in the publication of a book, Rising Stars. Throughout the duration of the pandemic, staff engaged with service users in various ways: via Zoom, telephone, or one to one, when restrictions permitted. Activity packs and food parcels were delivered to those most in need. They gathered service users' stories and the books have been given to service users, schools and libraries. The book has also been shared digitally to our stakeholders and other charities and local organisations.
Domestic Abuse Project: As seen in the national press, the pandemic has highlighted an increase in the amount of domestic abuse victims. Apna Ghar has supported Domestic Abuse survivors via one-to-one sessions, group sessions and referral to various classes to develop confidence.
Confidence/Self Esteem: All our courses, sessions and activities have the ultimate aim to increase women's confidence and self-esteem, with the target of leading a more independent lives and to feel empowered to reach their full potential, whilst allowing them to maintain their cultural identity.
Further details of the charity's activities are contained in the charity's annual report which is available from the charity's principal address or from the Charity Commission website.

Risks, reserves and investments

The Trustees aim to maintain free reserves in unrestricted funds at a level equivalent to six months expenditure. This level would allow the charity to continue its activities for a reasonable period in the event of a sudden curtailment of funding. This would allow enough time for the charity to either obtain new funding sources or restructure its activities

Trustees' responsibilities in relation to the financial statements

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities.

Signed: Shobha Sivaraman Chair, on behalf of the Trustees, date: 18/08/21

Independent Examiners Report

Report to the trustees of **Apna Ghar**

On accounts for the year ended **31 March 2021** **Charity no 1090870**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.
It is my responsibility to

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

Basis of independent examiner's statement

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 accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:
1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **28 July 2020**

Name: Mark Thompson MAAT
Address: VODA
Linskill Centre
Linskill Terrace
North Shields
NE30 2AY

Statement of Financial Activities
for the year ended 31 March 2021

Receipts		**Unrestricted Funds 2021**	**Restricted Funds 2021**	**Total Funds 2021**	**Total Funds 2020**
Grants	2	28315	76740	105055	75084
Generated Funds		3317		3317	9958
Other Income				0	0
Bank interest				0	0
Total Receipts		**31632**	**76740**	**108372**	**85042**
Payments					
Salaries			45856	45856	38974
Other Charitable Activities		848	39156	40004	23747
Governance			450	450	450
Other Resources Expended					0
Total Payments		**848**	**85462**	**86310**	**63171**
Surplus / deficit for the year		30784	-8722	22062	21871
Transfer between Funds				**0**	**0**
Funds at 1 April 2020		**106505**	**109614**	**216119**	**194248**
Funds at 31 March 2021		**137289**	**100892**	**238181**	**216119**

Apna Ghar
Balance Sheet
31 March 2021

	notes	2021 £	2021 £	2020 £	2020 £
Fixed assets					
Tangible assets	6		135,749		136,595
Current assets					
Debtor					
Cash at bank and in hand		102,432		79,524	
		102,432		79,524	
Creditors: amounts falling due within one year					
Net current assets			**102,432**		**79,524**
Total assets less current liabilities			238,181		216,119
Creditors: amounts falling due after one year					
Net Assets at 31 March 2020			**238,181**		**216,119**
Represented By:					
Restricted Funds (Fixed Assets)			63,524		63,524
Restricted Funds (Current Assets)			37,368		46,090
Total Restricted Funds			**100,892**		**109,614**
Unrestricted Funds (Fixed Assets)			72,225		73,071
Unrestricted Funds (Current Assets)			65,064		33,434
Total Unrestricted Funds			**137,289**		**106,505**
			238,181		**216,119**

The financial statements were approved by the following members of the Management Committee:

Signed..Shobha Srivastava..... Position.....Chairwoman.....

Signed.....R Hazelden..... Position.....Treasurer.....

Date 18/08/2021.

Apna Ghar
Notes to the accounts, 2021

1. **Accounting Policies**

a The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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

Apna Ghar 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(s).

b Grants received are accounted for on a received basis and credited to income.

c Voluntary income is received by way of donations and gifts and is included in full in the Receipts and Payments Account when received.

d Freehold property is stated at value, depreciation only listed when applicable.
Fixtures & Fittings are depreciated at 15% reducing balance.

2. **Grants receivable**

Unrestricted	
Lloyds Partneship Group	4807
HMRC Furlough Scheme	3508
South Tyneside MBC Relief Grant	10000
Community Foundation - Nancy Barbour Fund	10000
Total Unrestricted Funding	**28315**
Restricted Funds	
The National Lottery - Covid 19 Response	26770
Lloyds - BME Project	4960
Lloyds - Covid React Fund	7669
South Tyneside Council Outreach	5000
Community Foundation - Covid Scheme Grant	5000
Northumbria Police PCC	27341
	76740

3. **Trustees, staff and related party transactions**

The organisation employed 9 members of staff during the period of the accounts. No payments were made to trustees' towards salary costs for the year £45856

4. **Costs of financial services**

During the year £450 was paid for the independent examination of the 2021 accounts. No other amounts were paid for financial services.

5. Restricted Funds

Analysis of Restricted Funds:

	Open Bal	Income	Expend	Transfer	End Bal
(Fixed Assets)					
Awards For All	3408				3408
The Big Lottery Fund	10173				10173
South Tyneside Homes	3200				3200
South Tyneside Council Capital Fund	14040				14040
Early Years Fund	4261				4261
National Lottery Capital Fund	13442				13442
Northern Rock Foundation Capital	15000				15000
Total Fixed Asset Funds	63524	0	0	0	63524
(Revenue)					
The National Lottery - Covid 19 Response	0	26770	26770		0
Big Lottery	317		317		0
Ballinger Trust	4000		4000		0
High Sheriff Award	873		225		648
South Tyneside Council Outreach	603	5000	4100		1503
MIND	908		908		0
Community Foundation - Covid Scheme Grant	0	5000	5000		0
Community Foundation S&T Grassroot Fund	377		200		177
Garfield Weston	4082		3235		847
TNL Community Fund - Sewing Project	9692		589		9103
Lloyds - BME Project	10040	4960	4938		10062
Community Foundation - Tampon Tax Community Fund	8998		475		8523
Community Foundation - Women Fund	1306		1306		0
Community Foundation - Ringtons Fund	3894				3894
Hadrian Trust	1000				1000
Lloyds - Covid React Fund	0	7669	6058		1611
Northumbria Police PCC	0	27341	27341		0
Total Revenue Restricted Funds	46090	76740	85462	0	37368
Total Fixed Asset & Revenue Restricted Funds	**109614**	**76740**	**85462**	**0**	**100892**

6 Fixed Assets

	Freehold Land and Buildings	Fixtures & Fittings 15%	Total
Cost			
As at 1 April 2020	130953	10808	141761
Additions			
Disposals			
As at 31 March 2021	130953	10808	141761
Depreciation			
As at 1 April 2020		5166	5166
Charge for the year		846	846
Disposals			
As at 31 March 2021		6012	6012
Net Book Value at 31 March 2021	**130953**	**4796**	**135749**
.			
Net Book Value at 31 March 2020	130953	5642	136595