



ANNUAL REPORT

2020/2021

Apna Ghar



**STAFF FIND
NEW WAYS
TO WORK**

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**SUPPORT
FROM
FUNDERS**

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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



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 **fundors, 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.

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.



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



A service user receives her flu jab in Apna Ghar.

in our centre."

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) 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

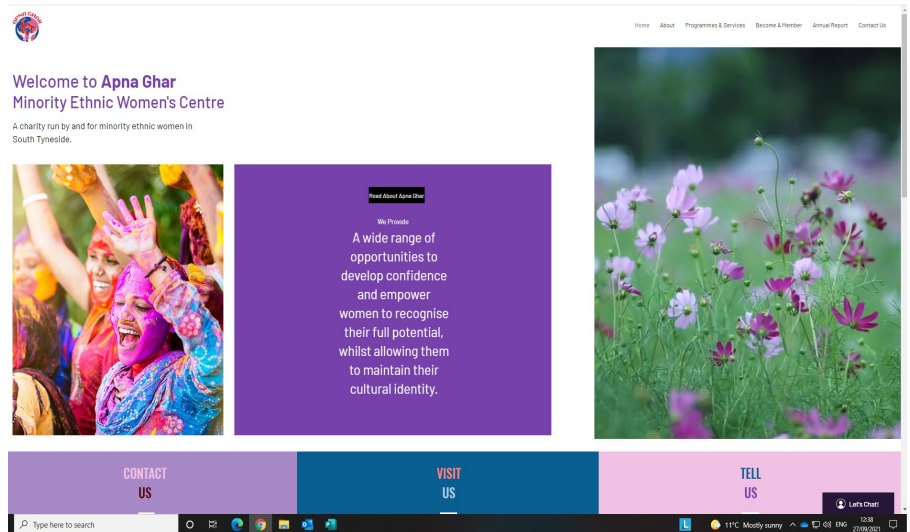
Thanks to funding from The Lloyds Foundation, Apna Ghar is celebrating the launch of their bright and lively new website.

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."

[illegible]

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"

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:

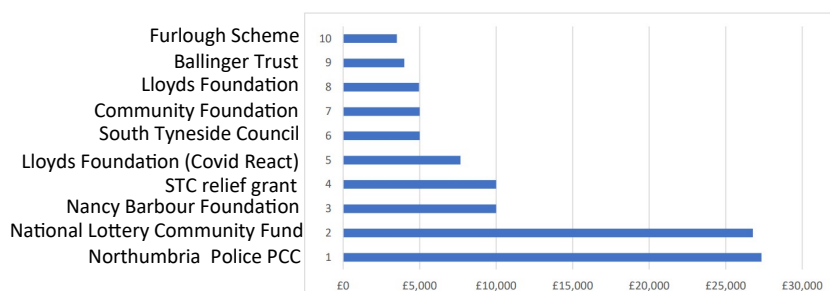
£10000 from Nancy Barbour Fund through Community Foundation and

£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:





Registered Charity No. 1013583

**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

**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.

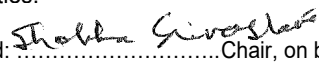
Further details of the charity's activities are contained in the charity's annual report which is available from the charity's principal address or from the Charity Commission website.

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:  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:
Address:**

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

Statement of Financial Activities
for the year ended 31 March 2021

		Unrestricted Funds 2021	Restricted Funds 2021	Total Funds 2021	Total Funds 2020
Receipts					
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

		2021 £	2021 £	2020 £	2020 £
	notes				
Fixed assets					
Tangible assets	6		135,749		136,595
Current assets					
Debtor					
Cash at bank and in hand		102,432		79,524	
		<u>102,432</u>		<u>79,524</u>	
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			<u>238,181</u>		<u>216,119</u>
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
			<u>238,181</u>		<u>216,119</u>

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

Signed Shobha Gargava

Position Chairman

Signed Ribzelen

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 Partnerships 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.

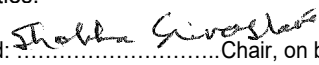
Further details of the charity's activities are contained in the charity's annual report which is available from the charity's principal address or from the Charity Commission website.

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:  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:
Address:**

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

Statement of Financial Activities
for the year ended 31 March 2021

		Unrestricted Funds 2021	Restricted Funds 2021	Total Funds 2021	Total Funds 2020
Receipts					
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Apna Ghar
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Signed Shobha Gargava

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Signed Ribzelen

Position Treasurer

Date 18/08/2021

Apna Ghar

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Northumbria Police PCC	0	27341	27341		0
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