



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



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.

The first group of students



TUTOR: Mary Thompson Owen-Smith

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.

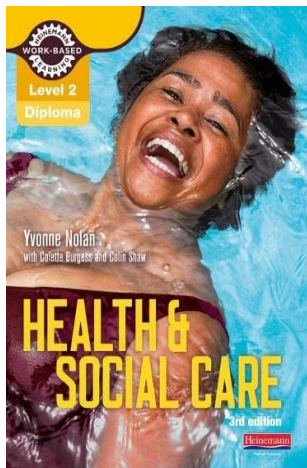
RELAXING BODY AND MIND WITH YOGA

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

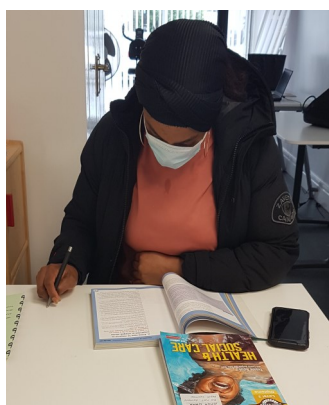
said: "I feel very proud. I am excited and very happy."

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



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

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."

“ **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

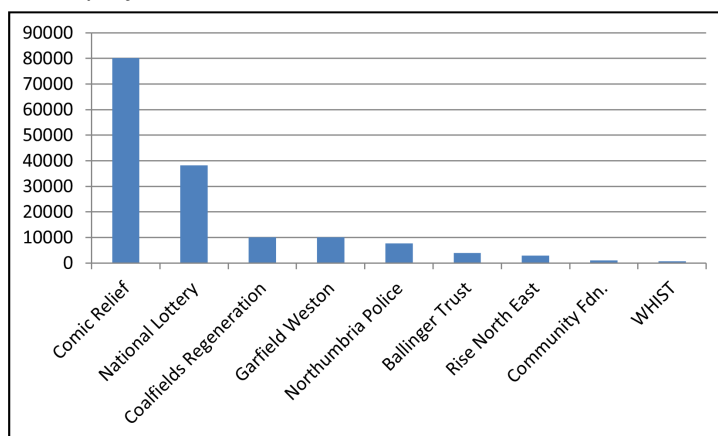
£5000 from the South Tyneside Council to support our outreach work to the community.

£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.

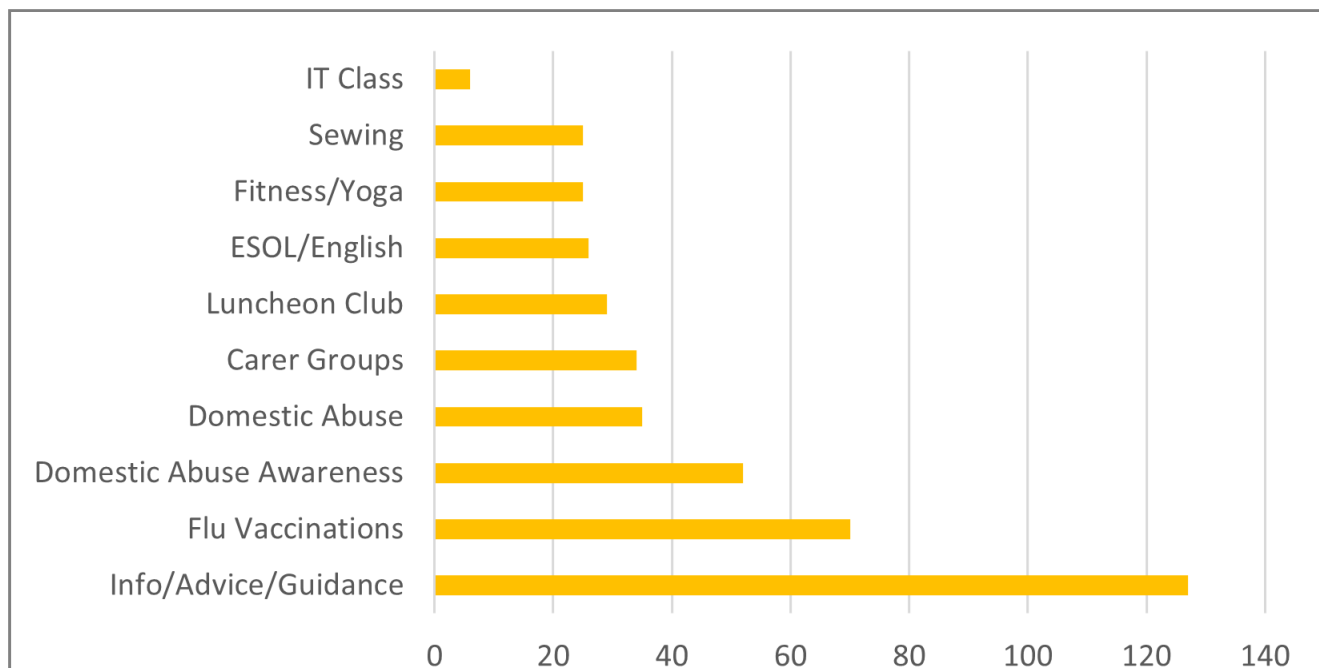


What else?

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.

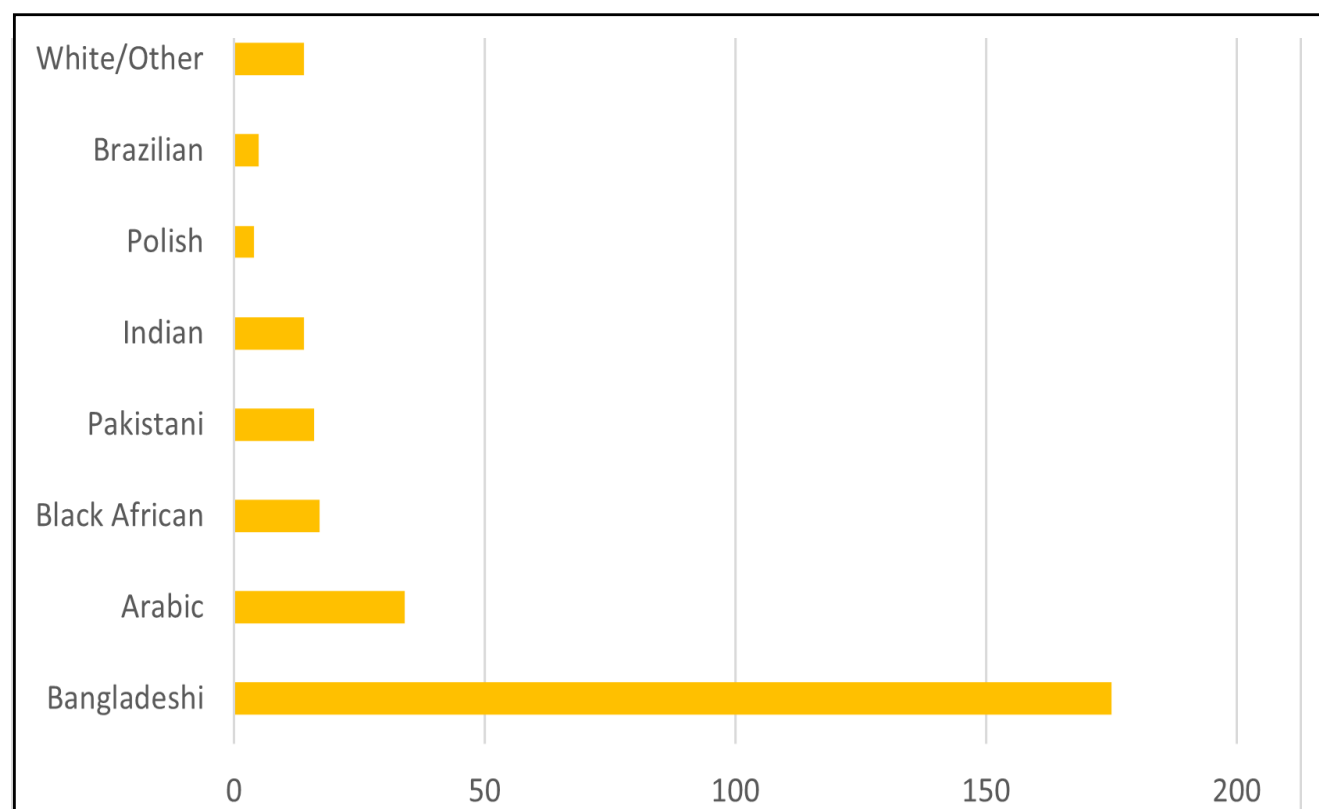
Our projects - 2021/22

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:



Apna Ghar Minority Ethnic Women's Centre

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South Shields
Tyne & Wear
NE33 2JF

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

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



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.

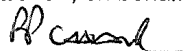
Risks, reserves and investments

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:
Address:**

Mark Thompson MAAT
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**

		Unrestricted Funds 2022	Restricted Funds 2022	Total Funds 2022	Total Funds 2021
Receipts					
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

		2022 £	2022 £	2021 £	2021 £
	notes				
Fixed assets					
Tangible assets	6		135,030		135,749
Current assets					
Debtor					
Cash at bank and in hand		136,983		102,432	
		<u>136,983</u>		<u>102,432</u>	
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			<u>272,013</u>		<u>238,181</u>
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
			<u>272,013</u>		<u>238,181</u>

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

Signed 

Position NCS 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