

APNA GHAR

ANNUAL REPORT

2022/2023



MANAGEMENT BOARD MEMBERS

Saira Malik
CHAIR

Amina Hyder
TREASURER

Asia Rahman
VICE CHAIR

Joanna Lajmi
DEPUTY TREASURER

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MEMBER

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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



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 35 years.

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 been 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





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.

Centre Co-Ordinator

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

TOTAL
VOLUNTEERS

26

IN
VOLUNTEERING
POSITIONS

19

COMPLETED
VOLUNTEER
PASSPORTS

16

VOLUNTEERS
IN WORK

18

VOLUNTEERS
IN FURTHER
EDUCATION

2

VOLUNTEERS WHO
STARTED THEIR
OWN BUSINESS

COMMUNITY SUPPORT PROJECT

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.

AKHI AZAD COMMUNITY SUPPORT WORKER





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 satisfaction.

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"

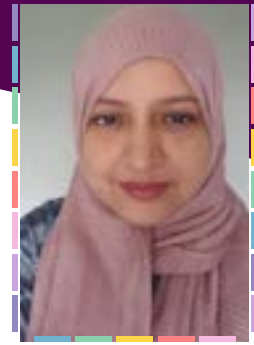


CASE STUDY

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.



**Family & Domestic Abuse
Support Worker**

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.

CARERS PROJECT

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'

EMPLOYABILITY LEVEL 1

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

STRESS LEVEL 1

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

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

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.'

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'

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'

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

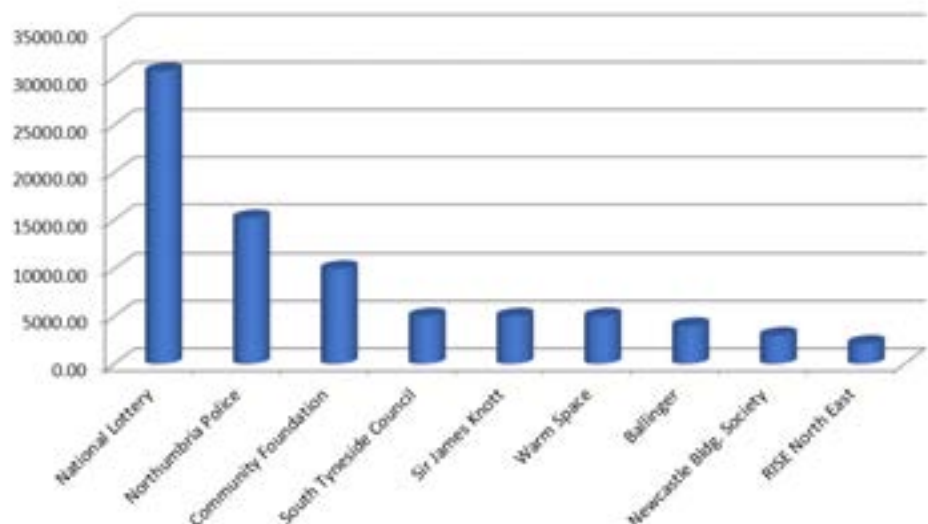
For our Fitness classes.

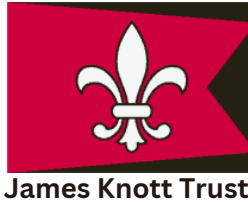
£5000

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.





APNA GHAR MINORITY ETHNIC WOMEN'S CENTRE

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South Shields
Tyne & Wear
NE33 2JF

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

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Website: www.apnagharwomenscentre.com



Registered Charity No.
1013583

Apna Ghar
Registered Charity No. 1013583

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

Apna Ghar

Apna Ghar

Name: 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 Fund 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

Apna Ghar

31 March 2023 Charity no 1090870

On accounts for the year ended

Report to the trustees of

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:

Mark Thompson MAAT

Name:
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


	2023	2022	2022
£	£	£	£
notes			
Fixed assets			
Tangible assets	6	134,418	135,030


Current assets			
Debtor			
Cash at bank and in hand	128,587	136,983	
Creditors: amounts falling due within one year	128,587	136,983	
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

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	Restricted Funds	Total Funds	Total Funds	Total Funds
2023	2023	2023	2022	2022
Grants	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	52655

(Revenue)				
Coalfield Regeneration Trust	877			877
Comic Relief Fund	38880	5786	32729	11937
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

Total Fixed Asset & Revenue Restricted Funds

68438	90116	103089	11937	43528
121093	90116	103089	11937	96183

6 Fixed Assets

Freehold Land Fixtures & Fittings 15% Total

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	612	6731	
Charge for the year				
Disposals				
As at 31 March 2022	7343		7343	

Net Book Value at 31 March 2023

130953	3465	134418	
130953	4077	135030	

Net Book Value at 31 March 2022

Apna Ghar
Registered Charity No. 1013583

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

Apna Ghar

Apna Ghar

Name: 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 Fund 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

Apna Ghar

Charity no 1090870

31 March 2023

On accounts for the year ended

Report to the trustees of

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:



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


	2023	2022	2022
£	£	£	£
notes			
Fixed assets			
Tangible assets	6	134,418	135,030


Current assets			
Debtor			
Cash at bank and in hand	128,587	136,983	
	<u>128,587</u>	<u>136,983</u>	
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

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	
	<u>263,005</u>	<u>272,013</u>	

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	Restricted Funds	Total Funds	Total Funds	
2023	2023	2023	2022	
				Total
Grants	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	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

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- 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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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
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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

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5. Restricted Funds
Analysis of Restricted Funds:

Open Bal Income Expend Transfer End Bal

(Fixed Assets)	10173				
The Big Lottery Fund	14040				
South Tyneside Council Capital Fund	13442				
National Lottery Capital Fund	15000				
Northern Rock Foundation Capital	52655	0	0	0	52655
Total Fixed Asset Funds					

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

Total Fixed Asset & Revenue Restricted Funds

121093	90116	103089	11937	96183
Freehold Land	Fixtures & Fittings	15%	Total	

6 Fixed Assets

Cost	130953	10808	141761	
As at 1 April 2022				
Additions				
Disposals				
As at 31 March 2023	130953	10808	141761	
Depreciation				
As at 1 April 2022	6731	612	6731	
Charge for the year				
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	