

AINA WOMEN'S GROUP

England & Wales · Charity number 1081537

Details

Status Registered

Legal form Other

Registered 2000-07-12

Register [View on the Charity Commission register](#)

Contact

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Sumner Road
London
SE15 6JL

Phone 02077083151

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Website [HTTP://aainawomen.wordpress.com](http://aainawomen.wordpress.com)

Activities

Objects: THE ASSOCIATION IS ESTABLISHED TO PROMOTE ANY CHARITABLE PURPOSE FOR THE BENEFIT OF SOUTH ASIAN, MUSLIM AND REFUGEE WOMEN AND CHILDREN, INCLUDING THE RELIEF OF POVERTY, SICKNESS AND DISTRESS, THE ADVANCEMENT OF EDUCATION AND THE PROVISION OF FACILITIES FOR RECREATION AND OTHER LEISURE TIME ACTIVITIES IN THE INTERESTS OF SOCIAL WELFARE AND IN ORDER TO IMPROVE THE QUALITY OF LIFE OF THE SAID BENEFICIARIES.

Activities: General charitable purposes Education/Training Relief of poverty Arts /Culture Sport/recreation Economic/Community development/Employment Women of a particular ethnic or racial origin Women of other defined groups Provides services (e.g Support/Counselling) Provides advocacy/advice/information

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Lambeth
- Lewisham
- Southwark

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£35,000	£35,000	-	-
2024-03-31	£44,000	£36,000	-	-
2023-03-31	£42,000	£41,500	-	-
2022-03-31	£40,100	£41,400	-	-
2021-03-31	£40,123	£41,401	-	-

Trustees

Name	Role	Appointed
NADIA SALIMI	Chair	
KHOSI MANAKA		
Mariam Mohamed		2014-04-10
NUSRAT RAJA		2011-12-14
Naseema Syed		2018-11-06
Nasmin Begum		2015-05-22
PAT BECKFORD		2016-03-17
Roxana Khan		2017-05-11
Sajida Habib		2017-05-11
Shamoli Shamme		2014-04-10

AINA WOMEN'S GROUP

England & Wales - Charity number 1081537

Accounts



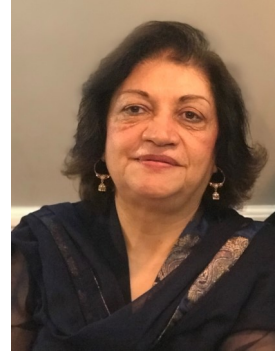
AAINA WOMEN'S GROUP

Annual Report
&
Accounts
2024-2025

Registered Charity No. 1081537

<http://aainawomen.wordpress.com>
<https://www.instagram.com/aainawomensgroup.peckham1/#>

Chair Report



It is with great pride and joy that we present the Annual Report for this year. The past year has been a remarkable journey filled with milestones, accomplishments, and impactful initiatives.

Supporting and promoting Women's Health and Wellness has always been a core value of our organization. Throughout the year, we organized workshops around healthy eating and mental health awareness, among others, to address the unique challenges women face. Additionally, we provided Chit Chat & Chai sessions. By doing so, we have played a significant role in enhancing the overall well-being of countless women in our community especially the ones who find themselves isolated.

I would like to say a massive thanks to Southwark Council as our main core funder, as well as the National Lottery who fund the mental health sessions.

As we look back on the last year, we are filled with immense gratitude for the collective efforts that have made it so successful. Together, we have made a lasting impact on the lives of countless women, empowering them to reach their full potential and embrace their true worth. We remain committed to our mission and look forward to an even more impactful year ahead. Our heartfelt appreciation goes out to all our management committee members, supporters, volunteers, and staff who have made this journey possible. With your continued support, we are confident that we can bring about lasting change and create a brighter, more equitable future for women everywhere.

This year marks yet another important milestone for Aaina. As we know that voluntary organisations and indeed women's organisations nationally are being forced to close down due to a lack of funding. I am proud that we are still standing and contributing to the greater good of our community.

We have also been very fortunate for having dedicated and competent staff such as Samina Akhtar who has kept us afloat with her funding expertise and Sundus Saqi who has co-ordinated the overall activities and kept them going.

Thank you all for being part of Aaina and making it such a positive and inspirational place to attend.

Nadia Saleemi
Chairperson

Vise Chair Report



It is with immense pleasure and a deep sense of fulfilment that I present this report as the Vice Chair of Aaina Women's Group for the year 2024–2025. This year has been a remarkable journey of progress, empowerment, and impact — a testament to our shared commitment to the women in our community.

Promoting Health and Wellbeing

We understand that a woman's wellbeing is the foundation of her confidence, strength, and ability to thrive. With this in mind, we delivered a wide range of health and wellness initiatives designed to support both physical and mental health. These included:

- Workshops on nutrition, gut health, and fitness
 - Awareness sessions around mental health and memory support
 - Informative talks on topics such as the carnivore diet, bone health, and plant-based health compounds like Salvestrols
- Skin and beauty care workshops that promoted self-care and confidence
These events offered not just knowledge, but tools for women to make informed, empowered choices about their health.

Fostering Social Connection and Inclusion

We also recognise the importance of belonging, friendship, and shared experiences. Our social activities created safe, welcoming environments where women could connect, relax, and enjoy each other's company.

Some highlights included:

- **Pamper Day** – A self-care experience to unwind and rejuvenate
 - **Chai & Chat** – Friendly conversation circles to reduce loneliness
 - **One-Dish Community Gathering** – Celebrating culture through food
 - **Drop-in Services** – Ongoing practical support for everyday needs
- These spaces helped break down barriers and nurture lasting community bonds.

Educational and Cultural Exploration

Throughout the year, we organised enriching outings that combined culture, learning, and fun. These experiences broadened horizons, sparked curiosity, and created cherished memories. Our destinations included:

- The Wallace Collection – *Ranjit Singh Exhibition*
- Victoria & Albert Museum – *Mughal Empire Exhibition*
- Horniman Museum
- Tate Modern
- Kew Gardens
- O2 Cable Car Experience
- Greenwich Park
- Gaia Installation at Southwark Cathedral
- Sky Garden
- Pottery Workshop

These outings offered many women their first experience visiting cultural landmarks across London, helping to reduce social isolation while fostering new friendships.

Supporting Women Through Challenges

Aaina Women's Group remained a vital source of support for women facing personal, financial, or emotional difficulties. Our team responded with compassion and practical help, ensuring no woman felt alone in her struggles. The real impact of our work is reflected in the powerful stories of transformation: women who once felt voiceless and isolated are now standing tall with renewed confidence and purpose.

Our Impact and Gratitude

The success of our work would not be possible without our dedicated volunteers, supporters, and partners. Your belief in our mission has made all the difference. I extend my heartfelt thanks to everyone who contributed time, energy, resources, and encouragement throughout the year. We are especially grateful for the funding received:

- **£33,000 – Southwark Council**
- **£10,000 – National Lottery Community Fund.**

These funds enabled us to scale our outreach and deliver high-quality programmes that meet real community needs.

Looking Ahead

As we reflect on the successes of this year, we also look forward with optimism and purpose. Our commitment to empowering women — especially the next generation of young leaders — remains stronger than ever. In 2025–2026, we aim to:

- Expand our outreach to more communities
- Strengthen collaborative partnerships
- Provide greater leadership opportunities for young women
- Deepen our impact through inclusive and transformative programming

Together, we will continue striving for a more equitable, supportive, and empowered society for women from all walks of life.

On behalf of the Aaina Women's Group, thank you for being an essential part of this journey. Let us continue this work with passion, purpose, and unity.

Warm regards,

Khosi Manaka

Vice Chair, Aaina Women's Group

Our Project

Aaina Women's Group provides regular support and information surgeries, offering practical help and ongoing assistance to all clients. We offer a free drop-in service and free internet access three days a week for women from BME (Black and Minority Ethnic) communities. Information is provided on a range of issues including welfare benefits, education, childcare, health, immigration, and details about other community and council projects.

In addition to our information service, the drop-in sessions offer a confidential, non-judgmental support service for women. Aaina provides support regardless of background, religion, or culture, ensuring a safe space for all.

Our approach promotes cultural interchange, fostering mutual understanding and respect across different cultures, ethnic groups, and faiths.

We currently work with communities including Arabic-speaking, Turkish, Bengali, Pakistani, Indian, Somali, Iranian, Nigerian, and others. The majority of our clients face social exclusion due to language barriers, which are often compounded by lack of childcare, unemployment, poverty, and economic disadvantage. Many of our clients are refugees and asylum seekers.

Services

At Aaina we offer the following services:-

- Free internet access
- Information and reference area
- Referral service to other agencies.
- Translation service.
- Advice on courses available.
- Help with housing, immigration, health issues, domestic violence and education.
- provides a culturally sensitive environment where our members can discuss any problems in the strictest confidence.
- Health awareness workshops.
- Self development workshops.
- Social events and activities to share and exchange cultural experiences.
- Skill development courses.

Sewing Club

Our club caters to people of all ages and backgrounds. Our experienced tutors specialise in freehand cutting, a technique that is particularly beneficial for African and South Asian women, for whom it is ideal for creating traditional attire.

Members have full access to domestic machines, as well as all necessary equipment. Women join the club not only to learn or refine their sewing skills but also to exchange ideas on the latest designs, explore various cultural concepts, and share styles and ideas for soft furnishings. The club offers lessons in knitting and crochet, covering techniques such as crochet stitches, working in rounds and rows, shaping, and following charts or instructions.

For many women, the sewing club has been a successful way to make new friends and socialise in a supportive environment. It provides a valuable opportunity to meet women from different religious and ethnic backgrounds and learn about each other's cultures, fostering cultural diversity.

The club operates whenever funding is available.



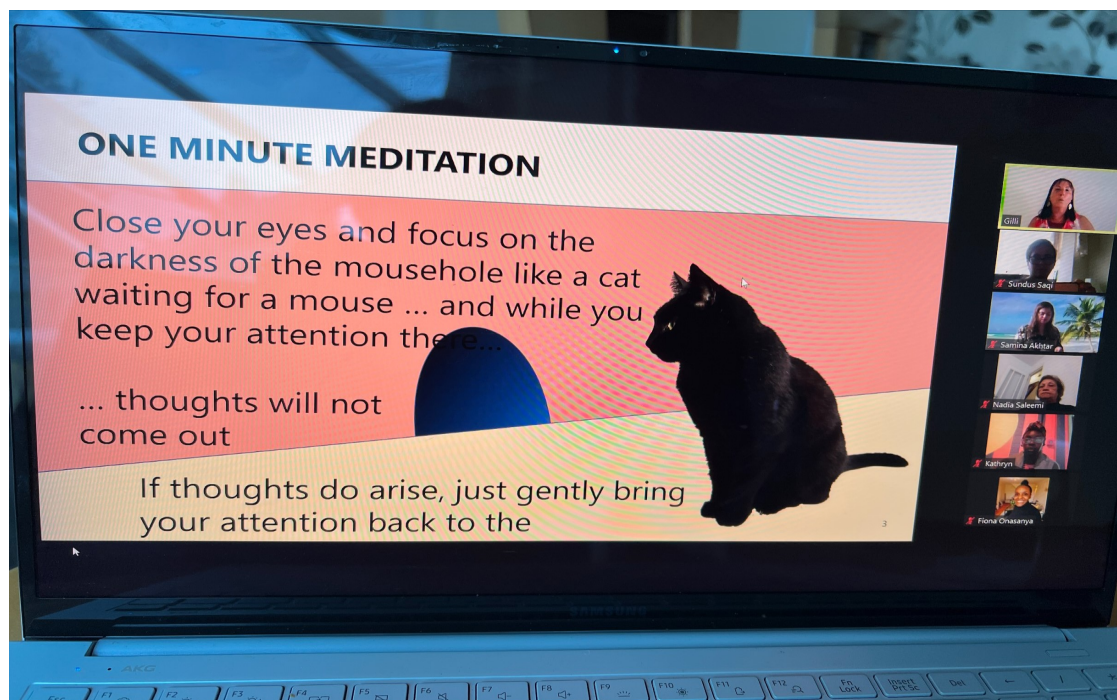
Health Workshops

Our Health Awareness workshops covered a wide range of topics in a relaxed and comfortable setting, making it easy for participants to engage and make new friends. We were fortunate to receive funding from the National Lottery to run our "Active 50 project" .

Additionally, we partnered with Holly Health and Age UK Lewisham & Southwark to conduct a research study that offered free support for adopting healthy habits.

The guest speakers at these workshops were all specialists in their fields from well-recognised organisations. We extend our thanks to Gilli Moorhawk for their informative sessions.

The feedback from women who participated in the mental health and well-being workshops has been very positive. The encouraging responses we have received have motivated us to plan for future funding applications to continue offering health information services. These workshops were conducted via Zoom.



Social Activities and Events

Aaina is dedicated to community development, social justice, and empowerment, with a primary focus on identifying and addressing barriers to cultural inclusion and enhancing social and economic participation for our members. We celebrate cultural diversity and actively engage our members and the wider community in sharing and exchanging cultural experiences.

We organise a range of free social activities and events for our members, including celebrations for Eid, Black History Month, International Women's Day, and pampering sessions.

Our members have thoroughly enjoyed the outings arranged by Aaina, which include visits to parks, restaurants, and picnics whenever the weather allows.



Fitness Classes

The Yoga and aerobics classes will be held as long as funding permits.

These classes are highly popular because they offer a culturally sensitive environment for women who, due to religious or cultural reasons, may not be able to access mainstream activities. The classes cater to all ages and fitness levels, promoting well-being and healthy living while encouraging physical activity. Additionally, we organise a weekly walk day to help our members maintain good health.

A huge thank you to the ladies who participated and kept us motivated!

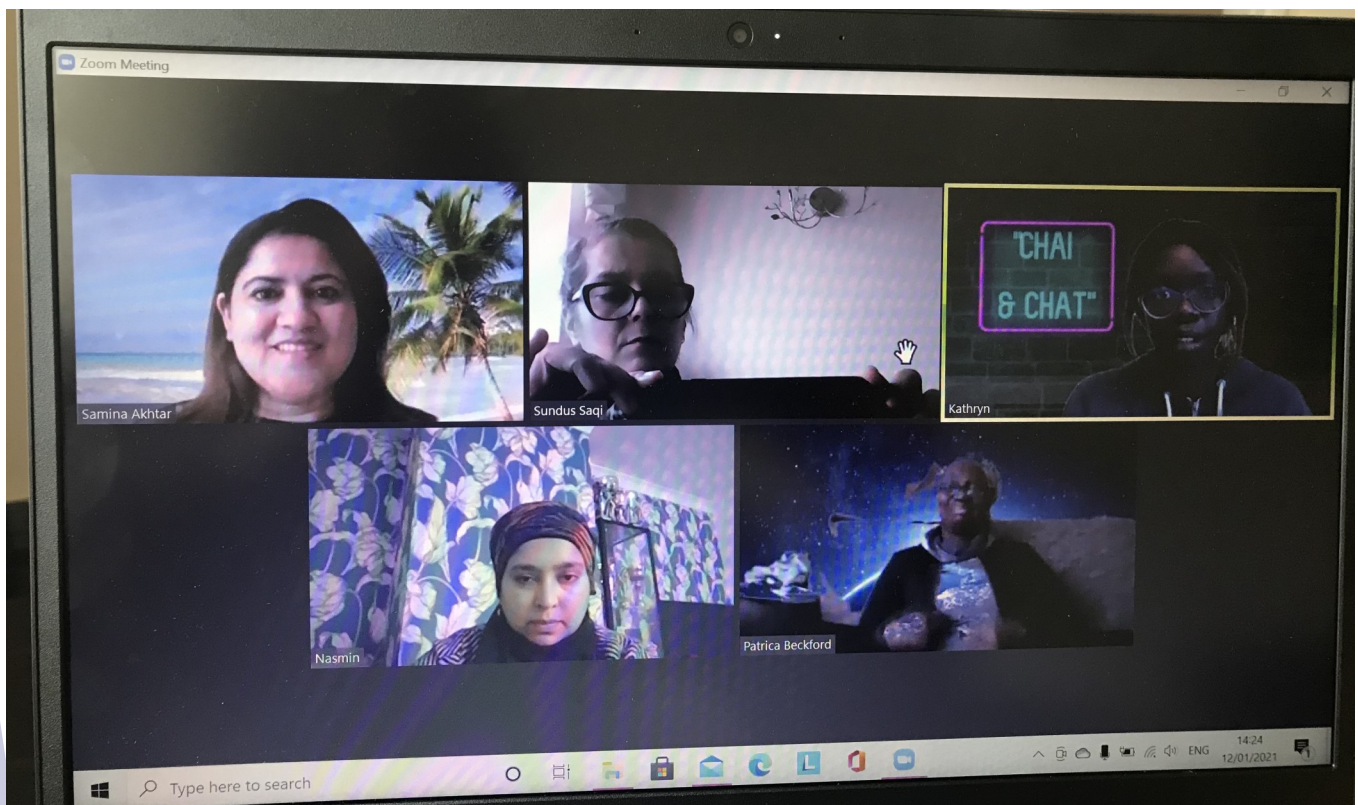


Chai and Chat

To keep our members connected during the challenging period of lockdown and the pandemic, we organised Chai and Chat workshops. These workshops proved to be very successful, and we received positive feedback from members who requested that we continue them. Consequently, Aaina is now organising more workshops, some-

times on Zoom and at other times in person.

A big thank you to all the ladies who participated!



ESOL CLASSES

The project consists of an ESOL class for newly arrived women who have limited writing or speaking skills for various reasons. The tutor's feedback was very positive, noting that 95% of the women made significant progress, including speaking in longer sentences. The women were enthusiastic about learning, and the sessions were well-attended and highly valued by our members. The classes also fostered interaction among women from different cultural backgrounds, revealing that many had not previously engaged in education. Each woman received a personalised lesson plan to address her specific needs.

Alongside the lessons, members were given information and encouragement to participate in other activities, leading to their involvement in future projects. Many women are now seeking part-time or volunteer opportunities.

This activity will continue as long as funding permits.





MANAGEMENT COMMITTEE

CHAIR	Nadia Salimi
VICE CHAIR	Khosi Manaka
SECRETARY	Sajida Habib
TREASURER	Patricia Beckford

EXECUTIVE MEMBERS

Nusrat Raja

Mariam Mohamed

Naseema Syed

Ruksana Khan

Sham Raja

Sofia Sheakh

Aliya Sheikh

Who's Who

Our Funders & Partners

We would like to thank our partners for their support.

London Councils Community Grant.

The Peckham settlement

Award for us

Big Lottery.

Southwark Community Refugee Forum.

Volunteer Centre Southwark.

British Red Cross.

NHS Southwark.

Community Southwark.

LAP.

STAG.

Solace Women's Aid.

FSI.

Cycle Confident.

LOVO.

Feminist Library.

Kew Gardens.

On behalf of the Management Committee, staff and members we would like to thank our funders:

Southwark Council.

National Lottery



Statement Of Financial Activities For The Year Ended 31st March

AAINA WOMENS GROUP				
DETAILED INCOME AND EXPENDITURE				
FOR THE YEAR ENDED 31ST MARCH 2024				
INCOMING RESOURCES	Unrestricted	Restricted	2024	2023
	Fund	Fund	Total	Total
	£	£	£	£
London Borough of Southwark - Revenue Grant	34,047	0	34,047	32,073
The National Lottery	0	10,000	10,000	9,950
Total Incoming Resources	34,047	10,000	44,047	42,023
OUTGOING RESOURCES	Unrestricted	Restricted	2024	2023
	Fund	Fund	Total	Total
	£	£	£	£
Charitable Activities				
Salaries	24,415	0	24,415	24,415
HMRC	110	0	110	991
Pensions	1,136	0	1,136	862
Room Hire	1,249		1,249	0
Coordinator	500	1,400	1,900	2,550
Rent and Service charge	1,893	0	1,893	2,029
Workshop/Training	0	700	700	2,634
Age UK activities	0	0	0	500
Software	80	0	80	80
Telephone & Internet	742	0	742	643
Payroll Services	345	0	345	656
Book-keeping	225	0	225	225
Accountancy Fees	550	0	550	550
Refreshment	62	300	362	30
Travel	465	0	465	65
Zoom Subscription	156	0	156	0
Social Media	0	850	850	2,550
Insurance	442	0	442	429
Parking	153	0	153	0
Event	0	0	0	250
Hall Hire	0	0	0	2,000
Office Sundry Expenses	17	0	17	30
Total Resources Expended	32,540	3,250	35,790	41,490

AAINA WOMENS GROUP
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025
CHARITY NUMBER 1081537

LONDON ACCOUNTANCY PRACTICE
SOJOURNER TRUTH CENTRE
161 SUMNER ROAD
LONDON SE15 6JL

**AAINA WOMEN'S GROUP
FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2025**

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AINA WOMEN'S GROUP
ADMINISTRATIVE INFORMATION
YEAR ENDED 31ST MARCH 2025

COMMITTEE MEMBERS

Nadia SalimiChair
Khosi ManakaVice Chair
Patricia Beckford.....Treasurer
Sajida Habib.....Secretary
Nusrat Raja.....Member
Sham Raja.....Member
Naseema Syed.....Member
Sofia Sheakh..... Member
Aliya Sheikh.....Member

CHARITY NUMBER

1081537

REGISTERED OFFICE

Sojourner Truth Centre
161 Sumner Road
London
SE15 6JL

BANKERS

Barclays Bank Plc
Dulwich Group
Dulwich
London

INDEPENDENT EXAMINER

London Accountancy Practice
Sojourner Truth Centre
161 Sumner Road
London
SE15 6JL

**AAINA WOMEN'S GROUP
MANAGEMENT COMMITTEE REPORT
YEAR ENDED 31ST MARCH 2025**

The Management Committee present their annual report and the financial statements for the year ended 31st March 2025.

PRINCIPAL ACTIVITIES

The principal activities of the organisation are to promote any charitable purpose for the benefit of South Asian, Muslim and Refugee women and children, including the relief of poverty, sickness and distress, the advancement of education and the provision of facilities for recreation and other leisure activities in the interest of social welfare and in order to improve the quality of life of the said beneficiaries.

STATEMENT OF MANAGEMENT COMMITTEE RESPONSIBILITIES

The Management Committee is required to prepare financial statements which give a true and fair view of the state of affairs of the project and of the income and expenditure of the project for that period. In preparing those statements the Management Committee are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable standards and statement of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the project will continue in operation.

The Management Committee are responsible for keeping proper records which disclose with reasonable accuracy at any time the financial position of the project. They are also responsible for safeguarding the assets of the project and hence for taking reasonable steps to prevent and detect fraud and other irregularities.

**AAINA WOMEN'S GROUP
INDEPENDENT EXAMINER'S REPORT TO THE MANAGEMENT COMMITTEE
YEAR ENDED 31ST MARCH 2025**

I report on the accounts of the Charity for the year ended 31st March 2025, which are set out on pages 5 to 9.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; 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.....

Date

A. Adebambo MBA, ACIS, ACMA,
London Accountancy Practice
161 Sumner Road,
London SE15 6JL.

AINA WOMEN'S GROUP					
STATEMENT OF FINANCIAL ACTIVITIES					
FOR THE YEAR ENDED 31ST MARCH 2025					
INCOMING RESOURCES					
	Unrestricted	Restricted	2025	2024	
	Fund	Fund	Total	Total	
Incoming Resources From Generated Funds:	£	£	£	£	
Voluntary Income	35,323	0	35,323	44,047	
Total Incoming Resources	35,323	0	35,323	44,047	
RESOURCES EXPENDED					
Charitable Activities	35,067	0	35,067	35,790	
Total Resources Expended	35,067	0	35,067	35,790	
Net Incoming Resources	256	0	256	8,257	
Prior year adjustment	625	0	625	0	
Fund Balance Brought Forward	3,257	6,921	10,178	1,921	
Fund Balance Carried Forward	4,138	6,921	11,059	10,178	

AAINA WOMEN'S GROUP					
BALANCE SHEET					
AS AT 31 MARCH 2025					
			2025		2024
			£		£
CURRENT ASSETS					
Cash at Bank			11,707		10,900
Cash in Hand			127		103
			11,834		11,003
CURRENT LIABILITIES					
CREDITORS:					
Accruals			775		825
			0		0
			0		0
NET ASSETS			11,059		10,178
FINANCED BY:					
Restricted Funds			6,921		6,921
Unrestricted Funds			4,138		3,257
			11,059		10,178
Approved by the Management Committee and signed on its behalf by					
.....			Chairperson		
.....			Treasurer		
on.....			2025		

**AINA WOMEN'S GROUP
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2025**

1. ACCOUNTING POLICIES

1.1 Basis of preparation of Financial Statements

The financial statements are prepared under the historic cost convention and include the results of the charity's operations which are described in the Management Committees Report and all of which are continuing.

The accounts have been prepared in accordance with the Statements of Recommended Practice for charity accounts.

The charity has taken advantage of the exemption of Financial Reporting Standard No1 from the requirements to produce a cash flow statement on the grounds that it qualifies as a small charity

1.2 Incoming Resources

1.2.1 Revenue grants are credited to the Statement of Financial Activities on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are included on the Balance Sheet as deferred income to be recognised in the future accounting period.

1.2.2 Grants received for specific purposes are accounted for as restricted funds in the Statement of Financial Activities.

1.3 Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is identified to the fund, together with a fair allocation of management and support costs.

Please note that restricted income were carried forward from the previous year to cover the activities carried out in the current year.

1.4 Unrestricted Funds

Unrestricted funds are donations and other incomes received or generated for the objects of the organisation without further specified purpose and are available for general funds.

1.5 Designated Funds

Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

**NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2025**

1.6 Resources Expended

All expenditure is accounted for gross and when incurred. Direct charitable expenditure includes the direct costs of the activities and depreciation on related assets. Management and administration comprise those costs relating to the Charity's central management and administration as opposed to its charitable activities.

1.7 Capital Equipment -Depreciation

The cost of equipment/furniture is written off in the year in which it is incurred.

2. FIXED ASSETS

A register of equipment/furniture is kept by the organisation.

3. CREDITORS	2025	2024
	£	£
Accountancy Fees	550	550
Bookkeeping	225	225
Bookkeeping underpayment	<u>0</u>	<u>50</u>
	<u>775</u>	<u>825</u>

4. We understand the organisation owes some money on rent to the council. The amount has not been confirmed.

5. Prior year adjustment: Cheque number 300942 issued last year that was never presented and has now been written back into the accounts.

AAINA WOMENS GROUP					
DETAILED INCOME AND EXPENDITURE					
FOR THE YEAR ENDED 31ST MARCH 2025					
		Unrestricted	Restricted	2025	2024
INCOMING RESOURCES		Fund	Fund	Total	Total
		£	£	£	£
London Borough of Southwark - Revenue Grant		35,323	0	35,323	34,047
The National Lottery					10,000
Total Incoming Resources		35,323	0	35,323	44,047
		Unrestricted	Restricted	2025	2024
OUTGOING RESOURCES		Fund	Fund	Total	Total
Charitable Activities		£	£	£	£
Salaries		24,415	0	24,415	24,415
HMRC		0	0	0	110
Pensions		893	0	893	1,136
Room Hire		0	0	0	1,249
Coordinator		1,500	0	1,500	1,900
Rent and Service charge		3,474	0	3,474	1,893
Workshop/Training		800	0	800	700
Admin Expenses		177	0	177	0
Software		152	0	152	80
Telephone & Internet		700	0	700	742
Payroll Services		340	0	340	345
Book-keeping		225	0	225	225
Accountancy Fees		550	0	550	550
Refreshment		52	0	52	362
Travel		0	0	0	465
Zoom Subscription		156	0	156	156
Social Media		610	0	610	850
Insurance		462	0	462	442
Parking		42	0	42	153
Garden		72	0	72	0
Event/ Catering		380	0	380	0
Hall Hire		69	0	69	0
Office Sundry Expenses		0	0	0	17
Total Resources Expended		35,067	0	35,067	35,790

AINA WOMENS GROUP					
DETAILED INCOME AND EXPENDITURE					
FOR THE YEAR ENDED 31ST MARCH 2025					
INCOMING RESOURCES		Unrestricted	Restricted	2025	2024
		Fund	Fund	Total	Total
		£	£	£	£
London Borough of Southwark - Revenue Grant		35,323	0	35,323	34,047
The National Lottery					10,000
Total Incoming Resources		35,323	0	35,323	44,047
OUTGOING RESOURCES		Unrestricted	Restricted	2025	2024
		Fund	Fund	Total	Total
Charitable Activities		£	£	£	£
Salaries		24,415	0	24,415	24,415
HMRC		0	0	0	110
Pensions		893	0	893	1,136
Room Hire		0	0	0	1,249
Coordinator		1,500	0	1,500	1,900
Rent and Service charge		3,474	0	3,474	1,893
Workshop/Training		800	0	800	700
Admin Expenses		177	0	177	0
Software		152	0	152	80
Telephone & Internet		700	0	700	742
Payroll Services		340	0	340	345
Book-keeping		225	0	225	225
Accountancy Fees		550	0	550	550
Refreshment		52	0	52	362
Travel		0	0	0	465
Zoom Subscription		156	0	156	156
Social Media		610	0	610	850
Insurance		462	0	462	442
Parking		42	0	42	153
Garden		72	0	72	0
Event/ Catering		380	0	380	0
Hall Hire		69	0	69	0
Office Sundry Expenses		0	0	0	17
Total Resources Expended		35,067	0	35,067	35,790

AINA WOMEN'S GROUP

England & Wales - Charity number 1081537

Accounts



AINA WOMEN'S GROUP

Annual Report & Accounts 2023-2024

Registered Charity No. 1081537
<http://ainawomen.wordpress.com>

Chairs Report



It is with great pride and joy that we present the Annual Report for this year. The past year has been a remarkable journey filled with milestones, accomplishments, and impactful initiatives.

Supporting and promoting Women's Health and Wellness has always been a core value of our organization. Throughout the year, we organized workshops around healthy eating and mental health awareness, among others, to address the unique challenges women face. Additionally, we provided Chit Chat & Chai sessions. By doing so, we have played a significant role in enhancing the overall well-being of countless women in our community especially the ones who find themselves isolated.

I would like to say a massive thanks to Southwark Council as our main core funder, as well as the National Lottery who fund the mental health sessions.

As we look back on the last year, we are filled with immense gratitude for the collective efforts that have made it so successful. Together, we have made a lasting impact on the lives of countless women, empowering them to reach their full potential and embrace their true worth. We remain committed to our mission and look forward to an even more impactful year ahead. Our heartfelt appreciation goes out to all our management committee members, supporters, volunteers, and staff who have made this journey possible. With your continued support, we are confident that we can bring about lasting change and create a brighter, more equitable future for women everywhere.

This year marks yet another important milestone for Aaina. As we know that voluntary organisations and indeed women's organisations nationally are being forced to close down due to a lack of funding. I am proud that we are still standing and contributing to the greater good of our community.

We have also been very fortunate for having dedicated and competent staff such as Samina Akhtar who has kept us afloat with her funding expertise and Sundus Saqi who has co-ordinated the overall activities and kept them going.

Thank you all for being part of Aaina and making it such a positive and inspirational place to attend.

Nadia Saleemi
Chairperson

Vice Chair's Report



As Vice Chair of AAINA, I am delighted to continue supporting the implementation of our strategic plan, ensuring it aligns with our aims and objectives as well as those of our funders. Our mission is to support women in many ways and, by extension, their children. We have received ongoing core funding from Southwark and other funders for our various projects. Additionally, we have benefited from non-monetary charitable contributions, which we have utilised by sharing resources, networking, and collaborating on projects with other groups to ensure the prosperity of our organisation.

We recognise the importance of building a strong support network and fostering a sense of belonging. To encourage social bonding and friendship, we arranged several social outings and group activities. These events not only provided an opportunity for women to come together but also allowed them to share experiences, stories, and knowledge in a safe and supportive environment.

We are committed to addressing the everyday challenges faced by women in our community. Throughout the year, we extended our helping hand to those women who encountered difficulties in various aspects of their lives. The heart of our organisation lies in the impact we make on the lives of women. We have witnessed numerous stories of transformation and success. Women who once felt defeated by life's challenges have now grown into confident and self-reliant individuals. Their achievements are a testament to the effectiveness of our initiatives.

None of our achievements would have been possible without the unwavering support of our dedicated volunteers and partners. I extend my heartfelt gratitude to each one of you for your time, effort, and contributions. Your belief in our cause has been the driving force behind our success.

I would like to thank Samina Akhtar for her dedication and hard work in securing grant funding. Thanks also to Sundus Saqi for ensuring project uptake and coordination continue smoothly. We are very grateful to our Treasurer, Pat Beckford, for ensuring that our financial transactions are in order.

We would all like to give a massive show of appreciation to the following organisations for their charitable contributions and participation:

- Southwark Council
- The Peckham Settlement
- National Lottery
- Tate
- LOVO, for collaboration with projects
- Gilli Moorhawk, Mental Health Workshop Facilitator

Finally, I would like to credit the Management Committee and volunteers for their highly valued contributions this year and in all the years before. May their love and dedication continue forever. I wish AAINA a continually prosperous future, with its rich and varied activities benefiting not only our members but also the Southwark community as a whole.

Khosi Manaka
Vice Chair

Our Project

Aaina Women's Group provides regular support and information surgeries, offering practical help and ongoing assistance to all clients. We offer a free drop-in service and free internet access three days a week for women from BME (Black and Minority Ethnic) communities. Information is provided on a range of issues including welfare benefits, education, childcare, health, immigration, and details about other community and council projects.

In addition to our information service, the drop-in sessions offer a confidential, non-judgmental support service for women. Aaina provides support regardless of background, religion, or culture, ensuring a safe space for all.

Our approach promotes cultural interchange, fostering mutual understanding and respect across different cultures, ethnic groups, and faiths.

We currently work with communities including Arabic-speaking, Turkish, Bengali, Pakistani, Indian, Somali, Iranian, Nigerian, and others. The majority of our clients face social exclusion due to language barriers, which are often compounded by lack of childcare, unemployment, poverty, and economic disadvantage. Many of our clients are refugees and asylum seekers.

Services

At Aaina we offer the following services:-

- Free internet access
- Information and reference area
- Referral service to other agencies.
- Translation service.
- Advice on courses available.
- Help with housing, immigration, health issues, domestic violence and education.
- provides a culturally sensitive environment where our members can discuss any problems in the strictest confidence.
- Health awareness workshops.
- Self development workshops.
- Social events and activities to share and exchange cultural experiences.
- Skill development courses.

Sewing Club

Our club caters to people of all ages and backgrounds. Our experienced tutors specialise in freehand cutting, a technique that is particularly beneficial for African and South Asian women, for whom it is ideal for creating traditional attire.

Members have full access to domestic machines, as well as all necessary equipment. Women join the club not only to learn or refine their sewing skills but also to exchange ideas on the latest designs, explore various cultural concepts, and share styles and ideas for soft furnishings. The club offers lessons in knitting and crochet, covering techniques such as crochet stitches, working in rounds and rows, shaping, and following charts or instructions.

For many women, the sewing club has been a successful way to make new friends and socialise in a supportive environment. It provides a valuable opportunity to meet women from different religious and ethnic backgrounds and learn about each other's cultures, fostering cultural diversity.

The club operates whenever funding is available.



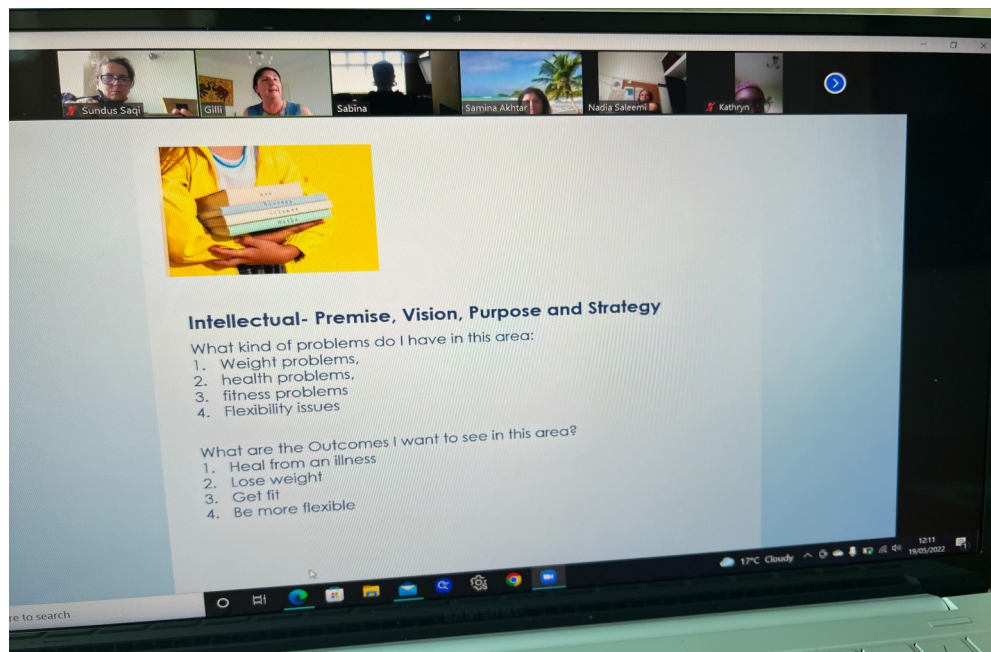
Health Workshops

Our Health Awareness workshops covered a wide range of topics in a relaxed and comfortable setting, making it easy for participants to engage and make new friends. We were fortunate to receive funding from the National Lottery to run our "Active 50 project" .

Additionally, we partnered with Holly Health and Age UK Lewisham & Southwark to conduct a research study that offered free support for adopting healthy habits.

The guest speakers at these workshops were all specialists in their fields from well-recognised organisations. We extend our thanks to Gilli Moorhawk for their informative sessions.

The feedback from women who participated in the mental health and well-being workshops has been very positive. The encouraging responses we have received have motivated us to plan for future funding applications to continue offering health information services. These workshops were conducted via Zoom.



Social Activities and Events

Aaina is dedicated to community development, social justice, and empowerment, with a primary focus on identifying and addressing barriers to cultural inclusion and enhancing social and economic participation for our members. We celebrate cultural diversity and actively engage our members and the wider community in sharing and exchanging cultural experiences.

We organise a range of free social activities and events for our members, including celebrations for Eid, Black History Month, International Women's Day, and pampering sessions.

Our members have thoroughly enjoyed the outings arranged by Aaina, which include visits to parks, restaurants, and picnics whenever the weather allows.



Fitness Classes

The Yoga and aerobics classes will be held as long as funding permits.

These classes are highly popular because they offer a culturally sensitive environment for women who, due to religious or cultural reasons, may not be able to access mainstream activities. The classes cater to all ages and fitness levels, promoting well-being and healthy living while encouraging physical activity. Additionally, we organise a weekly walk day to help our members maintain good health.

A huge thank you to the ladies who participated and kept us motivated!



Chai and Chat

To keep our members connected during the challenging period of lockdown and the pandemic, we organised Chai and Chat workshops. These workshops proved to be very successful, and we received positive feedback from members who requested that we continue them. Consequently, Aaina is now organising more workshops, sometimes on Zoom and at other times in person.

A big thank you to all the ladies who participated!



ESOL CLASSES

The project consists of an ESOL class for newly arrived women who have limited writing or speaking skills for various reasons. The tutor's feedback was very positive, noting that 95% of the women made significant progress, including speaking in longer sentences. The women were enthusiastic about learning, and the sessions were well-attended and highly valued by our members. The classes also fostered interaction among women from different cultural backgrounds, revealing that many had not previously engaged in education. Each woman received a personalised lesson plan to address her specific needs.

Alongside the lessons, members were given information and encouragement to participate in other activities, leading to their involvement in future projects. Many women are now seeking part-time or volunteer opportunities.

This activity will continue as long as funding permits.



Who's Who

MANAGEMENT COMMITTEE

CHAIR	Nadia Salimi
VICE CHAIR	Khosi Manaka
SECRETARY	Sajida Habib
TREASURER	Patricia Beckford

EXECUTIVE MEMBERS

Nusrat Raja

Mariam Mohamed

Naseema Syed

Ruksana Khan

Our Funders & Partners

On behalf of the Management Committee, staff and members we would like to thank our funders:

Southwark Council.
Peckham and Nunhead Community



We would like to thank our partners for their support.

London Councils Community Grant.
The Peckham settlement
Award for us
Big Lottery.
Southwark Community Refugee Forum.
Volunteer Centre Southwark.
British Red Cross.
NHS Southwark.
Community Southwark.
LAP.
STAG.
Solace Women's Aid.
FSI.
Cycle Confident.
LOVO.
Feminist Library.
Kew Gardens.

Statement Of Financial Activities For The Year Ended 31st March

AINA WOMEN'S GROUP				
STATEMENT OF FINANCIAL ACTIVITIES				
FOR THE YEAR ENDED 31ST MARCH 2024				
	Unrestricted	Restricted	2024	2023
	Fund	Fund	Total	Total
	£	£	£	£
INCOMING RESOURCES				
Incoming Resources From Generated Funds:				
Voluntary Income	34,047	10,000	44,047	42,023
Total Incoming Resources	34,047	10,000	44,047	42,023
RESOURCES EXPENDED				
Charitable Activities	32,540	3,250	35,790	41,490
Total Resources Expended	32,540	3,250	35,790	41,490
Net Incoming Resources	1,507	6,750	8,257	533
Fund Balance Brought Forward	1,750	171	1,921	1,388
Fund Balance Carried Forward	3,257	6,921	10,178	1,921

AINA WOMEN'S GROUP

England & Wales - Charity number 1081537

Accounts



AAINA WOMEN'S GROUP

Registered Charity No. 1081537
<http://ainawomen.wordpress.com>

Annual Report
&
Accounts
2021/ 2022

Chairs Report



I am extremely proud to be able to reflect on yet another prosperous year at AAINA Women's Group. As we endured another challenging year due to the Covid-19 pandemic, our dedicated AAINA family were able to pull through and continue to deliver important services to our community. As we slowly emerge out of the Covid-19 pandemic, our will to continue to support our community has become stronger than ever. We look forward to all the exciting future projects to come and will continue to strive in exceeding expectations. On behalf of Southwark Council and other funders who all have faith in us to carry out the philanthropic work necessary to strengthen and give back to our community, we are more determined than ever to ensure we accomplish our goals and objectives.

As Covid-19 cases continued to soar between 2021-22, we continued to successfully deliver all our activities via Zoom, which proved to be very popular and easy for our users to access and be involved with. We noticed that participation levels had increased significantly due to ease of access for our users to be able to participate from home. Many members which normally could not attend in-person started becoming active members again, which was a real pleasure to witness.

I would like to say a massive thanks to Southwark Council as our main core funder, as well as other funders who have helped support us in being able to deliver various activities. I am also extremely thankful toward our driven and talented staff members Samina Akhtar and Sundus Saqi, who have both been working tirelessly throughout the years so that we may be able to continue to help support and give back to our community. A special thanks to our ever supportive management committee and volunteers who have all dedicated their time and effort to help towards the smooth running of our centre. Last but not least, I would like to thank our Vice chair Khosi Manaka who oversees the overall operation of AAINA, ensuring that we continue to provide the best we can in supportive services and that our objectives are being carried out as planned to achieve our purpose.

May we continue to be a centre for all women, irrespective of their colour, religion, disability, etc. All those who need help, support, to learn a skill or just meet a friendly face to talk to. Stop for a coffee and have a friendly chat.

Nadia Saleem

(AAINA Chairperson)

Vice Chair's Report



It has been incredible witnessing over the years the strength shown by our family at AAINA, especially during these challenging times. Each and every one of us has been pushed and tested to our very limits and I am extremely proud of each and every person here today. I am thankful that I was able to continue in offering my support to our important cause. Despite the difficulties, we were still able to ensure to continuity of service provision which are in line with ours and our funders' aims and objectives of supporting our women in many ways and in extension their children. We are so grateful to have had continued core funding from Southwark, and other funders, for our various projects. We have also benefitted from other shared charitable contributions which are non-monetary, that we have taken advantage of which help ensure the prosperity of our organisation. This we do through sharing resources with other groups or networking with other groups or sharing projects.

I would like to thank Samina Akhtar for all her dedication and hard work in helping to secure grant fundraising. Thanks also to Sundus Saqi for ensuring project uptake and coordination continues. We are also very grateful to our beloved Treasurer Pat Beckford for ensuring that all financial transactions held to form.

We would all like to give a massive show of appreciation to the following organisations for their charitable contribution and participation:

Southwark Council
The Peckham settlement
National Lottery.
Age UK Lewisham & Southwark
Tate
Solace
Katherine Pitt from Southwark council
Awards for All
Gilli Moorhawk Mental health workshop facilitator
Foina Onasanya well-being workshop facilitator
Katherin Tabu

Finally, I would like to give credit to the Management Committee and volunteers for their highly valued contribution, this year and for all the years before, and may their love and dedication be forever continuing. I wish AAINA a continually prosperous future, with its rich and varied activities which aim to not only benefit our members, but also the Southwark community as a whole.

Khosi Manaka (AAINA Vice Chair)

Our Project

Support and Information surgeries are one of the regular services provided by Aaina Women's Group, where practical help and on-going support and assistance is available to all clients. We provide a free drop in service and free access to internet available for 3 days a week for women from BME communities. Information is provided on a range of issues including welfare benefits, education, childcare, health and immigration as well as information about other community and council projects.

In addition to the information service the drop in offers a confidential, non-judgmental support service for women. Aaina provides a confidential support service for women whatever their background, religion or culture.

We are thus able to work in a way with women, which promotes and fosters a cultural interchange and promotes mutual understanding and respect across cultures, ethnic groups and faiths.

Communities we are currently working with include Arabic speaking communities, Turkish, Bengali, Pakistani, Indian, Somali, Iranian and Nigerian and others. The majority of our clients are excluded from society due to a language barrier, which is further compounded through the lack of childcare provision, unemployment, poverty and economic disadvantage. Many of our clients are refugees and asylum seekers .

Services

At Aaina we offer the following services:-

- Free internet access
- Information and reference area
- Referral service to other agencies.
- Translation service.
- Advice on courses available.
- Help with housing, immigration, health issues, domestic violence and education.
- provides a culturally sensitive environment where our members can discuss any problems in the strictest confidence.
- Health awareness workshops.
- Self development workshops.
- Social events and activities to share and exchange cultural experiences.
- Skill development courses.

Sewing Club

This club appeals to all ages from all different backgrounds. Our experienced tutors teach freehand cutting which is why there are many African and South Asian women in the club for whom freehand cutting is ideal for their style of national dress.

There is full use of industrial and domestic machines and all relevant equipment is provided. Women not only join the class to learn or improve on their skills but exchange ideas on latest designs, different cultural ideas and share soft furnishings styles and ideas. The club consists Knitting and Crochet lessons; crochet stitches, working in rounds and rows, shaping, following chart or instructions.

For many women the sewing club has been a successful way of making new friends and the way of socializing where perhaps they would not have the opportunity. They are able to meet women from different religious and ethnic backgrounds and are able to learn about each other's culture – cultural diversity is promoted.

Unfortunately, due to the Covid-19 pandemic, we could not have face-to-face workshops this year as well. However we were able to provide our members with crochet tools so that our members could still be involved and participate in virtual lessons being delivered via Zoom. Thanks to National Lottery for the fund to carry out the workshops.

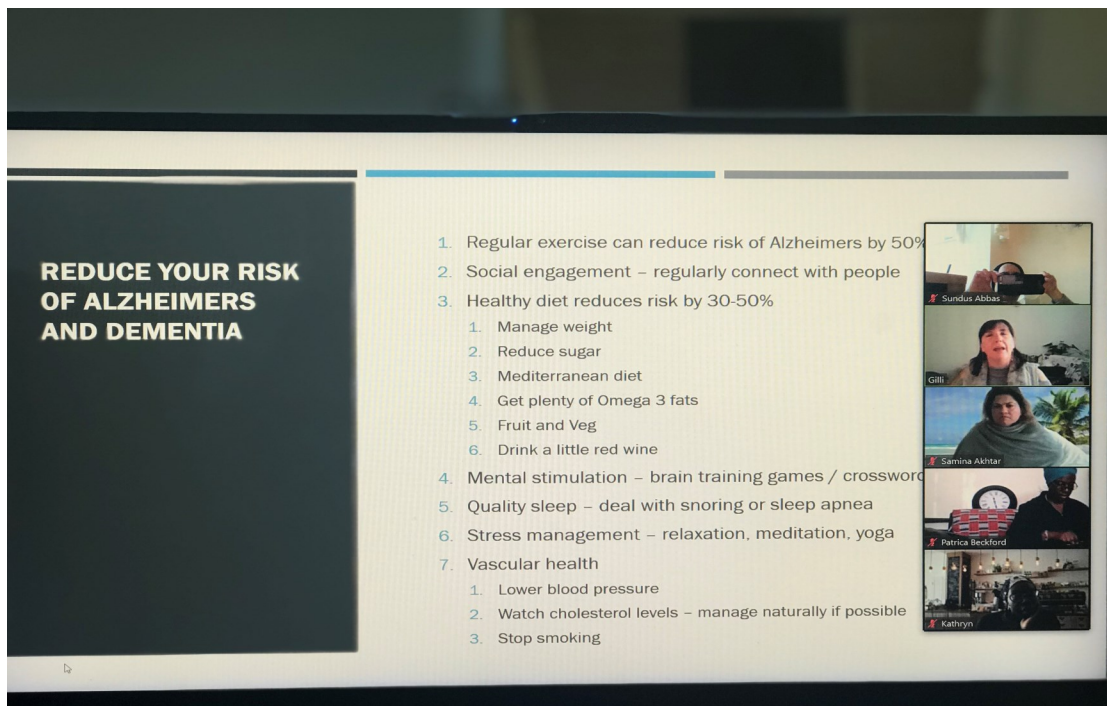


Health Workshops

The Health Awareness workshops covered huge range of subjects in a relaxed and comfortable way to participate in the sessions and Making new friends.

The guest speakers were all specialized within their fields and from recognized organizations. We would like to thank Gilli Moorhawk and Fiona Onasanya for their informative workshops.

The feedback from the women that participated the Mental health and well-being workshops was very positive. The response we have received has been very encouraging and we are planning to apply for funding to run the health information services again in the future. These workshops carried out via Zoom. The project have been funded by National Lottery Thank you.



REDUCE YOUR RISK OF ALZHEIMERS AND DEMENTIA

1. Regular exercise can reduce risk of Alzheimers by 50%
2. Social engagement – regularly connect with people
3. Healthy diet reduces risk by 30-50%
 1. Manage weight
 2. Reduce sugar
 3. Mediterranean diet
 4. Get plenty of Omega 3 fats
 5. Fruit and Veg
 6. Drink a little red wine
4. Mental stimulation – brain training games / crossword
5. Quality sleep – deal with snoring or sleep apnea
6. Stress management – relaxation, meditation, yoga
7. Vascular health
 1. Lower blood pressure
 2. Watch cholesterol levels – manage naturally if possible
 3. Stop smoking

Participants visible in the video grid: Sundus Abbas, Gilli, Samina Akhtar, Patricia Beckford, Kathryn.

Social Activities and Events

Aaina has a strong commitment to community development, social justice and empowerment with the primary aim to identify and address barriers to cultural inclusion and social and economic participation for our members. Aaina celebrates cultural diversity and engages its constituency and the wider community to share and exchange cultural experience.

Aaina organises a number of free social activities and events to their members including EID, Black History month, international women day and pampering sessions.

Unfortunately, because of the Covid-19 pandemic this year, we could not have gathered events, yet we still managed to have a few outings whenever we allowed to do so once the lockdown restrictions began to ease. This project have been funded by Age UK Thank you.



Fitness Classes

The Yoga and aerobics classes will run whenever fund will be available.

The classes are very popular as they provided a culturally sensitive environment for women who due to religious or cultural reasons are unable to access mainstream activities. The classes were for all ages and fitness levels, the sessions promoted well being and healthy living and encouraged participation in physical activity.

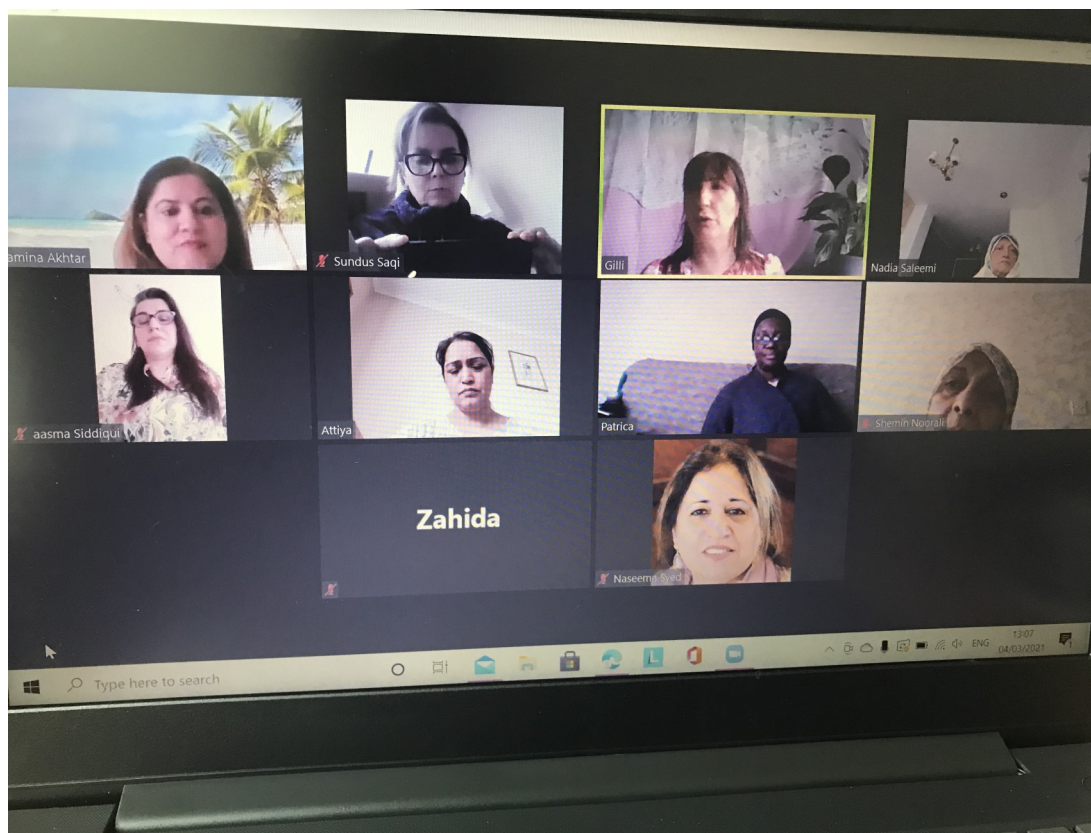
A huge thank you to the ladies for participated and kept us motivated!
This year, this activity was carried out via zoom every Tuesday.



Chai and Chat

To keep our members connected while we were going through very difficult time because of lockdown and pandemic, we organised Chai and Chat workshops, these workshops were so successful, we had very positive feedback from our members who requested us to continue having them even when we will open the office to the public.

A huge thank you to all the ladies who participated!
The activity continues to be carried out via Zoom every Tuesday.



ESOL CLASSES

The project is an ESOL class for newly arrived women and who have no writing or speaking skills for many different reasons. Tutor feedback was very positive, she found that 95% of the women progressed and they started to speak long sentences, the women were eager to learn. The session was very well attended and greatly appreciated by our members and encouraged members to interact with other women of different cultures ,we realized many women have not been in education, each woman had her own lesson planner. We then focused on individual's needs.

As well as the information provided during the sessions the members were given information and encouragement to join other activities and we have managed to get these women involved in future projects. Many of the women are looking for part/time jobs or volunteering jobs.

This activity carries out whenever funds are available.



Who's Who

MANAGEMENT COMMITTEE

CHAIR	Nadia Salimi
VICE CHAIR	Khosi Manaka
SECRETARY	Sajida Habib
TREASURER	Patricia Beckford

EXECUTIVE MEMBERS

Nusrat Raja

Mariam Mohamed

Naseema Syed

Nasmin Begum

Ruksana Khan

Our Funders & Partners

On behalf of the Management Committee, staff and members we would like to thank our funders:

Southwark Council.
Peckham and Nunhead Community



We would like to thank our partners for their support.

London Councils Community Grant.
The Peckham settlement
Award for us
Age UK.
Age Concern.
Big Lottery.
Peter Mints.
Southwark Community Refugee Forum.
Southwark Refugee Project.
Southwark Work.
Volunteer Centre Southwark.
British Red Cross.
NHS Southwark.
Foyle Foundation.
Community Southwark.
LAP.
STAG.
Solace Women's Aid.
FSI.
Cycle Confident.

Statement Of Financial Activities For The Year Ended 31st March

AAINA WOMEN'S GROUP				
STATEMENT OF FINANCIAL ACTIVITIES				
FOR THE YEAR ENDED 31ST MARCH 2022				
	Unrestricted	Restricted	2022	2021
	Fund	Fund	Total	Total
	£	£	£	£
INCOMING RESOURCES				
Incoming Resources From Generated Funds:				
Voluntary Income	32,073	500	32,573	40,123
Total Incoming Resources	32,073	500	32,573	40,123
RESOURCES EXPENDED				
Charitable Activities	32,862	500	33,362	41,401
Total Resources Expended	32,862	500	33,362	41,401
Net Incoming Resources	-789	0	-789	-1,278
Fund Balance Brought Forward	1,506	171	1,677	2,955
Fund Balance Carried Forward	717	171	888	1,677

AAINA WOMENS GROUP				
DETAILED INCOME AND EXPENDITURE				
FOR THE YEAR ENDED 31ST MARCH 2022				
INCOMING RESOURCES	Unrestricted	Restricted	2022	2021
	Fund	Fund	Total	Total
	£	£	£	£
London Borough of Southwark - Revenue Grant	32,073	0	32,073	32,073
National Lottery	0	0	0	8,050
Age Uk	0	500	500	0
Total Incoming Resources	32,073	500	32,573	40,123
OUTGOING RESOURCES	Unrestricted	Restricted	2022	2021
	Fund	Fund	Total	Total
	£	£	£	£
Charitable Activities				
Salaries	24,415	0	24,415	24,415
HMRC	988	0	988	1,220
Pensions	893	0	893	1,055
Coordinator	500	0	500	800
Rent and Service charge	600	0	600	3,654
Exercise Section	100	0	100	0
Training	487	0	487	2,309
Volunteer Expense	20	0	20	0
Positive Mental Health	1,260	0	1,260	0
Age UK activities	45	500	545	0
Stationery/Office Supplies & Postage	0	0	0	103
Software	80	0	80	430
Computer Equipment	0	0	0	4,097
Telephone & Internet	790	0	790	649
Payroll Services	147	0	147	503
Book-keeping	225	0	225	225
Accountancy Fees	550	0	550	550
Refreshment	0	0	0	116
Travel	50	0	50	0
Zoom Subscription	240	0	240	0
Social Media	615	0	615	0
Insurance	410	0	410	391
MC Meeting	27	0	27	0
AGM Expenses	250	0	250	0
Cleaning	59	0	59	236
Furniture	0	0	0	50
Food Voucher	0	0	0	600
Office Sundry Expenses	112	0	112	0
Total Resources Expended	32,862	500	33,362	41,401

**AAINA WOMEN'S GROUP
FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2022**

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Detailed Income and Expenditure	9

AAINA WOMEN'S GROUP
ADMINISTRATIVE INFORMATION
YEAR ENDED 31ST MARCH 2022

COMMITTEE MEMBERS

.....Chair	Nadia Salimi
Khosi Manaka	Vice Chair
Beckford.....	Patricia
.....Treasurer	
Sajida Habib.....	Secretary
Nusrat Raja.....	Member
	Nazmin
Begum.....Member	
	Mariam
Mohamed.....Member	
	Naseema
Syed.....Member	

CHARITY NUMBER 1081537

REGISTERED OFFICE
Sojourner Truth Centre
161 Sumner Road
London
SE15 6JL

BANKERS
Barclays Bank Plc
Dulwich Group
Dulwich
London

INDEPENDENT EXAMINER London Accountancy Practice

Sojourner Truth Centre
161 Sumner Road
London
SE15 6JL

**AAINA WOMEN'S GROUP
MANAGEMENT COMMITTEE REPORT
YEAR ENDED 31ST MARCH 2022**

The Management Committee present their annual report and the financial statements for the year ended 31st March 2022.

PRINCIPAL ACTIVITIES

The principal activities of the organisation are to promote any charitable purpose for the benefit of South Asian, Muslim and Refugee women and children, including the relief of poverty, sickness and distress, the advancement of education and the provision of facilities for recreation and other leisure activities in the interest of social welfare and in order to improve the quality of life of the said beneficiaries.

STATEMENT OF MANAGEMENT COMMITTEE RESPONSIBILITIES

The Management Committee is required to prepare financial statements which give a true and fair view of the state of affairs of the project and of the income and expenditure of the project for that period. In preparing those statements the Management Committee are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable standards and statement of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the project will continue in operation.

The Management Committee are responsible for keeping proper records which disclose with reasonable accuracy at any time the financial position of the project. They are also responsible for safeguarding the assets of the project and hence for taking reasonable steps to prevent and detect fraud and other irregularities.

**AAINA WOMEN'S GROUP
INDEPENDENT EXAMINER'S REPORT TO THE MANAGEMENT COMMITTEE
YEAR ENDED 31ST MARCH 2022**

I report on the accounts of the Charity for the year ended 31st March 2022, which are set out on pages 5 to 9.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:
(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; 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.....

Date

A .Adebambo MBA, ACIS, ACMA,
 London Accountancy Practice
 161 Sumner Road,
 London SE15 6JL.

AAINA WOMEN'S GROUP				
STATEMENT OF FINANCIAL ACTIVITIES				
FOR THE YEAR ENDED 31ST MARCH 2022				
	Unrestricted	Restricted	2022	2021
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Charitable Activities	32,862	500	33,362	41,401
Total Resources Expended	32,862	500	33,362	41,401
Net Incoming Resources	-789	0	-789	-1,278
Fund Balance Brought Forward	1,506	171	1,677	2,955
Fund Balance Carried Forward	717	171	888	1,677

AAINA WOMEN'S GROUP			
BALANCE SHEET			
AS AT 31ST MARCH 2022			
		2022	2021
		£	£
CURRENT ASSETS			
Cash at Bank		12,092	2,172
Cash in Hand		21	280
		12,113	2,452
CURRENT LIABILITIES			
CREDITORS:			
	Deferred Income	9950	
	Accruals	775	775
	Other creditors	500	
		11,225	
NET ASSETS		888	1,677
FINANCED BY:			
	Restricted Funds	171	171
	Unrestricted Funds	717	1,506
		888	1,677
Approved by the Management Committee and signed on its behalf by			
.....		Chairperson	
.....		Treasurer	
on.....		2022	

**AAINA WOMEN'S GROUP
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2022**

1. ACCOUNTING POLICIES

1.1 Basis of preparation of Financial Statements

The financial statements are prepared under the historic cost convention and include the results of the charity's operations which are described in the Management Committees Report and all of which are continuing.

The accounts have been prepared in accordance with the Statements of Recommended Practice for charity accounts.

The charity has taken advantage of the exemption of Financial Reporting Standard No1 from the requirements to produce a cash flow statement on the grounds that it qualifies as a small charity

1.2 Incoming Resources

1.2.1 Revenue grants are credited to the Statement of Financial Activities on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are included on the Balance Sheet as deferred income to be recognised in the future accounting period.

1.2.2 Grants received for specific purposes are accounted for as restricted funds in the Statement of Financial Activities.

1.3 Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is identified to the fund, together with a fair allocation of management and support costs.

Please note that restricted income were carried forward from the previous year to cover the activities carried out in the current year.

1.4 Unrestricted Funds

Unrestricted funds are donations and other incomes received or generated for the objects of the organisation without further specified purpose and are available for general funds.

1.5 Designated Funds

Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

AAINA WOMEN'S GROUP NOTES TO THE ACCOUNTS YEAR ENDED 31ST MARCH 2022

1.6 Resources Expended

All expenditure is accounted for gross and when incurred. Direct charitable expenditure includes the direct costs of the activities and depreciation on related assets.

Management and administration comprise those costs relating to the Charity's central management and administration as opposed to its charitable activities.

1.7 Capital Equipment -Depreciation

The cost of equipment/furniture is written off in the year in which it is incurred.

2. FIXED ASSETS

A register of equipment/furniture is kept by the organisation.

3. CREDITORS

	2022	2021
	£	£
Accountancy Fees	550	550
Bookkeeping	225	<u>225</u>
National Lottery	9,950	<u>775</u>
Other Creditor	<u>500</u>	
	<u>11,225</u>	

AINA WOMENS GROUP				
DETAILED INCOME AND EXPENDITURE				
FOR THE YEAR ENDED 31ST MARCH 2022				
INCOMING RESOURCES	Unrestricted	Restricted	2022	2021
	Fund	Fund	Total	Total
	£	£	£	£
London Borough of Southwark - Revenue Grant	32,073	0	32,073	32,073
National Lottery	0	0	0	8,050
Age Uk	0	500	500	0
Total Incoming Resources	32,073	500	32,573	40,123
OUTGOING RESOURCES	Unrestricted	Restricted	2022	2021
	Fund	Fund	Total	Total
	£	£	£	£
Charitable Activities				
Salaries	24,415	0	24,415	24,415
HMRC	988	0	988	1,220
Pensions	893	0	893	1,055
Coordinator	500	0	500	800
Rent and Service charge	600	0	600	3,654
Exercise Section	100	0	100	0
Training	487	0	487	2,309
Volunteer Expense	20	0	20	0
Positive Mental Health	1,260	0	1,260	0
Age UK activities	45	500	545	0
Stationery/Office Supplies & Postage	0	0	0	103
Software	80	0	80	430
Computer Equipment	0	0	0	4,097
Telephone & Internet	790	0	790	649
Payroll Services	147	0	147	503
Book-keeping	225	0	225	225
Accountancy Fees	550	0	550	550
Refreshment	0	0	0	116
Travel	50	0	50	0
Zoom Subscription	240	0	240	0
Social Media	615	0	615	0
Insurance	410	0	410	391
MC Meeting	27	0	27	0
AGM Expenses	250	0	250	0
Cleaning	59	0	59	236
Furniture	0	0	0	50
Food Voucher	0	0	0	600
Office Sundry Expenses	112	0	112	0
Total Resources Expended	32,862	500	33,362	41,401

AAINA WOMENS GROUP
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022
CHARITY NUMBER 1081537

LONDON ACCOUNTANCY PRACTICE
SOJOURNER TRUTH CENTRE
161 SUMNER ROAD
LONDON SE15 6JL

AINA WOMEN'S GROUP

England & Wales - Charity number 1081537

Accounts



AAINA WOMEN'S GROUP

Registered Charity No. 1081537
<http://ainawomen.wordpress.com>

Annual Report
&
Accounts
2020/ 2021

Chairs Report



Despite the challenges faced during the Covid-19 pandemic, I am extremely proud of the AAINA family pulling together to continue delivering vital support to our community. I am grateful that we are humbly still standing, exceeding our goals and expectations, achieving yet another successful year. I am hopeful to see the objectives through on behalf of Southwark Council and other funders who all believe in us to carry out the charitable work needed to build up and give back to our community.

Similarly to other organisations, we have endured another very difficult year due to the Covid-19 pandemic. Although our office was closed to the public, we were still able to successfully deliver all our activities via Zoom, which proved to be very popular and easy for our users to access and be involved with.

We have been especially blessed to be supported by Southwark Council as our main core funder, as well as other funders who have helped support us in being able to deliver various activities. We have also been very fortunate for having dedicated and competent staff, such as Samina Akhtar who has kept us afloat with her funding expertise, and Sundus Saqi who has co-ordinated the activities and kept them going.

A special thanks to our ever supportive management committee and volunteers who have all dedicated their time and effort to help towards the smooth running of our centre.

Last but not least, I would like to thank our Vice chair Khosi Manaka who oversees the overall operation of AAINA, ensuring that we continue to provide the best we can in supportive services and that our objectives are being carried out as planned to achieve our purpose.

May we continue to be a centre for all women, irrespective of their colour, religion, disability, etc. All those who need help, support, to learn a skill or just meet a friendly face to talk to. Stop for a coffee and have a friendly chat.

Nadia Saleem

(AAINA Chairperson)

Vice Chair's Report



I am delighted that as vice chair of AAINA, I continued being able to support in ensuring that the strategy set out is executed in line with our aims and objectives, merged with what our funders are also aiming to achieve. Our aims and objectives are that of supporting our women in many ways and in extension their children. We have had continued core funding from Southwark, and other funders, for our various projects. We have also benefitted from other shared charitable contributions which are non-monetary, that we have taken advantage of which help ensure the prosperity of our organisation. This we do through sharing resources with other groups or networking with other groups or sharing projects.

I would like to thank Samina Akhtar for all her dedication and hard work in helping to secure grant fundraising. Thanks also to Sundus Saqi for ensuring project uptake and coordination continues. We are also very grateful to our beloved Treasurer Pat Beckford for ensuring that all financial transactions are held to form.

We would all like to give a massive show of appreciation to the following organisations for their charitable contribution and participation:

Southwark Council
The Peckham settlement
National Lottery.
Age UK Lewisham & Southwark
Tate
Solace
Katherine Pitt from Southwark council
Awards for All
Gilli Moorhawk Mental health workshop facilitator
Foina Onasanya well-being workshop facilitator
Katherin Tabu

Finally, I would like to give credit to the Management Committee and volunteers for their highly valued contribution, this year and for all the years before, and may their love and dedication be forever continuing. I wish AAINA a continually prosperous future, with its rich and varied activities which aim to not only benefit our members, but also the Southwark community as a whole.

Khosi Manaka (AAINA Vice Chair)

Our Project

Support and Information surgeries are one of the regular services provided by Aaina Women's Group, where practical help and on-going support and assistance is available to all clients. We provide a free drop in service and free access to internet available for 3 days a week for women from BME communities. Information is provided on a range of issues including welfare benefits, education, childcare, health and immigration as well as information about other community and council projects.

In addition to the information service the drop in offers a confidential, non-judgmental support service for women. Aaina provides a confidential support service for women whatever their background, religion or culture.

We are thus able to work in a way with women, which promotes and fosters a cultural interchange and promotes mutual understanding and respect across cultures, ethnic groups and faiths.

Communities we are currently working with include Arabic speaking communities, Turkish, Bengali, Pakistani, Indian, Somali, Iranian and Nigerian and others. The majority of our clients are excluded from society due to a language barrier, which is further compounded through the lack of childcare provision, unemployment, poverty and economic disadvantage. Many of our clients are refugees and asylum seekers .

Services

At Aaina we offer the following services:-

- Free internet access
- Information and reference area
- Referral service to other agencies.
- Translation service.
- Advice on courses available.
- Help with housing, immigration, health issues, domestic violence and education.
- provides a culturally sensitive environment where our members can discuss any problems in the strictest confidence.
- Health awareness workshops.
- Self development workshops.
- Social events and activities to share and exchange cultural experiences.
- Skill development courses.

Sewing Club

This club appeals to all ages from all different backgrounds. Our experienced tutors teach freehand cutting which is why there are many African and South Asian women in the club for whom freehand cutting is ideal for their style of national dress.

There is full use of industrial and domestic machines and all relevant equipment is provided. Women not only join the class to learn or improve on their skills but exchange ideas on latest designs, different cultural ideas and share soft furnishings styles and ideas. The club consists Knitting and Crochet lessons; crochet stitches, working in rounds and rows, shaping, following chart or instructions.

For many women the sewing club has been a successful way of making new friends and the way of socializing where perhaps they would not have the opportunity. They are able to meet women from different religious and ethnic backgrounds and are able to learn about each other's culture – cultural diversity is promoted.

Unfortunately, due to the Covid-19 pandemic, we could not have face-to-face workshops this year. However we were able to provide our members with crochet tools so that our members could still be involved and participate in virtual lessons being delivered via Zoom.

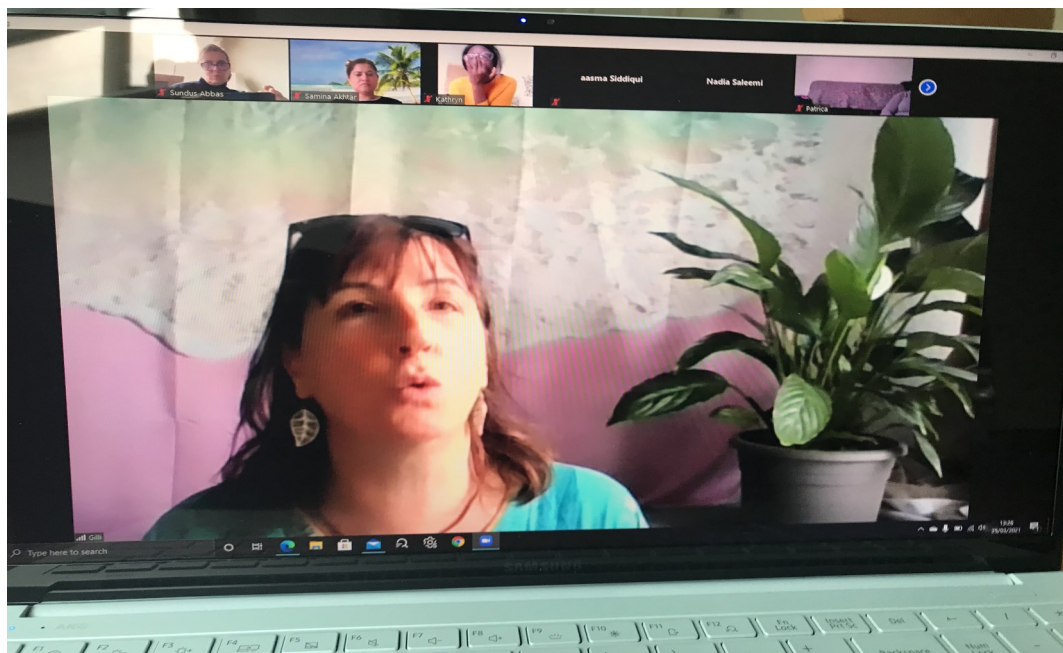


Health Workshops

The Health Awareness workshops covered huge range of subjects in a relaxed and comfortable way to participate in the sessions and Making new friends.

The guest speakers were all specialized within their fields and from recognized organizations. We would like to thank Gilli Moorhawk and Fiona Onasanya for their informative workshops.

The feedback from the women that participated the Mental health and well-being workshops was very positive. The response we have received has been very encouraging and we are planning to apply for funding to run the health information services again in the future. These workshops carried out via Zoom.



Social Activities and Events

Aaina has a strong commitment to community development, social justice and empowerment with the primary aim to identify and address barriers to cultural inclusion and social and economic participation for our members. Aaina celebrates cultural diversity and engages its constituency and the wider community to share and exchange cultural experience.

Aaina organises a number of free social activities and events to their members including EID, Black History month, international women day and pampering sessions.

Unfortunately, because of the Covid-19 pandemic this year, we could not have gathered events, yet we still managed to have a few outings whenever we allowed to do so once the lockdown restrictions began to ease.



Fitness Classes

The Yoga and aerobics classes will run whenever fund will be available.

The classes are very popular as they provided a culturally sensitive environment for women who due to religious or cultural reasons are unable to access mainstream activities. The classes were for all ages and fitness levels, the sessions promoted well being and healthy living and encouraged participation in physical activity.

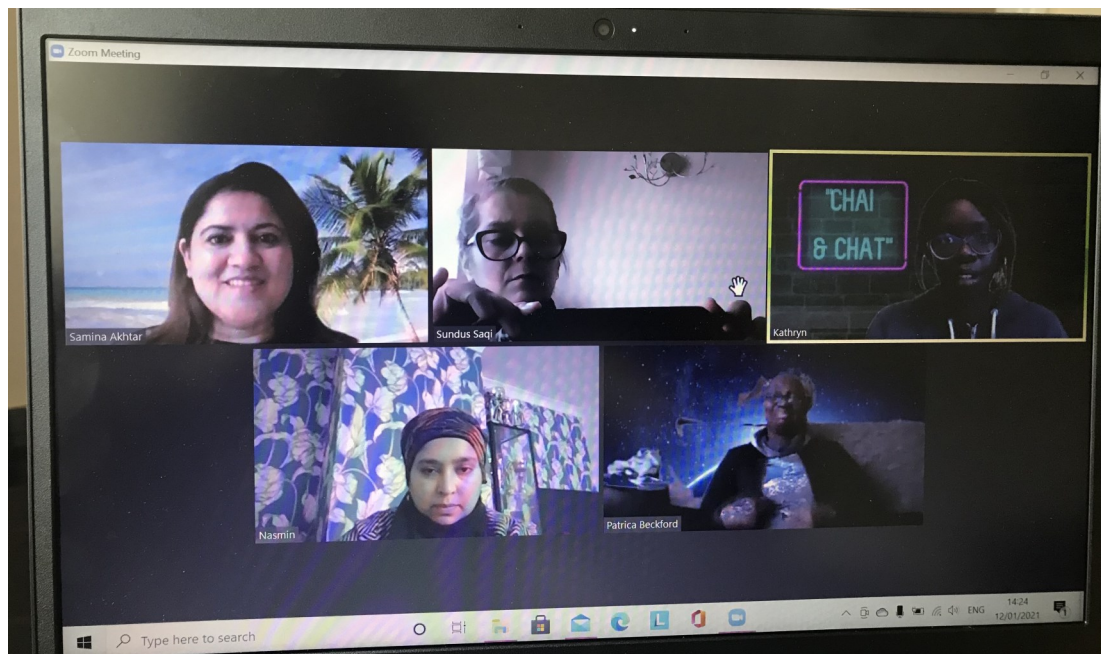
A huge thank you to the ladies for participated and kept us motivated!
This year, this activity was carried out via zoom every Tuesday.



Chai and Chat

To keep our members connected while we were going through very difficult time because of lockdown and pandemic, we organised Chai and Chat workshops, these workshops were so successful, we had very positive feedback from our members who requested us to continue having them even when we will open the office to the public.

A huge thank you to all the ladies who participated!
The activity continues to be carried out via Zoom every Tuesday.




ESOL CLASSES

The project is an ESOL class for newly arrived women and who have no writing or speaking skills for many different reasons. Tutor feedback was very positive, she found that 95% of the women progressed and they started to speak long sentences, the women were eager to learn. The session was very well attended and greatly appreciated by our members and encouraged members to interact with other women of different cultures ,we realized many women have not been in education, each woman had her own lesson planner. We then focused on individual's needs.

As well as the information provided during the sessions the members were given information and encouragement to join other activities and we have managed to get these women involved in future projects. Many of the women are looking for part/time jobs or volunteering jobs.

This activity carries out whenever funds are available.





Who's Who



MANAGEMENT COMMITTEE

CHAIR	Nadia Salimi
VICE CHAIR	Khosi Manaka
SECRETARY	Sajida Habib
TREASURER	Patricia Beckford

EXECUTIVE MEMBERS

Nusrat Raja

Mariam Mohamed

Naseema Syed

Nasmin Begum

Ruksana Khan

Shamoli Shamme

Our Funders & Partners

On behalf of the Management Committee, staff and members we would like to thank our funders:

Southwark Council.
Peckham and Nunhead Community



We would like to thank our partners for their support.

London Councils Community Grant.
The Peckham settlement
Award for us
Age UK.
Age Concern.
Big Lottery.
Peter Mints.
Southwark Community Refugee Forum.
Southwark Refugee Project.
Southwark Work.
Volunteer Centre Southwark.
British Red Cross.
NHS Southwark.
Foyle Foundation.
Community Southwark.
LAP.
STAG.
Solace Women's Aid.
FSI.
Cycle Confident.

Statement Of Financial Activities For The Year Ended 31st March

			2021	2020
	Unre- stricted Fund £	Restrict- ed Fund £	Total Fund £	Total Fund £
INCOMING RESOURCES				
London Borough of Southwark - Revenue Grant	32,073	8,050	40,123	36,274
Other income				
Total Incoming Resources	32,073	8,050	40,123	36,274
OUTGOING RESOURCES				
Charitable Activities			41,401	34,825
Total Resources Expended			41,401	34,825

INDEPENDENT EXAMINER'S REPORT TO THE MANAGEMENT COMMITTEE YEAR ENDED 31ST MARCH 2021

I report on the accounts of the Charity for the year ended 31st March 2021, which are set out on pages 5 to 9.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; 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.....

Date

A .Adebambo MBA, ACIS, ACMA,
London Accountancy Practice
161 Sumner Road,
London SE15 6JL.