



AAINA WOMEN'S GROUP

Registered Charity No. 1081537
<http://aainawomen.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.

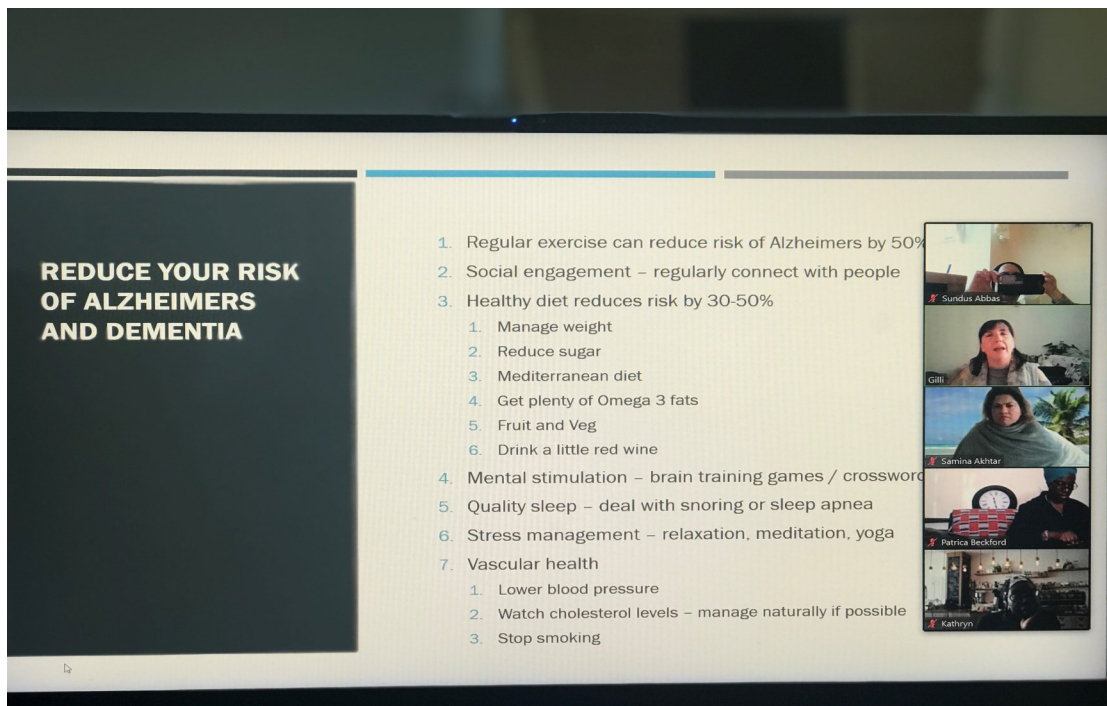


Health Workshops

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 Zoom grid:

- Sundus Abbas
- Gilli
- Samina Akhtar
- Patrica 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.

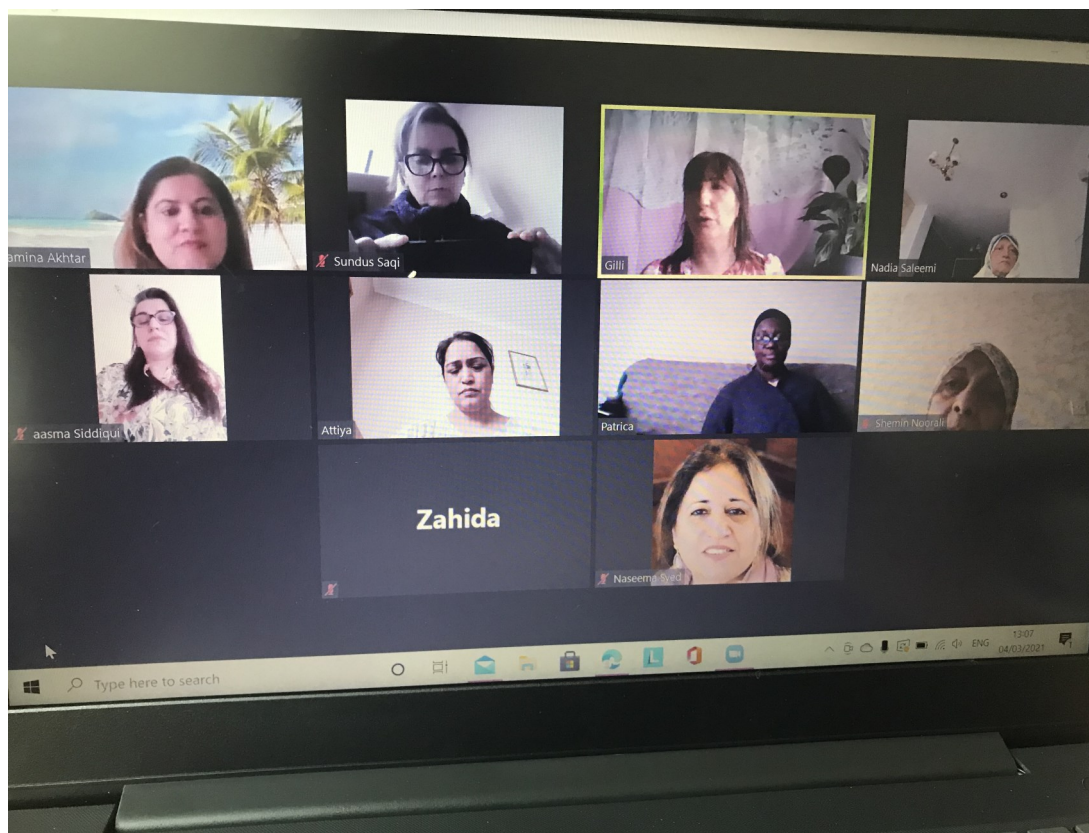
A huge thank you to the ladies for participated and kept us motivated!
This year, this activity was carried out via zoom every Tuesday.



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

AINA WOMEN'S GROUP				
STATEMENT OF FINANCIAL ACTIVITIES				
FOR THE YEAR ENDED 31ST MARCH 2022				
INCOMING RESOURCES	Unrestricted	Restricted	2022	2021
	Fund	Fund	Total	Total
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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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				
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AINA 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					

AINA 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				
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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