

# WANDSWORTH ASIAN WOMEN'S ASSOCIATION

CHARITY REGISTRATION NO. 1088847

## ASIAN ELDERLY PROJECT LUNCH CLUB



## 2023-2024 Annual Report

## **AIMS AND OBJECTIVES**

Wandsworth Asian Women's Association, a charitable organisation, established in 1992 to promote physical and mental wellbeing of women in general, particularly Asian women in the borough of Wandsworth.

Its main aim is to combat the issue of loneliness and isolation of women who have nowhere suitable to go to. We endeavour to provide an environment where women find themselves in a comfortable and familiar setting that gives them an opportunity to get out of their homes.

It is our goal to provide opportunities for education so that women can lead their day-to-day life independently.

It is our desire to offer some form of activities for women who find it challenging to attend regular groups because of language or culture barrier.

The Association is being looked after by a group of trustees and two part time staff.

**A Centre for women only**

**Tuesday and Wednesday.**

**Timings: 10.00am – 4.00pm**

# Our Work

The organisation has been offering its services since 1992 to especially Asian women but it is open to women from all other communities.

We have successfully tackled the issue of loneliness and isolation for women who had nowhere to go to, by providing them a place and an opportunity to get out of their homes. Women look forward to attend the centre every week and socialise with members who they have befriended in the centre. Some of these women have faced usual problems in accessing the services provided by the local authorities and had problems integrating in the society, due to lack of English language, cultural and religious restriction; thus, lack of self-confidence. Our project has helped them overcome these issues and they feel comfortable coming out to a place which is homely and familiar to them offering them a place where they are able to express themselves freely.

Those who live with their extended families often want to have a place to get away to as they see themselves as a burden on their young families. It also provides a short time respite for families with frail members who need constant attention.

## ACTIVITIES

### Luncheon Club

Our Luncheon club is a popular attraction for both our clients and elderly members living in the Anchor Housing society building, a shelter housing for elderly. Our premises are located in this building. Fresh food is cooked on the premises by volunteers and is sold at a subsidised price. They look forward to a hot healthy meal at lunch time and an opportunity to buy food to take home.

In addition, we have a few regulars, elderly men and women who take food from us who live alone and are residents of Wandsworth borough. Food is also provided to any home ridden ladies and to other people who have no means of cooking at home.

### Regular activities taking place to give the women quality time.

- **English classes** to teach the members some basic English for everyday use.
- **Exercise classes.** They are being organised by a member of our club who after research on the internet finds suitable exercises which are fit for the elderly. The ladies motivated to do exercise and are provided with leaflets to do these exercises. These include chair-based exercises which are appropriate for the elderly ladies who have mobility problems and find these beneficial.
- **Sewing activities**
- **Cooking classes** for the benefit of the younger group.
- **Outings** - Opportunity for ladies to go on outings and trips in a safe environment and controlled manner.
- **Book Club** – books to lend for reading material
- **Arts and crafts** - sewing, needlework/embroidery, knitting and patchwork. Learning the skill or help with their own projects. Ladies are encouraged to develop hobbies to keep themselves busy at home and combat loneliness. They need support and help to start off the work like drawing and tracing patterns to be followed.

- **Providing Interpretation Services** – Members who find it difficult to handle their affairs are helped where language is a problem.
- **Guidance and support** – Members needing any advice or guidance on personal or general issues are supported and offered help and guidance.
- **Fundraising activities**

#### **Other interesting events**

- During Christmas season ladies are taken on outings to restaurants to enjoy meals with their friends in friendly surroundings.
- Social activities like birthdays, Eid, Diwali parties are very welcome and celebrated at the centre by a special meal.
- Members like to share and come and celebrate their personal happy occasions like birth or marriage in the family, at the centre by giving a party to members.

#### **SERVICES PROVIDED TO MEMBERS**

Many of the ladies, who do not speak English, need our assistance to help them by

- making phone calls on their behalf
- writing letters on their behalf to relevant agencies.
- completing their benefits claims and other forms
- contacting council and social services
- submitting housing applications,
- making/changing hospital appointments
- paying bills
- reading and translating letters and finding information to direct and guide them to their place of appointment.
- Help with computer skills. Setting laptop up and how to surf internet.
- Use of mobile phones.

We advise them on health issues, co-ordinate with Social Services and relevant agencies and act as interpreters for them.

Volunteers offer to accompany ladies to different statutory services in the Borough such as Citizen Advice Bureau or Council departments. Admin staff often helps clients with their enquiries and their individual problems. Also accompanies clients to their appointments for translation.

We dedicate a lot of time to help women. Sometimes we have to sign post to other agencies if we are unable to help them sort their problems that require professional or legal assistance. Many a time, such ladies need support and need us to accompany them to other agencies such as Citizen Advice Bureau or Council departments.

Outreach service is provided to members in need. The staff and volunteer keep in touch with the families of our clients. Support is given to the family if there is bereavement in the family. Members who cannot attend due to illness are kept in touch by phone. Sometimes they request food from the centre. Whenever possible, effort is made to visit them in their homes.

**Discussion groups** to raise awareness of current issues in the news. Education of political parties and their views, any current affairs etc.

### **Keeping Healthy and eating right**

Members were encouraged

- to go out for walks wearing.
- Do light exercise at home.
- Tips and Information provided on healthy eating habits

Eating the right food to stay healthy while having to stay at home

Arrangements are made for outside professional groups with medical and social expertise to come and visit the centre and to provide help and advice to members to educate them and raise awareness in certain fields.

Ladies attend the Centre by walking, public transport, escorted by the family members or by Dial - a -ride service, Community Transport and taxi system.

Some ladies come purely for the reason that they are lonely at home. Coming to the centre gives them an incentive to come out of the house and meet people and socialise with them.

Members suffering from depression have good control of their illness. Care is taken to relieve them of their fears as well. Member coming regularly to the centre have befriended each other and look out for each other. They keep in touch with each other even out of the centre, either by phone or visits

We started having open days at the centre inviting other groups to come and have their get together at the centre. This was to promote our services and also to provide other people with a venue to come together and socialise.

### **Educating members on the need of Vaccinations**

Advise and support provided to members. Efforts were made to raise awareness about vaccinations and members were encouraged to get vaccinated as per their eligibility.

We continue to look out for the well-being of our vulnerable members

### **Finance Report year ending 31<sup>st</sup> March 2024**

Total income for the year 2023-2024: £30,235.00

Total expenditure for the year 2023-2024: £29,089.00.

**WANDSWORTH ASIAN WOMEN'S ASSOCIATION  
A REGISTERED CHARITY**

CHARITY REGISTRATION NO. 1088847

**TRUSTEES REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST MARCH 2024**

WANDSWORTH ASIAN WOMEN'S ASSOCIATION

STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST MARCH 2024

		Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	2023 £
<u>Incoming Resources</u>					
Incoming resources from generated funds	3	30,235	-	30,235	26,653
		30,235	-	30,235	26,653
<u>Resources Expended</u>					
<u>Charitable activities:</u>					
Direct charitable expenses	4	9,324	-	9,324	5,709
Support costs	5	19,165	-	19,165	18,435
Governance costs	6	600	-	600	600
Total resources expended		29,089	-	29,089	24,744
<u>Net Incoming (Outgoing) Resources</u>		1,146	-	1,146	1,909
Total funds brought forward		17,752	-	17,752	15,843
Total funds carried forward		18,898	-	18,898	17,752

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.  
The notes on Pages 6 to 7 form a part of these accounts.

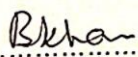



WANDSWORTH ASIAN WOMEN'S ASSOCIATION  
CHARITY REGISTRATION NO. 1088847  
BALANCE SHEET  
AS AT 31 MARCH 2024

	Notes	2024 £	2024 £	2023 £	2023 £
<b><u>FIXED ASSETS</u></b>					
Tangible Assets	7		1		1
<b><u>CURRENT ASSETS</u></b>					
Debtors & Prepayments		-		-	
Cash in hand & at bank		23,440		19,044	
		<u>23,440</u>		<u>19,044</u>	
<b><u>CURRENT LIABILITIES</u></b>					
Creditors - Amount falling due within one year	8	<u>4,543</u>		<u>1,293</u>	
Net Current Assets/(Liabilities)			18,897		17,751
Total Assets Less Current Liabilities			<u>18,898</u>		<u>17,752</u>
Represented by:					
<b><u>FUNDS</u></b>					
Unrestricted funds			18,898		17,752
Restricted funds			-		-
			<u>18,898</u>		<u>17,752</u>

The notes on Pages 6 to 7 form a part of these accounts.

The financial statements were approved by the Board of Trustees on . 30 October 2024

  
.....  
Ms. B. Khan  
Trustee and acting Chairperson

  
.....  
Ms. N. Butt ( Treasurer)



WANDSWORTH ASIAN WOMEN'S ASSOCIATION  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST MARCH 2024

1. Accounting Policies

**1.1 Convention**

The accounts are prepared under the historical cost convention. These accounts have been prepared under the Charities Act 2011 and in accordance with the current Charities (Accounts and Reports) Regulations and Statement of Recommended Practice issued by the Charity Commission.

**1.2 Income**

Income represents donations received by the Charity. These are unrestricted funds to date. Fundraising events and campaigns are organised in order to attract donations.

**1.3 Depreciation**

Depreciation is provided at a rate calculated to write off the cost of each asset on a reducing balance basis over its estimated useful life at the rate of 20% per annum.

**1.4 Taxation**

Under the relevant provision of the UK tax legislation the charity is exempt from UK taxation, as stated therein.

**1.5 Volunteers**

The charity's activities are carried out by a large number of volunteers and trustees who are not remunerated for their services to the company.

2. Operating Profit

The operating profit is stated after charging the following:

	<u>2024</u>	<u>2023</u>
	£	£
Depreciation	-	1
Staff Salaries	17,986	17,005
Trustees remuneration	nil	nil
Average number of part time employees in the year	<u>2</u>	<u>2</u>

3. Incoming Resources

	<u>2024</u>	<u>2023</u>
London Borough of Wandsworth Grant	24,220	23,796
Other Grants	3,500	-
Members' Contributions (meals)	2,115	2,857
Transport & Outings Contributions	-	-
Fund Raising	400	-
Membership Fees	-	-
	<u>30,235</u>	<u>26,653</u>

4. Direct Charitable Expenses

	<u>2024</u>	<u>2023</u>
Transport & Outings	120	-
Meals	3,886	3,633
Sessional Hours - Fees	242	-
Wellbeing Project	3,000	-
Premises - Service Charges	2,076	2,076
	<u>9,324</u>	<u>5,709</u>

WANDSWORTH ASIAN WOMEN'S ASSOCIATION  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST MARCH 2024

	<u>2024</u>	<u>2023</u>
	£	£
<u>5. Support Costs</u>		
Staff Salaries	17,985	16,907
Telephone	618	700
Postage & Stationery	-	-
Insurance	464	413
Bank Charges	98	86
Sundries	-	329
Depreciation	-	-
	<u>19,165</u>	<u>18,435</u>

<u>6. Governance Costs</u>		
Independent Examination Fees	<u>600</u>	<u>600</u>

7. Tangible Fixed Assets

	Office Equipment £	Motor Vehicle £	Total £
<u>Cost</u>			
Balance brought forward	5,101	-	5,101
Additions during the year	-	-	-
Disposals during the year	-	-	-
Balance carried forward	<u>5,101</u>	<u>-</u>	<u>5,101</u>

<u>Depreciation</u>			
Balance brought forward	5,100	-	5,100
Charge for the year	-	-	-
Removed on Disposal	-	-	-
Balance carried forward	<u>5,100</u>	<u>-</u>	<u>5,100</u>

<u>Net Book Value</u>			
As at March 31, 2024	<u>1</u>	<u>-</u>	<u>1</u>
As at March 31, 2023	<u>1</u>	<u>-</u>	<u>1</u>

<u>8. Creditors - Amounts falling due within one year</u>	<u>2024</u>	<u>2023</u>
	£	£
Taxes Payable	-	-
Accrued Income	3,250	-
Other Creditors	693	693
Accruals	600	600
	<u>4,543</u>	<u>1,293</u>

9. Related Party Transactions

There was no remuneration paid to the Trustees for any services rendered ( 2023 : nil ) .  
Donations made to the Charity by the Trustees in the year totalled Nil ( 2023: nil ).  
Expenses reimbursed to Trustees in the year totalled Nil ( 2023 : nil ).  
There were no other related party transactions requiring disclosure ( 2023 : nil ).

**WANDSWORTH ASIAN WOMEN'S ASSOCIATION  
A REGISTERED CHARITY**

**CHARITY REGISTRATION NO. 1088847**

**TRUSTEES REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST MARCH 2024**

WANDSWORTH ASIAN WOMEN'S ASSOCIATION  
A REGISTERED CHARITY

CHARITY REGISTRATION NO. 1088847

TRUSTEES REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST MARCH 2024

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TRUSTEES REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST MARCH 2024  
LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY REG. NO:	1088847
GOVERNING DOCUMENT:	The Association is governed by a Constitution. The Association is an unincorporated Association registered with the Charity Commission.
MAIN OBJECTIVES:	The Association is established particularly for the benefit of elderly Asian Women in the London Borough of Wandsworth to preserve and enhance their health and advance their education
REGISTERED OFFICE:	Mantle Court, Mapleton Road, London, SW18 4AU
BANKERS:	HSBC Bank plc 73 Wandsworth High Street, London, SW18 2PT
INDEPENDENT EXAMINER:	M A Ahmedi, LL.B. <i>Accountants &amp; Tax Advisers</i> 1 Marlow Copse, Walderslade, Kent ME5 9DP
ACTIVITIES:	<p>The Association holds social and educational activities, together with a lunch club, at the Association's premises for the benefit of elderly women in Wandsworth</p> <p>Outings are held regularly and individual support in the field of healthcare and education is also provided. Those regular users who are frail or disabled access Dial-A-Ride and Wandsworth Community Transport for their transport to the club.</p> <p>Neighbours of the Club premises also use the specialist meals provided.</p>

WANDSWORTH ASIAN WOMEN'S ASSOCIATION  
NON-PROFIT CHARITY REGISTRATION NO. 1088847  
ANNUAL REVIEW AND TRUSTEES RESPONSIBILITIES  
STATEMENT FOR THE YEAR ENDED 31ST MARCH 2024

**TRUSTEES:**

Ms.B. Khan( Chairperson), Ms.R. Butt  
Ms. N.Butt, Dr. A.H.Haq, Ms. H. Mannan  
Ms. S. Nasir, Mrs. S.Habib

The Trustees submit their financial report and accounts for the year ended 31st March 2024.

**Principal Charitable Activities**

The principal activities of the Association during the year continued to be providing welfare services to elderly ladies with a view to their mental and physical health

**Results and Review**

The results for the year are shown on page 4. The Trustees are satisfied that the Association continues to operate satisfactorily. It continues to achieve its objectives of helping the elderly in need.

**Statement of Trustees' Responsibilities**

Charities legislation requires the Trustees to prepare for each period Financial Statements which comply with the provisions of the relevant Charities legislation and give a true and fair view of the state of affairs of the Association at the end of the accounting period and of the income and expenditure for that period.

In preparing the Financial Statements, the Trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Make judgements that are reasonable and prudent;
- Follow applicable accounting standards subject to any material departures disclosed and explained in the accounts.

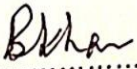
The Trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Association and which enable them to ensure that the Financial Statements comply with the Charities legislation. They are responsible for safeguarding the assets of the organisation, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.


**Independent Examiners**

Mr. M A Ahmedi, LL.B. served as the independent examiner during the year.

A resolution to re-appoint Mr M A Ahmedi, LL.B. as independent examiner will be submitted at the Annual General Meeting

Signed on behalf of the Board of Trustees on: . 30 October 2024

  
Ms. B. Khan  
Trustee and acting Chairperson

  
Ms. N. Butt ( Treasurer)



WANDSWORTH ASIAN WOMEN'S ASSOCIATION  
A REGISTERED CHARITY  
CHARITY REGISTRATION NO. 1088847  
INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES  
FOR THE YEAR ENDED 31ST MARCH 2024

I report to the Trustees on the accounts of the Charity for the year ended 31st March 2024 which are set out on Pages 4 - 7.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act).

I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011, and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145 (5)(b) of the Act


INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect :

the accounting records were not kept in accordance with section 130 of the Act, or

the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached

  
.....  
M A Ahmed LL.B.,  
Independent Examiner  
1 Marlow Copse, Walderslade  
Kent, ME5 9DP

30 October 2024