

HENNA ASIAN WOMEN'S GROUP

England & Wales · Charity number 1105607

Details

Status	Registered
Legal form	Charitable company
Company number	05200902
Registered	2004-08-24
Register	View on the Charity Commission register

Contact

Address	Abbey Community Centre 172 Belsize Road London NW6 4BJ
Phone	0207 3729860
Email	info@hennaorg.co.uk
Website	www.hennaorg.co.uk

Activities

Objects: TO PROMOTE THE BENEFIT OF ASIAN WOMEN RESIDENT OR WORKING IN CAMDEN, AND NEIGHBOURING BOROUGHs WHERE APPROPRIATE BY ADVANCING EDUCATION AND PROVIDING FACILITIES IN THE INTERESTS OF SOCIAL WELFARE OR RECREATION.

Activities: Some of our services are as follows: Listening Service Monday Clubs Health and Mental Well Being Information and Awareness Sessions Healthy Living Workshops Yoga Pre-entry ESOL Befriending Service Summer Outings Advice Sessions Celebrating Festivals Arts and Craft Sessions Personal Development Sessions

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Religious Activities, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** ASIAN WOMEN RESIDENT OR WORKING IN CAMDEN, AND NEIGHBOURING BOROUGHES WHERE APPROPRIATE
- Brent
- Camden
- City Of Westminster

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£96,970	£121,131	-	-
2024-03-31	£112,123	£131,051	-	-
2023-03-31	£46,207	£99,790	-	-
2022-03-31	£94,085	£85,189	-	-
2021-03-31	£175,273	£118,551	-	-

Trustees

Name	Role	Appointed
Darshan Dipak Vora		2022-07-31
Derek Edward Jarman		2022-07-31
Hetal Jagdish Patel		2025-06-12
Rukhsana Quraishi		2025-07-24

HENNA ASIAN WOMEN'S GROUP

England & Wales - Charity number 1105607

Accounts

COMPANY REGISTRATION NUMBER: 05200902

CHARITY REGISTRATION NUMBER: 1105607



Henna Asian Women's Group
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2025

Henna Asian Women's Group
Company Limited by Guarantee
Year ended 31 March 2025

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Henna Asian Women's Group

Company Limited by Guarantee

Year ended 31 March 2025

LEGAL AND ADMINISTRATIVE INFORMATION

Registered charity name Henna Asian Women's Group

Charity registration number 1105607

Company registration number 05200902

Principal office and registered office Abbey Community Centre
172 Belsize Road
London NW6 4BJ

The Trustees

Darshan Vora-Treasurer
Derek Jarman
Jasmine Vithalani
Shelly Khan
Momota Khatoon- Secretary
Nilufar Verjee – Chair
Hetal Patel
Rukhsana Quraishi
Nilufar Verjee – Secretary

Appointed: 22 Feb 2023
Appointed: 28 Mar 2023
Resigned: 09 Dec 2024
Resigned: 22 Jan 2025
Resigned: 14 Feb 2025
Resigned: 28 Jul 2025
Appointed: 28 Jul 2025
Appointed: 28 Jul 2025
Appointed 28 Jul 2025

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2025

REPORT OF THE DIRECTORS

a) Structure, Governance and Management

- **Governing Document:** Henna Asian Women's Group is a company limited by guarantee governed by its Memorandum and Articles of Association. It is registered as a charity with the Charities Commission.
- **Organisational Structure:** The board of trustees, which must have a minimum of 3 directors, administers the charity. A Manager is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Manager holds the office of Company Secretary and has delegated authority, for operational matters including finance and employment. Reporting to the Manager are a team of Project Support Workers responsible for delivering activities and services.
- **Trustee Appointment, Induction and Training:** As set out in the Articles of Association, a director must be a person aged 18 or over. Members are circulated with invitations to nominate trustees and advising them of the retiring trustees at the AGM. The charity may appoint a person who is willing to act as a Director. New trustees are furnished with the Memorandum of Articles and other literature relating to the organisation and its work. They are briefed on their legal obligations under Charity and Company Law, the committee and decision-making processes, recent financial performance and their roles and responsibilities. As part of their induction they meet other trustees, staff and members and are encouraged to attend external training events to facilitate the undertaking of their role.

b) Objectives and Activities

- **Purpose:** Henna Asian Women's Group aims "to promote the benefit of Asian women resident or working in Camden, and neighbouring boroughs where appropriate, by advancing education and providing facilities in the interest of social welfare or recreation". In particular, to:
 - Increase participation in the community
 - Increase integration for those who are lonely and isolated
 - Increase awareness of health, well-being and lifestyle choices
 - Increase self-confidence
 - Improve life skills
- **Vision:** South Asian women in London are happy and fulfilled
- **Activities:** Henna Asian Women's Group conducts a range of activities in a culturally-appropriate setting, tailored to the needs of users. Main activities include:
 - Exercise classes for physical health eg. chair and floor yoga
 - Well-being services for mental health eg. befriending, mindfulness, expression through creative art
 - Outings and social circles to reduce social isolation
- **Strategic Priorities**
 1. **Ageing Well:** Reducing social isolation and improving the physical and mental well-being of older women aged 65+ and mid-life women aged 45+.
 2. **Living Well:** Improving food security, feeling safe, expanding access to essential services and signposting women to specialist information as appropriate.
 3. **Working Well:** Increasing the job readiness of younger women aged 25-45 years and improving their access to volunteering and paid employment.
 4. **Connecting Well:** Strengthening women's voices so they can communicate confidently, participate fully in society, and advocate for themselves and other South Asian women in tackling gender injustice; promoting cross-cultural understanding and integration within the diverse South Asian community and between South Asian and other Camden communities.
 5. **Sustainable Growth:** This priority is an enabler of the other 4 – without sustainable growth, Henna will not be in a position to pursue its four impact priorities

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2025

- **Public Benefit:** We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future services. In particular the board of trustees consider how our planned services will contribute to the aims and objectives they have set.

c) Achievements and Performance

- **Membership:** increased from 177 to 222
- **Activities and Services**
 - Ageing Well: ran a range of activities both in person and online including
 - Physical Health: Movement Exercise and Chair-Based Exercise classes
 - Mental Health: Breathing and Meditation, Telephone Befriending, 1-2-1 Counselling
 - Well-being through Creative Expression: Singing and Art classes, Knitting Club, Smart Gadget Group, Board Games
 - Working Well: GLA's Skills for London programme: engaged with potential learners, supported them to enrol on numeracy, literacy and adult educational courses provided by designated colleges such as Capital City College and Working Men's College
- **Fundraising:** Secured 3-year grant from the National Lottery Awards for All to launch new mental health programme, as well as 12 month grants from The National Lottery Community Fund for exercise programmes and Comic Relief for outreach work

d) Financial Review

The full finance breakdown has been shared in the Accounts which accompany the reports sent ahead of the AGM.

• Financial Overview

- **Total income** for the year was £96,970 compared to £112,123 in 2024, a decrease of £15,153 as short-term grants came to an end and the funding landscape became more challenging and competitive
- **Total expenditure** for the year was £121,313 compared to £131,051 representing a saving of £9,739 in line with the lower income.
- **Net income** was regrettably therefore a loss of £24,343 which was £5,415 higher than 2024. Fortunately the charity was able to cover this loss by drawing on reserves brought forward from 2024.
- **Total Charity Funds** (net assets and cash reserves) at the end of the financial year were £38,561 compared to £62,904 in the previous year broken down as follows.
 - Unrestricted Funds at the year-end: £27,421 (prior year £29,044)
 - Restricted Funds at the year-end: £11,140 (prior year £33,860)
- **Funding Sources** Most of the funding is derived from grants. In this financial year the principal funders were London Borough of Camden, Greater London Authority, The National Lottery, City Bridge Foundation, The Hampstead Wells and Campden Trust, Charles Hayward Foundation, London Catalyst, Vandervall Foundation, Comic Relief. A small amount of income, £381, is from membership fees.
- **Reserves Policy:** The charity's policy is to maintain unrestricted reserves of an amount equal to three months operational costs. As of 31 March 2025, unrestricted reserves were £27,421 which satisfy this criterion and only gives 3 months' worth of operational costs.
- **Investment Policy:** The charity has never had sufficient funds to warrant making long term

Henna Asian Women's Group

Company Limited by Guarantee

Year ended 31 March 2025

- investments and all funds are held as bank deposits. Should the need arise in the future the Trustees will develop an investment policy in the context of the prevailing financial climate.
- **Risk Management:** The Board periodically reviews and updates the risk register to ensure risks are identified and appropriate measures are taken to mitigate them. The principal risks that arose in this financial year stemmed from fundraising market conditions remaining tough, resulting in a reduction in net income and erosion of unrestricted reserves.
- **Going Concern:** The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.
- **Small company provisions:** This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

e) Future Plans

For the following financial year 2025-2026, key objectives for the Trustees are to:

- Financial: implement measures which will decrease costs and increase income in order to stem losses and replenish unrestricted reserves
- Impact Measurement: improve quality of monitoring and evaluation to build a stronger evidence base of Henna's impact

The trustees' annual report was approved on 5th December 2025 and signed on behalf of the board of trustees by:

Signed:



9th December 2025

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2025 below.

Henna Asian Women's Group

Company Limited by Guarantee

Year ended 31 March 2025

INDEPENDENT EXAMINER'S REPORT

I report to the trustees on my examination of the financial statements of Henna Asian Women's Group ('the charity') for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

Signed:



Javed Azam

Dated: 10th December 2025

Henna Asian Women's Group

Company Limited by Guarantee

Year ended 31 March 2025

(including income and expenditure account)

Year ended 31 March 2025

		Unrestricted funds	2025 Restricted funds	2024 Total funds	2024 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	30,021	64,454	94,475	111,274
Investment income	6	214	—	214	180
Other income	7	2,218	—	2,281	669
Total income		32,516	64,454	96,970	112,123
Expenditure					
Expenditure on charitable activities	8,9	34,139	87,174	121,131	131,051
Total expenditure		34,139	87,174	121,131	131,051
Net (expenditure)/income for the year t		(1,623)	(22,720)	(24,343)	(18,928)
Transfer between funds		—	—	—	—
Net movement in funds		(1,623)	(22,720)	(24,343)	(18,928)
Reconciliation of funds					
Total funds brought forward		29,044	33,860	62,904	81,832
Total funds carried forward		27,421	11,140	38,561	62,904

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2025

31 March 2025

	Note	2025 £	£	2024 £
Fixed assets				
Tangible assets		0		0
Current assets				
Debtors	12	0		20,401
Cash at bank and in hand		65,160		48,253
		65,160	□	68,654
Creditors: amounts falling due within one year	13	(26,599)		(5,750)
Net current assets			38,561	62,904
Total assets less current liabilities			38,561	62,904
Funds of the charity				
Restricted funds			11,140	33,860
Unrestricted funds			27,421	29,044
Total charity funds	15		38,561	62,904

For the year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

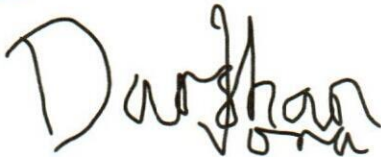
Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 09 December 2025 and are signed on behalf of the board by:

Signed:



Darshan Vora, Treasurer

9th December 2025

The notes on pages 10 to 17 form part of these financial statements

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2025

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 222C Belsize Road, London NW6 4DJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102: (a) No cash flow statement has been presented for the company. (b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Legacy income is recognised when receipt is probable and entitlement is established.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements (continued)

Year ended 31 March 2025

4. Limited by guarantee

The company is limited by guarantee of £1 per member without share capital.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Donations			
Donations	1,254	—	1,254
Grants			
City Bridge Arts/Outings		10,000	10,000
LB Camden	3,767	6,500	10,267
GLA ESOL	—	10,000	10,000
H W and Camden Trust	—	10,000	10,000
National Lottery	—	10,000	10,000
Charles Hayward Foundation	—	5,000	5,000
London Catalyst	—	4,800	4,800
NL Awards for All	—	4,554	4,554
The Vandervall Foundation	—	2,000	2,000
LBC-Community Partner Fund	25,000	—	25,000
Comic Relief		1,600	1,600
	<u>30,021</u>	<u>64,454</u>	<u>94,475</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	475	—	475
Grants			
City Bridge Arts/Outings	—	10,000	10,000
LB Camden	2,938	10,650	13,588
GLA ESOL	—	26,836	26,836
GLA Voter Awareness	—	37,875	37,875
National Lottery	1,500	—	1,500
Souter Charitable Trust	—	3,000	3,000
Sport England	—	8,000	8,000
Garfield Weston	10,000	—	10,000
	<u>14,913</u>	<u>96,361</u>	<u>111,274</u>

6. Investment income

	Unrestricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Total Funds 2024 £
Bank interest receivable	214	214	180	180

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

7. Other income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Other income	1,900	–	1,900
Membership fees	381	–	381
	<u>2,281</u>	<u>–</u>	<u>2,281</u>
	=	=	=
	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Other income	250	–	250
Membership fees	419	–	419
	<u>669</u>	<u>–</u>	<u>669</u>
	=	=	=

8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Principal Activity	29,307	87,174	116,481
Support costs	4,832	–	4,832
	<u>34,139</u>	<u>87,174</u>	<u>121,313</u>
	=	=	=
	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Principal Activity	37,356	87,393	124,749
Support costs	6,302	–	6,302
	<u>43,658</u>	<u>87,393</u>	<u>131,051</u>
	=	=	=

9. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2025 £	Total fund 2024 £
Principal Activity	116,481	–	116,481	124,749
Support Cost	–	4,832	4,832	6,302
	<u>116,481</u>	<u>4,832</u>	<u>121,313</u>	<u>131,051</u>
	=	=	=	=

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025	2024
	£	£
Wages and salaries	75,406	71,962
Employer contributions to pension plans	1,292	1,176
	76,698	73,138

The average head count of employees during the year was 5 (2024: 6).

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

11. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

12. Debtors

	2025	2024
	£	£
Debtors	-	20,401

13. Creditors: amounts falling due within one year

	2025	2024
	£	£
Accruals and deferred income	26,219	4,780
Social security and other taxes	-	781
Pension liability	-	189
Other creditors	380	-
	26,599	5,750

14. Pensions and other post-retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,292 (2024: £1,176).

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

15. Analysis of charitable funds

Unrestricted Funds	At 1 April 2024 £	Income £	Expenditure £	Trf Between Funds £	At 31 March 2025 £
Unrestricted Funds	29,044	32,516	(34,139)	-	27,421
	At 1 April 2023	Income	Expenditure	Trf Between Funds	At 31 March 2024
	£	£	£	£	£
Unrestricted Funds	54,460	15,762	(43,658)	2,480	29,044
Restricted funds	At 1 April 2024	Income	Expenditure	Trf Between Funds	At 31 March 2025
	£	£	£	£	£
Restricted Funds	33,860	64,454	(87,174)	-	11,140
	At 1 April 2023	Income	Expenditure	Trf Between Funds	At 31 March 2024
	£	£	£	£	£
Restricted Funds	27,372	96,361	(87,393)	(2,480)	33,860

Henna Asian Women's Group
Detailed Statement of Financial Activities
Year ended 31 March 2025

	2024/25 £	2023/24 £
INCOME FOR		
DONATION AND LEGACIES		
Donations	1,254	475
	1,254	475
INCOME FROM CHARITABLE ACTIVITIES		
Grants		
City Bridge Arts/Outings	10,000	10,000
LB Camden	10,267	13,588
GLA ESOL	10,000	26,836
GLA Voter Awareness	-	37,785
H W and Camden Trust	10,000	-
National Lottery	10,000	1,500
Souter Charitable Trust	-	3,000
Sport England	-	8,000
Garfield Weston	-	10,000
Charles Hayward Foundation	5,000	-
London Catalyst	4,800	-
NL Awards for All	4,554	-
The Vandervall Foundation	2,000	-
LBC-Community Partner Fund	25,000	-
Comic Relief	1,600	-
	94,475	111,274
OTHER TRADING ACTIVITIES		
Other Income	1,900	250
Membership fees	381	419
	2,281	669
INVESTMENT INCOME		
Bank Interest Received	214	180
TOTAL INCOME	96,970	112,123

	2024/25 £	2023/24 £
EXPENDITURE		
COST OF RAISING FUNDS		
Fundraising and Publicity	10,850	12,420
	<u>10,850</u>	<u>12,420</u>
CHARITABLE ACTIVITIES		
Governance Costs		
Governance Cost	1,250	2,889
Overhead Costs		
Advertisement	81	100
Miscellaneous	448	255
Rent and rates	4,872	4,300
Repairs and maintenance	-	76
Bank charges	127	139
Consultancy	6,146	4,200
Legal & Professional	3,582	3,412
Office Equipment	250	1,172
Printing, postage & stationery	666	103
Refreshment	238	327
Software & subscriptions	515	937
Telephone & Internet	617	738
Website & it	386	782
Insurance	764	672
PNPC Costs		
Admin Overhead		725
Instructor Fee	6,177	8,507
Activity Cost	5,327	10,408
Material & Equipment	603	943
Printing, postage & stationery	219	43
Refreshment	735	995
Volunteer Costs	85	1,005
Staff Costs		
Travel	293	272
Employer Nic	138	-
Pension Cost	1,292	1,176
Recruitment		300
Other Staff Expenses	384	265
Temporary staff	-	1,828
Gross Wages	75,268	71,962
Legal and professional	-	100
	<u>121,313</u>	<u>131,051</u>
TOTAL EXPENDITURE	<u>121,313</u>	<u>131,051</u>
NET INCOME / (EXPENDITURE)		
FOR THE YEAR	<u>(24,343)</u>	<u>(18,928)</u>

HENNA ASIAN WOMEN'S GROUP

England & Wales - Charity number 1105607

Accounts

COMPANY REGISTRATION NUMBER: 05200902
CHARITY REGISTRATION NUMBER: 1105607



Henna Asian Women's Group
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2024

Stately Accountants

Kingsbridge Court
Castlehaven Road
London
NW1 8QA

Henna Asian Women's Group
Company Limited by Guarantee
Year ended 31 March 2024

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Henna Asian Women's Group

Company Limited by Guarantee

Year ended 31 March 2024

Reference and administrative details

Registered charity name Henna Asian Women's Group

Charity registration number 1105607

Company registration number 05200902

Principal office and registered office Abbey Community Centre
172 Belsize Road
London NW6 4BJ

The Trustees	Nilufar Verjee – Chair	Appointed: 14 Dec 2015
	Darshan Vora-Treasurer	Appointed: 22 Feb 2023
	Derek Jarman	Appointed: 28 Mar 2023
	Jasmine Vithalani	Appointed: 28 Feb 2023
	Shelly Khan	Appointed: 31 May 2023
	Momota Khatoon- Secretary	Appointed: 01 June 2023

Henna Staff Team	Momota Khatoon	Operations Manager
	Bushra Begum	Project Worker
	Sajida Gitay	Project Worker
	Afjan Chowdhury	Project Worker

Independent examiner Stately Accountants
Kingsbridge Court
Castlehaven Road
London
NW1 8QA

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

Chairperson's Report

As the cost of living crisis continued to bite in the UK against a global backdrop of uncertainty and war, communities everywhere have seen an intensification of the challenges they face. Both governmental and private funders have continued to tighten their belts whilst understandably seeking greater value for money and higher impact. Unfortunately all the signs indicate that uncertainty, insecurity and instability are here to stay on a local, national and global level.

However, in the face of adversity, strong communities intuitively pull together, demonstrating their capacity for resilience, creativity and perseverance. This has been abundantly true in Camden, as shown in the council's new We Make Camden strategy and the launch of their unparalleled Community Partner Fund - unique amongst all UK local councils in providing long-term strategic grants to a range of community organisations.

Henna Asian Women's Group has been needed more than ever by its members in the past year, providing both a physical and metaphorical haven of togetherness and peace. So whilst continuing to deliver a plethora of highly valued day-to-day activities, I am proud that we also carved out time to create a strong long-term strategy, both of which are outlined in the Project and Operations Manager's report below.

In keeping with our grassroots ethos, the strategy development process was extremely collaborative, involving input from Henna's members as well as staff and partners, with Board leadership and external consultancy support. Through the strategy we have clarified who we serve, our vision, mission and values, and our 5 priorities for impact and growth to 2030. Critically, we will continue to refine our new Theory of Change so we can better monitor and evaluate our impact as we begin implementing the strategy from April 2024 onwards.

The highlight of Henna's year was undoubtedly our successful bid to become a Community Partner of Camden Council, receiving strategic funding for the next 7 years. This is not only vital resource, but also an incredible vote of confidence in Henna's new strategy and our ability to make a difference to the lives of South Asian women.

I am also delighted that our financial performance is now on the road to recovery as outlined in the Treasurer's Report below. We have significantly reduced our financial losses, doubled our income by investing in fundraising capacity, and marginally increased our membership base.

We are immensely grateful to our funders over the past year, including City Bridge Foundation, Garfield Weston, Hampstead Wells and Camden Trust, Greater London Authority, the National Lottery Fund and Camden Council. We are especially grateful for the support and co-operation of Camden Council's Community Partnership team, in particular John, Karen, Rosie, Halima and Jessica.

As ever, Henna's success is down to the dedication of the amazing staff and volunteering team who fully deserve our heartfelt thanks and appreciation for their unwavering commitment. Additionally this year, special thanks to Simone Hensby for so adeptly steering us through the development of our new strategy.

Looking ahead to 2024-2025, whilst the outlook remains challenging for all community organisations like Henna, our ambition is to continue building on our positive financial trajectory by implementing our strategy through the design and delivery of new programmes, leveraging our new status as Camden Community Partner with other funders, and staying focussed on increasing income. Our guiding lights will continue be the incredible, inspiring women whom we have the privilege of calling Henna's members.



Nilufar Verjee, Chair of the Board of Trustees

Henna Asian Women's Group

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Operations Manager's Report

It has been another inspiring, challenging and rewarding year at Henna. We continued to do and achieve things in a passionate and resourceful manner with our members at the heart; collaborating effectively with funders, stakeholders and partners; involving our trustees and with a committed and willing staff team.

In 2023-24 our range of activities, groups, projects and wraparound support combatted adversity, overcame isolation, provided learning and nurtured activism and participation with a thoughtful, inclusive and sensitive approach.

A new Henna Strategy for 2024-2030 was developed committing and embedding ourselves into our core communities. We worked towards and achieved our long-term goal of becoming a strategic partner to Camden Council.

In combination, they offer us a unique platform to take Henna to the next level as an organisation for and with our members. It's a once-in-a-lifetime opportunity to grow and sustain ourselves and improve the well-being of our core communities.

Key Achievements

1. Henna Strategy 2024-2030

Background:

In the autumn of 2023, Henna entered into a process of updating and drafting a new Strategy with the support and contribution of the Henna Forum, our member's insight, focus and oversight group, staff and members. We brought in an external consultant to facilitate critical and transparent discussions on who we were; what we stood for; the cohorts we sought to engage with, represent and advance; our Unique Selling Point (USP) and our priorities.

Key features:

Henna's core community is the diaspora of South Asian women resident in North Camden. We have used the definition of South Asia that covers India, Pakistan, Bangladesh, Sri Lanka, Bhutan and Nepal.

This definition is not intended to exclude anyone, but rather help Henna focus on investing our limited resources in communities where we have the appropriate knowledge, skills and cultural understanding to support women effectively.

Henna will never turn away any woman regardless of her origins or heritage – we will always actively signpost her to organisations that can deliver services better tailored to her needs. Also, no existing members from outside the South Asian definition would be asked to leave

Our vision is to create a safe and supportive community where women from the South Asian diaspora in Camden can feel equipped to improve their physical and mental well-being, empowered to challenge gender injustice and inspired to achieve their full potential.

Our Mission as a member-led organisation is to provide women of the South Asian diaspora in Camden with the opportunities, skills and support to interact with others, increase their knowledge and improve their confidence.

Our Values underpin our culture, behaviors and interactions namely Well-being; Community Commitment; Equity and Inclusion and Collaboration

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Henna's Strategic Priorities

1. **Ageing Well:** Reducing social isolation and improving the physical and mental well-being of older women aged 65+ and mid-life women aged 45+.
2. **Living Well:** Improving food security, feeling safe, expanding access to essential services and signposting women to specialist information as appropriate.
3. **Working Well:** Increasing the job readiness of younger women aged 25-45 years and improving their access to volunteering and paid employment.
4. **Connecting Well:** Strengthening women's voices so they can communicate confidently, participate fully in society, and advocate for themselves and other South Asian women in tackling gender injustice; promoting cross-cultural understanding and integration within the diverse South Asian community and between South Asian and other Camden communities.
5. **Sustainable Growth:** This priority is an enabler of the other 4 – without sustainable growth, Henna will not be in a position to pursue its four impact priorities.

Henna's Impact and Theory of Change

By 2030 we want our impact to be that Henna is a sustainable organisation led by women and for women from the South Asian diaspora. It is valued as an anchor organisation that can tackle the challenges the community faces by working in partnership with others.

Our priorities fit in very well with the We Make Camden commitment and ambitions of working together across Camden to create a fairer, more equal society with a 'rebellious spirit.'

We meet the Camden Challenges of alleviating isolation and loneliness; supporting efforts towards feeling safe (and warm) at home and in the community; combatting financial and digital insecurity; raising awareness and contributing towards environmental friendliness.

We meet the Camden Missions of addressing food insecurity; contributing towards strengthening local neighbourhoods; diversity in organisational leadership and supporting access to opportunity for younger people.

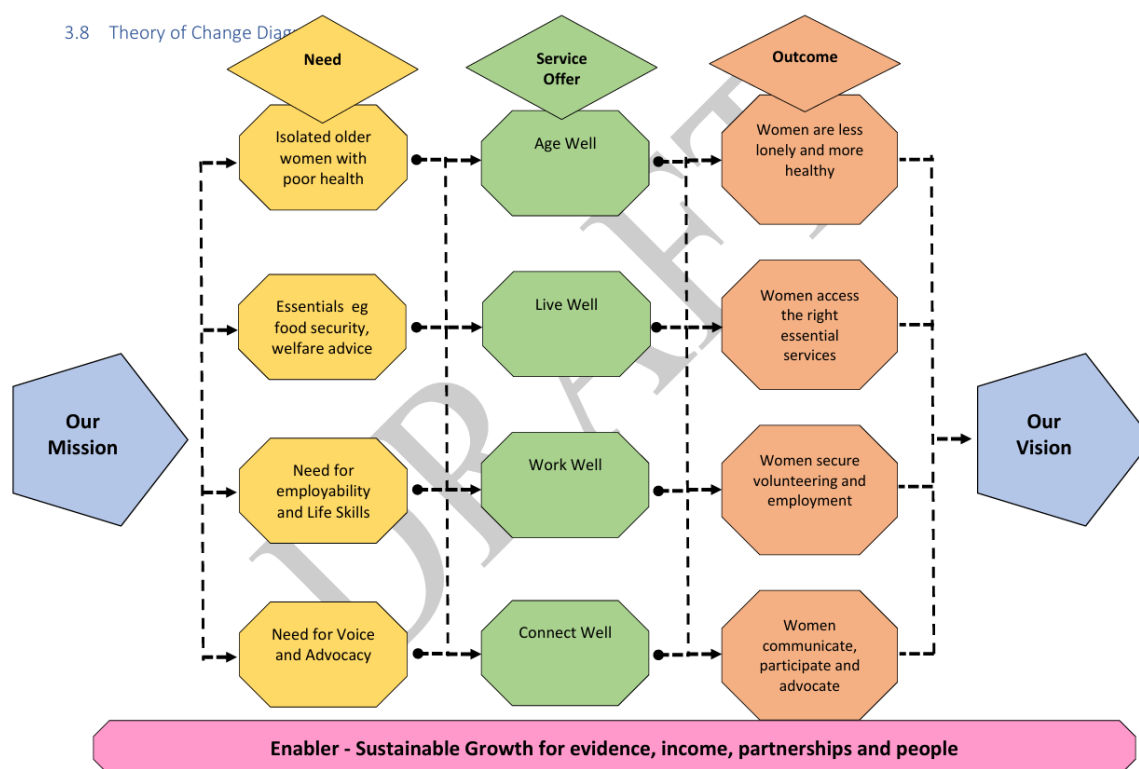
Henna's Theory of Change outlines how we achieve and measure impact. The diagram below illustrates Henna's Mission and Vision, the needs and activities required to achieve the impact identified by 2030 and how these feed into the long-term Vision.

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Year ended 31 March 2024



In 2024-25, we will develop an implementation plan for the Strategy, led by me and my staff team with the support and contribution of our trustees and Henna Forum.

2. Community Partner to Camden Council

It has been a long-held and cherished aim of the organisation to become a Community Partner to Camden Council with the elevation in status and the 7-year rolling funding that comes with it.

Over recent years, Henna has worked hard to enhance its profile within the Council and especially the Community Partnership Team through communications, collaboration and partnership working.

This laid the groundwork for the Community Partner application process in Autumn 2023 which had two stages: Expression of Interest and if successful a more detailed and evidenced Design Stage.

We were successful in February 2024 in securing a £25k annual funding award for 7 years from 2024-2030. The funding provides us with a measure of stability and a steppingstone to other funding within the Council and more broadly. It is a unique achievement for the organisation and one that offers us opportunities to grow, strengthen and improve.

3. Tackling Poverty, Insecurity and Isolation

The funding we received from Hampstead Wells and Campden Trust, The

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Year ended 31 March 2024

National Lottery ('Meeting Places) and Camden Council (Cost of Living) has enabled us to continue to tackle the twin challenges of financial (food and fuel) insecurity and social isolation during this enduring cost of living crisis.



We have developed warm and embracing spaces for older and vulnerable South Asian women - comfort zones- to have a hot, culturally appropriate, nutritious meal; make social connections; receive health and hygiene packs; engage in activities and play board games.

These women would otherwise remain isolated at home, a cold and lonely environment with many still enduring the dilemma of heating or eating. The support prevents the worsening of chronic health conditions that many have.

The women appreciate the familiarity and localised nature of these meeting places at Abbey Community Centre and Hampstead Court Residential Home- within walking distance or a short bus ride for most of them, many of whom have mobility problems.

We provide wraparound support in partnership with other agencies providing an opportunity to check in on emotional and physical needs and introduce women to services, activities and groups that are supportive and enabling including advice. We have hosted workshops supporting financial independence and eating healthily.

"I was really pleased to see all the hard work Henna team have put together to provide us with traditional hot meal every Mondays. It shows that the organisation really cares about the struggles of rising costs and providing us with a warm space to meet other people. Otherwise, I would be lonely at home." Samina Idris

"Due to the Pandemic 2020-2022 was a very difficult time not able to go anywhere, now I can interact meeting new people and enjoy hot meal in Monday Club and take part in crochet and knitting session which Henna Asian Women provide". (Anonymous)

'Thank you for getting back to me with your very comprehensive project update. It's good to know that your project is progressing well, and it was great to see the testimonials and flyers for your project, complete with the National Lottery Community Fund branding'

Graham Tilley, The National Lottery, Awards for All.

Pay Less Eat Well and Coffee, Cake and Calculate sessions at Abbey (Feb and March) in partnership with Working Men's College to support people with eating healthily and cheaply.

The Camden Magazine and the borough website promoted our cost-of-living work.

4. Enhancing learning, life skills and social mobility

Henna worked on the **GLA Skills for London (Easy Support into Learning)** programme to support the Mayor of London's mission to raise literacy and numeracy levels in the capital, focusing on hard-to-reach and BME communities, to address the inequalities in education, employment, financial literacy, and insecurity and the digital gap evidenced by the pandemic.

We engaged with potential learners; and supported them to enrol into numeracy, literacy and adult educational courses provided by designated colleges such as Capital City College and

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Year ended 31 March 2024

Working Men's College. Camden Adult Education and Learning team.

- **October 23 – March 24**

The number of Londoners engaged	103
The number of referrals made into adult education opportunities	103
The number of referrals made into numeracy provision, where appropriate	45

Money Charity facilitated free workshops on 'Women and Money', 'Pensions' and Wills and Future'; **Camden Digital Inclusion Team** provided drop-in sessions for participants (our members) to navigate the digital world confidently and safely; Money Saving workshop **with Capital City College Group**: part of our development of a life skills programme.

Challenging voter apathy, systemic indifference and political illiteracy.

We were one of 8 organisations funded to work on the **GLA Voter ID Phase 2** campaign to raise awareness of the Voter ID requirements at elections (and the only one based in Camden) based on our valuable contributions in the initial stage.,

We worked with partner organisations in the community, voluntary and faith sectors to deliver on the initiative, engaging with underrepresented communities in places and spaces familiar to them.

We promoted the campaign in an impartial and independent manner, drafting new and updating our Phase 1 literature and publicity in South Asian languages. We successfully met the challenges of working towards the deadline of a general election, voter apathy and political illiteracy reaching out to more than 700 people.

'Thank you for all of your hard work in delivering the grant-funded project. We thank you greatly for your efforts in engaging with underrepresented communities.' Groundwork London.

5. The calendar of community and cultural events, trips and activities were full and varied:

Eid Celebration events at Hampstead Residential Care Home (April 23) and Andover Community Centre (August 23)

King's Coronation Tea Party at Hampstead Residential Care Home (May 23)

Participated in and supported Hampstead Residential Care Home charity event (June 24) and Grand Opening (Oct 23); Camden Festivals including Camden Mela, West Hampstead and Camden New Town (Summer 23); Durga Puja 5-day festival at Swiss Cottage Library (Oct 23).

Trips with members to Margate, Southend on Sea and fruit picking in Surrey.

India and Pakistan Independence Day events (August 23)

Visits for members to Royal Albert Hall Oct 23 to watch a performance and Tower Bridge Dec 23 supported by City Bridge Foundation.

Visit to Camden's Mayors' Parlour (Feb 24) for our members.

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Henna provided an extensive range of activities and services for our members at Abbey Community Centre and Hampstead Court with funding provided by **City Bridge Foundation** (5-year award for arts, crafts, trips), **Garfield Weston** (core funding), **Sport England** (older people exercise) and **Souter Charitable Trust** (room hire)

- Breathing and Meditation
- Movement Exercise
- Music and Singing
- Chair-Based Exercise
- Recycle Art
- Wellbeing Hub
- Henna Support Group
- 1-2-1 Counselling
- Telephone Befriending
- Knitting Club
- Smart Gadget Group
- Board Games
- ESOL and Life in the UK
- Healthy Cooking
- Henna Forum



6. Henna in the Community

National Hate Crime Awareness Week (NHCAW) from 14-21 October 2023

Henna supported the campaign by working with the Camden Community Partnership team to organise an event to demonstrate the positive impact that people make in their community and raise awareness of how to report hate crime

Attended by the Metropolitan Police, Camden Community Safety Team Partnership team, community organisations and our members, it provided an ideal opportunity to share experiences, learn how to report safely, challenge stereotypes and consider some of the underlying causes of hate in the post-pandemic cost of living crisis era.

Henna takes pride in celebrating the role and achievements of women and girls at our annual **International Women's Day** gathering.

This year, we celebrated and raised awareness of the need to inspire inclusion to forge a better world for women.

One where they are valued, better understood and respected in society, in the workplace, and in the home.

Anywhere and everywhere where women want to be, like to be and aspire to be.

Henna is committed to supporting women and breaking boundaries to forge a better world without fear.

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South Asian Heritage Month



Henna members came together to celebrate **South Asian Heritage Month** on Aug 7, 2023, with an introduction to Henna's history including the role and struggles of South Asian women activists in North London. Henna members shared their own experiences of coming to the UK, the challenges they faced and conquered, their achievements as well the changes they have witnessed in Camden over the last few decades. The women were also able to look at earlier images of Henna group's activities in the borough.

Partnerships and Collaboration:

Vaccination Champions programme: engaged with more than 300 people from BAME and hard-to-reach groups on their reservations to COVID-19 and more general vaccinations, appreciating their concerns and breaking down barriers.

Optimizing Health for Maternity UCLH: supported the programme with workshops on nutrition, diet, weaning, healthy eating, mental health, fear of birth, anxiety around childbirth, pregnancy and contraception.

Networks: In Kilburn and South Hampstead, we have contributed to local strategies and social action through the One Kilburn forum and West Kilburn Network and formed local partnerships that improve the lives of local people with Abbey Community Centre, South Hampstead and Kilburn Centre (food support), Kove (toilet and bench-to-bench campaigns) and West Hampstead Women's Centre (memory club).

NCL VCS Mental Health Forum: Membership ensures that we have a voice and an input in the development of local and boroughwide mental health services and provisions that positively and sensitively impact our members.

Camden Carers Count: Henna continued to support Camden Carers by raising awareness of the critical role of carers and the challenges they face.

Hampstead Court Residential Home: Henna has developed a very special relationship with Hampstead Court, where we run activities and groups including board games, IT support and arts and crafts for residents of the care home and our members. The focus is on social interaction across cultures and building bridges.

We organise and chair a steering group of local stakeholders at the home providing a valuable forum to discuss and find solutions to local concerns and issues.

"Working with the Henna Asian Women's Group at Hampstead Court is nothing but a pleasure

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Year ended 31 March 2024

to offer our space so the community can come together. The life and soul that this brings into our home is nothing short of fabulous. We are very honoured to work with such a proactive, forward-thinking, professional group of women. We have welcomed them into our family with open arms and it brings joy seeing people smile, laugh and enjoy our facilities” Daniel Bridges, Commissioning Manager, averyhealthcare.co.uk

7. Henna Stories

Ms X

Indian From East Africa

In the past X faced various difficulties during and after her divorce. Due to cultural expectations, X was frowned upon by family and friends for getting a divorce, despite the reason of domestic violence.

X struggled through isolation, financial instability and severe mental health. At the current time, she still does not have a lot of family around however, she is striving through Henna services. X says that she has made close friends at Henna and is very comfortable with the staff, she feels part of a family. She is confident to share any issues she may have with staff members and keeps herself self-busy with all the activities that Henna provides. She never feels judged regardless of religion, culture or background.

X attends Drop-in sessions on Monday and Wednesday. Participates in art & crafts, and cooking sessions.

Ms Y aged 61

From India

Y came to England where she had to raise her children by herself. Going through the struggles where she had to find a way to ensure the best upbringing for her children including a good education.

Later in life, Y was diagnosed with breast cancer. She returned to India for partial treatment. She then returned to the UK to complete her chemotherapy. Y's mindset remained positive; despite going through severe depression and low mood, Y endured her chemotherapy whilst still attending Henna drop-in sessions which allowed her to keep herself occupied and her mind fresh. She still wanted to attend and have fun times with the other members who were her close friends.

Y frequently comes to Henna to participate in activities such as the drop-in sessions on Mondays and Wednesdays, singing and dancing with other members and joining in with cooking sessions. Y enjoys joining the chair-based exercise class online in the comfort of her own home. This allows her to continue being active on days she is not always well to go out. Y loves going on our summer trips.

And Finally..

Henna is no longer that women's group in the north of Camden, comfortable being small, content to just work with and support other groups and organisations. With our new status and the rolling programme of funding, we are in a better position to grow and flourish; explore new frontiers and combat fresh challenges; realise bold ambitions and aspirations.

Henna is committed to working with our partners in the VCS, Camden Council and all our

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funders, in making Camden the borough we all want to live, study and spend quality time in whatever our age, ethnicity and background. We will do so with a rebellious spirit and a sense of urgency.

2024-25 promises to be a year of opportunity, transformation and change at Henna, building on the solid progress of this year. Keep following Henna....

**Momota Khatoon,
Project and Operations Manager**

Treasurer's Report

It is with pleasure I present to you our results for the last financial year, April 2023 to March 2024. The charity concluded the financial year with net assets and cash reserves of £62,904 compared to £81,832 in the previous year.

Regrettably, the charity experienced a loss of £18,928, however, this is an improvement on the previous year, when we recorded a greater loss of £53,583. The primary factor contributing to this year's loss was down to very tough fundraising market conditions, resulting in adverse consequences. However, it is important to note that we were able to minimise this year's losses compared to the previous year by increasing our fundraising activities, as we said we would.

Total income for the year was £112,123 compared to £46,027 in 2023, which is an increase of £66,096. In this financial year, the principal funders were Greater London Authority, London Borough of Camden, and the National Lottery fund.

Our member base increased from 150 to 177 in 2023/24, the income generated from memberships slightly increased. Specifically, membership income amounted to £475, in contrast to the previous year's £327.

Our expenditure for the year was £131,051, compared to £99,970 representing an increase of £31,261 from last year. The primary factor contributing to this increase was wages due to an increase in headcount and fund-raising resource.

Financial Highlights 2023/24

Figures in brackets are the comparative totals for 2022/23.

Members: 177, (150)

Income: £112,123, (£46,207)

Expenditure on Charitable Activities: £131,051, (£99,790)

Net Income: (£18,928), ((£53,583))

Total Charity Funds at the year-end: £62,904, (£81,832)

Restricted Funds at the year-end: £33,860 (£27,372)

Unrestricted Funds at the year-end: £29,044, (£54,460)

The full breakdown has been shared in the Accounts which accompany the reports sent ahead of the AGM.

Going Concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in

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Year ended 31 March 2024

operational existence for the foreseeable future.

Reserves Policy

The charity's policy is to maintain unrestricted reserves of an amount equal to six months operational costs. As of 31 March 2024, unrestricted reserves were £29,044 which does not satisfy this criterion and only gives 3 months' worth of operational costs.

Investment Policy

The charity has never had sufficient funds to warrant making long term investments and all funds are held as bank deposits. Should the need arise in the future the Trustees will develop an investment policy in the context of the prevailing financial climate.

Risk Management

The principal risks that arose in this financial year stemmed from very tough fundraising market conditions and manifested themselves in reduced lower than budgeted income.

The above results indicate that Trustees and staff managed these risks as effectively as they could. Trustees are aware of the need to ensure that risks are discussed regularly at Board level.

Funding Sources

Most of the funding is derived from grants.

In this financial year the principal funders were LB Camden, GLA, Camden Giving and the National Lottery Fund.

Membership income was £475, (£327).

Darshan Vora, Treasurer

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 03 December 2024 and signed on behalf of the board of trustees by:



Nilufar Verjee - Chair
Trustee

Henna Asian Women's Group

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Year ended 31 March 2024

I report to the trustees on my examination of the financial statements of Henna Asian Women's Group ('the charity') for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



Stately Accountants
Kingsbridge Court
Castlehaven Road
London
NW1 8QA

Dated: 5 December 2024

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Statement of Financial Activities

		Unrestricted funds	2024 Restricted funds	2023 Total funds	2023 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	14,913	96,361	111,274	44,035
Investment income	6	180	–	180	45
Other income	7	669	–	669	2,127
Total income		<u>15,762</u>	<u>96,361</u>	<u>112,123</u>	<u>46,027</u>
Expenditure					
Expenditure on charitable activities	8,9	43,658	87,393	131,051	99,790
Other expenditure	10	–	–	–	–
Total expenditure		<u>43,658</u>	<u>87,393</u>	<u>131,051</u>	<u>99,790</u>
Net (expenditure)/income for the year t		<u>(27,896)</u>	<u>8,968</u>	<u>(18,928)</u>	<u>(53,583)</u>
Transfer between funds		<u>2,480</u>	<u>(2,480)</u>		
Net movement in funds		<u>(25,416)</u>	<u>6,488</u>	<u>(18,928)</u>	<u>(53,583)</u>
Reconciliation of funds		54,460	27,372	81,832	135,415
Total funds brought forward		<u>29,044</u>	<u>33,860</u>	<u>62,904</u>	<u>81,832</u>
Total funds carried forward					

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 17 to 24 form part of these financial statements

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Balance Sheet 31 March 2024

	Note	2024 £	£	2023 £
Fixed assets				
Tangible assets	8	0		0
Current assets				
Debtors	9	20,401		14,110
Cash at bank and in hand		48,253		70,521
		68,654	□	84,631
Creditors: amounts falling due within one year	10	(5,750)		2,799
Net current assets			62,904	81,832
Total assets less current liabilities			62,904	81,832
Funds of the charity				
Restricted funds			33,860	27,372
Unrestricted funds			29,044	54,460
Total charity funds	11		62,904	81,832

For the year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 03 December 2024 and are signed on behalf of the board by:



Nilufar Verjee
Chair of the Trustees

The notes on pages 17 to 24 form part of these financial statements

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1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 222C Belsize Road, London NW6 4DJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102: (a) No cash flow statement has been presented for the company.
(b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Legacy income is recognised when receipt is probable and entitlement is established.
- Income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

4. Limited by guarantee

The company is limited by guarantee of £1 per member without share capital.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	475		475
Grants			
City Bridge Arts/Outings		10,000	10,000
LB Camden	2,938	10,650	13,588
GLA ESOL	—	26,836	26,836
GLA Voter Awareness	—	37,875	37,875
National Lottery	1,500	—	1,500
Souter Charitable Trust		3,000	3,000
Sport England		8,000	8,000
Garfield Weston	10,000		10,000
	<u>14,913</u>	<u>96,361</u>	<u>111,274</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	—	—	—
Grants			
LB Camden	2,100	13,310	15,410
GLA Voter Awareness	—	8,625	8,625
H W and Camden Trust	—	10,000	10,000
National Lottery	—	10,000	10,000
Westminster AES	—	—	—
	<u>2,100</u>	<u>41,935</u>	<u>44,035</u>

6. Investment income

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Bank interest receivable	180	180	45	45

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

7. Other income

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2024
Other income	250	–	250
Membership fees	419	–	419
	<u>669</u>	<u>–</u>	<u>669</u>
	=	=	=
	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2023
Other income	1,000	800	1,800
Membership fees	327	–	327
	<u>1,327</u>	<u>800</u>	<u>2,127</u>
	=	=	=

8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2024
Principal Activity	37,356	87,393	124,749
Support costs	6,302	–	6,302
	<u>43,658</u>	<u>87,393</u>	<u>131,051</u>
	=	=	=
	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2023
Principal Activity	34,484	60,907	95,391
Support costs	1,112	3,287	4,399
	<u>35,596</u>	<u>64,194</u>	<u>99,790</u>
	=	=	=

9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds	Total fund
	£	£	2024	2023
Principal Activity	124,749	–	124,749	95,391
Governance costs	–	6,302	6,302	4,399
	<u>124,749</u>	<u>6,302</u>	<u>131,051</u>	<u>99,790</u>
	=	=	=	=

10. Other expenditure

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2024
Bank charges	–	–	–
	=	=	=
	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2023
Bank charges	–	–	–

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	71,962	56,868
Employer contributions to pension plans	1,176	860
	<u>73,138</u>	<u>57,728</u>

The average head count of employees during the year was 6 (2023: 3).

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

12. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

13. Tangible fixed assets

	Equipment £	Total £
Cost		
At 1 April 2022 and 31 March 2023	—	—
	==	=
Additions: April 2023 and March 2024	—	—
	==	=
Carrying amount		
At 31 March 2024	—	—
	==	=
At 31 March 2024	—	—
	=	=

14. Debtors

	2024	2023
	£	£
Debtors	20,401	14,110
	=	=

15. Creditors: amounts falling due within one year

	2024	2023
	£	£
Accruals and deferred income	4,780	—
Social security and other taxes	781	1,359
Pension liability	189	—
Other creditors	—	1,440
	—	—
	<u>5,750</u>	<u>2,799</u>
	=	=

16. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,176 (2023: £860).

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

17. Analysis of charitable funds

Unrestricted Funds	At 1 April 2023 £	Income £	Expenditure £	Trf Between Funds £	At 31 March 2024 £
Unrestricted Funds	54,460 =	15,762 =	(43,658) =	2,480	29,044 =
	At 1 April 2022 £	Income £	Expenditure £		At 31 March 2023 £
Unrestricted Funds	86,584 =	3,472 =	(35,596) =	-	54,460 =
Restricted funds	At 1 April 2023 £	Income £	Expenditure £	Trf Between Funds £	At 31 March 2024 £
Restricted Funds	27,372 = = =	96,361 = = =	(87,393) = = =	(2,480)	33,860 = = =
	At 1 April 2022 £	Income £	Expenditure £		At 31 March 2023 £
Restricted Funds	48,831 =	42,735 =	(64,194) =	-	27,372 =

Henna Asian Women's Group
Company Limited by Guarantee Detailed
Statement of Financial Activities
Year ended 31 March 2024

	2023/24 £	2022/23 £
INCOME FOR		
DONATION AND LEGACIES		
Donations	475	—
	475	—
INCOME FROM CHARITABLE ACTIVITIES		
Grants		
City Bridge Arts/Outings	10,000	15,410
LB Camden	13,588	—
GLA ESOL	26,836	—
GLA Voter Awareness	37,875	8,625
H W and Camden Trust	—	10,000
National Lottery	1,500	10,000
Souter Charitable Trust	3,000	—
Sport England	8,000	—
Garfield Weston	10,000	—
	111,274	44,035
OTHER TRADING ACTIVITIES		
Other Income	250	1,800
Membership fees	419	327
	669	2,127
INVESTMENT INCOME		
Bank Interest Received	180	45
TOTAL INCOME	112,123	46,027

Henna Asian Women's Group

Detailed Statement of Financial Activities

Year ended 31 March 2024

	2023/24 £	2022/23 £
EXPENDITURE		
COST OF RAISING FUNDS		
Fundraising and Publicity	12,420	8,350
	<u>12,420</u>	<u>8,350</u>
CHARITABLE ACTIVITIES		
Governance Costs		
Governance Cost	2,889	1,686
Overhead Costs		
Advertisement	100	-
Miscellaneous	255	283
Rent and rates	4,300	3,000
Repairs and maintenance	76	-
Bank charges	139	69
Consultancy	4,200	-
Legal & Professional	3,412	3,013
Office Equipment	1,172	1,789
Printing, postage & stationary	103	707
Refreshment	327	249
Software & subscriptions	937	916
Telephone & Internet	738	846
Website & it	782	1,412
Insurance	672	646
PNPC Costs		
Admin Overhead	725	-
Instuctor Fee	8,507	12,525
Activity Cost	10,408	2,605
Material & Equipment	943	108
Printing, postage & stationary	43	-
Refreshment	995	371
Volunteer Costs	1,005	297
Staff Costs		
Travel	272	-
Employer Nic	-	129
Pension Cost	1,176	860
Recruitment	300	1,089
Other Staff Expenses	265	284
Temporary staff	1,828	1,785
Gross Wages	71,962	56,739
Legal and professional	100	33
	<u>131,051</u>	<u>99,790</u>
TOTAL EXPENDITURE	<u>131,051</u>	<u>99,790</u>
NET INCOME / (EXPENDITURE)		
FOR THE YEAR	<u>(18,928)</u>	<u>(53,583)</u>

HENNA ASIAN WOMEN'S GROUP

England & Wales - Charity number 1105607

Accounts

COMPANY REGISTRATION NUMBER: 05200902
CHARITY REGISTRATION NUMBER: 1105607

**Henna Asian Women's Group
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2023**

GROMAN & COMPANY

Chartered Accountants
5 Violet Hill
St. John's Wood
London
NW8 9EB

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Chair's report

OUT OF A PANDEMIC AND INTO A CRISIS

The year of three UK Prime Ministers and a change of monarch. Internationally, the Russian invasion of Ukraine dominated the headlines.

On a lighter note, and one to celebrate for a women's organisation, football finally came home with England winning the European Championship.

The positivity of emerging from a biblical pandemic was tempered by a cost-of-living crisis that was more challenging and enduring than anticipated. For our communities, already coping and surviving on limited means, it has been incredibly stressful.

We stood by our communities during this crisis as we have done for more than four decades: in awe of their dignity and resilience; delivering practical solutions for their everyday needs such as hot meals and warm spaces.

During the year we slowly transitioned our groups and activities away from online – though many remained due to need and demand- to hybrid and face-to-face. This enabled us to continue to provide services with a person-centred approach.

Our membership grew by 27% to more than 150 with more than double that number utilising our services, activities and groups in total. The cost-of-living crisis meant we were very flexible with our minimal cost often waiving it in respect to membership and most of our provisions were free.

It was a year when Henna successfully managed innovative and ground-breaking work-streams with BAME communities such as the Voter ID campaign funded by the Greater London Authority. The mental well-being of our members and services users continued to be a key driver of our groups during the crisis. Loneliness and isolation didn't go away. Social contact and a sense of belonging was and is so important to our cohorts and will be so in the years to come. We enhanced our befriending services and maintained our peer support group. Our arts and crafts sessions were particularly popular.

We have forged new partnerships such as with Hampstead Court Care Home to improve our outreach services; embedded ourselves as a passionate voice on local issues within forums for change such as One Kilburn; worked with Camden Carers to raise awareness of the challenges faced by BAME carers and with UCLH in respect to cultural and linguistic gaps in patient services. We also collaborated with and consolidated our relationship with Camden Council.

We are immensely grateful to our funders and supporters over the past year: City Bridge Trust, Awards for All, Hampstead Wells and Campden Trust, Mind in Camden, Greater London Authority and Camden Council.

Henna's success is down to the dedication of the amazing staff and volunteering team who deserve our heartfelt thanks and appreciation for their unwavering commitment.

Henna finally moved a short distance to our new and modern home within the Abbey Community Centre. Better and more welcoming facilities. New beginnings; same convictions; renewed commitments.



Nilufar Verjee

Chair of the Board of Trustees

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Reference and administrative details

Registered charity name Henna Asian Women's Group

Charity registration number 1105607

Company registration number 05200902

Principal office and registered office 172 Belsize Road
London NW6 4BJ

The Trustees	Nilufar Verjee - Chair	
	Darshan Vora-Treasurer	Appointed 31 July 2022
	Derek Jarman	Appointed 31 July 2022
	Jasmine Vithalani	Appointed 31 July 2022
	Shelly Khan	Appointed 31 July 2022
	Eva Skevres - Treasurer	Retired 31 July 2022
	Tracey McDermott	Retired 31 July 2022
Meher Shergill	Retired 31 August 2022	

Henna Staff Team	Momota Khatoon	Operations Manager
	Bushra Begum	Project Worker
	Sajida Gitay	Project Worker
	Nadia Sultana	Project Worker

Independent examiner Al Groman FCA
5 Violet Hill
St. John's Wood
London
NW8 9EB

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

VISION

Asian women in London are happy and fulfilled

AIMS AND OBJECTIVES

Henna Asian Women's Group aims "to promote the benefit of Asian women resident or working in Camden, and neighbouring boroughs where appropriate, by advancing education and providing facilities in the interest of social welfare or recreation". In particular: - To

- Increase participation in the community
- To increase integration for those who are lonely and isolated
- To increase awareness of health, well-being and lifestyle choices
- To increase self-confidence
- To improve life skills

MAIN BENEFICIARIES

Henna Asian Women's Group was formed in 1982 by South Asian women, with the intention of bringing all women together regardless of their different backgrounds. Henna has been able to build on this concept by offering services which help towards integrating women, and allowing them to build relationships, and stronger links within their local community. Henna Asian Women's Group is a user-led organisation who aims to improve the overall well-being of women by increasing social interaction; improving health; and develop, maintain more independence to overcome deprivation and isolation. Our members are from diverse ethnic backgrounds which include South Asian, White British, African, Afro-Caribbean, Irish, Middle Eastern, Far East Asian and South American. We offer a range of services empowering a range of different women, who may otherwise be socially isolated. They are given the opportunity to communicate with individuals with whom they may share certain customs, values and attributes alongside making friends with individuals who they have never been able to mix with helping towards changing mind-sets and developing social links within their local communities and assisting towards community cohesion. We encourage our members to participate in our services as well as introducing them to many mainstream services, allowing them to build confidence to integrate within society and help towards strengthening communities.

PUBLIC BENEFIT

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future services. In particular the board of trustees consider how our planned services will contribute to the aims and objectives they have set.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Henna Asian Women's Group is a company limited by guarantee governed by its Memorandum and Articles of Association. It is registered as a charity with the Charities Commission.

Recruitment and Appointment of Management Committee

As set out in the Articles of Association, a director must be a person aged 18 or over. All members are circulated with invitations to nominate trustees prior to the AGM advising them of the retiring trustees and requesting nominations for the AGM. The charity may appoint a person who is willing to act as a Director.

Trustee Induction and Training

New trustees are furnished with the Memorandum of Articles and other literature relating to the organisation and its work. They are briefed on their legal obligations under Charity and Company Law, the committee and decision-making processes and recent financial performance of the charity. Trustees attend an induction evening where they can meet other trustees, staff etc. They are also provided with a description of their roles and responsibilities. Trustees are also encouraged to attend external training events where these will facilitate the undertaking of their role.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Organisational Structure

The board of trustees, which must have a minimum of 3 directors, administers the charity. The board meets every two months. A Manager is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Manager holds the office of Company Secretary and has delegated authority, for operational matters including finance and employment.

Pay Policy for Staff

Trustees are responsible for setting remuneration levels for Henna's staff. These staff are clearly identified by the trustees and consist of the charity's executive or management team. The pay of the staff is reviewed annually and increased in accordance with average earnings.

Risk Management

The Board has conducted a review of the major risks to which the charity is exposed and a risk register has been established. The major risks identified were current funding, obtaining new funding, financial procedures and health and safety. A health and safety policy has been produced and financial procedures have been written. A fund-raising strategy has been written in the current year. The Board will review the risk register annually to ensure new risks are identified and measures are taken to mitigate both current and new risks.

Operations Manager's Report

ACHIEVEMENTS AND PERFORMANCE

Cost of Living Crisis

The cost-of-living crisis impacted our members and service users financially, mentally and physically. The pressures on budgets based on fixed benefits, pensions, and low incomes meant that many had to cut costs and go without essential needs due to the rise in food, energy and household items. Many had to make choices between heating and eating; snacks and cooked meals; food or hygiene items. The foods that they enjoyed and the places they frequented to socialise were just too expensive. Some told us that they didn't like cooking for just themselves and the costs of storing and heating foods meant that they just resorted to unhealthy snacks all alone which impacted adversely on their physical and mental wellbeing.

Members have informed us that due to the current cost of living crisis, they are having to decide whether to turn on their kettle or microwave to prepare hot meals, as they are struggling to meet their weekly energy cost.

With the support and funding of Camden Council, we developed and transformed our Chai with Henna Monday Club, which traditionally provided a space to connect, network and socialise, to provide a warm hub with hot meals, hygiene items and a point of information point as well.

Our warm hub has proved very popular amongst the community members who have appreciated the support we have been able to provide. Their health and well-being are the heart of our warm hub and we have seen a positive improvement in their mental health as a result of this project. They look forward to an enjoyable halal/vegan hot meal each week which is culturally appropriate and nutritious. It provides an opportunity for us to check in on their emotional needs and introduce them to our broad range of services, activities and groups.

We have identified community residents who otherwise would've been isolated and suffering from depression and anxiety. The warm hub has uplifted the spirits and our members have relayed back to us that participating in our warm hub service has allowed them to feel safe and integrated and share common values.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023



"I was really pleased to see all the hard work Henna team have put together to provide us with traditional hot meal every Mondays. It shows that the organisation really cares about the struggles of rising costs and providing us with a warm space to meet other people. Otherwise, I would be lonely at home." Samina Idris

"Momota and her team are very caring, and they provide us with warm food. They also serve us individually which shows how much they care for us. It makes me feel very happy to be here and meet other people" Ruqiya Yusuf



*Due to the Pandemic 2020-2022 was a very difficult time not able to go anywhere, now I can interact meeting new people and enjoy hot meal in **Monday Club** and take part in **crochet and knitting session** which Henna Asian Women provide".* (Anonymous)

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2023

The Voter ID Awareness Campaign:



The law has changed. You now need one of these accepted forms of photo ID to vote in person.

- UK, Channel Islands or EEA driving licence
- UK, Commonwealth or EEA passport
- Blue Badge scheme card
- National identity card issued by an EEA state
- 60+ Oyster photocard or a Freedom Pass
- Free Voter Authority Certificate
- PASS card issued by the National Proof of Age Standards Scheme bearing the PASS hologram
- Biometric Immigration Document

We at Henna Asian Women are here to assist you to register to vote, get an accepted photo Voter ID or the free Voter Authority Certificate.

Call us on: 0207 372 9860

For more info visit the GLA Democracy Hub <https://registertovote.london/>

Voter Registration & Voter ID

What is a Voter Authority Certificate?

You need to be **registered to vote** before you apply for a Voter Authority Certificate.

When you register to vote, you'll be asked whether you have photo ID or if you want to apply for a FREE Voter Authority Certificate.

If you **DON'T** have an accepted form of Photo ID, then we can help you apply for a FREE Voter Authority Certificate online which will allow you to vote in person.

For more info visit www.gov.uk/apply-for-a-photo-id-voter-authority-certificate

Who can Register

You must be aged 16 or over, and also be one of the following:

- A British Citizen
- A Commonwealth citizen who has permission to enter or stay or does not need permission to stay
- An Irish or EU Citizen living in the UK

#NoVoteNoVoice

Register to vote at gov.uk/register-to-vote

How to Vote

You can vote when you are 18 or over. There are **3 different ways** to vote:

In Person - You will be sent a polling card to your address which will tell you where your local polling station is.

By Post - You can apply for a postal vote. You will not need your photo ID to vote by post.

By Proxy - If you cannot vote in person, you can nominate someone to vote on your behalf. They will need to bring their own photo ID. You will need to complete a form and send it to your local Electoral Registration



Supported by
GREATER LONDON AUTHORITY

Supported by the Greater London Authority,
City Hall, Kamal Chundie Way, London E16 1ZE
Promoted by Henna Asian Womens Group,
172 Belsize Road, London, NW6 4BJ

In phase one, we were one of only nine civil society equity-led community groups funded to reach out to under-registered and under-represented communities to:

- Raise awareness and increase understanding among Londoners from under-registered and under-represented communities about the changes to their civil and democratic rights.
- Ensure all eligible Londoners have a suitable form of photo identification to vote in person at elections from May 2023, and for those who cannot afford or cannot apply for a photo Voter ID, to make sure they apply for a free Voter Authority Certificate.



Are you ID ready to vote?

From May 2023, UK voters must present an acceptable form of Photo ID when voting at UK Local & General elections. Join our Zoom session to learn more about the Photo ID requirements and how to apply for a Free Voter Authority Certificate if you don't have a Photo ID.

Topic: Voter Photo ID
Date: 17th March 2023 — Time: 6:00pm-7:30pm

Zoom Meeting
Please contact us and we will share the zoom link!

call us on
0207 3729860
info@hennaorg.co.uk

SUPPORTED BY **GREATER LONDON AUTHORITY**

Supported by the Greater London Authority,
City Hall, Kamal Chundie Way, London E16 1ZE
Promoted by Henna Asian Womens Group,
172 Belsize Road, London, NW6 4BJ

We engaged with our service users and the local community through various planned events and activities to promote Voter ID awareness and help eligible voters obtain the necessary identification required for voting. The campaign had several benefits for the community, the electoral process, and democracy. It helped to:

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2023

- **Increase Voter Participation:** raise awareness about Voter ID requirements by providing information in different languages and 1-2-1 sessions. This helped to address language barriers.
- **Community empowerment:** Our charity organisation and volunteers worked collectively to empower communities to advocate their rights and become more politically active

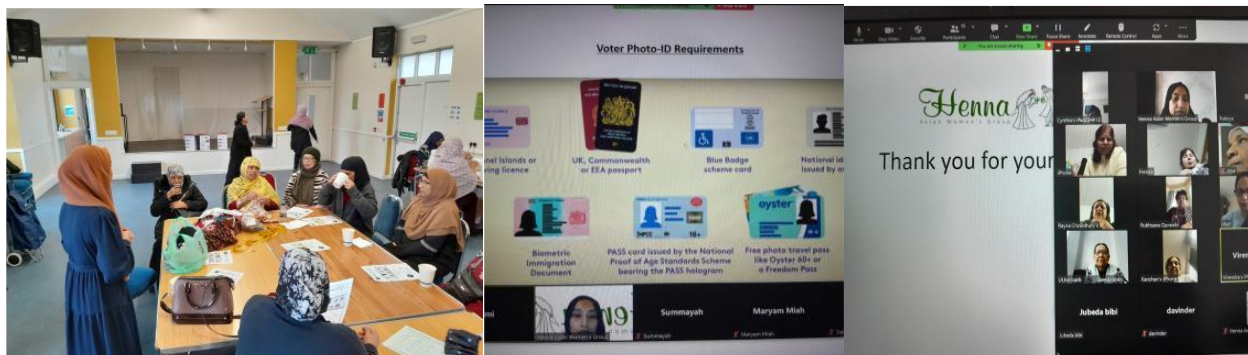


- **Long-term impact:** The Voter ID Campaign had an impact by educating the community about the importance of participating in elections and the need for identification in various aspects of civic life.

It was very important that our campaign was conducted with a focus of inclusivity, non-partisanship and a commitment to promote the democratic process.

"Henna staff have provided me with all the information I need regarding accepted photo ID for voting. I got support to get registered online for voting." Olga Cardona

"I think being able to talk to Henna staff in my own language to understand the changes to voting has been very helpful. Otherwise, I am not good with WhatsApp messages and reading flyers." Mahmuda Anwar.



Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2023

"I supported Henna by making a video in Gujarati Language for Voter Photo ID campaign. It was fun and I was informed that my video was viewed by many people on social media. I feel happy that I helped to reach people of my community." Kanchan Pandya

"Online Zoom Session was very informative; I am ready to vote with my photo ID and inform my friends and family about the new requirements of photo ID." Hamida Obaroy



Bushra Begum, lead project support worker on Voter ID campaign:

'Whilst working on the Phase 1 Voter ID campaign, I met people from different communities and backgrounds, and I Learned that delivering the message in appropriate languages was crucial for building understanding, empathy and trust. Understanding the values, customs, and traditions is the foundation for respectful engagement. We offered workshops, webinars, and information sessions to help community members to understand the issue better. We also utilized online platforms and social media to reach community members, especially in cases where in-person engagement was challenging.

Every Carer Matters

In partnership with Camden Carers, our team received training to understand who a Carer is, how to refer a Carer, and what support is available for them through the referral service. This was a great initiative as it helped us to identify carers in our organisation and refer them to get support for their caring roles.

Here are just a few testimonies of those who benefited from our collaboration.

"I received financial help in terms of cash and vouchers to help purchase white goods for my kitchen, otherwise doing house chores without appliances was very challenging on top of my caring duties. I am glad that I could talk to someone about my health and well-being and get advice." Asiya Begum

"I received lots of information about what services are available in my area for me to take time out from my caring duties and to keep me healthy. I currently find traveling to different activities challenging because of my deteriorating health and Camden Carers are here to support me with what I need so I can also fulfil my caring duties." Rayna Chowdhury

"I received support with grant application to buy a fridge and it helped that a Bengali interpreter is available when I talk to them." Maya Khatun

Anna Campbell, Making Carers Count, Community Engagement Project Manager

'At Camden Carers, we have valued our ongoing relationship with Henna Asian Women's Group. What started as partnership working, to increase identification of carers through a number of joint activities, has grown organically over time into a trusting relationship between both organisations. At Camden Carers, we can clearly see the hard work Henna do to support the community, and the benefit this has to all those who attend the group. More recently, we have been invited to join Henna's community partnership meetings and have welcomed the opportunity to form better links with organisations in Camden and surrounding boroughs.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

UCLH Patient Experience

Our service users participated in UCLH research regarding patient experience. We learned that the active involvement of patients and the public in research can lead to treatments that better meet the needs of users and the public and put findings into practice.



The Henna Women’s Group has been a wonderful partner organisation to the University College London Hospital (UCLH) for almost two years. The group is well organised and well led by the incredible community leader: Momota Khatoon: as we’ve seen first-hand how enthusiastically and collaboratively they work on our Patient Engagement and Service Improvement initiatives. Rossana Fazzina, Patient and Public Involvement Officer, Patient Experience Team, UCLH

We celebrated **International Women's Day** this year to remember the struggles and resistance that women in our community have endured but also to recognise many achievements that have been won.



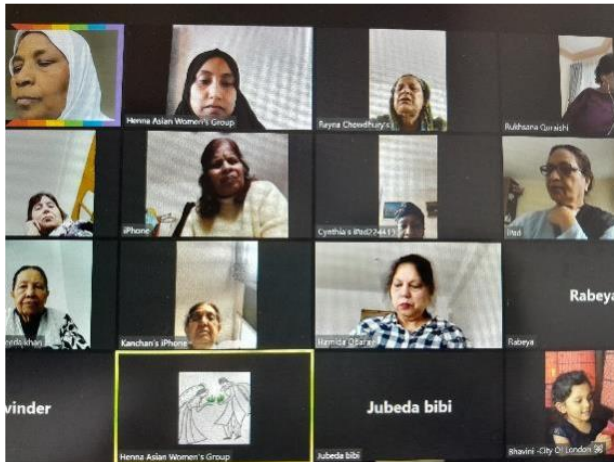
Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

We were saddened by the **passing of Queen Elizabeth II**. We held an online Zoom session that allowed us to mourn her passing and reach out to our service users to share their experiences, grief and some of their fond memories about the late Queen.



"I met the late Queen Elizabeth II at Delhi University in India when she came to visit our country. It was a lovely experience as we were all excited to welcome the Queen." KiranAhuja

Befriending and Mental Health Support

Henna expanded its befriending and mental health support. Loneliness and isolation continue to be a major factor in the well-being of women, particularly those who are older and in later life. For some, the pandemic meant that family members, that had moved away, came and stayed to provide solace and comfort. Normality has meant that they find themselves alone again. Through our one-to-one support telephone befriending support and counselling we strive to bridge this gap in their lives and offer them opportunities to engage with others through our groups and activities. We also ran peer support groups supported by Mind in Camden.

"I never knew there was a group for Asian women, the Telephone Befriending Service eliminated loneliness and isolation and has given me a community to be a part of" Anonymous.

"I look forward to Bushra's weekly befriending calls. She is a good listener and I feel I can share my memories with her of the time when I was able to go to work and now I cannot after work injury. I am home all the time and I have social anxiety because of covid isolation. The pandemic made me stay home all the time and not meet any people. Our weekly calls help me to keep up to date with what services are available to support me to move on." Shelly Mozumder

"The counselling session at Henna was a good start and has helped me with my self-esteem, better expression, and management of expressions, and relief from depression, anxiety, and other issues that have been affecting my mental health and wellbeing" Anonymous.

Henna in the community

We participated and had stalls at a well-attended 4-day **Durga Puja event in Swiss Cottage**, it provided us with an opportunity to engage with and raise our profile within the Indian and Hindu communities as well as appreciate their culture, traditions and experiences. We sold our designs and wears to fundraise for trips and visits.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023



Celebrating Holi- The Festival of Colours



Eating Out: Chai Wala Sakonis



Trip to the Seaside: Southend on Sea



Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The BIG MOVE!

After several years of planning, further delayed by the pandemic, Henna finally moved into new modern premises in the same locality in January 2023. We continue to share with our friends at Abbey Community Centre a more vibrant, embracing and spacious new environment.



Partnership and collaboration with Hampstead Court Residential Home (Avery)



Henna runs activities and groups at the residential care home including board games, IT support, and arts and crafts for residents of the care home with a focus on social engagement. Our members and service users can also attend, and it provides a unique opportunity to engage in a new forum and meet new people. We organise and chair a steering group of local stakeholders at the home providing a valuable forum to discuss and find solutions to local concerns and issues.

Working with the Henna Asian Women's Group at Hampstead Court is nothing but a pleasure to offer our space so the community can come together. The life and soul that this brings into our home is nothing short of fabulous. We are very honoured to work with such proactive, forward thinking, professional group of women. We have welcomed them into our family with open arms and it brings joy seeing people smile, laugh and enjoy our facilities. Daniel Bridges, Commissioning Manager, averyhealthcare.co.uk

Henna Asian Women's Group

Company Limited by Guarantee

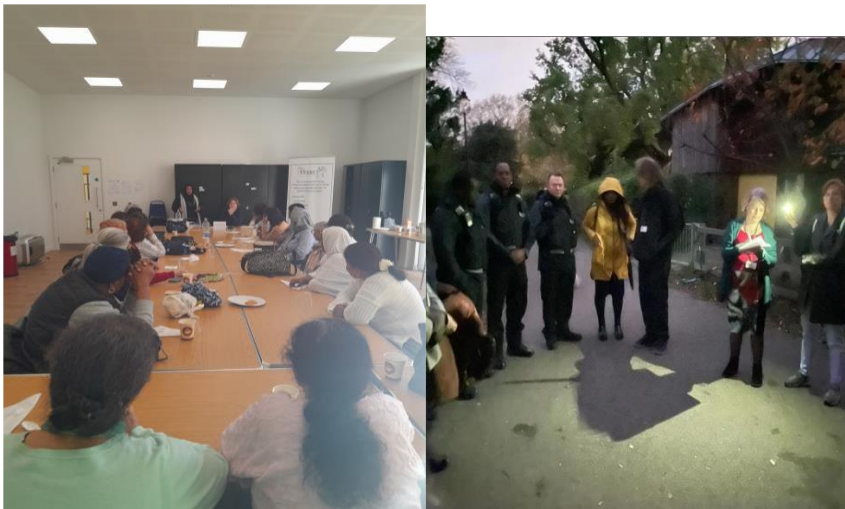
Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023



Community Safety

We participated at the Kilburn Grange Park Walkabout to listen to concerns from residents about safety issues in the park. We found that the walkabout highlighted issues that needed to be resolved quickly to make the park a safer place for the community. Our members at Henna use the park on a regular basis and enjoy the green space at their leisure.



We invited Councillor Patricia Callaghan to meet our members and address their concerns regarding safety in the neighbourhood. Her engagement gave us the chance to understand what plans have been put in place to make community space safer, what support there is in place for victims of crime, and what improvements have been made for safety and living standards.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2023

HENNA ACTIVITIES AND GROUPS (MARCH 2023)



Weekly Schedule

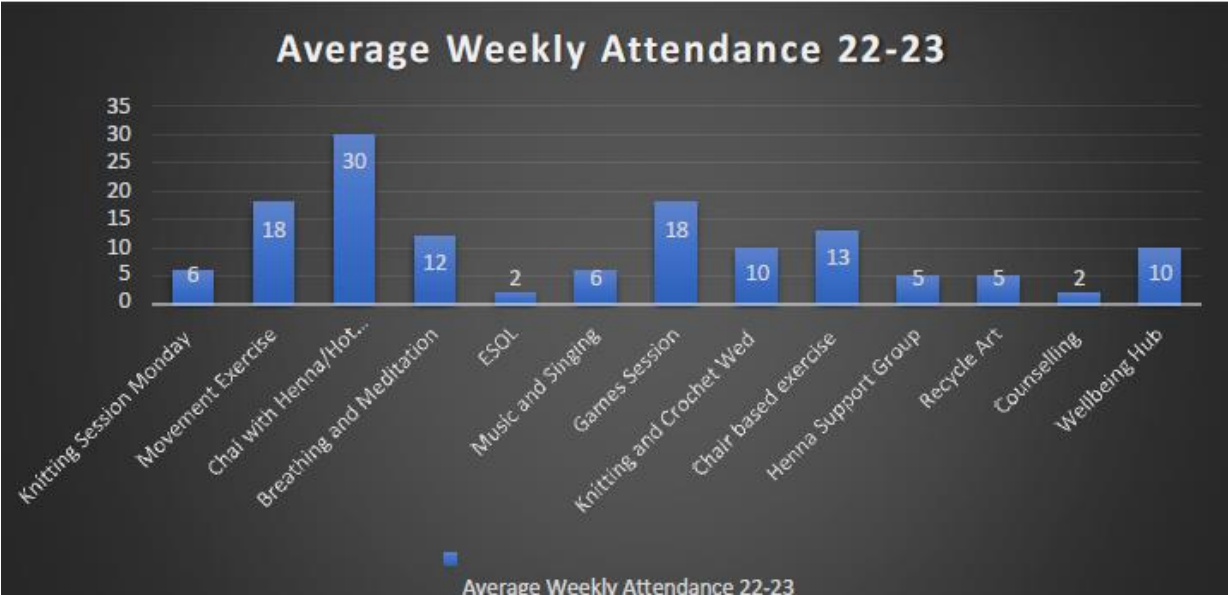
We provide both hybrid and face-2-face services via Zoom and on site. Our office is based at the Abbey Community Centre, 172 Belsize Rd, NW6 4BJ. Activities are delivered by our qualified instructors and volunteers. For enquiries, please contact us Mon-Fri 9am-5pm.

Tel: 07752681828 / 07535259607 / 0207 372 9860



@HennaAsianWomen
@HennaAsianWomen
info@hennaorg.co.uk
HennaAsianWomensGroup
www.henna.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
10:30am-11:30am 1-2-1 with Henna Henna Office Appointment Based	12:00pm-1:00pm Breathing & Meditation via Zoom	<i>Below activities will be at:</i> Hampstead Court Avery Care Home 48 Boundary Road NW8 0HJ	11:30am-12:30pm Henna Support Group St Pancras Way TA Hall NW1 9EH	2:00pm-3:00pm Wellbeing Hub/Talk with Henna via Zoom
11:00am-12:00pm Knitting Class St Pancras Way TRA Hall NW1 9EH	2:00pm-4:00pm Music & Singing via Zoom	10:00am-11:30pm Knitting Club	12:30pm-1:30pm Chair Based Exercise via Zoom	1-2-1 Counselling Appointment Based Flexibility given on ap- pointment time.
12:00pm-1:00pm Movement Exercise Hybrid Abbey Centre & Zoom	5:00pm-7:00pm ESOL & Life in the UK via Zoom	11:30am-12:30pm <i>Coming Soon!</i> Yoga Exercise	10:00am-3:00pm Learn Healthy Recipes <i>Last Thursday of every month</i>	5:00pm-6:00pm Recycle Art Session Via Zoom
1:00pm-3:00pm Hot Meal & Chai with Henna Monday Club Abbey Centre		12:30-2:00pm Board Games	St Pancras Way TRA Hall NW1 9EH	
		1:00pm-3:00pm Gardening Project		
		Befriending Service Appointment Based		



Event

Chai Wala End of Year
New Year's Day Celebration
International Women's Day
Eid Party
Avery Fundraising
Sakonis

Attendance

25
35
60
45
60
26

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The impact of our groups, services and activities:

Exercise activities

*"I never knew I can exercise in my cultural clothes, keeping my body covered and with all my friends."
~~ Henna member*

ESOL Life in the UK

"I received a certificate in my life for the first time, I showed it to my family, I felt proud of myself for the first time in my life joining with Henna Asian Women's Group online zoom ESOL Life in the UK Classes" ~ Henna member.

Testimonies of Henna Members

Ruksana Qureshi, age 74, with Henna 20 plus years.

I joined chair-based exercise classes run by Henna due to my health reasons. The movements help with my joints. It makes me feel good and relaxed. It is also for social reasons, as I get to meet new people and make new friends. This helps reduce isolation and helps with my mental health.

I enjoy the exercise class offered by Henna because it provides sole services for women only and I can join in without feeling any discrimination. I feel very comfortable because of the staff and manager who are very welcoming. I get a sense of relief and appreciation. I feel comfortable with the teacher and can relate.

Feroza Ashraf, age 70, With Henna 10 years

I participate in Henna's exercise class for health reasons. I suffer from Osteoporosis. The exercise class helps me both physically and psychologically. When I have these classes I feel relaxed and comfortable. I love the classes because it is all women, and you get to meet others. I can openly talk and feel comfortable in my cultural clothing and not feel judged.

Henna offers very friendly service. I love meeting other women. Whilst attending as a Member I used to volunteer myself with befriending service.

Henna has provided me with a safe place to attend and integrate with other women. I feel comfortable and have created a close family circle. I can get so much information regarding any issues I may have. They sign-post me to relevant organisations. They run many activities that I feel confident attending. I love the management in Henna.

Momota Khatoon
Operations and Projects Manager

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Treasurer's Report

This is my first report to you as a treasurer and it is with pleasure I present to you our results for the last financial year, April 2022 to March 2023. The charity concluded the financial year with net assets and cash reserves of £81,832.

Regrettably, the charity experienced a loss of £53,583, a significant contrast to the £8,894 profit recorded in 2022. The primary factor contributing to this disparity was the limited fundraising activity during the pandemic, resulting in adverse consequences. Furthermore, a reduction in available grants and funds heightened competition among charities, leading to a less successful acquisition of grants than anticipated.

Total income for the year was £46,207 compared to £94,085 in 2022. In this financial year, the principal funders were London Borough of Camden, Greater London Authority, Camden Giving and the National Lottery fund.

While our member base increase from 115 to 150 in 2023, the income generated from memberships significantly decreased. Specifically, membership income amounted to £327, in contrast to the previous year's £1,155. This reduction is attributable to the decision made by the trustees to not make fees compulsory for all members.

Our expenditure for the year was £99,790, an increase of £14,656 from last year. The primary factor contributing to this increase was wages due to an increase in headcount and fund-raising resource.

Financial Highlights 2022/23

Figures in brackets are the comparative totals for 2021/22.

- Members: 150, (115)
- Income - £46,207, (£94,085)
- Expenditure on Charitable Activities - £99,790, (£85,189)
- Net Income – (£53,583), (+£8,896)
- Total Charity Funds at the year-end - £81,832 , (£135,415)
- Restricted Funds at the year-end - £27,372 (£48,831)
- Unrestricted Funds at the year-end - £54,460, (£135,415)

The full breakdown has been shared in the Accounts which accompany the reports sent ahead of the AGM.

Going Concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

Reserves Policy

The charity's policy is to maintain unrestricted reserves of an amount equal to six months operational costs. As of 31 March 2023, unrestricted reserves were £54,460 which satisfies this criterion.

Investment Policy

The charity has never had sufficient funds to warrant making long term investments and all funds are held as bank deposits. Should the need arise in the future the Trustees will develop an investment policy in the context of the prevailing financial climate.

Risk Management

The principal risks that arose in this financial year stemmed from the pandemic and manifested themselves in reduced fundraising activity. The above results indicate that Trustees and staff managed these risks effectively. Trustees are aware of the need to ensure that risks are discussed regularly at Board level.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Funding Sources

Most of the funding is derived from grants.

In this financial year the principal funders were LB Camden, GLA, Camden Giving and the National Lottery Fund.

Membership income was £327, (£1,155).

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 1 December 2023 and signed on behalf of the board of trustees by:

A handwritten signature in brown ink, appearing to read 'Nilufar Verjee', with a horizontal line underneath.

Nilufar Verjee - Chair
Trustee

Henna Asian Women's Group

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Henna Asian Women's Group

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of Henna Asian Women's Group ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

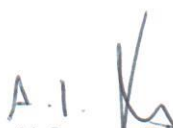
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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


AI Groman FCA
Independent Examiner

5 Violet Hill
St. John's Wood
London
NW8 9EB

Henna Asian Women's Group

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2023

			2023		2022
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	2,100	41,935	44,035	89,334
Investment income	6	45	–	45	1
Other income	7	1,327	800	2,127	4,750
Total income		<u>3,472</u>	<u>42,735</u>	<u>46,207</u>	<u>94,085</u>
Expenditure					
Expenditure on charitable activities	8,9	35,596	64,194	99,790	85,134
Other expenditure	10	–	–	–	55
Total expenditure		<u>35,596</u>	<u>64,194</u>	<u>99,790</u>	<u>85,189</u>
Net (expenditure)/income and net movement in funds		<u>(32,124)</u>	<u>(21,459)</u>	<u>(53,583)</u>	<u>8,896</u>
Reconciliation of funds					
Total funds brought forward		86,584	48,831	135,415	126,519
Total funds carried forward		<u>54,460</u>	<u>27,372</u>	<u>81,832</u>	<u>135,415</u>

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 21 to 26 form part of these financial statements.

Henna Asian Women's Group

Company Limited by Guarantee

Statement of Financial Position

31 March 2023

	Note	2023 £	£	2022 £
Current assets				
Debtors	14	14,110		—
Cash at bank and in hand		70,521		138,410
		<u>84,631</u>		<u>138,410</u>
Creditors: amounts falling due within one year	15	<u>2,799</u>		<u>2,995</u>
Net current assets			81,832	135,415
Total assets less current liabilities			<u>81,832</u>	<u>135,415</u>
Funds of the charity				
Restricted funds			27,372	48,831
Unrestricted funds			54,460	86,584
Total charity funds	17		<u>81,832</u>	<u>135,415</u>

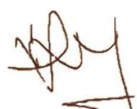
For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 1 December 2023 and are signed on behalf of the board by:



Nilufar Verjee
Chair of the Trustees

The notes on pages 21 to 26 form part of these financial statements.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2023

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 222C Belsize Road, London NW6 4DJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102: (a) No cash flow statement has been presented for the company.

(b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

4. Limited by guarantee

The company is limited by guarantee of £1 per member without share capital.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Grants			
LB Camden	2,100	13,310	15,410
GLA Voter Awareness	–	8,625	8,625
H W and Camden Trust	–	10,000	10,000
National Lottery	–	10,000	10,000
	<u>2,100</u>	<u>41,935</u>	<u>44,035</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	31	–	31
Grants			
LB Camden	–	12,744	12,744
Age UK	–	10,000	10,000
Groundwork UK	–	4,000	4,000
London Community Fund	27,107	10,559	37,666
Westminster AES	–	24,893	24,893
	<u>27,138</u>	<u>62,196</u>	<u>89,334</u>

6. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	<u>45</u>	<u>45</u>	<u>1</u>	<u>1</u>

7. Other income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Other income	1,000	800	1,800
Membership fees	327	–	327
	<u>1,327</u>	<u>800</u>	<u>2,127</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Other income	450	3,145	3,595
Membership fees	1,155	–	1,155
	<u>1,605</u>	<u>3,145</u>	<u>4,750</u>

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2023
Principal Activity	34,484	60,907	95,391
Support costs	1,112	3,287	4,399
	<u>35,596</u>	<u>64,194</u>	<u>99,790</u>
	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2022
Principal Activity	2,222	78,771	80,993
Support costs	3,541	600	4,141
	<u>5,763</u>	<u>79,371</u>	<u>85,134</u>

9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds	Total fund
	£	£	2023	2022
Principal Activity	95,391	–	95,391	80,993
Governance costs	–	4,399	4,399	4,141
	<u>95,391</u>	<u>4,399</u>	<u>99,790</u>	<u>85,134</u>

10. Other expenditure

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2023
Bank charges	–	–	–
	<u>–</u>	<u>–</u>	<u>–</u>
	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	2022
Bank charges	20	35	55
	<u>20</u>	<u>35</u>	<u>55</u>

11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	56,868	45,890
Employer contributions to pension plans	860	826
	<u>57,728</u>	<u>46,716</u>

The average head count of employees during the year was 3 (2022: 3).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

12. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

13. Tangible fixed assets

	Equipment £	Total £
Cost		
At 1 April 2022 and 31 March 2023	<u>5,358</u>	<u>5,358</u>
Depreciation		
At 1 April 2022 and 31 March 2023	<u>5,358</u>	<u>5,358</u>
Carrying amount		
At 31 March 2023	<u>–</u>	<u>–</u>
At 31 March 2022	<u>–</u>	<u>–</u>

14. Debtors

	2023 £	2022 £
Debtors	<u>14,110</u>	<u>–</u>

15. Creditors: amounts falling due within one year

	2023 £	2022 £
Social security and other taxes	1,359	788
Pension liability	–	439
Other creditors	<u>1,440</u>	<u>1,768</u>
	<u>2,799</u>	<u>2,995</u>

16. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £860 (2022: £826).

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

17. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Unrestricted Fund	<u>86,584</u>	<u>3,472</u>	<u>(35,596)</u>	<u>54,460</u>

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Unrestricted Fund	<u>63,623</u>	<u>28,744</u>	<u>(5,783)</u>	<u>86,584</u>

Restricted funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Restricted Funds	<u>48,831</u>	<u>42,735</u>	<u>(64,194)</u>	<u>27,372</u>

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Restricted Funds	<u>62,896</u>	<u>65,341</u>	<u>(79,406)</u>	<u>48,831</u>

Accounts

COMPANY REGISTRATION NUMBER: 05200902
CHARITY REGISTRATION NUMBER: 1105607

**Henna Asian Women's Group
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2022**

GROMAN & COMPANY

Chartered Accountants
5 Violet Hill
St. John's Wood
London NW8 9EB

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Chair's report

Welcome to our Annual Report for 2021-2022. We are a member-based charity based in Kilburn, London and we work for the benefit of Asian Women in the London Borough of Camden.

We exist to increase the social inclusion and well-being of women from the South Asian diaspora. We offer a range of services and facilities for women to build their skills and confidence, improve their physical and mental health, and increase their social support systems.

I am delighted to be reporting another successful year where we supported our members through the period of recovery following the worst of the Covid-19 pandemic. During this time, our financial position remained strong as outlined in the Financial Report section, and we were able to continue and renew a range of services and activities as described in the Operation and Manager's Report below.

The value of Henna to its members is undeniably visible in their comments and feedback. But the success of Henna is primarily down to the strength, resilience, charisma and support of its members who are all incredible women in their own right.

I would like to thank the equally incredible people who have made Henna's activities possible: the funders for their continued support; the core staff and tutors for their unfailing delivery of quality services; the volunteers for their passion and time; and the Trustees for their tireless commitment to Henna's success.

I hope this report inspires all its readers with the impact that Henna and its members have achieved, and that the Henna community goes from strength to strength in the coming year.

Nilufar Verjee, Chair

Chair of the Board of Trustees

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Reference and administrative details

Registered charity name	Henna Asian Women's Group
Charity registration number	1105607
Company registration number	05200902
Principal office and registered office	222C Belsize Road London NW6 4DJ

The trustees

Nilufar Verjee - Chair
Eva Skevres – Treasurer-
Emma Lawson De Roeck
Meher Shergill-
Tracey McDermott

Trustees

The Trustees serving during the year and since the year-end were as follows:

Chair	Nilufar Verjee
Treasurer	Eva Skevres- Resigned 31 July 2022
Elected trustees	Emma Lawson De Roeck Meher Shergill- Resigned 31 August 2022 Tracey McDermott – Resigned 31 July 2022

Henna Staff Team

Mamota Khatoon- Project & Operations Manager
Aysha Ahmed - Support Worker

On behalf of the Board and staff, I would also like to thank all our volunteers, service users, funders and partners without whom Henna would not be able to run.

Independent examiner	Al Groman FCA 5 Violet Hill St. John's Wood London NW8 9EB
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Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Structure, governance and management

Governing Document

Henna Asian Women's Group is a company limited by guarantee governed by its Memorandum and Articles of Association. It is registered as a charity with the Charities Commission.

Recruitment and Appointment of Management Committee

As set out in the Articles of Association, a director must be a person aged 18 or over. All members are circulated with invitations to nominate trustees prior to the AGM advising them of the retiring trustees and requesting nominations for the AGM. The charity may appoint a person who is willing to act as a Director.

Trustee Induction and Training

New trustees are furnished with the Memorandum of Articles and other literature relating to the organisation and its work. They are briefed on their legal obligations under Charity and Company Law, the committee and decision-making processes and recent financial performance of the charity. Trustees attend an induction evening where they can meet other trustees, staff etc. They are also provided with a description of their roles and responsibilities. Trustees are also encouraged to attend external training events where these will facilitate the undertaking of their role.

Organisational Structure

The board of trustees, which must have a minimum of 3 directors, administers the charity. The board meets every two months. A Manager is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Manager holds the office of Company Secretary and has delegated authority, for operational matters including finance and employment.

Pay Policy for Staff

Trustees are responsible for setting remuneration levels for Henna's staff. These staff are clearly identified by the trustees and consist of the charity's executive or management team. The pay of the staff is reviewed annually and increased in accordance with average earnings.

Objectives and Activities

Henna's Ethos: Mission, Vision, Key Aims and Objectives

Vision: Asian women in London are happy and fulfilled.

Mission statement: To increase social inclusion and confidence by creating awareness, building skills and providing support.

Aims and Objectives: Henna Asian Women's Group aims "to promote the benefit of Asian women resident or working in Camden, and neighbouring boroughs where appropriate, by advancing education and providing facilities in the interest of social welfare or recreation".

It aims to:

- To increase participation in the community
- To increase integration for those who are lonely and isolated
- To increase awareness of health, well-being and lifestyle choices
- To increase self-confidence
- To improve life skills

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Where have we come from and what have we achieved so far?

Main Beneficiaries

Henna Asian Women's Group was formed in 1982 by South Asian women, with the intention of bringing all women together regardless of their different backgrounds. Henna has been able to build on this concept by offering services which help towards integrating women, and allowing them to build relationships, and stronger links within their local community. Henna Asian Women's Group is a user-led organisation who aims to improve the overall well-being of women by increasing social interaction; improving health; and develop, maintain more independence to overcome deprivation and isolation. Our members are from diverse ethnic backgrounds which include South Asian, White British, African, Afro-Caribbean, Irish, Middle Eastern, Far East Asian and South American. We offer a range of services empowering a range of different women, who may otherwise be socially isolated. They are given the opportunity to communicate with individuals with whom they may share certain customs, values and attributes alongside making friends with individual's who they have never been able to mix with helping towards changing mind-sets and developing social links within their local communities and assisting towards community cohesion. We encourage our members to participate in our services as well as introducing them to many mainstream services, allowing them to build confidence to integrate within society and help towards strengthening communities.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future services. In particular the board of trustees consider how our planned services will contribute to the aims and objectives they have set.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Achievements and performance

Henna 2021-22: The year of recovery and renewal

The Context

2021-22 saw communities and localities slowly emerging from the pandemic with the gradual relaxation of Covid social distancing measures, mask-wearing and the gradual opening-up of society. Though the shadow of the Omicron variant was a constant reminder of the threat in our midst, the successful rollout of the vaccination program correlating with a fall in hospital admissions and deaths, created a sense of confidence and optimism.

Henna needed to meet the challenges and opportunities of the new normal. To reset the bar and move on vigilantly and positively as an organisation like the rest of the voluntary and community sector.

During the pandemic and in the aftermath, Henna consistently tapped into and responded to the needs, fears and aspirations of our members with the support of funders such as Westminster Adult Learning, Ageing Better Camden, City Bridge Trust, and Mind in Camden. We developed platforms of resilience, choice, and social connection.

2021-22 was a period that saw a doubling of Henna's membership and a hybrid interaction with our members with a progression towards more face-to-face. We created and embedded new practices, policies, and activities for the new normal and recruited new workers that represented the diversity of our membership.

The Henna year is best and most suitably told by our members. Their stories, reflections, and experiences, in pictures and in words grace this report and bring it to life.

Post Pandemic considerations, hybrid pathways and transition.

For our membership, the heartbeat and foundation of Henna, there was an air of trepidation mixed with the aroma of opportunity upon the dawn of a new era in the spring of 2021. There was a need to safely navigate back into a real-world forever changed by a once-in-a-lifetime pandemic. There was also a fear of the unknown, particularly their relationship with others and a worsening of their mental resolve, linked to isolation and loneliness.

Henna monitored, planned for and anticipated the 'new normal' or the 'reset' during 2020-21 with a person-centred and strength-based approach. Our close relationship with our membership, ensured that we were aware of the practical and holistic support that they needed and developed innovative and wraparound services for their recovery.

Henna Asian Women's Group

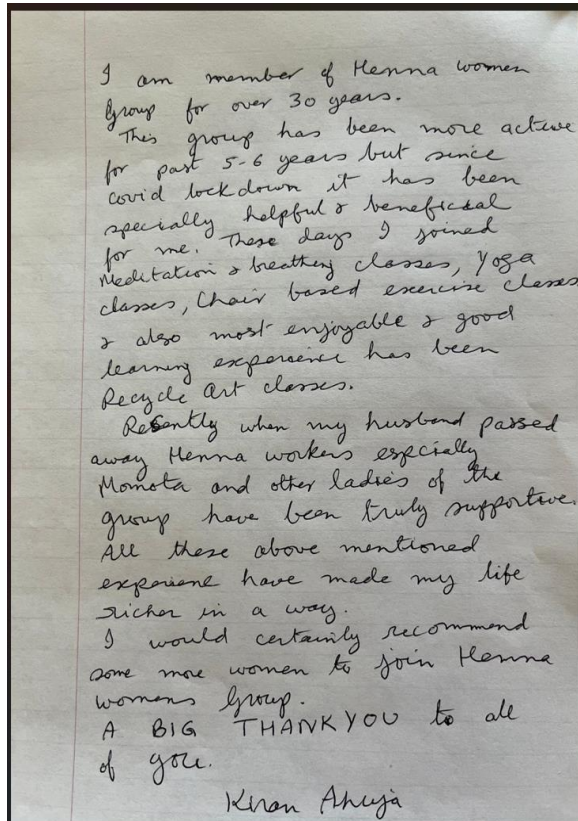
Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2022

Achievements and performance (continued)

Kiran's reflections



A group trip to the London Eye

The needs of our women were diverse and not homogenous, and this reflected their levels of recovery from the pandemic. The impact was individual and not collective in so many ways. Some of them had suffered significant personal losses: others a significant deterioration in their physical and mental well-being. The challenge we faced was to adapt and develop our services to incorporate their varying needs and aspirations. For many, the expectations of a better world, a kinder place. For others, a more negative mindset, where nothing would really change in their everyday lives.

A considerable number wished to continue doing everything online as it was what they had grown used to; some were too fearful of catching Covid-19; others were too stressed with seeing others. For so many, face-to-face engagement was much needed, after being physically away from one another for so long. There were those that did not wish to engage with others either online or face to face; a proportion only wanted 1-1 support. Some of our members were feeling more positive in their lives and had a brighter outlook. For them, Henna was one of many options.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements and performance *(continued)*

Cake Decoration Course



Henna
Asian Women's Group

CAKE DECORATION WORKSHOP FOR BEGINNERS

**MONDAYS AT
10AM UNTIL 12PM**

Learn how to make and decorate
cakes/cupcakes with us.
Instructions will be provided via
Zoom.

Early registration is necessary
REGISTER TODAY!!
- LIMITED SPACES -
FIRST COME FIRST SERVE

FREE for Henna
members or if
in receipt
of benefits!

Funded by
 WESTMINSTER ADULT EDUCATION SERVICE

Email: info@hennaorg.co.uk
Web: www.henna.org.uk
Tel: +447752681828
Facebook: [HennaAsianWomensGroup](https://www.facebook.com/HennaAsianWomensGroup)
Twitter: [@HennaAsianWomen](https://twitter.com/HennaAsianWomen)
Instagram: [@HennaAsianWomen](https://www.instagram.com/HennaAsianWomen)

A picnic and coming together



That being so, our model which had become online during 20-21 (through our Tech Divas digital inclusion programme) slowly moved into one that was hybrid based on personal needs and wishes with no compulsion to adjust or conform. We were primarily online during 2021 in respect to talking groups, breathing exercises, yoga and recreational support with the turn of the year seeing more women coming together in face-to-face groups, walks and trips. The colder weather was quite understandably a barrier to many of our older, more vulnerable cohorts and so hybrid options remained.

Socially connecting again, having fun at the seaside and confidence building.



Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

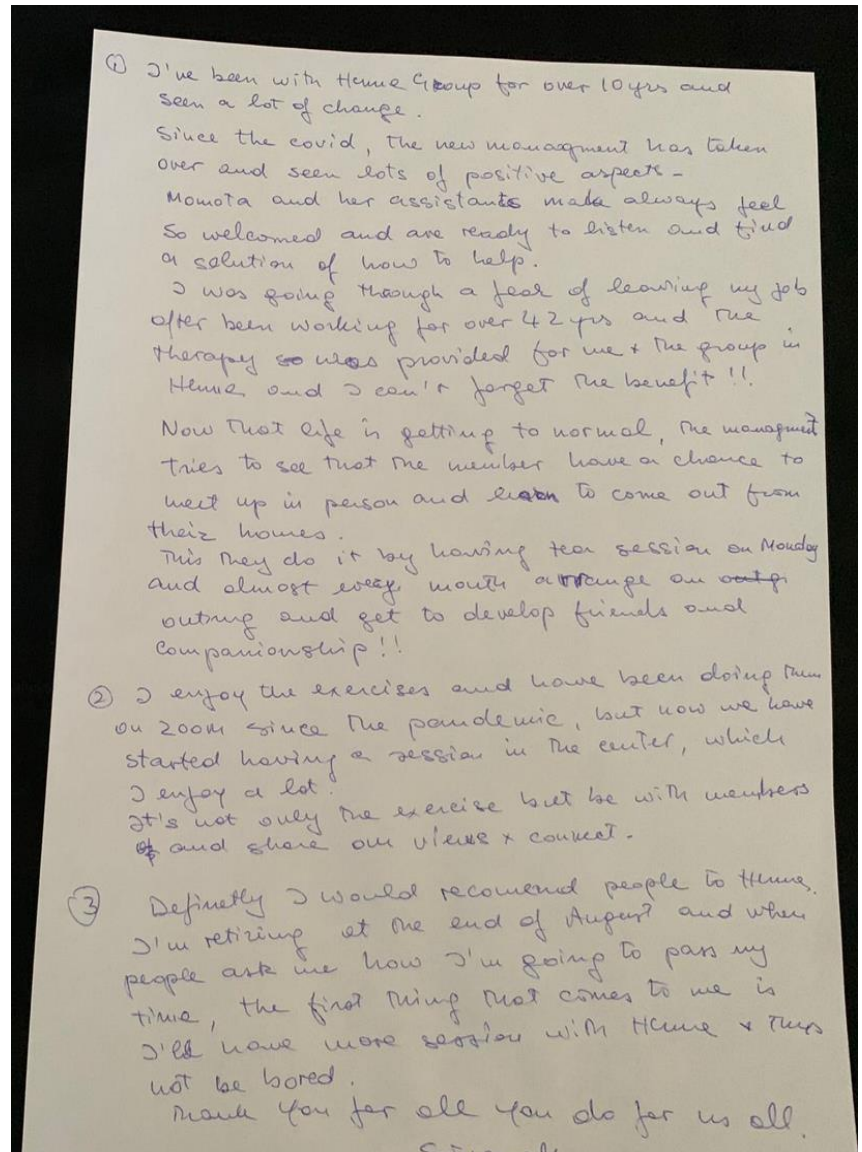
Year ended 31 March 2022

Achievements and performance (continued)

Henna Design



Nassima's Reflections



A person-centred approach to emerging needs and expectations.

Henna had the strength of purpose and a strong commitment to resilience building based on personal choice. We initiated connections through groups and activities with a focus on rehabilitation and inclusion as well as building capacity around 1-1 support and counselling.

We identified and addressed emerging needs through a range of interventions. This included innovative platforms to support our members with emotional needs and trauma such as counselling and meditation; physical well-being through exercise and healthy eating; conversation and interaction through talking groups in safe spaces; education and learning through digital support and ESOL classes.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2022

Achievements and performance (continued)

Chair-based exercise

Macrame with Westminster Adult Learning



We provided practical support and information to our members including younger women, single parents and those impacted by family breakdown, income loss, bereavement, and lack of opportunities during lockdown with the aim of broadening their skills, networks and experience to enhance their volunteering and work prospects and thereby their independence and wellbeing.

The Henna Week – open to new activities

Peer Support Talking Group

HENNA WEEKLY SCHEDULE

We have been working remotely since the start of the COVID-19 pandemic, our services are delivered by qualified instructors via Zoom from **Monday to Friday between 9:00 am to 5:00 pm.**

You can call us to enquire about our online programme, if you find there is no answer please leave a voice, text or Whatsapp message on the numbers given and we will contact you soon.

Abbey Community Centre, 222c Belsize Road, London NW6 4DJ
Email: info@hennaorg.co.uk
Web: www.henna.org.uk
Tel: 07752681828 / 07538127988
Facebook: HennaAsianWomensGroup
Twitter: @HennaAsianWomen
Instagram: @HennaAsianWomen

Monday	Tuesday	Wednesday
Movement Exercise 12.30 - 1.30 pm	Breathing and Meditation 12.00 - 1.00 pm	Yoga 12.30 - 1.30 pm
Chai with Henna 1.00 - 3.00 pm	Music and Singing 2.00 - 4.00 pm	Recycling Art 2.30 - 3.30 pm
	ESOL and Life in the UK 5.00 - 7.00 pm	

Thursday	Friday
Peer support group with Mind in Camden 10.30 - 11.30 am	Wellbeing Hub Zumba with Tissy (Classes to commence in January 2022)
Chair-Based Exercise 12.30 - 1.30 pm	Counselling Appointment based only (Available in English and multi-lingual if required)
	Aromatherapy (Classes to be confirmed in January 2022)

Logos: THE NATIONAL LOTTERY, Camden ageUK, Independent Age, COMMUNITY FUND, Mind in Camden



'Henna has made difference in my life by allowing me to interact with other members, make new friends and learn to live a healthy and active life using the techniques learned in Meditation, Yoga, Arts and Crafts.' (Shaheen J Choudhury)

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

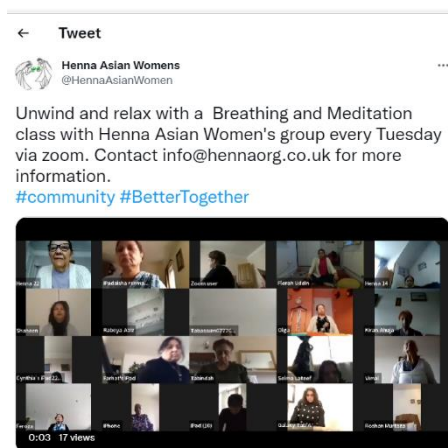
Achievements and performance *(continued)*

There was something for everyone in our programme of activities be it learning and education, developing practical skills, enhancing well-being and making social connections. Most of our beneficiaries participated in a range of groups allowing them to share their ideas and experiences and make friendships with a wider range of women. We completed and enhanced their day in the ways and means they suggested and needed.

Zumba!!



Breathing and Meditation Class



We supported our women with emerging issues such as the cost of living, fuel poverty, food insecurity and debt through personal budgeting, accessing food banks and advice provision as well as grants from national and local councils. A knowledge of their rights, signposting to the right agency and being accessible ourselves was so important in giving many the confidence to take control of their lives again. It made a difference.

We engaged with and supported newly arrived Afghan women evacuees and their families in bridging hotels with yoga classes, accessing language support and local activities. We also donated clothes, toys and cultural items from our members.

The UCHL Reaching Out research project was a unique opportunity to train our members on the importance of collecting and compiling community stories. Stories that are based on reality and in years to come, will define our history.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2022

Achievements and performance (continued)

Hamida's reflections

My experience with Henna music and Singing class has been fantastic. During covid when we were not allowed to go out Henna classes on Zoom helped us survive difficult times. Music class particularly kept our morale high and kept us away from falling in depression. Since all my family members live abroad a lot of Henna members have become my dearest friends and extended family. We go out regularly and have fun. I am extremely happy with all activities of Henna. I enjoy singing class, Rukhsana Malik's class and Flora's classes. Also I am very happy with current management of Henna who are trying their best to keep us happy. I would definitely recommend Henna to others.

Hamida Obaray

Henna's End of Year Party!!

← Tweet



Henna Asian Womens
@HennaAsianWomen

What a wonderful way to celebrate the end of another very challenging year. It was lovely to see our members get together for Henna's End of Year Party. Please contact info@hennaorg.co.uk for more information if you would like to join.
[#community](#) [#BetterTogether](#)



5:57 pm · 13 Dec 2021 · Twitter for Android

The disproportionate impact and a visible presence

As an organisation we were aware of the importance of having a visible and accessible presence that was responsive to the practical needs of the moment. We witnessed the trials and tribulations endured by our communities during this perilous phase in our history and the strength and fortitude they showed. The pandemic evidenced what our members also confirmed namely the disproportional impact on communities of colour and the inequalities (social, health, economic) in respect to affordability, access, and experience in their everyday lives perpetuated by exclusion, indifference, systemic racism and discrimination. The theme of this year's successful International Women's Day event was 'Breaking the Bias.'

← Tweet



Henna Asian Womens
@HennaAsianWomen

UCLH Reaching Out training, an innovative research project training our members on how to collect community stories
[@uclh](#) [#community](#)

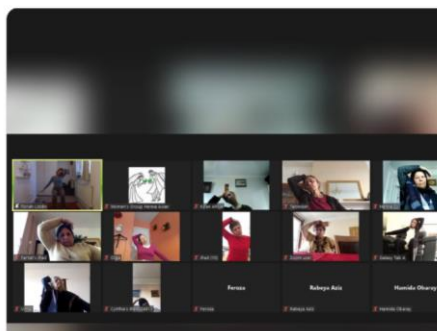


← Tweet



Henna Asian Womens
@HennaAsianWomen

Chair based exercise classes are available via Zoom with Henna Asian Women's group. Contact info@hennaorg.co.uk for more information.
[#community](#) [#bettertogether](#)



Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements and performance *(continued)*

Through our peer support groups and wider interaction, our members voiced their concerns about the possible long-term side effects of the vaccine as well as their hesitancy in taking it in the first place. Many felt duty-bound to take the vaccine as they believed they would be labelled as 'spreaders.' They were also afraid of being targeted as communities came out of lockdown; lived in poor and often overcrowded housing conditions that worsened their already frail health; could not afford digital and data to be more engaged; had markedly worse health outcomes and morbidities than people who were non BAME.

We addressed these challenges by supporting our women back into society with accompanied walks and befriending; with data support, learning and devices; with conversations allaying their health concerns and prompting them to engage with medical services. With open and respectful interactions on the vaccine rollout. Most especially by relaying their concerns and experiences through forums and partnerships we were part of including the local authority, public health and voluntary sector.

Improving and raising awareness of women's safety.



Inclusion, identity and strength in numbers.

Though we are an organisation for Asian women, we have throughout our 40-year history embraced women of all cultures, faiths and nationalities. Our service users represent this spirit of diversity and inclusion. Around 150 users have taken advantage of the different services/activities provided by Henna, which are culturally appropriate.

Our growing and loyal membership indicate a solid foundation to move forward with developing innovative projects and services that meet their everyday and emerging needs. We are in an advantageous position to take advantage of funding opportunities that will allow us to do this, and this will further strengthen our capacity and levels of engagement with our members.

Our members are more confident, more resilient and more engaged. Mentally and emotionally more likely to attend a group and do so face to face; try new things; challenge themselves.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements and performance *(continued)*

Tracey McDermott, one of our Henna trustees, supporting the International Women's Day event.





Celebrate *International Women's Day* with Henna

- Food
- Entertainment
- Henna
- Art Showcase

#BreaktheBias



Please join us on Monday 14th March 2022 at the Belsize Room, in the Abbey Community Centre, from 12-3pm

To reserve your space, please contact Aysha on 07752681828/ aysha@hennaorg.uk

Personal thoughts and reflections

Henna is in a stronger position with a positive mindset to explore new opportunities and navigate emerging challenges in 2022/23. Its secure funding base and increased membership is testimony to the hard work and commitment of all staff, volunteers, tutors and our accountant as well as the support of trustees and donors during this past.

For our members, Henna is their home. A sanctuary, a safe space, a place characterised by familiarity, friendship and fun. They are very loyal with a deep sense of affinity to all that Henna stands for. The barometer of our importance, success and relevancy is their experiences, reflections and stories. They make us the organisation that we are.

As we develop new opportunities and strategies, we need to be mindful of not losing or diluting any of the gains of the past year in respect to membership, activities and programmes.



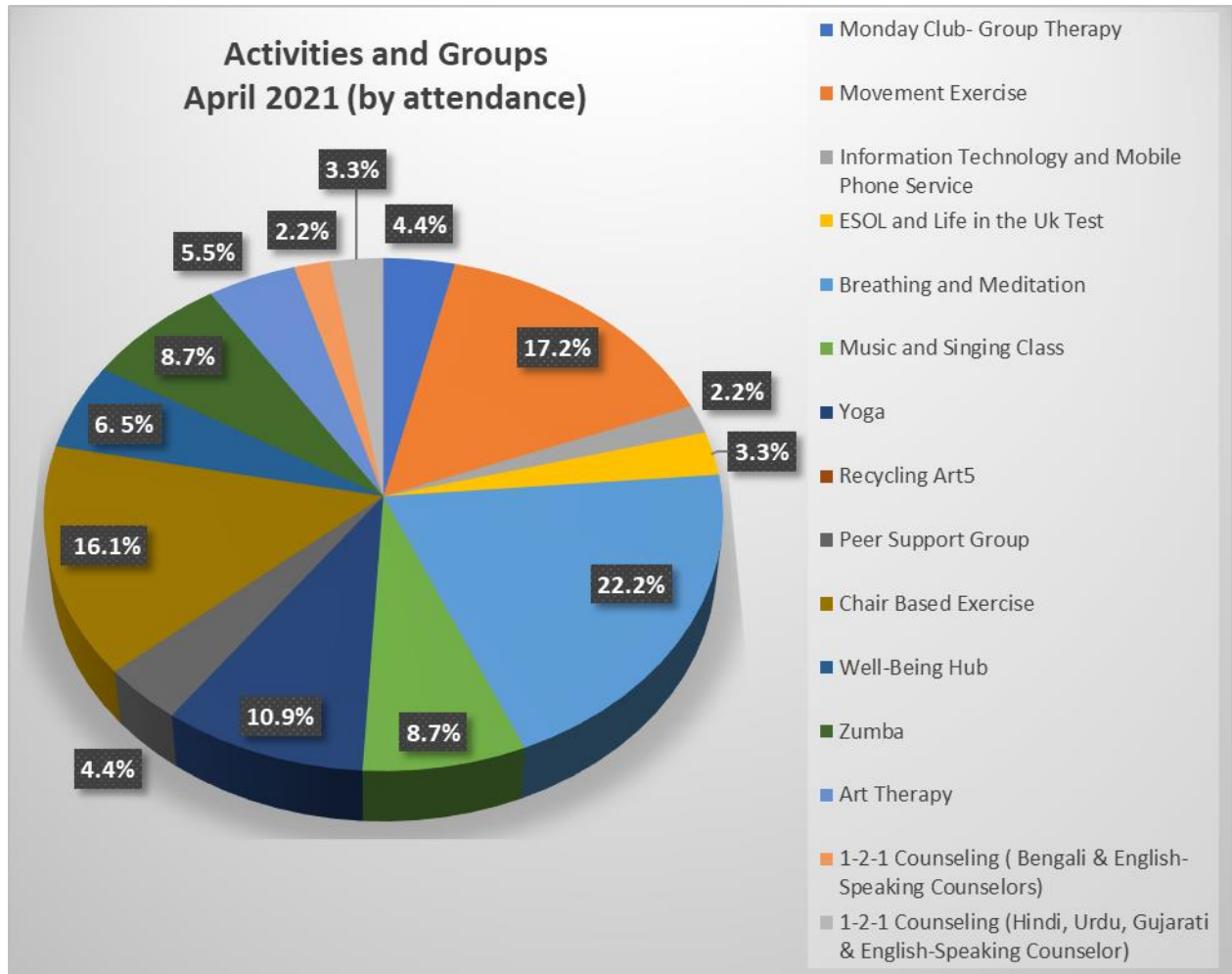
Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements and performance *(continued)*



Both pie charts provide a snapshot of the most popular sessions and the different activities run by Henna.

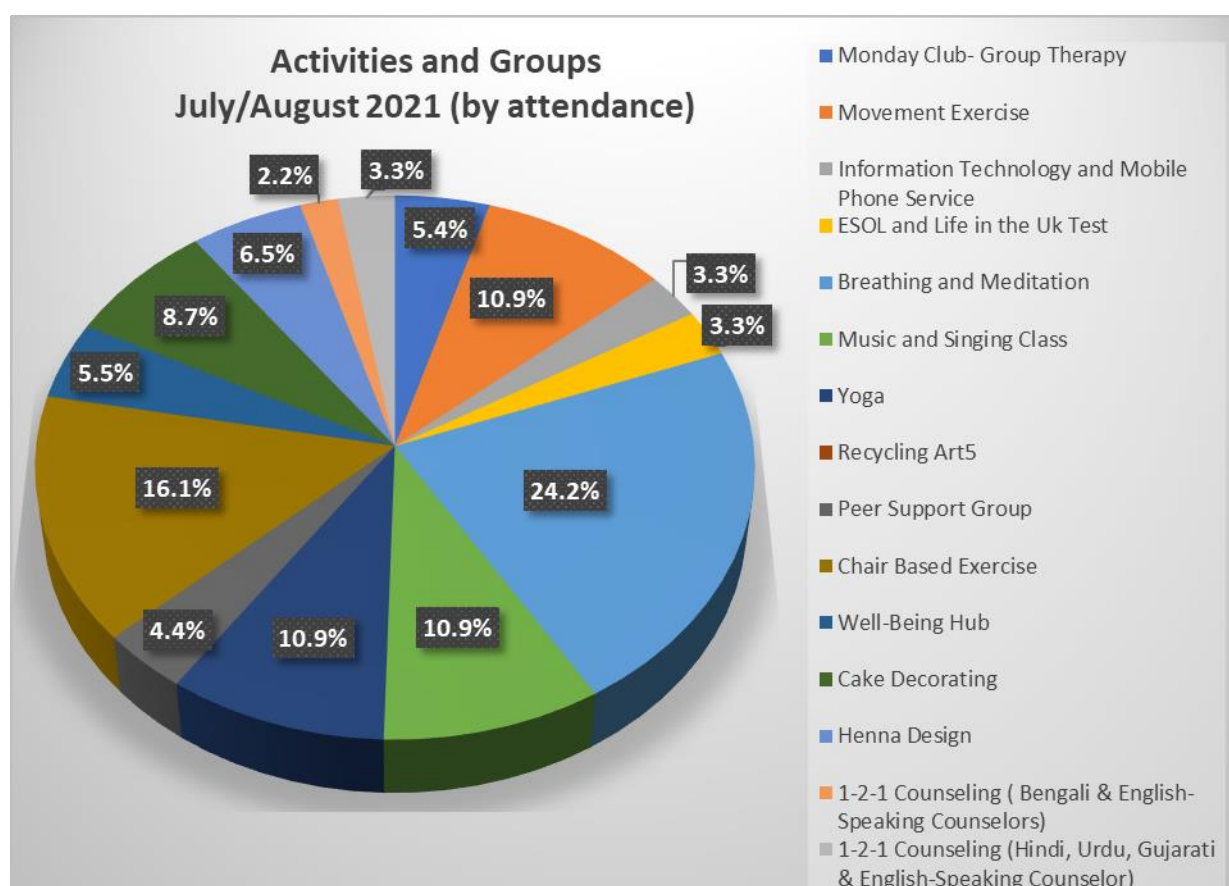
Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements and performance *(continued)*



Financial review

The Statement of Financial Activities shows a total income of £94,085 (2021 - £175,273) and total expenditure of £85,189 (2021 - £118,551). The surplus for the year was £8,896 (2021 - £56,772). The charity has £86,584 (2021-£63,623) of Unrestricted Funds and £48,831 (2021- £62,896) of Restricted Funds as at the year end.

The Trustees consider this to be a satisfactory performance given the constraints imposed by the COVID pandemic

Going Concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Reserves Policy

The charity's policy is to maintain unrestricted reserves of an amount equal to six months operational costs. As of 31 March 2022, unrestricted reserves were £86,584 which more than satisfies this criterion.

Investment Policy

The charity has never had sufficient funds to warrant making long term investments and all funds are held in bank deposits. Should the need arise in the future the Trustees will develop an investment policy in the context of the prevailing financial climate.

Risk Management

The principal risks that arose in this financial year stemmed from the pandemic and resulted in reduced activity and a fall in funding, primarily due to us not having a fundraiser in post. The above results indicate that Trustees and staff managed these risks effectively. Trustees are aware of the need to ensure that risks are discussed regularly at the Board level.

Funding Sources

Most of the funding is derived from grants and our main donors in this financial year were: Age UK, Groundwork UK, London Borough of Camden, London Community Relief Fund, Westminster City Council (Adult Education Services)

Henna Asian Women's Group

Abbey Community Centre

222c Belsize Road

London

NW6 4DJ

Telephone: 020 7372 9860

Email: info@hennaorg.co.uk

Website: www.henna.org.co.uk

Twitter: [@HennaAsianWomen](https://twitter.com/HennaAsianWomen)

Registered Charity No: 1105607

Registered Company:

5200902

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on and signed on behalf of the board of trustees by:

Nilufar Verjee

Chair of the Trustees

Henna Asian Women's Group

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Henna Asian Women's Group

Year ended 31 March 2022

I report to the trustees on my examination of the financial statements of Henna Asian Women's Group ('the charity') for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

Al Groman FCA
Independent Examiner

5 Violet Hill
St. John's Wood
London NW8 9EB

Henna Asian Women's Group

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2022

			2022		2021
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	27,138	62,196	89,334	174,903
Investment income	6	1	–	1	20
Other income	7	1,605	3,145	4,750	350
Total income		<u>28,744</u>	<u>65,341</u>	<u>94,085</u>	<u>175,273</u>
Expenditure					
Expenditure on charitable activities	8,9	5,763	79,371	85,134	118,551
Other expenditure	10	20	35	55	–
Total expenditure		<u>5,783</u>	<u>79,406</u>	<u>85,189</u>	<u>118,551</u>
Net income and net movement in funds		<u>22,961</u>	<u>(14,065)</u>	<u>8,896</u>	<u>56,722</u>
Reconciliation of funds					
Total funds brought forward		63,623	62,896	126,519	69,797
Total funds carried forward		<u>86,584</u>	<u>48,831</u>	<u>135,415</u>	<u>126,519</u>

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 20 to 26 form part of these financial statements.

Henna Asian Women's Group

Company Limited by Guarantee

Statement of Financial Position

31 March 2022

	Note	2022 £	£	2021 £
Current assets				
Debtors	15	–		15,370
Cash at bank and in hand		138,410		127,796
		<u>138,410</u>		<u>143,166</u>
Creditors: amounts falling due within one year	16	<u>2,995</u>		<u>16,647</u>
Net current assets			135,415	126,519
Total assets less current liabilities			135,415	126,519
Net assets			135,415	126,519
Funds of the charity				
Restricted funds			48,831	62,896
Unrestricted funds			86,584	63,623
Total charity funds	19		135,415	126,519

For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

Nilufar Verjee
Chair of the Trustees

The notes on pages 20 to 26 form part of these financial statements.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2022

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 222C Belsize Road, London NW6 4DJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102: (a) No cash flow statement has been presented for the company.

(b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment	- 25% straight line
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Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The company is limited by guarantee of £1 per member without share capital.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Current year			
Donations			
Donations	31	–	31
Grants			
LB Camden	–	12,744	12,744
Age UK	–	10,000	10,000
Groundwork UK	–	4,000	4,000
London Community Fund	27,107	10,559	37,666
Westminster AES	–	24,893	24,893
	<u>27,138</u>	<u>62,196</u>	<u>89,334</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Prior year			
Donations			
Donations	479	–	479
Donations - EPMC	8,400	–	8,400
Grants			
LB Camden	–	–	–
Age UK	2,500	5,000	7,500
Groundwork UK	–	–	–
Big Lottery Fund	–	36,152	36,152
London Community Fund	–	67,892	67,892
MIND	2,480	–	2,480
Westminster AES	–	–	–
ESC Lottery Fund	1,600	–	1,600
Arts Council	–	35,000	35,000
Independent Age	–	15,000	15,000
The Health Forum	400	–	400
	<u>15,859</u>	<u>159,044</u>	<u>174,903</u>

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

6. Investment income

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Bank interest receivable	<u>1</u>	<u>1</u>	<u>20</u>	<u>20</u>

7. Other income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Other income	450	3,145	3,595
Membership fees	<u>1,155</u>	<u>—</u>	<u>1,155</u>
	<u>1,605</u>	<u>3,145</u>	<u>4,750</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Other income	—	—	—
Membership fees	350	—	350
	<u>350</u>	<u>—</u>	<u>350</u>

8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Current year			
Principal Activity	2,222	78,771	80,993
Support costs	<u>3,541</u>	<u>600</u>	<u>4,141</u>
	<u>5,763</u>	<u>79,371</u>	<u>85,134</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Prior year			
Principal Activity	(453)	115,355	114,902
Support costs	<u>2,357</u>	<u>1,292</u>	<u>3,649</u>
	<u>1,904</u>	<u>116,647</u>	<u>118,551</u>

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

9. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2022 £	Total fund 2021 £
Principal Activity	80,993	–	80,993	114,902
Governance costs	–	4,141	4,141	3,649
	<u>80,993</u>	<u>4,141</u>	<u>85,134</u>	<u>118,551</u>

10. Other expenditure

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<i>Current year</i>			
Bank charges	20	35	55
	<u>20</u>	<u>35</u>	<u>55</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<i>Prior year</i>			
Bank charges	–	–	–
	<u>–</u>	<u>–</u>	<u>–</u>

11. Independent examination fees

	2022 £	2021 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	1,200	1,200
	<u>1,200</u>	<u>1,200</u>

12. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2022 £	2021 £
Wages and salaries	45,890	65,115
Social security costs	–	1,255
Employer contributions to pension plans	826	731
	<u>46,716</u>	<u>67,101</u>

The average head count of employees during the year was 3 (2021: 3).

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

13. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

14. Tangible fixed assets

	Equipment £	Total £
Cost		
At 1 April 2021 and 31 March 2022	<u>5,358</u>	<u>5,358</u>
Depreciation		
At 1 April 2021 and 31 March 2022	<u>5,358</u>	<u>5,358</u>
Carrying amount		
At 31 March 2022	<u>-</u>	<u>-</u>
At 31 March 2021	<u>-</u>	<u>-</u>

15. Debtors

	2022 £	2021 £
Trade debtors	-	12,500
Other debtors	-	2,870
	<u>-</u>	<u>15,370</u>

16. Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	-	15,000
Social security and other taxes	788	-
Pension liability	439	57
Other creditors	<u>1,768</u>	<u>1,590</u>
	<u>2,995</u>	<u>16,647</u>

17. Deferred income

	2022 £	2021 £
Amount deferred in year	<u>-</u>	<u>15,000</u>

18. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £826 (2021: £731).

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

19. Analysis of charitable funds

Unrestricted funds

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
Current year					
Unrestricted Fund	<u>63,623</u>	<u>28,744</u>	<u>(5,783)</u>	<u>–</u>	<u>86,584</u>

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
Prior year					
Unrestricted Fund	<u>37,659</u>	<u>16,229</u>	<u>(1,904)</u>	<u>11,639</u>	<u>63,623</u>

Restricted funds

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
Current year					
Restricted Funds	<u>62,896</u>	<u>65,341</u>	<u>(79,406)</u>	<u>–</u>	<u>48,831</u>

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
Prior year					
Restricted Funds	<u>32,138</u>	<u>159,044</u>	<u>(116,647)</u>	<u>(11,639)</u>	<u>62,896</u>

Henna Asian Women's Group

Company Limited by Guarantee

Management Information

Year ended 31 March 2022

The following pages do not form part of the financial statements.

Henna Asian Women's Group

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 March 2022

	2022 £	2021 £
Income and endowments		
Donations and legacies		
Donations	31	479
Donations - EPMC	–	8,400
LB Camden	12,744	–
Age UK	10,000	7,500
Groundwork UK	4,000	–
Big Lottery Fund	–	36,152
London Community Fund	37,666	67,892
MIND	–	2,480
Westminster AES	24,893	–
ESC Lottery Fund	–	1,600
Arts Council	–	35,000
Independent Age	–	15,000
The Health Forum	–	400
	<u>89,334</u>	<u>174,903</u>
Investment income		
Bank interest receivable	<u>1</u>	<u>20</u>
Other income		
Other income	3,595	–
Membership fees	<u>1,155</u>	<u>350</u>
	<u>4,750</u>	<u>350</u>
Total income	<u><u>94,085</u></u>	<u><u>175,273</u></u>

Henna Asian Women's Group

Company Limited by Guarantee

Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2022

	2022 £	2021 £
Expenditure		
Expenditure on charitable activities		
Wages and salaries	45,890	65,115
Employer's NIC	—	1,255
Pension costs	826	731
Rent	4,183	—
Repairs and maintenance	—	792
Insurance	582	540
Other establishment	2,831	2,486
Legal and professional fees	1,350	2,415
Telephone	599	303
Other office costs	1,049	539
Direct charitable activity - Direct project costs	23,078	40,873
Direct charitable activity - Events and outings	985	—
Direct charitable activity - Staff recruitment, training & development	1,966	976
Direct charitable activity - Computer & internet	1,795	2,526
	<u>85,134</u>	<u>118,551</u>
Other expenditure		
Bank charges	55	—
	<u>55</u>	<u>—</u>
Total expenditure	<u>85,189</u>	<u>118,551</u>
Net income	<u>8,896</u>	<u>56,722</u>

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2022

	2022 £	2021 £
Expenditure on charitable activities		
Activity type 1		
<i>Activities undertaken directly</i>		
Wages/salaries	45,890	65,115
Employer's NIC	–	1,255
Pension costs	826	731
Rent	4,183	–
Office equipment	–	792
Insurance	582	540
Marketing & Publications	40	1,252
Telephone	599	303
Other office costs	1,049	539
Direct charitable activity - direct project costs	23,078	40,873
Direct charitable activity - Events & outings	985	–
Direct charitable activity - Staff recruitment, training & development	1,966	976
Direct charitable activity - Computer & internet	1,795	2,526
	<u>80,993</u>	<u>114,902</u>
Governance costs		
Governance costs - bookkeeping and payroll costs	2,791	1,234
Governance costs - accountancy fees	1,200	1,200
Governance costs - legal and other professional fees	150	1,103
AGM & costs of trustees' meetings	–	112
	<u>4,141</u>	<u>3,649</u>
Expenditure on charitable activities	<u><u>85,134</u></u>	<u><u>118,551</u></u>

Accounts

COMPANY REGISTRATION NUMBER: 05200902
CHARITY REGISTRATION NUMBER: 1105607

**Henna Asian Women's Group
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2021**

GROMAN & COMPANY

Chartered Accountants
5 Violet Hill
St. John's Wood
London NW8 9EB

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

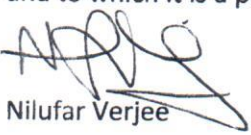
Chair's report

The year 2020-2021 raised unprecedented challenges for the whole world ravaged by the Covid-19 pandemic. In the face of these challenges, I am incredibly proud of how Henna and its members, staff and trustees have adapted to the new normal (which felt anything but normal). Thanks to their dedication, resilience and strength, it has been possible to innovate Henna's activities so its members and broader community have been able to continue accessing the invaluable services that have been a lifeline to so many.

Henna's success has only been made possible by the unstinting support of our partners – from funders who have acknowledged the value that Henna brings to them and the community, to our business partners in the IT, HR and financial disciplines who have provided us with professional services and advice.

With these partners, we have worked hard to put Henna's financial position on a more sustainable footing, and will continue our focus on growing our impact through increased income in the coming year.

I would like to extend my sincere thanks to everyone involved with Henna in the past year for their tireless commitment. Special thanks go to all of Henna's amazing trustees and wonderful staff, past and present; our Projects and Operations Manager, Momota Khatoon, who took up the reins so smoothly during such turbulent times, bringing her passion, energy and creativity to all of Henna's activities; and most of all to every single one of Henna's members and programme participants who together form a wonderful community that never fails to support, nurture and inspire each other, and to which it is a privilege to belong.


Nilufar Verjee

Chair of the Board of Trustees

10.1.22

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Reference and administrative details

Registered charity name Henna Asian Women's Group

Charity registration number 1105607

Company registration number 05200902

Principal office and registered office 222C Belsize Road
London NW6 4DJ

Trustees Nilufar Verjee - Chair
Eva Skevres - Treasurer
Emma Lawson De Roeck
Meher Shergill
Tracey McDermott

Trustees serving during the year and since the year-end were as follows:

Chair	Nilufar Verjee
Treasurer	Eva Skevres
Elected trustees	Emma Lawson de Roeck (appointed 22 April 2020)
	Meher Shergill
	Tracey McDermott
	Rena Rani (resigned 1 February 2021)

Henna Staff Team

Momota Khatoon - Projects & Operations Manager
Aysha Ahmed – Support Worker

On behalf of the Board and staff, we would also like to thank all our volunteers, service users, funders and partners without whom Henna would not be able to operate.

Independent examiner Al Groman FCA
5 Violet Hill
St. John's Wood
London NW8 9EB

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Structure, governance and management

Governing Document

Henna Asian Women's Group is a company limited by guarantee governed by its Memorandum and Articles of Association. It is registered as a charity with the Charities Commission.

Recruitment and Appointment of Management Committee

As set out in the Articles of Association, a director must be a person aged 18 or over. All members are circulated with invitations to nominate trustees prior to the AGM advising them of the retiring trustees and requesting nominations for the AGM. The charity may appoint a person who is willing to act as a Director.

Trustee Induction and Training

New trustees are furnished with the Memorandum of Articles and other literature relating to the organisation and its work. They are briefed on their legal obligations under Charity and Company Law, the committee and decision-making processes and recent financial performance of the charity. Trustees attend an induction evening where they can meet other trustees, staff etc. They are also provided with a description of their roles and responsibilities. Trustees are also encouraged to attend external training events where these will facilitate the undertaking of their role.

Organisational Structure

The board of trustees, which must have a minimum of 3 directors, administers the charity. The board meets every two months. A Manager is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Manager holds the office of Company Secretary and has delegated authority, for operational matters including finance and employment.

Pay Policy for Staff

Trustees are responsible for setting remuneration levels for Henna's staff. These staff are clearly identified by the trustees and consist of the charity's executive or management team. The pay of the staff is reviewed annually and increased in accordance with average earnings.

Objectives and Activities

Henna's Ethos: Mission, Vision, Key Aims and Objectives

Vision: Asian women in London are happy and fulfilled.

Mission statement:

To increase social inclusion and confidence by creating awareness, building skills and providing support.

Aims and Objectives:

Henna Asian Women's Group aims "to promote the benefit of Asian women resident or working in Camden, and neighbouring boroughs where appropriate, by advancing education and providing facilities in the interest of social welfare or recreation".

It aims to:

- To increase participation in the community
- To increase integration for those who are lonely and isolated
- To increase awareness of health, well-being and lifestyle choices
- To increase self-confidence
- To improve life skills

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Where have we come from and what have we achieved so far?

Main Beneficiaries

Henna Asian Women's Group was formed in 1982 by South Asian women, with the intention of bringing all women together regardless of their different backgrounds. Henna has been able to build on this concept by offering services which help towards integrating women, and allowing them to build relationships, and stronger links within their local community. Henna Asian Women's Group is a user-led organisation who aims to improve the overall well-being of women by increasing social interaction; improving health; and develop, maintain more independence to overcome deprivation and isolation. Our members are from diverse ethnic backgrounds which include South Asian, White British, African, Afro-Caribbean, Irish, Middle Eastern, Far East Asian and South American. We offer a range of services empowering a range of different women, who may otherwise be socially isolated. They are given the opportunity to communicate with individuals with whom they may share certain customs, values and attributes alongside making friends with individual's who they have never been able to mix with helping towards changing mind-sets and developing social links within their local communities and assisting towards community cohesion. We encourage our members to participate in our services as well as introducing them to many mainstream services, allowing them to build confidence to integrate within society and help towards strengthening communities.

Risk Management

The Board has conducted a review of the major risks to which the charity is exposed and a risk register has been established. The major risks identified were current funding, obtaining new funding, financial procedures and health and safety. A health and safety policy has been produced and financial procedures have been written. A fund-raising strategy has been written in the current year. The Board will review the risk register annually to ensure new risks are identified and measures are taken to mitigate both current and new risks.

Public benefit

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future services. In particular the board of trustees consider how our planned services will contribute to the aims and objectives they have set.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Achievements and performance *(continued)*

Achievements and performance

Henna and the Covid-19 year

The Context

On March 23rd, 2020, previous advice on social distancing became legally mandatory. On national television Prime Minister, Boris Johnson announces a UK lockdown:

"From this evening I must give the British people a very simple instruction - you must stay at home."

Pubs, cafes closed, the first claps for NHS workers began and the Prime Minister is diagnosed with Covid-19 on March 27.

This set the context and the backdrop for the year to come in all our lives. Covid-19 and the pandemic determined the parameters of our personal well-being and our interaction with others. It defined us as communities and brought to the fore historical and structural inequalities in our midst. Henna Asian Women's Group provided meaningful and innovative services and activities- adapting and responding to the changing and emerging needs of our members and service users. We did so with a sense of purpose and direction, building upon the platforms we had developed in early 2020 as the crisis developed.

With a combination of data, quotes, personal stories we will reflect on our successes and achievements during this historically challenging year.

'Good preparation.'

Henna was well placed and significantly ahead of our Voluntary and Community Sector partners in managing and combating key features of the evolving pandemic such as social isolation and loneliness and digital exclusion due to the various befriending programmes we had and most especially the Tech Divas project we had established the previous year. It enabled our users to become more aware of and confident in technology and getting online and connected. Henna started this project in April 2019 and provided drop-in sessions, once a month for Henna users.

It is important to note that though the Tech Divas was not designed for the isolation and loneliness of a pandemic, it was critical to our ability to reach out and provide all our activities, services and support online. It was supposed to be learning, educational and fun surfing the internet, making new connections and strengthening existing aptitudes. During Covid 19 it became a lifeline and a gamechanger for so many of our users in respect to connecting with their peers, their self-confidence, resilience and mental well-being. They navigated onto the online space with more vigour appreciating its significance and we in turn attempted to make it as seamless as possible. We provided training and guidance to new members as well taking account of language needs and digital poverty by providing tablets and other devices.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Achievements and performance *(continued)*

Our beneficiaries were already familiar with opening email accounts, connecting to friends and family, signing up to on-line shopping, online banking and checking balances as well as accessing information. They were also aware of computer-based scams. This was so important as it instilled in them the confidence, skills and knowledge to manage their needs safely and independently during the pandemic. We were always there to support and guide them with any challenges, concerns and fears through one-to-one support and group sessions including on conspiracies and misinformation online relating to covid-19 and the vaccine as well as hate crime.

Henna provided a range of groups and interventions online:

June and July 2020 (average attendance in brackets)

Monday Club (17/12), IT Club (11/7), Breathing & Meditation (27/27), Music (11/10), Arts & Craft (10/10), Mind in Camden Peer Support Group (5/5), Gentle exercise (27/26); Movement Exercises (-/24)

ESOL - beneficiaries (3/3); Befriending - beneficiaries (2/2); Counselling - clients (3/3); Advice & Listening: June- 6 sessions (4 advice & 2 listening); July- 5 sessions (4 advice & 1 listening)

Outcomes of our Survey on Digital and Online integration.

Henna Asian Women's Group conducted a survey in the summer of 2020 to understand the impact of our online services during this lockdown and how we could improve our services for the betterment of our beneficiaries and expand our services in other London boroughs.

The findings below are a result of interviewing 63 beneficiaries from Henna, who have been an active part of our services since the lockdown.

Henna Asian Women's Group

Company Limited by Guarantee

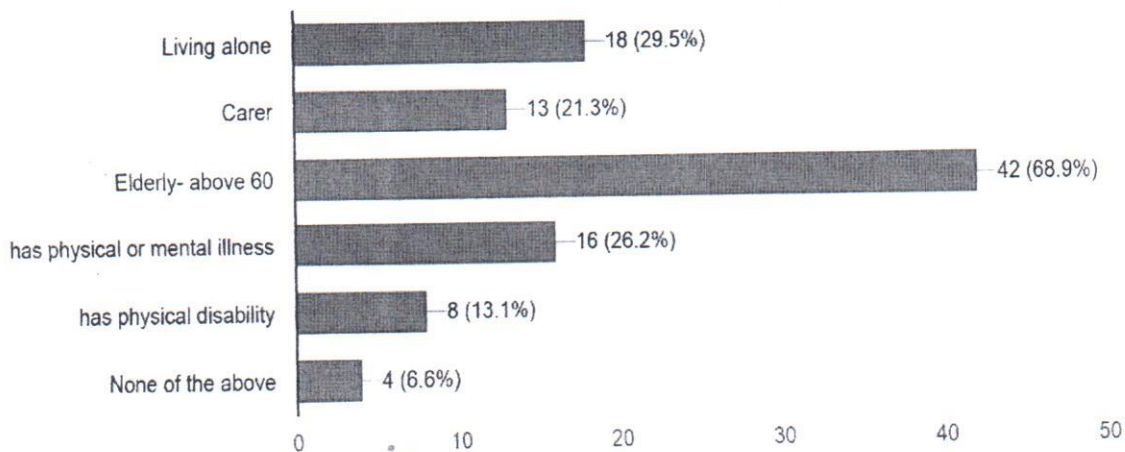
Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Achievements and performance *(continued)*

Are you?

61 responses



It was found that 68% of beneficiaries accessing our online services are above the age of 60, out of which 21% are carers and 30% of them are living alone. Furthermore, 26% of them stated to have an underlying issue of physical and mental health problems like anxiety, depression, diabetes, cancer, heart problems etc. Whereas 13% of them stated to have a physical disability like arthritis, visual and hearing impairment, dementia etc.

'Online interaction helped me to connect with people. If there was no online class, I would have gone into depression.'

Henna Asian Women's Group

Company Limited by Guarantee

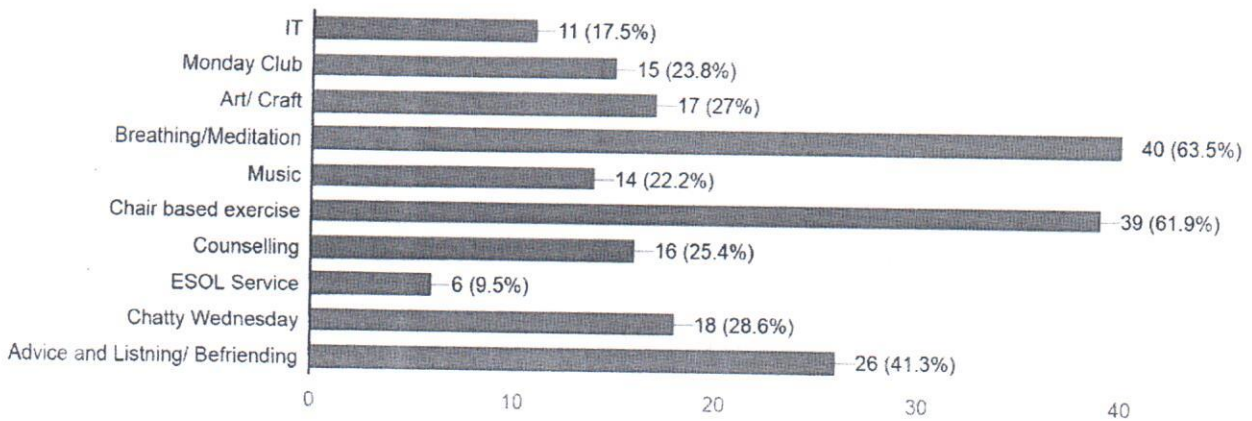
Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2021

Achievements and performance (continued)

What online services do you access from Henna?

63 responses

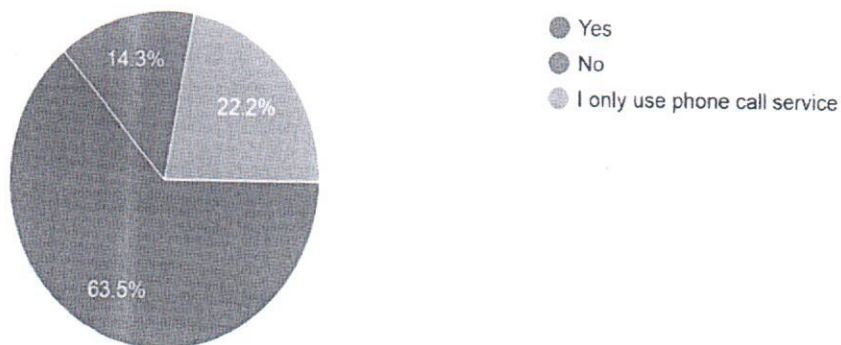


When the lockdown started in March 2020, only 10% of beneficiaries were willing to attend mental health services provided by Henna. Today, Henna provides mental health services thrice a week where more than 50% of beneficiaries are accessing those services.

'I am now more confident to use a smart phone and join online classes.'

Is this the first time you are using online services?

63 responses



It was observed that 63% of beneficiaries have never used any online applications before COVID-19 pandemic. It was the first time Henna introduced its members to the zoom application and taught

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Achievements and performance *(continued)*

every member on how to use the zoom app. Today, all the members are independent and can access Henna services with minimal assistance from the staff members.

'During the pandemic, I was stuck at home and the online exercise really helped me physically and mentally as I could stay fit and connect with people'

Out of 63% of beneficiaries who are accessing online services for the first time, 25% of them had a basic mobile phone neither did they have any other device (Ipad or laptop) to support zoom application. Henna provided a tablet to those beneficiaries who are high-risk and vulnerable. In the survey, the beneficiaries who are provided with a tablet stated that they feel much more confident in using Henna tablet devices. It has helped them to be independent and has further provided them with basic level skills of how to use a tablet.

Additionally, we found that 22% of beneficiaries would be unable to access online services. This was because many members did not have access to a WiFi connection. Henna started providing telephonic services to members who were unable to join online sessions. These beneficiaries are a part of weekly befriending, advice-giving, counselling and Chatty Wednesday sessions.

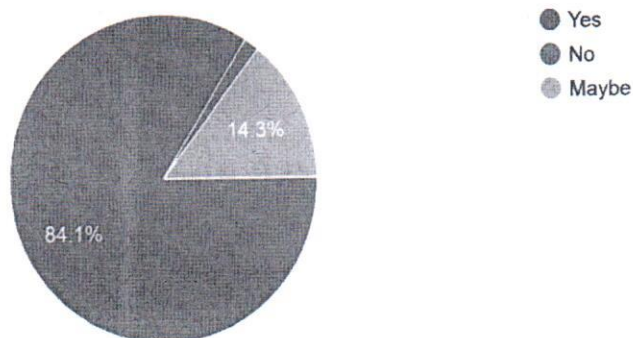
In the survey, when enquired 'what would the members have done if they were not provided with online services.' It was found that 65% of them stated that they would have felt lonely and isolated at home which would have led to unhealthy eating habits, excessive sleeping, lack of exercise etc. 20% of them stated that they wouldn't have been motivated to do any physical activity compared to what they are when they come to the centre. Instead, they would have been dependent on their friends and family members to pass their time during the lockdown. 15% of them stated that they would have exercised at home however, they prefer exercising with everyone on zoom.

'I can now use the tablet to make video calls to my family'

'I made new friends and I enjoy attending the sessions.'

Shall we continue with this online service?

63 responses



Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

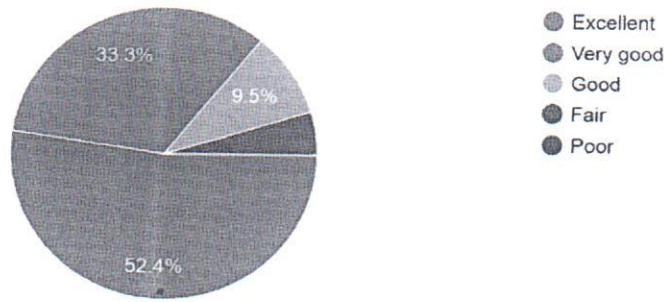
Year ended 31 March 2021

Achievements and performance *(continued)*

It was found that 84% of beneficiaries find Henna services to be productive and helpful during this lockdown. Whereas, 16% of them stated they want to come to the centre because of increased boredom and social-isolation.

How would you rate our new online services?

63 responses



Overall, 95% of beneficiaries have found Henna's online services to be satisfactory and above average. In the survey, we asked Henna members- 'How has henna services helped them during COVID- 19 pandemics?' It was found that 42% of beneficiaries who are high-risk and vulnerable stated that Henna services have allowed them to maintain a healthy mind-body balance. 25% of them who are living alone and are above the age of 60 states that it would have severely impacted their physical and mental health wellbeing. 21% of those who have a caring responsibility stated that henna services have motivated them to take care of their mental health. Overall 89% of them stated that they would have felt lonely and depressed, out of which 68% have been provided with mental health services- 25% of them are accessing telephonic counselling services, 28% of them are accessing a 1-2-1 support service (Chatty Wednesday) and 15% of them are accessing weekly befriending service.

'Henna staff called us and asked if I am ok. It was nice to know someone is there for me. Someone cares.'

Activities and support January 2021

Health and Well-being – peer support, Zumba classes, recycling art, group therapy, movement exercise, breathing and meditation, chair-based exercise, well-being hub, one to one counselling (bilingual in South Asian languages- Hindi, Gujrati, Bengali as well as English)

Social activities – befriending; music and singing classes, jewellery design.

Learning and Education - digital inclusion, ESOL with Life in the UK, Information technology and mobile technology.

10 total attendances on average per week with average 8-9 per session/activity/class. All online.

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2021

Achievements and performance (continued)

Movement exercise, chair-based exercises, breathing and meditation, music and singing, yoga and jewellery design are particularly popular with our members.

Rabeva's story:

'I have been an active and proud member of Henna Asian Women's Group since 2007. Back then I was confident and able to participate in classes and events organised by Henna, like sewing and jewellery making.

During the lockdown I could feel myself getting frustrated at being home with nothing to do and too much time on my hands. I can't tell you what a relief it was when Henna offered classes online. My family joke that I am busy like a child with my scheduled classes, and they set me up for my class and I tell them not to disturb me. Even my family value how much Henna helps me mentally more than anything and they trust that I am being looked after by Henna.

If Henna didn't offer the online classes I honestly don't know what would have become of my mental state, there are many things I can no longer do due to my health conditions like sewing or jewellery making but I can still do the yoga, meditation and chair-based exercise.

All the years that I have been a member at Henna I have seen that the benefits are plentiful and that's why I still attend sessions even with my bad leg and poor eyesight. I want to stay with Henna and I want to carry on being busy, I would love for Henna to bring back more activities to keep me busy.'

Henna could not have achieved for our users and communities without the funding, support and co-operation of our wide array of funders, most of whom allowed us to diversify our services towards covid related responses. These are listed in the next section

AN INSIGHT INTO HENNA'S WORK THROUGH SOCIAL MEDIA AND IN PICTURES.

<https://twitter.com/hennaasianwomen/status/1247136072808751105?s=24>

<https://twitter.com/hennaasianwomen/status/1263486493554868224?s=24>

<https://twitter.com/hennaasianwomen/status/1260606477863211009?s=24>

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Achievements and performance *(continued)*



Henna Asian Womens

@HennaAsianWomen



Third Age Project and 6 others

13:24 · 02/06/2020 · Twitter for Android



<https://twitter.com/hennaasianwomen/status/1262775759812378626?s=24>

<https://twitter.com/hennaasianwomen/status/1261315597213761541?s=24>

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Financial review

The Statement of Financial Activities shows a total income of £175,273 (2020 - £58,101) and total expenditure of £118,551 (2020 - £105,960). The surplus for the year was £118,551 (2020 - £(47,859)). The charity has £63,263 (2020 - £37,659) of Unrestricted Funds and £62,896 (2020 - £32,138) of Restricted Funds as at the year end.

Reserve Policy

The trustees have established the level of reserves that the charity ought to have. Reserves are needed to bridge any funding gaps and cover any emergency expenditure. In addition, the trustees have decided that the reserves should be built up to cover general running and staffing costs for up to 3 months to meet requirements under employment law with regards to redundancies and termination of employment of staff, should no further funding to run the organisation be granted. In the opinion of the trustees, a reserves level of £20,000 would be appropriate.

Investment Policy

Henna Asian Women's Group has no investment policy at the moment but will consider this during the next twelve months.

Funding for Activities:

Our funders this year have been:

- National Lottery
- Independent Age
- London Community Fund
- Arts Council
- Age UK
- MIND in Camden
- The Health Forum
- Westminster Adult Learning

Acknowledgements

Henna Asian Women's Group would like to take this opportunity to express its thanks to our **Funders** and Supporters

A special thanks also to all our Befriending/Buddy volunteers who have helped Henna's project establish itself as a professional and personalised service.

Thanks also to other organisations with whom we have worked in partnership, especially:

- Voluntary Action Camden
- Bengali Women's Forum
- South Hampstead and Kilburn Community Partnership
- Abbey Community Centre

Henna Asian Women's Group

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Henna Asian Women's Group

Abbey Community Centre

222c Belsize Road

London

NW6 4DJ

Telephone: 020 7372 9860

Email: info@hennaorg.co.uk

Website: www.henna.org.co.uk

Twitter: [@HennaAsianWomen](https://twitter.com/HennaAsianWomen) :

Registered Charity No: 1105607

Registered Company: 5200902

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies' exemption.

The trustees' annual report was approved on 21st December 2021. and signed on behalf of the board of trustees by:



Nilufar Verjee
Chair of the Trustees

Henna Asian Women's Group

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Henna Asian Women's Group

Year ended 31 March 2021

I report to the trustees on my examination of the financial statements of Henna Asian Women's Group ('the charity') for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

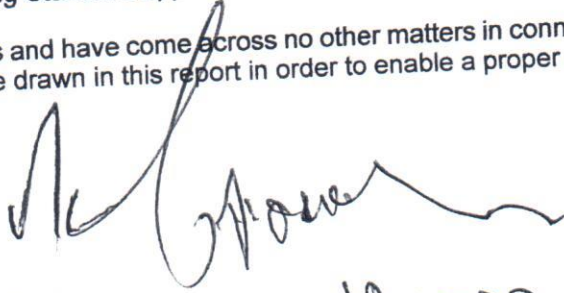
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



Al Groman FCA
Independent Examiner

10.10.22

5 Violet Hill
St. John's Wood
London NW8 9EB

Henna Asian Women's Group
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)

Year ended 31 March 2021

		Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
	Note				
Income and endowments					
Donations and legacies	5	15,859	159,044	174,903	56,203
Investment income	6	20	—	20	5
Other income	7	350	—	350	1,893
Total income		<u>16,229</u>	<u>159,044</u>	<u>175,273</u>	<u>58,101</u>
Expenditure					
Expenditure on charitable activities	8,9	1,904	116,647	118,551	105,960
Total expenditure		<u>1,904</u>	<u>116,647</u>	<u>118,551</u>	<u>105,960</u>
Net income/(expenditure)		<u>14,325</u>	<u>42,397</u>	<u>56,722</u>	<u>(47,859)</u>
Other recognised gains and losses					
Net movement in funds		<u>14,325</u>	<u>42,397</u>	<u>56,722</u>	<u>(47,859)</u>
Reconciliation of funds					
Transfer of funds		11,639	(11,639)	—	—
Total funds brought forward		<u>37,659</u>	<u>32,138</u>	<u>69,797</u>	<u>117,656</u>
Total funds carried forward		<u>63,623</u>	<u>62,896</u>	<u>126,519</u>	<u>69,797</u>

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 18 to 23 form part of these financial statements.

Henna Asian Women's Group

Company Limited by Guarantee

Statement of Financial Position

31 March 2021

	Note	2021 £	£	2020 £
Current assets				
Debtors	14	15,370		—
Cash at bank and in hand		<u>127,796</u>		<u>73,117</u>
		143,166		73,117
Creditors: amounts falling due within one year	15	<u>(16,647)</u>		<u>(3,320)</u>
Net current assets			<u>126,519</u>	<u>69,797</u>
Total assets less current liabilities			<u>126,519</u>	<u>69,797</u>
Net assets			<u>126,519</u>	<u>69,797</u>
Funds of the charity				
Restricted funds			<u>62,896</u>	<u>(2,316)</u>
Unrestricted funds			<u>63,623</u>	<u>72,113</u>
Total charity funds	18		<u>126,519</u>	<u>69,797</u>

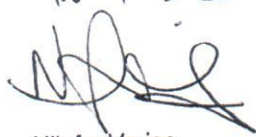
For the year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 10/03/22 and are signed on behalf of the board by:



Nilufar Verjee
Chair of the Trustees

The notes on pages 18 to 23 form part of these financial statements.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2021

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 222C Belsize Road, London NW6 4DJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102: (a) No cash flow statement has been presented for the company.
(b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The company is limited by guarantee of £1 per member without share capital.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Current year			
Donations			
Donations	479	—	479
Donations - EPMC	8,400	—	8,400
Grants			
Age UK	2,500	5,000	7,500
Big Lottery Fund	—	36,152	36,152
London Community Fund	—	67,892	67,892
MIND	2,480	—	2,480
ESC Lottery Fund	1,600	—	1,600
Arts Council	—	35,000	35,000
Independent Age	—	15,000	15,000
The Health Forum	400	—	400
	<u>15,859</u>	<u>159,044</u>	<u>174,903</u>

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements (continued)

Year ended 31 March 2021

5. Donations and legacies (continued)

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
<i>Prior year</i>			
Donations			
Donations - EPMC	10,420	—	10,420
Grants			
LB Camden	1,000	—	1,000
Age UK	—	10,000	10,000
Awards For All	—	7,680	7,680
Time Bank	3,390	—	3,390
Camden Giving	—	1,500	1,500
London Community Fund	—	16,753	16,753
MIND	—	780	780
Jack & Rosa Charitable Trust	—	4,680	4,680
	<u>14,810</u>	<u>41,393</u>	<u>56,203</u>

6. Investment income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Bank interest receivable	<u>20</u>	<u>20</u>	<u>5</u>	<u>5</u>

7. Other income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Other income	—	—	443	443
Membership fees	<u>350</u>	<u>350</u>	<u>1,450</u>	<u>1,450</u>
	<u>350</u>	<u>350</u>	<u>1,893</u>	<u>1,893</u>

8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<i>Current year</i>			
Principal Activity	(453)	115,355	114,902
Support costs	<u>2,357</u>	<u>1,292</u>	<u>3,649</u>
	<u>1,904</u>	<u>116,647</u>	<u>118,551</u>
<i>Prior year</i>			
Principal Activity	28,065	75,040	103,105
Support costs	<u>2,048</u>	<u>807</u>	<u>2,855</u>
	<u>30,113</u>	<u>75,847</u>	<u>105,960</u>

Henna Asian Women's Group

Company Limited by Guarantee

Notes to the Financial Statements (continued)

Year ended 31 March 2021

9. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2021 £	Total fund 2020 £
Principal Activity	114,902	–	114,902	103,105
Governance costs	–	3,649	3,649	2,855
	<u>114,902</u>	<u>3,649</u>	<u>118,551</u>	<u>105,960</u>

10. Independent examination fees

	2021 £	2020 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>1,200</u>	<u>1,200</u>

11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021 £	2020 £
Wages and salaries	65,115	60,355
Social security costs	1,255	1,774
Employer contributions to pension plans	731	901
	<u>67,101</u>	<u>63,030</u>

The average head count of employees during the year was 3 (2020: 3).

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

12. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

13. Tangible fixed assets

	Equipment £	Total £
Cost		
At 1 April 2020 and 31 March 2021	<u>5,358</u>	<u>5,358</u>
Depreciation		
At 1 April 2020 and 31 March 2021	<u>5,358</u>	<u>5,358</u>
Carrying amount		
At 31 March 2021	<u>–</u>	<u>–</u>
At 31 March 2020	<u>–</u>	<u>–</u>

Henna Asian Women's Group
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2021

14. Debtors

	2021 £	2020 £
Trade debtors	12,500	—
Other debtors	<u>2,870</u>	<u>—</u>
	<u>15,370</u>	<u>—</u>

15. Creditors: amounts falling due within one year

	2021 £	2020 £
Accruals and deferred income	15,000	—
Social security and other taxes	—	1,514
Pension liability	57	166
Other creditors	<u>1,590</u>	<u>1,640</u>
	<u>16,647</u>	<u>3,320</u>

16. Deferred income

	2021 £	2020 £
Amount deferred in year	<u>15,000</u>	<u>—</u>

17. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £731 (2020: £901).

18. Analysis of charitable funds

Unrestricted funds
Current year

	At 1 Apr 2020 £	Income £	Expenditure £	Transfers £	At 31 Mar 2021 £
Unrestricted Fund	<u>37,659</u>	<u>16,229</u>	<u>(1,904)</u>	<u>11,639</u>	<u>63,623</u>

Prior year

	At 1 Apr 2019 £	Income £	Expenditure £	Transfers £	At 31 Mar 2020 £
Unrestricted Fund	<u>72,343</u>	<u>16,708</u>	<u>(30,113)</u>	<u>(21,279)</u>	<u>37,659</u>

Restricted funds
Current year

	At 1 Apr 2020 £	Income £	Expenditure £	Transfers £	At 31 Mar 2021 £
Restricted Funds	<u>32,138</u>	<u>159,044</u>	<u>(116,647)</u>	<u>(11,639)</u>	<u>62,896</u>

Prior year

	At 1 Apr 2019 £	Income £	Expenditure £	Transfers £	At 31 Mar 2020 £
Restricted Fund	<u>45,313</u>	<u>41,393</u>	<u>(75,847)</u>	<u>21,279</u>	<u>32,138</u>