

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

<b>The Trustees</b>	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

<b>Henna Staff Team</b>	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](http://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](http://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



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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](mailto:info@hennaorg.co.uk)

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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

THE LONDON & BUSINESS AWARDS 2019 WINNER

**Henna**  
Asian Women's Group

@HennaAsianWomen  
@hennaAsianWomen  
info@henna.org.uk  
hennaAsianWomensGroup  
www.henna.org.uk

এ বছর নির্বাচনী আইন পরিবর্তন হচ্ছে। যে ২০২৩ থেকে, 'নতুন নির্বাচন' এক নতুন ধরনের সাধারণ নির্বাচন। ভোট দেওয়ার জন্য আপনার একটি 'নতুন আইডি প্রমাণ' হবে। ভোট দেওয়ার জন্য আপনার 'নতুন আইডি' এই অনুমোদিত আইডিগুলির মধ্যে একটি প্রমাণ হবে :

UK, Channel Islands or EEA driving licence  
UK, Commonwealth or EEA passport  
Blue Badge scheme card  
National identity card issued by an EEA state  
Biometric Immigration Document  
PASS card issued by the National Proof of Age Standards Scheme bearing the PASS hologram  
Free photo travel pass like Oyster 80+ or a Freedom Pass

যদি আপনার কাছে এই অনুমোদিত আইডি আইডি না থাকে, তাহলে আমরা আপনাকে তদারকি বিদ্যালয়ে ভোটার আইডি আইডি প্রমাণের জন্য আবেদন করতে সাহায্য করতে পারি।  
<https://www.gov.uk/apply-for-photo-id-voter-authority-certificate>

Henna Asian Women's আমরা আপনাকে আবেদন প্রক্রিয়া সহজ করতে এবং ভোটার আইডি প্রমাণের জন্য আপনাকে নির্বাচিত করতে সাহায্য করতে এখানে আছি।  
আমাদের কল করুন : 0207 372 9860  
এ আরও জানুন : <https://registertovote.london/>

#NO VOTE NO VOICE

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- **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.



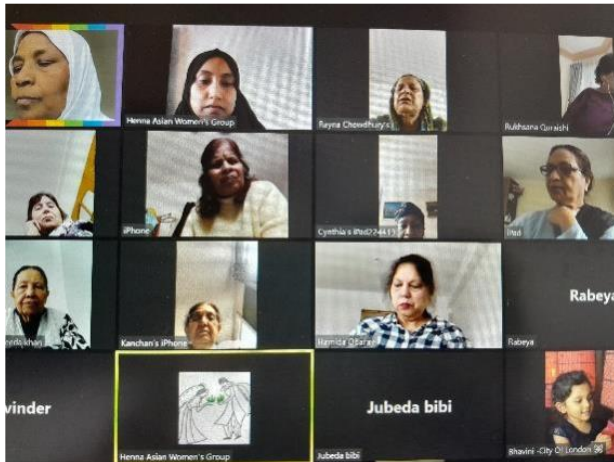
# Henna Asian Women's Group

## 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](http://averyhealthcare.co.uk)*



# Henna Asian Women's Group

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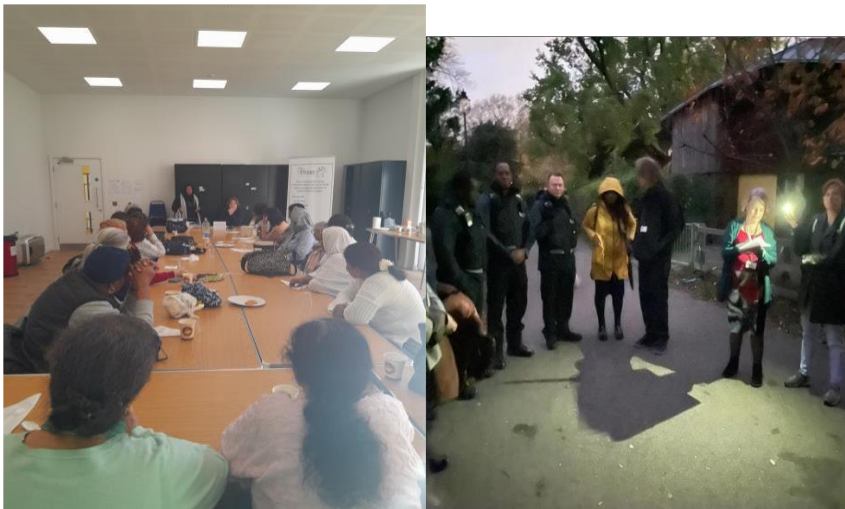
### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

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

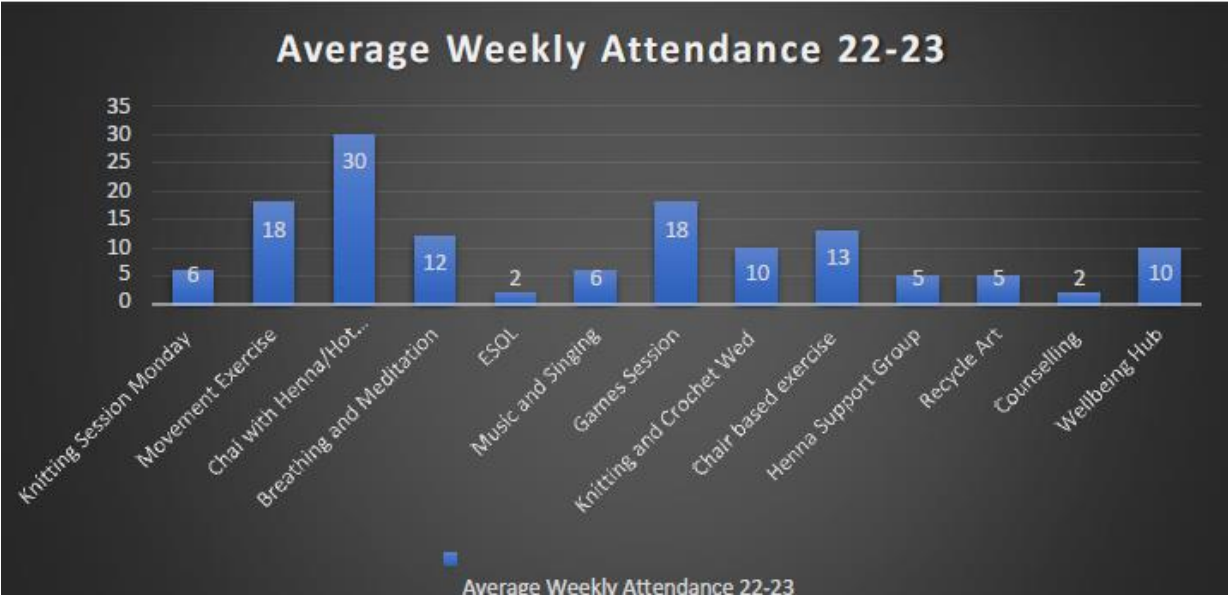
We provide both hybrid and face-2-face services via Zoom and on site. Our office is based at the Abbey Community Centre, 172 Belsize Rd, NW6 4BJ. Activities are delivered by our qualified instructors and volunteers. For enquiries, please contact us Mon-Fri 9am-5pm.  
Tel:07752681828 / 07535259607/ 0207 372 9860



 @HennaAsianWomen  
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 HennaAsianWomensGroup  
 www.henna.org.uk

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





Event	Attendance
Chai Wala End of Year	25
New Year's Day Celebration	35
International Women's Day	60
Eid Party	45
Avery Fundraising	60
Sakonis	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
		Unrestricted funds	Restricted funds	Total funds
	Note	£	£	£
Income and endowments				
Donations and legacies	5	2,100	41,935	44,035
Investment income	6	45	–	45
Other income	7	1,327	800	2,127
Total income		3,472	42,735	46,207
Expenditure				
Expenditure on charitable activities	8,9	35,596	64,194	99,790
Other expenditure	10	–	–	–
Total expenditure		35,596	64,194	99,790
Net (expenditure)/income and net movement in funds				
		(32,124)	(21,459)	(53,583)
Reconciliation of funds				
Total funds brought forward		86,584	48,831	135,415
Total funds carried forward		54,460	27,372	81,832

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


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 £
<b>Grants</b>			
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 £
<b>Donations</b>			
Donations	31	—	31
<b>Grants</b>			
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 £
<b>Cost</b>		
At 1 April 2022 and 31 March 2023	<u>5,358</u>	<u>5,358</u>
<b>Depreciation</b>		
At 1 April 2022 and 31 March 2023	<u>5,358</u>	<u>5,358</u>
<b>Carrying amount</b>		
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>