



Queen's Award for
Voluntary Service

sahil



Positive Wellbeing for South Asian Women and Men

ANNUAL REPORT APRIL 2021 – MARCH 2022

Registered Charity No: 1109863
Company Limited by Guarantee Registered No: 5283848

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Our Mission – Vision - History

Our Mission

Sahil is a positive wellbeing support service for South Asian women and men. The Centre offers in-house services and various outreach support services for South Asian Communities who are 18 years and over. We provide practical and emotional support to build confidence, reduce social isolation and raise awareness to promote positive mental health and wellbeing. All our services are confidential, person-centered, culturally sensitive, anti-discriminatory and support an individual towards empowerment and recovery.

Our Vision

Sahil aims to provide a high-quality service and in-depth support to individuals through practical and emotional support. This enables South Asian women and men aged 18 years and over to link into and access appropriate mainstream services in relation to their needs. The Project offers various drop-ins, advocacy sessions, one to one individual support plans, group activities, various training to increase confidence, help improve wellbeing and break isolation. Sahil also recruits and trains volunteers.

Our History

Sahil has been running very successfully for over 35 years as one of the most well-known and reputable organizations located in the heart of Ethnic Minority Communities on a main route to Coventry City Centre. We also use community spaces as satellite local venues. To date, Sahil has received numerous awards of excellence and recognition for voluntary services in the last three decades.

Sahil also plays a very strong part in connecting communities towards making a positive and strong link for social inclusion. Sahil encourages service users to become active participants in accessing numerous peer support groups which run during the week, for both men and women. This helps build self-confidence, form new friendships, break isolation, and prevent social exclusion. Sahil is unique in that it is the only project that supports people from all different cultural and religious backgrounds under the same roof.

CHAIRS REPORT- BY MRS RESHAM KAUR

Sahil is a registered charity and not for profit organisation that has been running successfully for the past 35 years. It is one of the most well-known and highly recognised organisations offering positive wellbeing support to South Asian men and women from the age of 18 and over. We operate from a base in Coventry as well as satellite venues in Warwickshire. The main vision and aim of the organisation is to provide various services to men and women of different backgrounds who experience loneliness, isolation, anxiety, stress and lack of confidence and other issues affecting their day to day life. Such individuals are supported through one to one confidential personalised support plans, and encouraged to weekly run workshops and peer support groups.

The intervention support offered is to those who are either struggling at an initial stage or to those who have already accessed mental health support so that they can cope better independently in the community. This also works for many as a preventative measure who experience issues developing and if their needs are not solved can lead to further implications like stress, anxiety and depression. Those who already access NHS mental health services are offered support according to their needs; access peer support groups or one to one emotional support and are enabled to lead a near normal life with other agencies. Most of the support is delivered from Sahil's main office apart from the well-being classes such as yoga, stretching exercises with music and health awareness sessions which are delivered at other satellite venues. The full report will be elaborated by Rani Saund, the Sahil CEO in her report.

My personal experience over the last year as the Chair of Sahil is that things were going very well until the entire nation was struck by Covid-19, and Sahil was no exception. We were coming to the end of the Financial Year and were forced to adapt quickly to a new and unfamiliar way of working. We introduced regular online classes and telephonic one-to-one/befriending support all on a reduced budget. My sincere appreciation goes to our staff and volunteers who dealt with new referrals swiftly during this difficult period. I personally witnessed their relentless hard work, total commitment, dedication, and devotion to maintain and fulfil the aims and objectives of Sahil. On a brighter note, once Covid restrictions were relaxed, I was able to participate in various classes such as Singing Online and with The Music Academy, Chair Exercise, Diabetes Awareness Training and Coventry City of Culture events. It was good to see Sahil busier than ever before and going from strength-to-strength post Covid.

I would like to take this opportunity to thank our manager, Rani Saund. A big thanks to the Board of Directors for their continuous support, help and cooperation over the last year and for coming together for our major events and participating actively.

Best Wishes,
Resham Kaur

Manger's Report - By MRS RANI SAUND

It gives me great pleasure once again to write Sahil's Annual General Report and share with you some of the momentous events as well as some challenges that we encountered during the last 12 months (1st April 2021 to March 2022). As most of you are already aware, Sahil is a unique Project, established over thirty-five years ago and running very successfully with the provision of innovative mental health support services for our South Asian communities. Sahil is one of the most successful and well recognised support services for the Black and Minority Ethnic Group (BAME) communities in Coventry and Warwickshire.

Sahil has actively continued to work in collaboration with many voluntary and statutory organisations and strives to promote positive mental well-being within the local communities. Sahil also ensures that the voice of South Asian Communities is represented as a part of equality and diversity within local groups and forums.

Sahil will soon be completing a five-year successful contract with existing partners - Coventry & Warwickshire Mind and Tamarind. As part of the joint work, we can proudly say that Sahil has met the needs of South Asian Communities through "Wellbeing for Coventry Hub", having secured a joint successful five-year bid with the Coventry & Rugby Commissioning Group (CRCG).

Sahil also raises understanding of "mental health" (as opposed to mental ill-health). Mental health within the communities is still regarded as a taboo subject for many and often not discussed openly. Sahil has promoted issues such as mental health, depression, domestic violence etc. within the communities which are often not discussed due to the stigma attached. We run throughout the year many workshops, events, and peer support groups; these are always well attended, and we include various topics to benefit communities. These topics cover social, health or any other issues affecting the communities, information is provided to increase awareness.

Sahil also holds regular open discussion workshops on topics such as stress, depression, healthy eating, diabetes, cancer, blood pressure, stroke, heart disease and other health and wellbeing topics that have a direct impact on the communities. Some of these discussions have been recorded and viewed on National & Worldwide television channels such as (Brit Asia, Sikh and Akaal channels, BBC Asian network radio, Coventry & Warwickshire radio, locally based radio Panji) where such issues have been supported and discussed by Rani Saund and various health professionals via live chat with the audience.

During the lockdown and pandemic, Sahil was involved in a campaign to raise awareness to increase the uptake of the Covid vaccine, especially for those who were slightly reluctant to accept the protection due to their personal perception of the negativity and myths around it. Sahil participated by producing a video in five different languages within a very short space of time, using information provided by the UK public health department, covering facts and the advantages of the vaccine. Our video addressed some of the myths and concepts to increase the uptake of the Covid vaccine. This we believe was very successful as it was played on National Asian TV channels and local radio stations reaching over 90,000 people. We feel Sahil played a pivotal role by conveying such an important message using limited funds received from the Coventry City Council to benefit all communities.

Sahil was also approached by National Alzheimer Research UK to work on a similar project "Let's Talk about Dementia" Campaign. This was to establish how Dementia is viewed within the South Asian communities, we were incredibly pleased to have been a part of this great opportunity. As for Sahil, this was not something new to us, having had years of experience and trust built with funders and communities, as well as our existing involvement in meeting the needs of the South Asian Communities, and ability to support a national campaign successfully. The evidence from research shows that numbers are on the increase with Alzheimer's disease. But for many, they still believe the myth that this disease only affects elderly people or people having mental illness.

Sahil once again was pleased to have been approached by the National Alzheimer UK team to have been part of a campaign that was successfully completed. The outcome of the task was the production of a short video on Dementia, with participants from Sahil staff and volunteers. This was recorded on the first floor of Sahil's Office building, creating a simple scene over a tea party with friends having a discussion on Dementia. The recording was done professionally, depicting individual views and experiences among the South Asian Communities. This video is still available on the Alzheimer Research UK website recorded in English, with subtitles in various other languages and is currently played on social media, YouTube channel and viewed worldwide by over 3,400 views.

Sahil Services

Sahil services are run in partnership with Coventry and Warwickshire Mind based on the Tier system. We use the same database as our partners to collect information to help monitor, evaluate, and produce data on a regular basis. This also provides necessary data of our work with individuals and groups and helps meet the outcome results for the management of grants and funders.

The support sessions are held five days a week during office opening hours from our facility on Foleshill Road as well as various satellite venues in Coventry and Nuneaton. All Sahil services operate drop-ins, advice and information, peer support groups and one to one appointment. Our Tier system is as follows:

Tier 1

One to one individual support, this is most frequently required service that is delivered by our trained and experienced support workers. This service requires a referral, a full assessment to identify client needs and six appointments offered over a period of six to eight weeks.

The other important aspect of this process is one to one emotional (befriending) support offered through a referral system accessed by agencies or the individuals themselves. A full assessment takes place to identify client needs followed by an agreed arrangement for weekly support sessions of 45–60 minutes with client and support worker. Generally, this consists of six support sessions with a review on the 5th session, to ascertain if there is any need to extend the support or to proceed with closing the case. Similarly, we have therapeutic counselling support available for intense therapeutic work with does incur some sliding costs.

This tier also covers drop-in support. These sessions are extremely popular because clients can visit the office without an appointment and get help on various matters such as advocacy work, form filling, letter reading, booking appointments, signposting, speaking on behalf etc.

Tier 2

This service is for clients who have had mental health support and are living in the community with the help of the local mental health voluntary support services. This support can be delivered from our office, in hospital or in the homes of individuals according to their needs. Such clients are risk assessed by the mental health team and clients live independently in the community or within their family unit. The support offered can also consist of partnering with other relevant agencies to maintain the client's recovery, build resilience, provide support to cope with day-to-day life and maintain mental well-being.

WBC (Wellbeing for Coventry)

Sahil runs several community support services, peer support groups and weekly events. The recovery and wellbeing services are designed to meet the needs of the individual through a personalised support plan. These wellbeing hubs and workshops navigate to other agencies, are effective and run-on a weekly basis, in-house or at other venues. This includes the provision of advice, information, and various creative activity support. These sessions are very popular and always well attended.

Sahil's Weekly Activities

Sahil activities run throughout the week with numerous peer support groups. These groups take place at our office or from satellite venues. Most groups are facilitated by volunteers and supported by paid staff.

Monday

Coventry - we have run a sewing group facilitated by a professional tailor and designer who is currently unable to continue, therefore this group is currently under review, however this class has always been very popular.

The classes teach attendees to learn new skills; how to take accurate measurements when preparing a pattern, how to cut and make an accurate paper pattern; how to cut the pattern onto material and how to stitch the garment. This is according to their choice of designs and garments such as a blouse, skirt, Punjabi suit, sari blouse etc. Sewing classes are quite popular.

Some women have learnt these skills and started making clothes for themselves, their children, friends, and families, whilst saving money which they would have otherwise spent for professional stitching. Some women have taken their creativity to a new level by providing a professional service to others outside their immediate circle of contacts. Their services include the stitching of clothes, repairing clothes and making new outfits. We feel so proud that these women are receiving income as skilled tailors.

Nuneaton - Sahil currently runs yoga and arts/crafts classes from St Nichols Church Hall. These classes successfully commenced last year. Yoga is by far the most popular and well attended class in Nuneaton. Prior to this Sahil provided meditation classes and inner wellness training at the same venue.

Tuesday

Coventry - workshop run every week from St Paul's community hall. These sessions are held on a weekly basis and enjoyed by all the attendees. We provide chair-based stretching exercises facilitated by Sue Hart and yoga/meditation facilitated by

Dr Jotangia. Both sessions are extremely popular and help to benefit the health and wellbeing of individuals. On average we have between 40-50 participants at each session.

We also cover various promotional health issues facilitated by professional speakers covering relevant topics which benefit the communities. These topics include personal safety, stress management, healthy eating, diabetes awareness, high blood pressure, stroke and cancer. These workshops help reduce isolation/stress and encourage communities to meet and share their life experiences within a group setting. We have also noticed that assembling on a weekly basis helps increase confidence, self-esteem and provides a feel-good factor. We initially started with approx 20 participants but now on average 40-50 participants per session. The group is active for 3 hours and ends with a healthy light refreshment followed by singing therapy.

Wednesday

Coventry - A walking club is organised by trained volunteers and staff, on a risk assessed route from the Sahil office to the Foleshill park. These walks are weather dependent and occur less frequently during the winter months. We also run a dolki/singing group in the afternoons from the Sahil office.

Nuneaton - One to one emotional and practical support is offered at two different venues in the morning and afternoon (St Nicolas Church and WCAVA Centre). These support sessions are facilitated by Kam, our mental health development/support worker. We also provide in-house therapeutic counselling facilitated by Safi, a professional counsellor. Both services are accessed via an appointment system only.

Thursday

Coventry – We run our Dholki group (ladies only) from our Sahil office on a weekly basis from 11am -1pm. This group has been led by volunteers for over eight years. Mrs Nirmala Kumari has personally taught many women how to play the dholki a normally played by women during celebration occasion (small drum) in this group. The ladies who have learnt to play the dholki participate at our events with singing accompanied by the dholki, this is always appreciated and enjoyed by all. A big thank you to the dholki group and especially to Mrs. Nirmala Kumari.

In the afternoon we have a men's peer support group. This initially started as a small number of men playing board games and cards but later turned into a singing and dholki group (dholki played by Mr Kundra) on the first floor of our Sahil office with 8-10 attendees.

Friday

Coventry - All volunteers gather on a monthly basis for supervision and to discuss their workload or any other concerns. This is also seen as a way forward towards their personal development. During these sessions we invite speakers and hold various workshops.

Nuneaton - We have fun fitness (chair-based exercise with music) facilitated by Sue Hart. This is a very popular class helping to promote a healthier lifestyle and positive wellbeing. Following on from fun fitness we have a group motivation session allowing for training on various health issues as well as the sharing of personal life experiences. The afternoon ends with a knitting and crochet class which is facilitated by a volunteer. The Nuneaton group thoroughly enjoys all the weekly activities. On average we have 10 -12 attendees.

Sahil Volunteer Training

Once a year, we recruit and train volunteers. Our training program has been designed to consider the sensitive nature and cultural makeup of our organisation and ethos. A percentage of the training goes towards accreditation and encourages volunteers to make choices about wider opportunities available to them.

Last year we trained 15 Volunteers for Nuneaton and Coventry. The training was completed over a four-week period. The benefit of the training was to improve emotional wellbeing, inner peace, reduce stress, reduce worry and anxiety, experience more energy and better sleep at night, and learn tools to effectively share the training with others. This Inner wellness training was facilitated by Vayia Nafees, a professional wellbeing coach who travelled from London every week. It was extremely enjoyed by all, producing four of the volunteers who later became trainers themselves, a very success outcome indeed.

Sahil runs at least four to five events each year which are popular and most awaited by the service users and friends of Sahil.

1. March - "International Women's Day" was celebrated to mark the day and enjoy the occasion. We held a special event at St Paul's Church where we provided a very positive and uplifting presentation celebrating women at local and international levels. We also awarded certificates to staff and volunteers who had completed trainings. Staff and volunteers were presented with achievement certificates and made to feel proud of their accomplishments. This was followed by the sharing of personal testimonies from our service users who had received direct support from Sahil and who wished to share their experiences and life journeys with others. It was also an opportunity for them to convey their thanks and gratitude for the support received from Sahil. With newfound confidence, they wanted to help others who found themselves in a similar situation that they had faced. They encouraged others to take small actions and not suffer in silence. Some of their stories were very powerful and impacted those who were reluctant to seek support. They concluded their positive message by stating that they wanted to join Sahil as volunteers to give something back to the community and to our project, which had helped them in their time of need.

2. June – Sahil Open Day has always been very well attended. This event gives communities an opportunity to see and visit the Sahil Centre, meet staff, meet volunteers, meet board members and obtain information of the support services provided by us and other organisations. We also extend an invitation to various other local organisations. This promotes awareness of what is available in the local communities and provides an opportunity for service users to meet and speak directly with other service providers.

We also hold pampering sessions, head massage, henna painting, reflexology, children's face painting, various gift stalls, food and refreshments to raise funds etc. On average we attract approx. 85 -90 attendees.

3. July /August (Seaside Trip) - Sahil has been successfully organising seaside trips every summer, which again helps the communities to break away from isolation, meet other people and enjoy a day of fun away from their homes. Participants spend a relaxing day by the beach with their children and family. For many families and children this is often the only highlight during long summer holidays and the only opportunity for going away at a very reasonable price. We filled two coaches of 110 capacity each and there was still a waiting list. It was a beautiful sunny day spent building sandcastles and having an enjoyable time. Many played a variety of games and sports including football and volleyball. Children enjoyed donkey and horse rides. On the pier, parents joined in the fun with their children enjoying rides, arcades games and tram rides.

4. Sahil Ghazal Evening (a Fundraising event) - Sahil organised this event for men and women in a very short space of time, as one of the artists coming from abroad was available to perform for a minimum fee. We were able to bring other local artists on board who were also happy to be a part of this event - renowned singers such as Ustad Qamar Ali Khan and Balwinder Safri, and many other local artists. The event was very successful with approx. 80-90 people in attendance which resulted in substantial funds being raised to meet costs.

5. Nuneaton Celebration and Awards Ceremony with Lord Mayor of Bedworth and Nuneaton. This event acknowledged our hard work and impact within Nuneaton and celebrated the successful launch of our project. Certificates were awarded to our service users for various trainings completed. There was approx. 80 people in attendance including many professionals from the health sector. This event provided a great opportunity for networking and expanding our footprint within Nuneaton.

Sahil Structure & Information

The Board of Directors come from various backgrounds and bring a wide range of expertise, experience and knowledge of working with BAME communities who face difficulties and are disadvantaged in many ways. All Directors are sensitive to the issues and barriers faced by our client groups and therefore able to advise and support the staff and volunteers throughout their work. At present, there are two ex-service users and one volunteer who sit on the Board. The Board members are: Mrs. Resham Kaur, Mrs. A Parnandi, Dr U Jetty, Mrs. I Rihal, Dr R Ballera, Mr Kewal Singh, Mr Zahoor Bagair and Lakha Ram.

Last year's Sahil staff members who have demonstrated immense commitment and hard work are:

Mental Health Development & Support Lead: Kam Van Tonder.

Support workers: Baljeet Bahara, Fatima Badat, Gurpreet Kaur, Yasmin Bibi, Kolli Surya and counsellors: Safi and Neelam..

We also have our dedicated volunteers who have supported the project throughout the weeks and during the last twelve months. Our sincere appreciation goes to Resham, Lucky, Surinder, Tariq Mohammad, Ruby, Rashmi and friends of Sahil. These individuals have supported us at our events, we are very fortunate to have their input and genuinely applaud their sheer commitment to our project. We would also like to give a big thank you to Harjeet, Hina, Nirmala and Ravinder Kundra for facilitating the peer support groups.

Sahil service users can expect a professional, culturally, sensitive, and confidential service at all times, encompassing guidance and information, support and emotional well-being, through the hands of fully trained staff who are able to speak at least one Asian language other than English i.e., Punjabi, Gujrati, Hindi, Urdu and Bengali.

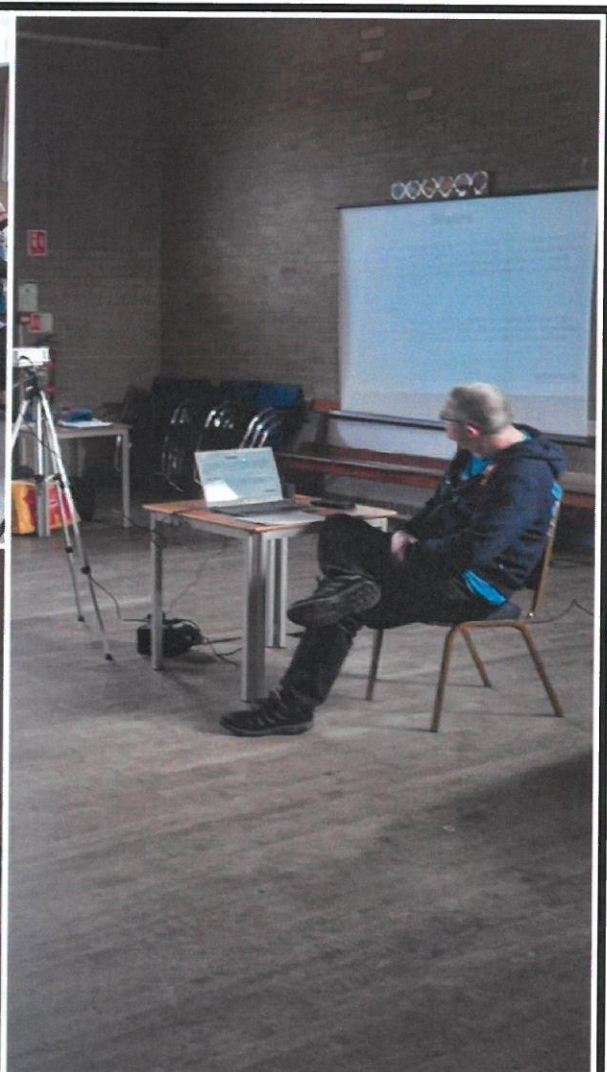
To date, Sahil has received numerous awards of excellence and recognition for voluntary services, spanning thirty-five years. To say we are proud of what we have accomplished is an understatement.

SAHIL PICTURE GALLERY

Coventry Chair Exercise Class



Coventry Diabetes Awareness Training



Coventry City Of Culture Events



Coventry Creative Singing Academy



Coventry Internet Safety Training



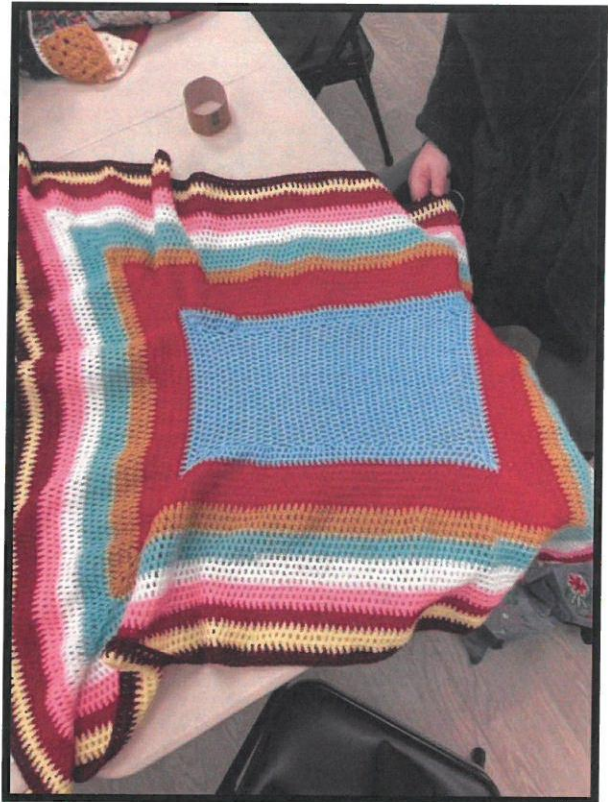
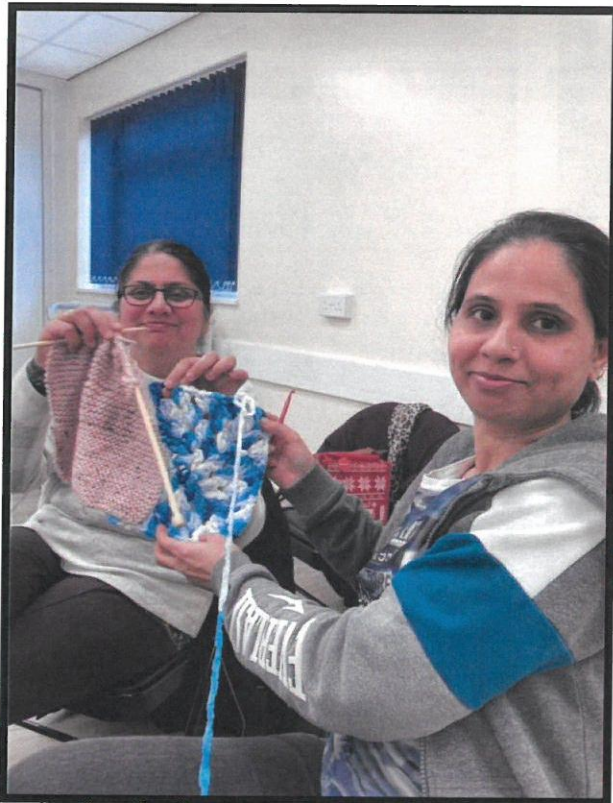
Coventry Dholki Class



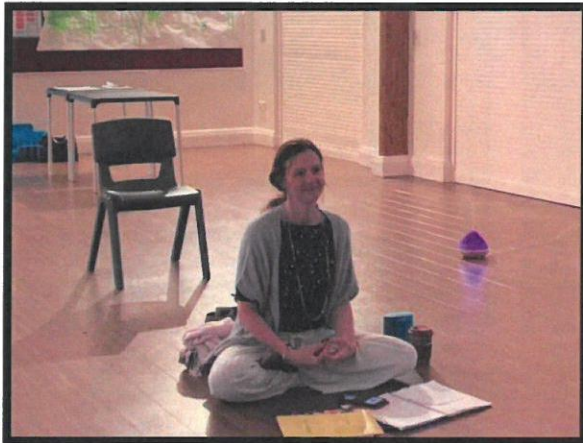
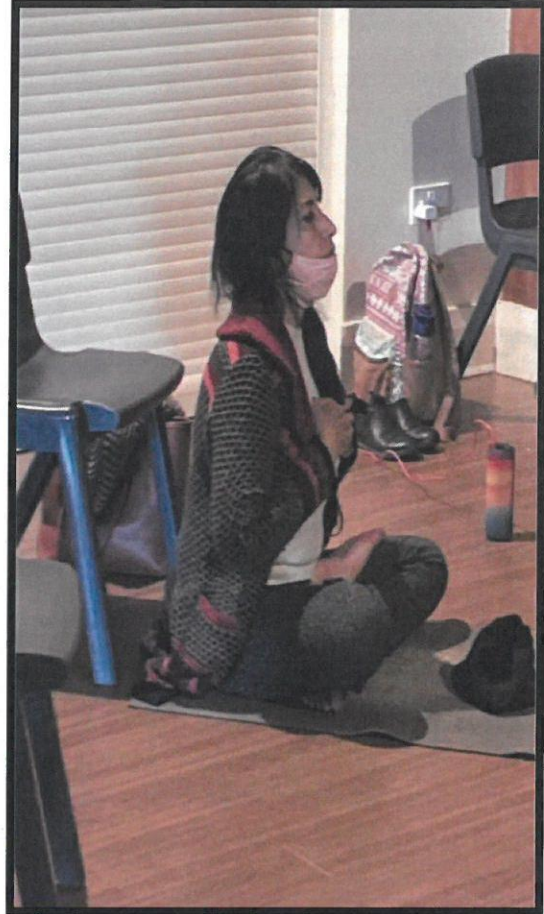
Nuneaton Arts & Crafts Class



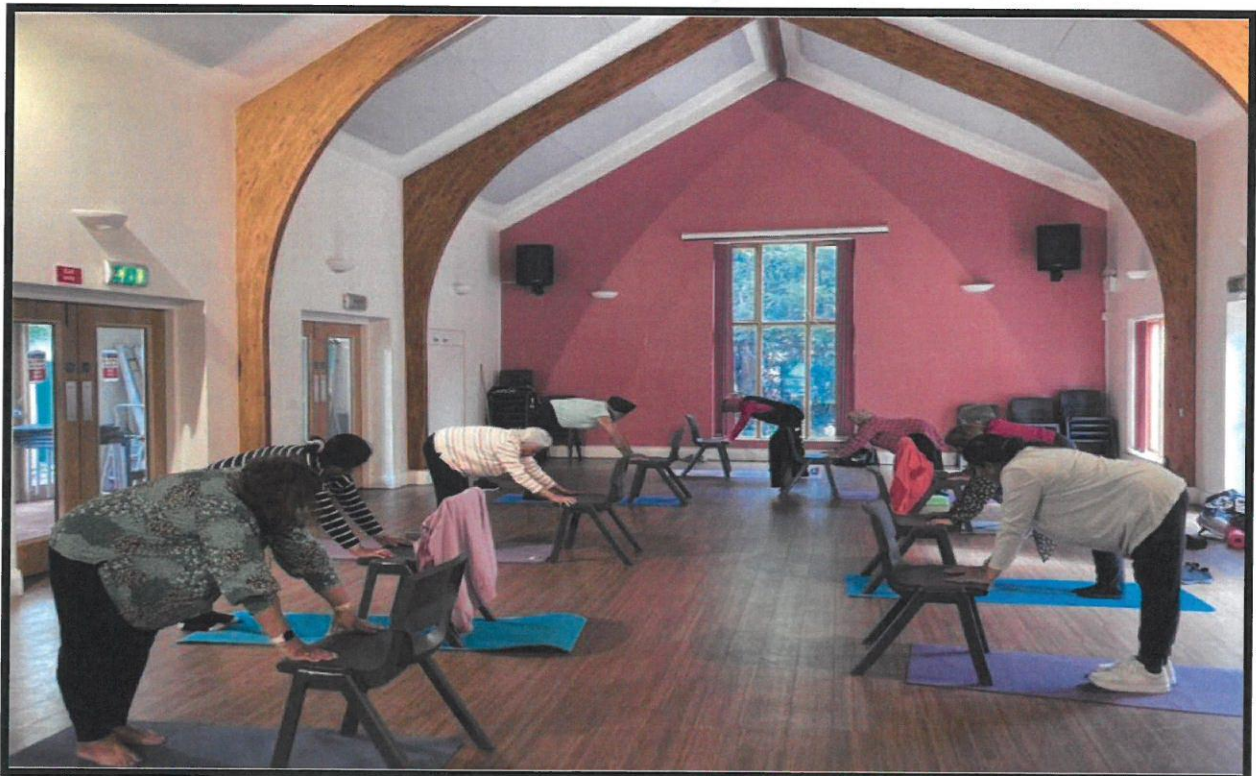
Nuneaton Knitting & Crochet Class



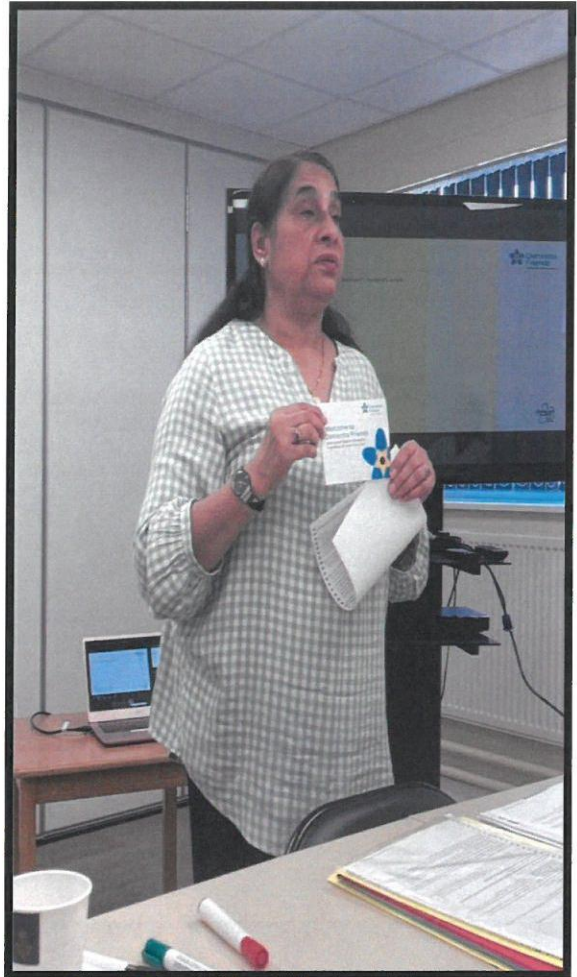
Nuneaton Meditation Class



Nuneaton Yoga Class



Nuneaton Volunteers Provide Training



Nuneaton Fun Fitness

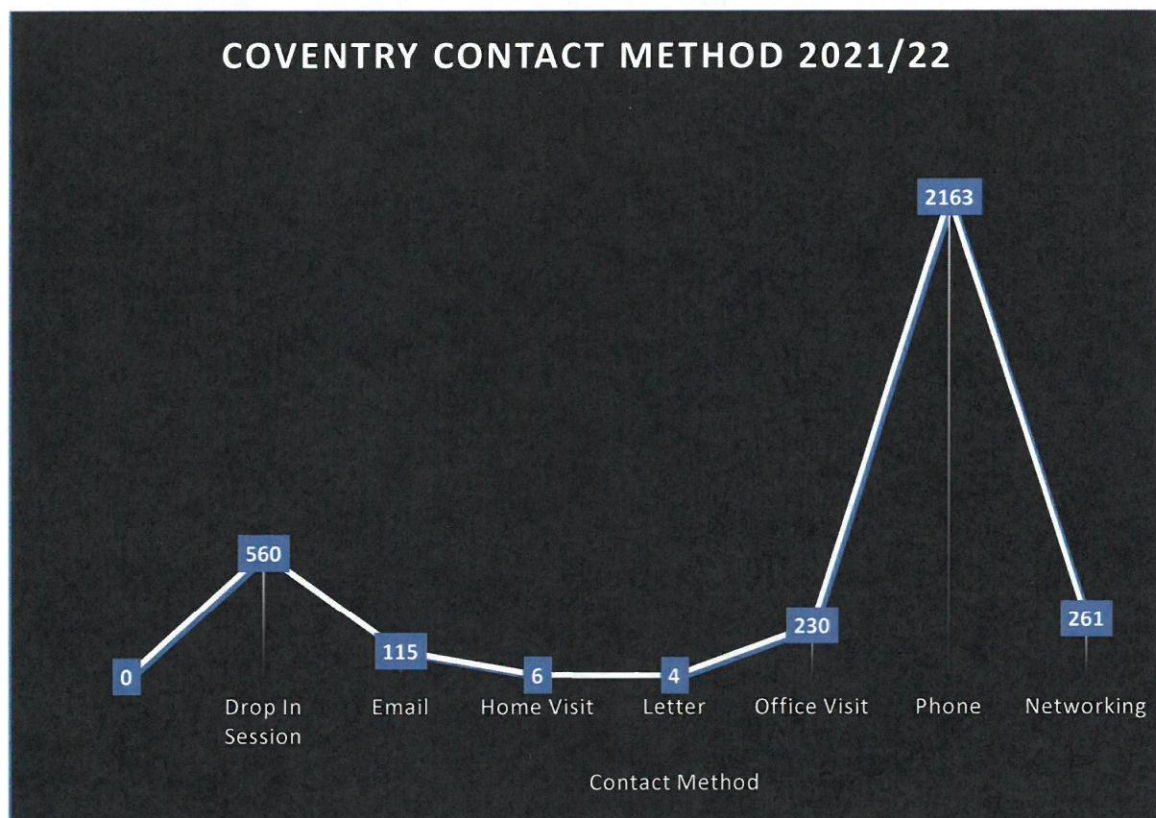
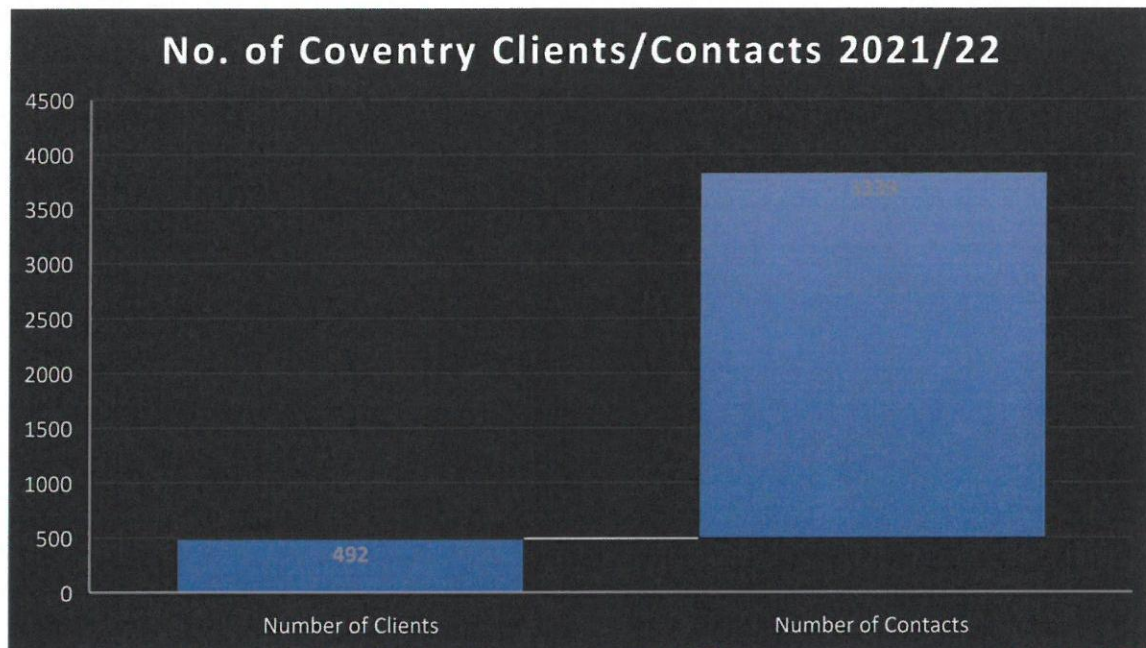


Nuneaton Celebration with Lord Mayor

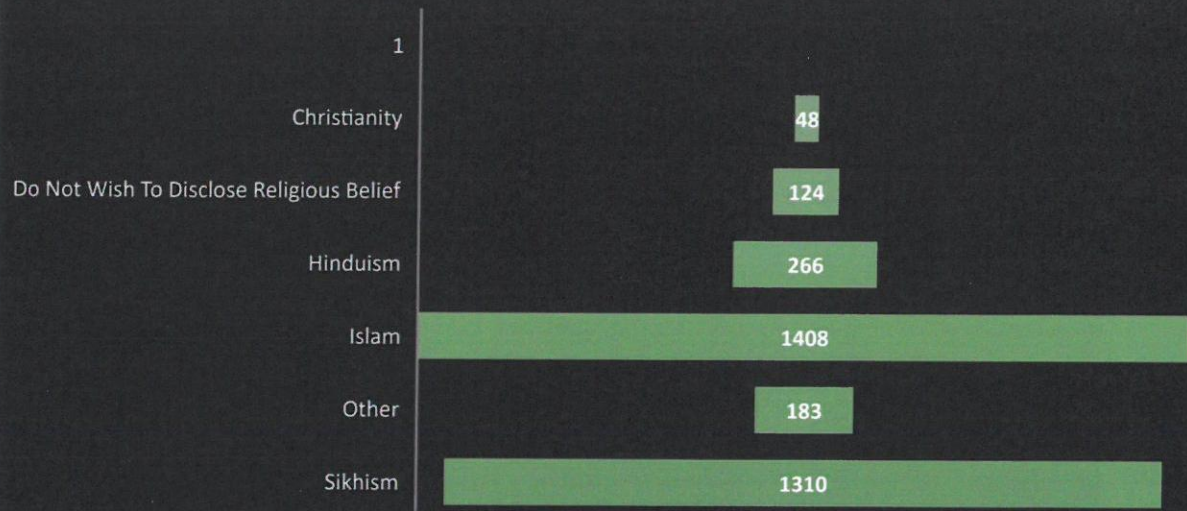




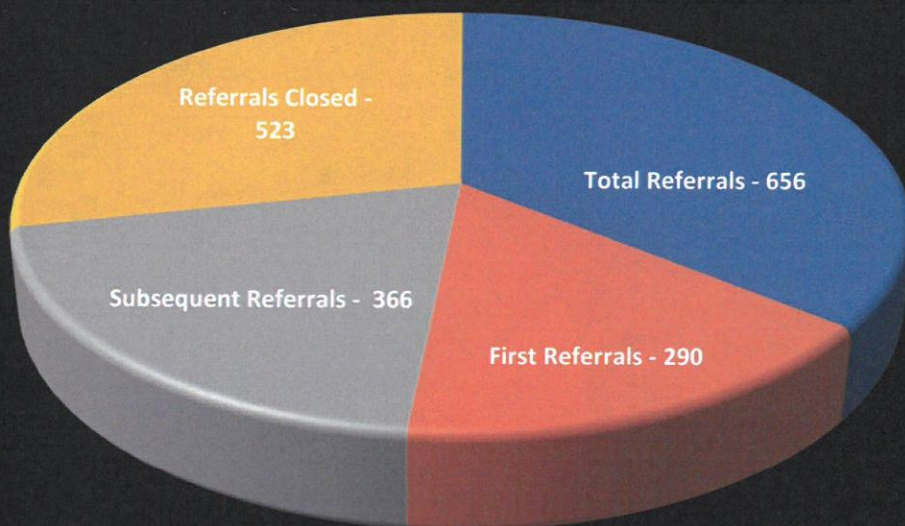
BREAKDOWN OF COVENTRY SERVICE & ACTIVITY CHARTS



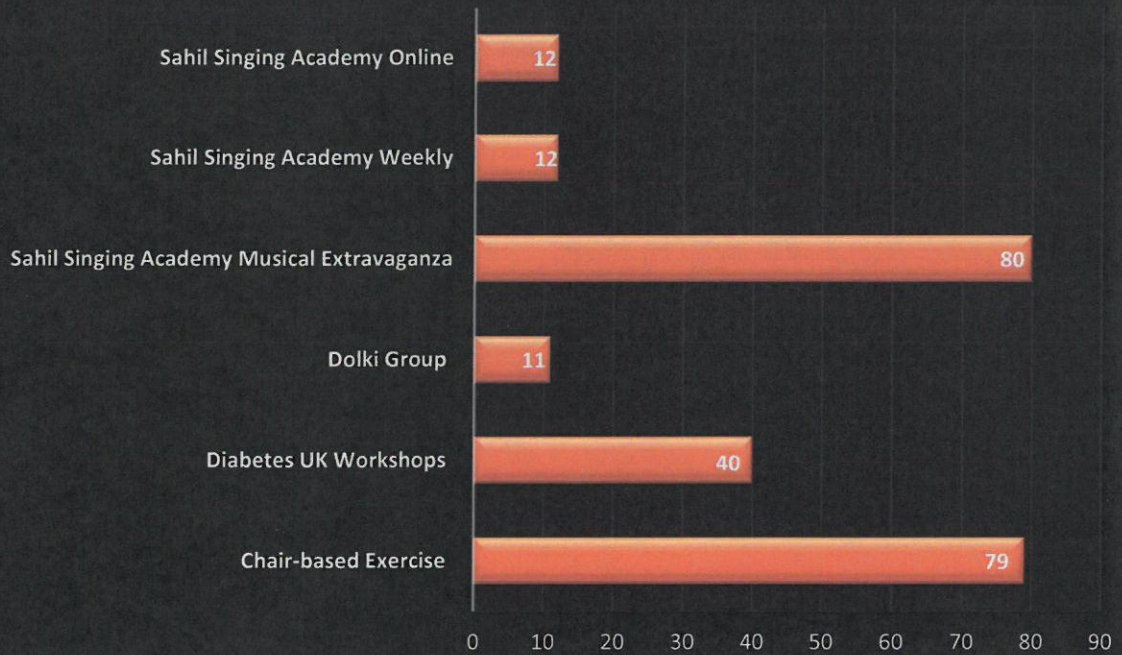
No. of Coventry Contacts By Religious Group 2021/22



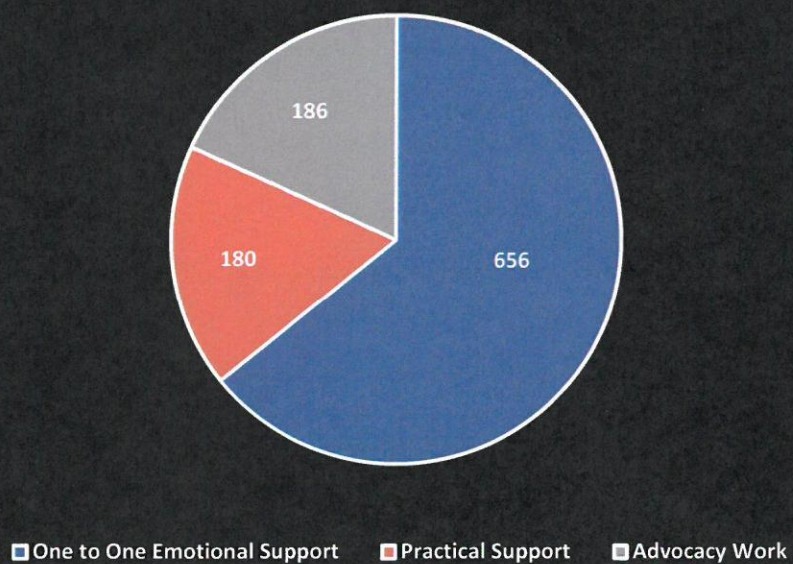
COVENTRY REFERRALS 2021/22



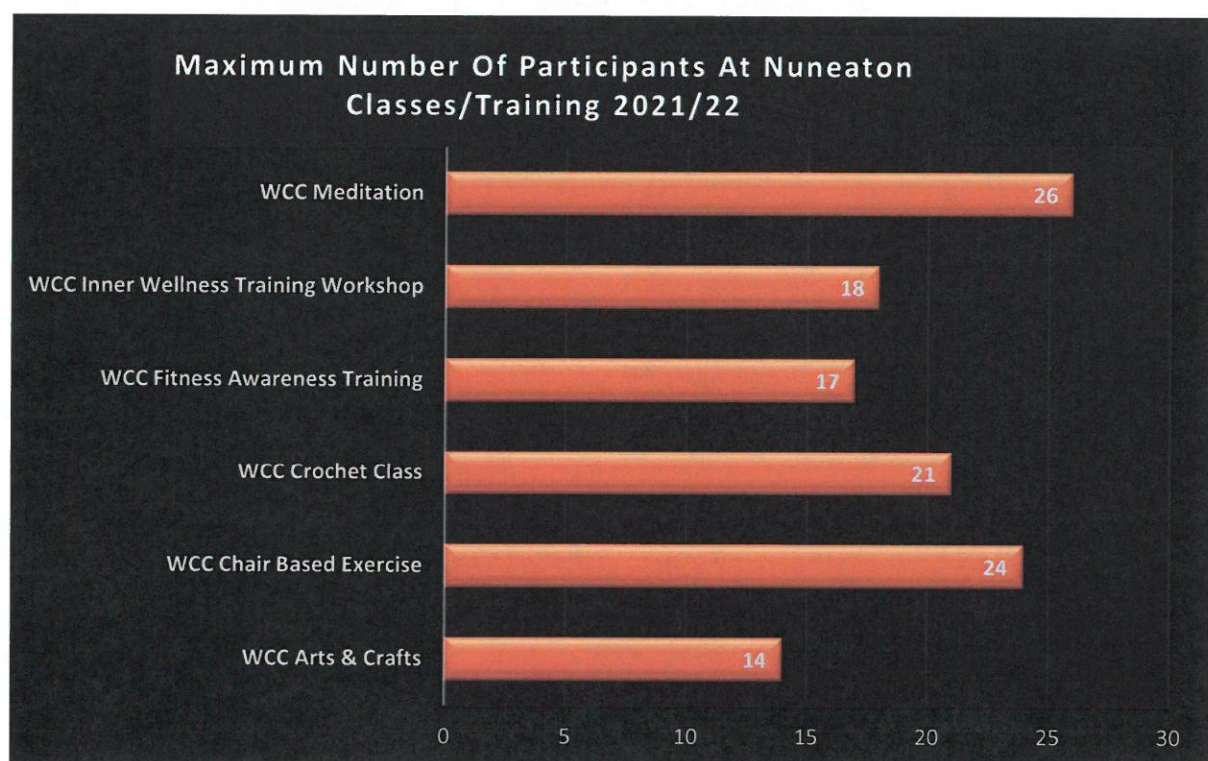
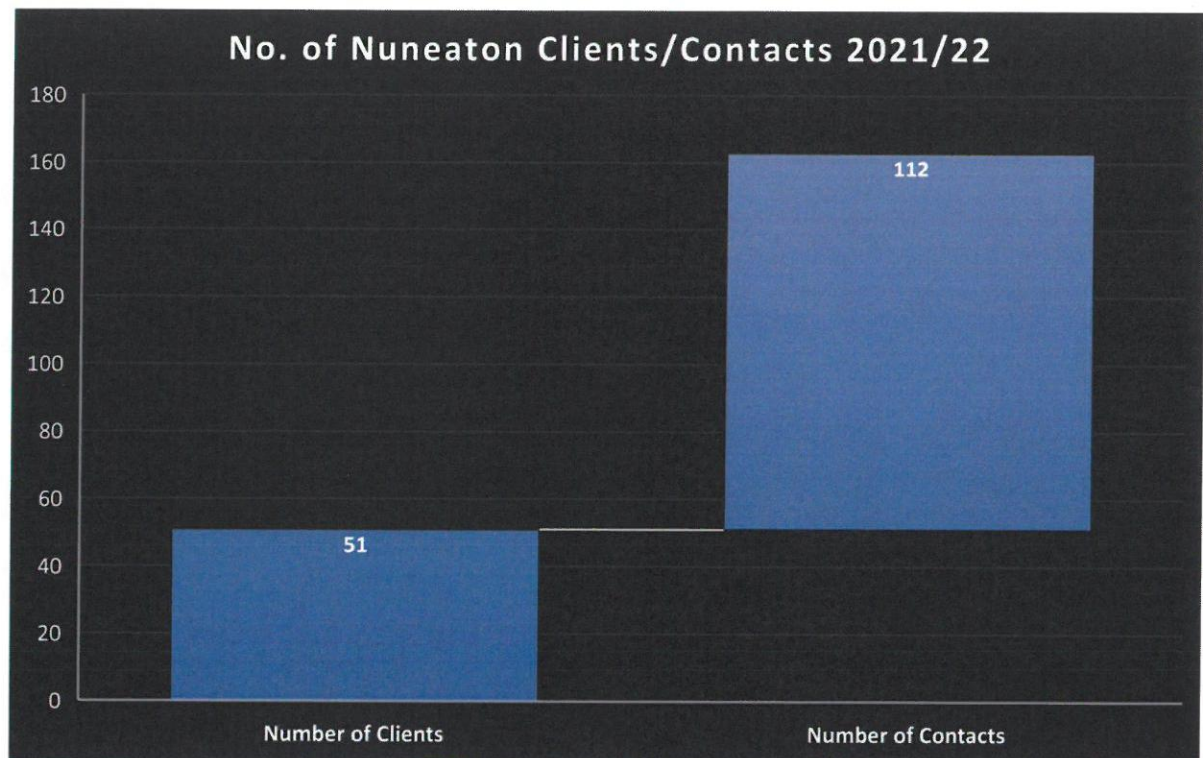
Maximum Number of Participants At Coventry Classes/Event 2021/22



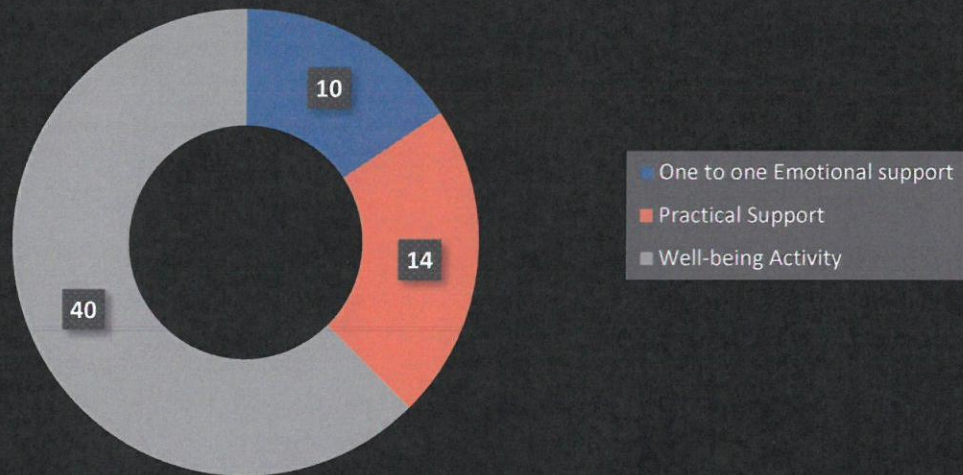
No of Participants Accessing Coventry Services 2021/22



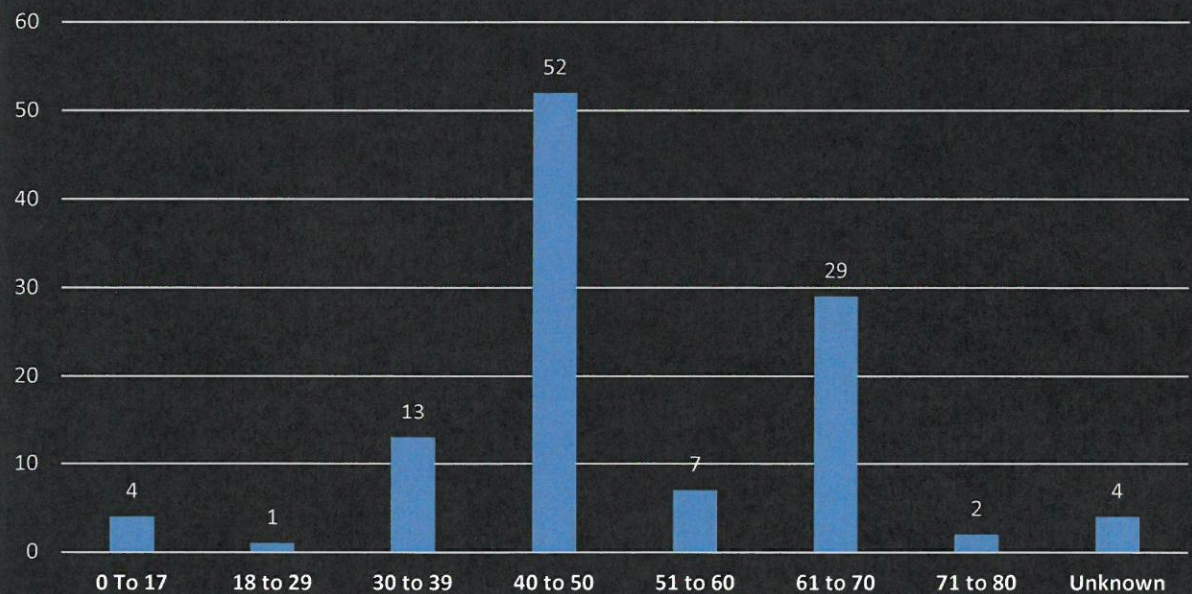
BREAKDOWN OF NUNEATON SERVICE & ACTIVITY CHARTS



No. of Participants Accessing Nuneaton Services 2021/22



Age Range For Nuneaton Contacts 2021/22



CASE STUDIES

Case Study 1

GA is a 43-year-old male who was referred to Sahil by Improved access to psychological Therapies to seek support as he was suffering from severe anxiety.

At the time of his referral, GA was experiencing mental health and well-being issues due to his removal from his family home by Social Services and the Police.

GA's 15-year-old daughter allegedly reported that GA sexually abused her, and the case was still pending a police investigation.

GA was assigned one of our Support Workers and it was agreed that weekly 1-2-1 support sessions would be provided until such a time that GA was able to overcome anxiety and manage his depression.

It was during one of his weekly support sessions that GA spoke of his love for all his 6 children and denied any wrongdoing. GA believed that his 15 years old daughter wanted freedom and was a victim of peer pressure. GA mentioned that his daughter was autistic and had behavior problems.

An assessment was carried out and it was identified that GA was suffering from depression, severe anxiety and feeling very lonely and unable to cope with day-to-day life.

From a close-knit family, GA was moved to a self-contained flat, with a non-molestation order in place. He was unable to visit his other children or go back home.

GA felt very lonely and battled with negative thoughts. GA felt that with his tarnished reputation, nobody within the community would trust him to be near their kids and this would continue to have a very negative effect on his reputation within the community. GA revealed that he was having nightmares and sleepless nights as he feared his life was never going to be the same again. These family issues severely impacted GA's mental well-being and his physical health also deteriorated.

Following several weeks of 1-2-1 emotional support sessions, GA started to believe in himself and overcame his depression. GA also informed us that the court case against him was dropped due to lack of sufficient evidence. Although GA was pleased with this outcome, he still worried about his daughter who remained in foster care. GA was concerned that she would have too much freedom and not be raised in a culturally sensitive environment.

Following on from our support sessions and reviews, it has been determined that a final assessment will be conducted sooner than predicted and GA will be seeing us for practical support.

Reflecting on his life experiences, GA declared that he will never forget the support, kindness and understanding he received from The Sahil Project when he needed it the most.

Case Study 2

N self-referred to Sahil in January 2021. Due to the covid pandemic and the lockdown rules N was supported over the phone with One-to-One emotional support sessions.

N was feeling very depressed and suffering with severe anxiety since the death of her son 3 years earlier, for which she had received one to one emotional support from Sahil. As N was still coming to terms with her bereavement, she then lost her husband and father-in-law in a very short space of time to Covid 19. All of this had greatly impacted on her mental, emotional, and physical wellbeing. N is the mother of two daughters.

An initial assessment was carried out on 31st of January 2021 over the phone. It was identified that N's mental health was further impacted by relationship and communication issues with her daughter who she believed had been the victim of grooming. N's daughter had self-harmed and was very depressed, she had become very secretive, and N was concerned that she may still be in contact with the perpetrator. N had reported this to the police but felt that her daughter was not sharing openly with her or the police. N and her daughters struggled to talk about their bereavement with each other. N felt that showing her emotions and sharing her feelings with her daughters would upset them further, this caused an increase in breakdown in communication between N and her younger daughter, leaving N feeling extremely worried and sad.

N was given 12 one to one emotional support sessions to help her with her bereavement and grief and to help enable her to support her daughters through this very emotional and difficult time by showing them it was important to reach out to each other and that there was nothing wrong in doing so, to show them that she was there to listen. N was supported to understand the grieving process and that everyone grieves differently and for different lengths of time and to understand the importance of maintaining the support and the communication with loved ones.

During the support sessions it was identified that N did not fully understand grooming and the impact that it has on her daughter. N realised that the behaviours which her daughter had been displaying and her struggle with her mental health were the effects of not only her bereavement but also of the Grooming. N realised the importance of listening and looking out for signs from children and young people, listening carefully and showing her daughter that she was there to support her without any judgement. N was encouraged to support her daughter to get counselling, this had proven very difficult to start with, but N worked hard with her daughter and managed to get her referred for counselling.

N was supported with information about pain management and the importance of seeking medical advice from her GP and to call her GP for updates on her MRI scan for her back/nerve pain. It was explained to N that although there were longer waiting times due to the pandemic, she should still seek medical help when it was necessary. We discussed self-care and compassion, taking time for herself as she needed to heal. N was supported with downloading a theory app as she had expressed interest in learning to drive and set a goal to book driving lessons. This would enable her to become more independent and less isolated. We talked about healthy positive relationships with family or friends that offered her support and that it was important to ask for help at such a difficult time. N managed to stop distancing herself from close family members who offered her the help and support she needed.

N felt much better within herself, able to manage her depression, anxiety and stress and was better able to understand and manage her relationships with her daughters and to help each other through difficult times. N understood grief, bereavement and the importance of reaching out for support when she needs it to maintain her mental, emotional and physical wellbeing.

Case Study 3

The referral to the Sahil Project was made in late July 2021 by a family friend as X was waiting for the counselling from IAPT services. X was suffering from depression, anxiety, isolation and was under a considerable amount of stress due to relationship and immigration issues stemming from an emotionally and physically abusive marriage.

X married in August 2020 and arrived in the UK on a spousal visa six months later. For a short time, things seemed fine as both were settling in their relationship, both were busy with their employment and new life together.

For a short time, everything seemed fine but then X's wife started distancing herself from him physically and emotionally. X became worried and asked her the reason for the change.

The reason given was that she had been in a relationship with someone else prior to their marriage. After a long discussion X tried to reason with her that they could put things behind them as the relationship was in the past. Their relationship began to further deteriorate, with arguments, emotional and verbal abuse, leaving X feeling like he was not valued, heard or supported by anyone of the other family members.

X said he wanted to make his marriage work but felt that since both were working long hours, there wasn't much time spent together. X felt controlled as he was not allowed to make phone calls to his own family in India and had very little contact with them or his friends. X felt socially isolated and spent most of his time at work and home. X felt like he was a prisoner within his own life. His wife was continuously hiding her phone from him, he would try to question her, and she would not respond.

After a major argument his wife told him that she did not love him and that she was still in love with her previous partner. X became upset, anxious and very depressed over the weeks. An argument had ensued during which his wife had hit him and told him that she had the power to cancel his Visa and send him back to India. X was left feeling vulnerable and powerless, he felt embarrassed, humiliated, and ashamed that his wife had hit him.

X felt broken and had lost his sense of dignity, he was very upset and despondent and was exhausted by all attempts to make his relationship work. X subsequently tried to take his own life as he felt he had nowhere to turn, this resulted in him injuring himself. After this incident allegations of physical abuse were reported against him to the police by his wife and she then cancelled his Spousal Visa.

The one-to-one emotional support sessions helped X on a journey of self-discovery and recovery, enabling him to build on his self-confidence and self-esteem. X received 10 sessions through which he was able to identify his own strengths and achievements. He felt a sense of self-worth and self-respect. X gained an understanding of and implemented self-help techniques and strategies to manage and overcome panic attacks and anxiety and is no longer reliant on anti-depressants.

By building a good rapport with his support worker, X was able to rebuild his life through one-to-one emotional support and gained confidence to talk openly and build trust. X has been granted indefinite leave to remain in UK and has a positive outlook for his future.

If X had not received the direct support from Sahil, there is a possibility that his mental health would have deteriorated resulting in hospitalisation, which would have been a huge burden on health resources and NHS services.

Case Study 4

Mr X was a referral from the IAPT services for cultural support, due to his complex issues that required further support, as there was no impact of having had CBT support. He was a depressed and very upset young man who was taking anti-depressants from the GP.

Mr X's symptoms were loss of appetite, sleeplessness, lack of confidence, no motivation and unable to look forward to his future due to strained relationships with his spouse and family members.

He came to England in August 2020 from Pakistan on a spouse visa, but within 3 months of his arrival he was mentally and physically abused by his wife and other members of the in-law family, as they were living in a joint family.

He disclosed he was tortured and bullied by the family members and his spouse soon after his arrival. He was trying to settle in a new country that was quite different to his own country. He personality came across as a shy, polite, and timid young person. There were various other issues as well, such as communication - speaking in English was difficulty with different accent etc.

On one occasion as Mr X was experiencing physical and mental abuse from his spouse and her family, he confronted them in saying how they were unfairly mistreating him and he would seek support for himself from elsewhere. As soon as he said this, they forced him to leave the marital home and reported him to the police, filing a case against him for abusing his wife.

Mr X was referred to a refuge for his living accommodation by the police, he received support from that refuge to deal with his alleged police case. The police later discharged the case after looking at the relevant evidence and instead found that Mr X was a victim of domestic abuse himself.

Mr X was exhausted when he came to Sahil, he was offered one to one emotional support on weekly basis of 8 Sessions. He began to open up and disclosed many issues. One issue was his anxiety and fear of acceptance in this country or if having to go back to his country of origin. Mr X disclosed that his life would be unbearable and not safe, if sent back, he would not be accepted in his religion of Islam especially being a male, and a victim of domestic abuse. Also, a return would increase shame, not just for himself but his family too, and people living in the surrounding areas would make fun of him and harm him. Mr X stated that this kind of victimisation was commonplace from where he came.

Some of the intervention techniques used by the support worker was to help build his confidence and resilience. He was willing to make changes by following planned activities and improving his mental well-being. He was advised to stay safe during lockdown with regular exercises such as walking, jogging, meditation, meal plans, watching motivational movies, completing puzzles and reading good books etc.

Through the intervention work provided by Sahil, Mr X began growing stronger and became more positive.

**ACKNOWLEDGEMENT OF THANKS & APPRECIATION
TO ALL STAKE HOLDERS, PARTNERS & FRIENDS OF SAHIL**

Coventry City Council
Coventry & Rugby Clinical Commissioning Group
Heart of England
Lloyds Bank Foundation
National Lottery – Awards for all

Small grant and donors:
Coventry Building Society
Regular small donor through Charity Commission

Warwickshire County Council:
Wellbeing & Resilience Fund

Venue providers:
St Pauls Church
St Nicolas Church
WCAVA Centre

Partner Organisations:
Coventry & Warwickshire Mind
Tamarind Centre

Friends of Sahil:
Local Community Members
Local Dhaliwal Grocery Shop
Service Users
Dedicated Volunteers supporting during events and workshops

POEM BY SAHIL STAFF MEMBER – FATIMA BADAT
The Weeping Willow Weeps With Me

I lay my heart under the weeping willow
For the weeping willow weeps with me
I feel the gentle caresses of the breeze upon my face
My face turns towards the sun
Just as I turned my face to yours
The sun strokes my skin so warm and tenderly
Like your loving words on my wounded heart
Teasing away the pain of a love gone wrong
The branches billow in the wind around me
For the weeping willow dances with me
Dancing away to my melancholy heart song
Caressing and soothing with each move
I close my eyes and embrace the moment
Just as I had once welcomed your warm loving enfold
I let the tears cascade to wash away the pain
As the clouds gather and the sunlight begins to fade
Happy memories begin to fade away
I realise that your promises were nothing but lies
I listen to the sound of the brook as it flows within my reach
I gently stir the cool water as it ripples around my feet
Life stands still in the delicate heartbeat of a moment
Paralysed in the balance of truth and time
Peace in its darkest form Cradling my soul with its suffocating pain
I surrender my heart under the shade of the weeping willow
for the weeping willow weeps with me

COMPANY REGISTRATION NUMBER: 05283848
CHARITY REGISTRATION NUMBER: 1109863

Sahil Project
Management Committee's Report & Financial Statements
for the year ended 31 March 2022

JUSTA & CO
Chartered Certified Accountants
Justa House
204-208 Holbrook Lane
Coventry
CV6 40D

Sahil Project

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2022

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Sahil Project

Company Limited by Guarantee

Trustee's Annual Report

Year ended 31 March 2022

The Trustees present their report and the financial statements of the charity for the year ended 31 March 2022.

Reference and administrative details

Registered charity name Sahil Project
Charity registration number 1109863
Company registration number 05283848
Principal office and registered office 449 Foleshill Road
Coventry
CV6 5AQ

The trustees

Aravinda Rao Parnandi
Dr Usha Jetty
Iqbal Kaur Rihal
Resham Kaur

Company secretary Rani Harjit Saund

Accountant Justa & Co
Chartered Certified Accountants
Justa House
204-208 Holbrook Lane
Coventry
CV6 4DD

Bank Lloyds TSB
87 /88 Gosford Street
Coventry
CV1 5DP

Sahil Project

Company Limited by Guarantee

Trustee's Annual Report *(continued)*

Year ended 31 March 2022

Trustee's responsibilities statement

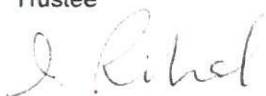
The following statement is made with a view to distinguishing for members the respective responsibilities of the Trustees and the Accountants in relation to the financial statements.

The Trustees are required to prepare accounts for each financial year which give a true and fair view of the state of affairs of the project and of the surplus/deficit of the project for that period. In preparing those accounts, the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Iqbal Kaur Rihal
Trustee



Sahil Project

Company Limited by Guarantee

Independent Examiners' Report

Year ended 31 March 2022

Independent examiner's report to the Trustees on the unaudited financial statements of Sahil Project.

I report on the financial statements of Sahil Project for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet and the related notes. These financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002), under the historical cost convention and the accounting policies set out therein.

Respective responsibilities of Trustees and examiner

As the projects Trustees you are responsible for the preparation of the accounts, you consider that the audit requirement does not apply. It is my responsibility to state whether particular matters have come to my attention, whether accounting policies are appropriate to the project's circumstances, consistently applied and adequately disclosed.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the project and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

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

1. which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounts records; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirement.have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Justa & Co.
Chartered Certified Accountants

Justa House
204-208 Holbrook Lane
Coventry
CV6 4DD

Sahil Project

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2022

		Unrestricted funds £	2022 Restricted funds £	Total funds £	2021 Total funds £
	Note				
Income and endowments					
Donations and legacies	5	32,015	127,590	159,605	192,337
Total income		<u>32,015</u>	<u>127,590</u>	<u>159,605</u>	<u>192,337</u>
Expenditure					
Expenditure on charitable activities	6,7	19,413	121,621	141,035	124,468
Total expenditure		<u>19,143</u>	<u>121,621</u>	<u>141,035</u>	<u>124,468</u>
Net income and net movement in funds		<u>12,602</u>	<u>5,969</u>	<u>18,570</u>	<u>67,869</u>
Reconciliation of funds					
Total funds brought forward		124,884	—	124,884	57,015
Total funds carried forward		<u>137,486</u>	<u>5,969</u>	<u>143,455</u>	<u>124,884</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 8 to 15 form part of these financial statements.

Sahil Project

Company Limited by Guarantee

Statement of Financial Position

31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible fixed assets	11	15,006	17,655
Current assets			
Debtors	12	24,580	26,308
Cash at bank and in hand		106,937	109,945
		<u>131,517</u>	<u>136,253</u>
Creditors: amounts falling due within one year	13	<u>3,069</u>	<u>29,024</u>
Net current assets		<u>128,448</u>	<u>107,229</u>
Total assets less current liabilities		<u>143,454</u>	<u>124,884</u>
Net assets		<u>143,454</u>	<u>124,884</u>
Funds of the charity			
Restricted funds		5,969	(74,676)
Unrestricted funds		<u>137,486</u>	<u>199,560</u>
Total charity funds	15	<u>143,455</u>	<u>124,884</u>

The notes on pages 8 to 15 form part of these financial statements.

Sahil Project

Company Limited by Guarantee

Statement of Financial Position *(continued)*

31 March 2022

In approving these financial statements as Trustees of the company we hereby confirm:

- (a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006;
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 31 March 2022 and
- (c) that we acknowledge our responsibilities for:
 - (1) ensuring that the company keeps accounting records which comply with the requirements of Companies Act 2006 and
 - (2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements were approved by the Board on 29/11/2022 and signed on its behalf by



Iqbal Kaur Rihal
Trustee

Sahil Project

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2022

	2022 £	2021 £
Cash flows from operating activities		
Net income	18,570	67,869
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	2,649	3,115
Interest payable and similar charges	277	2
Accrued (income)/expenses	(1,968)	2,064
<i>Changes in:</i>		
Trade and other debtors	1,728	(1,728)
Trade and other creditors	(23,987)	775
Cash generated from operations	(2,731)	72,097
Interest paid	(277)	(2)
Net cash (used in)/from operating activities	<u>(3,008)</u>	<u>72,095</u>
Cash flows from investing activities		
Purchase of tangible assets	—	(10,644)
Net cash used in investing activities	<u>—</u>	<u>(10,644)</u>
Net (decrease)/increase in cash and cash equivalents	(3,008)	61,451
Cash and cash equivalents at beginning of year	<u>109,945</u>	<u>48,490</u>
Cash and cash equivalents at end of year	<u>106,937</u>	<u>109,941</u>

The notes on pages 8 to 15 form part of these financial statements.

Sahil Project

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 449 Foleshill Road, Coventry, CV6 5AQ.

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.

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 trustee 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.

Sahil Project

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.

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.

Sahil Project

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

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:

Fixtures fittings and equipment	15% reducing balance
---------------------------------	----------------------

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.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Sahil Project

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies (continued)

Financial instruments (continued)

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

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.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

Sahil Project is a company limited by guarantee and accordingly does not have any share capital.

Sahil Project

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Grants			
Coventry Warwickshire Mind Partnership	—	98,320	98,320
Other Income Received	266	—	266
Lloyds Bank Foundation	25,000	—	25,000
Coventry City Council	—	1,000	1,000
Covid -19 Related Grants	6,749	—	6,749
Heart of England	—	—	—
Warwickshire Community Safety- Innovation Fund	—	28,270	28,270
	<u>32,015</u>	<u>127,590</u>	<u>159,605</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Grants			
Coventry Warwickshire Mind Partnership	—	98,320	98,320
Other Income Received	1,686	—	1,686
Lloyds Bank Foundation	30,000	—	30,000
Coventry City Council	—	4,000	4,000
Covid -19 Related Grants	49,176	—	49,176
Heart of England	—	9,155	9,155
Warwickshire Community Safety- Innovation Fund	—	—	—
	<u>80,862</u>	<u>111,475</u>	<u>192,337</u>

6. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Activity type 1	<u>19,413</u>	<u>121,621</u>	<u>141,035</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Activity type 1	<u>14,348</u>	<u>110,120</u>	<u>124,468</u>

Sahil Project

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

7. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Total funds 2022 £	Total fund 2021 £
Activity type 1	141,035	141,035	124,468

8. Net income

Net income is stated after charging/(crediting):

	2022 £	2021 £
Depreciation of tangible fixed assets	2,649	3,115

9. Staff costs

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

	2022 £	2021 £
Wages and salaries	63,976	61,380
Employer contributions to pension plans	3,385	4,133
	67,361	65,513

The average head count of employees during the year was 6 (2021: 5).

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

10. Trustee remuneration and expenses

None

11. Tangible fixed assets

	Fixtures and fittings £
Cost	
At 1 April 2021 and 31 March 2022	64,001
Depreciation	
At 1 April 2021	46,346
Charge for the year	2,649
At 31 March 2022	48,995
Carrying amount	
At 31 March 2022	15,006
At 31 March 2021	17,655

Sahil Project

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

12. Debtors

	2022 £	2021 £
Trade debtors	—	1,728
Prepayments and accrued income	24,580	24,580
	<u>24,580</u>	<u>26,308</u>

13. Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	1,656	3,624
Social security and other taxes	1,413	25,400
	<u>3,069</u>	<u>29,024</u>

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 £3,385 (2021: £4,133).

15. Analysis of charitable funds

Unrestricted funds

	At 1 April 2021 £	Income £	Expenditure £	At 31 March 2022 £
General funds	67,869	32,015	(19,413)	80,471
Unrestricted fund 7 - desc in a/cs	57,015	—	—	57,015
	<u>124,884</u>	<u>32,015</u>	<u>(19,413)</u>	<u>137,486</u>

	At 31 March 2021 £	Income £	Expenditure £	At 31 March 2022 £
General funds	—	80,862	(14,348)	66,514
Unrestricted fund 2 - desc in a/cs	76,031	—	—	76,031
Unrestricted fund 7 - desc in a/cs	57,015	—	—	57,015
	<u>133,046</u>	<u>80,862</u>	<u>(14,348)</u>	<u>199,560</u>

Sahil Project

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

15. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2021 £	Income £	Expenditure £	At 31 March 2022 £
Restricted Fund 1 - desc in a/cs	—	127,590	(121,621)	5,969
	At 31 March 2021 £	Income £	Expenditure £	At 31 March 2022 £
Restricted Fund 1 - desc in a/cs	—	111,475	(110,120)	1,355
Restricted fund 7 - desc in a/cs	(76,031)	—	—	(76,031)
	(76,031)	111,475	(110,120)	(74,676)

16. Analysis of changes in net debt

	At 1 Apr 2021 £	Cash flows £	At 31 Mar 2022 £
Cash at bank and in hand	109,945	(3,008)	106,937

Sahil Project

Company Limited by Guarantee

Independent Examiners' Report

Year ended 31 March 2022

Independent examiner's report to the Trustees on the unaudited financial statements of Sahil Project.

I report on the financial statements of Sahil Project for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet and the related notes. These financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002), under the historical cost convention and the accounting policies set out therein.

Respective responsibilities of Trustees and examiner

As the projects Trustees you are responsible for the preparation of the accounts, you consider that the audit requirement does not apply. It is my responsibility to state whether particular matters have come to my attention, whether accounting policies are appropriate to the project's circumstances, consistently applied and adequately disclosed.

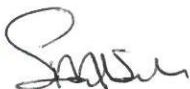
Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the project and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

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

1. which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounts records; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirement.have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Justa & Co.
Chartered Certified Accountants

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