

KHUSH AMDID

England & Wales · Charity number 1112396

Details

Other names KHUSH AMDID DAY CENTRE

Status Registered

Legal form Other

Registered 2005-12-05

Register [View on the Charity Commission register](#)

Contact

Address 58 Stamford Street East
Ashton-Under-Lyne
OL6 6QH

Phone 01613392484

Email khushamdid@hotmail.co.uk

Activities

Objects: A) THE PROVISION, IN THE INTEREST OF SOCIAL WELFARE, OF FACILITIES FOR RECREATION AND OTHER LEISURE TIME OCCUPATION FOR THE BENEFIT OF MAINLY, BUT NOT EXCLUSIVELY, ELDERLY WOMEN OF PAKISTANI ORIGIN RESIDENT IN TAMESIDE WITH THE OBJECT OF IMPROVING THEIR CONDITION OF LIFE. B) THE RELIEF OF POVERTY, HARDSHIP AND DISTRESS AMONG THE BENEFICIARIES BY THE PROVISION OF SAID FACILITIES AND/OR SERVICE AND BY THE PROVISION OF INFORMATION, ADVICE AND GUIDANCE RELATING TO MATTERS OF INTEREST TO THE BENEFICIARIES. C) THE ADVANCEMENT OF EDUCATION AND SOCIAL WELFARE OF THE BENEFICIARIES BY THE PROVISION OF FORMAL AND INFORMAL LEARNING OPPORTUNITIES.

Activities: We are engaged in promoting health, education and wellbeing for Asian (mainly Pakistani) women. Our activities include a bi-weekly day centre, education, exercise, Awareness sessions, workshops and days out.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, Other Charitable Purposes
- **Who:** Elderly/old People, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** TAMESIDE
- Lancashire
- Tameside

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£68,100	£69,097	-	-
2024-03-31	£66,049	£54,167	-	-
2023-03-31	£36,329	£35,547	-	-
2022-03-31	£41,630	£34,952	-	-
2021-03-31	£26,971	£23,656	-	-

Trustees

Name	Role	Appointed
Dr zeenat ansari	Chair	2023-09-08
Aisha Naeem		2022-10-10
Nageena Imran		2022-10-10
REHANA FAROOQ		2022-10-10
RUKHSANA ALI		2022-10-10

KHUSH AMDID

England & Wales - Charity number 1112396

Accounts

REGISTERED CHARITY NUMBER: 1112396

Khush Amdid

Trustees' Report and Financial Statements

For the Year Ended 31 March 2025

Khush Amdid

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Khush Amdid

Trustees' Report

for the Year Ended 31 March 2025

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1112396

Principal address

58, Stamford Street East
Ashton-Under-Lyne
OL6 6QH

Trustees

Rukhsana Ali	Chair
Nudrat Ahmed	
Rehana Farooq	
Nageena Imran	
Aisha Naeem	Secretary

Independent examiner

JD Accounting Ltd
27 Booth Street
1st Floor
Ashton under Lyne
Manchester
OL6 7LB

STRUCTURE, GOVERNANCE AND MANAGEMENT

a) Structure

Khush Amdid is an unincorporated charity governed by a constitution and was established in 1988. The constitution was adopted on October 1, 2003 with revisions on November 10, 2005 and January 25, 2010.

b)The Management Committee

The current members of the Trustee Board are noted in the reference and administrative details. Recruitment has traditionally been by word of mouth and candidates with skills which would strengthen the Committee are welcomed.

The Committee have systems of control deemed to be appropriate to the size of the charity.

OBJECTIVES

The provision, in the interest of social welfare, of facilities for recreation and other leisure time occupation for the benefit of mainly, but not exclusively, elderly women of Pakistani origin resident in Tameside with the objective of improving their condition of The relief of poverty, hardship and distress among the beneficiaries by the provision of said facilities and/or service and by the provision of information advice and guidance relating to matters of interest to the beneficiaries.

The advancement of education and social welfare of the beneficiaries by the provision of formal and informal learning opportunities.

Engagement, Education & Empowerment Reaching Communities Project Year 2

The Story of Our Project This Year

Groups, number of different people attending each, feedback from participants

Monday Luncheon Club, 4C Community Centre – 88. FEEDBACK - With an average attendance of over 33, there continues to be a vibrant 'buzz' among attendees. The feedback remains overwhelmingly positive regarding the hot lunch, chair-based exercise, and various activities delivered this year. Most participants actively engage in the chair-based exercises, recognizing the physical and mental benefits they bring. The introduction of different guest speakers has been highly appreciated, as it has broadened attendees' knowledge and sparked lively discussions, enriching their overall experience. Activities have included: Chit Chat & Consultation; Armchair Exercises twice a month; board games; Bingo; Age UK Talk; Dementia Talk; Eid Party; networking and visits with Pakeeza (Rochdale Women's Group); Health & Wellbeing Event; Songs & Memories Session; Bereavement Talk By Diversity Matters.

Thursday Wellbeing Group, Broadoak Community Centre – 48. FEEDBACK - This group of women continues to foster a warm, supportive environment. They enjoy sharing their thoughts and supporting each other through engaging conversations. The Khush Amdid staff consistently ask for suggestions on activities, leading to a diverse and dynamic programme. Attendees have expressed that they look forward to these sessions, having discovered new community groups and activities through the group. The awareness sessions on Cancer screening, Diabetes, Cholesterol, Menopause, and other health topics continue to be highly valued, helping to increase health literacy and promote positive lifestyle changes. Activities have included: Arts & Crafts; making Mehndi and Acrylic Paint Cones; Decorating Candles; Massage; Hate Crime Workshop; Armchair Exercise; 5 Ways to Wellbeing; Preparation for Ramadan; Recipe Sharing and the Importance of Food Hygiene; Tote Bag/Applique Session with Global Grooves; Talk about importance of vaccinations; Genes for Health Talk about importance of getting involved in medical research; Bereavement Talk By Diversity Matters; Easter Crafts; Hand Massages; Chutney Making Workshop; Importance of Making a Will and Living Power of Attorney explained; Laughter Yoga; Making Mood Boards; Making Face Masks.

Friday Dancercise Group, Holy Trinity – 51. FEEDBACK - The group remains lively and energetic. Participants love the variety of dance moves and particularly enjoy the

freestyle sessions with Shamaila. This year, new exercise formats such as yoga, Tai Chi, and Pilates have been introduced, which everyone has enjoyed and found beneficial. Despite the larger group size, a supportive atmosphere persists, with members encouraging and uplifting each other, fostering a sense of community and well-being.

Wellbeing Walks – 46. FEEDBACK - This year, we focused on family-friendly park walks, allowing children to join in and enjoy the outdoor activities. Led by our trained walk leaders—who attended our walk leader training—participants appreciated the diversity of local park visits. The women particularly enjoyed exploring different parks in the area. The walks are suitable for most abilities, with support readily available, ensuring that no one is left behind. Participants have reported increased fitness levels, enjoyment of nature, and strengthened social bonds.

Digital Skills Workshops – 13. FEEDBACK - Attendees learned valuable skills such as online shopping, using apps, and digital safety. All participants found the training highly beneficial, expressing enthusiasm for acquiring new digital skills. The workshops facilitated engaging conversations, allowing participants to share their experiences and tips, fostering a supportive learning environment. Many reported increased confidence in navigating the digital world.

Community Events – 660+. FEEDBACK - Attendees continue to value these opportunities to connect, fostering new friendships and strengthening community ties. The diverse range of activities is well received, encouraging participation from different age groups and backgrounds. Feedback indicates a strong desire for ongoing and expanded programmes, with suggestions for even more variety to reach wider audiences and promote inclusivity. These events are recognised as vital for community cohesion and individual well-being.

Food Hygiene Course and Food Project – 17. FEEDBACK - Participants successfully completed a food hygiene course and engaged in practical cooking activities, preparing, delivering and tasting their creations. They gained a better understanding of food preparation processes and recipe development. Attendees reported that working in groups made cooking easier and more enjoyable, fostering teamwork and sharing skills, which has boosted confidence and culinary enthusiasm. Following the course, the women reported that working in groups made the cooking process easier and more enjoyable. They said that it had helped improve their skills in teamwork and cooking as well as boosted their confidence and enthusiasm for cooking. It also encouraged social interaction and mutual support among participants.

Following the training, the women demonstrated their new skills by delivering their dishes at a public event attended by approximately 60 people, who had the opportunity to taste their food. We also encourage the provision of food for smaller events through the Khush Amdid platform, which aims to further develop these women's skills and support their potential to establish their own food-related

businesses in the future.

Winter Food Support – 48. FEEDBACK - We operated a warm space for ladies between 10 am and 2 pm on Mondays from 4C Community Centre, which provided a supportive and caring environment for women during the colder months. We offered hot and cold drinks, with the option of a hot lunch, providing a safe and welcoming environment. During this time, a range of activities such as games, reading, and other engaging options were available to the attendees.

The space was inclusive of women with disabilities, mental health issues, and carers, ensuring that their specific needs were supported. Sessional staff and volunteers were present to support the women, engaging in conversations and offering assistance as needed. They also provided referrals to other agencies when appropriate. To ensure comfort during cold weather, attendees were encouraged to inform staff privately if they required items such as hot water bottles or gloves, which some requested.

How Reaching Communities Helped us

The funding has helped us to continue the employment of staff; recruit and train 8 more volunteers, with 17 completing a Food Hygiene Course; rent 4C and Broadoak Community Centre plus new venues at West End Methodist Church and Richmond Community Centre; and run the activities that impact on women from diverse backgrounds in Tameside. It has given us the foundation on which to grow our work, including securing other grant funding, which combined has enabled us to build more activities and recruit more women into our groups.

It has further improved our engagement with NHS and Council services, Action Together Tameside as well as other community groups, especially being part of consultations around vaccinations, Ashton Neighbourhood priorities, and public health. We are now represented on Tameside Equalities Together and have input into Action Together's Community Explorer Forum and Tameside Diversity Network and the Greater Manchester Ethnic Communities Network.

We have continued to strengthen our governance, working with Action Together on QIAA to strengthen our policies and procedures and undertaken further training for new trustees to ensure their understanding of their roles and responsibilities. The trustees are in the process of undertaking a governance audit and appraisal, and we are planning a review session in November.

We have addressed some issues regarding staff and trustee relationships. We are ensuring that both staff and trustees understand how to appropriately communicate within their responsibilities and to best utilise line management structures.

We continue to progress in strengthening the organisation's governance and have recruited one new trustee this year, taking us to 7. We had a target of 8 by the end of the project and have another potential trustee who will hopefully join us early next year.

We have continued to improve our strategic planning and partnership working, and have relationships with several more community organisations such as Ashton Primary Care Network, Carers' Centre, Active Tameside, Global Groves, Diversity Matters North West, Health Watch.

We are partnering in a bid with Diversity Matters NW and West African Development Organisation for the Tameside Economic Inactivity Trailblazer funding. This will include targeted support for disadvantaged and excluded groups to tackle issues that impact on people's health and well-being and improve community cohesion.

Whilst we have increased capacity to deliver effectively, we recognise that, with demand continuing to increase and us setting up new groups, we need to increase this further and are identifying and applying to new funders to achieve this. Capacity means taking on both more staff and volunteers, with support for both in place.

Women from the community have been involved as participants, volunteers, staff and trustees. They all influence how we work in their different ways. Most important are the participants and volunteers, who continue to drive the groups and share their ideas for developing them. We have a positive response to the surveys, feedback opportunities and community meetings where community members take the opportunity to voice their opinions and contribute in planning activities and events.

The differences we are making and what we have learned

The headline for the project is that is continuing to help more women from diverse ethnic backgrounds in Tameside become more skilled, healthier and engaged. We are able again to show significant achievement in these areas as well as community cohesion, confidence, social inclusion, self-esteem, self-efficacy and resilience. This comes about from our evidence in evaluations completed by women participating in our programmes as well as many discussions with the different groups.

For volunteers, we have seen phenomenal improvements in skills and confidence in supporting others and the evaluation results are shown below.

We have also progressed on a priority we set for year 2 in creating a stronger voice for women with Tameside Council, NHS services and the local VCFSE sector. We have created Tameside Female Influencers' Group in January with 15 participants. They have engaged with several decision makers from the Council, NHS and Action Together as well as feeding into consultations and attending networking events. There is an appreciation amongst those groups of the opportunity to connect with 'grass roots' women who are often hard to reach.

EVALUATION METHODOLOGY

Our main evaluation tool is our questionnaire that is completed by participants over the delivery period. This is designed to measure several outcomes by asking participants if participation had helped them improve in these areas and capture as many people's input as possible. We are clear that the questionnaires can be

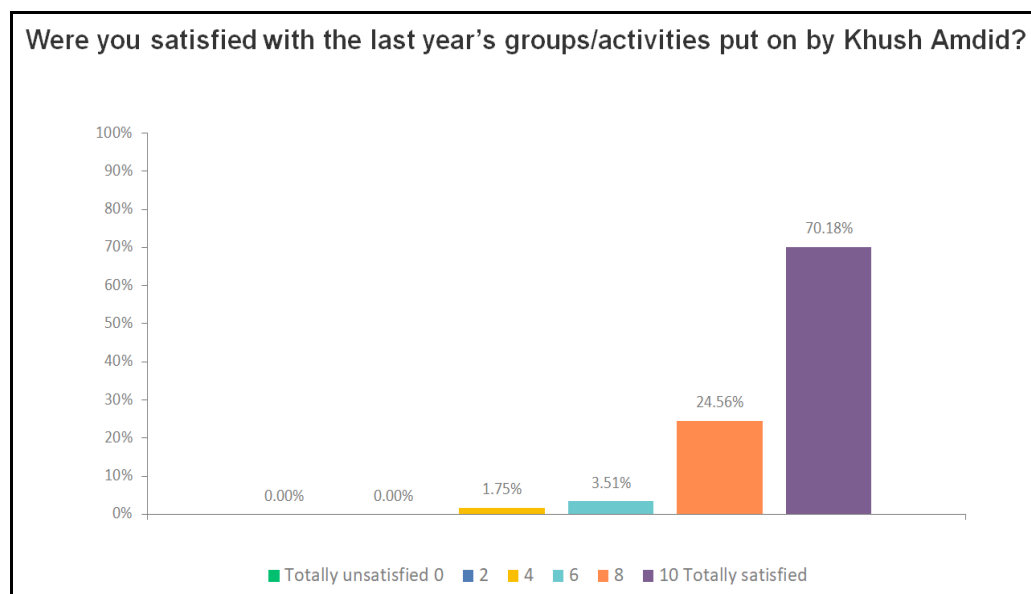
completed either by each person themselves or by interview, the latter being appropriate where there are literacy or comprehension.

Quantitative questions ask for a rating on a 0–10 scale, with two point intervals shown (i.e. 0,2,4,6,8,10). Positive ratings in these areas are measured by a score of 6 or above. This method gives us the opportunity to identify an average and to see the spread of scores. Three questions were comparative asking for a rating before and after participation.

The benchmark for fully successful outcomes is positive ratings greater than 85%. Analysis of all the evaluations is presented below along with recommendations for the project and organisation as a whole going forward.

EVALUATION RESULTS

Overall satisfaction was reported by 98.2% at an average rating of 7.94. This compares to last year's 85.3% at an average rating of 7.94. This is a significantly improved impact evidencing the result of hard work by staff and volunteers, especially being more responsive to meeting the needs of service users identified



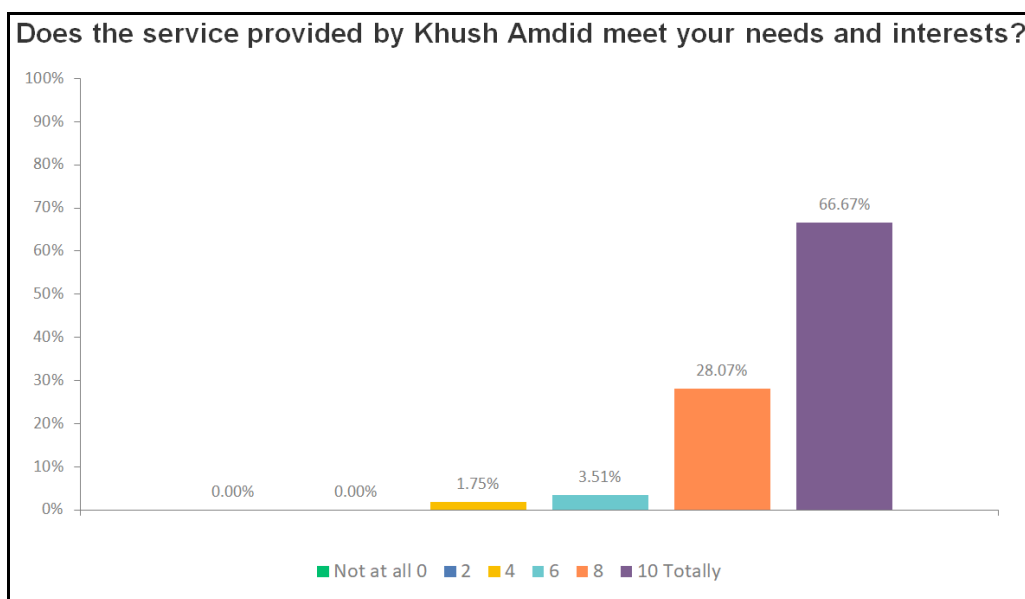
The qualitative feedback on how satisfaction was achieved include:

- *I enjoy the exercise class the most but like going on trips and to events. Staff are great and very helpful*
- *I have found these sessions particularly helpful in relieving my stress levels and carer fatigue. The group leader is extremely caring and helpful, as well as encouraging, and she creates a fun atmosphere by sourcing professional and inspiring dance leaders.*
- *By providing a platform to bring people together, work opportunities, networking etc which has great impact on long term.*
- *It is very beneficial for my mental health and wellbeing and physically being active looking forward to attending the group and meeting others in the community. I gain a lot of information and knowledge within the group.*
- *Benefit of health, I enjoy coming to Khush Amdid. Today I enjoy singing sessions which reminds my childhood memories.*

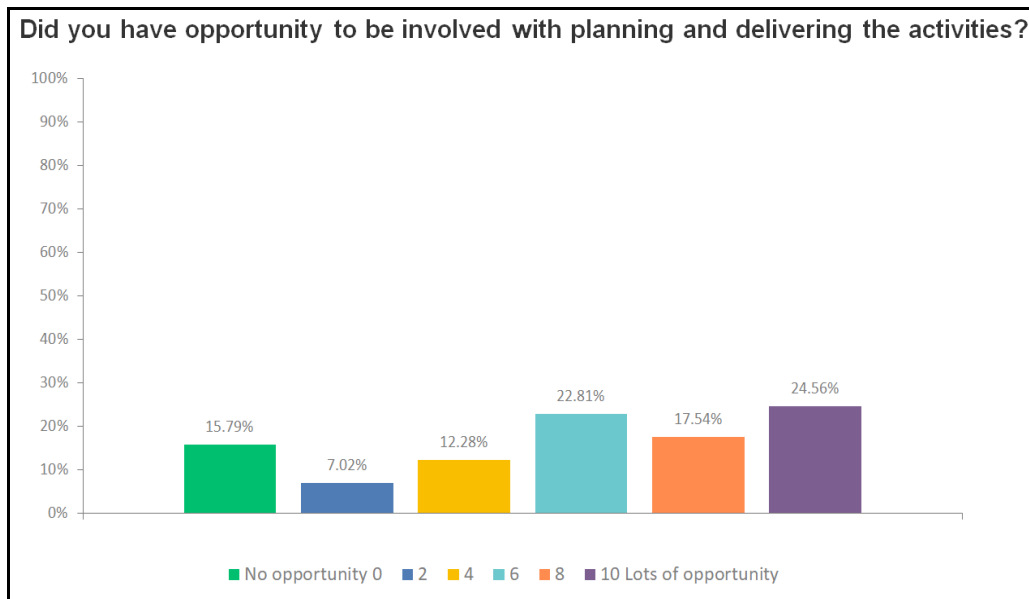
- Engagements with other communities and empowering all women in Tameside keep community busy with all kind of activities
- I really like coming to all the new activities. There are definitely more nowadays than before. It helps to make new friends
- The music night was really special. Brought back memories of my younger years
- Staff and volunteers were cooperative Planning and delivering project were good and achieved what they were expecting
- Uplifted my mood and motivation to movement
- Very uplifting exercise classes helping to lift my mood and help with my weight and pre-diabetes. A lovely friendly group of ladies to dance with too! Also I attended the Chaand Raat which was very busy with lots of stalls, food and mendhi. There was a great atmosphere and I got some good bargains too!
- The group admins are so welcoming and helpful. I love going to the group
- Variety of topics to discuss and activities. Enjoy the massages and armchair exercises
- It was the first time I attended a quiz night so didn't know what to expect. I really enjoyed it. It was a fun family event and everyone was serious about trying to win
- Walks were good. Nice to make new friends

The fact that we received far more comments on what influences service users' satisfaction, along with their extremely positive nature, shows why we have achieved the exceptional result this year. Again we see a range of factors that contribute to satisfaction, confirmed in our discussions with the groups. Ensuring the combination of strong and diverse activities, opportunities to socialise, staff performance, ensuring accessibility, and the opportunity to volunteer or otherwise contribute has clearly helped with this achievement and, going forwards, we will continue to reinforce these wherever possible.

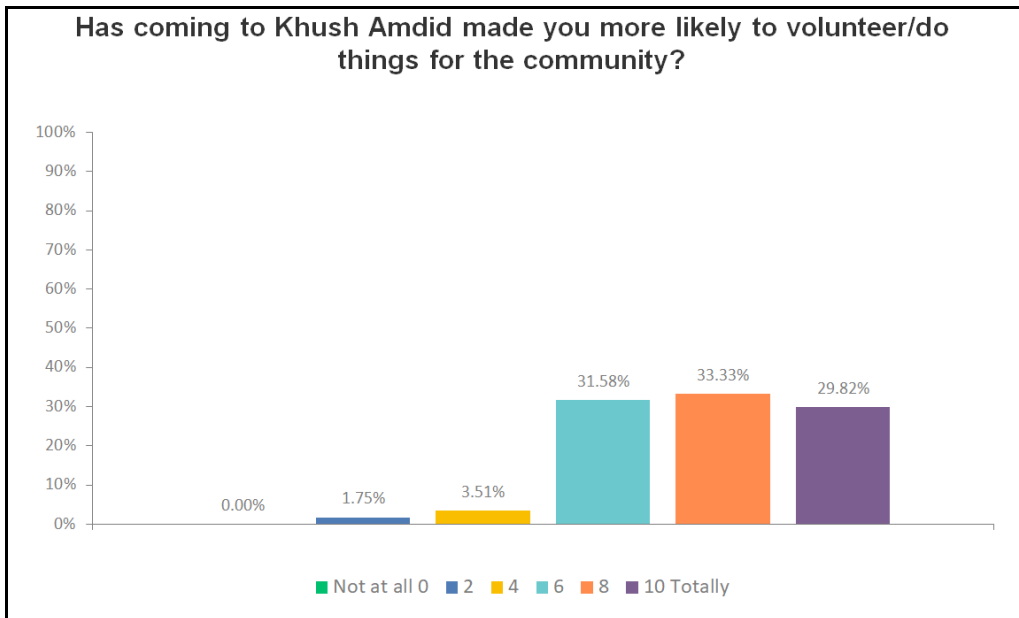
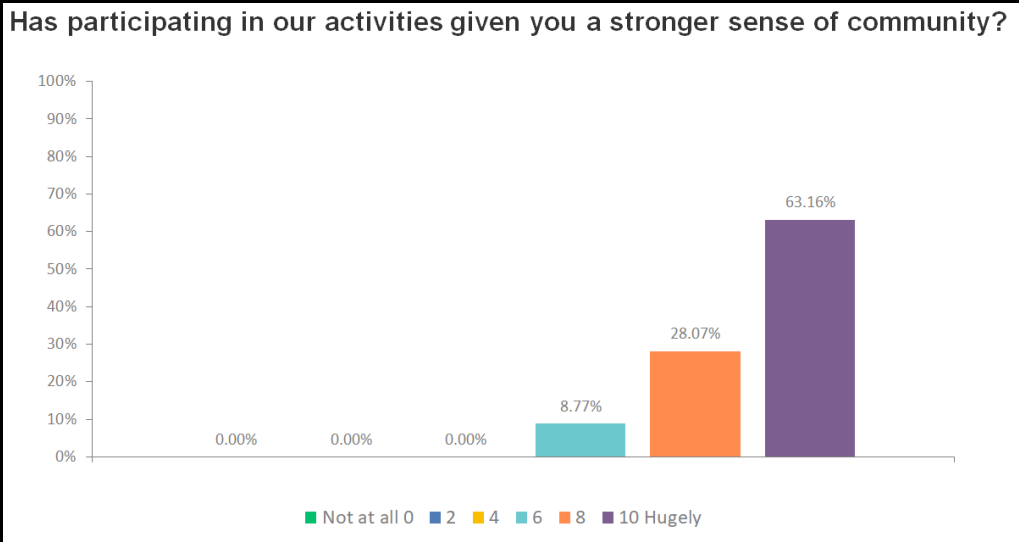
With 98.2% of participants saying that the service provided met their needs and interests (up from 85.3% in year 1), we can have confidence that we have been delivering our activities in an improved manner. Part of this is due to ensuring more opportunity for participants to input into what is put on, and implementing their ideas. This should be continued going forwards as well as looking to get more women involved with working groups and looking to progress into influencing more the overall organisation.



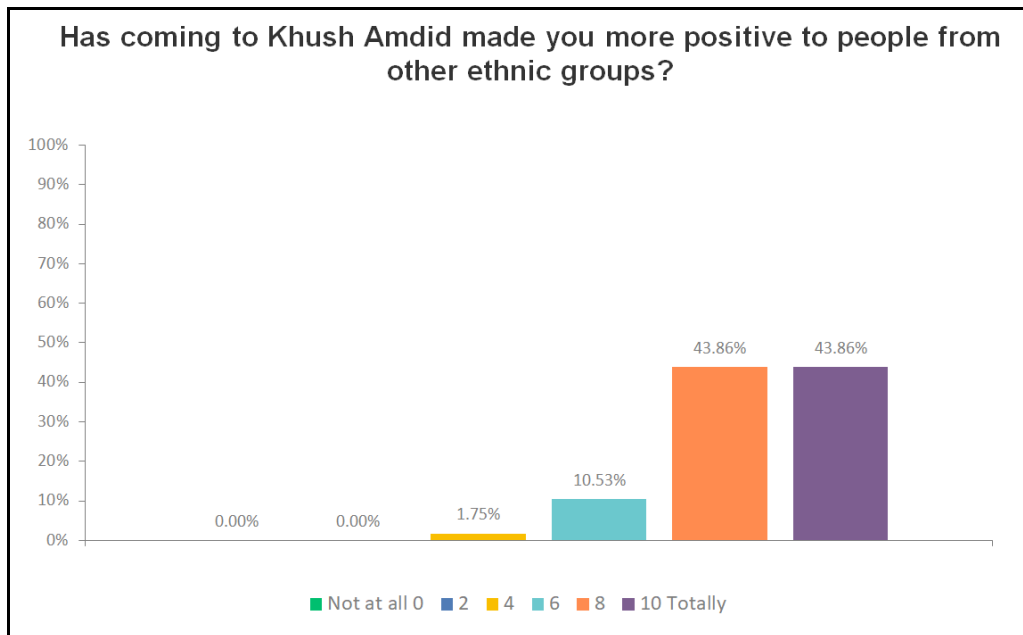
The 64.9% reporting that they had the opportunity to be involved with planning and delivering is similar to the 64.7% last year. Whilst we gave the opportunity for everyone to have training in activity planning, only a small number took this up. The majority of women are still having some involvement in planning and delivery of sessions but we have much room to improve. Therefore we will look to put on two or three actual planning sessions, rather than feedback sessions, in groups, making them as interactive as possible and having the training integrated with the implementation. This will hopefully remove the initial barrier to being involved with planning and encourage more involvement and more people delivering. Subsequently, we hope that this would lead to increased numbers volunteering.



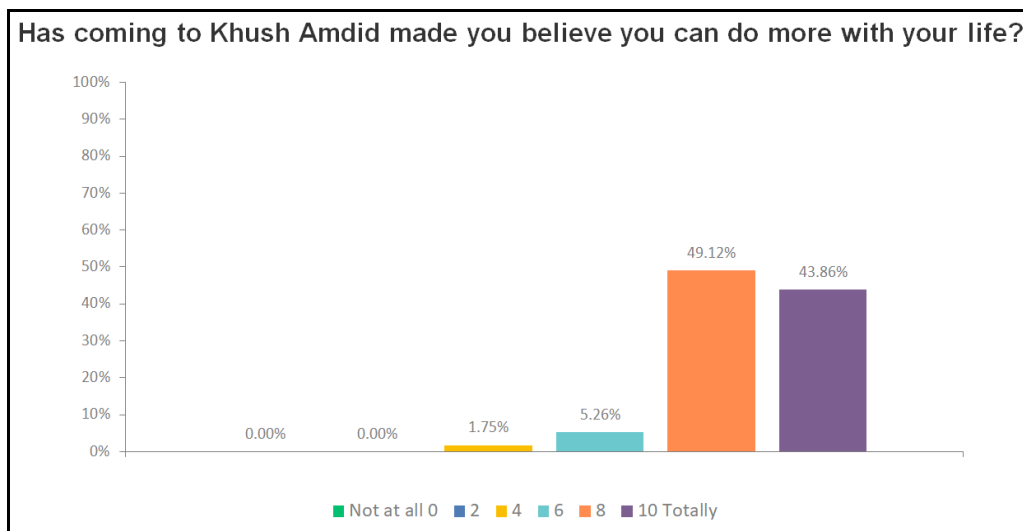
100% of respondents reported that participating in activities had given them a stronger sense of community, compared to 88.2% in year 1. This exceeded our expectations and reinforces the fact that we are operating on the right lines. The only concern is keeping this level of achievement next year! Along with the fact that 94.6% said that coming to Khush Amdid made them more likely to volunteer or do things for the community, up from 73.5% in year 1, this shows the improved impact of our activities. We have established a clearer volunteer pathway but need to build on this by integrating volunteering opportunities into sessions, as described above. We still need to explore accreditation and more recognition for those volunteering especially, for those over 50, registering with the Discovery Award.



In addition to sense of community, we ask a specific question regarding positivity to people from other ethnic groups. 98.1% said that we had impacted positively compared to 91.2% in year 1. This would appear to be a combination of several activities addressing diversity and inclusion issues along with the increasingly diverse nature of the groups. There is certainly a need to continue activities to celebrate diversity and involve people in planning new, creative ways to do this.



The impact of the work is further seen with 98.2% of participants saying that coming to Khush Amdid made them believe they can do more with their life. This is an exceptionally strong piece of evidence that can be used as a marketing tool both to encourage more women to get involved as well as for potential funders and donors as it is one of the we have.



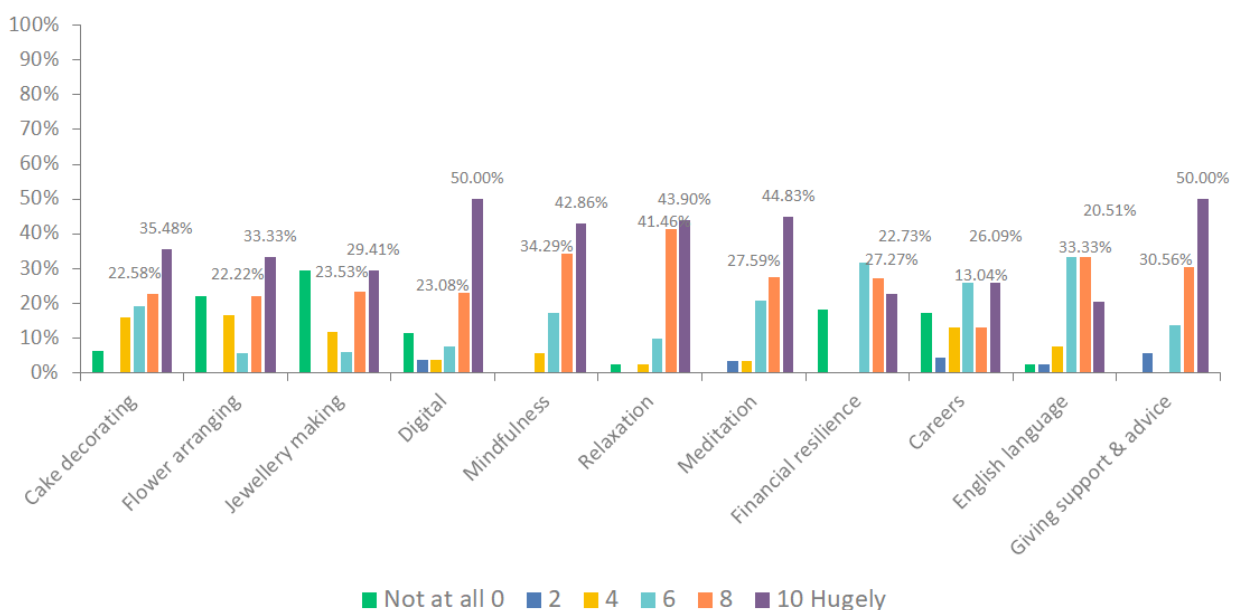
Our question measuring impact across several intended outcomes. The results are extremely strong across the board, all well exceeding our 85% target. One significant improvement is the 98.2% expressing positive belief that they can achieve their personal goals, up from 85.3% in year 1. Feedback from the different groups tell us that there are many positive aspects to both the types of activity being delivered as well as the process by which this is being done. The idea of involving more service users in planning and delivery will hopefully strengthen this further.

Has participating in our activities helped you improve in the following areas?



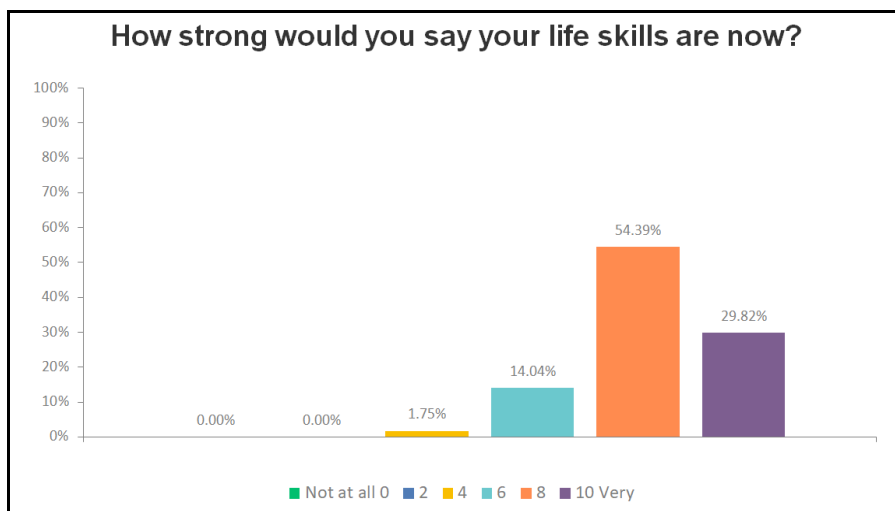
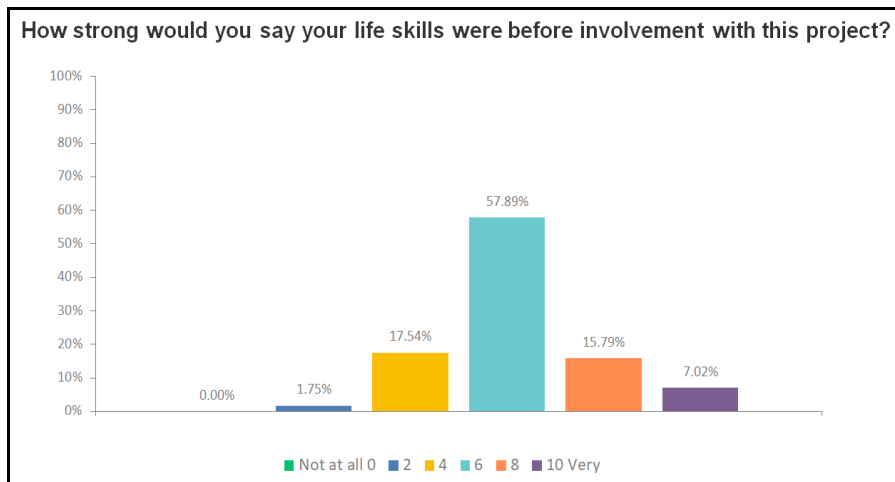
We asked a similar question to measure improvements in life skills. The 85% target was exceeded for areas of mindfulness, relaxation, meditation, English language, and giving support & advice. Digital, financial resilience and careers, whilst not reaching the target, were significantly improved from last year. The reflects the increased focus in these areas during the year and, with this, further focus in the final year on these areas will be prioritised.

Has participating in our activities improved your life skills?



What is very positive is the overall improvement reported in strength of life skills, with

the average rating going from 6.2 to 8.3 (compared to 5.1 to 8.2 last year). There were 19.3% reporting in the negative domain prior to involvement and only 1.7% after (54.5% to 3.0% last year). This shows that, across the project, we are continuing to have a significant impact on life skills.

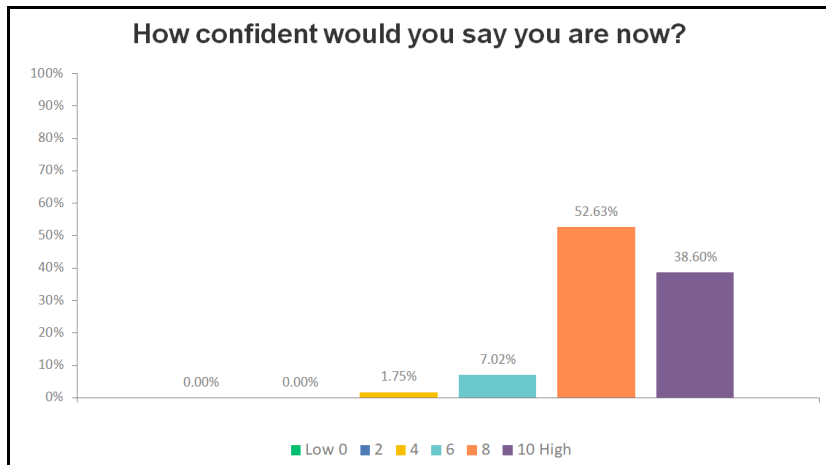
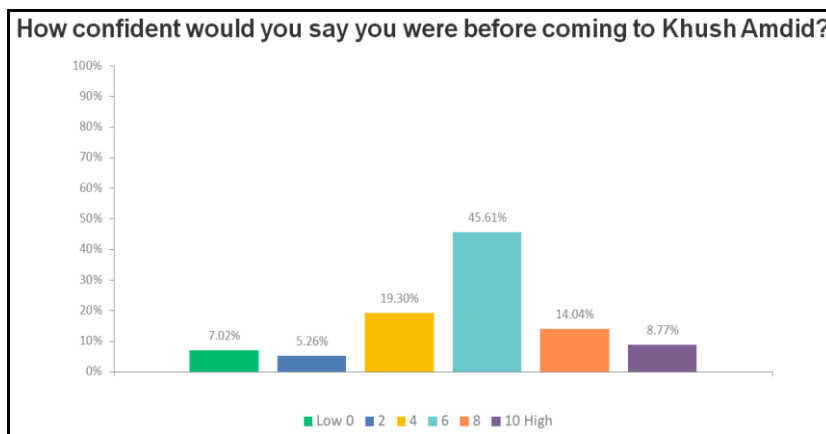


Relevant comments include:

- *It gives me opportunity to come out from home to learn new skills, information and connect with my community*
- *I really enjoy learning new things. I wish I could join all the groups but only go to Thursdays at Broadoak.*
- *Very much it has helped me with my confidence and communication.*
- *Just being around other people and learning new things. Discussions in the Thursday group are interesting.*
- *They always signpost if they can't help you themselves*
- *I learn digital skills which helps me learn how to safe online*
- *I have learned a lot from other people and been to a lot of new places with this organisation*
- *Coping with carer fatigue*

The level of confidence reported is again strong, again with the 'before' measure at a higher level, with the average rating going from 5.6 to 8.6 (4.6 to 8.5 last year) an excellent rise of 3.0 points. There were 31.6% reporting in the negative domain prior to involvement and 1.7% after. (68.1% to 0%).

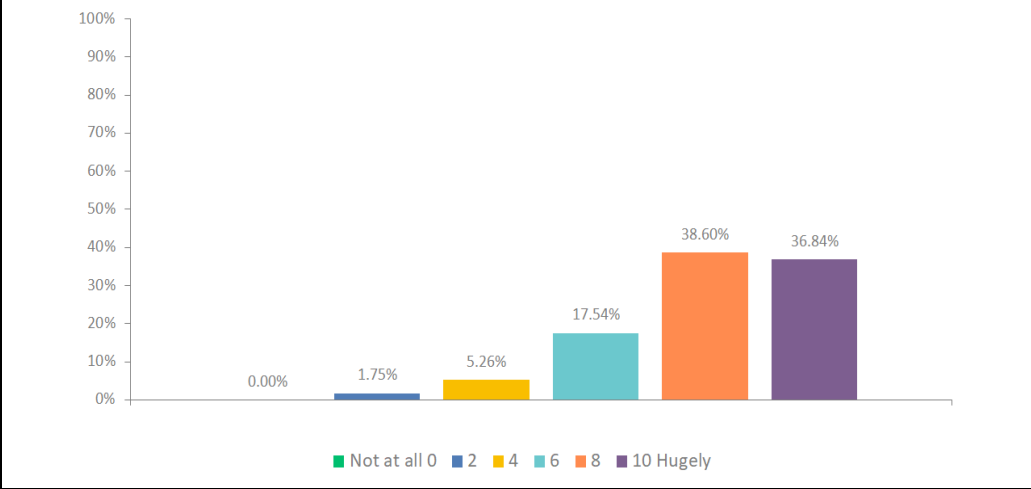
There is a significant correlation between the rating of life skills and confidence after involvement (Pearson correlation $R=0.75$, $P<.001$), which is even stronger than last year. This again supports our hypothesis that improvement in skills leads to greater confidence, as confirmed in discussion with participants. Moving forward, we should look to identify more opportunities to develop different skills so as to build on this impact.



Health

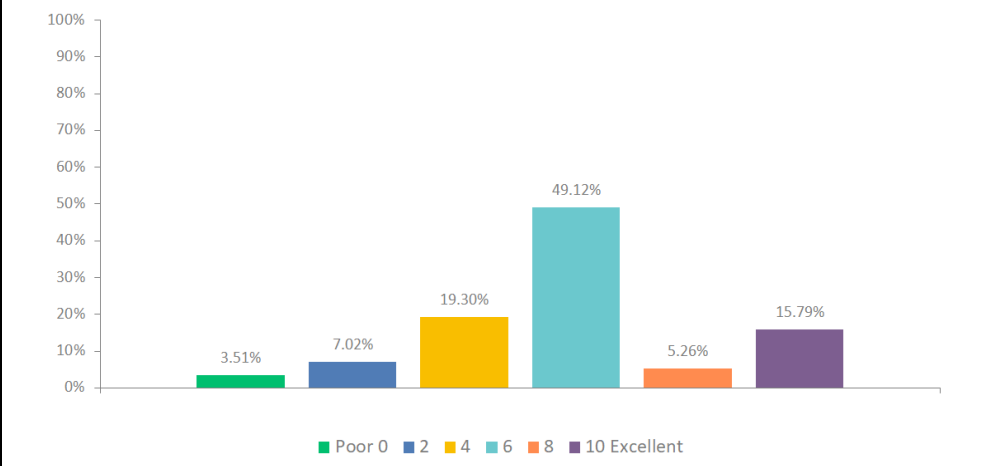
We again measured improvement in physical fitness with one question and, for mental well-being, had a change measure. Both showed significant improvements and were in line with last years results. 93.0% reported improvement in physical fitness, an average rating of 8.07.

Has participating in our activities and trips helped improve your physical fitness?

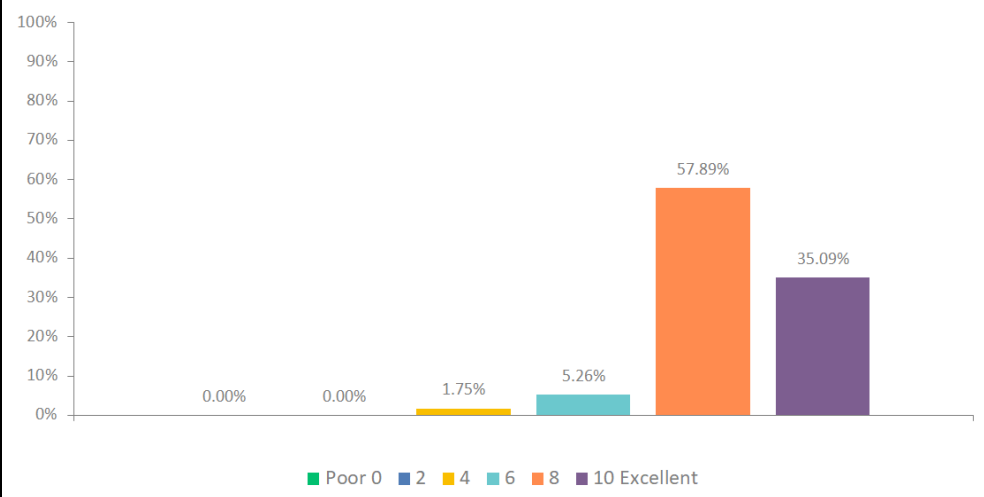


For mental well-being, the average rating went from 5.9 to 8.5, an excellent rise of 2.6 points. There were 29.8% reporting in the negative domain prior to involvement and only 1.7% after. The higher starting point for this and other measures is noteworthy as well as the higher average after involvement.

How would you rate your mental well-being before coming to Khush Amdid?



How would you rate your mental well-being now?



Both improvements, as with last year, show significant impact from involvement and are backed up by qualitative feedback answering how coming to Khush Amdid's activities help in improving their health:

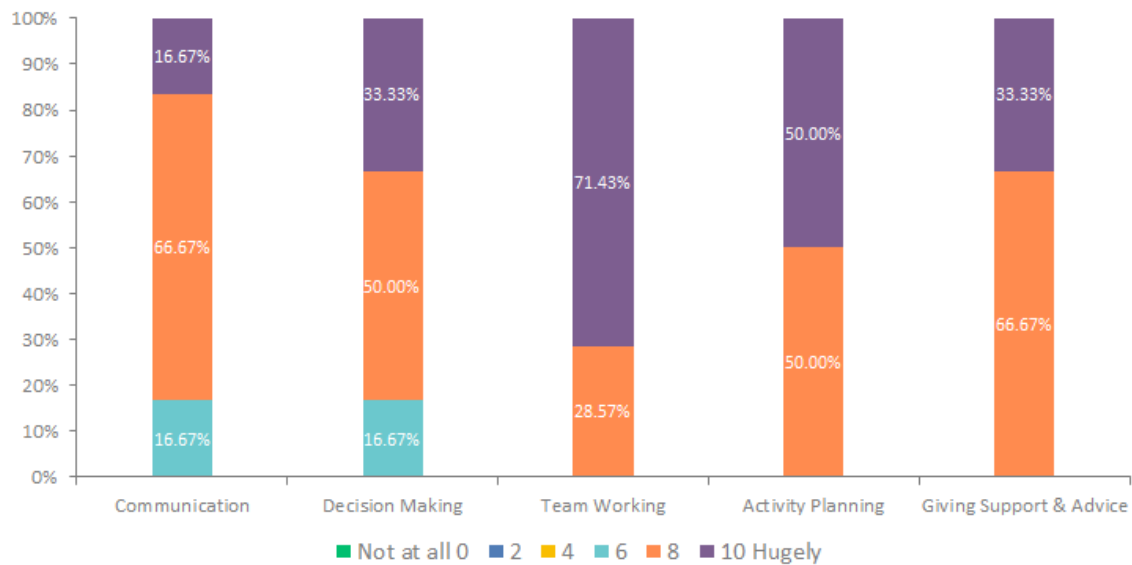
- *I have enjoyed many things including: Talking to people; Being in a good environment; Being around other people; Discussing matters; Talking & listening to others; Enjoying activities. These activities have boosted my confidence and got me out and about, moving around.*
- *By providing a fun activity (dancing) Khush Amdid has changed my life dramatically for the better (mentally, physically and socially)*
- *Yes I definitely feel my mental health has been very good as I learn a lot of new things and I get involved in a lot of physical activities*
- *Gets me out. I meet new people and have a laugh*
- *Gets me out of the house and talking to adults instead of children*
- *Sitting at home make me frustrated, angry and now I learn to be calm through exercise, meditation.*
- *Mixing and talking and engaging with other ladies and participating in activities makes mind strong and mentally relaxation*
- *It's like a family. We see each other away from the group and people check up on you if you miss a session*
- *The workers are very kind and helpful they talk to you and give useful advice which made me feel better*
- *Exercise classes are so fun. Like going on trips and walks. Definitely moving more than I used to*
- *I enjoy coming regularly, when it's not on, I feel like something is missing. I have made long term friends here and feel like the luncheon club is home from home*
- *Through uplifting and varied dance sessions alongside good company.*
- *I have made new friends and done new things that I wouldn't have thought about before. Really enjoy the outdoor walks and exercise classes as well as craft sessions on Thursdays*
- *Love the trips and events. It gets me out of my house and into the community meeting other people in a fun way*

Volunteers

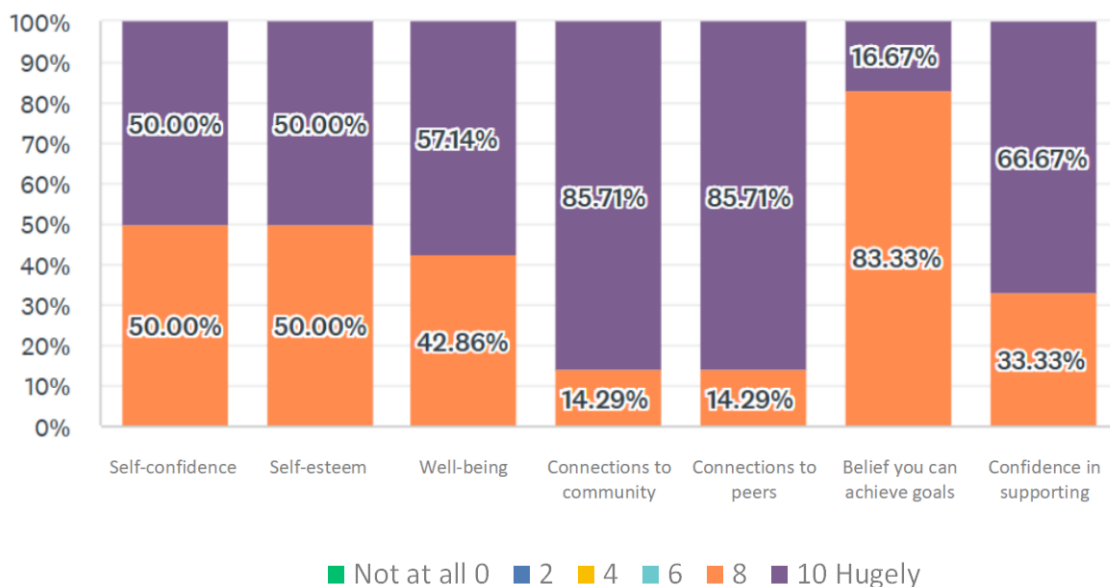
We asked volunteers several questions relating to the impact of volunteering and support received. The answers, as with last year, showed huge positivity based on volunteering with nearly all responses in the positive domain. The two particular outcomes we had set out to evidence – to improve volunteers' skills and confidence in supporting others – both had 100% of volunteers rating positively on all aspects, as seen below. 100% also reported that they had opportunity to be involved with planning and delivering the activities and that the opportunity met their needs and interests.

Average ratings for life skills were all over 8.0 and for confidence over 9.0.

Has participating in our activities improved your life skills?



Has volunteering helped you develop in the following areas?



These results are, in many cases, an improvement on the previous year but, again, there is room for improvement. Training and coaching for volunteers needs to be more consistent to further expand their skills, ensure new volunteers are given similar opportunities, and build the cohort. Current volunteers need to buddy new ones more consistently so that we can both strengthen support as well as guidance skills.

Comments from volunteers reinforce the positive impact:

- *Coming to Khush Amdid has supported me to develop crucial soft skills like culturally sensitive communication, empathy and advocacy, while also gaining valuable experience in resource navigation. Crucially, giving back provides a powerful sense of purpose, reduces stress and strengthens emotional resilience, leading to overall improved mental health and self-esteem.*
- *Volunteering opportunities give me to be part of community, learning new skills, enjoy different activities.*
- *It has led to volunteering opportunity and 2 training courses*
- *Meeting different groups, people and communities and also people of different ages.*
- *Gives me something to do, to look forward too and makes me feel I am needed*
- *Meeting new people, talking to them improve my wellbeing and learn from their experiences*
- *Learn lots of things from our elders experience, listening their life stories about their struggles and resilience*

There were several useful comments as to what would improve their volunteer experience, with one very comprehensive description:

- *To significantly enhance my volunteer experience and boost my community engagement skills, I want to eventually shift my involvement to be more proactive. I should begin by proposing and supporting in specific outreach initiatives, like organizing a community presentation or running an information booth at a local cultural event, to practice my public speaking and logistical planning. Furthermore, I will actively look for opportunities to take on internal leadership roles, such as coordinating a project or mentoring new volunteers, which will develop my organisational skills and overall confidence. By embracing these challenges, I know I will maximize my personal development while ensuring a broader, more meaningful impact on Khush Amdid*
- *More health related activities to be offered by Khush Amdid*
- *Training, more opportunities of interaction with wider community*

We also had 3 change measures that very clearly evidence the impact of the work:

- Life skills improved from an average rating of 6.0 to 9.1
- Mental well-being improved from an average rating of 5.7 to 9.4
- Confidence improved from an average rating of 6.3 to 9.1

CASE STUDIES

Case Study: Khadeeja's Journey with Khush Amdid

Khadeeja, a resident of Ashton, has been living in the area for two years. During her search for women's activities and community engagement, she discovered Khush Amdid through the local library. Curious about the organisation's offerings, she

visited their Facebook page and was impressed by the variety of activities and events shared online.

Khadeeja decided to get involved and began attending the Thursday Women's Group. Through this group, she started making new friends and building a supportive social network. Her participation in the organisation's activities provided her with a sense of community and belonging.

One of the highlights of Khadeeja's journey was her involvement in Digital Skills workshops. She found these sessions to be extremely beneficial and learned various digital skills, including how to navigate the internet, use social media platforms effectively, online safety, and perform online searches confidently.

Khadeeja reports that the digital skills she acquired have significantly increased her confidence in using online tools. This newfound confidence has enabled her to stay connected with friends and family, access information more easily, and participate more actively in the digital world. She has now become a volunteer and is starting to use her photography skills to record our events and share on social media.

Case Study – Parveen

Parveen is a single parent who has been living alone for the past year following her son's marriage. She is taking medication for depression and has been reluctant to leave her home and talk to people. She has lost her mother, brother and nephew in one year a couple of years ago and is still struggling to come to terms with the loss.

Parveen heard about the Khush Amdid Monday and Thursday groups and, with travel support, has been attending occasionally. She has been encouraged to take part in events and completed the Food Hygiene Course, which she really enjoyed. She has used those skills in the Food Project. She says she feels like "I am waking up from a long sleep". She is feeling "more human again" and "feels useful and that my opinion counts".

Parveen has made a big effort to socialise again after a few years of isolating herself. She is feeling better in herself and beginning to enjoy life and looking forward to attending the groups. She is feeling more positive about life in general and is grateful for the support and help given to her by KA staff. She also says she felt welcomed in both groups and, as she did not know anyone there from before, she felt calmer about attending.

Case Study – SN

She is a mother of 5 children and had spent most of her life looking after family and her home. She had various health issues and was looking to join some groups or do some volunteering to improve her health.

SN started coming to the Thursday wellbeing group in 2024. She subsequently started volunteering with Khush Amdid and really enjoyed meeting other women and helping both plan and join in the activities and trips.

She is now working in 2 part time jobs and feels her self-confidence and knowledge has greatly increased due to her experiences with Khush Amdid. She feels she is more patient now and enjoys her life more. Her children are growing up and she is encouraging them to try new things. She has made new friends and joined other groups. She is now always encouraging other ladies to get out and about and be aware of the 5 ways to Wellbeing.

How we are Developing

This year has been more about consolidating the developments in year one than introducing yet more activities. We continue to be cognisant that diverse activities and opportunities to socialise must be at the heart of everything we run. We are always looking for new ideas to introduce and are introducing monthly events such as singing, quiz nights, museum and other educational/cultural outings. Our new exercise formats such as yoga, Tai Chi, and Pilates have proved beneficial to many of our participants and expanded their enjoyment.

We are always clear that, in order to maintain interest and attract new people, we must keep looking for both activities and new ways of delivery.

The larger group sizes, as we have expanded, have presented a logistical challenge on occasion but we have been very encouraged to see members encouraging and uplifting each other. This shows how important all the previous work to involve them in owning the activities and helping run them has been. It has led to a continued, supportive atmosphere fostering a sense of community and well-being, which we must always have foremost in our minds, especially with so much division being spread in some quarters.

The challenges of staffing continue to be there and, when our Health & Wellbeing Worker left, we looked at different options. In hindsight this was a mistake and we should just have recruited immediately. The post is being advertised again now.

We have, on occasion, also struggled with communication and, as we recognised last year, we need to continually monitor this across our organisation so that everyone is clear on their role and how that contributes to our success. We have introduced a fortnightly meeting with key staff, trustees and volunteers, which does help with front line planning. Regular updates on developments have gone to trustees but we still need to do more to ensure that the staff and volunteers feel supported by them.

The Voice initiative has started to build some momentum but we need to put in a regular meeting, at least monthly, and engage more volunteers. Volunteer feedback also shows that we need to offer an expanded training programme for them both within Khush Amdid and also identifying outside opportunities.

We are planning a new, monthly session at a new venue at West End Methodist Church to include social time and speakers. This was in direct response to a gap in that area identified by the Voice group.

We have introduced new opportunities for digital learning, with digital workshops covering on-line shopping, using social media, using Canva to design posters or newsletters and accessing Apps. We still need to do more on managing finances including sessions around budgeting, benefits and small enterprises to sell products.

We ran an awareness session on changes to the burial systems with the new statutory system for Medical Examiners looking to ensure the accuracy and scrutiny of death certifications. We are looking to bring in someone from Tameside Coroner's

office, doctors and other interested parties to address this and ensure the community's confidence in the system remains high.

We put more emphasis on community cohesion in our monthly events following the summer riots, looking to build better relationships, understanding and respect.

We have extended our partnership working, linking with Ashton Primary Care Network for health and wellbeing events; Active Tameside for exercise sessions; and Carers' Centre to provide better information for our service users. We have learnt that such partnerships can grow our capacity without needing to use more staff of our own, but can also lead to increased resource, such as Active Tameside helping towards the funding of some of our exercise sessions.

The support from Action Together and Community Futures Trust has helped to improve our structure and skill up trustees, staff and volunteers. Seeing this has increased our understanding that we must skill up as many people across the organisation as possible, viewing their strengths as assets that can help us and the community meet the needs of different and more people.

As part of this, we have learnt that we must give even more women the opportunity to volunteer, improve their life skills and their confidence and self-efficacy to enable our community to thrive.

PHOTOS

Here are few photos from different activities ,events, workshops and regular



BLACKPOOL FAMILY TRIP

Date: Saturday 3rd August

Departure from Ashton: Time-9.45AM

Return from Blackpool: Time-6.00PM

Members £15
non-members £18

Pick-up point: Masjid-E-Hamza Ashton Under Lyne OL7 0AN

Contact: Nageena-07939596137
Mariam-07488246917



MONDAY LUNCHEON CLUB

4c Community Center
Taunton road
Ashton-under-lyne
OL79DR

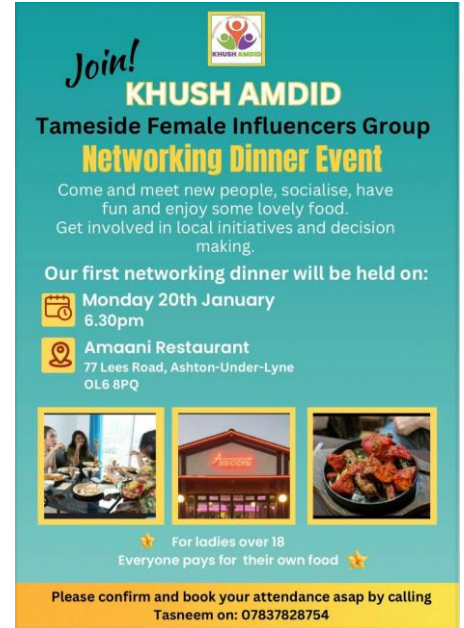
Every Monday
10.00am - 2.00pm
Lunch time - 12.30 pm

Weekly activities for 2024...
Activity time - 11.00am-12.00pm

- 8th January - Stain glass painting
- 15th January - Exercise
- 22nd January- 3D Card making
- 29th January - Exercise
- 5th February - Chit Chat/Crochet
- 12th February - Exercise
- 19th February - Board games
- 26th February - Exercise
- 4th March - Chit Chat/Crochet
- 11th March - Exercise
- 18th March - Bingo
- 25th March - Exercise

CHIT CHAT

Contact : Nageena 07939596137



Join! KHUSH AMDID

Tameside Female Influencers Group Networking Dinner Event

Come and meet new people, socialise, have fun and enjoy some lovely food. Get involved in local initiatives and decision making.

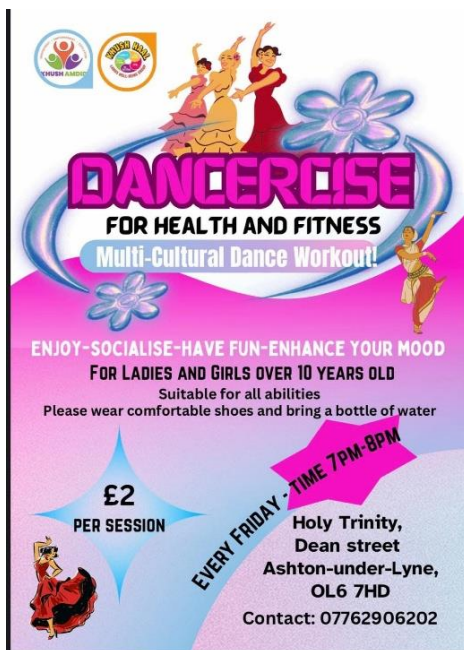
Our first networking dinner will be held on:

- Monday 20th January 6.30pm
- Amaani Restaurant 77 Lees Road, Ashton-Under-Lyne OL6 8PQ

For ladies over 18 Everyone pays for their own food

Please confirm and book your attendance asap by calling Tasneem on: 07837828754

sessions.



DANCEERISE

FOR HEALTH AND FITNESS
Multi-Cultural Dance Workout!

ENJOY-SOCIALISE-HAVE FUN-ENHANCE YOUR MOOD
FOR LADIES AND GIRLS OVER 10 YEARS OLD
Suitable for all abilities
Please wear comfortable shoes and bring a bottle of water

£2 PER SESSION

EVERY FRIDAY - TIME 7PM-8PM

Holy Trinity,
Dean street
Ashton-under-Lyne,
OL6 7HD
Contact: 07762906202



join! KHUSH AMDID

In celebrating the men in our lives

INTERNATIONAL MEN'S DAY!
Information stalls and live entertainment!

FAMILY ANWAR SHAD EVENT

ZAAHEER LAKHEERA ANWAR SHAD FARIDA LAKHEERA

A Night of talks, special guests comedy, and music

FRIDAY 22ND NOVEMBER AT 6PM-9PM

4C Community Centre
Taunton Road, Ashton-Under-Lyne,
OL79DR

TICKETS: £5
per Adult and children over 10 years -Refreshments included!

For further information and tickets Contact:
07837 828754 Or 07762906202
Places are limited please confirm your attendance

Join!



ART AND CRAFT SESSIONS

With..  **Global Grooves**

Thursday-13th march
Thursday-20th march
Thursday-27th march
11.00am-1.00pm

Broadoak Community Centre
160 Broadoak Road
Ashton Under Lyne
OL6 8RS



Ladies only event





HATE CRIME Awareness Workshop



SHARING CULTURES NOT CRIME

Join our interactive workshop and share your experiences of Hate Crime with discussions around clothing and food.

Thursday 27th February
10.00AM-1.00PM
Broadoak Community Centre,
160 Broadoak Road,
Ashton-Under-Lyne,
OL6 8RS



REFRESHMENTS PROVIDED!



Family Trip to Skegness

Sunday 15th June 2025
Departure time-8.00am
Return time -5.00pm



Tickets:
£20-members
£22-non-members
£15-under 12 years

Pick-up point
Masjid-e-Hamza
Katherine Street
Ashton-Under-Lyne
OL7 0AN

Seats will be confirmed only on payment and non-refundable first come first served!

For further information contact:
07939596137 or 07837 828754



COME ALONG TO KHUSH AMDIDS

Chand Raat

AT **INDISH BISTRO**
126 Oldham Road
Ashton Under Lyne OL7 9AH

FREE ENTRY!
Car park at rear


Saturday 29th March
4pm - 9pm

LOTS OF STALLS AND FUN

Henna clothes jewellery food★drinks Bouncy Castle & many more



To book a stall please call: 07837828754 OR 07939596137
please note: There will be stalls outside



KHUSH AMDID ? QUIZ NIGHT ?


Date: Thursday 30th January 2025
Time: 6.00pm-8.00pm

Venue:
Broadoak Community Centre
160 Broadoak Road,
Ashton-Under-Lyne, OL6 8RS

£3 per Person


Teams of 4. You can join a team on the night if you dont have 4 already.

★ **WINNERS WILL RECEIVE A PRIZE** ★
Pie Supper-Refreshments available to purchase
Please confirm and book your attendance asap by calling
Tasneem on: 07837828754




KHUSH AMDID

invites you to an end of year celebration Event!



MUHAMMED RAFI TRIBUTE NIGHT
With popular local artist:
ZAHID ALI




Join us for a mesmerising evening of Bollywood music!

Broadoak and Smallshaw Community Centre,
160 Broadoak Road,
Ashton-Under-Lyne, OL6 8RS

Saturday 28th December
doors open at 6.00pm
**Limited seats
£10 ENTRY**

Charity Raffle
hot/cold drinks and food available to purchase
For further information and tickets Contact:
07837828754 Or 07762906202
Places are limited and only guaranteed on payment of ticket price




LET'S TALK ABOUT ENDOMETRIOSIS

Don't suffer in silence.

Join us to learn about the symptoms, treatment options, and lifestyle changes that can make a difference.

21st August
11.00am-1.00pm



Talk by : **Dr Anita Sharma**
Endometriosis can cause pain, infertility and other challenges, early awareness and care can make a significant difference.



Ladies NIGHT

SATURDAY 21st JUNE-6.30-10.00PM
An evening of celebration, fun, music games with the wonderful
★ **JAS KAUR** ★

4c Community Centre
Taunton Road
Ashton-Under-Lyne
OL7 9DR

TICKETS £10



Raffle ★ Mehndi
Refreshments available to purchase!

Tickets to be bought in advance
contact: 07837828754









Khush Amdid

Independent Examiner's Report to the Trustees

I report on the accounts for the year ended 31 March 2025, which are set out on pages five to ten.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the

requirements of the Charities Act 2011 (the Act').

I have examined your charity's accounts as required under section 145 of the Charities Act 2011 (the Act'). In

carrying out my examination have followed the Directions given by the Charity Commission under section

145(5)(b) of the 2011Act.

My role is to state whether any material matters have come to my attention giving me cause to believe:

- 1 that accounting records were not kept as required by section 130 of the Act; or
- 2 that the accounts do not accord with those records; or
- 3 that the accounts do not comply with the accounting requirements of the Act; or
4. that there is further information needed for a proper understanding of the accounts.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.

JD Accounting Ltd

27 Booth Street

1st Floor

Ashton Under Lyne

Manchester

OL6 7LB

Date: 28th January 2025

Khush Amdid
Statement of Financial Activities
for the Year Ended 31 March 2025

	Notes	Restricted Funds £	Unrestricted Funds £	2025 Total Funds £	2024 Total Funds £
Incoming Resources					
Donation and legacies	2	56,289	11,446	67,735	65,711
Investment Income	3		365	365	338
Total Incoming Resources		<u>56,289</u>	<u>11,811</u>	<u>68,100</u>	<u>66,049</u>
Expenditure					
Charitable Activities					
Accounting fees			840	840	720
Catering Exp		660		660	7,868
Consultancy		-	1,705	1,705	1,435
Event Expenses		12,545		12,545	14,106
Event Hall Hire Rent		6,140		6,140	10,617
Event Travel Exp		2,520		2,520	695
Food to homeless		-		-	3,414
Health Worker		-		-	574
Insurance		-		-	287
Mileage Exp		-		-	530
Nest Pension		303		303	-
Office Exp		-	2,426	2,426	249
Sessional Worker		-	4,842	4,842	1,506
Sundries		-	510	510	536
Wages		34,085	2,521	36,606	11,630
Total resources expended		<u>56,253</u>	<u>12,844</u>	<u>69,097</u>	<u>54,167</u>
Net of Receipts/(Payments)		36	(1,033)	(997)	11,882
Total Funds Brought Forward		14,489	43,960	58,449	46,567
Total Funds Carried Forward		<u>14,525</u>	<u>42,927</u>	<u>57,452</u>	<u>58,449</u>

Continuing Operations

All incoming resources and resources expended arise from continuing activities.

Khush Amdid
Balance Sheet
AS AT 31 March 2025

	Restricted Funds £	Unrestricted Funds £	Total 2025 £	Total 2024 £
Current Assests				
Cash at Bank	14,525	50,384	64,909	62,509
Creditors				
Amounts falling due within one year	5	-	(427)	(1,812)
Net Current Assests	14,525	49,957	64,482	60,697
Funds				
	6			
Unrestricted Funds			49,957	55,227
Restricted Funds			14,525	5,470
Total Funds			64,482	60,697

The financial statements were approved by the Board of Trustees on 28 / 01 /2026
and were signed on its behalf by:

R M ALI

Trustee

Rukhsana Ali

Khush Amdid
NOTES TO THE FINANCIAL ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting Policies

Basis of Preparing Financial Statements

The financial statement have been prepared on the historical cost basis.

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.

Incoming Resources

All income is included in the statemetn of financial activites when entitlement has passed to the charity, it is probable that the economic benefits associated with the trancsaction will flow to the charity and the amount can be realible measured.

The following specific policies are applied to particular categories of income:

- income from donations or granst is recongnised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliable.

Resources Expended

Expenditure is recongnised on an accruals basis as a libility is incurred. Exp[enditure 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 charitable activites includes all consts 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 approtioned to charitable activities.

2 Donation and Legaices

	Restricted Funds	Unrestricted Funds	2025 Total Funds	2024 Total Funds
	£	£	£	£
Donations	-	11,446	11,446	2,497
Action Together	2,000	-	2,000	2,207
GMCVO	-	-	-	3,910
Forever Manchester	-	-	-	6,000
Westminst funding	-	-	-	2,500
Chand Raat Donations	-	-	-	460
Reaching Grant	48,832	-	48,832	25,041
K A Luncheon Club	-	-	-	4,622
TMBC Winter Pressure	2,657	-	2,657	5,150
Tameside MBC	2,800	-	2,800	-
Co-Op	-	-	-	1,324
Salford Community Grant	-	-	-	2,000
TFGM - Cyle and Stride	-	-	-	10,000
	56,289	11,446	67,735	65,711

3 Investment Income		
Bank Interest received	<u>365</u>	<u>338</u>

4 Trustees's remuneration and Benefits

There were no trustees's remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees's Expenses

There were no trustees' expenses padi for the year ended 31 March 2025 nor for the year ended 31 March 2024.

	2025	2024
5 Creditors: Amounts falling due within one year		
Other Creditors	<u>427</u>	<u>1,812</u>

6 Movement in funds

	at 1.4.24	Net movement in funds	a 31.3.25
	£	£	£
Unrestricted funds			
General funds	55,227	(5,270)	49,957
Restricted funds			
Restricted funds	5,470	9,055	14,525
	<u>60,697</u>	<u>3,785</u>	<u>64,482</u>

Comparatives for movements in funds

	at 1.4.23	Net movement in funds	a 31.3.24
	£	£	£
Unrestricted funds			
General funds	37,548	17,679	55,227
Restricted funds			
Restricted funds	9,019	1,533	10,552
Total Funds	<u>46,567</u>	<u>19,212</u>	<u>65,779</u>

KHUSH AMDID

England & Wales - Charity number 1112396

Accounts

Khush Amdid

Trustees' Report and Financial Statements
for the Year Ended 31 March 2024





DEMENTIA

We are inviting you to join us in a session to learn and tackle dementia.

Welcoming Dr Abdul Shakoor who specialises in counseling, training and education for the BAME community.

Date - 4th December 2023
Time - 11:30am to 12:30am
Location - 4c community centre
 Contact 0793959937 for further information




MONDAY LUNCHEON GROUP

DATES FOR YOUR DIARY:
Come and join us for...
Mother's Day Celebration!
 Monday 4th march- last session
 At centre Before Ramadan break!
Hot food-chit chat-entertainment
 Centre Re-opens - 15th April 2024
 10AM
Love and Duas for a peaceful Ramadan!


MACMILLAN COFFEE MORNING

Monday 25th September 2023
 11.30am-12.30pm
 4c community Center
 Taunton Rd, Ashton-under-Lyne OL7 9DR
 Hosted by khush Amdid
 Samosa, chai & coffee



WE ARE MACMILLAN. CANCER SUPPORT

COME FOR COFFEE AND CAKE

WELLBEING COMMUNITY DAY

Join us for a morning of raising awareness of mental health across diverse communities.

WHAT'S ON?
 GUEST SPEAKERS
 STALLS/ACTIVITIES
 EXCLUSIVE ROLE PLAY!

A role play delivered by staff from Talking Therapies to illustrate the experience of seeking mental health support for ethnic minorities.

FREE REFRESHMENTS ALSO AVAILABLE!

امیدوارم کہ ہرگز نہیں ہونے دے گا
 امیدوارم کہ ہرگز نہیں ہونے دے گا
 امیدوارم کہ ہرگز نہیں ہونے دے گا

DATE AND TIME:
 15.11.23, 10AM-12PM
ADDRESS:
 ASHTON CENTRAL MOSQUE
 OL8 5JA


Prepare for Eid with family activities

Saturday 15 April
 11am - 2pm
 Drop in to our craft table to make an Eid card

Tuesday 18 April
 4-5pm
 Eid decorations craft activity

Ashton Library
 Tameside One, Market Place, Ashton-under-Lyne, OL8 5JA

Aimed at children aged 4-11 and their grown ups.
 No need to book, just come along on the day.





Khush Amdid

Contents of the Financial Statements
for the Year Ended 31 March 2024

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Balance Sheet	9
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Khush Amdid

Trustees' Report **for the Year Ended 31 March 2024**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1112396

Principal address

58, Stamford Street East
Ashton-Under-Lyne
OL6 6QH

Trustees

Naila Sharif	Chair
Rukhsana Ali	
Rehana Farooq	
Nageena Imran	
Aisha Naeem	Secretary

Independent examiner

JD Accounting Ltd

27 Booth Street

1st Floor

Ashton under Lyne

Manchester

OL6 7LB

STRUCTURE, GOVERNANCE AND MANAGEMENT

a) Structure

Khush Amdid is an unincorporated charity governed by a constitution and was established in 1988. The constitution was adopted on October 1, 2003 with revisions on November 10, 2005 and January 25, 2010.

b) The Management Committee

The current members of the Trustee Board are noted in the reference and administrative details. Recruitment has traditionally been by word of mouth and candidates with skills which would strengthen the Committee are welcomed.

The Committee have systems of control deemed to be appropriate to the size of the charity.

OBJECTIVES

The provision, in the interest of social welfare, of facilities for recreation and other leisure time occupation for the benefit of mainly, but not exclusively, elderly women of Pakistani origin resident in Tameside with the objective of improving their condition of life.

The relief of poverty, hardship and distress among the beneficiaries by the provision of said facilities and/or service and by the provision of information advice and guidance relating to matters of interest to the beneficiaries.

The advancement of education and social welfare of the beneficiaries by the provision of formal and informal learning opportunities.

Khush Amdid

Trustees' Report for the Year Ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE

We are delighted to present the annual report of Khush Amdid, a dedicated women's organisation serving the diverse community in Tameside. This report highlights our achievements and challenges over the past year.

We are very proud of all the hard work everybody involved with Khush Amdid has carried out this year. Once again we have managed to reach into our diverse community and engage large numbers of women in many different ways. Our evaluations evidence that our work has improved women's mental health and wellbeing; improved access to opportunities for them to gain skills, socialise, get advice and support and volunteer; as well as access other services.

Background

As we navigated the COVID-19 pandemic, our organisation experienced an unprecedented surge in demand for our services. Our community turned to us for support, guidance, and advocacy, and we did our best to respond. However, this increased demand put a strain on our resources, particularly as we relied heavily on volunteers to operate.

Key Highlights

Monday Luncheon Club – With an average attendance of over 30, there is a 'buzz' reported by those attending, very positive feedback on the hot lunch, with most participating in the chair-based exercise and appreciate what it does for them.

Thursday Wellbeing Group – Around 15 women coming together to enjoy company and awareness sessions on Cancer, Diabetes, Cholesterol etc. They feel involved in setting their agenda and well supported by staff. *"I enjoy coming here and have heard of other groups and activities through this group."*

Friday Dancercise Group – A very energetic group attracting around 15 women weekly. *"Love the different dance moves. Really enjoy the freestyle sessions." "It's a big group but everyone supports each other."*

Wellbeing Walks – Weekly over the summer attracting dozens of families and are suitable for most abilities with support available where required. They enjoyed travelling to the different walk venues.

Community Events and Trips – Over 500 people attended 6 events and 4 trips over the year with appreciation of the opportunity to meet new people and build new relationships within their community. Events addressed hate crime, domestic abuse and celebrated International Women's Day, Pakistan Day, Tameside Winter Festival, Eid, and Mother's Day with Chand Raat Fun Days.

Support work: We provided vital support to over 500 individuals, mainly from Pakistani backgrounds but increasingly from other ethnic communities. We were able to offer guidance on employment, education, and social welfare as well as addressing health, cohesion, loneliness and life skills. Supporting the homeless community has continued providing 70 hot meals every other week to The Station We Shall Overcome (WSO) every fortnight and one offs for individual requests.

Volunteer engagement: Despite the challenges, we maintained an average of 20 volunteers per month, who dedicated over 1,000 hours to our cause over the year.

Partnerships: We forged new relationships with local authorities, community groups, and other organisations to enhance our reach and impact. This included work with Being There, supporting their work with people with long-term health conditions, focused on using art to improve health and well-being.

Fundraising success: Our most exciting news was securing Reaching Communities funding from the National Lottery Community Fund for three years. This saw increased activities from October 2023 with additional staff. It is also helping strengthen our operations and internal systems, helping us towards sustainability for the future.

Challenges and Lessons Learned

The high demand for our services during the pandemic exposed our previous limitations. We had struggled to maintain our usual standards of service due to the reliance on volunteers. This highlighted the need for long-term stability and sustainability, which we have started to address in several ways. We:

- Hired a part-time staff member to support our operations and provide continuity;
- Developed a strategic plan to secure sustainable funding and expand our capacity;

- Upskilled our volunteer management to ensure effective training and retention;
- strengthened our governance, working with Action Together to strengthen our policies and procedures.

As we look ahead, we are committed to building our team of staff and volunteers further to improve our services; diversifying our income streams and partnerships; investing in digital technologies to enhance our service delivery and reach; and focusing on long-term sustainability to ensure we can meet the needs of our community for years to come.

Partners

We are grateful to our funders and other organisations for their continued support during the year. This includes:

- The National Lottery Community Fund
- Action Together
- Community Futures Trust CIC
- Tameside MBC
- Being There
- NHS Tameside and Glossop Talking Therapies

Evaluation

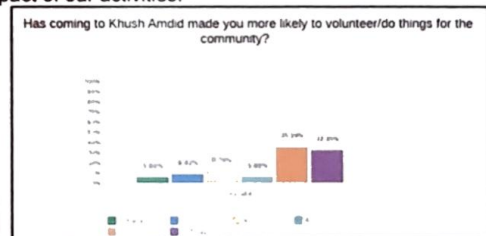
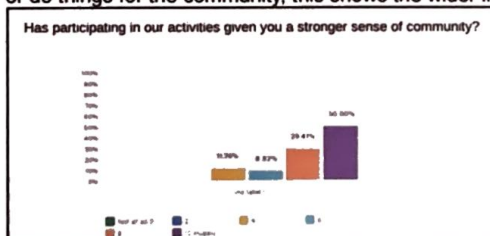
Our work has helped women from diverse ethnic backgrounds in Tameside become more skilled, healthier and engaged. We can show significant achievement in these areas as well as community cohesion, confidence, social inclusion, self-esteem, self-efficacy and resilience. For volunteers, we have seen phenomenal improvements in skills and confidence in supporting others.

This evidence comes from evaluations completed by women participating in our programmes as well as many discussions with our different groups. Our main evaluation tool was a questionnaire designed to measure several outcomes by asking participants if participation had helped them improve in these areas and capture as many people's input as possible. Our benchmark for fully successful outcomes is positive ratings greater than 85%. Some of our analysis is shown below and we have a full report, along with recommendations, going forward.

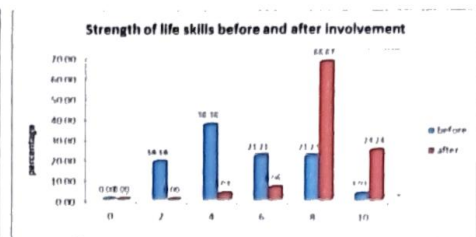
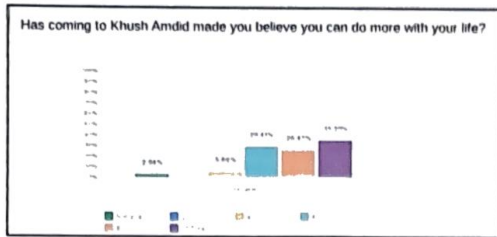
Overall satisfaction with our work was reported by 85.3% at an average rating of 7.94. This is an encouraging result but there is clearly room for improvement. Qualitative feedback on how satisfaction was achieved included:

- *It gets me out of the house.*
- *I like to socialise with the group and makes me happy.*
- *Improved my mental and physical health.*
- *There is a big range of activities and events and Khush Amdid makes them all easy to attend.*
- *By collaboration within the group.*
- *Shmaila and Mariam are amazing have people skills take on feedback to better the group.*

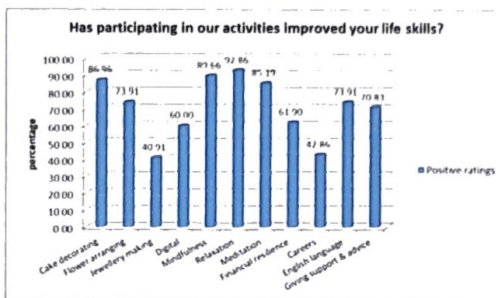
88.2% reported that participating in activities had given them a stronger sense of community, which is a really strong result. Along with the fact that 73.5 said that coming to Khush Amdid made them more likely to volunteer or do things for the community, this shows the wider impact of our activities.



The impact of the work can be clearly seen with 91.2% of participants saying that coming to Khush Amdid made them believe they can do more with their life. There was also an overall improvement reported in strength of life skills, with the average rating going from 5.1 to 8.2, and excellent rise of over 3 points. There were 54.5% reporting in the negative domain prior to involvement and only 3.0% after. This shows that, across our work, we are having a significant impact on life skills.

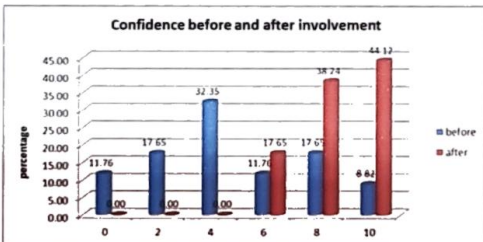


Over 95% of women reported positive improvements across areas such as social connectedness, resilience, self-esteem, and connectedness to community. For specific life skills, several exceeded our 85% target but some did not. The best results are seen in those related to mental health such as mindfulness, relaxation and meditation. We will have more of a focus on digital, financial and career skills moving forward.

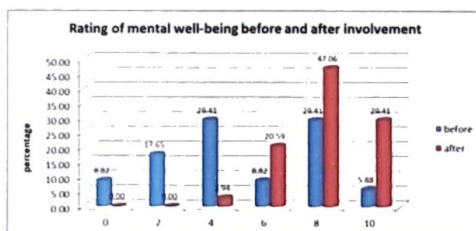
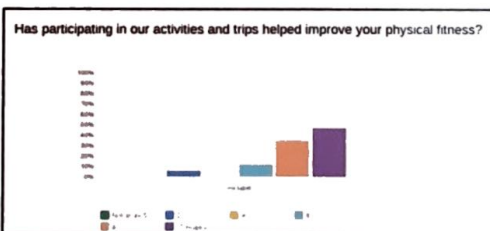


The level of confidence reported is even stronger, with the average rating going from 4.6 to 8.5, an outstanding rise of 3.9 points. There were 68.1% reporting in the negative domain prior to involvement and 0% after.

There is a significant correlation between the rating of life skills and confidence after involvement (Pearson correlation $R=0.63$, $P<.001$), which appears to back up the hypothesis that improvement in skills leads to greater confidence. In discussion with participants, they confirmed that this was the case.



On health, improvement in physical fitness and mental well-being both showed significant improvements. 94.1% reported improvement in physical fitness, an average rating of 8.35. For mental well-being, the average rating went from 5.0 to 8.1, an excellent rise of 3.1 points. There were 55.9% reporting in the negative domain prior to involvement and only 2.9% after.

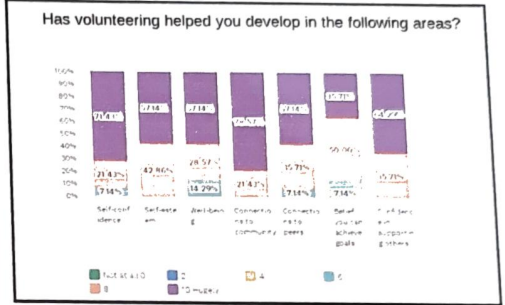
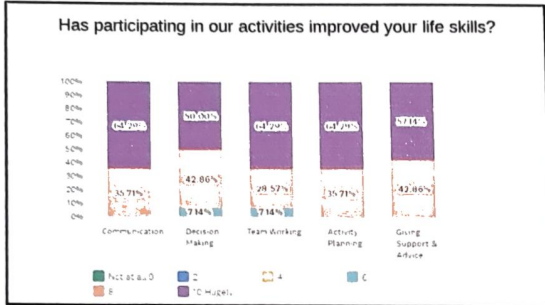


These results were backed up by qualitative feedback answering how coming to Khush Amdid's activities help in improving health:

- *The dancercise group has introduced more friends and we look forward to meeting each other each week*
- *I really enjoy it as it's a social event too and having a good laugh as well as exercising*
- *Keep me occupied, meeting new people .Different experience gaining.*

- Attending their activities make me happy and feel of my culture. I look forward to cultural events like Eid Celebration trips to go with community as I can't go to these places my own.
- It gets my brain working and makes me forget about my mental health because they get me involved in the activities
- I enjoy meeting and talking to new people, also would like to get more involved with volunteering.

Our volunteers reported huge positivity based on volunteering with nearly all responses in the positive domain. Two particular outcomes on improving volunteers' skills and confidence in supporting others both had 100% of volunteers rating positively on all but one aspect, as seen below. Average ratings for life skills were all over 8.8 and for confidence over 8.3.



Comments from volunteers reinforce the positive impact:

- Definitely made me want to engage with more peers and get involved
- Every role help me to learn new skills and information
- It felt sense of community and supporting each other.
- Getting out from house making friends engaged with activities organise events. Helps a lot.
- Gave me confidence to speak up and talk in front of people. Not being scared what other people think about me
- Khush Amdid feels like family where I get cultural and people's support.
- Khush Amdid has helped a lot of ladies learn new skill and put them on their feet.

Conclusion

I would like to express huge thanks to the amazing achievements of the Khush Amdid volunteers who lead by example and support the communities around them, even with very little notice. Without them we would have had many people in the community being isolated, lonely and becoming depressed.

I would also like to express my sincere gratitude to my fellow trustees, staff and supporters for their tireless efforts in making a difference in the lives of women and their families in Tameside. Your commitment is the foundation upon which we build our organisation. As we continue to grow and evolve, we remain committed to serving the needs of our community with compassion, respect, and understanding.

Thank you for your continued support.

Financial review

The charity has restricted funding at 31 March 2024 of £14,489 (2023 £9,019).

The charity also received donations of £7,579 (2023: £12,982) which has resulted in a small increase in unrestricted funds in the year.

The charity has £43,960 (2023: £37,548) of unrestricted funds at March 31, 2024.

Approved by order of the board of trustees on 27th January 2025 and signed on its behalf by:

Naila Sharif
Chair of Trustees

Independent Examiner's Report to the Trustees of
Khush Amdid

I report on the accounts for the year ended 31 March 2024, which are set out on pages five to ten.

Responsibilities and basis of report

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

I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ('the 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.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. that accounting records were not kept as required by section 130 of the Act; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the accounting requirements of the Act; or
4. that there is further information needed for a proper understanding of the accounts.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.

JD Accounting Ltd
27 Booth Street
1st Floor
Ashton under Lyne
Manchester
OL6 7LB

Date: 27th January 2025

Khush Amdid
Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	Restricted Funds £	Unrestricted Funds £	2024 Total Funds £	2023 Total Funds £
Incoming Resources					
Donation and legacies	2	58,132	7,579	65,711	36,221
Investment Income	3		338	338	108
Total Incoming Resources		<u>58,132</u>	<u>7,917</u>	<u>66,049</u>	<u>36,329</u>
Expenditure					
Charitable Activities					
Catering Exp		7,868		7,868	
Consultancy		1,435		1,435	
Event Expenses		14,106		14,106	
Event Hall Hire Rent		10,617		10,617	
Event Travel Exp		695		695	
Food to homeless		3,414		3,414	
Health Worker		574		574	
Insurance		287		287	
Mileage Exp		530		530	
Office Exp			249	249	
Sessional Worker		1,506		1,506	
Sundries			536	536	
Wages		11,630		11,630	
Accounting fees			720	720	
Total resources expended		<u>52,662</u>	<u>1,505</u>	<u>54,167</u>	<u>35,547</u>
Net of Receipts/(Payments)		5,470	6,412	11,882	782
Total Funds Brought Forward		9,019	37,548	46,567	45,785
Total Funds Carried Forward		<u>14,489</u>	<u>43,960</u>	<u>58,449</u>	<u>46,567</u>

Continuing Operations

All incoming resources and resources expended arise from continuing activities.

Khush Amdid
Balance Sheet
AS AT 31 March 2024

	Restricted Funds £	Unrestricted Funds £	Total 2024 £	Total 2023 £
Current Assests				
Cash at Bank	5,470	57,039	62,509	47,389
Creditors				
Amounts falling due within one year	5	(1,812)	(1,812)	(822)
Net Current Assests	5,470	55,227	60,697	46,567
Funds	6			
Unrestricted Funds			55,227	37,548
Restricted Funds			5,470	9,019
Total Funds			60,697	46,567

The financial statements were approved by the Board of Trustees on 27/1/2025
and were signed on its behalf by:


Naila Sharif
Trustee

Khush Amdid
NOTES TO THE FINANCIAL ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting Policies

Basis of Preparing Financial Statements

The financial statement have been prepared on the historical cost basis.

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.

Incoming Resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits arising from 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.

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 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 proportioned to charitable activities.

2 Donation and Legacies

	Restricted Funds £	Unrestricted Funds £	2024 Total Funds £	2023 Total Funds £
Donations	-	2,497	2,497	8,422
ESF	-	-	-	7,728
Action Together	2,207	-	2,207	9,100
GMCVO	3,910	-	3,910	750
Forever Manchester	6,000	-	6,000	960
Sport England	-	-	-	4,700
Crowd funding	-	-	-	4,561
Westminster funding	2,500	-	2,500	-
Chand Raat Donations	-	460	460	-
Reaching Grant	25,041	-	25,041	-
K A Luncheon Club	-	4,622	4,622	-
TMBC Winter Pressure	5,150	-	5,150	-
Co-Op	1,324	-	1,324	-
Salford Community Grant	2,000	-	2,000	-
TFGM - Cyle and Stride	10,000	-	10,000	-
	58,132	7,579	65,711	36,221

3 Investment Income

Bank Interest received	338	108
------------------------	-----	-----

4 Trustees's remuneration and Benefits

There were no trustees's remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees's Expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

	2024	2023
5 Creditors: Amounts falling due within one year		
Other Creditors	<u>1,812</u>	<u>822</u>

6 Movement in funds

	at 1.4.23	Net movement	a 31.3.24
	£	in funds	£
		£	
Unrestricted funds			
General funds	37,548	17,679	55,227
Restricted funds			
Restricted funds	9,019	1,533	5,470
	<u>46,567</u>	<u>19,212</u>	<u>60,697</u>

Net movement in funds, included in the above are as follows:

	Incoming	Resources	Movement
	resources	expended	in funds
	£	£	£
Unrestricted funds			
General funds	19,184	(1,505)	17,679
Restricted funds			
Restricted funds	54,194	(52,662)	1,533
TOTAL FUNDS	<u>73,379</u>	<u>(54,167)</u>	<u>19,212</u>

Comparatives for movements in funds

	at 1.4.22	Net movement	a 31.3.23
	£	in funds	£
		£	
Unrestricted funds			
General funds	24,458	13,090	37,548
Restricted funds			
Restricted funds	21,327	12,308	9,019
Total Funds	<u>45,785</u>	<u>25,398</u>	<u>46,567</u>

Comparative net movements in funds, included in the above are as follows:

	Incoming	Resources	Movement
	resources	expended	in funds
	£	£	£
Unrestricted funds			
General funds	13,090	-	13,090
Restricted funds			
Restricted funds	23,238	(35,547)	(12,308)
TOTAL FUNDS	<u>36,329</u>	<u>(35,547)</u>	<u>782</u>

KHUSH AMDID

England & Wales - Charity number 1112396

Accounts

REGISTERED CHARITY NUMBER: 1112396

Trustees' Report and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
Khush Amdid

SKS Bailey Group Limited
2 Heap Bridge
Bury
BL9 7HR

Khush Amdid

Contents of the Financial Statements
for the Year Ended 31 March 2023

	Page
Trustees' Report	1 to 8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance Sheet	11
Notes to the Financial Statements	12 to 14

Khush Amdid

Trustees' Report
for the Year Ended 31 March 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1112396

Principal address

58, Stamford Street East
Ashton-Under-Lyne
OL6 6QH

Trustees

Naila Sharif	Chair
Rukhsana Ali	
Rehana Farooq	
Nageena Imran	
Aisha Naeem	Secretary

Independent examiner

Mrs J Roach ACA
SKS Bailey Group Limited
2 Heap Bridge
Bury
BL9 7HR

STRUCTURE, GOVERNANCE AND MANAGEMENT

a) Structure

Khush Amdid is an unincorporated charity governed by a constitution and was established in 1988. The constitution was adopted on October 1, 2003 with revisions on November 10, 2005 and January 25, 2010.

b) The Management Committee

The current members of the Management Committee are noted in the reference and administrative details. Recruitment has traditionally been by word of mouth and candidates with skills which would strengthen the Committee are welcomed.

The Committee have systems of control deemed to be appropriate to the size of the charity.

OBJECTIVES AND ACTIVITIES

The provision, in the interest of social welfare, of facilities for recreation and other leisure time occupation for the benefit of mainly, but not exclusively, elderly women of Pakistani origin resident in Tameside with the objective of improving their condition of life.

The relief of poverty, hardship and distress among the beneficiaries by the provision of said facilities and/or service and by the provision of information advice and guidance relating to matters of interest to the beneficiaries.

The advancement of education and social welfare of the beneficiaries by the provision of formal and informal learning opportunities.

Khush Amdid

Trustees' Report
for the Year Ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE

I want to start this report by remembering Mrs. Sarwar Ibrahim who sadly passed away at the age of 87 years old on the 25th September 2022. She was a co - founder of Khush Amdid and very involved till the end. She was a person who had charisma and positivity, always leading the way with inspiration and ideas to support Khush Amdid. She has left a legacy that will inspire women and continue to support them. She was a pillar of the community and an amazing role model. Her vision, dedication and enthusiasm to be involved in everything is sorely missed by her family, the committee, the members and the wider community because she touched the lives of so many people. She will always be in our prayers.



I am very proud of all the hard work everybody involved with Khush Amdid has carried out this year. Once again we have managed to reach the community and engage them in many different ways that has improved their mental health and wellbeing and as always improved access to opportunities for them to access other services.

It is hard to believe that Khush Amdid is run solely by volunteers and the impact on the wellbeing of women and the wider community is immense. I am very proud of the dedicated and passionate volunteers we have. I would like to give them our heartfelt thanks and also thanks from all the community. Their achievements are amazing as is shown below.



For the first Ashton Library held 2 opportunities for the general public and children to engage with Making Eid Cards and create a display in a public place thanks to the encouragement and support of Khush Amdid volunteers.





Supporting
Macmilan
Nurses Cake
and coffee.



Khush amdid ensures no women feel they are not part of a family by celebrating their special bithdays as a family alleviating isolation and loneliness providing happiness and mental wellbeing



Many people have been in the victim of hate abuse and crime and a session with the local council support was attended by the community gave information about how to report it.



Khush Amdid is engaging men in the community as well as women , in this session celebrating International Women's Day, including guest speaker Imam Sahib from the local mosque.



Khush amdid tackles taboo topics , this session on domestic abuse attended by women and men. Giving vital information about the different types and how to report it.

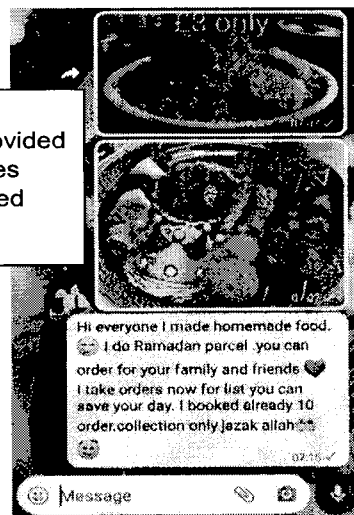


Khush Amdid supported the local community from diverse backgrounds to be involved in the event organised by the council.



Khush Amdid volunteers organised activities enabling diverse communities to make Christmas cards together.

A success story from the training Khush Amdid provided in food hygiene certificates resulted in a home cooked food business.





Chaand Raat was held in a large sports hall with over 2 hundred people attending – there was something for everyone including food, clothes, games, raffle, bouncy castle. This event supported community cohesion and breaking down cultural barriers.



Mother's Day is a special time and Khush Amdid ensures nobody is facing isolation and anxiety. We support them in a family environment allowing them to share memories and love. many women are in challenging times as they are a widow or face disability or have children who work in other parts of the world.



Games and strategy thinking helps to reduce dementia onset keeping the brain active.



Khush Amdid supported community walks engaging families and improving physical wellbeing.



Ensuring physical Health and Mental wellbeing – chair exercises for those with limited mobility and standing up for others.

Without volunteers be passionate and proactive and wanting to support the community to create equalities for everybody none of the above would have been possible.

Regular Consultation takes place, and some the comments are:

- I feel better happy and fitter and I'm happy as a single mother I can bring my daughter with me
- I feel peace of mind being able to share my problems.
- We always get good nutritional food ingredients in our lunch giving a healthy diet at my time of need.
- Khush Amdid is a non-judgemental friendly place. Volunteers are very nice, nothing is too much trouble.
- I enjoy nice time with people makes me relaxed
- Khush Amdid is my family, it is the only place I go to in the week.
- Exercise helped me become getting fit .and doing at home.
- I enjoy seeing my friends here, nobody goes to homes after covid
- The talks on mental health group has allowed me to share my problems and distress. This has improved my physical and mental health.
- I never knew there were lovely walks in Ashton

Bringing people together & building strong relationships in and across communities is at the core of why we were founded and what we do enabling everybody to be respected and supported in the challenges they face.

Khush Amdid support and engagement has had outstanding impact by preventing people in the community being isolated and depressed.

Our work continues to improve mental and physical health, reducing trips to GPs, and helps people to access other available support, ultimately reducing the need for already stretched mainstream services.

Our membership continues to grow with a diverse community now engaging and being involved.

The attendance at the luncheon club continues to grow and the impact of covid and the cost of living crisis is very evident in conversations. The members are now a very diverse group including widows, disabled women, single parents, and the elderly. It has caused financial challenges for Khush Amdid however, despite this, Khush Amdid embraces all those who attend and welcome them to the Khush Amdid Family and continue to improve their physical and mental wellbeing.

Supporting the Homeless community has continued. Being charitable is at the heart of the muslim faith – one of the 5 pillars of Islam. Khush Amdid is providing 70 hot meals to the station We Shall Overcome (WSO) every fortnight.

Also provided 30 snack boxes to Greystones for 3 months.

Khush Amdid organized healthy eating and walking in the community for members that attend.

Also, very successful events were held on Hate Crime and Domestic Abuse.

Other Celebrations include Women's International Day, Pakistan Day, Tameside Winter Festival, Arts and Craft, Chair Exercises, Improving mental health.

Over the last year we have supported an average of over 110 participants each week through the weekly luncheon club, food support, employability work, cultural events, wellbeing walks, outdoor eco activities, trips away, and creative arts. Over 400 different people have accessed our activities in the last year.

We know that labour market intelligence shows that the St. Peters Ward in Ashton falls within the 10% most income deprived area of Tameside and has the lowest employment rate among women as the combined Pakistani and Bangladeshi ethnic group, at only 39% of the group being employed. (JSNA Summary of Population Demographics 2018/19).

It is imperative that Khush Amdid continues to access funding and grow as an organisation to meet the needs of an under represented community.

Plans for Future

Khush Amdid plan to develop its activities by running increased activities. We are currently looking at other venues to run activities and also an office place for storage and meetings. is where we can run all our activities from and more.

All these activities are not sustainable when run by volunteers alone and with an ever increasing need for support for the community There is not enough capacity to meet these needs when volunteers are working beyond their roles and may be impacted negatively due to the pressures of need from the community.

An alternative strategy is required. With this in mind, Khush Amdid is in the process of applying for Reaching Communities Lottery Funding for 3 years to grow as an organization. This funding will allow the employment of much needed staff as 3 sessional workers and 2 key roles of a Development Worker and Organizational Coordinator. The funding will allow the growth of the Khush Amdid board, volunteers as well as wide reaching support for the community.

Financial review

The charity trustees can confirm that they have complied with their duty to conduct and guide the charity to benefit the public using their powers, in accordance with the Objects and Charitable Aims outlined in the Constitution.

The accounts comply with current statutory requirements of the Charities Act 2011. The charity has restricted funding at 31 March 2023 of £9,019 (2022 £21,327).

The charity also received donations of £8,420 (2022: £4,668) which has increased its unrestricted funds in the year.

The charity has £37,548 (2022: £24,458) of unrestricted funds at March 31, 2023.

The trustees have reviewed the accounts and confirm they are an accurate reflection of our financial status. We continue to ensure a prudent amount in reserves, most of the charity's funds are spent in the short term so there are few funds for any long-term investment.

The trustee aim to build free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure. The charity's main source of income is grants. The trustees consider that it is appropriate to prepare the accounts on a going concern basis, consequently, the accounts do not include any adjustments that would be necessary if these sources of income should cease.

Appointment of Charity Trustees

The constitution states apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. Trustees responsibilities in relation to the financial statements The charity trustees are responsible for preparing a trustees' report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice.) Law applicable to charities in England and Wales requires the Trustees to prepare accounts for each financial year, which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing accounts giving a fair and true view, the trustees should follow best practice and:

- Select suitable accounting policies and apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and 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 accounts.

- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation. The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with The Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations. 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.

We look forward to next year with more projects and achievements of our work in the community.

Thank you again to all the Trustees and Volunteers for making Khush Amid Amazing.

Approved by order of the board of trustees on 13 December 2023 and signed on its behalf by:



Naila Sharif
Trustee

Independent Examiner's Report to the Trustees of
Khush Amdid

I report on the accounts for the year ended 31 March 2023, which are set out on pages five to ten.

Responsibilities and basis of report

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

I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ('the 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.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. that accounting records were not kept as required by section 130 of the Act; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the accounting requirements of the Act; or
4. that there is further information needed for a proper understanding of the accounts.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.



Mrs J Roach ACA
SKS Bailey Group Limited
2 Heap Bridge
Bury
BL9 7HR

Date: 13 December 2023

Khush Amdid

Statement of Financial Activities
for the Year Ended 31 March 2023

		Unrestricted fund	Restricted fund	2023 Total funds	2022 Total funds
	Notes	£	£	£	£
INCOMING RESOURCES					
Incoming resources from generated funds					
Donation and legacies	2	12,982	23,238	36,221	48,248
Investment income	3	<u>108</u>	<u>-</u>	<u>108</u>	<u>1</u>
Total incoming resources		13,090	23,238	36,329	48,249
EXPENDITURE					
Charitable activities					
ESF		-	1,905	1,905	12,993
Manoranjhan		-	-	-	350
Global Grooves		-	-	-	773
Action Together		-	18,077	18,077	2,980
Awards 4 All		-	-	-	9,850
GMCVO		-	958	958	313
Tameside MBC		-	-	-	1,015
Support Cost		-	13,665	13,665	6,185
Forever manchester		-	942	942	-
Sports England		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total resources expended		-	35,547	35,547	34,459
NET INCOME/(EXPENDITURE) FOR THE YEAR		13,090	(12,309)	782	13,790
RECONCILIATION OF FUNDS					
Total funds brought forward		24,458	21,327	45,785	31,995
TOTAL FUNDS CARRIED FORWARD		<u>37,548</u>	<u>9,019</u>	<u>46,567</u>	<u>45,785</u>

CONTINUING OPERATIONS

All incoming resources and resources expended arise from continuing activities.

The notes form part of these financial statements

Khush Amjad
Balance Sheet
At 31 March 2023

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Cash at bank		38,370	9,019	47,389	47,580
CREDITORS					
Amounts falling due within one year	5	(822)	-	(822)	(1,795)
NET CURRENT ASSETS		<u>37,548</u>	<u>9,019</u>	<u>46,567</u>	<u>45,785</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>37,548</u>	<u>9,019</u>	<u>46,567</u>	<u>45,785</u>
NET ASSETS		<u>37,548</u>	<u>9,019</u>	<u>46,567</u>	<u>45,785</u>
FUNDS					
Unrestricted funds	6			37,548	24,458
Restricted funds				<u>9,019</u>	<u>21,327</u>
TOTAL FUNDS				<u>46,567</u>	<u>45,785</u>

The financial statements were approved by the Board of Trustees on 13 December 2023 and were signed on its behalf by:


Naila Sharif
 Trustee

The notes form part of these financial statements

Khush Amdid

Notes to the Financial Statements
for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statement have been prepared on the historical cost basis.

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.

INCOMING RESOURCES

All income is 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.

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 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.

2. DONATION AND LEGACIES

	2023	2022
	£	£
Donations	8,422	4,668
ESF	7,728	19,680
Action Together	9,100	14,850
Manoranjan CIC	-	500
Global Grooves	-	300
GMCVO	750	3,250
Forever Manchester	960	1,000
Tameside MBC	-	2,000
Sport England	4,700	2,000
Crowd funding	<u>4,561</u>	<u>-</u>
	<u>36,221</u>	<u>48,248</u>

3. INVESTMENT INCOME

	2023	2022
	£	£
Bank interest receivable	<u>108</u>	<u>1</u>

Khush Amdid

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Other creditors	<u>822</u>	<u>1,795</u>

6. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	24,458	13,090	37,548
Restricted funds			
Restricted Fund	21,327	(12,308)	9,019
TOTAL FUNDS	<u>45,785</u>	<u>782</u>	<u>46,567</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	13,090	-	13,090
Restricted funds			
Restricted Fund	23,238	(35,547)	(12,308)
TOTAL FUNDS	<u>36,329</u>	<u>(35,547)</u>	<u>782</u>

Khush Amdid

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted Funds			
General fund	21,192	3,266	24,458
Restricted Funds			
Restricted Fund	10,803	10,524	21,327
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>31,995</u>	<u>13,790</u>	<u>45,785</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,669	(1,403)	3,266
Restricted funds			
Restricted Fund	43,580	(33,056)	10,524
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>48,249</u>	<u>(34,459)</u>	<u>13,790</u>

This page does not form part of the statutory financial statements

KHUSH AMDID

England & Wales - Charity number 1112396

Accounts

Khush Amdid
Unaudited Financial Statements
31 March 2022

SKS BAILEY GROUP LTD

Chartered accountants
Units 10-12 County End Business Centre
Jackson Street
Springhead
Oldham
OL4 4TZ

Khush Amdid
Financial Statements
Year ended 31 March 2022

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Khush Amdid
Trustees' Annual Report
Year ended 31 March 2022

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

Reference and administrative details

Registered charity name	Khush Amdid
Charity registration number	1112396
Principal office	58 Stamford Street East Ashton-Under-Lyne OL66QH
The trustees	Naila Sharif (Chair) Rukhsana Ali (Vice-Chair) Rehana Farooq (Treasurer) Nageena Imran (Vice-Treasurer) (Resigned 10 October 2022) Nudrat Ahmed (Secretary) Aisha Naeem (Appointed 10 October 2022)
Independent examiner	Mrs J Roach ACA SKS Bailey Group Limited Units 10-12 County End Business Centre Jackson Street Springhead Oldham OL4 4TZ

Structure, governance and management

a) Structure

Khush Amdid is an unincorporated charity governed by a constitution and was established in 1988. The constitution was adopted on October 1, 2003 with revisions on November 10, 2005 and January 25, 2010.

b) The Management Committee

The current members of the Management Committee are noted in the reference and administrative details. Recruitment has traditionally been by word of mouth and candidates with skills which would strengthen the Committee are welcomed.

The Committee have systems of control deemed to be appropriate to the size of the charity.

Khush Amdid

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

Objectives and activities

The provision, in the interest of social welfare, of facilities for recreation and other leisure time occupation for the benefit of mainly, but not exclusively, elderly women of Pakistani origin resident in Tameside with the objective of improving their condition of life.

The relief of poverty, hardship and distress among the beneficiaries by the provision of said facilities and/or service and by the provision of information advice and guidance relating to matters of interest to the beneficiaries.

The advancement of education and social welfare of the beneficiaries by the provision of formal and informal learning opportunities.

Khush Amdid

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

Achievements and performance

I would like to start by offering my deepest condolences to anybody who lost loved ones during the challenges of Covid that continued into 2021. I would also like to thank the amazing achievements of the Khush Amdid volunteers who led by example and continued to support the communities around them. Without them we would have had many people in the community being isolated, lonely and becoming depressed. Bringing people together and building strong relationships in and across communities is at the core of why we were founded and what we do.

Our work improves mental and physical health, reduces trips to GPs, and helps people to access other available support.

Through our regular conversations with them, they have shared comments such as "I've lost my confidence", "I've put so much weight on" and "I need to get out". They feel lonely and isolated and had developed unhealthy habits. BAME groups are statistically at a higher risk of health conditions, so they had to exert extra caution against covid causing further isolation.

To support them, we tried using different approaches but the digital barriers stopped many from joining online meetings. Those lucky enough to have younger family members could set them up for youtube, facebook, and their local radio, but if they didn't, the mental health eventually took its toll and for many it became a very lonely distressing time. Our most successful channel of communication was our whatsapp group where we posted weekly games, brain teasers, and shared updates on covid control measures and the need for vaccination. Winter packs prepared and delivered by Khush Amdid volunteers and delivered to vulnerable members at home.

Khush Amdid was cautious in reopening due to the vulnerabilities of our members. We delayed the reopening of the Khush Amdid Luncheon Club till 21st September 2021. Once opened we worked very hard and went from strength to strength in being ambitious about the projects taken to support a community desperate for some normality.

The attendance at the luncheon club has grown due to impact of covid and the cost of living crisis and the members are now a very diverse group including widows and disabled women. It has caused financial challenges for Khush Amdid however, despite this, Khush Amdid embraces all those who attend and welcome them to the Khush Amdid Family and continue to improve their physical and mental wellbeing.

Chaand Raat was celebrated as a family at the local community centre with over 200 people attending and enjoying all the different features from food, clothes, henna and much more. A week later a special Eid Gift was prepared and packed by volunteers and delivered to Khush Amdid members and the wider community.

Mother's Day is very close to the heart of Khush Amdid members and a very emotional day. It was celebrated with over 40 women including a family showing 4 generations - great grandma, grandma, mum and baby daughter. A great time was had by all and a chocolate rose was presented to everybody.

Supporting the Homeless community has continued. Being charitable is at the heart of the muslim faith - one of the 5 pillars of Islam. Khush Amdid is providing 70 hot meals to the station We Shall Overcome (WSO) every fortnight. Also provided 30 snack boxes to Greystones for 3 months.

Khush Amdid was recognised as delivering on high quality training and outcomes and was selected to deliver the ESF Project again with a budget of 20k. It was very successful providing skills on flower arranging, cake decorating, food hygiene, First Aid, crochet, CV writing to name but a few.

Khush Amdid

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

12 women took part in the Pottery Workshop supported by Oldham Lifelong Learning Service and ran for 6 weeks. The outcomes were all achieved and hopefully it will be delivered again.

A project was planned and delivered jointly with The Conservation Volunteers (TCV) who were looking to work with the BAME community and needed facilitation and support by Khush Amdid. It involved 35 women from the BAME Community taking part in an 8 week project.

In recognition of its volunteers, Khush Amdid held a community celebration where anybody who has volunteered with them was invited - past, present and future, this was 20 women. Khush Amdid has volunteers who are occasional volunteers showcased all the successful projects Khush Amdid has been involved in encouraging them to commit more of their time where possible. Dedicated volunteers were recognised and received a certificate.

Other Celebrations include Women's International Day, Pakistan Day, Tameside Winter Festival, Arts and Craft, Chair Exercises, Improving mental health, Fall Prevention,

In summary, over the last year we have supported an average of over 110 participants each week through the weekly luncheon club, food support, employability work, cultural events, wellbeing walks, outdoor eco activities, trips away, and creative arts. Over 400 different people have accessed our activities in the last year.

We know that labour market intelligence shows that the St. Peters Ward in Ashton falls within the 10% most income deprived area of Tameside and has the lowest employment rate among women as the combined Pakistani and Bangladeshi ethnic group, at only 39% of the group being employed. (JSNA Summary of Population Demographics 2018/19). It is imperative that Khush Amdid continues to access funding and grow as an organisation to meet the needs of an under represented community.

We look forward to next year with more projects and achievements of our work in the community.

Thank you again to all the Trustees and Volunteers for making Khush Amdid Amazing.

Financial review

The charity has restricted funding at 31 March 2022 of £21,327 (2021 £10,803).

The charity also received donations of £4,668 which has increased its unrestricted funds in the year. The charity has £24,458 of unrestricted funds at March 31, 2022.

The trustees' annual report was approved on 28 February 2023 and signed on behalf of the board of trustees by:

Naila Sharif

Naila Sharif (Chair)
Trustee

Khush Amdid

Independent Examiner's Report to the Trustees of Khush Amdid

Year ended 31 March 2022

I report to the trustees on my examination of the financial statements of Khush Amdid ('the charity') for the year ended 31 March 2022.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Mrs J Roach ACA
Independent Examiner

Units 10-12 County End Business Centre
Jackson Street
Springhead
Oldham
OL4 4TZ

28 February 2023

Khush Amdid
Statement of Financial Activities
Year ended 31 March 2022

		Unrestricted funds	2022 Restricted funds	Total funds	2021 Total funds
	Note	£	£	£	£
Income					
Donations and legacies	2	4,668	43,580	48,248	26,966
Investment income		1	–	1	5
Total income		<u>4,669</u>	<u>43,580</u>	<u>48,249</u>	<u>26,971</u>
Expenditure					
Expenditure on charitable activities	3	1,403	33,056	34,459	23,656
Total expenditure		<u>1,403</u>	<u>33,056</u>	<u>34,459</u>	<u>23,656</u>
Net income and net movement in funds		<u>3,266</u>	<u>10,524</u>	<u>13,790</u>	<u>3,315</u>
Reconciliation of funds					
Total funds brought forward		21,192	10,803	31,995	28,679
Total funds carried forward		<u>24,458</u>	<u>21,327</u>	<u>45,785</u>	<u>31,995</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 11 form part of these financial statements.

Khush Amdid
Statement of Financial Position
31 March 2022

	Note	2022 £	2021 £
Current assets			
Cash at bank and in hand		47,580	32,798
Creditors: amounts falling due within one year	7	<u>1,795</u>	<u>804</u>
Net current assets		45,785	31,994
Total assets less current liabilities		<u>45,785</u>	<u>31,994</u>
Net assets		<u>45,785</u>	<u>31,994</u>
Funds of the charity			
Restricted funds		21,327	10,803
Unrestricted funds		<u>24,458</u>	<u>21,192</u>
Total charity funds		<u>45,785</u>	<u>31,995</u>

These financial statements were approved by the board of trustees and authorised for issue on 28 February 2023, and are signed on behalf of the board by:

Naila Sharif

Naila Sharif (Chair)
Trustee

The notes on pages 8 to 11 form part of these financial statements.

Khush Amdid

Notes to the Financial Statements

Year ended 31 March 2022

1. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

Going concern

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

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.

Incoming resources

All income is 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.

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 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.

Khush Amdid

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

2. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	4,668	–	4,668
Grants			
ESF	–	19,680	19,680
Action Together	–	14,850	14,850
Manoranjan CIC	–	500	500
Awards 4 All	–	–	–
Global Grooves	–	300	300
GMCVO	–	3,250	3,250
Forever Manchester	–	1,000	1,000
Tameside MBC	–	2,000	2,000
Sport England	–	2,000	2,000
	<u>4,668</u>	<u>43,580</u>	<u>48,248</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations	2,108	–	2,108
Grants			
ESF	–	11,520	11,520
Action Together	–	988	988
Manoranjan CIC	–	250	250
Awards 4 All	–	9,850	9,850
Global Grooves	–	2,250	2,250
GMCVO	–	–	–
Forever Manchester	–	–	–
Tameside MBC	–	–	–
Sport England	–	–	–
	<u>2,108</u>	<u>24,858</u>	<u>26,966</u>

Khush Amdid

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
ESF	218	12,775	12,993
Manoranjhan	–	350	350
Global Grooves	–	773	773
Action Together	–	2,980	2,980
Awards 4 All	–	9,850	9,850
GMCVO	–	313	313
Tameside MBC	–	1,015	1,015
Support costs	1,185	5,000	6,185
	<u>1,403</u>	<u>33,056</u>	<u>34,459</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
ESF	–	9,222	9,222
Manoranjhan	–	400	400
Global Grooves	–	1,417	1,417
Action Together	–	358	358
Awards 4 All	–	–	–
GMCVO	–	–	–
Tameside MBC	–	–	–
Support costs	9,600	2,658	12,259
	<u>9,600</u>	<u>14,055</u>	<u>23,656</u>

4. Analysis of support costs

	Charitable activity £	Total 2022 £	Total 2021 £
General office	13	13	1,015
Refreshments	60	60	2,237
Transport	–	–	166
Room hire	20	20	1,160
Accountancy	1,092	1,092	431
Project management	5,000	5,000	4,560
Events	–	–	2,690
	<u>6,185</u>	<u>6,185</u>	<u>12,259</u>

5. Independent examination fees

	2022 £	2021 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>780</u>	<u>420</u>

Khush Amdid

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

6. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Current assets	<u>24,458</u>	<u>21,327</u>	<u>45,785</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Current assets	<u>21,192</u>	<u>10,803</u>	<u>31,995</u>

KHUSH AMDID

England & Wales - Charity number 1112396

Accounts

Khush Amdid
Unaudited Financial Statements
31 March 2021

CHRISTOPHER BAILEY ACCOUNTANTS (OLDHAM) LIMITED

Chartered accountants
Units 10-12
County End Business Centre
Jackson Street
Springhead
Oldham
OL4 4TZ

Khush Amdid
Financial Statements
Year ended 31 March 2021

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Khush Amdid

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

6. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Current assets	<u>21,192</u>	<u>10,803</u>	<u>31,995</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Current assets	<u>28,679</u>	<u>-</u>	<u>28,679</u>

Khush Amdid
Trustees' Annual Report
Year ended 31 March 2021

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

Reference and administrative details

Registered charity name	Khush Amdid
Charity registration number	1112396
Principal office	58 Stamford Street East Ashton-Under-Lyne OL66QH
The trustees	Naila Sharif (Chair) Rukhsana Ali (Vice-Chair) Rehana Farooq (Treasurer) Nageena Imran (Vice-Treasurer) Nudrat Ahmed (Secretary)
Independent examiner	Mr C Bailey ACA Units 10-12 County End Business Centre Jackson Street Springhead Oldham OL4 4TZ

Khush Amdid

Trustees' Annual Report *(continued)*

Year ended 31 March 2021

Structure, governance and management

a) Structure

Khush Amdid is an unincorporated charity governed by a constitution and was established in 1988. The constitution was adopted on October 1, 2003 with revisions on November 10, 2005 and January 25, 2010.

b) The Management Committee

The current members of the Management Committee are noted in the reference and administrative details. Recruitment has traditionally been by word of mouth and candidates with skills which would strengthen the Committee are welcomed.

The Committee have systems of control deemed to be appropriate to the size of the charity.

c) Volunteers

Khush Amdid achievements would not have been possible without committed and capable volunteers. The Management Committee and Volunteers meet at least once a month to exchange information and plan ahead. The volunteers are currently:-

Sarwar Ibrahim
Mariam Farzand
Aisha Naeem
Bushra Iqbal
Shaheen Ahmed
Farhat Mahmood
Rabia Sharif
Yasmeen Ali

Objectives and activities

The provision, in the interest of social welfare, of facilities for recreation and other leisure time occupation for the benefit of mainly, but not exclusively, elderly women of Pakistani origin resident in Tameside with the objective of improving their condition of life.

The relief of poverty, hardship and distress among the beneficiaries by the provision of said facilities and/or service and by the provision of information advice and guidance relating to matters of interest to the beneficiaries.

The advancement of education and social welfare of the beneficiaries by the provision of formal and informal learning opportunities.

Khush Amdid

Trustees' Annual Report *(continued)*

Year ended 31 March 2021

Achievements and performance

Since this Pandemic started in March 2020, Khush Amdid (KA) members were unable to meet which stopped our usual social and skill-building activities, it was a crushing blow to our members who had gained a lot of group support and confidence from regularly attending. There was growing pressure on the organisation because the very time our services were shut off, was when our members needed our support the most.

Their opinions won't show in general online surveys but through our regular conversations with them, they have shared comments such as "I've lost my confidence", "I've put so much weight on" and "I need to get out". They feel lonely and isolated and had developed unhealthy habits. BAME groups are statistically at a higher risk of health conditions, so they had to exert extra caution against covid causing further isolation.

We adapted to use different approaches but the digital barriers stopped many from joining online meetings. Those lucky enough to have younger family members could set them up for youtube, facebook, and their local radio, but if they didn't, the mental health eventually took its toll and for many it became a very lonely distressing time. Our most successful channel of communication was our whatsapp group where we posted weekly games, brain teasers, and shared updates on covid control measures and the need for vaccination. We are also aware of the statistics that point to increased abuse in the homes, which are notoriously under-reported in the South Asian culture. These concerns have been shared with committee members during conversations with them.

We have organised many fundraising events over the years but these were also stalled. Still, the more healthier active members wished to contribute to those in need, during those unprecedented times and provided hot nourishing meals for 35 homeless men at Greystones, which were very well received, and so the wholesome food for homeless project was born.

We have adapted our social and fundraising events now to incorporate sanitisation stations, symptom reminders, and pre-attendance regular PCR tests and we anticipate it will be a while before we operate to full capacity again but in the meantime, the chair of our committee is registered for covid update bulletins and we adapt our projects to ensure we always remain compliant with the government guidelines.

Labour market intelligence shows that the St. Peters Ward in Ashton falls within the 10% most income deprived area of Tameside and has the lowest employment rate among women as the combined Pakistani and Bangladeshi ethnic group, at only 39% of the group being employed. (JSNA Summary of Population Demographics 2018/19).

Khush Amdid

Trustees' Annual Report *(continued)*

Year ended 31 March 2021

Despite the numerous challenges of the pandemic Khush Amdid hosted the following activities over the 2020/21:

Funding	Project	Date	Impact - no. ladies
Manoranjan CIC	Arts Crafts Project Mental wellbeing	May 2020	12 via Zoom x 5 sessions=60 attendance
ESF	ESOL Arts Crafts Balloon Modelling Food Hygiene	September 2020	2 per week x 12 weeks 30 ladies, after 10 found employment
Community cohesion	Homeless Food	April 2020	1000+ food packs delivered
Global Grooves	Reconnecting Tameside	October 2020	6 laptops 15 ladies digital skills
Covid Recovery Fund	Activity Care Packs: Magazines, sanitizers, creams school Eid cards	November 2020	16 Volunteers aged between 15 - 65
Lottery Awards for All	Sessional Worker Project Manager	March 2021	Not in 2020 but after appointment in 2021: On going
Networking	Henna workshop	2020	15 attending
	Eid celebration	2020 online/schools	80 participants

Financial review

Khush Amdid

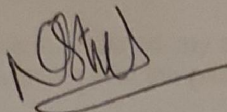
Trustees' Annual Report *(continued)*

Year ended 31 March 2021

During the year the charity has received restricted funding of £24,858 of which it has spent £14,055, leaving restricted funds at March 31, 2021 of £10,803.

The charity also received donations of £2,108 but has had to reduce its unrestricted funds to cover expenditure in the year. The charity has £21,192 of unrestricted funds at March 31, 2021.

The trustees' annual report was approved on 25 January 2022 and signed on behalf of the board of trustees by:



Naila Sharif (Chair)
Trustee

Khush Amdid

Independent Examiner's Report to the Trustees of Khush Amdid

Year ended 31 March 2021

I report to the trustees on my examination of the financial statements of Khush Amdid ('the charity') for the year ended 31 March 2021.

Responsibilities and basis of report

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

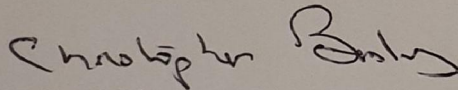
I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Mr C Bailey ACA
Independent Examiner

Units 10-12
County End Business Centre
Jackson Street
Springhead
Oldham
OL4 4TZ

25 January 2022

Khush Amdid

Statement of Financial Activities

Year ended 31 March 2021

		2021		2020	
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income					
Donations and legacies	2	2,108	24,858	26,966	6,803
Charitable activities		–	–	–	4,990
Other trading activities		–	–	–	811
Investment income		5	–	5	25
Total income		<u>2,113</u>	<u>24,858</u>	<u>26,971</u>	<u>12,629</u>
Expenditure					
Expenditure on charitable activities	3	9,600	14,055	23,656	11,086
Total expenditure		<u>9,600</u>	<u>14,055</u>	<u>23,656</u>	<u>11,086</u>
Net income and net movement in funds		<u>(7,487)</u>	<u>10,803</u>	<u>3,315</u>	<u>1,543</u>
Reconciliation of funds					
Total funds brought forward		28,679	–	28,679	27,136
Total funds carried forward		<u>21,192</u>	<u>10,803</u>	<u>31,995</u>	<u>28,679</u>

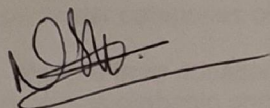
The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 9 to 12 form part of these financial statements.

Khush Amdid
Statement of Financial Position
31 March 2021

	Note	2021 £	2020 £
Current assets			
Cash at bank and in hand		32,798	29,423
Creditors: amounts falling due within one year	7	<u>804</u>	<u>744</u>
Net current assets		<u>31,994</u>	<u>28,679</u>
Total assets less current liabilities		<u>31,994</u>	<u>28,679</u>
Net assets		<u>31,994</u>	<u>28,679</u>
Funds of the charity			
Restricted funds		10,803	-
Unrestricted funds		<u>21,192</u>	<u>28,679</u>
Total charity funds		<u>31,995</u>	<u>28,679</u>

These financial statements were approved by the board of trustees and authorised for issue on 25 January 2022, and are signed on behalf of the board by:



Naila Sharif (Chair)
Trustee

The notes on pages 9 to 12 form part of these financial statements.

Khush Amdid

Notes to the Financial Statements

Year ended 31 March 2021

1. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

Going concern

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

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.

Incoming resources

All income is 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.

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 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.

Khush Amdid

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

2. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations	2,108	-	2,108
Grants			
ESF	-	11,520	11,520
Action Together	-	988	988
Manoranjan CIC	-	250	250
Awards 4 All	-	9,850	9,850
Global Grooves	-	2,250	2,250
	2,108	24,858	26,966

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations			
Donations	6,803	-	6,803
Grants			
ESF	-	-	-
Action Together	-	-	-
Manoranjan CIC	-	-	-
Awards 4 All	-	-	-
Global Grooves	-	-	-
	6,803	-	6,803

Khush Amdid

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

3. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
ESF	–	9,222	9,222
Manoranjan	–	400	400
Global Grooves	–	1,417	1,417
Action Together	–	358	358
Support costs	9,600	2,658	12,259
	<u>9,600</u>	<u>14,055</u>	<u>23,656</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
ESF	–	–	–
Manoranjan	–	–	–
Global Grooves	–	–	–
Action Together	–	–	–
Support costs	7,681	3,405	11,086
	<u>7,681</u>	<u>3,405</u>	<u>11,086</u>

4. Analysis of support costs

	Charitable activity £	Total 2021 £	Total 2020 £
General office	1,015	1,015	324
Refreshments	2,237	2,237	4,735
Volunteer expenses	–	–	453
Kitchen assistance	–	–	180
Transport	166	166	756
Room hire	1,160	1,160	635
Accountancy	431	431	408
Project management	4,560	4,560	–
Events	2,690	2,690	3,595
	<u>12,259</u>	<u>12,259</u>	<u>11,086</u>

5. Independent examination fees

	2021 £	2020 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>420</u>	<u>384</u>