

# 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 01909596137 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**



**COME FOR COFFEE AND CAKE**

**WE ARE MACMILLAN. CANCER SUPPORT**



## 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!**

**DATE AND TIME:**  
**15.11.23, 10AM-12PM**  
**ADDRESS:**  
**ASHTON CENTRAL MOSQUE**  
**OL6 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, OL6 5BH.**

**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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## **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

<b>Trustees</b>	
Naila Sharif	Chair
Rukhsana Ali	
Rehana Farooq	
Nageena Imran	
Aisha Naeem	Secretary

#### **Independent examiner**

JD Accounting Ltd  
27 Booth Street  
1<sup>st</sup> 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

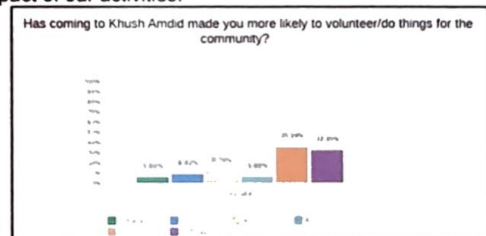
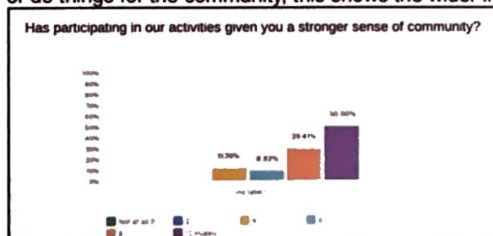
Our work has helped women from diverse ethnic backgrounds in Tameside become more skilled, healthier and engaged. We can show significant achievement in these areas as well as community cohesion, confidence, social inclusion, self-esteem, self-efficacy and resilience. For volunteers, we have seen phenomenal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

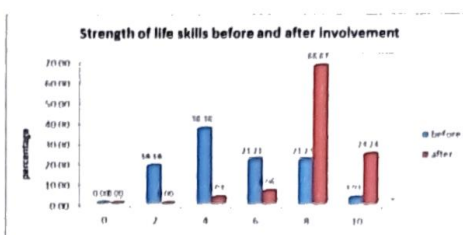
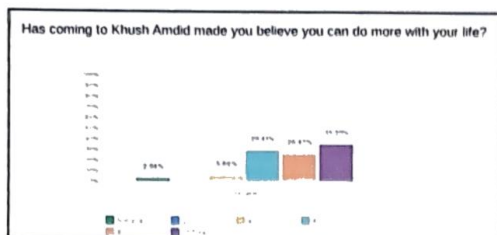
- *It gets me out of the house.*
- *I like to socialise with the group and makes me happy.*
- *Improved my mental and physical health.*
- *There is a big range of activities and events and Khush Amdid makes them all easy to attend.*
- *By collaboration within the group.*
- *Shmaila and Mariam are amazing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

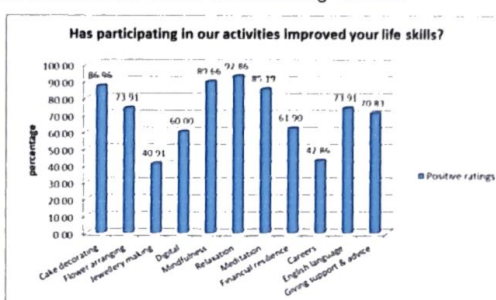


The impact of the work can be clearly seen with 91.2% of participants saying that coming to Khush Amdid made them believe they can do more with their life. There was also an overall improvement reported in strength of life skills, with the average rating going from 5.1 to 8.2, and excellent rise of over 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.



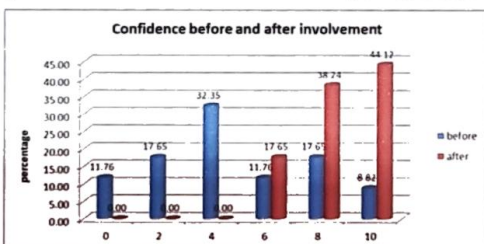


Over 95% of women reported positive improvements across areas such as social connectedness, resilience, self-esteem, and connectedness to community. For specific life skills, several exceeded our 85% target but some did not. The best results are seen in those related to mental health such as mindfulness,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

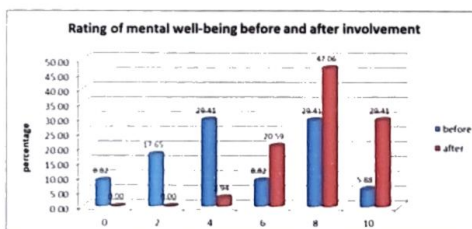
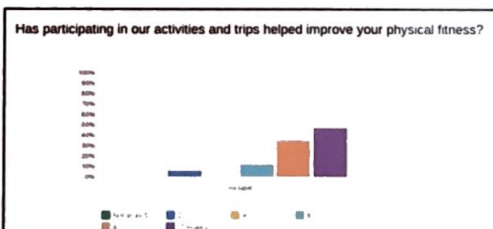


The level of confidence reported is even stronger, with the average rating going from 4.6 to 8.5, an outstanding rise of 3.9 points. There were 68.1% reporting in the negative domain prior to involvement and 0% after.

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.



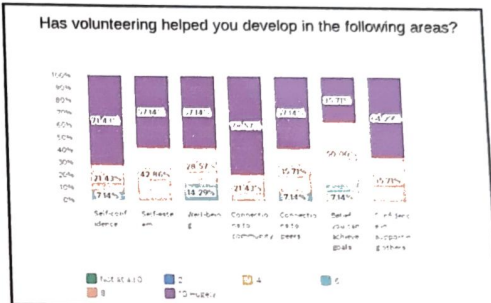
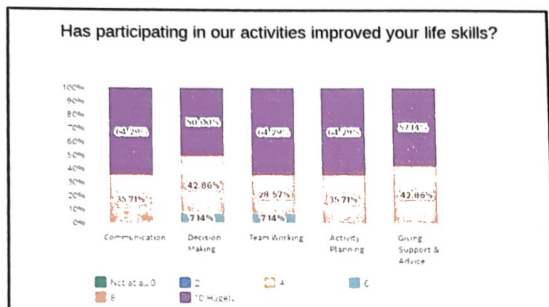
These results were backed up by qualitative feedback answering how coming to Khush Amdid's activities help in improving health:

- 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  
1<sup>st</sup> 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 £
<b>Incoming Resources</b>					
Donation and legacies	2	58,132	7,579	65,711	36,221
Investment Income	3		338	338	108
<b>Total Incoming Resources</b>		<b>58,132</b>	<b>7,917</b>	<b>66,049</b>	<b>36,329</b>
<b>Expenditure</b>					
<b>Charitable Activities</b>					
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	
<b>Total resources expended</b>		<b>52,662</b>	<b>1,505</b>	<b>54,167</b>	<b>35,547</b>
<b>Net of Receipts/(Payments)</b>		<b>5,470</b>	<b>6,412</b>	<b>11,882</b>	<b>782</b>
<b>Total Funds Brought Forward</b>		<b>9,019</b>	<b>37,548</b>	<b>46,567</b>	<b>45,785</b>
<b>Total Funds Carried Forward</b>		<b>14,489</b>	<b>43,960</b>	<b>58,449</b>	<b>46,567</b>


**Continuing Operations**

All incoming resources and resources expended arise from continuing activities.

**Khush Amdid**  
**Balance Sheet**  
**AS AT 31 March 2024**

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

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 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 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	-
	<b>58,132</b>	<b>7,579</b>	<b>65,711</b>	<b>36,221</b>

#### 3 Investment Income

Bank Interest received	338	108
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#### 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
<b>5 Creditors: Amounts falling due within one year</b>		
Other Creditors	1,812	822

**6 Movement in funds**

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

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

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

Comparatives for movements in funds

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

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

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