

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

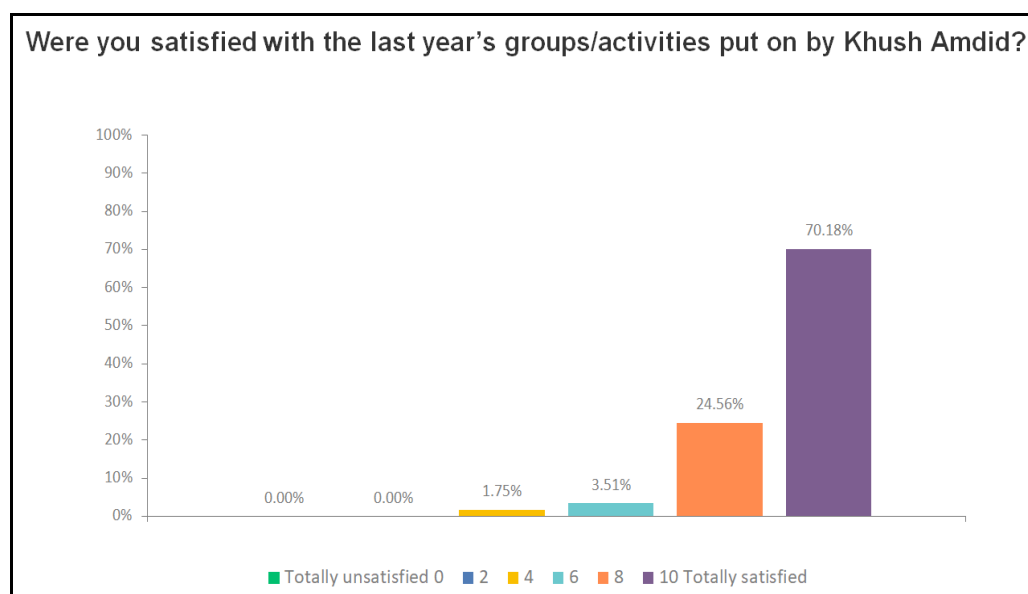
completed either by each person themselves or by interview, the latter being appropriate where there are literacy or comprehension.

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



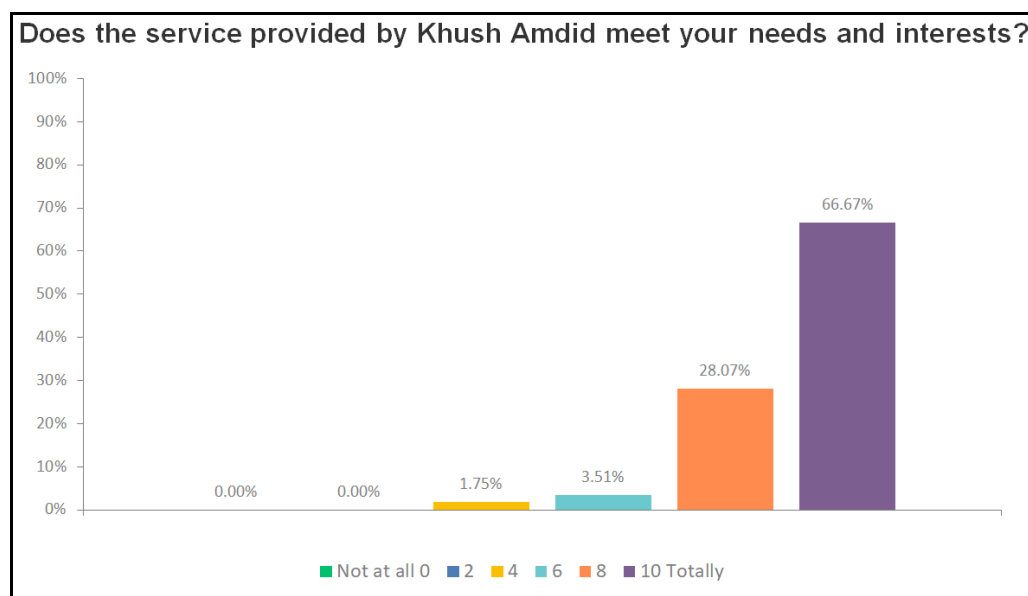
The qualitative feedback on how satisfaction was achieved include:

- *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.*

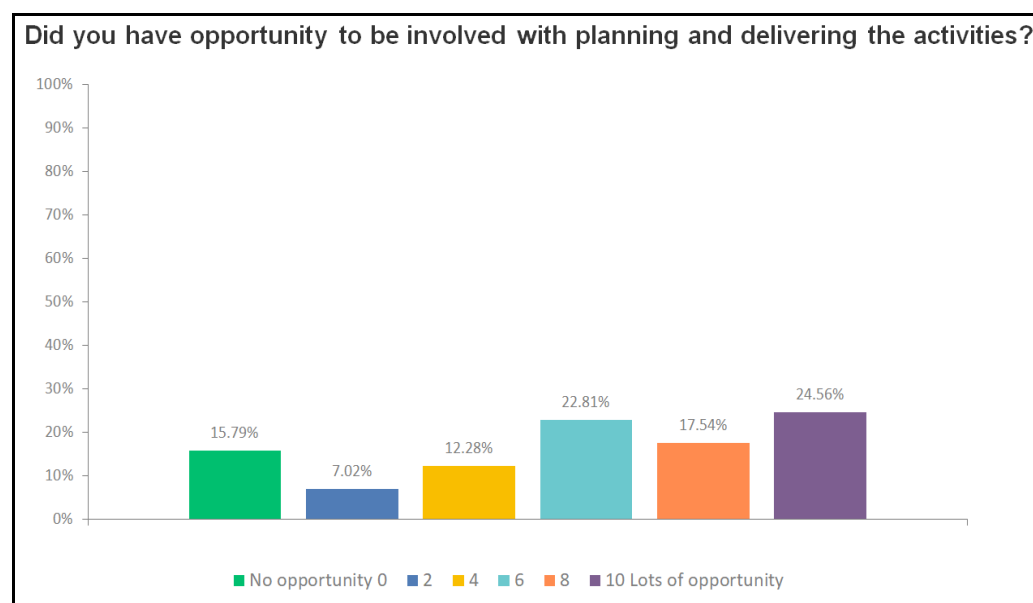
- Engagements with other communities and empowering all women in Tameside keep community busy with all kind of activities
- I really like coming to all the new activities. There are definitely more nowadays than before. It helps to make new friends
- The music night was really special. Brought back memories 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.

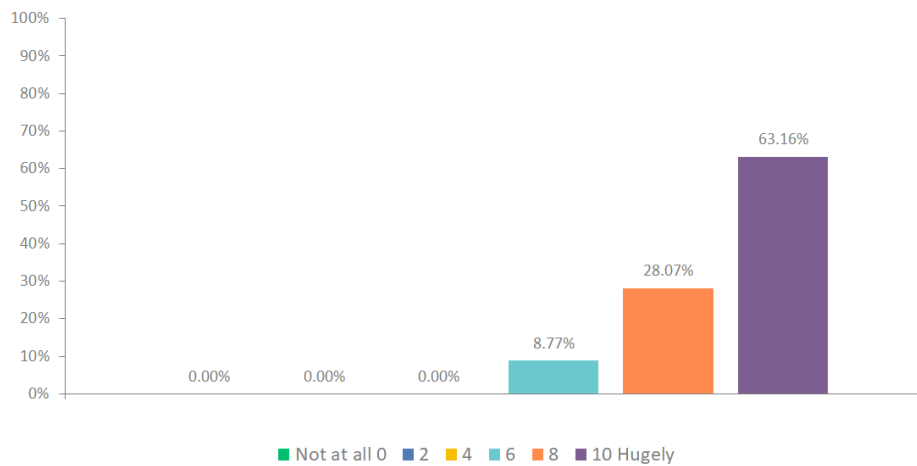


The 64.9% reporting that they had the opportunity to be involved with planning and delivering is similar to the 64.7% last year. Whilst we gave the opportunity for everyone to have training in activity planning, only a small number took this up. The majority of women are still having some involvement 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.

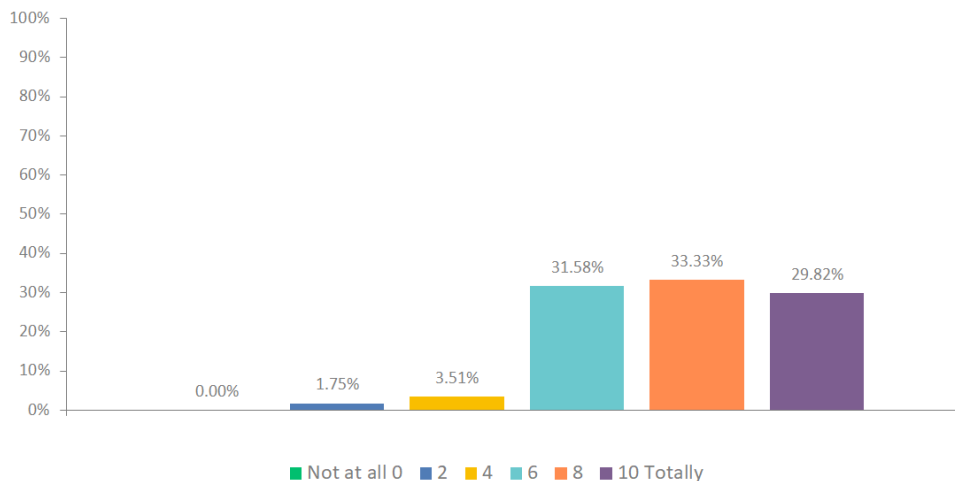


100% of respondents reported that participating in activities had given them a stronger sense of community, compared to 88.2% in year 1. This exceeded our expectations and reinforces the fact that we are operating on the right lines. The only concern is keeping this level of achievement next year! Along 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.

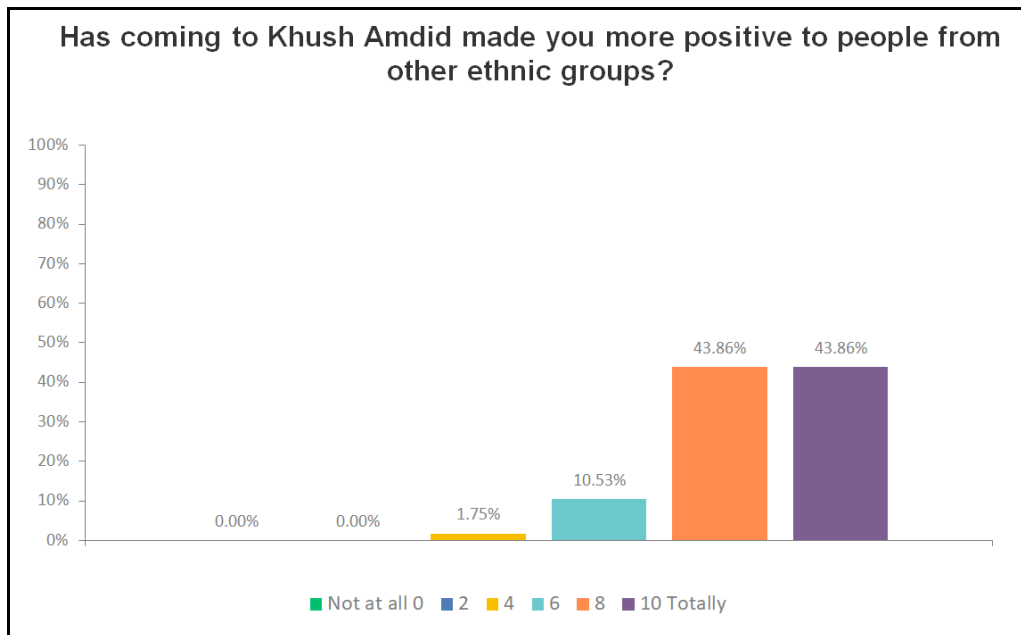
Has participating in our activities given you a stronger sense of community?



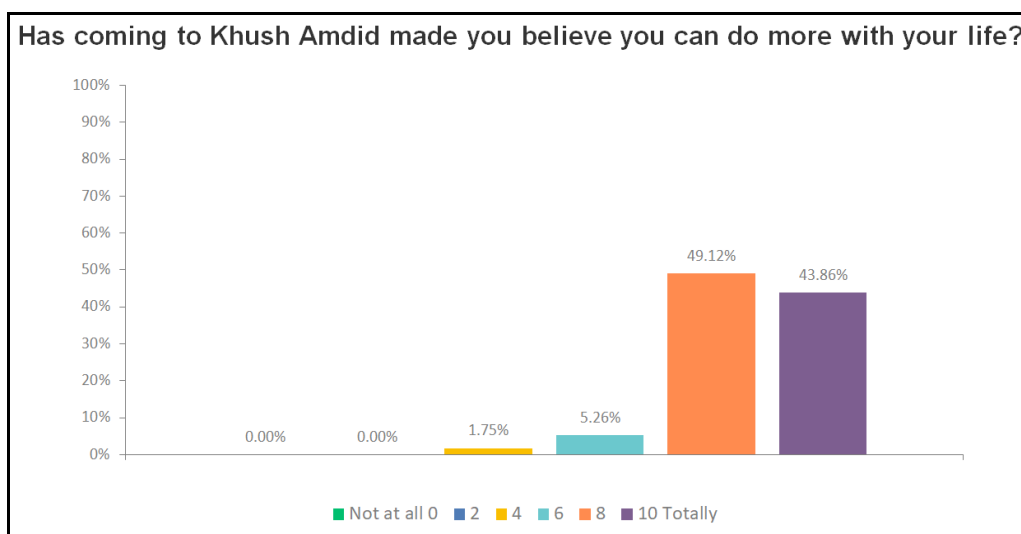
Has coming to Khush Amdid made you more likely to volunteer/do things for the community?



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.

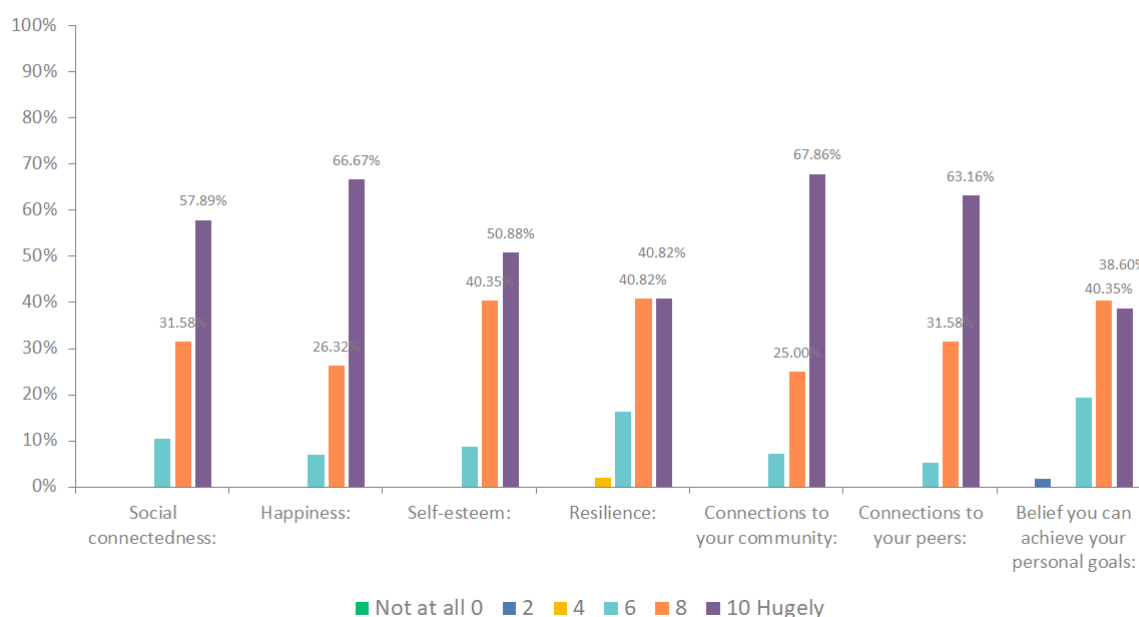


The impact of the work is further seen with 98.2% of participants saying that coming to Khush Amdid made them believe they can do more with their life. This is an exceptionally strong piece of evidence that can be used as a marketing tool both to encourage more women to get involved as well as for potential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



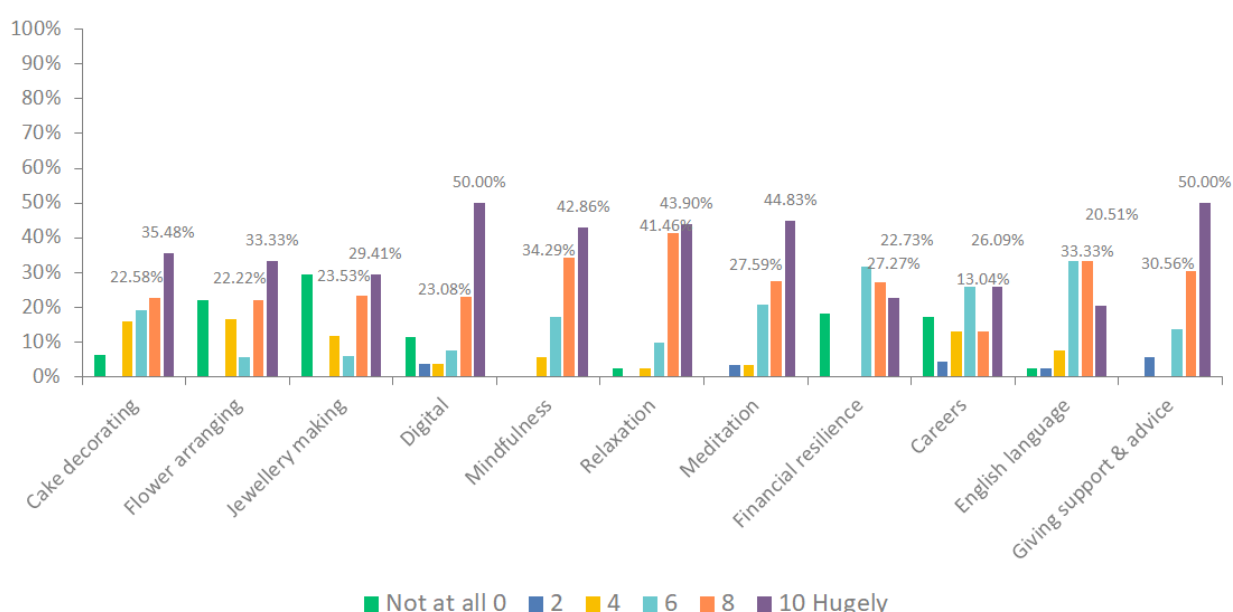
Our question measuring impact across several intended outcomes. The results are extremely strong across the board, all well exceeding our 85% target. One significant improvement is the 98.2% expressing positive belief that they can achieve their personal goals, up from 85.3% in year 1. Feedback from 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?



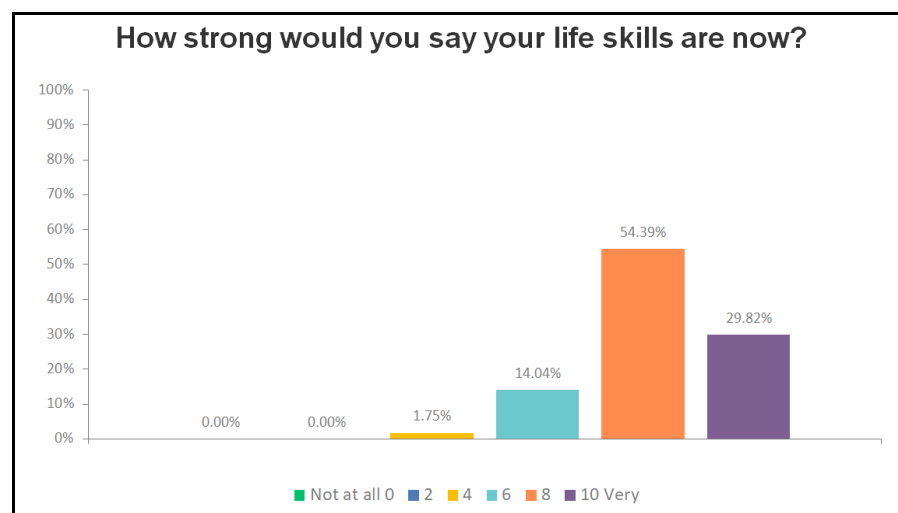
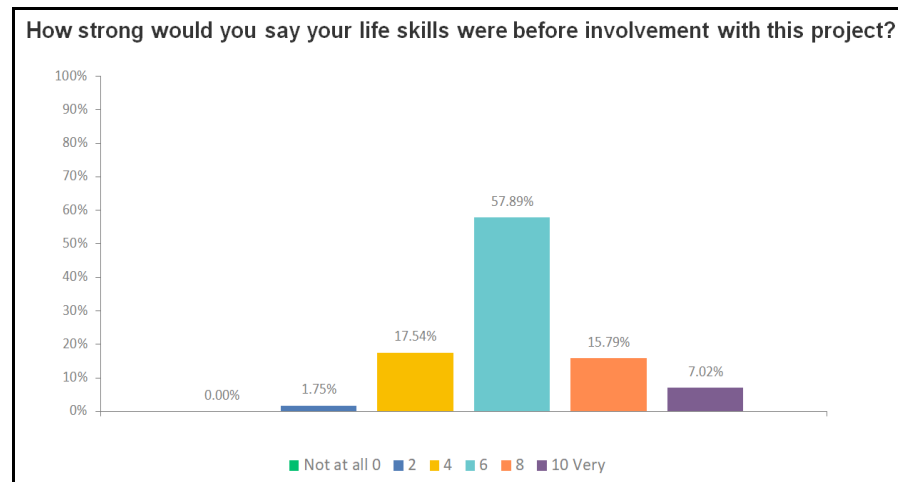
We asked a similar question to measure improvements in life skills. The 85% target was exceeded for areas of mindfulness, relaxation, meditation, English language, and giving support & advice. Digital, financial resilience and careers, whilst not reaching the target, were significantly improved from 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.

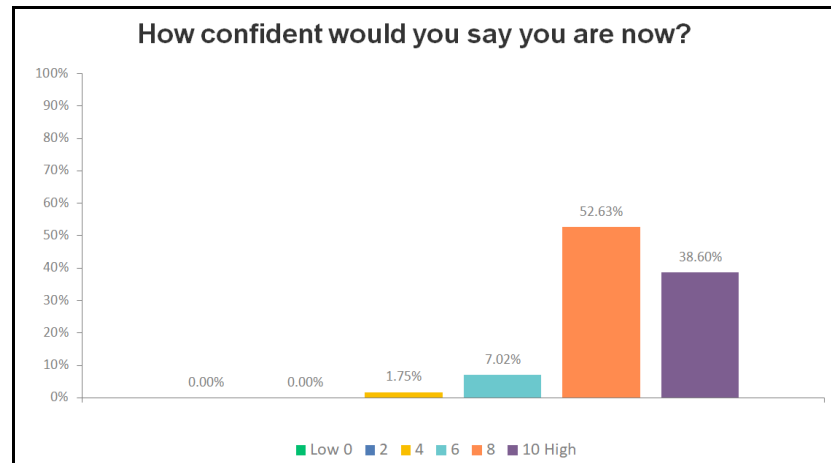
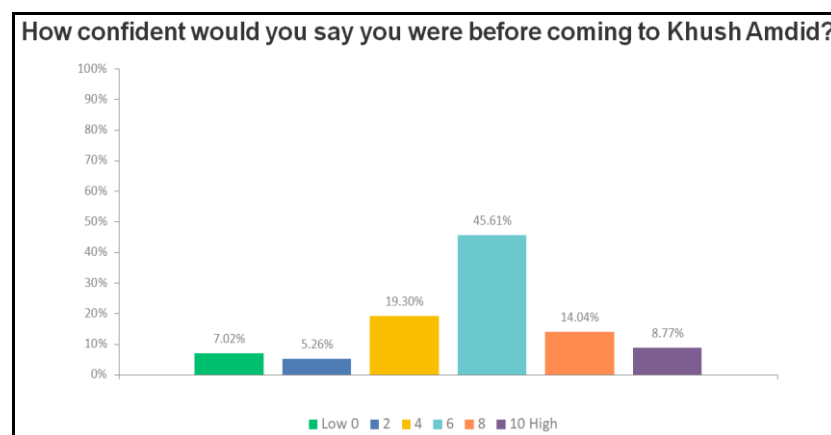


Relevant comments include:

- *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%).

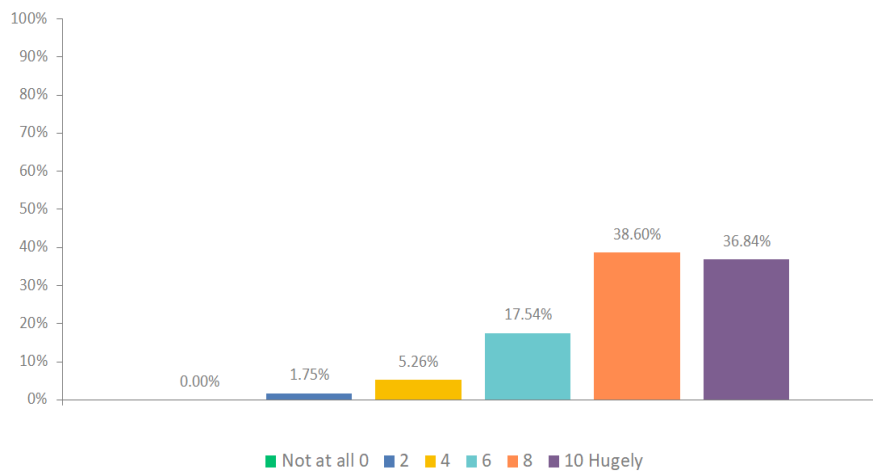
There is a significant correlation between the rating of life skills and confidence after involvement (Pearson correlation $R=0.75$, $P<.001$), which is even stronger than last year. This again supports our hypothesis that improvement in skills leads to greater confidence, as confirmed in discussion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



Health

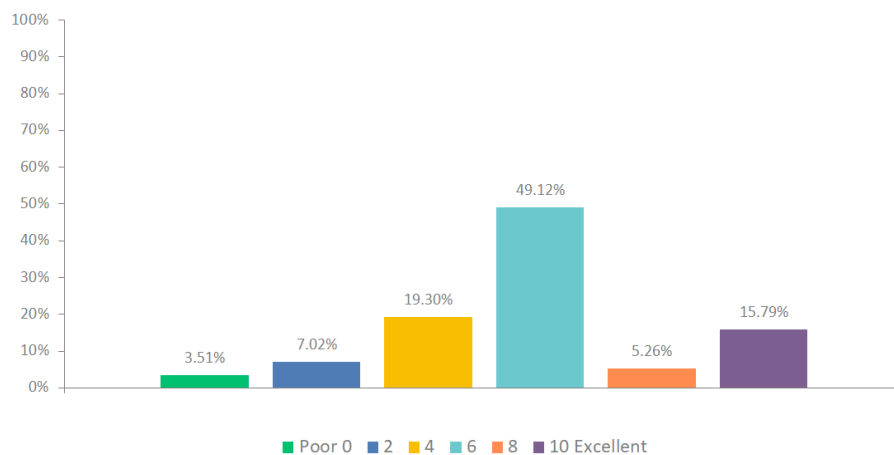
We again measured improvement in physical fitness with one question and, for mental well-being, had a change measure. Both showed significant improvements and were in line with last years results. 93.0% reported improvement in physical fitness, an average rating of 8.07.

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

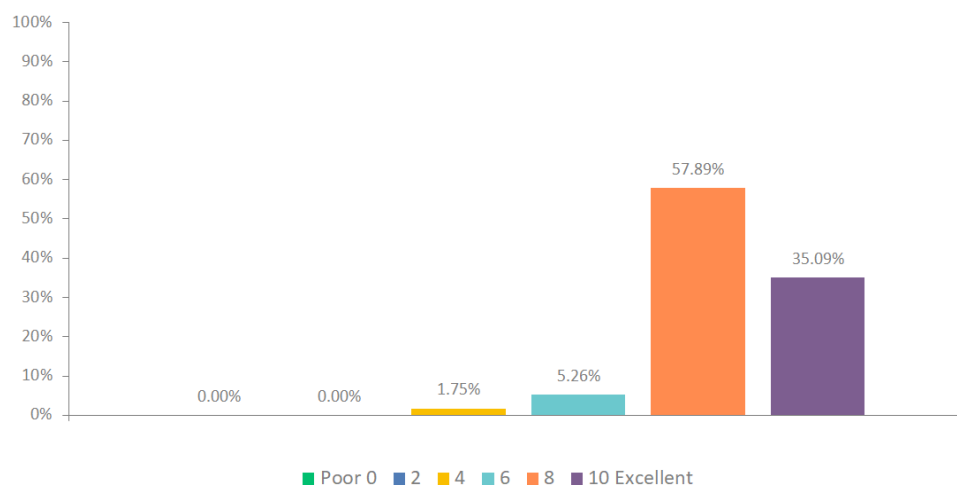


For mental well-being, the average rating went from 5.9 to 8.5, an excellent rise of 2.6 points. There were 29.8% reporting in the negative domain prior to involvement and only 1.7% after. The higher starting point for this and other measures is noteworthy as well as the higher average after involvement.

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:

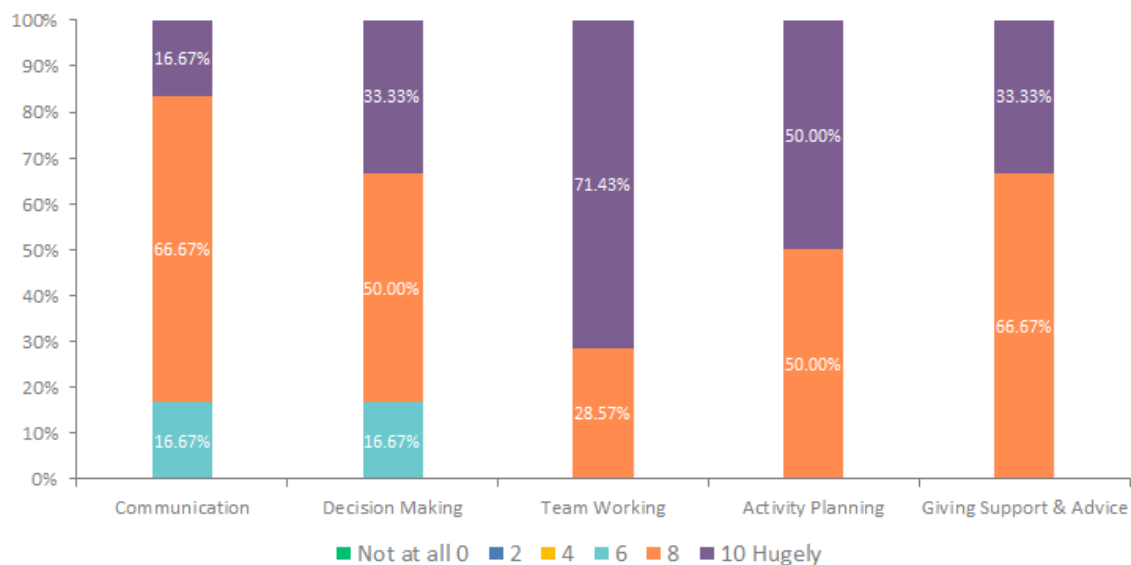
- *I have enjoyed many things including: Talking to people; Being in a good environment; Being around other people; Discussing matters; Talking & listening to others; Enjoying activities. These activities have boosted my confidence and got me out and about, moving around.*
- *By providing a fun activity (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

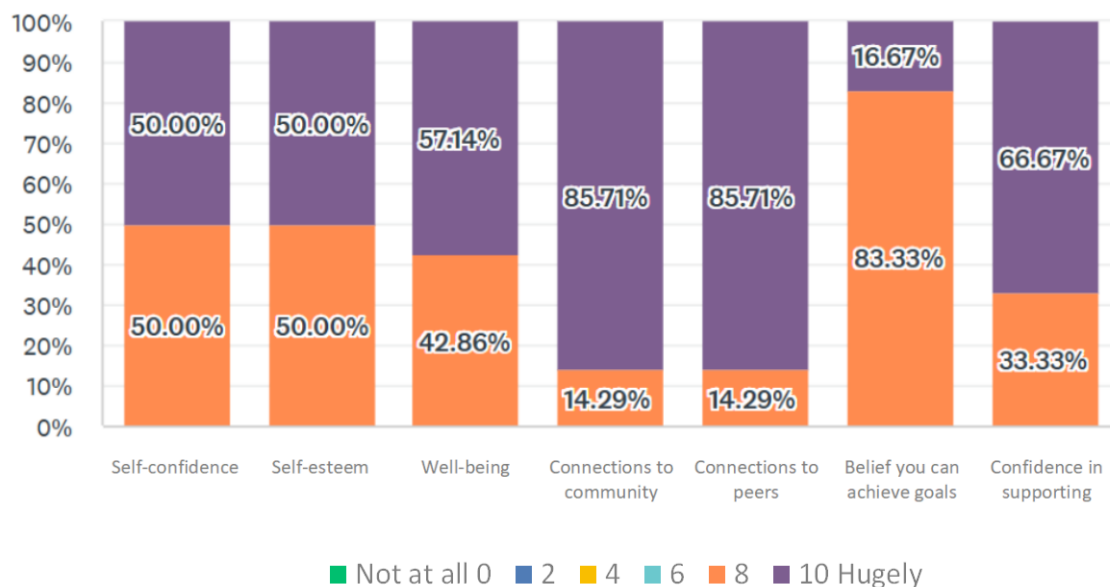
We asked volunteers several questions relating to the impact of volunteering and support received. The answers, as with last year, showed huge positivity based on volunteering with nearly all responses in the positive domain. The two particular outcomes we had set out to evidence – to improve volunteers' 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

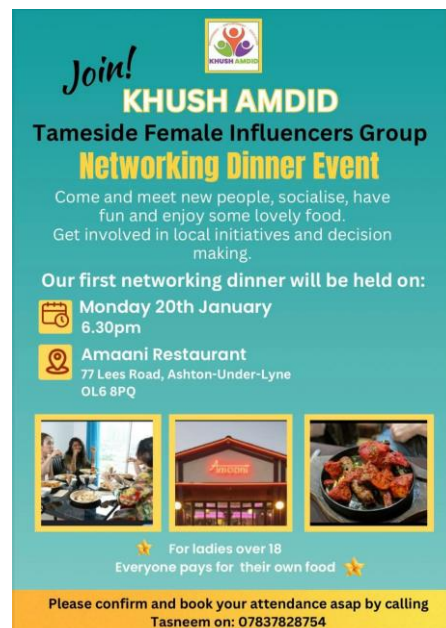
Every Monday
10.00am – 2.00pm
Lunch time – 12.30 pm

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:

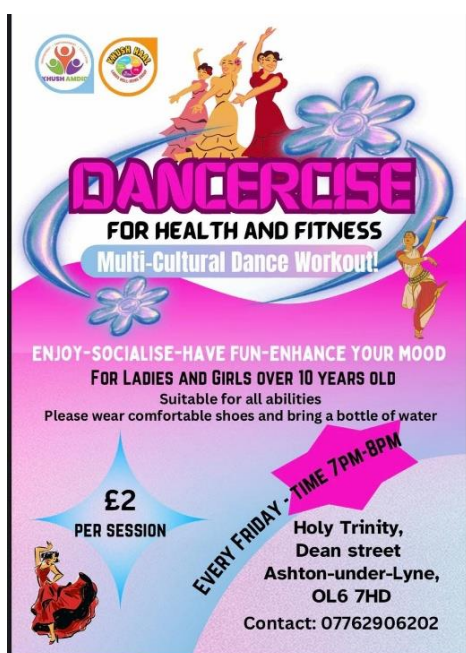
Monday 20th January
6.30pm

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

ZAHEER 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,
OL7 9DR

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

Broad Oak Community Centre
160 Broad Oak 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
Broad Oak Community Centre,
160 Broad Oak 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:
Broad Oak Community Centre
160 Broad Oak Road,
Ashton-Under-Lyne, OL6 8RS

£3 per Person

Teams of 4. You can join a team on the night if you don't 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!

Broad Oak and Smallshaw Community Centre,
160 Broad Oak 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 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: 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)	(427)	(1,812)
Net Current Assests		<u>14,525</u>	<u>49,957</u>	<u>64,482</u>	<u>60,697</u>
Funds	6				
Unrestricted Funds				49,957	55,227
Restricted Funds				14,525	5,470
Total Funds				<u>64,482</u>	<u>60,697</u>

The financial statements were approved by the Board of Trustees on 28 / 01 /2026
and were singed 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 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	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
Westminster 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>