

JINNAH DAY CARE CENTRE

Annual report-Sept 2021to Sept 2022



QUEENS PLATINUM JUBILEE CELEBRATION SPECIAL EDITION

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Introduction

the Jinnah day care centre is a purpose, built building that was founded in 1996 as a day care service provision for the Asian elderly aged over 50 years. The centre is a registered charity (1114874) and a limited company by guarantee. It has a relaxed and friendly atmosphere and stimulating environment. It has various activities such as; media activities, exercise machines, pool table, board games and a programme of talks intended to extend awareness of issues concerned with health and wellbeing.

In terms of staffing, it presently has a full-time manager, chef (p/t). there are 15 regular volunteers.

Mission Statement

The Jinnah day care centre exists to promote the benefits of the inhabitants of the metropolitan borough of Bury in general and the Asian community including Asian elders in particular and to provide facilities in the interest of social welfare, in order to improve the life of the inhabitants and promote community cohesion throughout the borough.

Aims and objectives

To provide a service which reflects the cultural, religious and social needs of the ethnic minority communities in the metropolitan borough of Bury.

To provide a safe, secure and friendly environment for service users so they are able to participate fully in activities organised by the centre where Asian elders can meet others to take part in social, recreational and educational activities and enjoy a balanced and nutritional meal.

To provide information on provisions of services health education and social welfare in order to combat poverty and sickness in the community.

To provide an accessible and stimulating environment this enhances the service users' health and well-being and quality of life.

To Provide quality, innovative, client-centred programmes and services to enrich the lives of the individuals and families we support.

Our Vision

Where everyone feels valued, connected, included and empowered.

Service Principles

Respect

We believe that every individual has the right to their own values, beliefs and individual choices.

Inclusion

We believe that every individual should be accepted and treated equally as a valued member of the community and are entitled to participate fully and enjoy the same quality of life as all community members.

Collaboration

We believe in the importance of working collaboratively with our service partners to achieve the best outcomes for the people we support.

Accountability

We believe in being fiscally responsible and demonstrating transparency and ethical decision-making.

Innovation

We believe in developing an organizational culture that supports opportunities for learning, growth and development and values the contributions of the individuals we support, their families, the staff and the broader community.

Chief Executive Akram Baig message of condolences on the death of Queen Elizabeth II

It is with great sadness that we have recently learned of the death of Her Majesty Queen Elizabeth II. My thoughts and the thoughts of everyone here at Jinnah Day Care Centre are with all members of the Royal Family at this saddest of times. Throughout her long reign, Her Majesty has been a shining example of devoted service and steadfast duty. She embodied the spirit of the nation and today, together with millions around the world, we mourn. In 2002, The Queen became the first British monarch to enter a mosque in the UK during her Golden Jubilee tour. Her Majesty received a copy of the Quran in Arabic and English after unveiling a plaque which commemorated her visit to the Pakistan Social, cultural and Islamic Centre in Scunthorpe.



In 1961 during her Royal trip to Pakistan her majesty the Queen visited the Badshahi Mosque in Lahore which at that time was the biggest mosque in the world. Originally built in 1671.

Chief Executives' Report



This is not only an opportunity to reflect on this past year's achievements and challenges, but also a chance to celebrate 26 years of exceptional service. Starting with humble beginnings to the tremendous journey of growth and expansion as a result of the significant contributions of the many inspirational people over the years. We have had another productive year with a large range of social inclusion activities, courses, workshops, events and outreach services aimed to strengthen community connection and build community capacity.

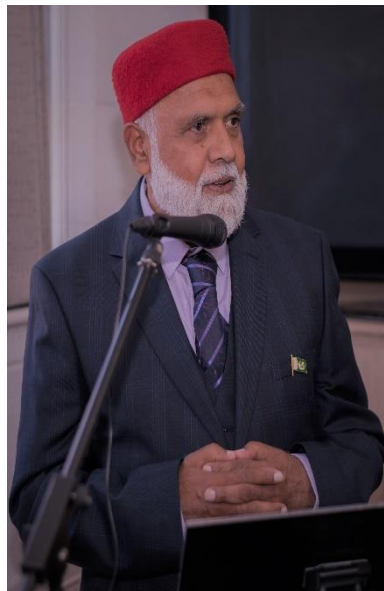
An important role for the Jinnah Day Care Centre is to connect individuals and communities, to promote harmony and build community resilience and capacity. Centre staff and volunteers strive to create a warm and welcoming environment in which to deliver services and we often hear feedback from people who attend the Centre that they feel at home when they are here. Connecting people to each other and to organisations has benefits for the individuals and the community as a whole. Opportunities for people to connect can reduce the impact of social isolation, have positive health benefits, promoting cross cultural and intergenerational understanding and building strong resilient communities. Communities where people build relationships across their usual spheres of influence provide a supportive and inclusive environment for vulnerable members such as the elderly. There is no doubt that this work has been made more challenging because of the pandemic and the various restrictions that have been place. The Centre has used digital means of communication and connection and other creative methods to make sure our clients and community remain engaged in day-to-day life and participate actively in the work that we do. It is however, the employees who deserve the praise during these unprecedented times. They are the ones meeting the challenges necessary to keep themselves and the clients safe while making day-to-day differences in the lives of our service users, carers and families.

An important role for the Jinnah Day Care Centre is to connect individuals and communities, to promote harmony and build community resilience and capacity. Centre staff and volunteers strive to create a warm and welcoming environment in which to deliver services and we often hear feedback from people who attend the Centre that they feel at home when they are here. I must also thank the Board of Trustees who have been supportive of the work we do and have demonstrated their passion for the Jinnah Day Care Centre. We could not successfully carry out our mission without the expertise and leadership of our Board of Trustees. We look forward to the coming year of on-going success and accomplishments.

Akram Baig

Chief Executive Jinnah Day Care Centre

Managers' Report



Jinnah Day Care Centre's stated Vision for A strong resilient community which values and includes each member can only be realised through the support of many individuals and organisations who work with us every day. To you we say THANK YOU! To make this a reality we offer a range of ever evolving services, activities and support to those most vulnerable in our community.

We could not do our work without you, you are amazing! We would also like to thank those Agencies who have funded our activities such as Bury Council, Ambition for Ageing, Bury Council's Neighbourhood Pitch Funding and Communicate Bury.

It is through partnership working that we managed to deliver so much in such a short time. One of our main successes has been the Connecting Communities Project under the mantra of "It's about people, not just place" supporting older people in dispersed communities which reached out to individuals living in the remote areas of the Metropolitan Borough of Bury (see page 17 of AGM report for more information).

Similarly successful was our "Healthy Lives Matter Project where older people gained a greater awareness of health problems facing them such as diabetes, high blood pressure and heart disease and became aware of the importance of being involved in health improvement activities which not only improved their self-esteem and self-confidence and meet people in the community and make new friends. The project has improved their quality of life and community life and gone a long way to reliving loneliness and social isolation (see page 16 for of AGM report for more information).

I am indebted for the help and support given to the Jinnah Day Care Centre by Deborah Gregory, First Aid Course Tutor from Communic8e Bury for organising First Aid Courses for volunteers and staff as well as service users. I am also grateful to Adrian Crook, Director for Adult Social Services and Community Commissioning Bury Council for his help and continuing support.

Finally, congratulations to Mohammed Ashraf who has been presented with the prodigious award of volunteer of the year for his continuing commitment and hard work in the service Jinnah Day Care Centre where he always welcomes service users with a happy and friendly smile. Congratulations also to Mohammed Attique who won the pool competition 2022. Thank you to the volunteers and staff for an unwavering commitment during what has been

an extraordinary year. Thank you to our members and the people who use our services for their trust and continued support.

Imtiaz Hussain Manager Jinnah Day Care Centre



Queens Platinum jubilee party

The Queens Jubilee platinum jubilee celebrations marked her Majesty's 70 years reign. The celebrations started with the national anthem, speeches from invited guests and a three-course meal especially prepared for this special occasion by our Chef Sardar Ali and the wonderful team of volunteers.

During the Queens platinum jubilee, the Mayor of Bury Shaheena Haroon and The Consul General Muhammad Tariq Wazir Consul General of Pakistan the principal guests of honour. The Mayor and the Mayors Consort Aysha Arif emphasized the importance of such events for the community because throughout her 70-year reign, The Queen has been a symbol of continuity, the constant figure in an ever-changing Britain. Her unwavering devotion to service to the people in the UK has made her one of the most recognisable and respected persons in the world.



"Thank you for inviting me to the Queens Jubilee party. It is amazing to see the whole community come together for this happy event. Congratulations to her Majesty on her 70 year reign and congratulations to Jinnah Day Care Centre, staff, volunteers, trustees and service users. Well done



everyone for organising such a great event!” Muhammad Tariq Wazir Consul General of the consulate of Pakistan Manchester.



Trip to Llandudno

“This year’s annual trip was to Llandudno in North Wales. It is a stunning seaside resort and the trip so eventful, the activities and experiences were amazing. On our arrival we went on a boat ride and the fresh sea breeze hitting our faces was so refreshing. The peaceful scenery we passed along the way was simply mind-blowing. If only I could swim, I would have dived right in as the weather was so hot and sunny. After the boat ride we went on a cable car ride which was really testing my fear of heights, but I don’t regret it because the view below us was unreal. There was this really big Seagull which had anger issues and attacked me and tried to get at my fish and chips” Bridget



“What a wonderful trip to Llandudno! I particularly loved having a delicious lunch on the long pier where the sun was beaming down upon us and I could see

the clear blue sea below. I also enjoyed the ride on the cable car the views were amazing. It brought back nostalgic memories as I used to come here with my parents when I was younger” Samia

“We concluded our trip with buying souvenirs for friends and family back home, with my own money as always. We then had the opportunity to go on a coach ride up to the Great Orme which made my ears pop but the view was like a fairytale. The green land was full of luscious green grass and the deep, boundless Oceans which drenched the golden sands. The Jinnah Centre also made some packed lunches which included a sandwich, a drink and some biscuits.” Aliya



The Sensory Project

Using Bury Art Museum’s varied collection and the neighbourhoods of Bury as inspiration, five contemporary artists: Oliver Bishop, Anna Columbine, Seleena Laverne Daye, Alexander Douglas & Stephen Walton have worked with community groups including the Jinnah Day Care Centre to create some marvellous artworks that give us a journey through the senses of Bury! We created bright paintings, touchable textiles, nose sculptures, a tasty installation and a soothing sound piece.

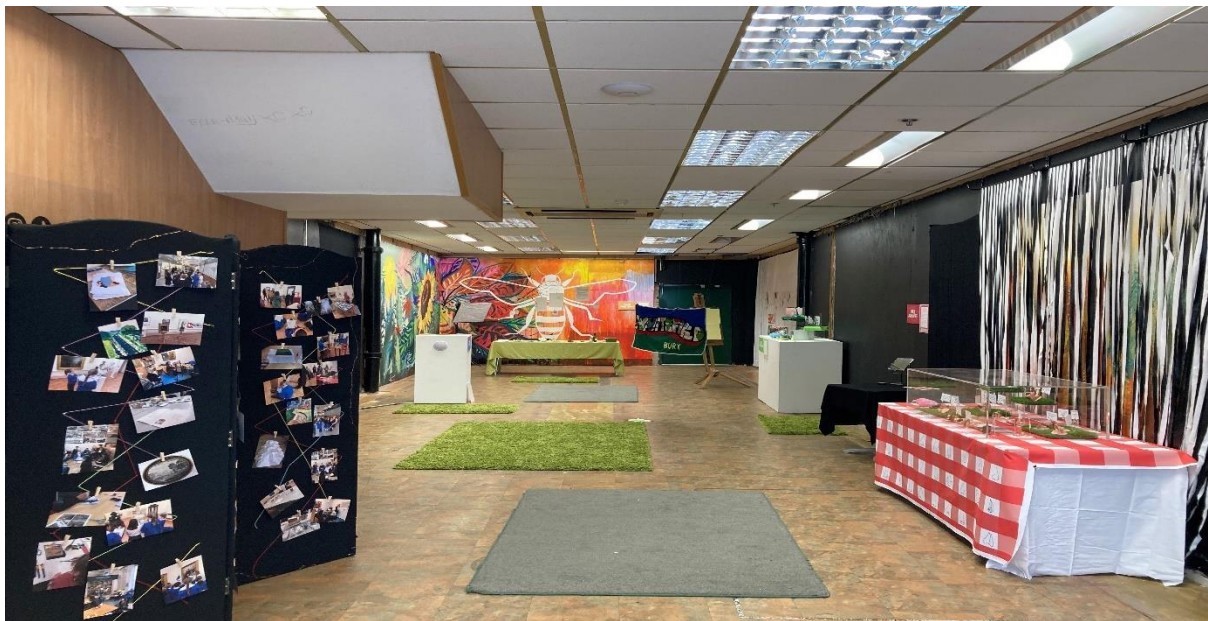
The exhibition has been supported by the Covid Recovery Fund which commissioned artists

who might have lost work during the pandemic and to bring together people from all the different neighbourhoods of Bury, improving well-being and giving a sense of community



within the borough.

Jinnah Ladies making soundtracks of their poems at the recording studios and below the Sensory Exhibition which was held at Millgate Shopping Centre and appreciated by visitors.



The Sewing Project

The fabulous sewing classes include clothes making and tailoring, pattern cutting, soft furnishing, patchwork, quilting and stitched textiles as well as upcycling clothes and embroidery. Mrs Zareena Akhtar comments "It's been years since I have used a sewing machine and having recently attended the Jinnah Sewing Project, I have realised that this is an ideal course for me to start making simple sewing projects and getting back into the swing of things. I will no doubt start making a few pillowcases first. It would never have occurred to me to open up an old pillowcase to help with measurements! This is an excellent class, with good and easy to follow instructions from our sewing tutor who is so



patient and easy going, she makes everything look easy. I highly recommend this course to anyone who wants to learn sewing as a beginner or has some experience" Mrs Khan states "I sewed something, for the first time ever in my life (apart from the rip in my jumper which I tried to fix but successfully failed), I sat down in front of a sewing machine and made something. The machine started to make lots of whizzing sounds which startled me but now I enjoy working on the machine and find it very therapeutic

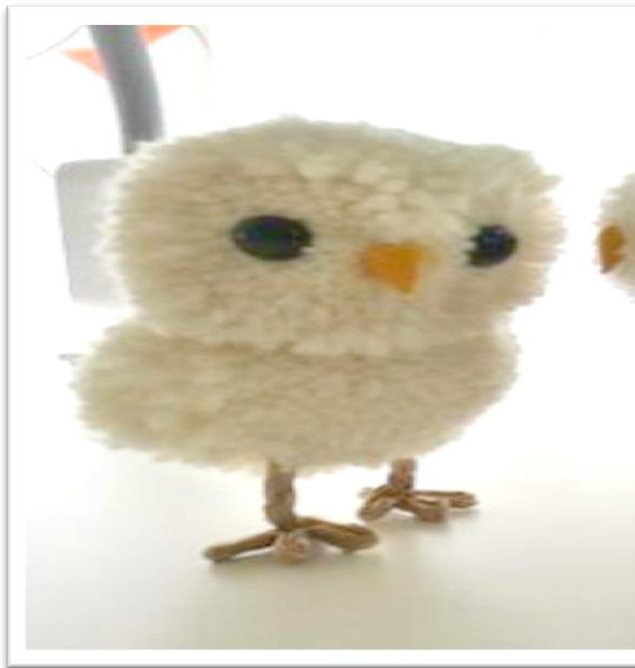
and I am eager to finish the garment I am working on and show it to my family"

Arts and Crafts



"I thoroughly enjoyed the arts and craft sessions. Fahmida is an excellent tutor, very thorough at explaining the techniques involved and patient too! I did the sessions with many other lovely people and the atmosphere was very relaxed and friendly. It is something I have wanted to try for a long time and was so pleased to have finally done so. Very pleased with my perfumed candles and soft toys that I made during the sessions."

"What a lovely time we had! all friends meeting up for sessions of being creative together. The setting of the Jinnah Day Care is just perfect. From making an initial enquiry to the workshop sessions, all communication was clear and timely. The instructors' teaching style is friendly and relaxed, working at the pace of the group. She explained and demonstrated each stage of the process as we created our owls. I love my cute owls!"



Samba Percussion Event



The Jinnah Day Care Centre organised drumming sessions for our ladies' group because studies show that hand drumming helps to relax the senses, energize the tired and heal the emotionally wounded. In working with holistic practitioners, certified drum circle facilitators and yoga instructors over the years, we know that the magic of drumming is real and it is powerful. Drumming has been used for thousands of years in celebrations, rituals and ceremonies, the healing powers of drums are touching and connecting new people around the world every single day. Modern life can be full of stress and frustrations and having a way of expressing yourself and connecting with others in a positive way can make you relaxed. You drum, slow at first, and then you feel it. Your mind relaxes and you roll with the beat. Thirty minutes later, the beat slows and comes to an end. You look up feeling that only five minutes have passed, ignited with a new and light energy. The release of stress carries over to the next day and your whole week passes with ease having a new outlet for the stress. You continue your participation with drumming sessions, improving your skills, meeting new people and practicing new life habits that lead to happier and healthier days.

The active nature of the drums makes them one of the best instruments for physical exercise. The body movements are greater than with other instruments, which raise the heartbeat, train the cardiovascular system, burn calories, and even build lean muscle mass.

"The Drumming sessions were simply brilliant. We have done some rhythms and even learned a few tunes. I have never done anything like it before and enjoyed the whole experience immensely. Thanks to the drum tutor, Jinnah staff and volunteers" Khalida

"Never have I ever heard samba drums in my life. It was high in spirits and joyful to listen to and also to have a go playing it. I'd definitely consider buying one after all that fun I had" Mukhtaj Begum.

First Aid Classes



The Jinnah Day Care Centre organized Emergency First Aid at Work Accredited Training for all its members of staff which covered all aspects of first aid at the workplace. The course was held over two days and covered resuscitation, burns and scalds, choking, use of Defibrillator AEB (Automated External Defibrillator), minor and severe bleeding, seizures, shock and the role of the first aider including knowledge of health and safety regulations.

“The course was a fantastic overview of the essentials of first aid. It was well thought out and presented and enabled me to think about how it relates to my team and organisation. I’d highly recommend it.” Sardar Ali

A separate course Basic Life Support with Defibrillator AED was held for service users at the Jinnah Day Care Centre which focused on a systematic approach to managing first aid incidents and assessing casualties, safe airways position, Cardiopulmonary resuscitation (CPR), safe use of Defibrillator AED, heart rhythms, AED scenarios and troubleshooting.

“This was a very enjoyable and highly practical first aid course which uses universal defibrillator training devices which I have never used before” Mumtaz Khan

“I successfully completed a course with Basic First Aid for Life. It was informative and fun, really well organised and I now feel confident to carry out basic first aid if required. I would highly recommend this course for all service users!” Mohammad Islam

“Dear Imtiaz, it was a pleasure to work with you and all the participants. You all made me feel welcome and made things so much easier for me. I look forward to doing more working with you in the future”

Deborah Gregory, First Aid Course tutor, Work Safe Training

Healthy Lives Matter Project

The Jinnah Day Care Centre delivered the Healthy lives Matter Project with funding from GMCVO's Supporting Ageing in Place project, as part of Ambition for Ageing.

The project was established to tackle issues that are sensitive, taboo and 'culturally forbidden' around the theme of loneliness and isolation. There is a stigma surrounding loneliness, and older South Asian people tend not to ask for help because they have too many barriers for them to overcome. With the use of information technology and social media the project coordinated in an imaginative, culturally led manner to help improve health and emotional wellbeing, quality of life, choice and control, personal dignity, education, self-confidence, mutual respect, healthier lives and help promote healthier minds. The aim of the Healthy Lives Matter Project was an innovative approach to working with older South Asian people, and a range of statutory and voluntary sector partners, to create good neighbourhoods to grow old in. The programme will be founded on what older people say, providing a diverse range of opportunities for older people to engage and develop new peer groups and friendships. Feedback from older people has shown that being part of a group and having access to peers provides support through very difficult times, such as losing friends, family or partners, and dealing with health, loneliness, social isolation, mental health or other emotional issues. Healthy Lives Matter Project provided activities to help older people improve their physical and mental health as a result of attending this project.



"I enjoyed taking part in the Healthy lives matter Project which has improved my health and emotional wellbeing and I have made many new friends" Qari Akhtar Hussain

Connecting Communities Project



The Jinnah Day Care Centre was commissioned by Ambition for Ageing research project to deliver activities for dispersed communities over a three-month period to find out more about the kind of support that older people from these communities need to stay connected as they age. By dispersed communities, we mean a group of people who share an identity or experience who do not all live near each other in one area. This means they have to travel away from their neighbourhood to meet up, buy the food they prefer, get the support they need, or practice their faith together. During two years of pandemic lockdown many people from dispersed had not met other members of the community or their friends. They were apprehensive about socialising with others because of fears of being infected by the pandemic. The project became an important vehicle for them to meet twice weekly, make new friends and revive their social connections. It was due to their involvement in the project and their contribution with ideas on the direction of the project that a more effective project was delivered. The project discovered that programme planning should be based on a thorough understanding of the people, assets and relationships in an area, and recognise the value of small, community organisations that support dispersed communities. Forever Manchester donated £100 for our connecting communities project for Christmas Celebrations.

“Thank you for providing transport for us during the Community Connection Project. Without the transport I would not have been able to take part. I looked forward to seeing your wonderful driver who was so helpful and jolly, he put us in a very happy mood when he picked us up in the mornings” M. Afzal - Brandlesholme

“Dear Imtiaz, It was really lovely meeting you all yesterday (15/12/2021). The centre is amazing and the women feel so grateful to be part of it. Congratulations on the fantastic work. All the best” Dr Luciana Lang, Research Associate MICRA – School of Social Sciences – University of Manchester

Mrs Shaheena Haroon: Mayor of Bury

Councillor Shaheena Haroon has become the first Asian woman in a mayoral role across Greater Manchester. She was appointed as the Mayor of Bury during a civic ceremony at Bury Town Hall in May 2022. She said: "My whole life aim is helping and supporting people. It's a great honour for me and I'm really delighted." She is a founding member and vice-chairman of Bury Asian Women's Centre (now Bury Active Women's Centre) Her husband Raja Haroon Khan serves as the mayor's consort and her daughter, Councillor Ayesha Arif, is her Mayoress. She says: "I am extremely honoured to become the mayor of Bury and am looking forward to my new role over the year ahead. I love meeting people from all walks of life, and this is a great opportunity to meet people from all Burys' diverse communities. I am also looking forward to encouraging and supporting local charities and promoting local businesses, attending local community events, youth groups and activities, as well as championing the borough and representing the council at official functions."

The mayor's charities will be Bury Veterans Hub, Jigsaw, Bury Hospice, Jinnah Day Care Centre and Bury Defence Academy. She has also served on the Jinnah Day Care Centre management committee. The staff, trustees, volunteers and service users congratulate her on her amazing achievement.



Councillor Shaheena Haroon Mayor of Bury and her husband Raja Haroon Khan the mayor's consort

Diabetes Awareness Seminar

Two interactive seminars were delivered by Dr Kouta NHS diabetes consultant on diabetes for older people. He gave an informative talk on recognising symptoms of diabetes and how to adjust your lifestyle to reduce the impact diabetes has on your health.

A Power Point presentation was shown on the human body and how it functions, including showing cells, the pancreas, kidneys, heart and how they function. It was explained how men and women need to exercise according to their body and age. Conditions due to diabetes result in many serious problems ranging from eyesight loss to amputations. Detailed discussion was held on how insulin is made and what happens when the pancreas is unable to function properly. Dr Kouta explained: "It is clear that at an older age it becomes difficult to exercise actively but you should do some exercise on daily basis. Even taking few steps after meals can help to keep your sugar levels in control. Sitting on a chair and moving your arms and legs can be an easy exercise. Walking is so easy to do for many people so should be done as much as possible.

On food consumptions, he explained: "Food is the most common contributor to diabetes. You should try to eat in small portion spread out during the day at regular intervals." Mr Akram Baig, said: "We are regularly organising these seminars to keep our service users up-to-date and active in their lifestyles because diabetes is becoming increasingly common and can have severe impact if it is not controlled. Many people however, have been able to manage their Type 2 diabetes through minor adjustments to their lifestyle. We have been very actively promoting armchair and other physical activities as advised by health professionals for our community and most of our elderly participants are in a position to act on this informative and essential information to manage their lifestyles." Imtiaz Hussain, Manager at Jinnah Day Care Centre, said: "It's good to see the group supported by volunteers and we are thankful for Dr Kouta's time, for his contributions and detailed information from his experience. I believe that message was clear, to watch what we eat, stay active and take regular exercise, even short walk after your meals."



'Answer Cancer' Awareness Programme



The Jinnah Day Care Centre hosted the Answer Cancer Awareness Programme which was aimed at improving uptake of the 3 main cancer screening programmes available from the NHS. Data shows that uptake of these potentially lifesaving screening programmes is below average in the south Asian community. The data around cancer screening uptake in Bury East is 60% is much lower than other comparable localities, for instance screening uptake in Bury North is around 80%. Therefore, we decided to deliver the Answer Cancer sessions to South Asian communities in Bury. The event consisted of a series of talks and workshops on 3 types of cancer; Bowel, Cervical and Breast. The sessions focused on; How these cancers affect the population as a whole, how taking up the routine screenings can save lives, symptoms of the 3 cancers, who will be routinely invited for screening, how people can access screening if they have any concerns and how the screenings happen.

John Aitken Health and Social Care Manager from Bury Voluntary Community and Faith Alliance and Tara Vickers Answer Cancer Community Worker ran the sessions which consisted of detailed discussions and a much greater awareness of signs, symptoms, and a far better understanding of cancer screening, services and support in Bury and the types of cancer. The sessions were informal and 'down-to-earth' avoiding the use of Jargon and breaking down some of the clinical language into accessible and interactive discussions. Interpreter were hand to translate the talks into community languages.

We are also looking for Answer Cancer champions. Answer cancer champions spread the word about cancer across their wider community. Answer Cancer, is the Greater Manchester Cancer Screening Engagement Programme, working to increase screening by supporting Voluntary and Community Sector Organisations. More information is available through the following link: actraining@uni.uk.net



Pakistan Independence Day Celebration



The Chief Executive of Jinnah Day Care Centre gave a warm welcome to all service users and invited guests and in his speech, he said that Pakistan was created for lofty ideals. To win freedom was the first step in that direction. The real freedom means achieving the goal of becoming a self-reliant nation—one that is able to guard her interests and promote her values. Freedom will really be freedom only when we follow the principles taught by our founding fathers and remain united in confronting the challenges the country faces in its move towards growth shared by all Pakistanis. He also added that during the recent commonwealth games in Birmingham Pakistan won a total of 8 medals. Which included 2 gold medals. Arshad Nadeem won the gold in Javelin and set a new record by throwing over 90 metres. And Muhammad

Nooh Dastgir Butt won the gold in weightlifting by lifting over 400 kilos. He congratulated them and the Pakistani wrestlers and judo champion for their silver and bronze medals. Mr Baig then focused on the floods in Pakistan where about 220 million people are now facing an unprecedented crisis after eight consecutive weeks of heavy rainfall. The floods have killed thousands of people, affected more than 33 million residents, wiped out 1 million homes and destroyed about 2,200 miles of roads and destroyed numerous bridges. Nearly 500,000 people are in displacement camps, and many others have nowhere to go. It is our duty to support charities and welfare organisations around the world have rallied to offer help, support and assistance. It is our duty to pray for them that they get through these difficult days with patience and prayer.

The Chief Guest of Honour; The Consul General Muhammad Tariq Wazir reiterated the importance of calling all Pakistanis to give their help and support to those who are suffering in the floods. He thanked the trustees, staff, volunteers and service users of the Jinnah Day Care Centre and appreciated the remarkable achievement of the Jinnah Day Care Centre which has contributed significantly to the development of the Pakistani Community in Bury. The Mayor of Bury Councillor Shaheena Haroon emphasised the important role played by Jinnah Day Care Centre in improving the health and wellbeing of older people from the community. Also attending the ceremony were a number of other local Councillors, representatives of various organisations.





From left to right Councillor Ummrana Farooq (Bury East), Mr Baig Chief Executive of Jinnah Day Care Centre, Councillor Tamoor Tariq Deputy Leader of Bury, Councillor Gavin McGill (Bury East), Councillor Aysha Arif Mayoress, Councillor Shaheena Haroon Mayor of Bury, Councillor Eamon O' Brian leader of Bury Council and Mrs Maneeza Begum.



Pakistan independence Day celebrated with speeches, songs and delicious food at Jinnah!

Volunteer of the year award



The importance of volunteers to our centre cannot be overestimated. Whether the individual acts as a volunteer administrator, kitchen helper or contributes his or her time and resources in support of the work of Jinnah Day Care Centre, the efforts that are put forth deserve our heartiest congratulations and recognition. It is for that reason that the Jinnah Day Care Centre Volunteer of the Year Award was created to recognize those outstanding volunteers whose unselfish and dedicated service to the Jinnah Day Care Centre has made a significant difference in their community and mirrors the commitment to success of the Jinnah Day Care Centre. Muhammad Ashraf is one such a person who has given outstanding service to the Jinnah Day Care Centre. He first started as a volunteer when he used to bring his elderly father for day care at the centre. He is the longest serving volunteer at the Jinnah and has given 25 years' service. He is committed to his volunteer role and is a familiar happy face for all service users who attend our centre. Muhammad Ashraf being presented with volunteer of the year trophy by Consul General of Pakistan Muhammad Tariq Wazir.

Winner of the pool competition



Mohammed Attique was presented with the winners trophy by the Mayor of Bury Councillor Shaeena Haroon, Councillor Eamon O' Brian leader of Bury Council, Councillor Tamoor Tariq Deputy Leader of Bury and Mr Akram Baig Chief Executive of Jinnah Day Care Centre. Mohammed Attique sailed through the qualifying rounds and won the competition in a tense final against Arshad Mehmood. "It was unbelievable to win the tournament" he remarked.

Poetry Project



Poetry is a beautiful form of writing that helps one convey what one struggles to express or cannot express, through speech. Since ancient times, people have used poetry as their voice to manifest their feelings towards a certain issue or to communicate their ideas regarding different aspects of life.

The Jinnah ladies worked through a series of workshops collaboratively created a film, a poem and monologue. They told their stories as a series of 'Living Portraits' - video monographs - speaking in the first person about what motivated them to step out of the ordinary to do and be extraordinary. From these activities we hope to find an authentic voice to explore current leadership challenges that face emerging leaders in our communities and what they can learn from role models that are meaningful to them. In this project the women shared their stories, thereby gaining a greater understanding of women's lived experience and an appreciation of women's contribution to their community and wider UK society. The intergenerational aspect of the project helped in creating a bridge of understanding between different families and generations who may struggle to relate with one another even from the same community or family as the parents have a different upbringing, culture, and language than the children who were born or brought up in the UK and are detached from their parents struggles back in their country of origin or during the process of coming to the UK. This will hopefully heal many relationships and build a stronger, more cohesive community.

Work Experience and Placements

The Jinnah Day Care Centre has provided an opportunity for volunteers and students on work experience to gain valuable work knowledge that will enhance their skills and abilities going forward in their respective career paths.

Safiah

I am Safiah, who's on work placement here at Jinnah day care center. Personally, I think this is a great place and amazing people run it. The Jinnah Centre has a wide range of activities which aim at improving the health and wellbeing of older people. I think this is a very kind-hearted thing to do because it gathers older people together who may have felt socially isolated with not a lot of family around and gives them the opportunity to have a laugh and have fun with others. An experience I had yesterday was that the volunteer driver of the Jinnah Day Care Centre minibus asked me to help him pick up service users. I particularly remember an elderly man. I assisted him to get on and off the minibus and on the journey, he was singing Indian songs which was very amazing and put a smile on my face. We got back to Jinnah and we had some amazing food cooked by two amazing chefs who usually cook here every day and serve food.

Asmah

My name is Asmah and for work experience I have come to the Jinnah Day Care Centre which is a place where older people who feel alone at home can come to make new friends and do activities which make them feel happy, it is also a place for people who need extra care to get the help they need. I think this is a great thing because helping those in need is a form of charity and it benefits everyone. One of my experiences here was doing arts and crafts with the ladies who came and we made all sorts of things which made me very happy. I enjoyed talking to the women and learning more about them. After the activities were done the chefs made such delicious fish for us to eat and it was amazing (I wish I had more). Overall, my experience so far has been fantastic and I know that the rest of my time here is going to be worthwhile.

Eman Khan

As a post graduate student at Manchester University part of my research was to investigate older adults eating experiences of eating with others and examine how the covid-19 pandemic has changed the opportunities and experiences of this. I spent a month with many service users of South Asian Heritage at the Jinnah Day Care Centre who shared their thoughts and experiences. I met lovely people and was received in a kind and helpful manner. It was inspiring to see the wonderful work that the Jinnah Day Care Centre which is a jewel in the crown of services for older people in Bury.

Directors, trustees, staff and volunteers

Chief Executive

Akram Baig

Directors

Mohammed Idrees Khan

Mahmud ul Hassan

Trustees

Mohammed Jamshed Khan

Mohammad Younus

Ram Shori

Amir Butt

Fahmida Khan

Sajjad Anwar

Akhtar Hussain

Zakir Qureshi

Mohammed Riaz Ahmed

Muhammad Saddique Khan

Staff

Imtaiz Hussain – Manager

Ishrat Arra - Administrative Assistant

Sardar Ali – Chef

Mohammed Minazul Islam – Cleaner

Idrees Khan – Care Assistant

Saadiya Iqbal – Care Assistant

Volunteers

Mohammed Saleem

Zahoor Malik

Mohammed Sharif Arshad

Muneer Khan

Mohammed Ashraf

Aishah Mahmood

Ahsan Mahmood Khan

Farida Khan

Mohammed Attique

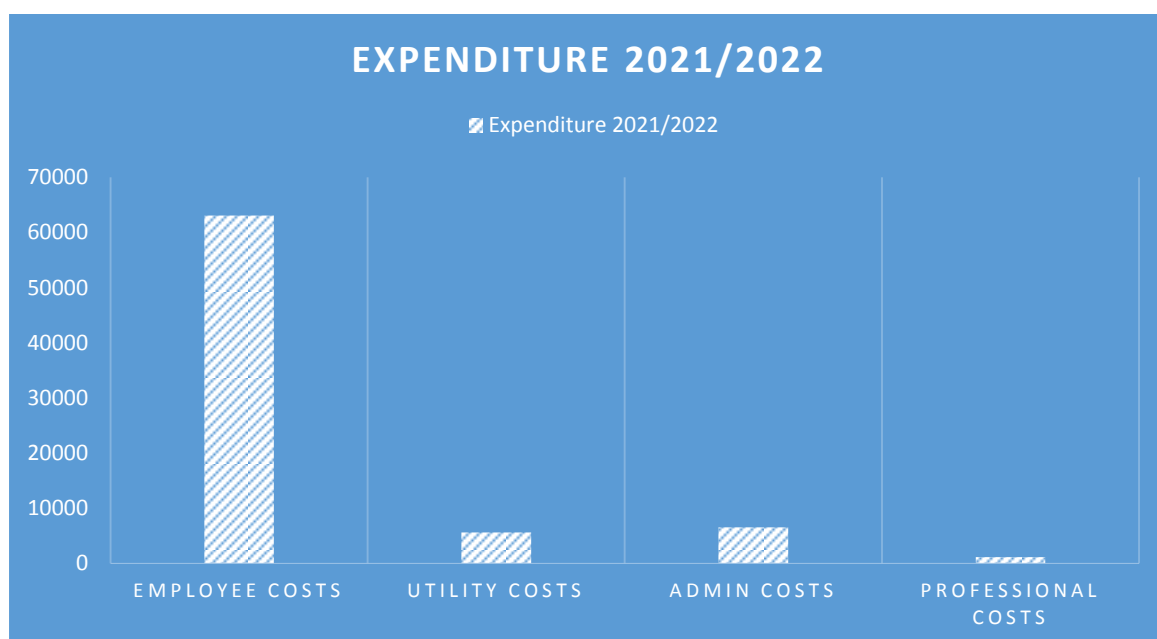
Khalid Baig

Zaffar Iqbal

Parvaz Akhtar

Financial Highlights

The financial highlights cover the period from 31st of March 2021 to 1st of April 2022. This year the grant from Adult Care Services was £70,234. The Jinnah Day Care Centre raised a total of £15,193. The expenditure has totalled £76,379 which has resulted in a surplus of £8,855. There was a deficit of £3,424 from last financial year which reduced this year surplus to £5,431. The sum of £5,000 from pitch funding for the East Neighbourhood Healthy Lives Matter Project could not be spent within the present financial year and has been carried forward to the next financial year which only leaves an actual small surplus of £624.00 The expenditure has remained within the confines of our budget. The income and expenditure breakdowns are given in the graphs below. Full set of accounts are available from the office at: Jinnah Day Care Centre, Alfred Street, Bury BL9 7HE



JINNAH DAY CARE CENTRE
Statement of Financial Activities
for the year ended 31 March 2022

	Unrestricted Funds	Restricted Funds	Total Funds	Last Year Total Funds
Notes	2022 £	2022 £	2022 £	2021 £
Incoming resources				
<i>Incoming resources from generated funds</i>				
Voluntary Income	85,417	-	85,417	70,689
Investment Income	10	-	10	39
Total incoming resources	85,427	-	85,427	70,728
<i>Costs of charitable activities</i>	75,227	-	75,227	73,772
<i>Governance costs</i>	1,152	-	1,152	1,080
Total resources expended	76,379	-	76,379	74,852
Net incoming resources/(net outgoing resources) before transfers between funds	9,048	-	9,048	(4,124)
Gross transfers between funds	-	-	-	-
Net incoming resources/(net outgoing resources) before Other recognised gains and losses	9,048	-	9,048	(4,124)
Other recognised gains and losses				
Net movement in funds	9,048	-	9,048	(4,124)
Reconciliation of funds				
<i>Total funds brought forward</i>	28,980	69,000	97,980	102,104
Total Funds carried forward	38,028	69,000	107,028	97,980

The net movement in funds referred to above is the net incoming resources as defined in the SORP and is reconciled to the total funds as shown in the Balance Sheet on page 33 as required by the SORP.

All activities derive from continuing operations

The notes on pages 35 to 39 form an integral part of these accounts.

JINNAH DAY CARE CENTRE
Statement of Financial Activities
for the year ended 31 March 2022

Income and Expenditure Account as required by the Companies Act
for the year ended 31 March 2022

	2022	2021
	£	£
Turnover	85,417	70,689
Direct costs of turnover	75,227	73,772
Gross surplus/(deficit)	<u>10,190</u>	<u>(3,083)</u>
Governance costs	1,152	1,080
Operating surplus/(deficit)	<u>9,038</u>	<u>(4,163)</u>
Interest receivable	10	39
Surplus/(deficit) on ordinary activities before tax	<u>9,048</u>	<u>(4,124)</u>
Surplus/(deficit) for the financial year	<u>9,048</u>	<u>(4,124)</u>
Gift Aid Payments	-	-
Retained surplus/(deficit) for the financial year	<u>9,048</u>	<u>(4,124)</u>

All activities derive from continuing operations

The notes on pages 35 to 39 form an integral part of these accounts.

JINNAH DAY CARE CENTRE
Company Number
Balance Sheet
as at 31 March 2022

4543578

Current assets

Cash at bank and in hand	107,808	99,111
--------------------------	---------	--------

Creditors:-

amounts due within one year	8	(780)	(1,131)
-----------------------------	---	-------	---------

Net current assets

107,028	97,980
---------	--------

Total assets less current liabilities

107,028	97,980
---------	--------

Creditors:-

amounts due after more than one year	-	-
--------------------------------------	---	---

Provisions for liabilities and charges

-	-
---	---

Net assets excluding pension asset / liability

107,028	97,980
---------	--------

Net assets including pension asset / liability

107,028	97,980
---------	--------

The funds of the charity :

Unrestricted income funds

Unrestricted revenue accumulated funds	38,028	28,980
--	--------	--------

Designated revenue funds	-	-
--------------------------	---	---

Unrestricted capital funds

Designated fixed asset funds	-	-
------------------------------	---	---

Total unrestricted funds

38,028	28,980
--------	--------

Restricted revenue funds

Restricted revenue accumulated funds	69,000	69,000
--------------------------------------	--------	--------

Restricted fixed asset funds

Total restricted funds	69,000	69,000
-------------------------------	--------	--------

Total charity funds

107,028	97,980
---------	--------

JINNAH DAY CARE CENTRE**Company Number**

4543578

Balance Sheet**as at 31 March 2022**

The directors are satisfied that for the year ended on 31 March 2022 the charitable company was entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act. However, in accordance with section 145 of the Charities Act 2011, the accounts have been examined by an Independent Examiner whose report appears on pages 29 to 30.

The directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions applicable to the small companies' regime.

A Baig**Trustee****Approved by the board of trustees on 21 September 2022****The notes on pages 35 to 39 form an integral part of these accounts.**

JINNAH DAY CARE CENTRE
Notes to the Accounts
for the year ended 31 March 2022

1 Accounting policies

Basis of preparation of the accounts

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW) , effective January 2016, , and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Accounting convention

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Incoming Resources

Incoming resources are accounted for on a receivable basis.

Investment Income

Bank interest is included in the income and expenditure account on a receivable basis.

In accordance with the SORP grants received in advance and specified by the donor as relating to

Recognition of liabilities

Liabilities are recognised on the accruals basis in accordance with normal accounting principles, modified where necessary in accordance with the guidance given in the SORP.

Resources Expended

Charitable expenditure includes all expenditure directly related to the objects of the charity and comprises the following :-

The Activities in furtherance of the charity's objectives

The costs of activities in furtherance of the charity's objectives represents the cost of goods and services and ancillary trading costs that have been incurred in charitable activities.

JINNAH DAY CARE CENTRE
Notes to the Accounts
for the year ended 31 March 2022

Support costs of activities

Support costs of activities for charitable purposes comprises the salary costs of the employees directly involved with project development and other project costs. There are a number of costs, including staffing costs, where it is impracticable to allocate these costs between administration and charitable expenditure and the trustees have allocated such costs to management and administration costs.

Management and administration of the charity

Management and administration costs represent expenditure incurred in the management of the charity's assets, organisational administration and compliance with charitable and statutory requirements.

Governance costs

Governance costs shall include all expenditure directly related to the administration of the charity including expenditure incurred in the management of the charity's assets, organisational administration and compliance with charitable and statutory requirements.

Fixed assets and depreciation

All tangible fixed assets are stated at cost less depreciation.

Items of less than £100 are not capitalised.

Depreciation has been provided at the following rates in order to write off the assets (less their estimated residual value) over their estimated useful economic lives.

Mini bus	20% straight line
Office equipment	15% reducing balance
Furniture, fixtures & fittings	15% reducing balance
Kitchen equipment	15% reducing balance
Sports equipment	15% reducing balance

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company , and is therefore included in the relevant costs in the Statement of Financial Activities.

Funds structure policy

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

2 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

JINNAH DAY CARE CENTRE
Notes to the Accounts
for the year ended 31 March 2022

3 Surplus/(deficit) for the financial year	2022	2021
	£	£
This is stated after crediting :-		
Revenue Turnover from ordinary activities	85,417	70,689
and after charging:-		
Independent examiner's fees	780	780
Other fees paid to the examiners	372	300

4 Statement that no expenses were paid to trustees or connected persons
No expenses were paid to trustees or persons connected with them.

5 Investment Income	2022	2021
	£	£
Bank deposit interest received	10	39

6 Staff Costs and Emoluments	2022	2021
	£	£
Gross Salaries	61,465	60,024

Numbers of full time employees or full time equivalents	2022	2021
Engaged on charitable activities	3	3

There were no fees or other remuneration paid to the trustees

7 Tangible functional fixed assets

	Plant, Machinery & Vehicles £
Asset cost, valuation or revalued amount	
At 1 April 2021	48,274
At 31 March 2022	48,274
Accumulated depreciation and impairment provisions	
At 1 April 2021	48,274
Charge for the year	-
At 31 March 2022	48,274
Net book value	
At 31 March 2022	-

JINNAH DAY CARE CENTRE
Notes to the Accounts
for the year ended 31 March 2022

8 Creditors: amounts falling due within one year	2022	2021
	£	£
Bank loans and overdrafts	-	732
Accrued expenses	780	399
	<u>780</u>	<u>1,131</u>

9 Analysis of the Net Movement in Funds	2022	2021
	£	£
Net movement in funds from Statement of Financial Activities	9,048	(4,124)

10 Particulars of Individual Funds and analysis of assets and liabilities representing funds				
At 31 March 2022	Unrestricted funds	Designated funds	Restricted funds	Total Funds
	£	£	£	£
Tangible Fixed Assets	-	-	-	-
Current Assets	38,808	-	69,000	107,808
Current Liabilities	(780)	-	-	(780)
	<u>38,028</u>	<u>-</u>	<u>69,000</u>	<u>107,028</u>
At 1 April 2021	Unrestricted funds	Designated funds	Restricted funds	Total Funds
	£	£	£	£
Tangible Fixed Assets	-	-	-	-
Current Assets	30,111	-	69,000	99,111
Current Liabilities	(1,131)	-	-	(1,131)
	<u>28,980</u>	<u>-</u>	<u>69,000</u>	<u>97,980</u>

The individual funds included above are :-

	Funds at 2021	Movements in Funds as below	Transfers Between funds	Funds at 2022
	£	£	£	£
Bury Social Services	-	(6,145)	6,145	-
Hire of premises	-	1,225	(1,225)	-
Miscellaneous small grants/donatio	-	11,317	(11,317)	-
Sundry income	-	2,641	(2,641)	-
Interest received	-	10	(10)	-
Restricted reserves	69,000	-	-	69,000
Unrestricted reserves	28,980	-	9,048	38,028
	<u>97,980</u>	<u>9,048</u>	<u>-</u>	<u>107,028</u>

Analysis of movements in funds as shown in the table above

	Incoming Resources	Outgoing Resources	Gains & Losses	Movement in funds
	£	£	£	£
Bury Social Services	70,234	(76,379)	-	(6,145)
Hire of premises	1,225	-	-	1,225
Miscellaneous small grants/donatio	11,317	-	-	11,317
Sundry income	2,641	-	-	2,641
Interest received	10	-	-	10
Restricted reserves	-	-	-	-
	<u>85,427</u>	<u>(76,379)</u>	<u>-</u>	<u>9,048</u>

JINNAH DAY CARE CENTRE
Notes to the Accounts
for the year ended 31 March 2022

11 Endowment Funds

The charity had no endowment funds in the year ended 31 March 2022 or in the year ended 31 March 2021.

12 Share Capital

The charity is incorporated under the Companies Acts and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

JINNAH DAY CARE CENTRE
Schedule to the Statement of Financial Activities
for the year ended 31 March 2022
Status of this schedule to the Statement of Financial Activities

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, revised June 2008. However, it is not a part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Prior Period Total Funds 2021 £
Incoming Resources				
Incoming Resources from generated funds				
Voluntary Income				
Grants, legacies and donations				
Government and public bodies				
Incoming resources of a revenue nature				
Bury MBC core grant	70,234	-	70,234	70,234
GMCVO funding	4,250	-	4,250	-
Bury MBC discretionary funding	7,067	-	7,067	-
Total	81,551	-	81,551	70,234
Non government and non public bodies				
Incoming resources of a revenue nature - grants, donations and legacies				
Hire of premises	1,225	-	1,225	-
Miscellaneous small grants/donations	2,641	-	2,641	455
Total	3,866	-	3,866	455
Total Grants, Legacies & Donations Received	85,417	-	85,417	70,689
Total Voluntary Income	85,417	-	85,417	70,689
Investment Income				
Bank deposit interest received	10	-	10	39
Total Investment Income	10	-	10	39
Total Incoming Resources	85,427	-	85,427	70,728
Charitable expenditure				
Costs of activities in furtherance of the charity's objectives				
Clients welfare	3,631	-	3,631	3,714
Total	3,631	-	3,631	3,714
Support costs of charitable activities				
Management and administration costs				
in support of charitable activities				
Staff costs in support of charitable activities				
Salaries - administrative staff	61,465	-	61,465	60,024
Total	61,465	-	61,465	60,024
Indirect employee costs				
Training and welfare	496	-	496	-
Motor expenses	1,100	-	1,100	1,099
Total	1,596	-	1,596	1,099

JINNAH DAY CARE CENTRE
Schedule to the Statement of Financial Activities
for the year ended 31 March 2022
Status of this schedule to the Statement of Financial Activities

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, revised June 2008. However, it is not a part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Prior Period Total Funds 2021 £
Premises Costs				
Rates, water and service charges	1,638	-	1,638	744
Insurance	909	-	909	730
Light and heat	3,752	-	3,752	1,729
Cleaning	255	-	255	221
Premises repairs and renewals	759	-	759	4,316
	7,313	-	7,313	7,740
General administrative expenses:				
Telephone and internet	667	-	667	624
Postages, stationery and printing	371	-	371	143
Bank charges	36	-	36	-
Sundry expenses	148	-	148	428
	1,222	-	1,222	1,195
Total Support costs	71,596	-	71,596	70,058
Support costs for grants paid				
Costs reallocated from charity support costs	-	-	-	-
Total Expended on Charitable Activities	75,227	-	75,227	73,772
Governance costs that are not direct management functions inherent in generating funds, service delivery and programme or project work				
Specific governance costs				
Independent examiner's fees	780	-	780	780
Other fees paid to the examiners	372	-	372	300
Total governance costs	1,152	-	1,152	1,080

JINNAH DAY CARE CENTRE

Independent Examiner's Report to the trustees of the charity

Report of the Independent Examiner to the trustees on the accounts of the Charity for the year ended 31 March 2022

I report on the financial statements of the Charity for the year ended 31 March 2022 which are set out on pages 31 to 41.

Respective responsibilities of trustees and examiner

The Charity's trustees, who are also the directors of the company for the purposes of company law, are responsible for the preparation of the financial statements.

The trustees are satisfied that the audit requirement of Section 144(1) of the Act does not apply and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act 2006, and that there is no requirement in the governing document or constitution of the Charity for the conducting of an audit. As a consequence, the trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the charity is not subject to audit under company law, or otherwise, and is eligible for independent examination, it is my responsibility to:-

- a) examine the accounts under section 145 of the Act;
- b) to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act; and;
- c) to state whether particular matters have come to my attention.

Basis of opinion and scope of work undertaken

I conducted my examination in accordance with the General Directions given by the Charity Commissioners for England & Wales setting out the duties of an independent examiner issued by the Charity Commissioners under section 145(5)(b) of the Act) in relation to the conducting of an independent examination, referred to above. An independent examination includes a review of the accounting records kept by the Charity and of the accounting systems employed by the Charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as trustees concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of the Charities legislation and that the financial statements comply with the SORP, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtain written assurances from the trustees of all material matters.

Independent Examiner's Statement, report and opinion

Subject to the limitations upon the scope of my work as detailed above , in connection with my examination , I can confirm that

1) In accordance with Regulation 31 of The Charities (Accounts and Reports) Regulations 2008, (The Regulations) the accounts of this incorporated charity are not required to be audited under Part 16 of the Companies Act 2006;

2) this is a report in respect of an examination carried out under section 145 of the Act and in accordance with any directions given by the Commission under subsection (5)(b) of that section which are applicable;

and that, no matter has come to my attention in connection with my examination which gives me reasonable cause to believe that in any material respect the requirements

(i) to keep accounting records in accordance with section 386 of the Companies Act 2006;

(ii) to prepare financial statements which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and;

(iii) that the financial statements be prepared in accordance with the methods and principles set out in the Statement of Recommended Practice - Accounting and Reporting by Charities

have not been met; or

to which, in my opinion, attention should be drawn in my report in order to enable a proper understanding of the accounts to be reached;

The Examiner's relevant professional qualification or body is:

Certified Practising Accountant

Stephen J McDonald B.Sc., I.C.P.A.
Station Chambers
36 Bolton Street
Bury
Lancs
BL9 0LL

The date upon which my opinion is expressed is :-
21 September 2022