



Iranian Disability Support Association
(IDSA)

Annual Report
31 March 2024

Registered Charity No
1116648

Iranian Disability Support Association

Annual report For the year ended 31 March 2024

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Iranian Disability Support Association
(IDSA)

LEGAL AND ADMINISTRATIVE DETAILS

Management committee

Dr Mahmoud Sarfarazi (Chair)

Mr Masoud Molazadeh
Mrs M Massoumzadeh

Accountants

Alex & Co Accountancy Ltd
23 Bell Lane
London NW\$ 2BP

Bank

Barclays
Walton-on-Thames Branch
P.O Box no 193
8/12 Church Street
Walton-on-Thames
Surrey KT12 2YW

Structure, Governance and Management

The management committee presents its report along with the financial statements of the charity for the year ended 31 March 2024.

The Financial statement has been prepared in accordance with charities accounting and complies with the charity's constitution by Alex & Co Accountancy Ltd.

Principal Objective

The Iranian Disability Support Association (IDSA) is established to promote the relief of Iranian and Persian-speaking disabled people and their carers living in London by provision of service, information and advice.

Constitution

Iranian Disability Support Association (IDSA) is a charitable organisation (Registered No. 1116648) operating under a written constitution. It was constituted in 2004 and has become an organisation of disabled people and for disabled people, with a clear and firm commitment to support Iranian and Persian disabled people who seek support and need help.

Management committee

Members of the Management Committee are elected for a period of one year at the Annual General meeting, after which, if they are to continue, they must be re-elected.

The Committee shall consist of Chairperson, Secretary, and Treasurer. The Management Committee must have at least three members; at the end of March 2024 there were five. The Management Committee meets times a year and is responsible for the strategic direction and policy of the charity.

Responsibilities of the Management Committee

Charity law requires the management committee to prepare financial statements for the financial year which give a true and fair view of the state of affairs of the Association and of its incoming resources of the year and the application of resources for the period.

In preparing those financial statements, the management committee is required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent;

state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;

- prepare financial statements on a going concern basis unless it is inappropriate to assume that the charity will continue on that basis.

Risk management

The management committee has reviewed the major risks to which the charity is exposed and, where practical, has taken steps to guard against or mitigate them. It has clear policies on many matters of professional good practice and on issues like health and safety, and compliance and standards of performance is monitored through appraisal and supervision processes.

The major risk for the charitable organisation, especially for small organisations like IDSA, is funding. In response to this, the IDSA's management committee has implemented a reserve plan.

IDSA relationships

IDSA is a member of Global Disability Foundation, World Disability Union (WDU), Great London Authority (GLA), and has the meeting, and relations with the other members such as International Disability Alliance, Inclusion London, Transport for all. Within the Iranian community, the IDSA has good relations with most of the Iranian charitable organisations like the Iranian Association, Iranian medical society and others. The IDSA receives support from the Iranian Association.

Aims, Objectives and Activities

The aim of IDSA is to provide support, information, advice, and advocacy to disabled people and their careers, parents or guardians who originate from Iran and Persian-speaking regions or who have Iranian/Persian-speaking regional heritage, who are living in the greater and inner areas of London and who need to access voluntary, statutory and/or government services. This includes services such as housing, welfare rights, health services and the judicial system. IDSA also provides support and assistance with activities that lead to the empowerment of disabled people from the Iranian/Persian Community who are resident in the greater areas of London and are UK residents.

Activities and review

During the year under review, the Association fulfilled its mission by:

- providing advice, information and assistance on a daily basis on welfare benefits, immigration, housing, women, training and education;
- disseminating information and conducting a need assessment survey on community needs;
- organising a series of cultural events in the community;
- helping Iranian and other Persian-speaking disabled people to complete paperwork such as filling in application forms;
- providing advice and guidance on further education and employment;
- providing one-to-one counselling on mental health issues.
- providing interpreting and translation;
- organising a series of workshops on Mental Health support and education on opportunity equality; and
- IT skills training.

Chairman's Report

The Disability Discrimination Act came into force in 1995. This was superseded by the Equality Act 2010. We are now 29 years on and still disability discrimination is a day-to-day occurrence for many disabled people. This is because many employers, service providers including public transport, public bodies etc. still look to do the minimum they can get away with or look for loopholes to tick a box or do nothing. It is shameful that in this day-and-age the majority of disabled people in the UK are not treated as equal citizens. Iranian Disability Support Association (IDSA) will continue to challenge negative attitudes that prevent disabled people from living as true equals in society.

The cost-of-living crisis continues to create extremely difficult and worrying times for disabled people, with disability related expenditure adding an extra burden to already stretched household budgets. With many disabled people experiencing life changing negative impacts IDSA has been proactive by introducing more support.

These are also worrying times for small disability organisations like IDSA with demands on services increasing as funding to deliver these services decreases. The constant struggle to secure core funding is ever present and it is this funding which is vital if IDSA is to continue to take a leading role in changing negative attitudes that prevent disabled people participating fully as equal citizens. Funding sources are becoming more and more harder I am extremely grateful to all our financial supporters and offer them our warmest thanks.

I am proud of the way volunteers and members have continued to not only deliver IDSA's services to a high standard through these demanding times but with their commitment and hard work, they have continued to support disabled people by going above and beyond the demand for our services. For this I am immensely grateful and offer them all my heartfelt thanks.

The Trustees and Management of IDSA are committed to continue to support disabled people in as many ways as we can.

I am indebted to my fellow trustees for their support to me and their continued hard work and commitment to IDSA. I also thank them for their many hours of hands-on work within the organisation that often goes unseen by others.

Dr M Sarfarazi

Treasurer's Report for Year Ending 31st March 2024

In 2023-24 we continue to develop income streams and project management income to support core organisational costs but within an ever-difficult financial landscape. The increased cost-of-living crisis, which has disproportionately affected disabled people, has led to a number of short-term projects enabling us to effectively campaign for our rights, but this has not enabled us to secure longer term funding. It gives me great pleasure to provide our members and partners with our annual financial reports in a year that has continued to see great changes across our society. We continue to have challenges in core funding but have difficulty. The finance difficulty has enabled us to have operated within our budget projection for the year. With our donors, in spite of finance difficulty we have tried robustly reviewed and strengthened our financial procedures and compliance during the year Finally, some thank-you: As a treasurer I would like to particularly thank our donors, who have enabled IDSA worked for and support disabled people within our community, ensuring that as a charity we operate to the highest standards to deliver our aims and objectives for our members.

M.Massomzadeh

Activities

Advice and Information Service:

The Iranian Disability Support Association made a plan to give Iranian and Farsi speaking disabled people better information and advice in England.

In addition to our office We have a phone line that people can call to get information and advice from us.

The phone line is good and useful for those who cannot come to our office and have moving problems.

And there are big money problems for people in the country.

We are getting volunteer to give people information and advice.

We are working to get much better information about people with a disability. That will help us to know what those who have a disability and their families need. And it will help us to change things.

For example: We started looking into what people with a disability want from work. We will also look at how to make it easier for people with disabilities to get work and sort out their needs.

We asked some questions to find out what support people with disabilities in the UK need.

Also making sure that our support is right for service user and makes their lives better

We gave support to many people within the community.

Our support services help people to do important things like:

Go shopping and cook.

Get a job.

Meet friends and do new things.

Use computers and the internet.

Learn better English

We are trying to support people with a disability to have the life they want.

Health Promotion

In 2023-24, in addition to our mental health services, we have also introduced physical health awareness sessions which are run by medical professionals.

We've brought together information and advice on a range of topics related to looking after your health and wellbeing as a person with disabilities – from tips on how to get active to dealing with mental and physical health.

خودشناسی و افزایش مهارت‌های زندگی



در این کارگاه "علت شکست در روابط با
دوستان و یا خانواده" موضوع اصلی گفتگو
خواهد بود.

با حضور خانم مریم طالبی
و مشاور جلسه خانم فرزانه هوشیاری

چهارشنبه ۶ دسامبر ۲۰۲۳ ساعت ۷ شب

Mental wellbeing is about life satisfaction, optimism, self-esteem, feeling in control, having a purpose and a sense of belonging and support. Most people, including disabled often experience depression, loneliness and low levels of

satisfaction and wellbeing. Taking part in meaningful activities, maintaining and developing personal identity, and getting the right help for any health conditions and sensory impairments have been identified as key to improving mental wellbeing.

In the year covered by this report, IDSA has continued to have mental and physical health workshops online. These workshops allowed dozens of people to build their confidence and manage their own mental health issues through increased knowledge and information about the physical and mental health issues.

Counselling Service:

IDSA's counselling service is a professional relationship providing a confidential space, in which the clients could talk through issues affecting their life with a counsellor who can help them. Professional, qualified counsellors have skills to help people in many situations. Most counselling sessions are done through regular meetings over a period of time and counsellors will work with the issues that they bring and towards the goals that they have set. Some counsellors may have additional training and experience in specialist areas such as addiction, trauma or family issues.

Although our counsellor offers;

- a safe place to talk
- empathetic listening
- a supportive relationship
- a process to reflect and consider our clients' thoughts, feelings and behaviours.

Also the Service supported people who were going through an emotionally difficult time. The service targeted more for those who were not fluent English speakers and found it difficult to access mainstream counselling services; the support was as well delivered in Farsi by phone.

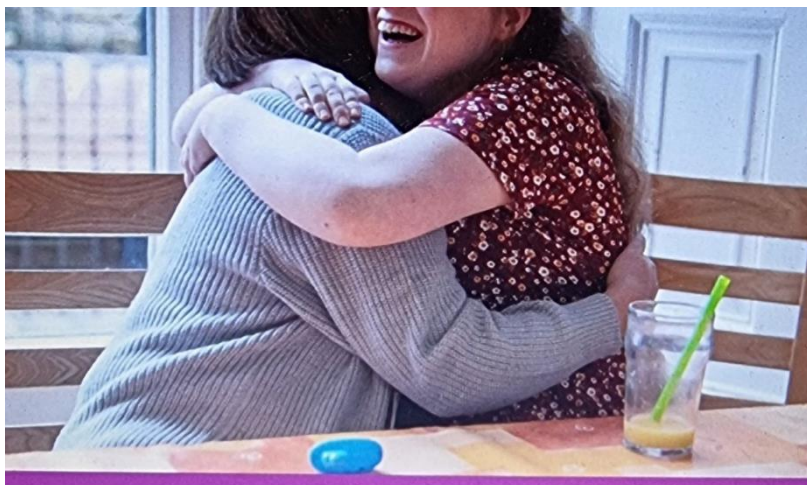
In 2023-2024 IDSA provided counselling to 21 people with careers, most of the people we supported came from the Iranian community.

Outreach service:

This service makes disability support at home helps them to live life on their own terms with dedicated volunteers.

The service enables people living with disabilities to live as comfortably, independently and securely as possible. At Helping Hands, we offer service to those who do not otherwise have access to services due to having severe physical, mental and learning disabilities. which allows them to receive specialist support for our clients' disability in their own home. We will visit them at home and provide extra help and support as needed.

In the year 2023-2024 this service is used by 15 people.



Blended Learning:

Iranian Disability Support Association in collaboration with Iranian Association offers opportunities for disabled people of all ages and careers to learn the English language which we call Blended Learning. In the previous year the service was provided online and of course.

The English course helped over several pre-entry level students develop their real-life English language skills and build their confidence in dealing with situations such as talking to school teachers, booking a GP appointment, talking to hospital staff, using public transport and shopping. The students improved their English effectively by combining classroom and computer-based training. Furthermore, the English improved the integration of the learners into their community and British society.

The IT course provides practical guidance for anyone who needs to develop their IT skills. The user will gain the tools and techniques to boost confidence on using a better computer. In the last year the Iranian Disability Support Association in collaboration with the Iranian Association offered IT courses to 30 learners.

We are working to keep people safe on the internet and social media, like Facebook and Twitter.

For example, we are helping with a new law about keeping people safe on the internet.

Volunteering:

The past year has been an active one for our organisation, we have endeavoured to operate our organisation as effectively and efficiently as possible. We could not operate without the volunteer support. It is not only critical to paying our rent, accommodation and utilities but also to pay a full time staff, so we continue to provide our services by volunteers. However, they always try to work toward sustainability of their post funding by promoting a well-trained volunteer base.

We would like to say a sincere thank you to everyone who volunteered with our organisation in 2023-2024. We are very grateful for the many hours of time volunteered to support IDSA to help organise events and our services and Enterprises facilities and our support services.

Events:

As in previous years in 2023-2024 IDSA in collaboration with and without the Iranian Association (**IA**) organised diverse social and cultural events in order to gather the disabled people with the Iranian and Farsi speaking community.

The International Day of Persons with Disabilities

Every year IDSA celebrates the International Day of Persons with Disabilities (IDPWD). This day is celebrated on the 3rd of December as a way of promoting equality for people with disabilities in all areas of society. The event was launched in 1992 by the United Nations General Assembly. Their aim was to advance disability rights and protect the well-being of those with disabilities. Since then, people all across the globe have gathered together to celebrate this special event.

According to the World Health Organisation, around 15% of the world's population is considered to have some form of disability. This is one of the many reasons why it is so important to observe events like the International Day of Persons with Disabilities. By celebrating this event every year IDSA spreads awareness and understanding of disabilities issues and says disabilities that might not be immediately visible, such as mental illness, chronic pain or fatigue and learning disabilities.

IDSA thinks celebrating this day can help no disabled person break down the barriers to inclusion and spread awareness of the struggles faced by those with disabilities. This will, in turn, spur them on to fight for the rights of individuals with disabilities throughout their lives.



Iranian Nowruz

The Iranian Disability Support Association and Iranian Association together celebrate Iranian New year (Nowruz).

The Iranian new year is called Nowruz. It is for that IDSA celebrates Nowruz with Iranian and all others who celebrate this day. Nowruz is the national New Year festivity celebrated in Iran, Afghanistan, and the Kurdish regions of Iraq, Turkey and Syria, and throughout Central Asia.

With roots going back to at least 3,000 years, Nowruz is one of the oldest festivals that is still marked by humans.

The event is a springtime celebration whose activities symbolises rebirth and the link between humans and nature.



Sizdeh-Bedar

Sizdeh-Bedar is Nowruz spring festival. Sizdah Bedar is celebrated on 13 days of **Nowruz**. On this day, people go to green spaces and celebrate the last day of the Nowruz holidays out in the open.

In Iran's official calendar, this day has been referred to as the Day of Nature; a national holiday.

In the year covered by this report, the IDSA celebrated this day.



Summer picnic

IDSA has organised a summer picnic in the year 2023-2024, in which a lot of people from Iranian and Farsi speaking attend.

The participants had an opportunity to gather together, make their food, eat together, and enjoy their day.



Yalda Night

The Iranian Disability Support Association and Iranian Association together celebrate Yalda night

Yalda Night, or Shab-e Chelleh, marks the longest night of the year and is one of the most significant events on the Iranian calendar. Similar to Nowruz, the celebration of the Spring Equinox and the Iranian New Year, Yalda's origins trace back to at least the Achaemenid era (circa 500 BC). The word "Yalda," however, is derived from ancient Syriac and means "birthday."

The celebration of Yalda, like Christmas, is an important family event celebrated with special foods, fruits such as watermelons and pomegranates, nuts and dried fruits, candles, poetry reading, games, and song and dance.



IRANIAN DISABILITY SUPPORT ASSOCIATION

FINANCIAL STATEMENTS

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IRANIAN DISABILITY SUPPORT ASSOCIATION

FINANCIAL STATEMENTS

For the year ended to 31 March 2024

ASSOCIATION:

Iranian Disability Support Association

ACCOUNTANTS:

Alex & Co Accountancy Ltd
23 Bell Lane
London
NW4 2BP



IRANIAN DISABILITY SUPPORT ASSOCIATION

FINANCIAL STATEMENTS

For the year ended to 31 March 2024

Accountant's Report:

In accordance with instruction given to us, we have prepared without carrying out an audit the income statement, from the accounting records of Iranian Disability Support Association and from information and explanations supplied to us.

Alex & Co Accountancy Ltd
23 Bell Lane
London
NW4 2BP



PRINCIPAL APPROVAL CERTIFICATE:

I approve the income statement and confirm that I have made available all relevant information for their preparation.



M Massoumzdeh
Iranian Disability Support Association

IRANIAN DISABILITY SUPPORT ASSOCIATION

FINANCIAL STATEMENTS

For the year ended to 31 March 2024

	£	£
Gross Income		31,488
Less expenses:		
Volunteers Expenses	720	
Salaries	20,699	
Employer NI Contributions	1,436	
Pension	318	
Office rent	4,800	
Charity Insurance	358	
Carers	5,630	
Fundraising & promotions	4,000	
Van expenses	3,043	
Newsletters and Advertising	482	
Telephone & Administrations	1,137	
Accountant	450	
Donation	-	
Depreciation	1,059	
		(44,132)
NET INCOME:		<u>(12,644)</u>

I approve the above income statement.

M Massoumzdeh



IRANIAN DISABILITY SUPPORT ASSOCIATION

STATEMENT OF FINANCIAL POSITION

For the year ended to 31 March 2024

	Notes	£	£
Fixed Assets			
Tangible Assets	1		4,827
Current Assets:			
Petty Cash and Bank Account		62,160	
Current Liabilities:			
Creditors	2	(838)	
Net Current Assets			61,322
Net Assets			66,149
Financed by:	3		
Balance at 01.04.23			78793
Income of this year			(12,644)
Balance carried forward			66,149



IRANIAN DISABILITY SUPPORT ASSOCIATION
FINANCIAL STATEMENTS

For the year ended to 31 March 2024

1) Tangible Assets:

	£
Office equipment	2,654
Van	23,000
	<hr/> 25,654
Depreciation charges at 05/04/2023	(19,768)
Charges for the year	<u>(1,059)</u>
Net Book Value at 05/04/2024	<u>4,827</u>

2) Creditors:

	£
PAYE tax liability	705
Pension	133
	<hr/> 838

3) Financed by Capital:

	£
Balance at 01/04/2023	78,793
Net Income	<u>(12,644)</u>
Balance at 01/04/2023	66,149



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