



asian resource centre
croydon



ANNUAL REPORT

2022/2023





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ABOUT US

Asian Resource Centre of Croydon was established in 1999 as a charitable organisation with a view of bringing together Asian Communities and Businesses.

Our mission is to foster, advance, and champion community engagement and volunteer initiatives that enhance the well-being, health, and overall quality of life within our local community.

Our vision encompasses a thriving, inclusive, and enduring voluntary and community sector that enriches the lives of Asian and minority ethnic communities.

Our Key Outcomes

- More effective and responsive services for local people
- Empowered and active communities
- Increased social inclusion and community cohesion
- An increase in social capital
- A strengthening of civil society
- Increased health and well-being of Asian communities



Our approach is three pronged

ARCC believes in a holistic approach to delivering services and achieving impactful outcomes.

1. Partnering with organisations to deliver an ABCD grassroots response that builds on community strengths and advances equalities for addressing needs and issues faced by marginalised communities.
2. Enabling voluntary sector organisations to develop and grow, providing infrastructure support to VCS to deliver quality services.
3. Gathering evidence of community conversations in relation to community issues, needs, and gaps affecting Asian communities.



OUR VALUES

4E's

1. Empathy
2. Equality
3. Excellence
4. Empowerment

ARCC takes pride in providing a quality and accessible service to communities by delivering against a set of principles we call the 4E's.



Empathy

We believe Empathy at its simplest, is awareness of the feelings and emotions of other people. It is a key element of Emotional Intelligence, the link between self and others, because it is how we as individuals understand what others are experiencing as if we were feeling it ourselves.

Equality

Ensuring everybody has an equal opportunity and is not treated differently or discriminated against because of their characteristics such as age, disability, race, religion or belief, gender including gender reassignment, sexual orientation, marriage and civil partnership, and pregnancy and maternity.

Excellence

As an infrastructure organisation we will inspire and lead with our actions. We will strive to identify and disseminate the knowledge base for good practice in all aspects of our work as a VCS (Voluntary Sector Organisation).

Empowerment

We believe empowerment is about supporting communities and people to gain control over the factors and decisions that define their lives.

CHAIR'S PREFACE

The year 2022/2023 has presented ARCC with numerous challenges, yet it's also been a year of remarkable accomplishments. We've not only met our growth targets but also secured the organisation's future sustainability. I extend my heartfelt gratitude to my fellow Board Members, our dedicated Senior Management Team, our diligent Project Delivery Staff, and, above all, our community members whose engagement with us for the support they deserve has been pivotal.

We've expanded our project portfolio, particularly in the realm of health and wellbeing. Throughout, our unwavering commitment has been to maintain a consistently high standard of support for our community members and to ensure our organisation's longevity for generations to come.

As we embarked on this year, the "post-Covid normal" began to take shape. It's uncertain whether things will ever return to their pre-2020 state. What's clear, however, is that Covid has compelled us to rethink and innovate how we approach our work.

Community organisations like ARCC are playing an increasingly vital role in supporting statutory entities such as the council and healthcare providers in service delivery. With this, the expectations of funding organisations have risen, and we've enhanced our systems to better meet these expectations.

CHAIR'S PREFACE

I'm thrilled to announce that ARCC's income has grown by an impressive 45% compared to the previous year. We've reached out to over 13,235 community members, a 33% increase from previous years. Asian and other minority ethnic organisations can no longer limit themselves to preserving culture and traditions; our projects now aim to help our communities lead happy, healthy, and thriving lives. This includes providing assistance to those facing significant challenges, from mental health issues to cancer and long-term medical conditions.

Building closer ties with the business community is another integral aspect of our work. Two years ago, we successfully launched the ARCC Business Forum initiative. We're continually developing innovative ways to engage with the business community, helping them connect with our community members and grow their businesses.

"Last year, we hosted a spectacular cultural event during our Navratri celebrations, uniting our diverse community with an impressive turnout of nearly 1,000 participants. As we look to the future, our aim is to elevate these events even further by drawing in a multitude of communities to highlight our rich history. We aspire for this event to become the most significant Navratri gathering in South London, an occasion that brings diverse communities together on an even grander scale."

In conclusion, I'd like to express my sincere gratitude to all my colleagues for their unwavering support as Chair and for entrusting me with the responsibility of leading this organisation.

Jay Patel
Chair

CEO'S REPORT

"At ARCC, we're committed to continuous growth and improvement."

This past year has been characterised by expansion, innovation, and a renewed focus on our core objectives. As a rapidly growing organisation, we've diligently established systems and policies to support our valuable human resources. We've also ventured into new opportunities and explored innovative ideas.

As an organisation, we've reinvigorated our partnership with the Croydon Council, finding fresh ways to collaborate despite the challenging economic climate. Our growing alliance with the NHS has become a significant contributor to ARCC's service delivery. Each day, we uncover new avenues to address health inequalities and the ever-present cost-of-living challenges.

ARCC has not only met but surpassed all of our operational targets. While we've faced some challenges in securing premises to accommodate our expanding number of projects and personnel, we've persevered. We've invested significant effort in stabilising our organisation's delivery post the conclusion of the Council's long-term community fund and the completion of our National Lottery fund. Despite major funding streams concluding, I'm pleased to report that we continue to grow and have closed the year with an impressive turnover.

Our partnerships with the NHS and the Council have grown stronger, particularly through our participation in the One Croydon Alliance. We represent the Asian Community at the highest level in the borough and Southwest London. In terms of service delivery, our flagship projects, including the Long-term Conditions and Expert Patients Program, as well as our Food Club, continue to place us in a position of great significance. Additionally, our involvement in Equality, Diversity, and Inclusion (EDI) research has provided valuable insights into the health sector's needs and barriers within Asian communities, resulting in several breakthrough projects currently in progress.

On a personal note, I am proud to have taken on the role of Chair of the Voluntary Sector Leadership Board, established by the One Croydon Alliance. This role ensures robust representation of the VCS across OCA governance and improves two-way communication. This represents a significant step forward for Asian women in leadership within the borough, promising a more impactful and well-heard voice. We take immense pride in our work to promote equity, not only in our interactions with residents and groups but also in leadership and influence.

CEO'S REPORT

The landscape has changed, and funding has shifted from local authorities to health. It's crucial that we adapt to this new direction while genuinely serving our communities and co-producing our programs with service users.

Our expansion into South West London presents new opportunities and challenges. From my experience in leadership and running my own business, I understand that reaching the pinnacle is exciting, but staying there is tough. Sustainability must be considered every step of the way.

As an organisation, we acknowledge that there's still much work ahead of us. In the coming year, we intend to focus on stabilising our new projects and the growing number of income streams. We want to settle into our new premises and strengthen our core systems to support future expansion.

I'd like to express my gratitude to everyone associated with ARCC for their hard work and support this year. Our ARCC Board of Trustees and colleagues have worked tirelessly to achieve our goals, and the community's support has been our driving force. My staff is undeniably a dream team, and I'm immensely grateful to our funders and partners for investing both money and time in our mission. The positive feedback we've received from our work in the borough is greatly appreciated.

While we've encountered some challenges this year, I'm genuinely pleased with the results we've achieved and eagerly anticipate continuing this exciting journey with all of you.

Ima Miah
CEO

PROJECTS & ACTIVITIES

LBC Community Fund - Infrastructure Programme

Over the past two decades ARCC has supported and built the capacity of groups through our infrastructure support and delivery funded by LBC (London Borough of Croydon). Our work strengthens the ability of community organisations and groups to build their structures, systems, people, and skills so that they are better able to define and achieve their objectives and engage in consultation and planning, manage community projects, take part in partnerships and become stronger community enterprises.

We have delivered outcomes by providing a hub of infrastructure services that encompasses Capacity Building and Community Development, particularly for the Asian and ethnic minorities. We deliver in-house activities and training reflecting the principles of empowerment and equality.

Our infrastructure project is delivered through a partnership with other infrastructure organisations in the borough however our focus is to ensure that our membership and community are receiving support that is bespoke and responsive. Our service builds capacity through:

- Organisational development and growth
- Developing organisational knowledge skills and human resources
- Building strength through developing networks and partnerships
- Having a stronger voice and involvement in decision-making

Since the inception of ARCC back in 1999 we have worked closely with the London Borough of Croydon in providing vital infrastructure support to the Asian VCS, however as the funding for this specific work has ended we are working with the council in different ways to ensure the support needs to the community are met.



PROJECTS & ACTIVITIES

LBC Community Fund - Outcomes Programme

Our Happy Healthy Communities Partnership Programme brought together 5 grassroot organisations to deliver partnership support for older Asian people to live a healthier and more connected life free from isolation, loneliness and poor health. The main purpose of the programme was to deliver a range of community activities to promote health and well-being in the borough.

The project has transformed and improved the lives of thousands of isolated, lonely and vulnerable people in Croydon. People have formed new relationships, firmed up existing ones and enjoyed gatherings in their own localities.

Many of our service users have seen health benefits, are better off financially, increased their awareness of services and improved their life chances while attending the many different activities and services offered.

Our partner organisations have flourished, improved their practices and sustained a good standard of services throughout. The partnership has referred across the partnership and enjoyed sharing resources and increasing their capacity. We have increased the number of volunteers and service users who are actively involved in delivering the projects thereby making them more sustainable.

Funding for this has now come to an end from Croydon Council after six years of successful delivery. We continue to look for funding opportunities for these groups and are working closely to form new partnerships.



PROJECTS & ACTIVITIES

TNL Community Fund - CCDP

In January 2020 ARCC was successful in our funding bid to TNL (The National Lottery) Community Fund for a partnership project with ten other grassroots organisations in the Borough over a period of three years providing, Infrastructure support to partner agencies & VCS organisations, Health & Wellbeing sessions, tackling DASV (Domestic Abuse & Sexual Violence) prevention as well as Education support, Positive parenting and Mentoring.

The CCDP (Croydon Community Development Partnership) Project was designed to holistically create an environment where Asian and local communities can thrive, with community led grassroots activities contributing to building an environment that engenders responsibilities and nurtures the positive things which people are willing to do to make their locality a better place to live and work.

Our programme achieved a core strengthening of Asian VCS organisations. Working in partnership, we built family resilience, combated social isolation and enabled volunteering opportunities which allowed for the strong to share skills with struggling people and carers have been given support and some respite.

There has also been an improvement in community cohesion, families and individuals received education on nutrition/diet and exercise to live healthier lives, and parents were supported to understand the educational system, enabling them to support their children with their studies. Young people were engaged in using sport to have community conversations preventing them from being misled into radical ideology.

Other outcomes have been embracing young refugees and asylum seekers, supporting them to integrate into the community backed by greater support to learn English. Outreach services in GP surgeries and within communities were delivered to signpost socially isolated people to services and used asset maps of VCS projects to promote community participation. There was also a provision of culturally specific DASV services to prevent domestic abuse.

The project came to an end in January 2023 and the partnership has submitted a new application to The National Lottery for the continuation of this programme and awaiting outcome.



PROJECTS & ACTIVITIES

SWL NHS - Care Home Connector Project

The Care Home Connector Service in partnership with AgeUK Croydon began in June 2022 to ensure care homes, residents and family members are more connected, less isolated and more informed by linking them with the support and services which are available in the local community funded through SWL (South West London) NHS.

The first phase of this project has been crucial in assisting our understanding of how to move the project forward and reach more residents. We are in a much stronger position than at the beginning of the project and have some new ideas to take forward.

The vision is for the Care Home Connectors to be seen as part of the care home team, regularly attending the care home MDTs and meeting with residents and staff members.

We have already seen successes in care homes across the Croydon borough, supporting residents to regain their independence, enabling them to improve their mobility and connect with the wider community.

Through connections to various voluntary, community organisations and services, we have been able to link care home residents to work and study opportunities, as well as provide them with much-needed technology training and social engagement.



PROJECTS & ACTIVITIES

One Croydon Alliance - Community Facilitator Project

Brigstock Road Community Hub is led by ARCC's Community Facilitators and was set up to provide more local and accessible pathways for people into social support networks, community-led activities and specialist voluntary and statutory services.

Local residents are encouraged to 'drop in' as part of the early intervention, preventative approach being used across the Croydon localities. Residents are offered the opportunity to speak to different members of the Community Hub team and are supported to identify their own outcomes and agree next steps to achieve these outcomes.

Since launching in September 2022, the Brigstock Road Community Hub has had over one thousand residents dropping in to have a chat and receive support and information around a specific need, health and well-being, or to be linked with social activities.



The hub is made up of a core team of fifteen services from the voluntary community, statutory, and health and social services sectors who provide regular face-to-face support at the Hub. There are over forty services connected with the Hub with an established two-way partnership working, which is growing.

Some of the support services include MENCAP Croydon, Clear Community Web, AGEUK Croydon, Healthy Homes, Citizens Advice Croydon, Hair Plea, MIND, Councillor Surgery, Croydon Council Housing, Department for Work and Pensions, Alzheimer's Society, Croydon Vision and Croydon Hearing.

In addition, the Hub has hosted nine talk sessions on occupational therapy, counselling, domestic abuse, diabetes prevention, hypertension, cancer awareness, hearing health, adult education courses, and mental health.

The support and provision at the community hub continues to grow from strength to strength frequenting over forty residents each week. The next step for ARCC Community Facilitators is to launch a new community hub in the Central East Locality.

The Brigstock Road community hub has been featured in several articles and videos including in the Healthy Communities Together - The King's Fund, NHS Confederations, and SWL Integrated Care Systems.

PROJECTS & ACTIVITIES

SWL ICS - Hospital Discharge

In partnership with Croydon Neighbourhood Care Association and AgeUK Croydon we ran a pilot project, focusing on supporting people being discharged from the hospital onto pathway 0+ instead of pathway 1 based on where the data showed the most impact could be made and on the patients' needs identified. The project was funded through SWL (South West London) ICS (Integrated Care System).

The service took referrals from system professionals and from Croydon Health Services (Primary Care, Community Services, and Acute Care). The service allowed professionals supporting people who were in hospital for planned or unplanned interventions to work together and provide a holistic approach to care which included the needs of the carers and their families as well as those who are cared for. The service was able to achieve the following:

- Improve the quality of client care and ongoing support
- Maintain excellent client experience and high-quality care after discharge
- Close working with hospital discharge teams and clinicians
- Building relations with hospital teams and clients



PROJECTS & ACTIVITIES

SWL ICS - Expert Patient Programme

In its third year of operation, ARCC continues to make strides with the EPP (Expert Patients Programme), thanks to funding from the NHS South West London Integrated Care System. This program offers essential training for adults residing in Croydon who are dealing with one or more long-term health conditions (LTCs).

While the EPP primarily caters to adults in Croydon facing challenges like hypertension (high blood pressure), COPD (Chronic Obstructive Pulmonary Disease), and diabetes, it now extends its support to individuals dealing with other LTCs, including cancer, asthma, and those who are caregivers for individuals with long-term health conditions in the borough.

The EPP is a UK adaptation of Stanford University's highly regarded Chronic Disease Self-Management Program (CDSMP). This program has demonstrated its effectiveness in assisting older adults in better managing their chronic conditions, enhancing their quality of life, and reducing healthcare costs.

This six-week program offers both in-person and online delivery options to accommodate individuals with mobility issues or personal preferences. The weekly sessions cover a wide array of topics, including strategies for dealing with pain, managing fatigue, improving sleep, addressing depression and anxiety, engaging in flexibility exercises, and adopting a healthier approach to eating. Each session lasts for two and a half hours and is co-facilitated by two trained leaders, at least one of whom is personally living with a long-term health condition.



PROJECTS & ACTIVITIES

SWL ICS - Long Term Conditions Project

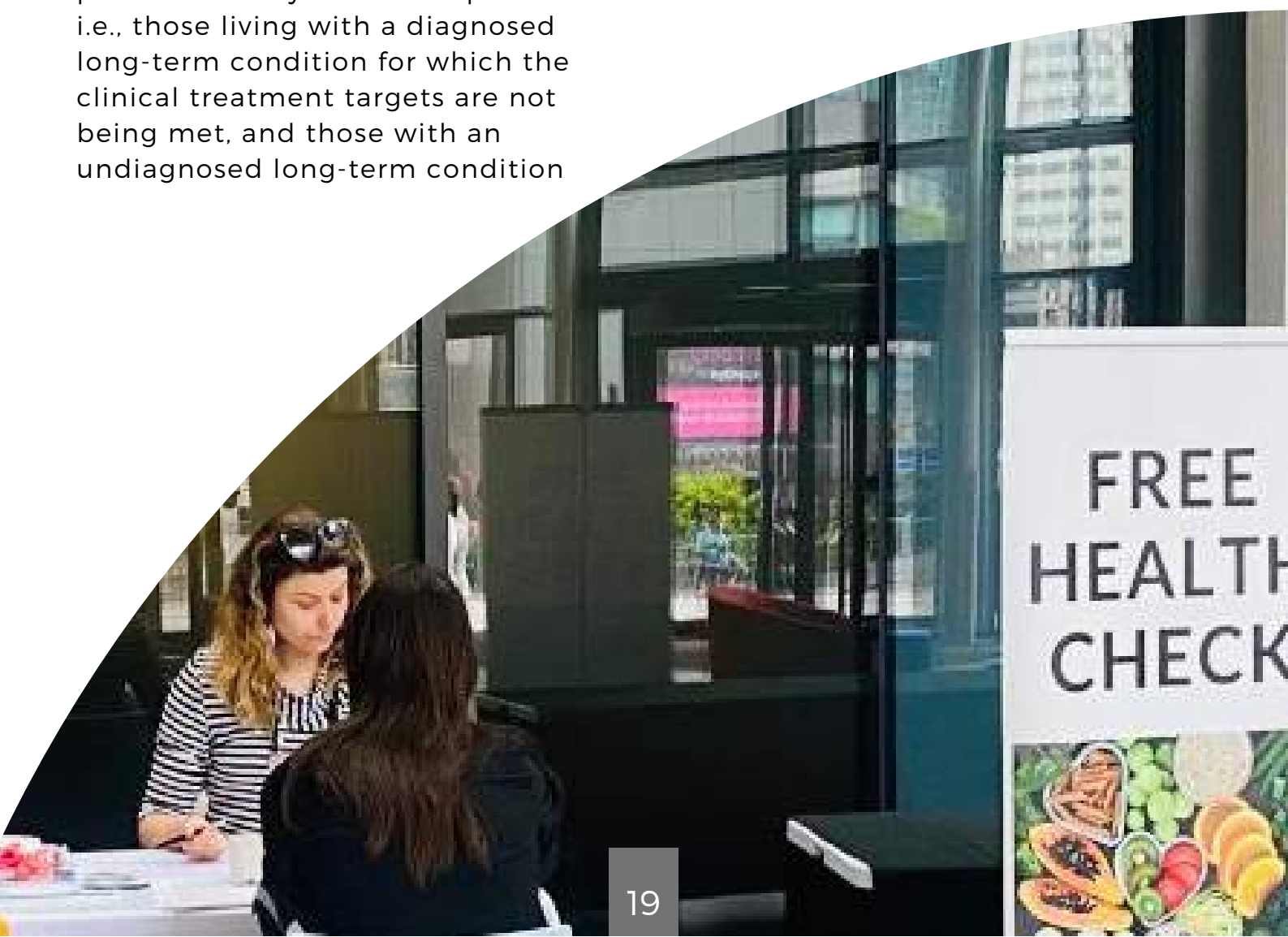
ARCC has been funded by the SWL ICS to deliver a Long-Term Conditions Project (LTC). The Key aims of the LTC service includes: -

Targeted outreach work to raise awareness of LTCs and risk factors amongst harder-to-reach communities and to encourage and enable patients to recognise and present to existing interventions i.e., NHS Health checks, NHS Diabetes Prevention Programme or their GP.

- Increasing opportunistic case-finding activity to detect and protect two key cohorts of patients i.e., those living with a diagnosed long-term condition for which the clinical treatment targets are not being met, and those with an undiagnosed long-term condition

- Identification of people at risk of developing a long-term condition, such as people with raised blood pressure (hypertension)
- Supporting patients to consider lifestyle changes to reduce their risk

ARCC in partnership with the CBME Forum are working on behalf of the Southwest London Clinical Commissioning Group (CCG) and Croydon NHS, to provide our local community with education and support in managing LTC's in Croydon.



PROJECTS & ACTIVITIES

SWL ICS - DoSA Project

The Diabetes for South Asians (DoSA) Project represents a pivotal initiative, meticulously designed to cater to the unique needs of individuals with South Asian heritage and those living a South Asian lifestyle. South Asian communities often face specific challenges when it comes to health and wellness, including a higher prevalence of diabetes. Recognising this, the DoSA Project was conceptualised to address these specific concerns and deliver culturally tailored support and guidance.

This comprehensive program spans a duration of 12 weeks, broken down into engaging and informative modules delivered over two-week intervals.

This structured approach allows participants to delve deeply into various aspects of diabetes management at a manageable pace. By offering this extended duration, participants can absorb the knowledge and develop skills gradually, promoting a more profound understanding of the condition.

As part of the DoSA Project, participants receive two specially crafted and colourful leaflets: 'Managing Celebrations' and 'Healthy Eating and Cooking.' These resources are thoughtfully designed to provide practical advice and tips for navigating common situations, such as festive celebrations and daily dietary choices, with a focus on diabetes management.

It is important to highlight that the DoSA Project commenced as a pilot endeavour, and the outcomes have been truly promising. Participants who have successfully completed the program have reported positive results, indicating that this specialised approach is highly effective in providing valuable insights and knowledge about managing diabetes. By delivering education and support in a culturally sensitive and relevant manner, the DoSA Project plays a vital role in promoting healthier lifestyles and improved diabetes management within the South Asian community. This approach not only fosters awareness but also empowers individuals to take control of their health and make informed decisions for a better quality of life.



PROJECTS & ACTIVITIES

LBC - Covid Vaccine Champion

ARCC delivered a Small Grants Funding Programme supporting community groups to promote Covid Vaccine. In April 2022 Croydon's infrastructure Support Service partnership ARCC, Croydon BME Forum, Croydon Neighbourhood Care Association, and Croydon Voluntary Action were awarded £74,000 each to distribute small grants to local community groups. The programme raised awareness of Covid Vaccine among vaccine-hesitant communities.

The initiative successfully heightened awareness of the Covid Vaccine among hesitant communities. Positive feedback from various community groups indicated an increase in vaccination acceptance, better access to vaccine-related information, and improved awareness of local initiatives within the borough.



PROJECTS & ACTIVITIES

One Croydon Alliance LVP - Hear to Talk

ARCC has been funded to deliver the Mental Health Project (Hear to Talk) for the 3rd year. The project reaches into communities through awareness sessions, training mental health first aiders, empowering conversations with mental health champions, and outreach work within the Croydon borough. We understand and acknowledge that it is still a taboo topic and there is still some work to be done.

The project aims and objectives:-

- Targeted out-reach work to raise awareness of mental health issues and risk factors amongst the Asian community, and to encourage and enable patients to recognise and present to existing interventions i.e. SLAM, Talking Therapies, and Befriending Services.

- Supporting individuals to consider lifestyle changes to reduce their risk of further or increasing mental health issues.
- Asian residents with mental health, their families and carers may feel more comfortable speaking to our health champions in their own community setting and language, rather than presenting to their GP.

As our work in this field matures we are working with strategic partners to link this project with a wider Mental Health transformation programme like EMHIP to have a wider impact and more holistic support from health and communities.



PROJECTS & ACTIVITIES

SWL ICS - Core20Plus5 Connectors Programme

The Core 20 PLUS 5 Connectors programme is part of the NHS goal to tackle healthcare inequalities: The Connectors programme is part of the support framework for progressing the goals of Core20PLUS5, a national NHS England and NHS Improvement approach to support the reduction of health inequalities at both national and system level.

As a part of the Core 20 NHS initiative, ARCC has focussed on raising awareness on the five clinical areas of focus outlined in the Core20PLUS5 approach. This has been presented through Health and Wellbeing days, general talks with residents and health checks. Health and Wellbeing Days are set up to provide local and accessible platforms for residents to socialise, connect and express their needs. This has been a key method in taking practical action to improve health and reduce inequalities.

ARCC was funded to recruit Core20 connectors to deliver the approach to a target population cohort against '5' focus clinical areas: Maternity, Severe Mental Illness, Chronic Respiratory Disease, Early Diagnosis of Cancer and Hypertension Case Finding. For the First phase of the programme, we delivered numerous awareness-raising sessions at health checks to different community groups including churches, mosques and community centres.

A part of the Community Connector role has been interacting with the community and finding out what they value. A lot of residents have expressed they found it valuable to have a safe space to socialise, meet new people and enjoy hot meals. The aim is to provide more of these safe spaces for local residents in their community which will encourage a stronger community and an increased level of participation in community activities.

PROJECTS & ACTIVITIES

People's Health Trust - Croydon Community Chats Project

In the final year of our Croydon Community Chats Project delivery looking to strengthen connections, enable friendships between the participants and improve social networks between people. As part of the project, we delivered a number of different activities including: -

- Weekly Community Chat sessions
- Yoga for All
- Laughter Yoga
- Floristry Classes
- Introduction to Digital Skills

The project activities were very popular and often over-subscribed. The sessions have proven to have immense health and well-being benefits for the body and mind. Many participants were suffering from loneliness and low levels of mental health. We received great feedback from our members for these kinds of small sessions and hope to hold more sessions in the future.



PROJECTS & ACTIVITIES

Royal Marsden NHS Foundation Trust Cancer Awareness Project

ARCC has been funded by RM Partners, an NHS organisation to deliver the Cancer Awareness Programme, Croydon (CAP).

A project which aims to raise awareness of cancer and the importance of early screenings in the Black and South Asian Croydon communities.

In partnership with Croydon BME Forum, ARCC's targeted outreach work including:

- Seminars/Workshops
- Focus Groups
- Co-Design workshops
- Community Cancer Champions
- Multimedia marketing

Working closely with national cancer charities and cancer alliances while marketing across analogue and digital platforms, ARCC has helped to establish trust and familiarity with CAP.

As part of our Cancer Awareness Project, we produced a video featuring local cancer survivors, cancer champions, volunteers and staff to raise awareness about cancer in BAME communities. This was a joint venture in partnership with Croydon BME Forum. It was filmed in the heart of West Croydon and made with a lot of heart and we have received excellent feedback since the launch. Click [HERE](#) to watch the video.



PROJECTS & ACTIVITIES

Croydon Health Services NHS Trust - Equality Diversity & Inclusion Research

Evidence highlights that members of racial and ethnic communities, also recognised as 'under-served communities', are more likely to experience poverty and the detrimental outcomes this causes. This includes poorer physical and mental health, as well as reduced life expectancy.

These communities experience greater challenges and barriers inequitable access to health services and needs-led interventions. In addition, they are often underrepresented in health-related research including prioritising and being consulted on research topics and key research questions, advising on research implementation, and being participants.

This project, in collaboration with the Croydon BME Forum, aims to explore some of the factors underpinning these issues in our local communities in Croydon. The longer-term objective is to ensure underserved communities are given equitable access to evidence-based healthcare.

This project will be delivered in stages to ascertain the barriers that the community faces in accessing healthcare and taking part in health research. This will be via Surveys, Focus Groups, Interviews, and a final report including recommendations.

1000 survey responses have been received from individuals of under-served communities in Croydon and have been analysed for barriers to accessing healthcare or taking part in health research.

In February 2023, our project was presented in the CRN South London's under-served communities & health inequalities poster competition where we achieved 2nd place.



PROJECTS & ACTIVITIES

SWL NHS ICB - Women's Fertility Project

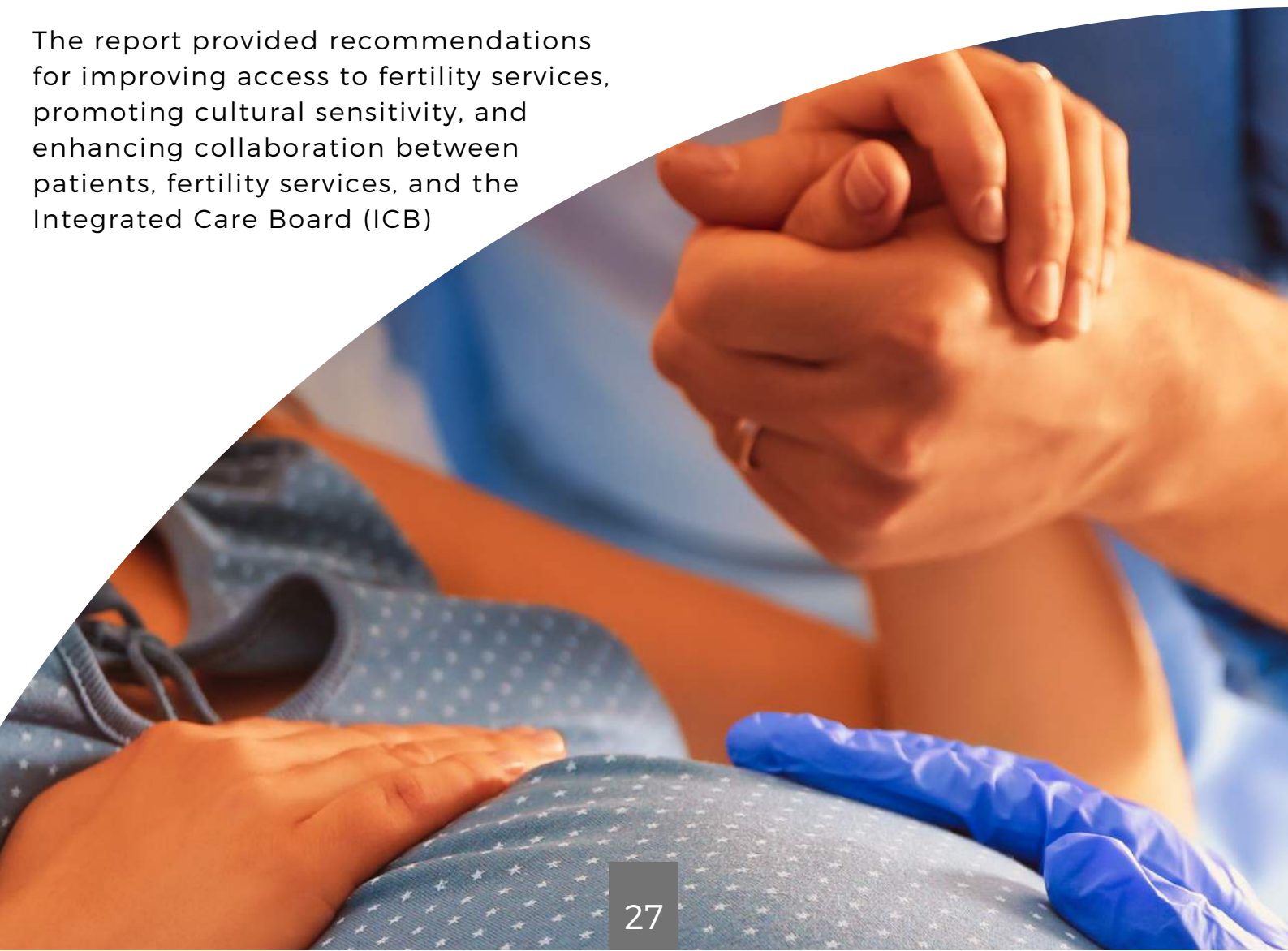
This project focused on collecting researched evidence of the barriers to accessing fertility services, with a particular emphasis on the experiences of black and ethnic minority women.

The project culminated into a detailed report through data collected from a combination of questionnaires, focus groups, and workshops. The findings highlight the likelihood of accessing fertility services, the dependency on the National Health Service (NHS) for health and wellbeing, and the specific cultural barriers faced by black and ethnic minority women.

The report provided recommendations for improving access to fertility services, promoting cultural sensitivity, and enhancing collaboration between patients, fertility services, and the Integrated Care Board (ICB)

As part of our research on reproductive health and fertility services in South-West London, we conducted one-to-one interviews using a standard questionnaire provided by NHS South-West London Integrated Care Board.

These interviews allowed us to gain valuable insights into the barriers women face when accessing fertility services in the region. By exploring various factors, such as cultural barriers, language considerations, and perceptions of healthcare services, we aim to promote equitable access and enhance the overall quality of fertility services.



PROJECTS & ACTIVITIES

Sporting Memories Club

ARCC Sporting Memories Club has continued to run successfully in its second year. The project uses the power of reminiscence and talking about sport along with gentle physical exercise to tackle dementia, mental health, depression, and loneliness for anyone over the age of 60. This project is delivered in partnership with Sporting Memories Foundation and is run weekly from Peony Court Care Home. The project is conducted in small groups within a care home focusing on creating a space for men to talk and socialise.

Over the course of the year, the project has yielded a plethora of unexpected outcomes, profoundly impacting the participants.

These effects extend far beyond the project's initial scope, fostering a sense of camaraderie that transcends the confines of the club. Notably, individuals have taken the initiative to convene outside of regular club activities, engaging in social outings at local restaurants, partaking in enriching cinematic experiences, and organising collective study sessions at nearby libraries.

Moreover, the project has fostered a supportive environment, nurturing a culture of mutual aid and assistance that extends beyond the project's immediate objectives, encompassing various facets of the participants' lives.

The project has featured in various online publications due to its success and impact. Read more about it on the [Sporting Memories Foundation](#) website and in the [SWL ICS](#) website.



PROJECTS & ACTIVITIES

Food Club

Right now, millions of people in the UK regularly experience hunger. Yet tonnes of surplus fresh food is thrown away every day. No one should have to miss a meal. ARCC runs a unique project to alleviate food poverty in a holistic way.

Residents come to socialise and collect a bag of shopping. This project is in partnership with FareShare and The Felix Project who provide nutritious food that cannot be sold in supermarkets and shops. They deliver this surplus food to charities and schools so they can provide healthy meals and help the most vulnerable in our society.

At our Food Club, over 80kg of food is displayed for our members to choose from. The aim is to support low-income families and pensioners on a weekly basis with a nominal fee to alleviate food poverty. Members benefit from talking with others in similar situations, making new friends and finding out about other services in the area. Quite often people will present with multiple issues and barriers, we work with them to refer and signpost them to the right support.



PROJECTS & ACTIVITIES

Engagement Event with Mayor Perry

ARCC hosted an event with the Executive Mayor of Croydon Mr Jason Perry with the Asian community and Business leaders to engage with the Mayor on the priorities, concerns and the changes the community would like to see happen.

Other guest panellists included: Cllr Andy Stranack, Cabinet Member for Communities and Culture and Mr Suleman Raza MBE, CEO of Grand Sapphire Hotel and Banqueting. The meeting was chaired by ARCC CEO Ima Miah and Co-Hosted by the ARCC Chair Mr Jay Patel. Click [HERE](#) to watch the full meeting on our YouTube Channel.



PROJECTS & ACTIVITIES

Navratri Celebrations 2022

Every year, a Hindu festival lasting nine nights is celebrated with zest and fervour. The central emphasis of this event is to commemorate the triumph of good over evil, which is consistent with Hindu mythology. Navratri means "Nine Nights," traditionally used to honour the divine Maa Durga.

Devotees revere Goddess Durga in her nine glorious incarnations during the nine-day period.

ARCC was proud to bring this event to Croydon's premiere venue at the Grand Sapphire showcasing this magnificent event with different Asian Community groups with almost 1,000 people in attendance from Croydon and surrounding boroughs.

This was the biggest Navratri celebration in South London also attended by various dignitaries including the Police Chief Inspector, Croydon MP's, Councillors and both the Civic and the Executive Mayor of Croydon.

ARCC organised this event ahead of Croydon becoming the Borough of Culture next year, we wanted to establish the case for more events and cultural celebrations post years of COVID and isolation for many. This scale of demand shows that people are desperate to meet and celebrate on joyous occasions and that we will be in good stead for next year's events.



PROJECTS & ACTIVITIES

Mayor of London Eid in The Square

Our CEO has gained traction as a leading voice for the Asian community not just in our Borough but in London too. She was invited to join the Eid in the Square committee for 2021 and 2023.

The Mayor of London's 17th Eid in the Square festival took place on Saturday 7 May 2022 in Trafalgar Square. The festival featured a six-hour programme of live music on the main stage with hosts Mehreen Baig and Mistah Islah.

There were exhibitions, walkabout performers, fencing and football interactive sessions and children's arts activities plus an array of delicious food outlets and a variety of stalls.



PROJECTS & ACTIVITIES

Guildford it's time to talk Business

We were delighted to be chosen by Currys Business to be their chosen charity for the event "Guildford It's time to talk Business". ARCC Trustees and Staff attended the event to represent the organisation. This was an opportunity for ARCC to speak to international businesses about our community activities and projects in Croydon and provided an excellent networking platform. We were also delighted to meet the Deputy Mayor of Guildford Cllr. Masuk Miah to learn about some of the work he was involved in Guildford and spoke about potential cross-borough partnerships as he had many links in Croydon.

Indian Independence Day Flag Raising

Croydon has a thriving Indian and Pakistani community who celebrated 75 years of independence. Many of our community members went along and enjoyed the flag-raising event at Croydon Town Hall. Both the Civic Mayor and Executive Mayor met and greeted residents who enjoyed the interaction and felt proud to be a part of a diverse and welcoming borough.



PROJECTS & ACTIVITIES

Chaand Raat

ARCC was proud to celebrate the Annual Chand Raat event at the Grand Sapphire by holding a charity table. We had staff and volunteers manning the stall and talking with many different people. We raised awareness of our services and signed up new members of the community. It was a great way to reach a new audience of younger families and students. Thousands of people attended the event throughout the day and there were lots of festive stalls including henna, makeup, clothes, food etc.

MSH Foundation 5th Year Anniversary Celebration

We were invited to attend the 5th Anniversary celebration of the Manju Shahul-Hameed Foundation for Mental Health charity, at the House of Lords on Wednesday 29th June. Various community groups and business leaders were in attendance including local councillors and MPs from Croydon to hear about the work and achievements of the charity over the past year. The event was hosted by Baroness Manzilla Uddin.



PROJECTS & ACTIVITIES

George Floyd Race Matters Pledge

ARCC was part of an event with Mayor Perry, community partners, politicians and schools. Organisations and businesses adopted the pledge and united against racism for a more inclusive Croydon. It was an honour for ARCC to be part of this historic event and launch at Croydon Town Hall where our CEO was invited to read out one of the pledges.

Picnic in the Park

The annual Faiths Together in Croydon Picnic was held at Parkhill. The event saw healthy living stalls, activities for the adults and games for the children. ARCC was invited to pitch up a marquee and do community health checks. The event was a great way for people of different faiths and no faiths to get together in a peaceful setting and celebrate the diversity of the borough.



PROJECTS & ACTIVITIES

AGM

Our Annual General Meeting for 2021/22 was held at the prestigious Grand Sapphire Hotel & Banqueting celebrating the achievements of the organisation during the past year. This was an opportunity for us to report back to the community on our projects and activities as well as to update on our future plans.

We were joined by a cross section of the community including individuals, community organisations, businesses, and many other statutory organisations from the borough.

We were also joined by other guest speakers including The Deputy Mayor of Croydon & Cabinet Member for Homes Cllr. Lynne Hale, Dr Neil Goldbourne (Director of Strategy, Croydon NHS), Cllr. Andy Stranack (Cabinet Member for Communities & Culture), Andrew Brown (CEO - CBME Forum) and Sue McVicker (CEO - CNCA).





SECRETARY'S REPORT

I am deeply humbled and honoured to acknowledge my reappointment as the Secretary of ARCC for a second term. It is with profound gratitude that I extend my heartfelt appreciation to the esteemed members of the board for their continued trust and confidence in the collective mission of ARCC.

The journey of ARCC has been a testament to our collective commitment to advancing social and community betterment. Our progress has not been the result of any one individual's efforts, but rather the culmination of a dedicated team working in harmony.

As an organisation, we have set a commendable precedent, extending our influence to affect the decision-making processes of local governments and healthcare authorities. Our work is no longer confined to local boundaries; it is resonating on the national and international stage, transcending geographical confines.

Our strategic milestone, the establishment of the ARCC Business Forum, stands as a testament to our mission's expanding impact. The doubling of its membership in the past year, alongside the generous support of our sponsors, underlines the growing recognition of our efforts within the community.

Our dedication to operational excellence is reflected in the meticulous refinement of our internal processes. By streamlining our operations, we have ensured that each board member has the tools and knowledge to actively engage with our dedicated staff and support our projects.

SECRETARY'S REPORT

Looking forward, we recognise the value of fresh perspectives and diverse expertise in shaping our future. In this regard, we are actively seeking individuals from various backgrounds, each contributing a unique skill set. This diversity will undoubtedly infuse our board with innovative ideas, ensuring that ARCC's mission remains dynamic and responsive to the evolving needs of our community.

Getting involved with a charity lets you really make a hands-on impact on our community's well-being. It's not just a great thing to do; it's also incredibly satisfying and rewarding.

I extend my heartfelt appreciation to our dedicated staff, the selfless contributions of our volunteers, and the unwavering commitment of our board members. I want to give a big shout-out to our incredible Business Forum members and our generous sponsors. Your unwavering support has played a crucial role in our journey, and we're immensely grateful for it.

In closing, I express my deepest gratitude to each individual within our ARCC family. Your dedication and support are the cornerstones of our collective success. Together, we will continue to ascend to new heights and make a profound impact on our community.

Sahadat Hossain
Secretary

TREASURER'S REPORT

Once again, our organisation has achieved its financial targets, realising a remarkable 45% growth in our income. The expansion of the range of projects designed to support our community has allowed us to extend our reach to over 13k community members, marking a 33% increase compared to the previous year.

Our organisation remains resilient and is poised for a sustainable future. As we look ahead, we're confident that by the end of March 2024, we will surpass yet another significant milestone by achieving a million-pound income. The credit for this success is attributed to strategic decisions regarding how we raise income from funding organisations and the sheer hard work of our staff in building relationships and partnerships as well as taking opportunities and calculated risks.

Despite the cessation of Croydon Council Community Funding from April 2023, we've been highly successful in securing income from other funding organisations. Moving forward, we are actively pursuing opportunities to collaborate and engage in partnerships with the business community to secure unrestricted income, thereby minimising risks.

ARCC has taken proactive steps to improve its financial management systems and ensure compliance with the growing workload and challenges. A well-structured financial system is vital for any organisation's success, especially when experiencing growth.



TREASURER'S REPORT

Having reviewed and implemented necessary policies demonstrates our commitment to transparency, accountability, and good governance. Compliance is not only crucial for the organisation's reputation but also for maintaining the trust of donors, sponsors, and the community we serve.

It's clear that ARCC is not only focused on its present impact but is also laying a solid foundation for sustainable growth in the future. These actions will undoubtedly contribute to the organisation's continued success and ability to make a positive difference in the community.

I extend my deepest appreciation to our finance department and dedicated staff for their relentless hard work over the past year, as well as our core team of devoted volunteers. Their tireless dedication and commitment to the organisation are invaluable.

Our Board of Trustees has provided crucial strategic support by offering guidance and leadership to ensure that the organisation operates with efficient and effective financial procedures and policies.

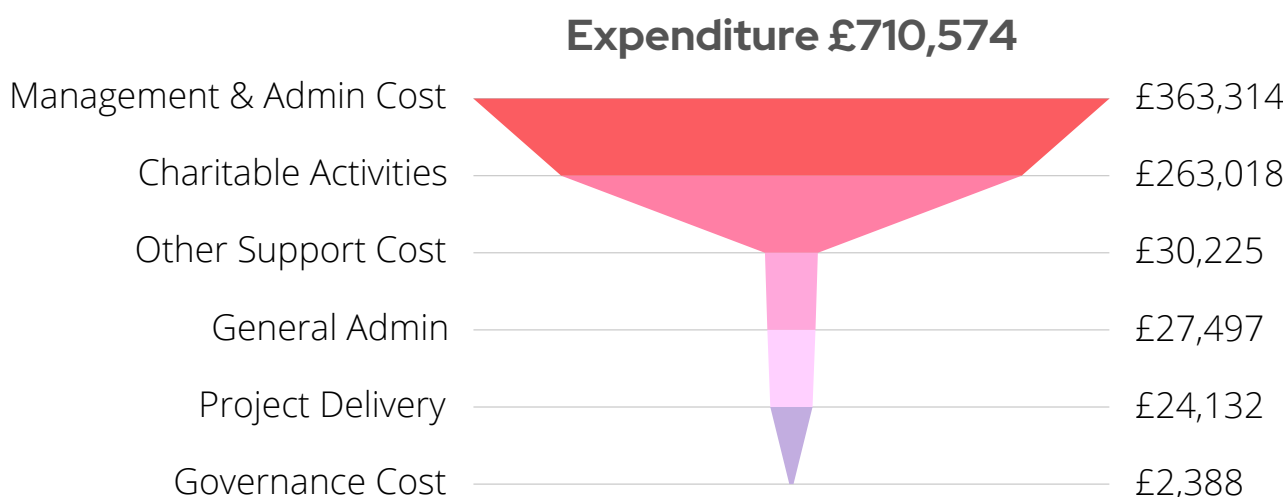
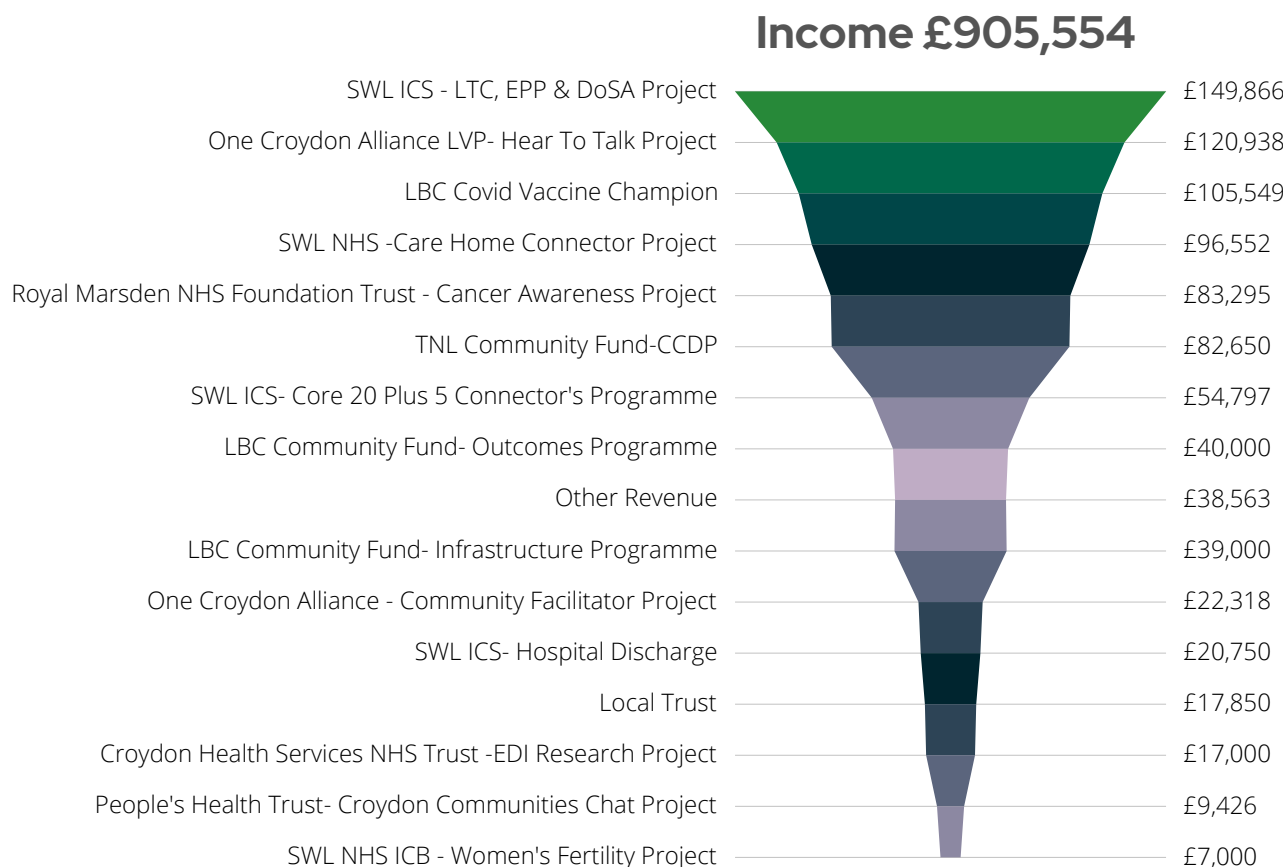
Lastly, I would like to express our gratitude to all our stakeholders, which include funding organisations and our community members, for their unwavering support. Your support instils in us the confidence to continue our mission and strive for continuous improvement.

Bhupinder Bhardwaj
Treasurer



FINANCIAL SUMMARY

1st APRIL 2022 - 31st MARCH 2023



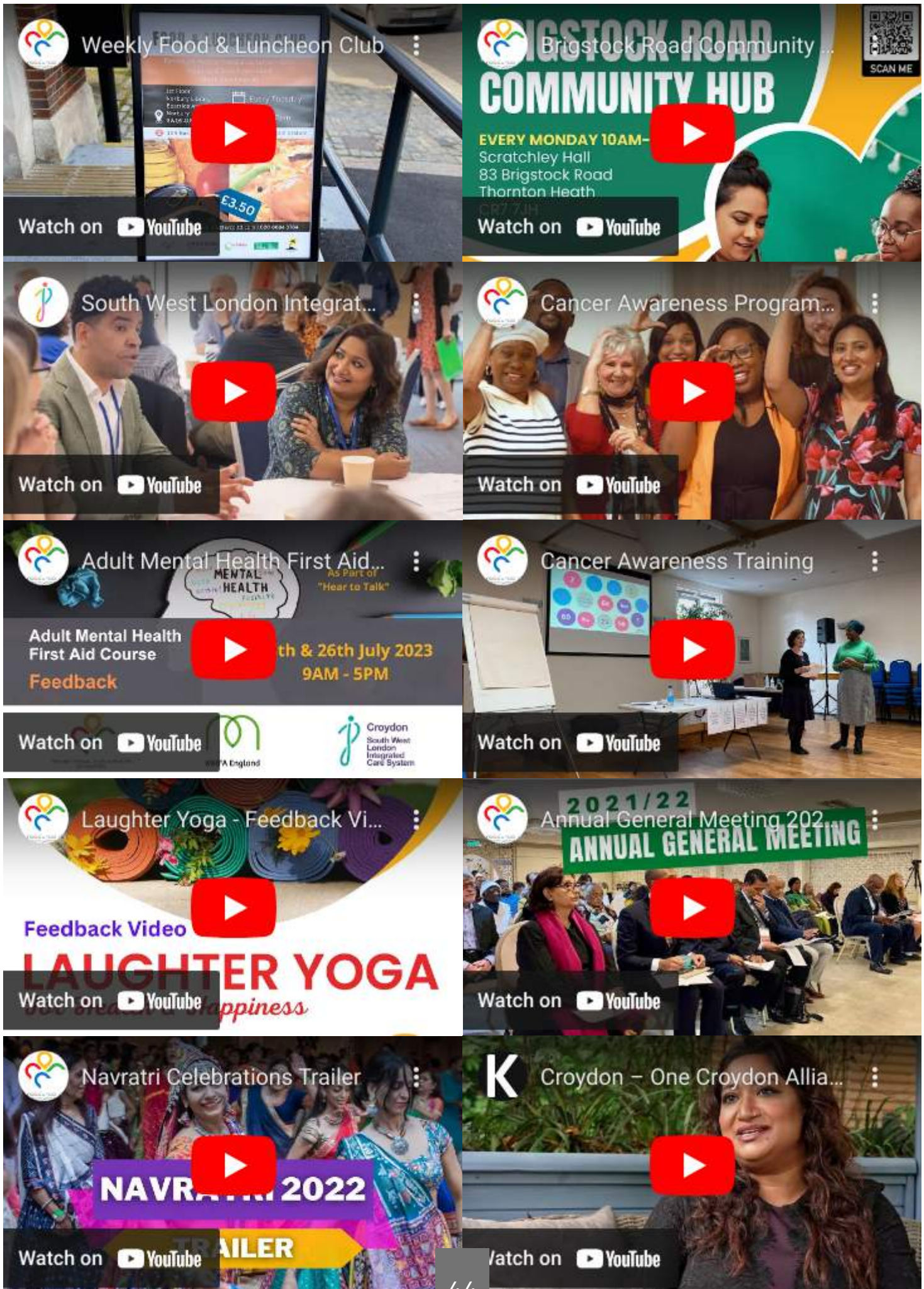
*Please note the full accounts are available to view on the Charity Commission portal

ARCC BOARD & STAFF TEAM

1st APRIL 2022 - 31st MARCH 2023

Jay Patel	(Chair)
Ash Balakrishnan	(Vice-Chair)
Sahadat Hossain	(Secretary)
Bhupinder Bhardwaj	(Treasurer)
Somasundaram Kanagasundaram	(Director)
Dilshad Surelia	(Director)
Dr Suraj Paudel	(Director)
Rumel Ahmed Jahur	(Director)
Dimple Siddhpura	(Director)
Sophia Moreau	(Director - Resigned March 2023)
Ima Miah	(CEO)
Mamun Khan	(Programme Manager)
Debahuti Chakraborty	(Finance Manager)
Nayim Chowdhury	(IT/ Project Support Officer)
Lizzie Grashion Hewitt	(EPP/LTC Programme Coordinator)
Kay Kakad	(Project Support Worker)
Natalie Appiah	(Care Home Connector)
Bhavini Patel	(Casual Project Support Worker)
Tom Grashion	(Cancer Awareness Project Coordinator)
Sakina Ahmad	(Health Champion)
Beena Ali	(Mental Health Project Coordinator)
Nasreen Syeda	(Community Facilitator)
Zinab Aurangabadwala	(DoSA Coordinator)
Jaydee Alexander	(Care Home Connector)
Amjid Rahman	(EDI Research Community Facilitator)
Shipa Ali	(Care Home Connector)
Gifty Nmaju	(EPP Coordinator)
Irene Kafeero	(Small Grants Coordinator)

VIDEOS







asian resource centre
croydon

Asian Resource Centre of Croydon Limited

CVA Resource Centre, 82 London Road, Croydon, CR0 2TB

020 8684 3784 - info@arccltd.com - www.arccltd.com - Twitter/Facebook/Instagram/YouTube: @arccltd

Registered Company No: 6250781 - Registered Charity No: 1120376

COMPANY REGISTRATION NUMBER: 06250781
CHARITY REGISTRATION NUMBER: 1120376

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Financial Statements

31 March 2023

BEGG, WILLIAMSON & CO

Chartered Certified Accountants
24 Church Road
Crystal Palace
London
SE19 2ET

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2023

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ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Charity registration number 1120376

Company registration number 06250781

Principal office and registered office CVA Resource Centre
82 London Road
CROYDON
CR0 2TB
ENGLAND

The trustees Jay Patel - Chair
Ash Balakrishnan- Vice Chair
Sahadat Hossain - Secretary
Bhupinder Bhardwaj – Treasurer
Dilshad Surelia – Director
Somasundaram Kanagasundaram - Director
Dr Suraj Paudel – Director
Rumel Jahur – Director
Dimple Siddhpura - Director
Sophia Moreau– Director (Resigned March 2023)

Company secretary Sahadat Hossain

Independent examiner Z F Begg – FCCA
Begg Williamson & Co
Chartered Certified Accountants
24 Church Road
Crystal Palace
London
SE19 2ET

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Structure, governance and management

About Us

Asian Resource Centre of Croydon was established in 1999 as a charitable organisation with a view of bringing together Asian Communities & Businesses.

Our mission is to foster, advance, and champion community engagement and volunteer initiatives that enhance the well-being, health, and overall quality of life within our local community.

Our vision encompasses a thriving, inclusive, and enduring voluntary and community sector that enriches the lives of Asian and minority ethnic communities.

Our Key Outcomes: -

- More effective and responsive services for local people
- Empowered and active communities
- Increased social inclusion and community cohesion
- An increase in social capital
- A strengthening of civil society
- Increased health and wellbeing of Asian communities

Our approach is three pronged: -

ARCC believes in a holistic approach to delivering services and achieving impactful outcomes.

1. Partnering with organisations to deliver an ABCD grass roots response that builds on community strengths and advances equalities for addressing needs and issues faced by marginalised communities.
2. Enabling voluntary sector organisations to develop and grow, providing infrastructure support to VCS to deliver quality services.
3. Gathering evidence of community conversations in relation to community issues, needs and gaps affecting Asian communities.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Objectives and activities

Governance

ARCC is governed by a board of trustees responsible for ensuring the charity's adherence to legal and regulatory obligations. We operate on a three-year business strategy that undergoes an annual review to guide our goal setting and keep us on course.

The board has a clear understanding of the charity's objectives and ensures their effective and sustainable execution. Following Charity Commission guidelines, the ARCC Board provides strategic leadership to enable the organisation to deliver its support and services efficiently and in a lasting manner.

Incorporating principles of integrity, the board establishes values and fosters a culture that aligns with the organisation's charitable goals. Recognising the significance of public trust in charities, trustees diligently fulfil their responsibilities.

The board maintains a robust decision-making process that is well-informed, rigorous, and timely. Effective systems for delegation, control, risk assessment, and management are established and continuously monitored.

Working cohesively as a team, the board leverages a diverse range of skills, experiences, backgrounds, and knowledge to make well-informed decisions. Embracing diversity enhances effectiveness, leadership, and decision-making within the board.

The board leads the organisation in its commitment to transparency and accountability. ARCC conducts its work openly, except where justified exceptions exist.

Our Values

4E's; Empathy, Equality, Excellence, Empowerment

ARCC takes pride in providing a quality and accessible service to communities by delivering against a set of principles we call the 4E's.

1. **Empathy:** We believe Empathy at its simplest, is awareness of the feelings and emotions of other people. It is a key element of Emotional Intelligence, the link between self and others, because it is how we as individuals understand what others are experiencing as if we were feeling it ourselves.

2. **Equality:** Ensuring everybody has an equal opportunity and is not treated differently or discriminated against because of their characteristics such as age, disability, race, religion or belief, gender including gender reassignment, sexual orientation, marriage and civil partnership, and pregnancy and maternity.

3. **Excellence:** As an infrastructure organisation we will inspire and lead with our actions. We will strive to identify and disseminate the knowledge base for good practice in all aspects of our work as a VCS (Voluntary Sector Organisation).

4. **Empowerment:** We believe empowerment is about supporting communities and people to gain control over the factors and decisions that define their lives.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Achievements and performance

Chair's Preface

The year 2022/2023 has presented ARCC with numerous challenges, yet it's also been a year of remarkable accomplishments. We've not only met our growth targets but also secured the organisation's future sustainability. I extend my heartfelt gratitude to my fellow Board Members, our dedicated Senior Management Team, our diligent Project Delivery Staff, and, above all, our community members whose engagement with us for the support they deserve has been pivotal.

We've expanded our project portfolio, particularly in the realm of health and wellbeing. Throughout, our unwavering commitment has been to maintain a consistently high standard of support for our community members and to ensure our organisation's longevity for generations to come.

As we embarked on this year, the "post-Covid normal" began to take shape. It's uncertain whether things will ever return to their pre-2020 state. What's clear, however, is that Covid has compelled us to rethink and innovate how we approach our work.

Community organisations like ARCC are playing an increasingly vital role in supporting statutory entities such as the council and healthcare providers in service delivery. With this, the expectations of funding organisations have risen, and we've enhanced our systems to better meet these expectations.

I'm thrilled to announce that ARCC's income has grown by an impressive 45% compared to the previous year. We've reached out to over 13,235 community members, a 33% increase from previous years. Asian and other minority ethnic organisations can no longer limit themselves to preserving culture and traditions; our projects now aim to help our communities lead happy, healthy, and thriving lives. This includes providing assistance to those facing significant challenges, from mental health issues to cancer and long-term medical conditions.

Building closer ties with the business community is another integral aspect of our work. Two years ago, we successfully launched the ARCC Business Forum initiative. We're continually developing innovative ways to engage with the business community, helping them connect with our community members and grow their businesses.

"Last year, we hosted a spectacular cultural event during our Navratri celebrations, uniting our diverse community with an impressive turnout of nearly 1,000 participants. As we look to the future, our aim is to elevate these events even further by drawing in a multitude of communities to highlight our rich history. We aspire for this event to become the most significant Navratri gathering in South London, an occasion that brings diverse communities together on an even grander scale."

In conclusion, I'd like to express my sincere gratitude to all my colleagues for their unwavering support as Chair and for entrusting me with the responsibility of leading this organisation.

Jay Patel
Chair

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Treasurer's Report

Once again, our organisation has achieved its financial targets, realising a remarkable 45% growth in our income. The expansion of the range of projects designed to support our community has allowed us to extend our reach to over 13k community members, marking a 33% increase compared to the previous year. Our organisation remains resilient and is poised for a sustainable future. As we look ahead, we're confident that by the end of March 2024, we will surpass yet another significant milestone by achieving a million-pound income. The credit for this success is attributed to strategic decisions regarding how we raise income from funding organisations and the sheer hard work of our staff in building relationships and partnerships as well as taking opportunities and calculated risks. Despite the cessation of Croydon Council Community Funding from April 2023, we've been highly successful in securing income from other funding organisations. Moving forward, we are actively pursuing opportunities to collaborate and engage in partnerships with the business community to secure unrestricted income, thereby minimising risks.

ARCC has taken proactive steps to improve its financial management systems and ensure compliance with the growing workload and challenges. A well-structured financial system is vital for any organisation's success, especially when experiencing growth.

Having reviewed and implemented necessary policies demonstrates our commitment to transparency, accountability, and good governance. Compliance is not only crucial for the organisation's reputation but also for maintaining the trust of donors, sponsors, and the community we serve.

It's clear that ARCC is not only focused on its present impact but is also laying a solid foundation for sustainable growth in the future. These actions will undoubtedly contribute to the organisation's continued success and ability to make a positive difference in the community.

I extend my deepest appreciation to our finance department and dedicated staff for their relentless hard work over the past year, as well as our core team of devoted volunteers. Their tireless dedication and commitment to the organisation are invaluable.

Our Board of Trustees has provided crucial strategic support by offering guidance and leadership to ensure that the organisation operates with efficient and effective financial procedures and policies.

Lastly, I would like to express our gratitude to all our stakeholders, which include funding organisations and our community members, for their unwavering support. Your support instils in us the confidence to continue our mission and strive for continuous improvement.

Bhupinder Bhardwaj
Treasurer

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Secretary's Report

I am deeply humbled and honoured to acknowledge my reappointment as the Secretary of ARCC for a second term. It is with profound gratitude that I extend my heartfelt appreciation to the esteemed members of the board for their continued trust and confidence in the collective mission of ARCC.

The journey of ARCC has been a testament to our collective commitment to advancing social and community betterment. Our progress has not been the result of any one individual's efforts, but rather the culmination of a dedicated team working in harmony.

As an organisation, we have set a commendable precedent, extending our influence to affect the decision-making processes of local governments and healthcare authorities. Our work is no longer confined to local boundaries; it is resonating on the national and international stage, transcending geographical confines.

Our strategic milestone, the establishment of the ARCC Business Forum, stands as a testament to our mission's expanding impact. The doubling of its membership in the past year, alongside the generous support of our sponsors, underlines the growing recognition of our efforts within the community.

Our dedication to operational excellence is reflected in the meticulous refinement of our internal processes. By streamlining our operations, we have ensured that each board member has the tools and knowledge to actively engage with our dedicated staff and support our projects.

Looking forward, we recognise the value of fresh perspectives and diverse expertise in shaping our future. In this regard, we are actively seeking individuals from various backgrounds, each contributing a unique skill set. This diversity will undoubtedly infuse our board with innovative ideas, ensuring that ARCC's mission remains dynamic and responsive to the evolving needs of our community.

Getting involved with a charity lets you really make a hands-on impact on our community's well-being. It's not just a great thing to do; it's also incredibly satisfying and rewarding.

I extend my heartfelt appreciation to our dedicated staff, the selfless contributions of our volunteers, and the unwavering commitment of our board members. I want to give a big shout-out to our incredible Business Forum members and our generous sponsors. Your unwavering support has played a crucial role in our journey, and we're immensely grateful for it.

In closing, I express my deepest gratitude to each individual within our ARCC family. Your dedication and support are the cornerstones of our collective success. Together, we will continue to ascend to new heights and make a profound impact on our community.

Sahadat Hossain
Secretary

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

CEO's Report

"At ARCC, we're committed to continuous growth and improvement."

This past year has been characterised by expansion, innovation, and a renewed focus on our core objectives. As a rapidly growing organisation, we've diligently established systems and policies to support our valuable human resources. We've also ventured into new opportunities and explored innovative ideas.

As an organisation, we've reinvigorated our partnership with the Croydon Council, finding fresh ways to collaborate despite the challenging economic climate. Our growing alliance with the NHS has become a significant contributor to ARCC's service delivery. Each day, we uncover new avenues to address health inequalities and the ever-present cost-of-living challenges.

ARCC has not only met but surpassed all of our operational targets. While we've faced some challenges in securing premises to accommodate our expanding number of projects and personnel, we've persevered. We've invested significant effort in stabilising our organisation's delivery post the conclusion of the Council's long-term community fund and the completion of our National Lottery fund. Despite major funding streams concluding, I'm pleased to report that we continue to grow and have closed the year with an impressive turnover.

Our partnerships with the NHS and the Council have grown stronger, particularly through our participation in the One Croydon Alliance. We represent the Asian Community at the highest level in the borough and Southwest London. In terms of service delivery, our flagship projects, including the Long-term Conditions and Expert Patients Program, as well as our Food Club, continue to place us in a position of great significance. Additionally, our involvement in Equality, Diversity, and Inclusion (EDI) research has provided valuable insights into the health sector's needs and barriers within Asian communities, resulting in several breakthrough projects currently in progress.

On a personal note, I am proud to have taken on the role of Chair of the Voluntary Sector Leadership Board, established by the One Croydon Alliance. This role ensures robust representation of the VCS across OCA governance and improves two-way communication. This represents a significant step forward for Asian women in leadership within the borough, promising a more impactful and well-heard voice. We take immense pride in our work to promote equity, not only in our interactions with residents and groups but also in leadership and influence.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The landscape has changed, and funding has shifted from local authorities to health. It's crucial that we adapt to this new direction while genuinely serving our communities and co-producing our programs with service users.

Our expansion into Southwest London presents new opportunities and challenges. From my experience in leadership and running my own business, I understand that reaching the pinnacle is exciting, but staying there is tough. Sustainability must be considered every step of the way.

As an organisation, we acknowledge that there's still much work ahead of us. In the coming year, we intend to focus on stabilising our new projects and the growing number of income streams. We want to settle into our new premises and strengthen our core systems to support future expansion.

I'd like to express my gratitude to everyone associated with ARCC for their hard work and support this year. Our ARCC Board of Trustees and colleagues have worked tirelessly to achieve our goals, and the community's support has been our driving force. My staff is undeniably a dream team, and I'm immensely grateful to our funders and partners for investing both money and time in our mission. The positive feedback we've received from our work in the borough is greatly appreciated.

While we've encountered some challenges this year, I'm genuinely pleased with the results we've achieved and eagerly anticipate continuing this exciting journey with all of you.

Ima Miah
CEO

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Financial review

Projects

LBC Community Fund - Infrastructure Programme

Over the past two decades ARCC has supported and built the capacity of groups through our infrastructure support and delivery funded by LBC (London Borough of Croydon). Our work strengthens the ability of community organisations and groups to build their structures, systems, people, and skills so that they are better able to define and achieve their objectives and engage in consultation and planning, manage community projects, take part in partnerships and become stronger community enterprises.

We have delivered outcomes by providing a hub of infrastructure services that encompasses Capacity Building and Community Development, particularly for the Asian and ethnic minorities. We deliver in-house activities and training reflecting the principles of empowerment and equality.

Our infrastructure project is delivered through a partnership with other infrastructure organisations in the borough however our focus is to ensure that our membership and community are receiving support that is bespoke and responsive. Our service builds capacity through:

- Organisational development and growth
- Developing organisational knowledge skills and human resources
- Building strength through developing networks and partnerships
- Having a stronger voice and involvement in decision-making

Since the inception of ARCC back in 1999 we have worked closely with the London Borough of Croydon in providing vital infrastructure support to the Asian VCS, however as the funding for this specific work has ended we are working with the council in different ways to ensure the support needs to the community are met.

LBC Community Fund - Outcomes Programme

Our Happy Healthy Communities Partnership Programme brought together 5 grassroots organisations to deliver partnership support for older Asian people to live a healthier and more connected life free from isolation, loneliness and poor health. The main purpose of the programme was to deliver a range of community activities to promote health and well-being in the borough.

The project has transformed and improved the lives of thousands of isolated, lonely and vulnerable people in Croydon. People have formed new relationships, firmed up existing ones and enjoyed gatherings in their own localities. Many of our service users have seen health benefits, are better off financially, increased their awareness of services and improved their life chances while attending the many different activities and services offered.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Our partner organisations have flourished, improved their practices and sustained a good standard of services throughout. The partnership has referred across the partnership and enjoyed sharing resources and increasing their capacity. We have increased the number of volunteers and service users who are actively involved in delivering the projects thereby making them more sustainable.

Funding for this has now come to an end from Croydon Council after six years of successful delivery. We continue to look for funding opportunities for these groups and are working closely to form new partnerships.

TNL Community Fund - CCDP

In January 2020 ARCC was successful in our funding bid to TNL (The National Lottery) Community Fund for a partnership project with ten other grassroots organisations in the Borough over a period of three years providing, Infrastructure support to partner agencies & VCS organisations, Health & Wellbeing sessions, tackling DASV (Domestic Abuse & Sexual Violence) prevention as well as Education support, Positive parenting and Mentoring.

The CCDP (Croydon Community Development Partnership) Project was designed to holistically create an environment where Asian and local communities can thrive, with community led grassroots activities contributing to building an environment that engenders responsibilities and nurtures the positive things which people are willing to do to make their locality a better place to live and work.

Our programme achieved a core strengthening of Asian VCS organisations. Working in partnership, we built family resilience, combated social isolation and enabled volunteering opportunities which allowed for the strong to share skills with struggling people and carers have been given support and some respite.

There has also been an improvement in community cohesion, families and individuals received education on nutrition/diet and exercise to live healthier lives, and parents were supported to understand the educational system, enabling them to support their children with their studies. Young people were engaged in using sport to have community conversations preventing them from being misled into radical ideology.

Other outcomes have been embracing young refugees and asylum seekers, supporting them to integrate into the community backed by greater support to learn English. Outreach services in GP surgeries and within communities were delivered to signpost socially isolated people to services and used asset maps of VCS projects to promote community participation. There was also a provision of culturally specific DASV services to prevent domestic abuse.

The project came to an end in January 2023 and the partnership has submitted a new application to The National Lottery for the continuation of this programme and awaiting outcome.

SWL NHS - Care Home Connector Project

The Care Home Connector Service in partnership with AgeUK Croydon began in June 2022 to ensure care homes, residents and family members are more connected, less isolated and more informed by linking them with the support and services which are available in the local community funded through SWL (Southwest London) NHS.

The first phase of this project has been crucial in assisting our understanding of how to move the project forward and reach more residents. We are in a much stronger position than at the beginning of the project and have some new ideas to take forward.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The vision is for the Care Home Connectors to be seen as part of the care home team, regularly attending the care home MDTs and meeting with residents and staff members.

We have already seen successes in care homes across the Croydon borough, supporting residents to regain their independence, enabling them to improve their mobility and connect with the wider community.

Through connections to various voluntary, community organisations and services, we have been able to link care home residents to work and study opportunities, as well as provide them with much-needed technology training and social engagement.

One Croydon Alliance - Community Facilitator Project

Brigstock Road Community Hub is led by ARCC's Community Facilitators and was set up to provide more local and accessible pathways for people into social support networks, community-led activities and specialist voluntary and statutory services.

Local residents are encouraged to 'drop in' as part of the early intervention, preventative approach being used across the Croydon localities. Residents are offered the opportunity to speak to different members of the Community Hub team and are supported to identify their own outcomes and agree next steps to achieve these outcomes.

Since launching in September 2022, the Brigstock Road Community Hub has had over one thousand residents dropping in to have a chat and receive support and information around a specific need, health and well-being, or to be linked with social activities.

The hub is made up of a core team of fifteen services from the voluntary community, statutory, and health and social services sectors who provide regular face-to-face support at the Hub. There are over forty services connected with the Hub with an established two-way partnership working, which is growing.

Some of the support services include MENCAP Croydon, Clear Community Web, AGEUK Croydon, Healthy Homes, Citizens Advice Croydon, Hair Plea, MIND, Councillor Surgery, Croydon Council Housing, Department for Work and Pensions, Alzheimer's Society, Croydon Vision and Croydon Hearing. In addition, the Hub has hosted nine talk sessions on occupational therapy, counselling, domestic abuse, diabetes prevention, hypertension, cancer awareness, hearing health, adult education courses, and mental health. The support and provision at the community hub continues to grow from strength to strength frequenting over forty residents each week. The next step for ARCC Community Facilitators is to launch a new community hub in the Central East Locality. The Brigstock Road community hub has been featured in several articles and videos including in the Healthy Communities Together - The King's Fund, NHS Confederations, and SWL Integrated Care Systems.

SWL ICS - Hospital Discharge

In partnership with Croydon Neighbourhood Care Association and AgeUK Croydon we ran a pilot project, focusing on supporting people being discharged from the hospital onto pathway 0+ instead of pathway 1 based on where the data showed the most impact could be made and on the patients' needs identified. The project was funded through SWL (South West London) ICS (Integrated Care System).

The service took referrals from system professionals and from Croydon Health Services (Primary Care, Community Services, and Acute Care). The service allowed professionals supporting people who were in hospital for planned or unplanned interventions to work together and provide a holistic approach to

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

care which included the needs of the carers and their families as well as those who are cared for. The service was able to achieve the following:

- Improve the quality of client care and ongoing support
- Maintain excellent client experience and high-quality care after discharge? Close working with hospital discharge teams and clinicians
- Building relations with hospital teams and clients

SWL ICS - Expert Patient Programme

In its third year of operation, ARCC continues to make strides with the EPP (Expert Patients Programme), thanks to funding from the NHS Southwest London Integrated Care System. This program offers essential training for adults residing in Croydon who are dealing with one or more long-term health conditions (LTCs).

While the EPP primarily caters to adults in Croydon facing challenges like hypertension (high blood pressure), COPD (Chronic Obstructive Pulmonary Disease), and diabetes, it now extends its support to individuals dealing with other LTCs, including cancer, asthma, and those who are caregivers for individuals with long-term health conditions in the borough.

The EPP is a UK adaptation of Stanford University's highly regarded Chronic Disease Self-Management Program (CDSMP). This program has demonstrated its effectiveness in assisting older adults in better managing their chronic conditions, enhancing their quality of life, and reducing healthcare costs.

This six-week program offers both in-person and online delivery options to accommodate individuals with mobility issues or personal preferences. The weekly sessions cover a wide array of topics, including strategies for dealing with pain, managing fatigue, improving sleep, addressing depression and anxiety, engaging in flexibility exercises, and adopting a healthier approach to eating. Each session lasts for two and a half hours and is co-facilitated by two trained leaders, at least one of whom is personally living with a long-term health condition.

SWL ICS - Long Term Conditions Project

ARCC has been funded by the SWL ICS to deliver a Long-Term Conditions Project (LTC). The Key aims of the LTC service includes: - Targeted outreach work to raise awareness of LTCs and risk factors amongst harder-to-reach communities and to encourage and enable patients to recognise and present to existing interventions i.e., NHS Health checks, NHS Diabetes Prevention Programme or their GP

- Increasing opportunistic case-finding activity to detect and protect two key cohorts of patients i.e., those living with a diagnosed long-term condition for which the clinical treatment targets are not being met, and those with an undiagnosed long-term condition
- Identification of people at risk of developing a long-term condition, such as people with raised blood pressure (hypertension)
- Supporting patients to consider lifestyle changes to reduce their risk ARCC in partnership with the CBME Forum are working on behalf of the Southwest London Clinical Commissioning Group (CCG) and Croydon NHS, to provide our local community with education and support in managing LTC's in Croydon.

SWL ICS - DoSA Project

The Diabetes for South Asians (DoSA) Project represents a pivotal initiative, meticulously designed to cater to the unique needs of individuals with South Asian heritage and those living a South Asian lifestyle. South Asian communities often face specific challenges when it comes to health and wellness,

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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Year ended 31 March 2023

including a higher prevalence of diabetes. Recognising this, the DoSA Project was conceptualised to address these specific concerns and deliver culturally tailored support and guidance.

This comprehensive program spans a duration of 12 weeks, broken down into engaging and informative modules delivered over two-week intervals. This structured approach allows participants to delve deeply into various aspects of diabetes management at a manageable pace. By offering this extended duration, participants can absorb the knowledge and develop skills gradually, promoting a more profound understanding of the condition.

As part of the DoSA Project, participants receive two specially crafted and colourful leaflets: 'Managing Celebrations' and 'Healthy Eating and Cooking.' These resources are thoughtfully designed to provide practical advice and tips for navigating common situations, such as festive celebrations and daily dietary choices, with a focus on diabetes management.

It is important to highlight that the DoSA Project commenced as a pilot endeavour, and the outcomes have been truly promising. Participants who have successfully completed the program have reported positive results, indicating that this specialised approach is highly effective in providing valuable insights and knowledge about managing diabetes. By delivering education and support in a culturally sensitive and relevant manner, the DoSA Project plays a vital role in promoting healthier lifestyles and improved diabetes management within the South Asian community. This approach not only fosters awareness but also empowers individuals to take control of their health and make informed decisions for a better quality of life.

LBC - Covid Vaccine Champion

ARCC delivered a Small Grants Funding Programme supporting community groups to promote Covid Vaccine. In April 2022 Croydon's infrastructure Support Service partnership ARCC, Croydon BME Forum, Croydon Neighbourhood Care Association, and Croydon Voluntary Action were awarded £74,000 each to distribute small grants to local community groups. The programme raised awareness of Covid Vaccine among vaccine-hesitant communities.

The initiative successfully heightened awareness of the Covid Vaccine among hesitant communities. Positive feedback from various community groups indicated an increase in vaccination acceptance, better access to vaccine-related information, and improved awareness of local initiatives within the borough.

One Croydon Alliance LVP - Hear to Talk

ARCC has been funded to deliver the Mental Health Project (Hear to Talk) for the 3rd year. The project reaches into communities through awareness sessions, training mental health first aiders, empowering conversations with mental health champions, and outreach work within the Croydon borough. We understand and acknowledge that it is still a taboo topic and there is still some work to be done.

The project aims and objectives:-

- Targeted out-reach work to raise awareness of mental health issues and risk factors amongst the Asian community, and to encourage and enable patients to recognise and present to existing interventions i.e. SLaM, Talking Therapies, and Befriending Services.
 - Supporting individuals to consider lifestyle changes to reduce their risk of further or increasing mental health issues.
 - Asian residents with mental health, their families and carers may feel more comfortable speaking to our health champions in their own community setting and language, rather than presenting to their GP.
-

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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Year ended 31 March 2023

As our work in this field matures we are working with strategic partners to link this project with a wider Mental Health transformation programme like EMHIP to have a wider impact and more holistic support from health and communities.

SWL ICS - Core20Plus5 Connectors Programme

The Core 20 PLUS 5 Connectors programme is part of the NHS goal to tackle healthcare inequalities: The Connectors programme is part of the support framework for progressing the goals of Core20PLUS5, a national NHS England and NHS Improvement approach to support the reduction of health inequalities at both national and system level.

As a part of the Core 20 NHS initiative, ARCC has focussed on raising awareness on the five clinical areas of focus outlined in the Core20PLUS5 approach. This has been presented through Health and Wellbeing days, general talks with residents and health checks. Health and Wellbeing Days are set up to provide local and accessible platforms for residents to socialise, connect and express their needs. This has been a key method in taking practical action to improve health and reduce inequalities.

ARCC was funded to recruit Core20 connectors to deliver the approach to a target population cohort against '5' focus clinical areas: Maternity, Severe Mental Illness, Chronic Respiratory Disease, Early Diagnosis of Cancer and Hypertension Case Finding. For the First phase of the programme, we delivered numerous awareness-raising sessions at health checks to different community groups including churches, mosques and community centres. A part of the Community Connector role has been interacting with the community and finding out what they value. A lot of residents have expressed they found it valuable to have a safe space to socialise, meet new people and enjoy hot meals. The aim is to provide more of these safe spaces for local residents in their community which will encourage a stronger community and an increased level of participation in community activities.

People's Health Trust - Croydon Community Chats Project

In the final year of our Croydon Community Chats Project delivery looking to strengthen connections, enable friendships between the participants and improve social networks between people. As part of the project, we delivered a number of different activities including: -

- Weekly Community Chat sessions
- Yoga for All
- Laughter Yoga
- Floristry Classes
- Introduction to Digital Skills

The project activities were very popular and often over-subscribed. The sessions have proven to have immense health and well-being benefits for the body and mind. Many participants were suffering from loneliness and low levels of mental health. We received great feedback from our members for these kinds of small sessions and hope to hold more sessions in the future.

Royal Marsden NHS Foundation Trust - Cancer Awareness Project

ARCC has been funded by RM Partners, an NHS organisation to deliver the Cancer Awareness Programme, Croydon (CAP).

A project which aims to raise awareness of cancer and the importance of early screenings in the Black and South Asian Croydon communities.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

In partnership with Croydon BME Forum, ARCC's targeted outreach work including:

- Seminars/Workshops
- Focus Groups
- Co-Design workshops
- Community Cancer Champions
- Multimedia marketing

Working closely with national cancer charities and cancer alliances while marketing across analogue and digital platforms, ARCC has helped to establish trust and familiarity with CAP.

As part of our Cancer Awareness Project, we produced a video featuring local cancer survivors, cancer champions, volunteers and staff to raise awareness about cancer in BAME communities. This was a joint venture in partnership with Croydon BME Forum. It was filmed in the heart of West Croydon and made with a lot of heart and we have received excellent feedback since the launch. Click [HERE](#) to watch the video.

Croydon Health Services NHS Trust - Equality Diversity & Inclusion Research

Evidence highlights that members of racial and ethnic communities, also recognised as 'under-served communities', are more likely to experience poverty and the detrimental outcomes this causes. This includes poorer physical and mental health, as well as reduced life expectancy. These communities experience greater challenges and barriers inequitable access to health services and needs-led interventions. In addition, they are often underrepresented in health-related research including prioritising and being consulted on research topics and key research questions, advising on research implementation, and being participants.

This project, in collaboration with the Croydon BME Forum, aims to explore some of the factors underpinning these issues in our local communities in Croydon. The longer-term objective is to ensure underserved communities are given equitable access to evidence-based healthcare.

This project will be delivered in stages to ascertain the barriers that the community faces in accessing healthcare and taking part in health research. This will be via Surveys, Focus Groups, Interviews, and a final report including recommendations.

1000 survey responses have been received from individuals of under-served communities in Croydon and have been analysed for barriers to accessing healthcare or taking part in health research.

In February 2023, our project was presented in the CRN South London's under-served communities & health inequalities poster competition where we achieved 2nd place.

SWL NHS ICB - Women's Fertility Project

This project focused on collecting researched evidence of the barriers to accessing fertility services, with a particular emphasis on the experiences of black and ethnic minority women.

The project culminated into a detailed report through data collected from a combination of questionnaires, focus groups, and workshops. The findings highlight the likelihood of accessing fertility services, the dependency on the National Health Service (NHS) for health and wellbeing, and the specific cultural barriers faced by black and ethnic minority women.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The report provided recommendations for improving access to fertility services, promoting cultural sensitivity, and enhancing collaboration between patients, fertility services, and the Integrated Care Board (ICB)

As part of our research on reproductive health and fertility services in South-West London, we conducted one-to-one interviews using a standard questionnaire provided by NHS South-West London Integrated Care Board.

These interviews allowed us to gain valuable insights into the barriers women face when accessing fertility services in the region. By exploring various factors, such as cultural barriers, language considerations, and perceptions of healthcare services, we aim to promote equitable access and enhance the overall quality of fertility services.

Activities

Food Club

Right now, millions of people in the UK regularly experience hunger. Yet tonnes of surplus fresh food is thrown away every day. No one should have to miss a meal. ARCC runs a unique project to alleviate food poverty in a holistic way.

Residents come to socialise and collect a bag of shopping. This project is in partnership with FareShare and The Felix Project who provide nutritious food that cannot be sold in supermarkets and shops. They deliver this surplus food to charities and schools so they can provide healthy meals and help the most vulnerable in our society.

At our Food Club, over 80kg of food is displayed for our members to choose from. The aim is to support low-income families and pensioners on a weekly basis with a nominal fee to alleviate food poverty. Members benefit from talking with others in similar situations, making new friends and finding out about other services in the area. Quite often people will present with multiple issues and barriers, we work with them to refer and signpost them to the right support.

Engagement Event with Mayor Perry

ARCC hosted an event with the Executive Mayor of Croydon Mr Jason Perry with the Asian community and Business leaders to engage with the mayor on the priorities, concerns and the changes the community would like to see happen. Other guest panellists included: Cllr Andy Stranack, Cabinet Member for Communities and Culture and Mr Suleman Raza MBE, CEO of Grand Sapphire Hotel and Banqueting. The meeting was chaired by ARCC CEO Ima Miah and Co-Hosted by the ARCC Chair Mr Jay Patel. Click [HERE](#) to watch the full meeting on our YouTube Channel.

Navratri Celebration

Every year, a Hindu festival lasting nine nights is celebrated with zest and fervour. The central emphasis of this event is to commemorate the triumph of good over evil, which is consistent with Hindu mythology. Navratri means "Nine Nights," traditionally used to honour the divine Maa Durga. Devotees revere Goddess Durga in her nine glorious incarnations during the nine-day period. ARCC was proud to bring this event to Croydon's premiere venue at the Grand Sapphire showcasing this magnificent event with different Asian Community groups with almost 1,000 people in attendance from Croydon and surrounding boroughs. This was the biggest Navratri celebration in South London also attended by

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

various dignitaries including the Police Chief Inspector, Croydon MP's, Councillors and both the Civic and the Executive Mayor of Croydon. ARCC organised this event ahead of Croydon becoming the Borough Culture next year, we wanted to establish the case for more events and cultural celebrations post years of COVID and isolation for many. This scale of demand shows that people are desperate to meet and celebrate on joyous occasions and that we will be in good stead for next year's events.

Mayor of London Eid in The Square

Our CEO has gained traction as a leading voice for the Asian community not just in our Borough but in London too. She was invited to join the Eid in the Square committee for 2021 and 2023. The Mayor of London's 17th Eid in the Square festival took place on Saturday 7 May 2022 in Trafalgar Square. The festival featured a six-hour programme of live music on the main stage with hosts Mehreen Baig and Mistah Islah. There were exhibitions, walkabout performers, fencing and football interactive sessions and children's arts activities plus an array of delicious food outlets and a variety of stalls.

Guildford it's time to talk Business

We were delighted to be chosen by Curry's Business to be their chosen charity for the event "Guildford It's time to talk Business". ARCC Trustees and Staff attended the event to represent the organisation. This was an opportunity for ARCC to speak to international businesses about our community activities and projects in Croydon and provided an excellent networking platform. We were also delighted to meet the Deputy Mayor of Guildford Cllr. Masuk Miah to learn about some of the work he was involved in in Guildford and spoke about potential cross-borough partnerships as he had many links in Croydon.

Indian Independence Day Flag Raising

Croydon has a thriving Indian and Pakistani community who celebrated 75 years of independence. Many of our community members went along and enjoyed the flag-raising event at Croydon Town Hall. Both the Civic Mayor and Executive Mayor met and greeted residents who enjoyed the interaction and felt proud to be a part of a diverse and welcoming borough.

Chaand Raat

ARCC was proud to celebrate the Annual Chand Raat event at the Grand Sapphire by holding a charity table. We had staff and volunteers manning the stall and talking with many different people. We raised awareness of our services and signed up new members of the community. It was a great way to reach a new audience of younger families and students. Thousands of people attended the event throughout the day and there were lots of festive stalls including henna, makeup, clothes, food etc.

MSH Foundation 5th Year Anniversary Celebration

We were invited to attend the 5th Anniversary celebration of the Manju Shahul-Hameed Foundation for Mental Health charity, at the House of Lords on Wednesday 29th June. Various community groups and business leaders were in attendance including local councillors and MPs from Croydon to hear about the work and achievements of the charity over the past year. The event was hosted by Baroness Manzilla Uddin.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

George Floyd Race Matters Pledge

ARCC was part of an event with Mayor Perry, community partners, politicians and schools. Organisations and businesses adopted the pledge and united against racism for a more inclusive Croydon. It was an honour for ARCC to be part of this historic event and launch at Croydon Town Hall where our CEO was invited to read out one of the pledges.

Picnic in the Park

The annual Faiths Together in Croydon Picnic was held at Parkhill. The event saw healthy living stalls, activities for the adults and games for the children. ARCC was invited to pitch up a marquee and do community health checks. The event was a great way for people of different faiths and no faiths to get together in a peaceful setting and celebrate the diversity of the borough.

Movement Matters Workshop

We held a movement workshop to give practical tips for everyday life and learn more about how daily movements can help reduce muscle tightness, relieve stiff joints and strengthen weak muscles helping people to move with ease and feel free. This interactive session was very well received by the participants.

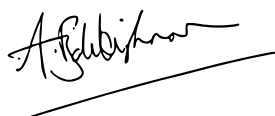
Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

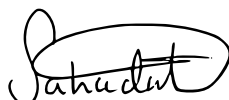
The trustees' annual report was approved on 2 November 2023 and signed on behalf of the board of trustees by:



Jay Patel - Chair
Director



Ash Balakrishnan – Vice Chair
Director



Sahadat Hossain - Secretary
Director

Bhupinder Bhardwaj - Treasurer
Director

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of ASIAN RESOURCE CENTRE OF CROYDON LIMITED *(continued)*

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of ASIAN RESOURCE CENTRE OF CROYDON LIMITED ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants (ACCA), which is one of the listed bodies.

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Z F Begg – FCCA
Independent Examiner

Date: 3 November 2023

Begg Williamson & Co
24 Church Road
Crystal Palace
London
SE19 2ET

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2023

		Unrestricted funds	2023 Restricted funds	Total funds	2022 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	4,614	869,479	874,093	605,151
Charitable activities	6	218	–	218	86
Other trading activities	7	14,120	16,970	31,090	16,870
Investment income	8	153	–	153	9
Total income		<u>19,105</u>	<u>886,449</u>	<u>905,554</u>	<u>622,116</u>
Expenditure					
Expenditure on charitable activities	9,10	<u>3,229</u>	<u>707,345</u>	<u>710,574</u>	<u>514,206</u>
Total expenditure		<u>3,229</u>	<u>707,345</u>	<u>710,574</u>	<u>514,206</u>
Net income and net movement in funds		<u>15,876</u>	<u>179,104</u>	<u>194,980</u>	<u>107,910</u>
Reconciliation of funds					
Total funds brought forward as previously reported		94,127	276,109	370,236	262,326
Prior year adjustment		(2,188)	–	(2,188)	–
Total funds brought forward as restated		<u>91,939</u>	<u>276,109</u>	<u>368,048</u>	<u>262,326</u>
Total funds carried forward		<u>107,815</u>	<u>455,213</u>	<u>563,028</u>	<u>370,236</u>

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

The notes on pages 22 to 30 form part of these financial statements.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	16	4,286	2,878
Current assets			
Debtors	17	34,930	19,589
Cash at bank and in hand		537,165	359,343
		<u>572,095</u>	<u>378,932</u>
Creditors: amounts falling due within one year	18	13,353	11,574
Net current assets		<u>558,742</u>	<u>367,358</u>
Total assets less current liabilities		<u>563,028</u>	<u>370,236</u>
Net assets		<u>563,028</u>	<u>370,236</u>
Funds of the charity			
Restricted funds		455,213	276,109
Unrestricted funds		107,815	94,127
Total charity funds	20	<u>563,028</u>	<u>370,236</u>

For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

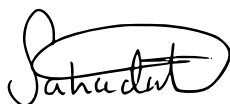
These financial statements were approved by the board of trustees and authorised for issue on 2 November 2023, and are signed on behalf of the board by:



Jay Patel - Chair
Director



Ash Balakrishnan – Vice Chair
Director



Sahadat Hossain - Secretary
Director

Bhupinder Bhardwaj - Treasurer
Director

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2023

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is CVA Resource Centre, 82 London Road, CROYDON, CR0 2TB, ENGLAND.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

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

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

- (a) No cash flow statement has been presented for the company.
- (b) Disclosures in respect of financial instruments have not been presented.

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.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All income is included in the statement of financial activities when the charity is entitled to the income, any performance related conditions attached have been met or are fully within the control of the charity, the income is considered probable and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Donations and legacy income is received by way of donations, legacies, grants and gifts and is included in full in the Statement of Financial Activities when receivable. Where legacies have been notified to the charity but the criteria for income recognition have not been met, the legacy is treated as a contingent asset and disclosed if material. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Investment income is included when receivable.
- Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Resources expended

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.
- All costs are allocated between the expenditure categories of the SOFA on a basis Designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in the notes to the accounts.

Tangible assets

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

- 25% reducing balance
-

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The Company is limited by guarantee without having any share capital.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Grants			
LBC Community Fund - Infrastructure	–	39,000	39,000
LBC Covid Vaccine Champion	–	105,549	105,549
LBC Community Fund - Outcomes	–	40,000	40,000
One Croydon Alliance – Community Facilitator	–	22,318	22,318
London Sport	–	2,488	2,488
SWL ICS – Core 20 plus connectors prog.	–	54,797	54,797
Royal Marsden NHS foundation - Cancer Awareness	–	83,295	83,295
One Croydon Alliance LVP - Hear to talk project	–	120,938	120,938
TNL Community fund- CCDP	–	82,650	82,650
Local Trust	–	17,850	17,850
Croydon Health Services - EDI Research project	–	17,000	17,000
NHS SWL ICB – Women's Fertility project	–	7,000	7,000
NHS SWL ICS – LTC,EPP& DoSA	–	149,866	149,866
NHS SWL– Care home connector	–	96,552	96,552
NHS SWL – Hospital discharge	–	20,750	20,750
Peoples Health Trust	–	9,426	9,426
Business Forum	3,503	–	3,503
Other donations and legacies			
Donations and sponsorships	1,111	–	1,111
	<u>4,614</u>	<u>869,479</u>	<u>874,093</u>

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

Grants	UnRest	Restricted	2022
LBC Covid Vaccine Champion	–	96,333	96,333
LBC Community Fund - Outcomes	–	–	–
LBC Winter Pressure	–	15,000	15,000
London Sport	–	7,463	7,463
Croydon Voluntary Action - 20 plus connectors prog.	–	–	–
Royal Marsden NHS foundation - Cancer Awareness	–	–	–
One Croydon Alliance LVP - Hear to talk project	–	25,808	25,808
Peoples Health Trust -Croydon communities chat project	–	14,813	14,813
TNL Community fund	–	165,300	165,300
Local Trust	–	125,669	125,669
Croydon Health Services - EDI Research project	–	19,500	19,500
LBC VCS Covid - 19 Programme	–	18,500	18,500
NHS SWL CCG - Expert Patients Programme	–	20,546	20,546
NHS SWL CCG - Long Term Condition	–	32,000	32,000
NHS SWL CCG - Community Facilitator	–	45,000	45,000
NHS SWL CCG - Covid-19 Vaccination Uptake	–	10,097	10,097
Age UK Croydon	–	4,000	4,000
Business Forum	4,050	–	4,050
Other donations and legacies			
Donations and sponsorships	1,072	–	1,072
	<u>5,122</u>	<u>600,029</u>	<u>605,151</u>

6. Charitable activities

	Unrestricted Funds	Total Funds 2023	Unrestricted Funds	Total Funds 2022
	£	£	£	£
Gift Aid	<u>218</u>	<u>218</u>	<u>86</u>	<u>86</u>

7. Other trading activities

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Other Revenue Inc. Hub Hiring	<u>14,120</u>	<u>16,970</u>	<u>31,090</u>

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

7. Other trading activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Other Revenue	16,870	–	16,870

8. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Other interest receivable	153	153	9	9

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Management & admin costs	–	263,018	263,018
Project delivery & grant funding	–	24,132	24,132
Support costs	3,229	420,195	423,424
	<u>3,229</u>	<u>707,345</u>	<u>710,574</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Management & admin costs	–	100,466	100,466
Project delivery & grant funding	–	42,668	42,668
Support costs	5,153	365,919	371,072
	<u>5,153</u>	<u>509,053</u>	<u>514,206</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Grant funding of activities £	Support costs £	Total funds 2023 £	Total fund 2022 £
Management & admin costs	263,018	–	363,314	626,332	446,160
Project delivery & grant funding	–	24,132	27,497	51,629	52,258
Legal & professional	–	–	28,797	28,797	12,236
Depreciation	–	–	1,428	1,428	1,418
Governance costs	–	–	2,388	2,388	2,134
	<u>263,018</u>	<u>24,132</u>	<u>423,424</u>	<u>710,574</u>	<u>514,206</u>

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

11. Net income

Net income is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of tangible fixed assets	<u>1,428</u>	<u>1,418</u>

12. Auditors remuneration

0	0
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13. Independent examination fees

	2023	2022
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,200</u>	<u>2,000</u>

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	330,603	316,935
Employer contributions to pension plans	<u>8,358</u>	<u>7,576</u>
	<u>338,961</u>	<u>324,511</u>

The average head count of employees during the year was 15 (2022: 14).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

15. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees;

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

16. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2022 and 31 March 2023	33,768
Depreciation	
At 1 April 2022	28,054
Charge for the year	1,428
At 31 March 2023	<u>29,482</u>
Carrying amount	
At 31 March 2023	<u>4,286</u>
At 31 March 2022	<u>5,714</u>

17. Debtors

	2023 £	2022 £
Trade debtors	28,141	10,133
Other debtors	6,789	9,456
	<u>34,930</u>	<u>19,589</u>

18. Creditors: amounts falling due within one year

	2023 £	2022 £
Bank loans and overdrafts	—	2,980
Accruals and deferred income	2,000	2,000
Other creditors	11,353	6,594
	<u>13,353</u>	<u>11,574</u>

19. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £8,358 (2022: £7,576).

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2023

				2023 £	2022 £
20. Analysis of charitable funds					
Unrestricted funds					
	At 1 April 2022	Income	Expenditure	Prior year adjustments	At 31 March 2023
	£	£	£	£	£
Unrestricted Fund	94,127	19,105	(3,229)	–	110,003
	–	–	–	(2,188)	(2,188)
	<u>94,127</u>	<u>19,105</u>	<u>(3,229)</u>	<u>(2,188)</u>	<u>107,815</u>
	At 1 April 2021	Income	Expenditure	Prior year adjustments	At 31 March 2022
	£	£	£	£	£
Unrestricted Fund	77,193	22,087	(5,153)	–	94,127
	–	–	–	–	–
	<u>77,193</u>	<u>22,087</u>	<u>(5,153)</u>	<u>–</u>	<u>94,127</u>
Restricted funds					
	At 1 April 2022	Income	Expenditure	Prior year adjustments	At 31 March 2023
	£	£	£	£	£
Restricted Fund	<u>276,109</u>	<u>886,449</u>	<u>(707,345)</u>	<u>–</u>	<u>455,213</u>
	At 1 April 2021	Income	Expenditure	Prior year adjustments	At 31 March 2022
	£	£	£	£	£
Restricted Fund	<u>185,133</u>	<u>600,029</u>	<u>(509,053)</u>	<u>–</u>	<u>276,109</u>

COMPANY REGISTRATION NUMBER: 06250781
CHARITY REGISTRATION NUMBER: 1120376

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Financial Statements

31 March 2023

BEGG, WILLIAMSON & CO

Chartered Certified Accountants
24 Church Road
Crystal Palace
London
SE19 2ET

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2023

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ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Charity registration number 1120376

Company registration number 06250781

Principal office and registered office CVA Resource Centre
82 London Road
CROYDON
CR0 2TB
ENGLAND

The trustees Jay Patel - Chair
Ash Balakrishnan- Vice Chair
Sahadat Hossain - Secretary
Bhupinder Bhardwaj – Treasurer
Dilshad Surelia – Director
Somasundaram Kanagasundaram - Director
Dr Suraj Paudel – Director
Rumel Jahur – Director
Dimple Siddhpura - Director
Sophia Moreau– Director (Resigned March 2023)

Company secretary Sahadat Hossain

Independent examiner Z F Begg – FCCA
Begg Williamson & Co
Chartered Certified Accountants
24 Church Road
Crystal Palace
London
SE19 2ET

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Structure, governance and management

About Us

Asian Resource Centre of Croydon was established in 1999 as a charitable organisation with a view of bringing together Asian Communities & Businesses.

Our mission is to foster, advance, and champion community engagement and volunteer initiatives that enhance the well-being, health, and overall quality of life within our local community.

Our vision encompasses a thriving, inclusive, and enduring voluntary and community sector that enriches the lives of Asian and minority ethnic communities.

Our Key Outcomes: -

- More effective and responsive services for local people
- Empowered and active communities
- Increased social inclusion and community cohesion
- An increase in social capital
- A strengthening of civil society
- Increased health and wellbeing of Asian communities

Our approach is three pronged: -

ARCC believes in a holistic approach to delivering services and achieving impactful outcomes.

1. Partnering with organisations to deliver an ABCD grass roots response that builds on community strengths and advances equalities for addressing needs and issues faced by marginalised communities.
2. Enabling voluntary sector organisations to develop and grow, providing infrastructure support to VCS to deliver quality services.
3. Gathering evidence of community conversations in relation to community issues, needs and gaps affecting Asian communities.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Objectives and activities

Governance

ARCC is governed by a board of trustees responsible for ensuring the charity's adherence to legal and regulatory obligations. We operate on a three-year business strategy that undergoes an annual review to guide our goal setting and keep us on course.

The board has a clear understanding of the charity's objectives and ensures their effective and sustainable execution. Following Charity Commission guidelines, the ARCC Board provides strategic leadership to enable the organisation to deliver its support and services efficiently and in a lasting manner.

Incorporating principles of integrity, the board establishes values and fosters a culture that aligns with the organisation's charitable goals. Recognising the significance of public trust in charities, trustees diligently fulfil their responsibilities.

The board maintains a robust decision-making process that is well-informed, rigorous, and timely. Effective systems for delegation, control, risk assessment, and management are established and continuously monitored.

Working cohesively as a team, the board leverages a diverse range of skills, experiences, backgrounds, and knowledge to make well-informed decisions. Embracing diversity enhances effectiveness, leadership, and decision-making within the board.

The board leads the organisation in its commitment to transparency and accountability. ARCC conducts its work openly, except where justified exceptions exist.

Our Values

4E's; Empathy, Equality, Excellence, Empowerment

ARCC takes pride in providing a quality and accessible service to communities by delivering against a set of principles we call the 4E's.

1. **Empathy:** We believe Empathy at its simplest, is awareness of the feelings and emotions of other people. It is a key element of Emotional Intelligence, the link between self and others, because it is how we as individuals understand what others are experiencing as if we were feeling it ourselves.

2. **Equality:** Ensuring everybody has an equal opportunity and is not treated differently or discriminated against because of their characteristics such as age, disability, race, religion or belief, gender including gender reassignment, sexual orientation, marriage and civil partnership, and pregnancy and maternity.

3. **Excellence:** As an infrastructure organisation we will inspire and lead with our actions. We will strive to identify and disseminate the knowledge base for good practice in all aspects of our work as a VCS (Voluntary Sector Organisation).

4. **Empowerment:** We believe empowerment is about supporting communities and people to gain control over the factors and decisions that define their lives.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Achievements and performance

Chair's Preface

The year 2022/2023 has presented ARCC with numerous challenges, yet it's also been a year of remarkable accomplishments. We've not only met our growth targets but also secured the organisation's future sustainability. I extend my heartfelt gratitude to my fellow Board Members, our dedicated Senior Management Team, our diligent Project Delivery Staff, and, above all, our community members whose engagement with us for the support they deserve has been pivotal.

We've expanded our project portfolio, particularly in the realm of health and wellbeing. Throughout, our unwavering commitment has been to maintain a consistently high standard of support for our community members and to ensure our organisation's longevity for generations to come.

As we embarked on this year, the "post-Covid normal" began to take shape. It's uncertain whether things will ever return to their pre-2020 state. What's clear, however, is that Covid has compelled us to rethink and innovate how we approach our work.

Community organisations like ARCC are playing an increasingly vital role in supporting statutory entities such as the council and healthcare providers in service delivery. With this, the expectations of funding organisations have risen, and we've enhanced our systems to better meet these expectations.

I'm thrilled to announce that ARCC's income has grown by an impressive 45% compared to the previous year. We've reached out to over 13,235 community members, a 33% increase from previous years. Asian and other minority ethnic organisations can no longer limit themselves to preserving culture and traditions; our projects now aim to help our communities lead happy, healthy, and thriving lives. This includes providing assistance to those facing significant challenges, from mental health issues to cancer and long-term medical conditions.

Building closer ties with the business community is another integral aspect of our work. Two years ago, we successfully launched the ARCC Business Forum initiative. We're continually developing innovative ways to engage with the business community, helping them connect with our community members and grow their businesses.

"Last year, we hosted a spectacular cultural event during our Navratri celebrations, uniting our diverse community with an impressive turnout of nearly 1,000 participants. As we look to the future, our aim is to elevate these events even further by drawing in a multitude of communities to highlight our rich history. We aspire for this event to become the most significant Navratri gathering in South London, an occasion that brings diverse communities together on an even grander scale."

In conclusion, I'd like to express my sincere gratitude to all my colleagues for their unwavering support as Chair and for entrusting me with the responsibility of leading this organisation.

Jay Patel
Chair

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Treasurer's Report

Once again, our organisation has achieved its financial targets, realising a remarkable 45% growth in our income. The expansion of the range of projects designed to support our community has allowed us to extend our reach to over 13k community members, marking a 33% increase compared to the previous year. Our organisation remains resilient and is poised for a sustainable future. As we look ahead, we're confident that by the end of March 2024, we will surpass yet another significant milestone by achieving a million-pound income. The credit for this success is attributed to strategic decisions regarding how we raise income from funding organisations and the sheer hard work of our staff in building relationships and partnerships as well as taking opportunities and calculated risks. Despite the cessation of Croydon Council Community Funding from April 2023, we've been highly successful in securing income from other funding organisations. Moving forward, we are actively pursuing opportunities to collaborate and engage in partnerships with the business community to secure unrestricted income, thereby minimising risks.

ARCC has taken proactive steps to improve its financial management systems and ensure compliance with the growing workload and challenges. A well-structured financial system is vital for any organisation's success, especially when experiencing growth.

Having reviewed and implemented necessary policies demonstrates our commitment to transparency, accountability, and good governance. Compliance is not only crucial for the organisation's reputation but also for maintaining the trust of donors, sponsors, and the community we serve.

It's clear that ARCC is not only focused on its present impact but is also laying a solid foundation for sustainable growth in the future. These actions will undoubtedly contribute to the organisation's continued success and ability to make a positive difference in the community.

I extend my deepest appreciation to our finance department and dedicated staff for their relentless hard work over the past year, as well as our core team of devoted volunteers. Their tireless dedication and commitment to the organisation are invaluable.

Our Board of Trustees has provided crucial strategic support by offering guidance and leadership to ensure that the organisation operates with efficient and effective financial procedures and policies.

Lastly, I would like to express our gratitude to all our stakeholders, which include funding organisations and our community members, for their unwavering support. Your support instils in us the confidence to continue our mission and strive for continuous improvement.

Bhupinder Bhardwaj
Treasurer

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Secretary's Report

I am deeply humbled and honoured to acknowledge my reappointment as the Secretary of ARCC for a second term. It is with profound gratitude that I extend my heartfelt appreciation to the esteemed members of the board for their continued trust and confidence in the collective mission of ARCC.

The journey of ARCC has been a testament to our collective commitment to advancing social and community betterment. Our progress has not been the result of any one individual's efforts, but rather the culmination of a dedicated team working in harmony.

As an organisation, we have set a commendable precedent, extending our influence to affect the decision-making processes of local governments and healthcare authorities. Our work is no longer confined to local boundaries; it is resonating on the national and international stage, transcending geographical confines.

Our strategic milestone, the establishment of the ARCC Business Forum, stands as a testament to our mission's expanding impact. The doubling of its membership in the past year, alongside the generous support of our sponsors, underlines the growing recognition of our efforts within the community.

Our dedication to operational excellence is reflected in the meticulous refinement of our internal processes. By streamlining our operations, we have ensured that each board member has the tools and knowledge to actively engage with our dedicated staff and support our projects.

Looking forward, we recognise the value of fresh perspectives and diverse expertise in shaping our future. In this regard, we are actively seeking individuals from various backgrounds, each contributing a unique skill set. This diversity will undoubtedly infuse our board with innovative ideas, ensuring that ARCC's mission remains dynamic and responsive to the evolving needs of our community.

Getting involved with a charity lets you really make a hands-on impact on our community's well-being. It's not just a great thing to do; it's also incredibly satisfying and rewarding.

I extend my heartfelt appreciation to our dedicated staff, the selfless contributions of our volunteers, and the unwavering commitment of our board members. I want to give a big shout-out to our incredible Business Forum members and our generous sponsors. Your unwavering support has played a crucial role in our journey, and we're immensely grateful for it.

In closing, I express my deepest gratitude to each individual within our ARCC family. Your dedication and support are the cornerstones of our collective success. Together, we will continue to ascend to new heights and make a profound impact on our community.

Sahadat Hossain
Secretary

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

CEO's Report

"At ARCC, we're committed to continuous growth and improvement."

This past year has been characterised by expansion, innovation, and a renewed focus on our core objectives. As a rapidly growing organisation, we've diligently established systems and policies to support our valuable human resources. We've also ventured into new opportunities and explored innovative ideas.

As an organisation, we've reinvigorated our partnership with the Croydon Council, finding fresh ways to collaborate despite the challenging economic climate. Our growing alliance with the NHS has become a significant contributor to ARCC's service delivery. Each day, we uncover new avenues to address health inequalities and the ever-present cost-of-living challenges.

ARCC has not only met but surpassed all of our operational targets. While we've faced some challenges in securing premises to accommodate our expanding number of projects and personnel, we've persevered. We've invested significant effort in stabilising our organisation's delivery post the conclusion of the Council's long-term community fund and the completion of our National Lottery fund. Despite major funding streams concluding, I'm pleased to report that we continue to grow and have closed the year with an impressive turnover.

Our partnerships with the NHS and the Council have grown stronger, particularly through our participation in the One Croydon Alliance. We represent the Asian Community at the highest level in the borough and Southwest London. In terms of service delivery, our flagship projects, including the Long-term Conditions and Expert Patients Program, as well as our Food Club, continue to place us in a position of great significance. Additionally, our involvement in Equality, Diversity, and Inclusion (EDI) research has provided valuable insights into the health sector's needs and barriers within Asian communities, resulting in several breakthrough projects currently in progress.

On a personal note, I am proud to have taken on the role of Chair of the Voluntary Sector Leadership Board, established by the One Croydon Alliance. This role ensures robust representation of the VCS across OCA governance and improves two-way communication. This represents a significant step forward for Asian women in leadership within the borough, promising a more impactful and well-heard voice. We take immense pride in our work to promote equity, not only in our interactions with residents and groups but also in leadership and influence.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The landscape has changed, and funding has shifted from local authorities to health. It's crucial that we adapt to this new direction while genuinely serving our communities and co-producing our programs with service users.

Our expansion into Southwest London presents new opportunities and challenges. From my experience in leadership and running my own business, I understand that reaching the pinnacle is exciting, but staying there is tough. Sustainability must be considered every step of the way.

As an organisation, we acknowledge that there's still much work ahead of us. In the coming year, we intend to focus on stabilising our new projects and the growing number of income streams. We want to settle into our new premises and strengthen our core systems to support future expansion.

I'd like to express my gratitude to everyone associated with ARCC for their hard work and support this year. Our ARCC Board of Trustees and colleagues have worked tirelessly to achieve our goals, and the community's support has been our driving force. My staff is undeniably a dream team, and I'm immensely grateful to our funders and partners for investing both money and time in our mission. The positive feedback we've received from our work in the borough is greatly appreciated.

While we've encountered some challenges this year, I'm genuinely pleased with the results we've achieved and eagerly anticipate continuing this exciting journey with all of you.

Ima Miah
CEO

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Financial review

Projects

LBC Community Fund - Infrastructure Programme

Over the past two decades ARCC has supported and built the capacity of groups through our infrastructure support and delivery funded by LBC (London Borough of Croydon). Our work strengthens the ability of community organisations and groups to build their structures, systems, people, and skills so that they are better able to define and achieve their objectives and engage in consultation and planning, manage community projects, take part in partnerships and become stronger community enterprises.

We have delivered outcomes by providing a hub of infrastructure services that encompasses Capacity Building and Community Development, particularly for the Asian and ethnic minorities. We deliver in-house activities and training reflecting the principles of empowerment and equality.

Our infrastructure project is delivered through a partnership with other infrastructure organisations in the borough however our focus is to ensure that our membership and community are receiving support that is bespoke and responsive. Our service builds capacity through:

- Organisational development and growth
- Developing organisational knowledge skills and human resources
- Building strength through developing networks and partnerships
- Having a stronger voice and involvement in decision-making

Since the inception of ARCC back in 1999 we have worked closely with the London Borough of Croydon in providing vital infrastructure support to the Asian VCS, however as the funding for this specific work has ended we are working with the council in different ways to ensure the support needs to the community are met.

LBC Community Fund - Outcomes Programme

Our Happy Healthy Communities Partnership Programme brought together 5 grassroots organisations to deliver partnership support for older Asian people to live a healthier and more connected life free from isolation, loneliness and poor health. The main purpose of the programme was to deliver a range of community activities to promote health and well-being in the borough.

The project has transformed and improved the lives of thousands of isolated, lonely and vulnerable people in Croydon. People have formed new relationships, firmed up existing ones and enjoyed gatherings in their own localities. Many of our service users have seen health benefits, are better off financially, increased their awareness of services and improved their life chances while attending the many different activities and services offered.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Our partner organisations have flourished, improved their practices and sustained a good standard of services throughout. The partnership has referred across the partnership and enjoyed sharing resources and increasing their capacity. We have increased the number of volunteers and service users who are actively involved in delivering the projects thereby making them more sustainable.

Funding for this has now come to an end from Croydon Council after six years of successful delivery. We continue to look for funding opportunities for these groups and are working closely to form new partnerships.

TNL Community Fund - CCDP

In January 2020 ARCC was successful in our funding bid to TNL (The National Lottery) Community Fund for a partnership project with ten other grassroots organisations in the Borough over a period of three years providing, Infrastructure support to partner agencies & VCS organisations, Health & Wellbeing sessions, tackling DASV (Domestic Abuse & Sexual Violence) prevention as well as Education support, Positive parenting and Mentoring.

The CCDP (Croydon Community Development Partnership) Project was designed to holistically create an environment where Asian and local communities can thrive, with community led grassroots activities contributing to building an environment that engenders responsibilities and nurtures the positive things which people are willing to do to make their locality a better place to live and work.

Our programme achieved a core strengthening of Asian VCS organisations. Working in partnership, we built family resilience, combated social isolation and enabled volunteering opportunities which allowed for the strong to share skills with struggling people and carers have been given support and some respite.

There has also been an improvement in community cohesion, families and individuals received education on nutrition/diet and exercise to live healthier lives, and parents were supported to understand the educational system, enabling them to support their children with their studies. Young people were engaged in using sport to have community conversations preventing them from being misled into radical ideology.

Other outcomes have been embracing young refugees and asylum seekers, supporting them to integrate into the community backed by greater support to learn English. Outreach services in GP surgeries and within communities were delivered to signpost socially isolated people to services and used asset maps of VCS projects to promote community participation. There was also a provision of culturally specific DASV services to prevent domestic abuse.

The project came to an end in January 2023 and the partnership has submitted a new application to The National Lottery for the continuation of this programme and awaiting outcome.

SWL NHS - Care Home Connector Project

The Care Home Connector Service in partnership with AgeUK Croydon began in June 2022 to ensure care homes, residents and family members are more connected, less isolated and more informed by linking them with the support and services which are available in the local community funded through SWL (Southwest London) NHS.

The first phase of this project has been crucial in assisting our understanding of how to move the project forward and reach more residents. We are in a much stronger position than at the beginning of the project and have some new ideas to take forward.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The vision is for the Care Home Connectors to be seen as part of the care home team, regularly attending the care home MDTs and meeting with residents and staff members.

We have already seen successes in care homes across the Croydon borough, supporting residents to regain their independence, enabling them to improve their mobility and connect with the wider community.

Through connections to various voluntary, community organisations and services, we have been able to link care home residents to work and study opportunities, as well as provide them with much-needed technology training and social engagement.

One Croydon Alliance - Community Facilitator Project

Brigstock Road Community Hub is led by ARCC's Community Facilitators and was set up to provide more local and accessible pathways for people into social support networks, community-led activities and specialist voluntary and statutory services.

Local residents are encouraged to 'drop in' as part of the early intervention, preventative approach being used across the Croydon localities. Residents are offered the opportunity to speak to different members of the Community Hub team and are supported to identify their own outcomes and agree next steps to achieve these outcomes.

Since launching in September 2022, the Brigstock Road Community Hub has had over one thousand residents dropping in to have a chat and receive support and information around a specific need, health and well-being, or to be linked with social activities.

The hub is made up of a core team of fifteen services from the voluntary community, statutory, and health and social services sectors who provide regular face-to-face support at the Hub. There are over forty services connected with the Hub with an established two-way partnership working, which is growing.

Some of the support services include MENCAP Croydon, Clear Community Web, AGEUK Croydon, Healthy Homes, Citizens Advice Croydon, Hair Plea, MIND, Councillor Surgery, Croydon Council Housing, Department for Work and Pensions, Alzheimer's Society, Croydon Vision and Croydon Hearing. In addition, the Hub has hosted nine talk sessions on occupational therapy, counselling, domestic abuse, diabetes prevention, hypertension, cancer awareness, hearing health, adult education courses, and mental health. The support and provision at the community hub continues to grow from strength to strength frequenting over forty residents each week. The next step for ARCC Community Facilitators is to launch a new community hub in the Central East Locality. The Brigstock Road community hub has been featured in several articles and videos including in the Healthy Communities Together - The King's Fund, NHS Confederations, and SWL Integrated Care Systems.

SWL ICS - Hospital Discharge

In partnership with Croydon Neighbourhood Care Association and AgeUK Croydon we ran a pilot project, focusing on supporting people being discharged from the hospital onto pathway 0+ instead of pathway 1 based on where the data showed the most impact could be made and on the patients' needs identified. The project was funded through SWL (South West London) ICS (Integrated Care System).

The service took referrals from system professionals and from Croydon Health Services (Primary Care, Community Services, and Acute Care). The service allowed professionals supporting people who were in hospital for planned or unplanned interventions to work together and provide a holistic approach to

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

care which included the needs of the carers and their families as well as those who are cared for. The service was able to achieve the following:

- Improve the quality of client care and ongoing support
- Maintain excellent client experience and high-quality care after discharge? Close working with hospital discharge teams and clinicians
- Building relations with hospital teams and clients

SWL ICS - Expert Patient Programme

In its third year of operation, ARCC continues to make strides with the EPP (Expert Patients Programme), thanks to funding from the NHS Southwest London Integrated Care System. This program offers essential training for adults residing in Croydon who are dealing with one or more long-term health conditions (LTCs).

While the EPP primarily caters to adults in Croydon facing challenges like hypertension (high blood pressure), COPD (Chronic Obstructive Pulmonary Disease), and diabetes, it now extends its support to individuals dealing with other LTCs, including cancer, asthma, and those who are caregivers for individuals with long-term health conditions in the borough.

The EPP is a UK adaptation of Stanford University's highly regarded Chronic Disease Self-Management Program (CDSMP). This program has demonstrated its effectiveness in assisting older adults in better managing their chronic conditions, enhancing their quality of life, and reducing healthcare costs.

This six-week program offers both in-person and online delivery options to accommodate individuals with mobility issues or personal preferences. The weekly sessions cover a wide array of topics, including strategies for dealing with pain, managing fatigue, improving sleep, addressing depression and anxiety, engaging in flexibility exercises, and adopting a healthier approach to eating. Each session lasts for two and a half hours and is co-facilitated by two trained leaders, at least one of whom is personally living with a long-term health condition.

SWL ICS - Long Term Conditions Project

ARCC has been funded by the SWL ICS to deliver a Long-Term Conditions Project (LTC). The Key aims of the LTC service includes: - Targeted outreach work to raise awareness of LTCs and risk factors amongst harder-to-reach communities and to encourage and enable patients to recognise and present to existing interventions i.e., NHS Health checks, NHS Diabetes Prevention Programme or their GP

- Increasing opportunistic case-finding activity to detect and protect two key cohorts of patients i.e., those living with a diagnosed long-term condition for which the clinical treatment targets are not being met, and those with an undiagnosed long-term condition
- Identification of people at risk of developing a long-term condition, such as people with raised blood pressure (hypertension)
- Supporting patients to consider lifestyle changes to reduce their risk ARCC in partnership with the CBME Forum are working on behalf of the Southwest London Clinical Commissioning Group (CCG) and Croydon NHS, to provide our local community with education and support in managing LTC's in Croydon.

SWL ICS - DoSA Project

The Diabetes for South Asians (DoSA) Project represents a pivotal initiative, meticulously designed to cater to the unique needs of individuals with South Asian heritage and those living a South Asian lifestyle. South Asian communities often face specific challenges when it comes to health and wellness,

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

including a higher prevalence of diabetes. Recognising this, the DoSA Project was conceptualised to address these specific concerns and deliver culturally tailored support and guidance.

This comprehensive program spans a duration of 12 weeks, broken down into engaging and informative modules delivered over two-week intervals. This structured approach allows participants to delve deeply into various aspects of diabetes management at a manageable pace. By offering this extended duration, participants can absorb the knowledge and develop skills gradually, promoting a more profound understanding of the condition.

As part of the DoSA Project, participants receive two specially crafted and colourful leaflets: 'Managing Celebrations' and 'Healthy Eating and Cooking.' These resources are thoughtfully designed to provide practical advice and tips for navigating common situations, such as festive celebrations and daily dietary choices, with a focus on diabetes management.

It is important to highlight that the DoSA Project commenced as a pilot endeavour, and the outcomes have been truly promising. Participants who have successfully completed the program have reported positive results, indicating that this specialised approach is highly effective in providing valuable insights and knowledge about managing diabetes. By delivering education and support in a culturally sensitive and relevant manner, the DoSA Project plays a vital role in promoting healthier lifestyles and improved diabetes management within the South Asian community. This approach not only fosters awareness but also empowers individuals to take control of their health and make informed decisions for a better quality of life.

LBC - Covid Vaccine Champion

ARCC delivered a Small Grants Funding Programme supporting community groups to promote Covid Vaccine. In April 2022 Croydon's infrastructure Support Service partnership ARCC, Croydon BME Forum, Croydon Neighbourhood Care Association, and Croydon Voluntary Action were awarded £74,000 each to distribute small grants to local community groups. The programme raised awareness of Covid Vaccine among vaccine-hesitant communities.

The initiative successfully heightened awareness of the Covid Vaccine among hesitant communities. Positive feedback from various community groups indicated an increase in vaccination acceptance, better access to vaccine-related information, and improved awareness of local initiatives within the borough.

One Croydon Alliance LVP - Hear to Talk

ARCC has been funded to deliver the Mental Health Project (Hear to Talk) for the 3rd year. The project reaches into communities through awareness sessions, training mental health first aiders, empowering conversations with mental health champions, and outreach work within the Croydon borough. We understand and acknowledge that it is still a taboo topic and there is still some work to be done.

The project aims and objectives:-

- Targeted out-reach work to raise awareness of mental health issues and risk factors amongst the Asian community, and to encourage and enable patients to recognise and present to existing interventions i.e. SLaM, Talking Therapies, and Befriending Services.
 - Supporting individuals to consider lifestyle changes to reduce their risk of further or increasing mental health issues.
 - Asian residents with mental health, their families and carers may feel more comfortable speaking to our health champions in their own community setting and language, rather than presenting to their GP.
-

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

As our work in this field matures we are working with strategic partners to link this project with a wider Mental Health transformation programme like EMHIP to have a wider impact and more holistic support from health and communities.

SWL ICS - Core20Plus5 Connectors Programme

The Core 20 PLUS 5 Connectors programme is part of the NHS goal to tackle healthcare inequalities: The Connectors programme is part of the support framework for progressing the goals of Core20PLUS5, a national NHS England and NHS Improvement approach to support the reduction of health inequalities at both national and system level.

As a part of the Core 20 NHS initiative, ARCC has focussed on raising awareness on the five clinical areas of focus outlined in the Core20PLUS5 approach. This has been presented through Health and Wellbeing days, general talks with residents and health checks. Health and Wellbeing Days are set up to provide local and accessible platforms for residents to socialise, connect and express their needs. This has been a key method in taking practical action to improve health and reduce inequalities.

ARCC was funded to recruit Core20 connectors to deliver the approach to a target population cohort against '5' focus clinical areas: Maternity, Severe Mental Illness, Chronic Respiratory Disease, Early Diagnosis of Cancer and Hypertension Case Finding. For the First phase of the programme, we delivered numerous awareness-raising sessions at health checks to different community groups including churches, mosques and community centres. A part of the Community Connector role has been interacting with the community and finding out what they value. A lot of residents have expressed they found it valuable to have a safe space to socialise, meet new people and enjoy hot meals. The aim is to provide more of these safe spaces for local residents in their community which will encourage a stronger community and an increased level of participation in community activities.

People's Health Trust - Croydon Community Chats Project

In the final year of our Croydon Community Chats Project delivery looking to strengthen connections, enable friendships between the participants and improve social networks between people. As part of the project, we delivered a number of different activities including: -

- Weekly Community Chat sessions
- Yoga for All
- Laughter Yoga
- Floristry Classes
- Introduction to Digital Skills

The project activities were very popular and often over-subscribed. The sessions have proven to have immense health and well-being benefits for the body and mind. Many participants were suffering from loneliness and low levels of mental health. We received great feedback from our members for these kinds of small sessions and hope to hold more sessions in the future.

Royal Marsden NHS Foundation Trust - Cancer Awareness Project

ARCC has been funded by RM Partners, an NHS organisation to deliver the Cancer Awareness Programme, Croydon (CAP).

A project which aims to raise awareness of cancer and the importance of early screenings in the Black and South Asian Croydon communities.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

In partnership with Croydon BME Forum, ARCC's targeted outreach work including:

- Seminars/Workshops
- Focus Groups
- Co-Design workshops
- Community Cancer Champions
- Multimedia marketing

Working closely with national cancer charities and cancer alliances while marketing across analogue and digital platforms, ARCC has helped to establish trust and familiarity with CAP.

As part of our Cancer Awareness Project, we produced a video featuring local cancer survivors, cancer champions, volunteers and staff to raise awareness about cancer in BAME communities. This was a joint venture in partnership with Croydon BME Forum. It was filmed in the heart of West Croydon and made with a lot of heart and we have received excellent feedback since the launch. Click [HERE](#) to watch the video.

Croydon Health Services NHS Trust - Equality Diversity & Inclusion Research

Evidence highlights that members of racial and ethnic communities, also recognised as 'under-served communities', are more likely to experience poverty and the detrimental outcomes this causes. This includes poorer physical and mental health, as well as reduced life expectancy. These communities experience greater challenges and barriers inequitable access to health services and needs-led interventions. In addition, they are often underrepresented in health-related research including prioritising and being consulted on research topics and key research questions, advising on research implementation, and being participants.

This project, in collaboration with the Croydon BME Forum, aims to explore some of the factors underpinning these issues in our local communities in Croydon. The longer-term objective is to ensure underserved communities are given equitable access to evidence-based healthcare.

This project will be delivered in stages to ascertain the barriers that the community faces in accessing healthcare and taking part in health research. This will be via Surveys, Focus Groups, Interviews, and a final report including recommendations.

1000 survey responses have been received from individuals of under-served communities in Croydon and have been analysed for barriers to accessing healthcare or taking part in health research.

In February 2023, our project was presented in the CRN South London's under-served communities & health inequalities poster competition where we achieved 2nd place.

SWL NHS ICB - Women's Fertility Project

This project focused on collecting researched evidence of the barriers to accessing fertility services, with a particular emphasis on the experiences of black and ethnic minority women.

The project culminated into a detailed report through data collected from a combination of questionnaires, focus groups, and workshops. The findings highlight the likelihood of accessing fertility services, the dependency on the National Health Service (NHS) for health and wellbeing, and the specific cultural barriers faced by black and ethnic minority women.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The report provided recommendations for improving access to fertility services, promoting cultural sensitivity, and enhancing collaboration between patients, fertility services, and the Integrated Care Board (ICB)

As part of our research on reproductive health and fertility services in South-West London, we conducted one-to-one interviews using a standard questionnaire provided by NHS South-West London Integrated Care Board.

These interviews allowed us to gain valuable insights into the barriers women face when accessing fertility services in the region. By exploring various factors, such as cultural barriers, language considerations, and perceptions of healthcare services, we aim to promote equitable access and enhance the overall quality of fertility services.

Activities

Food Club

Right now, millions of people in the UK regularly experience hunger. Yet tonnes of surplus fresh food is thrown away every day. No one should have to miss a meal. ARCC runs a unique project to alleviate food poverty in a holistic way.

Residents come to socialise and collect a bag of shopping. This project is in partnership with FareShare and The Felix Project who provide nutritious food that cannot be sold in supermarkets and shops. They deliver this surplus food to charities and schools so they can provide healthy meals and help the most vulnerable in our society.

At our Food Club, over 80kg of food is displayed for our members to choose from. The aim is to support low-income families and pensioners on a weekly basis with a nominal fee to alleviate food poverty. Members benefit from talking with others in similar situations, making new friends and finding out about other services in the area. Quite often people will present with multiple issues and barriers, we work with them to refer and signpost them to the right support.

Engagement Event with Mayor Perry

ARCC hosted an event with the Executive Mayor of Croydon Mr Jason Perry with the Asian community and Business leaders to engage with the mayor on the priorities, concerns and the changes the community would like to see happen. Other guest panellists included: Cllr Andy Stranack, Cabinet Member for Communities and Culture and Mr Suleman Raza MBE, CEO of Grand Sapphire Hotel and Banqueting. The meeting was chaired by ARCC CEO Ima Miah and Co-Hosted by the ARCC Chair Mr Jay Patel. Click [HERE](#) to watch the full meeting on our YouTube Channel.

Navratri Celebration

Every year, a Hindu festival lasting nine nights is celebrated with zest and fervour. The central emphasis of this event is to commemorate the triumph of good over evil, which is consistent with Hindu mythology. Navratri means "Nine Nights," traditionally used to honour the divine Maa Durga. Devotees revere Goddess Durga in her nine glorious incarnations during the nine-day period. ARCC was proud to bring this event to Croydon's premiere venue at the Grand Sapphire showcasing this magnificent event with different Asian Community groups with almost 1,000 people in attendance from Croydon and surrounding boroughs. This was the biggest Navratri celebration in South London also attended by

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

various dignitaries including the Police Chief Inspector, Croydon MP's, Councillors and both the Civic and the Executive Mayor of Croydon. ARCC organised this event ahead of Croydon becoming the Borough Culture next year, we wanted to establish the case for more events and cultural celebrations post years of COVID and isolation for many. This scale of demand shows that people are desperate to meet and celebrate on joyous occasions and that we will be in good stead for next year's events.

Mayor of London Eid in The Square

Our CEO has gained traction as a leading voice for the Asian community not just in our Borough but in London too. She was invited to join the Eid in the Square committee for 2021 and 2023. The Mayor of London's 17th Eid in the Square festival took place on Saturday 7 May 2022 in Trafalgar Square. The festival featured a six-hour programme of live music on the main stage with hosts Mehreen Baig and Mistah Islah. There were exhibitions, walkabout performers, fencing and football interactive sessions and children's arts activities plus an array of delicious food outlets and a variety of stalls.

Guildford it's time to talk Business

We were delighted to be chosen by Curry's Business to be their chosen charity for the event "Guildford It's time to talk Business". ARCC Trustees and Staff attended the event to represent the organisation. This was an opportunity for ARCC to speak to international businesses about our community activities and projects in Croydon and provided an excellent networking platform. We were also delighted to meet the Deputy Mayor of Guildford Cllr. Masuk Miah to learn about some of the work he was involved in in Guildford and spoke about potential cross-borough partnerships as he had many links in Croydon.

Indian Independence Day Flag Raising

Croydon has a thriving Indian and Pakistani community who celebrated 75 years of independence. Many of our community members went along and enjoyed the flag-raising event at Croydon Town Hall. Both the Civic Mayor and Executive Mayor met and greeted residents who enjoyed the interaction and felt proud to be a part of a diverse and welcoming borough.

Chaand Raat

ARCC was proud to celebrate the Annual Chand Raat event at the Grand Sapphire by holding a charity table. We had staff and volunteers manning the stall and talking with many different people. We raised awareness of our services and signed up new members of the community. It was a great way to reach a new audience of younger families and students. Thousands of people attended the event throughout the day and there were lots of festive stalls including henna, makeup, clothes, food etc.

MSH Foundation 5th Year Anniversary Celebration

We were invited to attend the 5th Anniversary celebration of the Manju Shahul-Hameed Foundation for Mental Health charity, at the House of Lords on Wednesday 29th June. Various community groups and business leaders were in attendance including local councillors and MPs from Croydon to hear about the work and achievements of the charity over the past year. The event was hosted by Baroness Manzilla Uddin.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

George Floyd Race Matters Pledge

ARCC was part of an event with Mayor Perry, community partners, politicians and schools. Organisations and businesses adopted the pledge and united against racism for a more inclusive Croydon. It was an honour for ARCC to be part of this historic event and launch at Croydon Town Hall where our CEO was invited to read out one of the pledges.

Picnic in the Park

The annual Faiths Together in Croydon Picnic was held at Parkhill. The event saw healthy living stalls, activities for the adults and games for the children. ARCC was invited to pitch up a marquee and do community health checks. The event was a great way for people of different faiths and no faiths to get together in a peaceful setting and celebrate the diversity of the borough.

Movement Matters Workshop

We held a movement workshop to give practical tips for everyday life and learn more about how daily movements can help reduce muscle tightness, relieve stiff joints and strengthen weak muscles helping people to move with ease and feel free. This interactive session was very well received by the participants.

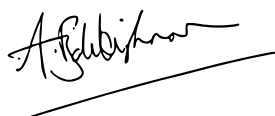
Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

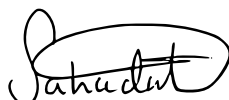
The trustees' annual report was approved on 2 November 2023 and signed on behalf of the board of trustees by:



Jay Patel - Chair
Director



Ash Balakrishnan – Vice Chair
Director



Sahadat Hossain - Secretary
Director

Bhupinder Bhardwaj - Treasurer
Director

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of ASIAN RESOURCE CENTRE OF CROYDON LIMITED *(continued)*

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of ASIAN RESOURCE CENTRE OF CROYDON LIMITED ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants (ACCA), which is one of the listed bodies.

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Z F Begg – FCCA
Independent Examiner

Date: 3 November 2023

Begg Williamson & Co
24 Church Road
Crystal Palace
London
SE19 2ET

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2023

		Unrestricted funds	2023 Restricted funds	Total funds	2022 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	4,614	869,479	874,093	605,151
Charitable activities	6	218	–	218	86
Other trading activities	7	14,120	16,970	31,090	16,870
Investment income	8	153	–	153	9
Total income		<u>19,105</u>	<u>886,449</u>	<u>905,554</u>	<u>622,116</u>
Expenditure					
Expenditure on charitable activities	9,10	<u>3,229</u>	<u>707,345</u>	<u>710,574</u>	<u>514,206</u>
Total expenditure		<u>3,229</u>	<u>707,345</u>	<u>710,574</u>	<u>514,206</u>
Net income and net movement in funds		<u>15,876</u>	<u>179,104</u>	<u>194,980</u>	<u>107,910</u>
Reconciliation of funds					
Total funds brought forward as previously reported		94,127	276,109	370,236	262,326
Prior year adjustment		(2,188)	–	(2,188)	–
Total funds brought forward as restated		<u>91,939</u>	<u>276,109</u>	<u>368,048</u>	<u>262,326</u>
Total funds carried forward		<u>107,815</u>	<u>455,213</u>	<u>563,028</u>	<u>370,236</u>

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

The notes on pages 22 to 30 form part of these financial statements.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	16	4,286	2,878
Current assets			
Debtors	17	34,930	19,589
Cash at bank and in hand		537,165	359,343
		<u>572,095</u>	<u>378,932</u>
Creditors: amounts falling due within one year	18	<u>13,353</u>	<u>11,574</u>
Net current assets		<u>558,742</u>	<u>367,358</u>
Total assets less current liabilities		<u>563,028</u>	<u>370,236</u>
Net assets		<u>563,028</u>	<u>370,236</u>
Funds of the charity			
Restricted funds		455,213	276,109
Unrestricted funds		<u>107,815</u>	<u>94,127</u>
Total charity funds	20	<u>563,028</u>	<u>370,236</u>

For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

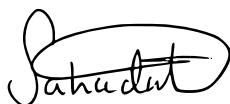
These financial statements were approved by the board of trustees and authorised for issue on 2 November 2023, and are signed on behalf of the board by:



Jay Patel - Chair
Director



Ash Balakrishnan – Vice Chair
Director



Sahadat Hossain - Secretary
Director

Bhupinder Bhardwaj - Treasurer
Director

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2023

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is CVA Resource Centre, 82 London Road, CROYDON, CR0 2TB, ENGLAND.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

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

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

- (a) No cash flow statement has been presented for the company.
- (b) Disclosures in respect of financial instruments have not been presented.

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.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All income is included in the statement of financial activities when the charity is entitled to the income, any performance related conditions attached have been met or are fully within the control of the charity, the income is considered probable and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Donations and legacy income is received by way of donations, legacies, grants and gifts and is included in full in the Statement of Financial Activities when receivable. Where legacies have been notified to the charity but the criteria for income recognition have not been met, the legacy is treated as a contingent asset and disclosed if material. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Investment income is included when receivable.
- Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Resources expended

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.
- All costs are allocated between the expenditure categories of the SOFA on a basis Designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in the notes to the accounts.

Tangible assets

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

- 25% reducing balance
-

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The Company is limited by guarantee without having any share capital.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Grants			
LBC Community Fund - Infrastructure	–	39,000	39,000
LBC Covid Vaccine Champion	–	105,549	105,549
LBC Community Fund - Outcomes	–	40,000	40,000
One Croydon Alliance – Community Facilitator	–	22,318	22,318
London Sport	–	2,488	2,488
SWL ICS – Core 20 plus connectors prog.	–	54,797	54,797
Royal Marsden NHS foundation - Cancer Awareness	–	83,295	83,295
One Croydon Alliance LVP - Hear to talk project	–	120,938	120,938
TNL Community fund- CCDP	–	82,650	82,650
Local Trust	–	17,850	17,850
Croydon Health Services - EDI Research project	–	17,000	17,000
NHS SWL ICB – Women's Fertility project	–	7,000	7,000
NHS SWL ICS – LTC,EPP& DoSA	–	149,866	149,866
NHS SWL– Care home connector	–	96,552	96,552
NHS SWL – Hospital discharge	–	20,750	20,750
Peoples Health Trust	–	9,426	9,426
Business Forum	3,503	–	3,503
Other donations and legacies			
Donations and sponsorships	1,111	–	1,111
	<u>4,614</u>	<u>869,479</u>	<u>874,093</u>

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

Grants	UnRest	Restricted	2022
LBC Covid Vaccine Champion	–	96,333	96,333
LBC Community Fund - Outcomes	–	–	–
LBC Winter Pressure	–	15,000	15,000
London Sport	–	7,463	7,463
Croydon Voluntary Action - 20 plus connectors prog.	–	–	–
Royal Marsden NHS foundation - Cancer Awareness	–	–	–
One Croydon Alliance LVP - Hear to talk project	–	25,808	25,808
Peoples Health Trust -Croydon communities chat project	–	14,813	14,813
TNL Community fund	–	165,300	165,300
Local Trust	–	125,669	125,669
Croydon Health Services - EDI Research project	–	19,500	19,500
LBC VCS Covid - 19 Programme	–	18,500	18,500
NHS SWL CCG - Expert Patients Programme	–	20,546	20,546
NHS SWL CCG - Long Term Condition	–	32,000	32,000
NHS SWL CCG - Community Facilitator	–	45,000	45,000
NHS SWL CCG - Covid-19 Vaccination Uptake	–	10,097	10,097
Age UK Croydon	–	4,000	4,000
Business Forum	4,050	–	4,050
Other donations and legacies			
Donations and sponsorships	1,072	–	1,072
	<u>5,122</u>	<u>600,029</u>	<u>605,151</u>

6. Charitable activities

	Unrestricted Funds	Total Funds 2023	Unrestricted Funds	Total Funds 2022
	£	£	£	£
Gift Aid	<u>218</u>	<u>218</u>	<u>86</u>	<u>86</u>

7. Other trading activities

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Other Revenue Inc. Hub Hiring	<u>14,120</u>	<u>16,970</u>	<u>31,090</u>

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

7. Other trading activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Other Revenue	16,870	–	16,870

8. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Other interest receivable	153	153	9	9

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Management & admin costs	–	263,018	263,018
Project delivery & grant funding	–	24,132	24,132
Support costs	3,229	420,195	423,424
	<u>3,229</u>	<u>707,345</u>	<u>710,574</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Management & admin costs	–	100,466	100,466
Project delivery & grant funding	–	42,668	42,668
Support costs	5,153	365,919	371,072
	<u>5,153</u>	<u>509,053</u>	<u>514,206</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Grant funding of activities £	Support costs £	Total funds 2023 £	Total fund 2022 £
Management & admin costs	263,018	–	363,314	626,332	446,160
Project delivery & grant funding	–	24,132	27,497	51,629	52,258
Legal & professional	–	–	28,797	28,797	12,236
Depreciation	–	–	1,428	1,428	1,418
Governance costs	–	–	2,388	2,388	2,134
	<u>263,018</u>	<u>24,132</u>	<u>423,424</u>	<u>710,574</u>	<u>514,206</u>

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

11. Net income

Net income is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of tangible fixed assets	<u>1,428</u>	<u>1,418</u>

12. Auditors remuneration

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13. Independent examination fees

	2023	2022
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,200</u>	<u>2,000</u>

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	330,603	316,935
Employer contributions to pension plans	<u>8,358</u>	<u>7,576</u>
	<u>338,961</u>	<u>324,511</u>

The average head count of employees during the year was 15 (2022: 14).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

15. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees;

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

16. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2022 and 31 March 2023	<u>33,768</u>
Depreciation	
At 1 April 2022	28,054
Charge for the year	1,428
At 31 March 2023	<u>29,482</u>
Carrying amount	
At 31 March 2023	<u>4,286</u>
At 31 March 2022	<u>5,714</u>

17. Debtors

	2023 £	2022 £
Trade debtors	28,141	10,133
Other debtors	6,789	9,456
	<u>34,930</u>	<u>19,589</u>

18. Creditors: amounts falling due within one year

	2023 £	2022 £
Bank loans and overdrafts	—	2,980
Accruals and deferred income	2,000	2,000
Other creditors	11,353	6,594
	<u>13,353</u>	<u>11,574</u>

19. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £8,358 (2022: £7,576).

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2023

				2023 £	2022 £
20. Analysis of charitable funds					
Unrestricted funds					
	At 1 April 2022	Income	Expenditure	Prior year adjustments	At 31 March 2023
	£	£	£	£	£
Unrestricted Fund	94,127	19,105	(3,229)	–	110,003
	–	–	–	(2,188)	(2,188)
	<u>94,127</u>	<u>19,105</u>	<u>(3,229)</u>	<u>(2,188)</u>	<u>107,815</u>
	At 1 April 2021	Income	Expenditure	Prior year adjustments	At 31 March 2022
	£	£	£	£	£
Unrestricted Fund	77,193	22,087	(5,153)	–	94,127
	–	–	–	–	–
	<u>77,193</u>	<u>22,087</u>	<u>(5,153)</u>	<u>–</u>	<u>94,127</u>
Restricted funds					
	At 1 April 2022	Income	Expenditure	Prior year adjustments	At 31 March 2023
	£	£	£	£	£
Restricted Fund	<u>276,109</u>	<u>886,449</u>	<u>(707,345)</u>	<u>–</u>	<u>455,213</u>
	At 1 April 2021	Income	Expenditure	Prior year adjustments	At 31 March 2022
	£	£	£	£	£
Restricted Fund	<u>185,133</u>	<u>600,029</u>	<u>(509,053)</u>	<u>–</u>	<u>276,109</u>