



asian resource centre for communities

ANNUAL REPORT 2024/25



Supporting Communities for 25+ Years





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CONTACTS

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 Charity No: 1120376
Registered Company No: 6250781



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 our local community's well-being, health, and overall quality of life.

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

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
2. Equality
3. Excellence
4. Empowerment

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

It gives me great pleasure to present the Annual Report for 2024/25 on behalf of the Asian Resource Centre of Croydon. This year has been one of growth, ambition and deepening collaboration as we continue our mission to serve and empower communities across Croydon and beyond.

Our vision for the year was clear: to strengthen partnerships with statutory organisations and local businesses, building a foundation that allows us to deliver greater impact together. I am proud to say we have made significant progress, working closely with a number of different organisations and departments including Croydon Maternity Unit, Sutton Women's Centre, the VHP, the Tamil community, Duffus Community Foundation, the Home Office, the Metropolitan Police, GSK and Croydon Council. These partnerships have enabled us to respond more effectively to community needs and ensure that our work is rooted in collaboration and trust.

We also expanded our reach into neighbouring boroughs, with Sutton becoming an important area of growth for our services. This extension of our work demonstrates both the demand for and the value of our approach, and we look forward to deepening this presence in the years ahead.

Our relationships with businesses such as Yorkshire Building Society and NatWest have further strengthened our ability to deliver community-led projects and to develop innovative and much needed partnerships initiatives such as the Abundance Project in partnership with universities and professors to tackle inequitable experiences of mental health care faced by marginalised groups.

As we come into this year's AGM, I am delighted to share that we have secured a permanent home for ARCC. The former Broad Green Library building will be transformed into a thriving community base, a space dedicated to learning, connection and support and one that will serve the benefit of all our communities.

This year has been a testament to what can be achieved when communities, statutory bodies and businesses come together with a shared purpose. On behalf of the Board, I would like to thank our staff, volunteers, partners and funders for their commitment and dedication. Together, we are laying strong foundations for a brighter and more inclusive future.



Jay Patel
Chair

CEO'S REPORT

This year has been one of maturity, resilience and strategic influence for the Asian Resource Centre of Croydon. We have continued to strengthen our role as a leading voice for equality and inclusion across South West London, deepening our relationships with statutory, voluntary and academic partners, and amplifying the voices of communities who are too often unheard. Despite the ongoing challenges of an increasingly difficult funding landscape, ARCC has remained steadfast in its mission- a testament to the dedication, collaboration and spirit of our exceptional team, trustees, volunteers and members.

Our partnerships this year have demonstrated the power of cross-sector collaboration.

Through our leadership in programmes such as the Healthy Communities Together Croydon Partnership, the Core20Plus5 Connectors Programme, and our ongoing work with the NHS South West London Integrated Care System, ARCC has influenced policy and practice to ensure that community insight shapes health and wellbeing services. We have also expanded our footprint beyond Croydon, with growing engagement in Sutton, Merton and other South London boroughs, ensuring that our approach to culturally competent, community-led support reaches further than ever before.



CEO'S REPORT

Nationally, ARCC's contribution to research and policy has been recognised through projects such as the Abundance Project with University of the Arts London, the Gestational Diabetes Study with Kingston University and London South Bank University, and the Race Equalities Project with King's College London. Each of these initiatives places community voice at the centre of systems change, reaffirming ARCC's role as a trusted bridge between communities, policy-makers and service providers.

This year we have also deepened our engagement with local residents through impactful initiatives like the Brigstock Road Community Hub, the Long-Term Conditions Project, and our Expert Patients Programme, which continue to improve health outcomes and empower residents to take control of their wellbeing. Our recognition as a GSK IMPACT Awards runner-up was a proud moment, an acknowledgment of ARCC's sustained excellence and innovation as a community anchor organisation working to reduce health inequalities.

I would like to express my deepest gratitude to our incredible staff, trustees, volunteers, members, funders and partners for their unwavering commitment. In a time of uncertainty for many local charities, our collective resilience and shared purpose have been our greatest strengths. The culture of empathy, excellence and empowerment that defines ARCC shines through everything we do. Together, we continue to build a stronger, fairer and healthier future for all the communities we serve.



Ima Miah
CEO

PROJECTS & ACTIVITIES

One Croydon Alliance - Community Facilitator Project

The Brigstock Road Community Hub, led by ARCC's Community Facilitators in partnership with Age UK Croydon, continues to serve as a vital access point for residents seeking health, wellbeing, and social support. The Hub was established to provide more local and accessible pathways into community networks, voluntary sector services, and specialist advice, using an early intervention and preventative approach. Residents are encouraged to drop in, speak with the Hub team, and identify their own goals and next steps towards achieving them.

Now in its third year, the Hub has delivered over 50 sessions and supported more than 1,600 residents. It brings together 16 regular support services and over 40 partner organisations, 80% of which are from the voluntary and community sector. Through strong collaboration, the Hub has also worked with partners such as the Home Office, South London and Maudsley NHS Trust (SLAM), and the Mayor of Croydon to address community concerns around immigration, mental health, and local governance.



PROJECTS & ACTIVITIES

A wide range of community-led workshops and awareness sessions have taken place throughout the year, covering topics such as healthy living, stress management, mental wellbeing, and creative activities including art, embroidery, and clay workshops. The Hub has also provided valuable volunteering opportunities, helping residents to build confidence and skills while giving back to their community.

Feedback from residents has been overwhelmingly positive, with 90% reporting they received the support they needed and 80% noting an improvement in their mental wellbeing. The Brigstock Road Community Hub has become a cornerstone for connection and empowerment, offering a warm, inclusive space where residents can find support, make friends, and feel part of a stronger, healthier Croydon community.



PROJECTS & ACTIVITIES

Healthy Communities Together: Croydon Programme

The Healthy Communities Together (HCT) programme was a national partnership between The King's Fund and The National Lottery Community Fund, designed to bring together the NHS, local authorities, and the voluntary and community sector to improve health and wellbeing and tackle health inequalities. With £2.6 million in grant funding and additional leadership and learning support, HCT created a national testbed for how cross-sector collaboration can lead to lasting systems change.

In Croydon, the programme built upon the foundations of the One Croydon Alliance and focused on shifting power, resources, and influence to the voluntary and community sector (VCS). The Croydon partnership, led locally by ARCC alongside NHS and Council partners, delivered three interlinked workstreams: Empowerment and Engagement, Funding and Commissioning, and Leadership and Representation. These workstreams aimed to strengthen community voice, develop equitable commissioning practices, and embed collaboration at every level of local decision-making. Through this work, Croydon established new models of partnership that foregrounded community-led insight, fostered trust between sectors, and created pathways for the VCS to influence statutory governance structures.

ARCC played a central role in leading the Leadership and Representation workstream, with our CEO serving as Chair of the Croydon VCS Leadership Board and Senior Responsible Officer (SRO) for the workstream. This workstream created a stronger, more unified voice for Croydon's VCS within local health and care governance, ensuring that smaller grassroots organisations were represented in strategic spaces. Under ARCC's leadership, the Board grew in confidence and legitimacy, developing new frameworks for equitable collaboration, leadership development, and community representation. The evaluation recognised Croydon's contribution to embedding relational approaches and balancing traditional power dynamics between statutory and voluntary sectors, a legacy that will continue to shape integrated working and inclusive decision-making across the borough.



PROJECTS & ACTIVITIES

NHS SWL ICS - LTC (Long Term Conditions) Project

NHS South West London works in collaboration with ARCC and Croydon BME Forum to deliver the Long-Term Conditions Project (LTC).

The Key aims of the LTC service includes:-

Targeted outreach to the communities that have the greatest need to raise awareness of LTCs and risk factors amongst disengaged communities and to encourage and motivate residents to recognise and engage in existing interventions i.e., NHS Health checks, NHS Diabetes Prevention Programme or their GP.

Increasing outreach activity to detect and protect members of the community:

- 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.

- people at risk of developing a long-term condition, such as people with raised blood pressure (hypertension), increased BMI and/or waist measurement or with a history of diabetes in the family.

Supporting patients to consider lifestyle changes to reduce their risk of developing a long-term health condition:

- ARCC in partnership with the Croydon BME Forum have continued to hold health and wellbeing awareness raising and health checks throughout Croydon including at health centres, GP Practices, community groups, faith centres and various events.



PROJECTS & ACTIVITIES

NHS SWL ICS - EPP (Expert Patient Programme)

ARCC continues to build on the success of the Expert Patients Programme (EPP), funded by the NHS South West London Integrated Care System, empowering Croydon residents living with long-term health conditions to better manage their wellbeing. The six-week course, based on Stanford University's Chronic Disease Self-Management Programme, combines group learning, peer support, and practical self-management tools delivered both in-person and online.

Survey results show significant improvements in participants' confidence, communication with healthcare professionals, and problem-solving skills with 45% more participants feeling confident to raise concerns with doctors and 40% more able to manage new health challenges.

Attendees also reported benefits such as improved nutrition awareness, better relaxation and exercise habits, and reduced isolation.

Now in its fifth year, EPP continues to expand its reach, supporting people with conditions including hypertension, COPD, diabetes, cancer, mental health challenges, and obesity, as well as carers. The programme's inclusive approach ensures that diverse communities across Croydon can access the knowledge and confidence needed to live healthier, more independent lives.



PROJECTS & ACTIVITIES

SWL ICS - Core 20 Plus 5 Connectors Programme

The Core20Plus5 approach is part of the NHS goal to tackle healthcare inequalities and aiming to:

- support communities to remove barriers that prevent access to health and wellbeing services
- build trust and create opportunities for Community Connectors to be the voice for their communities.
- help shape service provision that better meets the needs of those communities.

The project focussed on five key clinical areas of health- maternity, severe mental illness, chronic respiratory disease, early cancer diagnosis and hypertension. These were key areas which required accelerated improvement, ensuring continuity of care for those from the 20% most deprived in our population. This group historically has included a significant proportion of Black, Asian and minority ethnic communities.

Through this project, we successfully delivered over 25 events that focussed on the five areas of health. We ran Health and Wellbeing days which brought multiple organisations under one roof with the aim of educating the community, raising awareness and encouraging residents to live a healthier independent life with the tools we provide.

We partnered with organisations and individuals such as MIND, NHS Cancer, Respiratory and Mental Health teams, Midwives and doctors, Parents Education and Learning, Macmillan Cancer, St Christopher's Hospice and many more in a combined effort to achieve better healthcare outcomes for deprived groups.

The health and wellbeing events covered a wide range of topics such as osteoporosis, health and nutrition, mental health, menstrual health, mindfulness, different types of cancer awareness, living with chronic respiratory diseases, support for long term conditions, high blood pressure, gestational diabetes, motherhood and others. This information was delivered through workshops, talks, interactive group sessions and regular weekly sessions. The events reached over 540 residents in the community across Croydon.



PROJECTS & ACTIVITIES

Community Health & Wellbeing Workers

A successful program from Brazil was launched in Croydon with ARCC delivering it in collaboration with NHS SWL, Croydon BME Forum and One Thornton Heath PCN. The community health and wellbeing worker (CHWW) project is a holistic model that has over 250,000 workers in Brazil and serves over 75% of the population for all of their health and wellbeing needs.

This programme was launched in Croydon within Thornton Heath where we served 250 households within a specified geographical area designated as a “village”.

The CHWW addresses the needs of all households within that “village” in all areas that may affect their health and wellbeing, including household repairs, benefits, support from social services and access to the community.

Contact is maintained on a monthly basis, this builds trust and gives residents the confidence to be open with the barriers they have to accessing health, social, employment or community services. Work is done in partnership with the GP practice to ensure their health needs are being met, via monitoring of scheduled vaccinations and screenings.



PROJECTS & ACTIVITIES

NHS SWL ICS- CKD

ARCC delivered Pentathlon sessions to the community as part of this project. Since the beginning of this project, we have had 220 members from the community engaging in this project.

We have delivered over 20 pentathlon sessions in Croydon including Norbury Library, Brigstock Community Hub, Purley Masjid, Croydon Refugee Day Centre, Broad Green Library and a few sessions over zoom.

The pentathlon sessions have since been integrated into the LTC Programme.



PROJECTS & ACTIVITIES

NHS SWL ICB- Hear to Talk

We are in the final year of delivery for our pioneering “Hear to Talk” project, a mental health initiative reaching individuals through One to One culturally sensitive counselling sessions, support sessions with a Mental Health champion, awareness workshops and outreach sessions in the Community.

Participants who used our Counselling service reported increased self-awareness, improved coping strategies and greater emotional resilience. We also provided mental health First Aid training to residents including faith and community leaders, local healthcare workers, Carers and people from all walks of life empowering them with tools to identify and support individuals who may be experiencing distress due to mental health issues. Despite challenges of reaching grassroot communities we increased engagement by visiting community groups to do outreach work in their own surroundings and raising mental health awareness through delivering wellbeing talks.

Over the lifetime of this project we supported:

Category	Sessions	People
Outreach & Awareness Raising	1,637	32,925
Counselling Sessions	1,157	217
Mental Health Champion Support	817	182
Mental Health First Aid Training	24	335
Total	3,635	33,659

**For the project duration 2021 - 2025*



PROJECTS & ACTIVITIES

Although the Hear to Project has now come to a close, ARCC is incredibly proud of the positive impact it made within Croydon's Asian community. The project created a safe and culturally sensitive space for individuals to talk openly, be heard, and access meaningful support. It played a key role in reducing stigma around mental health, promoting open conversations, and encouraging community wellbeing. While the project's delivery phase has ended, its legacy of compassion, inclusion, and empowerment continues to shape how we approach mental health support across our wider programmes.

ARCC are strongly advocating for the need of projects like Hear to Talk and exploring ways similar models can be funded and sustained in the future. This project demonstrated the impact of tailored and culturally informed services in delivering equitable access to mental health support that truly understands and reflects their experiences



PROJECTS & ACTIVITIES

SWL - EMHIP (Ethnicity & Mental Health Improvement Programme)

Over the past year EMHIP has continued to deliver direct, professional, culturally-sensitive mental health support to Black, Asian and Minority Ethnic (BAME) people across South West London. Our primary work has been intensive one-to-one emotional support, advocacy and casework, helping people in deep distress and depression to stabilise, access appropriate services, and move back toward daily life, work and family responsibilities. EMHIP workers provide sustained outreach, practical support (for example liaising with councils, workplaces and GPs on behalf of clients), crisis intervention and personalised wellbeing plans.

This hands-on, relational approach is the heart of what we do: trained EMHIP staff build trust with clients, listen to lived experience, reduce isolation, and create realistic pathways out of depression and crisis. Many people who came to us in acute need have reported improved mood, regained functioning and clearer futures after our sustained support.

As important complements to our core casework, we run group activities including arts and crafts workshops and reflective sessions that give clients safe spaces to express themselves, practise coping skills and build social connections. These creative sessions support recovery by promoting calm, confidence and peer support.



PROJECTS & ACTIVITIES

EMHIP is designed by and for the communities we serve; our staff are trained practitioners delivering culturally attuned, compassionate care. We continue to prioritise direct client work, crisis responsiveness, and community-based recovery approaches that respect cultural identity while improving access and outcomes for BAME people.

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Key Priorities and Ongoing Areas of Focus

- Sustained one-to-one support & casework - continuing intensive, personalised work that stabilises clients and helps to positively impact their situation.

- Accessible Mental Health & Wellbeing Hubs - safe, community-based spaces for ongoing support.
- Improving Crisis Care and Choice - rapid, compassionate responses that keep people safe and supported.
- Reducing Coercion and Improving Client Experiences - advocacy and person-centred approaches across care settings.
- BAME-focused outreach and engagement - meeting people where they are and building trust through culturally aware practice.

EMHIP's direct, professional intervention model demonstrates that culturally sensitive, relationship-based care is central to helping people recover from mental health issues and rebuild their lives.



PROJECTS & ACTIVITIES

Croydon Health Services NHS Trust - Equality Diversity & Inclusion Research

The Croydon Equality Diversity and Inclusion Project continues to build on our previous work by responding to the voice of the community and addressing the issues found during our original survey of 1000 participants. We have conducted focus groups and interviews with Croydon residents to establish the main issues that cause our communities to become disengaged with health services and what we can do to improve their participation in clinical research.

The main themes from our study has found that:

- Pharmacies are incredibly popular and valuable to the community
- Trust in the NHS, as an institution, is low in comparison to primary or secondary care services
- Our community is interested in alternative remedies

- Some of our residents feel that they are not listened to when accessing healthcare services
- Many in our community struggle to pay for services
- Our community do not know how to access clinical research programmes

The next stage of the programme looks to address these issues, with the use of a community champion and a series of events with NHS partners. Healthcare providers will engage with the community to learn first-hand their needs and concerns and for our residents to better understand our healthcare system and how best to engage with it.



PROJECTS & ACTIVITIES

Croydon Health Services NHS Trust - Maternity Champions Project

ARCC led a year-long, community-led research project exploring maternity disparities in Croydon. Over 300 women, primarily from ethnically diverse and underserved communities, shared their experiences through surveys, focus groups, and discussions.

The findings revealed clear gaps in maternity support: women felt unsupported, unheard, and isolated, particularly postnatally. Many reported language barriers, cultural misunderstandings, and a lack of follow-up care.

This led to the development of the Maternity Champions Project, a community-based model providing culturally sensitive, emotional, and practical support through trained community champions.

This project is due to be implemented next year, with trained Champions, established referral and evaluation systems, and early client engagement, we intend to bridge the gap between clinical maternity services and the ongoing emotional, cultural, and practical support women need. By the AGM, our Champions are supporting women, monitoring progress, and feeding back monthly to CUH. With the addition of the resource pack, annual survey, and wider collaborations, the programme is well-positioned to deliver long-term, measurable impact on maternity equity in Croydon.



PROJECTS & ACTIVITIES

Croydon Health Services NHS Trust - Gestational Diabetes

ARCC was delighted to collaborate with researchers from Kings College London on a pioneering project exploring stigma surrounding gestational diabetes. The study aims to develop anti-stigma interventions that reflect the diverse experiences of women from different ethnic and language backgrounds, recognising that cultural perceptions play a significant role in how gestational diabetes is understood and managed.

As part of the project, ARCC supported community engagement and recruitment, helping to ensure the inclusion of women from Croydon's South Asian and wider ethnic minority communities. Plans include hosting focus groups at ARCC and co-facilitating sessions to provide a culturally sensitive, trusted environment where women can share their experiences. This collaboration reflects ARCC's continued commitment to community-led health research and addressing inequalities through inclusive, evidence-based approaches.



PROJECTS & ACTIVITIES

Developing an AntiRacist Health & Care System in South West London Community Engagement Project

KREC partnered with ARCC to deliver the Race and Equalities Community Engagement Project, exploring the experiences of minority communities when accessing health and care services across South West London. The project aimed to promote anti-racist practice and improve equity in healthcare.

We engaged with participants through surveys, focus groups and one-to-one interviews, capturing views from adults and children across Croydon, Sutton and Merton.

Findings revealed ongoing barriers to healthcare, including language challenges, difficulty using online booking systems, and limited cultural understanding among health professionals.

Financial pressures such as prescription and travel costs were also key concerns. Children often felt anxious or uncertain when visiting doctors and wanted friendlier, faster experiences.

Despite these challenges, many participants praised NHS staff for their care and commitment. They called for clearer communication, more cultural awareness, and community-based health support.

This project offered valuable insight to guide KREC's continued advocacy for fair, accessible and culturally responsive healthcare across South West London.



PROJECTS & ACTIVITIES

UAL - The Abundance Project

We are proud to be a community partner in The Abundance Project, part of UKRI's Mobilising Community Assets to Tackle Health Inequalities programme. This national initiative aims to reduce deep-rooted health disparities in some of Britain's most disadvantaged communities by exploring how local assets such as parks, museums, and community organisations can be better integrated into healthcare systems to support wellbeing.

Through the Abundance Project, ARCC has been working collaboratively with partners across the arts, health, and research sectors to create spaces where everyone, regardless of background, feels included and supported in their mental health.

Our involvement focuses on addressing inequalities in access to mental health care among different ethnic groups and championing an abundance mindset, one that celebrates the wealth of skills, strengths, and cultural assets that already exist within our communities. Working alongside a multidisciplinary research team, ARCC contributes to a community-led approach through one of the five Community Research Hubs, ensuring that the voices and lived experiences of local people remain at the heart of this work.



PROJECTS & ACTIVITIES

LBC - Croydon Loves You Project

As part of Croydon Council's Creative Wellbeing programme, Croydon Loves You, ARCC was proud to deliver a series of community-led events and workshops designed to promote wellbeing, connection, and creativity among older residents in Croydon's South Asian and wider BME communities. Funded through the Croydon Loves You Community Creative Wellbeing Grant, the project built on the legacy of Croydon's year as the London Borough of Culture, using arts and culture as a vehicle to strengthen community bonds and improve wellbeing.

Between July and September 2024, ARCC delivered a vibrant programme of gatherings, workshops, and celebratory events, all designed to bring people together, encourage creativity, and reduce social isolation.

The project specifically engaged people aged 50 and over, many of whom are long-standing Croydon residents with roots in India, Pakistan, Bangladesh, and Sri Lanka. Through shared cultural experiences, creative learning, and social interaction, participants were supported to connect with others, learn new skills, and give back to their community aligning with the Five Ways to Wellbeing framework.

ARCC ensured that all activities were inclusive, safe, and accessible, guided by strong safeguarding practices and a commitment to reaching those most impacted by health inequalities. Our involvement in the Croydon Loves You initiative reflects our ongoing mission to support the mental health and wellbeing of Croydon's diverse communities through meaningful, creative, and community-driven approaches.



PROJECTS & ACTIVITIES

LBC - Winter Engagement Fund

In 2024-25, ARCC delivered the Winter and Spring Engagement Fund in partnership with the Croydon BME Forum (CBMEF) on behalf of NHS South West London. This borough-wide initiative aimed to strengthen engagement with communities most affected by health inequalities, particularly those identified within the Core20PLUS5 population. As the lead partner, ARCC oversaw the coordination, management, and reporting of the programme, ensuring transparency, inclusion, and impact at every stage.

Together, ARCC and CBMEF designed and implemented a comprehensive delivery plan, which included promoting the fund across local networks, supporting community groups with applications, managing decision panels, and monitoring funded projects.

Through this partnership, we ensured that grassroots organisations particularly those with limited capacity or prior access to funding were empowered to lead their own health and wellbeing initiatives.

The programme successfully funded a range of community-led activities designed to address key health and social challenges during the winter and spring months. By providing targeted support, hosting training sessions, and ensuring quality assurance, ARCC and CBMEF helped strengthen Croydon's voluntary and community sector and contributed valuable insights to inform future NHS engagement strategies. This work reflects ARCC's continued commitment to reducing health inequalities, building community resilience, and amplifying the voices of underrepresented communities across Croydon.



HEALTH AND
WELLNESS

PROJECTS & ACTIVITIES

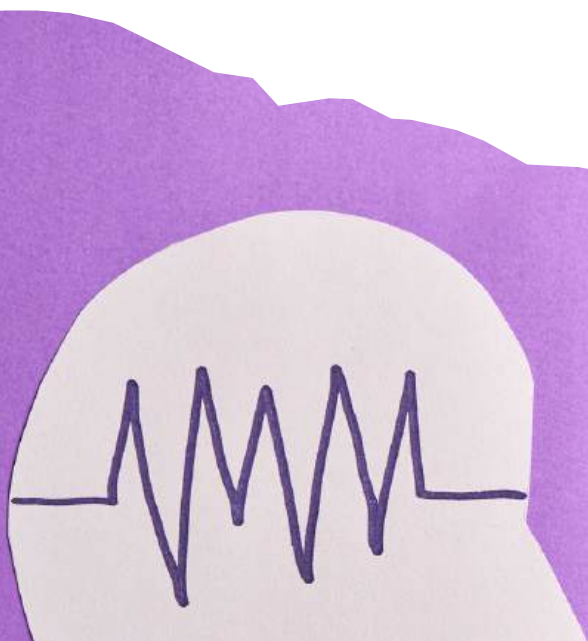
LSBU - Stroke Awareness Project

In partnership with London South Bank University (LSBU) and the Croydon BME Forum, ARCC delivered a pioneering Stroke Awareness and Prevention Project aimed at improving understanding of stroke risk factors among Black, Asian, and minority ethnic communities in Croydon. The initiative focused on engaging adults aged 18–65 through focus groups and Patient and Public Involvement (PPI) sessions, ensuring that community voices directly informed research into health inequalities and stroke prevention.

ARCC played a central role in community engagement and recruitment, connecting with local residents who had either experienced a stroke or had not but were at potential risk. Participants were invited to share their experiences, perceptions, and knowledge about stroke, contributing to a wider mixed-method community-based study led by LSBU. The research explored levels of awareness, barriers to prevention, and the need for culturally sensitive health interventions.

The findings revealed that while awareness of general risk factors such as poor diet, stress, and lack of physical activity was relatively high, knowledge of gender-specific, ethnic, and lifestyle-linked risks remained limited. Participants highlighted the importance of community-led education, trusted local health champions, and accessible information to help prevent stroke in underrepresented communities.

This partnership project exemplified ARCC's ongoing commitment to reducing health inequalities and empowering communities through participatory research. By ensuring that local lived experience shaped academic and health outcomes, ARCC continues to bridge the gap between research, practice, and the communities most affected by health disparities.



PROJECTS & ACTIVITIES

GSK Impact Awards

In 2024, ARCC was proud to be recognised as a runner-up in the prestigious 2025 GSK IMPACT Awards, delivered in partnership with The King's Fund. The awards celebrate excellence among charities working to improve health and wellbeing across the UK, with a record number of applicants participating that year.

Being shortlisted as one of only fifteen organisations nationwide was a major achievement and testament to ARCC's commitment to tackling health inequalities, promoting community wellbeing, and amplifying the voices of marginalised groups. As a runner-up, ARCC received national recognition and a grant award, highlighting our impact and innovation in supporting Croydon's diverse communities through holistic, community-led approaches to health and social care.

LBC - Household Support Fund

ARCC supported vulnerable Croydon residents through the Household Support Fund, providing essential assistance to those facing financial hardship. The fund helped individuals and families struggling to afford food, energy, and water bills, and in exceptional circumstances, contributed towards urgent housing costs where other support schemes were insufficient.



PROJECTS & ACTIVITIES

Sporting Memories

Now in its fourth year, ARCC's Sporting Memories Club continues to make a meaningful difference to the lives of older adults in Croydon by using the joy of sport and shared memories to support mental and physical wellbeing. Delivered in partnership with the Sporting Memories Foundation, the weekly sessions at Peony Court Care Home bring together men over 60, including those living with dementia, depression, or loneliness, to reminisce about sport, enjoy gentle exercise, and build social connections in a supportive environment.

This year, the group particularly enjoyed a special visit to Wembley Stadium, where participants explored the history of British football and learned about some of the sport's most iconic players and moments. The trip inspired lively discussion and nostalgia, reflecting the power of sport to spark connection, confidence, and a sense of belonging. Through activities such as quizzes, light exercise, and shared memories, the project continues to promote health, happiness, and community among older men in Croydon.



PROJECTS & ACTIVITIES

Food & Luncheon Club

Now in its sixth year, ARCC's weekly Food & Luncheon Club continues to tackle food poverty and isolation among low-income families and older residents in Croydon.

Delivered in partnership with FareShare and The Felix Project, the club provides nutritious surplus food and hot meals each week at Norbury Library Community Hall for a nominal fee.

Beyond offering food, the club creates a warm, social space where members can connect, share experiences and access wider support.

Regular health checks, wellbeing talks, and community consultations are also integrated into the sessions, helping participants stay informed and engaged while building friendships and confidence.



PROJECTS & ACTIVITIES

Navratri Celebrations 2024

We proudly hosted our third annual Navratri celebration, marking another milestone in the organisation's ongoing commitment to celebrating cultural diversity and strengthening community cohesion. The event attracted over 1,200 attendees from Croydon and neighbouring boroughs, making it South London's largest Navratri gathering.

Held at the Grand Sapphire Banqueting Suite and led by ARCC Chair Jay Patel, the evening was a vibrant display of faith, tradition and togetherness.

Guests enjoyed an energetic line-up featuring traditional Garba and Dandiya Raas dances, live music performances, regional dance showcases, and authentic Gujarati cuisine, offering an immersive cultural experience for all ages.

Beyond the festivities, the celebration served as a platform to promote intercultural understanding and honour the contributions of Croydon's diverse communities. ARCC also used the occasion to highlight its ongoing work in community development, wellbeing, and inclusion, reinforcing its role as a hub for connection and cultural exchange.

The atmosphere throughout the evening was one of joy, unity and pride, reflecting the essence of Navratri.

Through events like these, ARCC continues to bring communities together, preserve cultural heritage, and celebrate the vibrant spirit of Croydon's multicultural identity.



PROJECTS & ACTIVITIES

Eid in the Square

We are proud to share that our CEO has served as a member of the Eid on the Square Community Advisory Group for the past three years. This high-profile annual festival, held at Trafalgar Square and spearheaded by the Greater London Authority in partnership with Muslim-led grassroots organisations, celebrates Eid al-Adha with live music, cultural workshops, food stalls and community engagement.

Through this leadership role, ARCC's voice is firmly positioned at the heart of one of London's largest multicultural celebrations reinforcing our ongoing commitment to promoting diversity, community cohesion, and the cultural wellbeing of London's BAME communities.



PROJECTS & ACTIVITIES

Business Forum

ARCC's Business Forum is a dynamic platform that brings together entrepreneurs, local enterprises and community organisations to connect, collaborate and grow. Established to strengthen Croydon's business community, the Forum provides opportunities for professionals to exchange ideas, share expertise and explore partnerships that drive innovation and sustainable growth.

During the year, ARCC hosted two successful networking events, one at Croydon Town Hall and another at Ayat Kitchen, each attracting a diverse mix of local businesses and professionals. These events offered valuable spaces for open discussion, collaboration and knowledge-sharing, helping to strengthen relationships across sectors and highlight the contribution of Croydon's business community to local development.

Through the Business Forum, ARCC continues to foster inclusive economic growth and community resilience, supporting local enterprises while championing a thriving, connected Croydon. The Forum also plays a key role in linking the business community with the voluntary and community sector, encouraging socially responsible practices and partnerships that align with Corporate Social Responsibility (CSR) principles and deliver positive local impact.



PROJECTS & ACTIVITIES

Friends Coffee Morning

ARCC relaunched our flagship Friends Coffee Mornings this year, which plays a vital role in combating social isolation among older Asian adults in Croydon. This initiative is a result of community demand and co-produced by our members and our Project Advisory group. Our research has found that older people from South Asian communities are increasingly experiencing loneliness as traditional family care patterns change often due to shifting cultural attitudes and younger generations moving abroad.

In response, our Friends Coffee Mornings offer a welcoming, community-based space where older residents can come together to socialise, stay active and improve their wellbeing. The sessions combine social connection with engaging activities such as gentle exercise, arts & crafts, mindfulness and educational workshops. The programme not only promotes physical and mental health but also nurtures a sense of belonging and friendship among participants who might otherwise feel isolated.



PROJECTS & ACTIVITIES

ICS - Working in SWL Health & Social Care

In May 2024, ARCC partnered with Integrated Care Support Services to co-host a virtual session on “Working in SWL Health and Social Care”. The event aimed to raise awareness of employment opportunities within the health and social care sector, particularly for roles with low barriers to entry such as Care Coordinators, Social Prescribers, Administrators, and Support Workers.

Our session formed part of a wider borough-based series delivered across South West London, promoting accessible pathways into the sector and highlighting how the voluntary and community sector can support career development. ARCC’s involvement helped connect Croydon residents to local training, volunteering, and job opportunities, empowering individuals to explore rewarding roles that contribute to community wellbeing.



PROJECTS & ACTIVITIES

AGM 2023/24

Celebrating our 25th year as a community infrastructure group supporting the Asian and minority communities in South West London. ARCC held our Annual General Meeting on Thursday 24th October 2024 at the prestigious Grand Sapphire. Audiences got to hear about the variety of projects we delivered, our achievements and our plans for the future.

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

Our list of speakers included The Executive Mayor of Croydon Jason Perry, Rachel Flagg (Programme Director, One Croydon Alliance, NHS SWL ICB) as well as colleagues from the Home Office presenting to the community.



PROJECTS & ACTIVITIES

Other Activities & Events

ARCC received a small grant from RM Partners for Community HPV Vaccine Awareness activities and events that support local people to stay healthy and well. ARCC delivered two talk sessions where we asked groups to raise awareness about the HPV vaccine and its role in cancer prevention. This programme was part of the RM Partners cancer prevention strategy.

ARCC also took part in various other activities and events throughout the past year including representing the Asian community on Armistice Day, holding a stall at the Park Hill Showcase Event, invited to be a guest speaker at The Dialogue Society Iftar Event, attendance at the Croydon Dementia Action Alliance Workshop,

guest speaker at Croydon Health Services NHS Trust AGM and holding a Focus Group for 65+ on behalf of Public Health.

ARCC was delighted to partner with the Grand Sapphire Hotel and Banqueting suites in their annual Chand Raat event by hosting a stall to raise funds for our charity. The event brought together thousands of guests, offering an evening of shopping, food, live entertainment and cultural celebration ahead of Eid.



SECRETARY'S REPORT

As this marks my first year serving as Secretary of the Asian Resource Centre of Croydon, I am both humbled and proud to reflect on a year of exceptional progress, growth, and renewed purpose for the organisation. It has been a privilege to contribute to ARCC's mission of empowering communities and promoting equality, collaboration, and wellbeing across Croydon and beyond.

This has been a year of significant transition and consolidation for the Board. Following several trustee changes at the end of 2024, the current Board has brought together a diverse range of skills, experiences, and perspectives, ensuring robust governance and strategic leadership. Together, we have worked to strengthen our organisational framework, improve transparency, and reinforce ARCC's reputation as a trusted community anchor organisation.

One of the most exciting developments has been our ongoing efforts towards securing a permanent home for ARCC at the former Broad Green Library as part of Croydon Council's Community Asset Transfer initiative.

This achievement symbolises our long-term commitment to providing a dedicated community space for learning, connection, and collaboration. The new base will serve as a hub for local people, community partners, and future initiatives that continue to build resilience and inclusion.

I would like to extend my heartfelt thanks to my fellow Trustees, our Chair, CEO, and the dedicated ARCC team and volunteers who have worked tirelessly to deliver projects that change lives from health and wellbeing programmes to community research and creative engagement. As we look ahead, I remain committed to supporting strong governance, nurturing partnerships and ensuring that ARCC continues to thrive as a beacon of empowerment and unity for our communities.



Ash Balakrishnan
Secretary



TREASURER'S REPORT

It has been a privilege to serve as Treasurer over the past year and to present the financial performance of the Asian Resource Centre of Croydon (ARCC) for the year ended 31 March 2025.

This year's results reflect ARCC's ability to remain financially stable while continuing to adapt to external challenges. Total income for the year was £736,118; a slight decrease compared with £802,529 in 2024. Expenditure was carefully managed, reducing from £769,923 in 2024 to £731,716 in 2025. This enabled ARCC to deliver a stronger net income. The improvement in trading activities demonstrates the organisation's successful strategy of diversifying income and reducing reliance on traditional restricted funding. This resilience is critical to ensuring ARCC can sustain and expand its work within the community, particularly considering the ongoing pressures faced by the voluntary and community sector.

ARCC continues to invest in strong financial management systems, ensuring that governance, transparency, and accountability remain at the heart of our operations. This underpins the trust and confidence placed in us by our funders, partners and beneficiaries.

I wish to extend my sincere thanks to the finance department, staff, and volunteers, whose dedication has been central to these positive outcomes. I also thank my fellow Trustees for their guidance and commitment, as well as our partners, funders and stakeholders for their continued support and confidence.

As we look ahead, ARCC remains committed to building on these achievements, pursuing opportunities for unrestricted income and strengthening its long-term sustainability. Together, we will ensure that the organisation is well-positioned to meet the needs of the community both now and in the future.

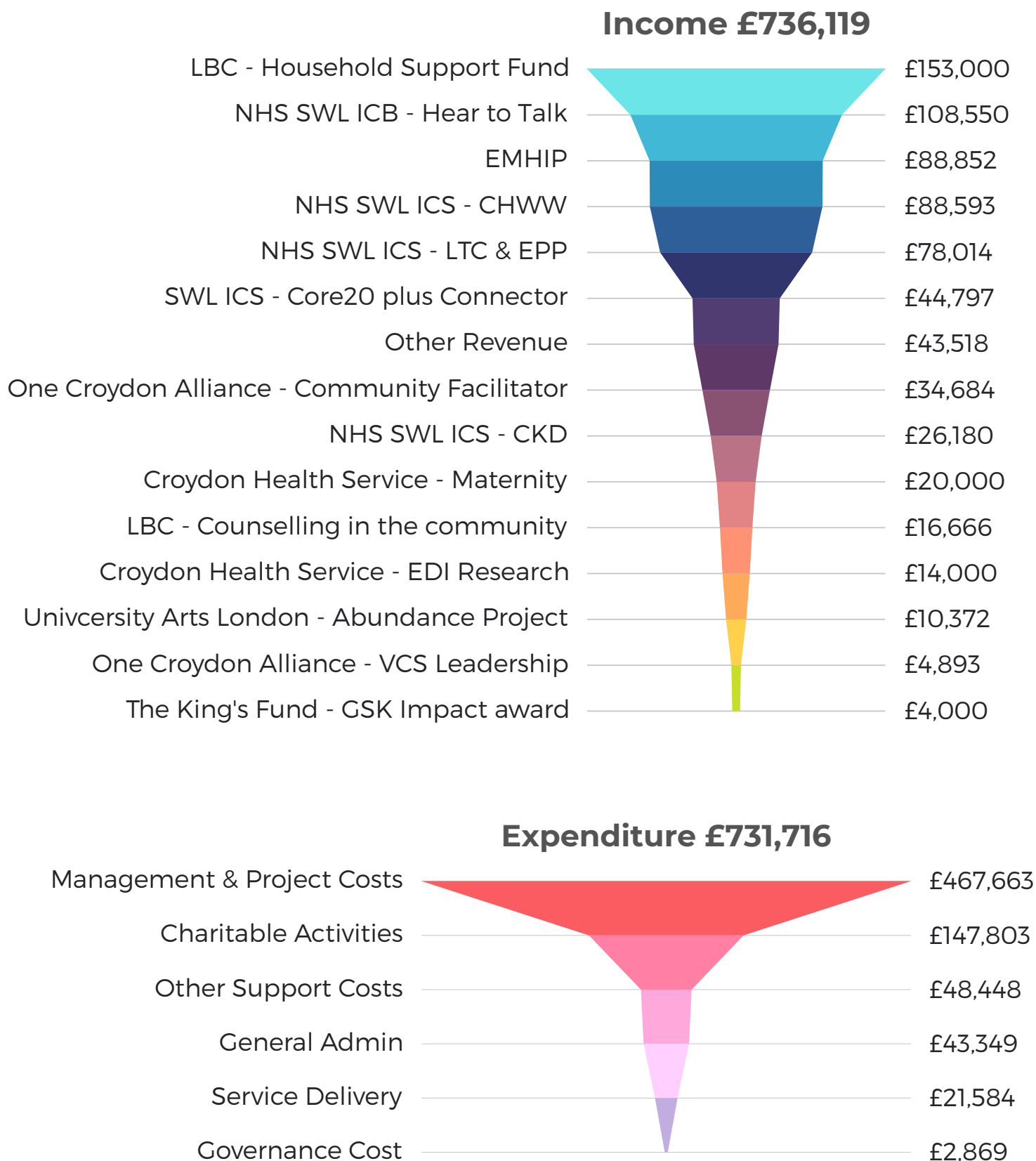


Dr Suraj Paudel
Treasurer



FINANCIAL SUMMARY

1st APRIL 2024 - 31st MARCH 2025



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

ARCC BOARD & STAFF TEAM

1st APRIL 2024 - 31st MARCH 2025

Jay Patel	(Chair)
Ash Balakrishnan	(Secretary)
Dr Suraj Paudel	(Treasurer)
Dilshad Surelia	(Director)
Somasundaram Kanagasundaram	(Director)
Rumel Jahur	(Director)
Hussein Ghor	(Director)
Sahadat Hossain	(Director - Resigned December 2024)
Dr Hana Patel	(Director - Resigned December 2024)
Tamkin Riaz	(Director - Resigned December 2024)
Samina Khan	(Director - Resigned December 2024)
Ima Miah	(CEO)
Mamun Khan	(Programme Manager)
Debahuti Chakraborty	(Finance Manager)
Nayim Chowdhury	(Head of IT & Office)
Amjid Rahman	(Head of Health)
Beena Ali	(Mental Health Project Lead)
Nasreen Syeda	(Core20 Connector Lead)
Mariah Alam	(Community Facilitator)
Asima Qureshi	(EMHIP Mobile Hub Support Worker)
Shahana Kalam	(EMHIP Mobile Hub Support Worker)
Hafiz Sani	(EMHIP Mobile Hub Support Worker)
Gifty Nmaju	(EPP Coordinator)
Lizzie Hewitt	(EPP Consultant)
Rahima Ahad	(Maternal Health Care Researcher)
Tina Smith	(Community Health & Well Being Worker)
Kay Kakad	(Sessional Worker)
Shammee Hoque	(Community Connector Assistant)



Abundance Project Meeting at ARCC



ARCC Board Meeting



COMPANY REGISTRATION NUMBER: 06250781
CHARITY REGISTRATION NUMBER: 1120376

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Financial Statements

31 March 2025

BEGG, WILLIAMSON & CO

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

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2025

	Pages
Trustees' annual report (incorporating the director's report)	1 to 17
Independent examiner's report to the trustees	18
Statement of financial activities (including income and expenditure account)	19
Statement of financial position	20
Notes to the financial statements	21 to 29

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

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

Year ended 31 March 2025

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 2025.

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 - Secretary	
Dr. Suraj Paudel - Treasurer	
Dilshad Surelia - Director	
Somasundaram Kanagasundaram -Director	
Rumel Jahur - Director	
Hussein Ghor - Director	
Dr Hana Patel	(Retired 31 December 2024)
Tamkin Riaz	(Retired 31 December 2024)
Sahadat Hossain - Secretary	(Retired 31 December 2024)
Samina Khan	(Retired 31 December 2024)

Company secretary Ash Balakrishnan

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 2025

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 our local community's well-being, health, and overall quality of life.

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

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.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

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

Year ended 31 March 2025

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.

Governance

ARCC is overseen by a board of trustees responsible for ensuring the charity complies with all legal and regulatory requirements. The organisation follows a three-year business strategy, which is regularly reviewed to guide its future direction.

The board thoroughly understands ARCC's objectives and ensures they are executed effectively and sustainably. In line with Charity Commission guidelines, the ARCC Board provides strategic leadership, enabling the organisation to deliver its support and services efficiently and with lasting impact.

Upholding principles of integrity, the board establishes core values and fosters a culture aligned with the charity's mission. Trustees recognise the importance of public trust and are diligent in fulfilling their responsibilities.

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

Working collaboratively, the board draws on a diverse range of skills, experiences, backgrounds, and knowledge to make informed decisions. This diversity enhances the board's effectiveness, leadership, and decision-making.

The board is committed to leading ARCC with transparency and accountability. The organisation conducts its activities openly, except in cases where confidentiality is necessary.

Public Benefit:

The Trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit Charities and Public Benefit.

Reserve Policy:

The trustees aim to maintain a free reserve in unrestricted funds at a level which equates to 6 months of unrestricted charitable expenditure which we believe is sufficient.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

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

Year ended 31 March 2025

Chair's Preface

It gives me great pleasure to present the Annual Report for 2024/25 on behalf of the Asian Resource Centre of Croydon. This year has been one of growth, ambition and deepening collaboration as we continue our mission to serve and empower communities across Croydon and beyond.

Our vision for the year was clear: to strengthen partnerships with statutory organisations and local businesses, building a foundation that allows us to deliver greater impact together. I am proud to say we have made significant progress, working closely with a number of different organisations and departments including Croydon Maternity Unit, Sutton Women's Centre, the VHP, the Tamil community, Duffus Community Foundation, the Home Office, the Metropolitan Police, GSK and Croydon Council. These partnerships have enabled us to respond more effectively to community needs and ensure that our work is rooted in collaboration and trust.

We also expanded our reach into neighbouring boroughs, with Sutton becoming an important area of growth for our services. This extension of our work demonstrates both the demand for and the value of our approach, and we look forward to deepening this presence in the years ahead.

Our relationships with businesses such as Yorkshire Building Society and NatWest have further strengthened our ability to deliver community-led projects and to develop innovative and much needed partnerships initiatives such as the Abundance Project in partnership with universities and professors to tackle inequitable experiences of mental health care faced by marginalised groups.

As we come into this year's AGM, I am delighted to share that we have secured a permanent home for ARCC. The former Broad Green Library building will be transformed into a thriving community base, a space dedicated to learning, connection and support and one that will serve the benefit of all our communities.

This year has been a testament to what can be achieved when communities, statutory bodies and businesses come together with a shared purpose. On behalf of the Board, I would like to thank our staff, volunteers, partners and funders for their commitment and dedication. Together, we are laying strong foundations for a brighter and more inclusive future.

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 2025

Secretary's Report

As this marks my first year serving as Secretary of the Asian Resource Centre of Croydon, I am both humbled and proud to reflect on a year of exceptional progress, growth, and renewed purpose for the organisation. It has been a privilege to contribute to ARCC's mission of empowering communities and promoting equality, collaboration, and wellbeing across Croydon and beyond.

This has been a year of significant transition and consolidation for the Board. Following several trustee changes at the end of 2024, the current Board has brought together a diverse range of skills, experiences, and perspectives, ensuring robust governance and strategic leadership. Together, we have worked to strengthen our organisational framework, improve transparency, and reinforce ARCC's reputation as a trusted community anchor organisation.

One of the most exciting developments has been our ongoing efforts towards securing a permanent home for ARCC at the former Broad Green Library as part of Croydon Council's Community Asset Transfer initiative. This achievement symbolises our long-term commitment to providing a dedicated community space for learning, connection, and collaboration. The new base will serve as a hub for local people, community partners, and future initiatives that continue to build resilience and inclusion.

I would like to extend my heartfelt thanks to my fellow Trustees, our Chair, CEO, and the dedicated ARCC team and volunteers who have worked tirelessly to deliver projects that change lives from health and wellbeing programmes to community research and creative engagement. As we look ahead, I remain committed to supporting strong governance, nurturing partnerships and ensuring that ARCC continues to thrive as a beacon of empowerment and unity for our communities.

Ash Balakrishnan | Secretary

Treasurer's Report

It has been a privilege to serve as Treasurer over the past year and to present the financial performance of the Asian Resource Centre of Croydon (ARCC) for the year ended 31 March 2025.

This year's results reflect ARCC's ability to remain financially stable while continuing to adapt to external challenges. Total income for the year was £736,119; a slight decrease compared with £802,529 in 2024. Expenditure was carefully managed, reducing from £769,923 in 2024 to £731,716 in 2025. This enabled ARCC to deliver a stronger net income. The improvement in trading activities demonstrates the organisation's successful strategy of diversifying income and reducing reliance on traditional restricted funding. This resilience is critical to ensuring ARCC can sustain and expand its work within the community, particularly considering the ongoing pressures faced by the voluntary and community sector.

ARCC continues to invest in strong financial management systems, ensuring that governance, transparency, and accountability remain at the heart of our operations. This underpins the trust and confidence placed in us by our funders, partners and beneficiaries.

I wish to extend my sincere thanks to the finance department, staff, and volunteers, whose dedication has been central to these positive outcomes. I also thank my fellow Trustees for their guidance and commitment, as well as our partners, funders and stakeholders for their continued support and confidence. As we look ahead, ARCC remains committed to building on these achievements, pursuing opportunities for unrestricted income and strengthening its long-term sustainability. Together, we will ensure that the organisation is well-positioned to meet the needs of the community both now and in the future.

Dr. Suraj Paudel | Treasurer

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

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

Year ended 31 March 2025

CEO's Report

This year has been one of maturity, resilience and strategic influence for the Asian Resource Centre of Croydon. We have continued to strengthen our role as a leading voice for equality and inclusion across South West London, deepening our relationships with statutory, voluntary and academic partners, and amplifying the voices of communities who are too often unheard. Despite the ongoing challenges of an increasingly difficult funding landscape, ARCC has remained steadfast in its mission—a testament to the dedication, collaboration and spirit of our exceptional team, trustees, volunteers and members.

Our partnerships this year have demonstrated the power of cross-sector collaboration. Through our leadership in programmes such as the Healthy Communities Together Croydon Partnership, the Core20Plus5 Connectors Programme, and our ongoing work with the NHS South West London Integrated Care System, ARCC has influenced policy and practice to ensure that community insight shapes health and wellbeing services. We have also expanded our footprint beyond Croydon, with growing engagement in Sutton, Merton and other South London boroughs, ensuring that our approach to culturally competent, community-led support reaches further than ever before.

Nationally, ARCC's contribution to research and policy has been recognised through projects such as the Abundance Project with University of the Arts London, the Gestational Diabetes Study with Kingston University and London South Bank University, and the Race Equalities Project with King's College London. Each of these initiatives places community voice at the centre of systems change, reaffirming ARCC's role as a trusted bridge between communities, policy-makers and service providers.

This year we have also deepened our engagement with local residents through impactful initiatives like the Brigstock Road Community Hub, the Long-Term Conditions Project, and our Expert Patients Programme, which continue to improve health outcomes and empower residents to take control of their wellbeing. Our recognition as a GSK IMPACT Awards runner-up was a proud moment, an acknowledgment of ARCC's sustained excellence and innovation as a community anchor organisation working to reduce health inequalities.

I would like to express my deepest gratitude to our incredible staff, trustees, volunteers, members, funders and partners for their unwavering commitment. In a time of uncertainty for many local charities, our collective resilience and shared purpose have been our greatest strengths. The culture of empathy, excellence and empowerment that defines ARCC shines through everything we do. Together, we continue to build a stronger, fairer and healthier future for all the communities we serve.

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 2025

Financial review

Projects & Activities

One Croydon Alliance - Community Facilitator Project

The Brigstock Road Community Hub, led by ARCC's Community Facilitators in partnership with Age UK Croydon, continues to serve as a vital access point for residents seeking health, wellbeing, and social support. The Hub was established to provide more local and accessible pathways into community networks, voluntary sector services, and specialist advice, using an early intervention and preventative approach. Residents are encouraged to drop in, speak with the Hub team, and identify their own goals and next steps towards achieving them.

Now in its third year, the Hub has delivered over 50 sessions and supported more than 1,600 residents. It brings together 16 regular support services and over 40 partner organisations, 80% of which are from the voluntary and community sector. Through strong collaboration, the Hub has also worked with partners such as the Home Office, South London and Maudsley NHS Trust (SLAM), and the Mayor of Croydon to address community concerns around immigration, mental health, and local governance.

A wide range of community-led workshops and awareness sessions have taken place throughout the year, covering topics such as healthy living, stress management, mental wellbeing, and creative activities including art, embroidery, and clay workshops. The Hub has also provided valuable volunteering opportunities, helping residents to build confidence and skills while giving back to their community.

Feedback from residents has been overwhelmingly positive, with 90% reporting they received the support they needed and 80% noting an improvement in their mental wellbeing. The Brigstock Road Community Hub has become a cornerstone for connection and empowerment, offering a warm, inclusive space where residents can find support, make friends, and feel part of a stronger, healthier Croydon community.

Healthy Communities Together: Croydon Programme

The Healthy Communities Together (HCT) programme was a national partnership between The King's Fund and The National Lottery Community Fund, designed to bring together the NHS, local authorities, and the voluntary and community sector to improve health and wellbeing and tackle health inequalities. With £2.6 million in grant funding and additional leadership and learning support, HCT created a national test bed for how cross-sector collaboration can lead to lasting systems change.

In Croydon, the programme built upon the foundations of the One Croydon Alliance and focused on shifting power, resources, and influence to the voluntary and community sector (VCS). The Croydon partnership, led locally by ARCC alongside NHS and Council partners, delivered three interlinked work streams: Empowerment and Engagement, Funding and Commissioning, and Leadership and Representation. These work streams aimed to strengthen community voice, develop equitable commissioning practices, and embed collaboration at every level of local decision-making. Through this work, Croydon established new models of partnership that foregrounded community-led insight, fostered trust between sectors, and created pathways for the VCS to influence statutory governance structures.

ARCC played a central role in leading the Leadership and Representation workstream, with our CEO serving as Chair of the Croydon VCS Leadership Board and Senior Responsible Officer (SRO) for the work stream. This work stream created a stronger, more unified voice for Croydon's VCS within local health and care governance, ensuring that smaller grassroots organisations were represented in

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

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

Year ended 31 March 2025

strategic spaces. Under ARCC's leadership, the Board grew in confidence and legitimacy, developing new frameworks for equitable collaboration, leadership development, and community representation. The evaluation recognised Croydon's contribution to embedding relational approaches and balancing traditional power dynamics between statutory and voluntary sectors, a legacy that will continue to shape integrated working and inclusive decision-making across the borough.

NHS SWL ICS - LTC (Long Term Conditions) Project

NHS South West London works in collaboration with ARCC and Croydon BME Forum to deliver the Long-Term Conditions Project (LTC).

The Key aims of the LTC service includes:-

Targeted outreach to the communities that have the greatest need to raise awareness of LTCs and risk factors amongst disengaged communities and to encourage and motivate residents to recognise and engage in existing interventions i.e., NHS Health checks, NHS Diabetes Prevention Programme or their GP.

Increasing outreach activity to detect and protect members of the community:

- 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.
- people at risk of developing a long-term condition, such as people with raised blood pressure (hypertension), increased BMI and/or waist measurement or with a history of diabetes in the family.

Supporting patients to consider lifestyle changes to reduce their risk of developing a long-term health condition:

- ARCC in partnership with the Croydon BME Forum have continued to hold health and wellbeing awareness raising and health checks throughout Croydon including at health centres, GP Practices, community groups, faith centres and various events.

NHS SWL ICS - EPP (Expert Patient Programme)

ARCC continues to build on the success of the Expert Patients Programme (EPP), funded by the NHS South West London Integrated Care System, empowering Croydon residents living with long-term health conditions to better manage their wellbeing. The six-week course, based on Stanford University's Chronic Disease Self-Management Programme, combines group learning, peer support, and practical self-management tools delivered both in-person and online. Survey results show significant improvements in participants' confidence, communication with healthcare professionals, and problem-solving skills with 45% more participants feeling confident to raise concerns with doctors and 40% more able to manage new health challenges. Attendees also reported benefits such as improved nutrition awareness, better relaxation and exercise habits, and reduced isolation. Now in its fifth year, EPP continues to expand its reach, supporting people with conditions including hypertension, COPD, diabetes, cancer, mental health challenges, and obesity, as well as carers. The programme's inclusive approach ensures that diverse communities across Croydon can access the knowledge and confidence needed to live healthier, more independent lives.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

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

Year ended 31 March 2025

SWL ICS - Core 20 Plus 5 Connectors Programme

The Core20Plus5 approach is part of the NHS goal to tackle healthcare inequalities and aiming to:

- support communities to remove barriers that prevent access to health and wellbeing services
- build trust and create opportunities for Community Connectors to be the voice for their communities.
- help shape service provision that better meets the needs of those communities.

The project focussed on five key clinical areas of health- maternity, severe mental illness, chronic respiratory disease, early cancer diagnosis and hypertension. These were key areas which required accelerated improvement, ensuring continuity of care for those from the 20% most deprived in our population. This group historically has included a significant proportion of Black, Asian and minority ethnic communities.

Through this project, we successfully delivered over 25 events that focussed on the five areas of health. We ran Health and Wellbeing days which brought multiple organisations under one roof with the aim of educating the community, raising awareness and encouraging residents to live a healthier independent life with the tools we provide. We partnered with organisations and individuals such as MIND, NHS Cancer, Respiratory and Mental Health teams, Midwives and doctors, Parents Education and Learning, Macmillan Cancer, St Christopher's Hospice and many more in a combined effort to achieve better healthcare outcomes for deprived groups.

The health and wellbeing events covered a wide range of topics such as osteoporosis, health and nutrition, mental health, menstrual health, mindfulness, different types of cancer awareness, living with chronic respiratory diseases, support for long term conditions, high blood pressure, gestational diabetes, motherhood and others. This information was delivered through workshops, talks, interactive group sessions and regular weekly sessions. The events reached over 540 residents in the community across Croydon.

Community Health & Wellbeing Workers

A successful program from Brazil was launched in Croydon with ARCC delivering it in collaboration with NHS SWL, Croydon BME Forum and One Thornton Heath PCN. The community health and wellbeing worker (CHWW) project is a holistic model that has over 250,000 workers in Brazil and serves over 75% of the population for all of their health and wellbeing needs.

This programme was launched in Croydon within Thornton Heath where we served 250 households within a specified geographical area designated as a "village". The CHWW addresses the needs of all households within that "village" in all areas that may affect their health and wellbeing, including household repairs, benefits, support from social services and access to the community. Contact is maintained on a monthly basis, this builds trust and gives residents the confidence to be open with the barriers they have to accessing health, social, employment or community services. Work is done in partnership with the GP practice to ensure their health needs are being met, via monitoring of scheduled vaccinations and screenings.

NHS SWL ICS- CKD

ARCC delivered Pentathlon sessions to the community as part of this. Since the beginning of this project, we have had 220 members from the community engaging in this project. We have delivered over 20 pentathlon sessions in Croydon including Norbury Library, Brigstock Community Hub, Purley Masjid, Croydon Refugee Day Centre, Broad Green Library and a few sessions over zoom.

The pentathlon sessions have since been integrated into the LTC Program.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

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

Year ended 31 March 2025

NHS SWL ICB- Hear to Talk

We are in the final year of delivery for our pioneering "Hear to Talk" project, a mental health initiative reaching individuals through One to One culturally sensitive counselling sessions, support sessions with a Mental Health champion, awareness workshops and outreach sessions in the Community.

Participants who used our Counselling service reported increased self-awareness, improved coping strategies and greater emotional resilience. We also provided mental health First Aid training to residents including faith and community leaders, local healthcare workers, Carers and people from all walks of life empowering them with tools to identify and support individuals who may be experiencing distress due to mental health issues. Despite challenges of reaching grassroot communities we increased engagement by visiting community groups to do outreach work in their own surroundings and raising mental health awareness through delivering wellbeing talks.

Over the lifetime of this project we supported:

Category	Sessions	People
Outreach & Awareness Raising	1,637	32,925
Counselling Sessions	1,157	217
Mental Health Champion Support	817	182
Mental Health First Aid Training	24	335
Total	3,635	33,659

*For the project duration 2021 - 2025

Although the Hear to Project has now come to a close, ARCC is incredibly proud of the positive impact it made within Croydon's Asian community. The project created a safe and culturally sensitive space for individuals to talk openly, be heard, and access meaningful support. It played a key role in reducing stigma around mental health, promoting open conversations, and encouraging community wellbeing. While the project's delivery phase has ended, its legacy of compassion, inclusion, and empowerment continues to shape how we approach mental health support across our wider programmes.

ARCC are strongly advocating for the need of projects like Hear to Talk and exploring ways similar models can be funded and sustained in the future. This project demonstrated the impact of tailored and culturally informed services in delivering equitable access to mental health support that truly understands and reflects their experiences

SWL - EMHIP (Ethnicity & Mental Health Improvement Programme)

Over the past year EMHIP has continued to deliver direct, professional, culturally-sensitive mental health support to Black, Asian and Minority Ethnic (BAME) people across South West London. Our primary work has been intensive one-to-one emotional support, advocacy and casework, helping people in deep distress and depression to stabilise, access appropriate services, and move back toward daily life, work and family responsibilities. EMHIP workers provide sustained outreach, practical support (for example liaising with councils, workplaces and GPs on behalf of clients), crisis intervention and personalised wellbeing plans.

This hands-on, relational approach is the heart of what we do: trained EMHIP staff build trust with clients, listen to lived experience, reduce isolation, and create realistic pathways out of depression and crisis. Many people who came to us in acute need have reported improved mood, regained functioning and clearer futures after our sustained support.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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

Year ended 31 March 2025

As important complements to our core casework, we run group activities including arts and crafts workshops and reflective sessions that give clients safe spaces to express themselves, practise coping skills and build social connections. These creative sessions support recovery by promoting calm, confidence and peer support.

EMHIP is designed by and for the communities we serve; our staff are trained practitioners delivering culturally attuned, compassionate care. We continue to prioritise direct client work, crisis responsiveness, and community-based recovery approaches that respect cultural identity while improving access and outcomes for BAME people.

Key Priorities and Ongoing Areas of Focus

- Sustained one-to-one support & casework - continuing intensive, personalised work that stabilises clients and helps to positively impact their situation.
- Accessible Mental Health & Wellbeing Hubs - safe, community-based spaces for ongoing support.
- Improving Crisis Care and Choice - rapid, compassionate responses that keep people safe and supported.
- Reducing Coercion and Improving Client Experiences - advocacy and person-centred approaches across care settings.
- BAME-focused outreach and engagement - meeting people where they are and building trust through culturally aware practice. EMHIP's direct, professional intervention model demonstrates that culturally sensitive, relationship-based care is central to helping people recover from mental health issues and rebuild their lives.

Croydon Health Services NHS Trust - Equality Diversity & Inclusion Research

The Croydon Equality Diversity and Inclusion Project continues to build on our previous work by responding to the voice of the community and addressing the issues found during our original survey of 1000 participants. We have conducted focus groups and interviews with Croydon residents to establish the main issues that cause our communities to become disengaged with health services and what we can do to improve their participation in clinical research.

The main themes from our study has found that:

- Pharmacies are incredibly popular and valuable to the community
- Trust in the NHS, as an institution, is low in comparison to primary or secondary care services
- Our community is interested in alternative remedies
- Some of our residents feel that they are not listened to when accessing healthcare services
- Many in our community struggle to pay for services
- Our community do not know how to access clinical research programmes

The next stage of the programme looks to address these issues, with the use of a community champion and a series of events with NHS partners. Healthcare providers will engage with the community to learn first-hand their needs and concerns and for our residents to better understand our healthcare system and how best to engage with it.

Croydon Health Services NHS Trust - Maternity Champions Project

ARCC led a year-long, community-led research project exploring maternity disparities in Croydon. Over 300 women, primarily from ethnically diverse and underserved communities, shared their experiences through surveys, focus groups, and discussions.

The findings revealed clear gaps in maternity support: women felt unsupported, unheard, and isolated,

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Year ended 31 March 2025

particularly postnatal. Many reported language barriers, cultural misunderstandings, and a lack of follow-up care.

This led to the development of the Maternity Champions Project, a community-based model providing culturally sensitive, emotional, and practical support through trained community champions. This project is due to be implemented next year, with trained Champions, established referral and evaluation systems, and early client engagement, we intend to bridge the gap between clinical maternity services and the ongoing emotional, cultural, and practical support women need.

By the AGM, our Champions are supporting women, monitoring progress, and feeding back monthly to CUH. With the addition of the resource pack, annual survey, and wider collaborations, the programme is well-positioned to deliver long-term, measurable impact on maternity equity in Croydon.

Croydon Health Services NHS Trust - Gestational Diabetes

ARCC was delighted to collaborate with researchers from Kingston University and London South Bank University on a pioneering project exploring stigma surrounding gestational diabetes. The study aims to develop anti-stigma interventions that reflect the diverse experiences of women from different ethnic and language backgrounds, recognising that cultural perceptions play a significant role in how gestational diabetes is understood and managed.

As part of the project, ARCC supported community engagement and recruitment, helping to ensure the inclusion of women from Croydon's South Asian and wider ethnic minority communities. Plans include hosting focus groups at ARCC and co-facilitating sessions to provide a culturally sensitive, trusted environment where women can share their experiences. This collaboration reflects ARCC's continued commitment to community-led health research and addressing inequalities through inclusive, evidence-based approaches.

Developing an AntiRacist Health and Care System in South West London Community Engagement Project

KREC partnered with ARCC to deliver the Race and Equalities Community Engagement Project, exploring the experiences of minority communities when accessing health and care services across South West London. The project aimed to promote anti-racist practice and improve equity in healthcare.

We engaged with participants through surveys, focus groups and one-to-one interviews, capturing views from adults and children across Croydon, Sutton and Merton.

Findings revealed ongoing barriers to healthcare, including language challenges, difficulty using online booking systems, and limited cultural understanding among health professionals. Financial pressures such as prescription and travel costs were also key concerns. Children often felt anxious or uncertain when visiting doctors and wanted friendlier, faster experiences.

Despite these challenges, many participants praised NHS staff for their care and commitment. They called for clearer communication, more cultural awareness, and community-based health support.

This project offered valuable insight to guide KREC's continued advocacy for fair, accessible and culturally responsive healthcare across South West London.

UAL - The Abundance Project

We are proud to be a community partner in The Abundance Project, part of UKRI's Mobilising Community Assets to Tackle Health Inequalities programme. This national initiative aims to reduce

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Year ended 31 March 2025

deep-rooted health disparities in some of Britain's most disadvantaged communities by exploring how local assets such as parks, museums, and community organisations can be better integrated into healthcare systems to support wellbeing.

Through the Abundance Project, ARCC has been working collaboratively with partners across the arts, health, and research sectors to create spaces where everyone, regardless of background, feels included and supported in their mental health. Our involvement focuses on addressing inequalities in access to mental health care among different ethnic groups and championing an abundance mindset, one that celebrates the wealth of skills, strengths, and cultural assets that already exist within our communities. Working alongside a multidisciplinary research team, ARCC contributes to a community-led approach through one of the five Community Research Hubs, ensuring that the voices and lived experiences of local people remain at the heart of this work.

LBC - Croydon Loves You Project

As part of Croydon Council's Creative Wellbeing programme, Croydon Loves You, ARCC was proud to deliver a series of community-led events and workshops designed to promote wellbeing, connection, and creativity among older residents in Croydon's South Asian and wider BME communities. Funded through the Croydon Loves You Community Creative Wellbeing Grant, the project built on the legacy of Croydon's year as the London Borough of Culture, using arts and culture as a vehicle to strengthen community bonds and improve wellbeing.

Between July and September 2024, ARCC delivered a vibrant programme of gatherings, workshops, and celebratory events, all designed to bring people together, encourage creativity, and reduce social isolation. The project specifically engaged people aged 50 and over, many of whom are long-standing Croydon residents with roots in India, Pakistan, Bangladesh, and Sri Lanka. Through shared cultural experiences, creative learning, and social interaction, participants were supported to connect with others, learn new skills, and give back to their community aligning with the Five Ways to Wellbeing framework. ARCC ensured that all activities were inclusive, safe, and accessible, guided by strong safeguarding practices and a commitment to reaching those most impacted by health inequalities. Our involvement in the Croydon Loves You initiative reflects our ongoing mission to support the mental health and wellbeing of Croydon's diverse communities through meaningful, creative, and community-driven approaches.

LBC - Winter Engagement Fund

In 2024-25, ARCC delivered the Winter and Spring Engagement Fund in partnership with the Croydon BME Forum (CBMEF) on behalf of NHS South West London. This borough-wide initiative aimed to strengthen engagement with communities most affected by health inequalities, particularly those identified within the Core20PLUS5 population. As the lead partner, ARCC oversaw the coordination, management, and reporting of the programme, ensuring transparency, inclusion, and impact at every stage.

Together, ARCC and CBMEF designed and implemented a comprehensive delivery plan, which included promoting the fund across local networks, supporting community groups with applications, managing decision panels, and monitoring funded projects. Through this partnership, we ensured that grassroots organisations particularly those with limited capacity or prior access to funding were empowered to lead their own health and wellbeing initiatives.

The programme successfully funded a range of community-led activities designed to address key health and social challenges during the winter and spring months. By providing targeted support, hosting training sessions, and ensuring quality assurance, ARCC and CBMEF helped strengthen

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

Year ended 31 March 2025

Croydon's voluntary and community sector and contributed valuable insights to inform future NHS engagement strategies. This work reflects ARCC's continued commitment to reducing health inequalities, building community resilience, and amplifying the voices of underrepresented communities across Croydon.

LSBU - Stroke Awareness Project

In partnership with London South Bank University (LSBU) and the Croydon BME Forum, ARCC delivered a pioneering Stroke Awareness and Prevention Project aimed at improving understanding of stroke risk factors among Black, Asian, and minority ethnic communities in Croydon. The initiative focused on engaging adults aged 18-65 through focus groups and Patient and Public Involvement (PPI) sessions, ensuring that community voices directly informed research into health inequalities and stroke prevention.

ARCC played a central role in community engagement and recruitment, connecting with local residents who had either experienced a stroke or had not but were at potential risk. Participants were invited to share their experiences, perceptions, and knowledge about stroke, contributing to a wider mixed-method community-based study led by LSBU. The research explored levels of awareness, barriers to prevention, and the need for culturally sensitive health interventions.

The findings revealed that while awareness of general risk factors such as poor diet, stress, and lack of physical activity was relatively high, knowledge of gender-specific, ethnic, and lifestyle-linked risks remained limited. Participants highlighted the importance of community-led education, trusted local health champions, and accessible information to help prevent stroke in underrepresented communities.

This partnership project exemplified ARCC's ongoing commitment to reducing health inequalities and empowering communities through participatory research. By ensuring that local lived experience shaped academic and health outcomes, ARCC continues to bridge the gap between research, practice, and the communities most affected by health disparities.

GSK Impact Awards

In 2024, ARCC was proud to be recognised as a runner-up in the prestigious 2025 GSK IMPACT Awards, delivered in partnership with The King's Fund. The awards celebrate excellence among charities working to improve health and wellbeing across the UK, with a record number of applicants participating that year. Being shortlisted as one of only fifteen organisations nationwide was a major achievement and testament to ARCC's commitment to tackling health inequalities, promoting community wellbeing, and amplifying the voices of marginalised groups. As a runner-up, ARCC received national recognition and a grant award, highlighting our impact and innovation in supporting Croydon's diverse communities through holistic, community-led approaches to health and social care.

LBC - Household Support Fund

ARCC supported vulnerable Croydon residents through the Household Support Fund, providing essential assistance to those facing financial hardship. The fund helped individuals and families struggling to afford food, energy, and water bills, and in exceptional circumstances, contributed towards urgent housing costs where other support schemes were insufficient.

Sporting Memories

Now in its fourth year, ARCC's Sporting Memories Club continues to make a meaningful difference to the lives of older adults in Croydon by using the joy of sport and shared memories to support mental

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

Year ended 31 March 2025

and physical wellbeing. Delivered in partnership with the Sporting Memories Foundation, the weekly sessions at Peony Court Care Home bring together men over 60, including those living with dementia, depression, or loneliness, to reminisce about sport, enjoy gentle exercise, and build social connections in a supportive environment.

This year, the group particularly enjoyed a special visit to Wembley Stadium, where participants explored the history of British football and learned about some of the sport's most iconic players and moments. The trip inspired lively discussion and nostalgia, reflecting the power of sport to spark connection, confidence, and a sense of belonging. Through activities such as quizzes, light exercise, and shared memories, the project continues to promote health, happiness, and community among older men in Croydon.

Food & Luncheon Club

Now in its sixth year, ARCC's Food & Luncheon Club continues to tackle food poverty and isolation among low-income families and older residents in Croydon. Delivered in partnership with FareShare and The Felix Project, the club provides nutritious surplus food and hot meals each week at Norbury Library Community Hall for a nominal fee. Beyond offering food, the club creates a warm, social space where members can connect, share experiences, and access wider support. Regular health checks, wellbeing talks, and community consultations are also integrated into the sessions, helping participants stay informed and engaged while building friendships and confidence.

Navratri Celebrations 2024

In 2024, ARCC proudly hosted its Third annual Navratri celebration, bringing together over 1,200 people from Croydon and neighbouring boroughs for South London's largest Navratri event. Led by ARCC Chair Jay Patel and held at the Grand Sapphire, the evening featured traditional Garba and Dandiya Raas dances, live music, cultural performances, and authentic regional cuisine. The celebration showcased the rich heritage and vibrant spirit of the festival while fostering unity, joy, and cultural pride across the community.

Eid in the Square

We are proud to share that our CEO has served as a member of the Eid on the Square Community Advisory Group for the past three years. This high-profile annual festival, held at Trafalgar Square and spearheaded by the Greater London Authority in partnership with Muslim-led grassroots organisations, celebrates Eid al-Adha with live music, cultural workshops, food stalls and community engagement. Through this leadership role, ARCC's voice is firmly positioned at the heart of one of London's largest multicultural celebrations reinforcing our ongoing commitment to promoting diversity, community cohesion, and the cultural wellbeing of London's BAME communities.

Business Forum

ARCC's Business Forum is a dynamic platform that brings together entrepreneurs, local enterprises and community organisations to connect, collaborate and grow. Established to strengthen Croydon's business community, the Forum provides opportunities for professionals to exchange ideas, share expertise and explore partnerships that drive innovation and sustainable growth.

During the year, ARCC hosted two successful networking events, one at Croydon Town Hall and another at Ayat Kitchen, each attracting a diverse mix of local businesses and professionals. These events offered valuable spaces for open discussion, collaboration and knowledge-sharing, helping to strengthen relationships across sectors and highlight the contribution of Croydon's business community to local development.

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

Year ended 31 March 2025

Through the Business Forum, ARCC continues to foster inclusive economic growth and community resilience; supporting local enterprises while championing a thriving, connected Croydon. The Forum also plays a key role in linking the business community with the voluntary and community sector, encouraging socially responsible practices and partnerships that align with Corporate Social Responsibility (CSR) principles and deliver positive local impact.

Friends Coffee Morning

ARCC relaunched our flagship Friends Coffee Mornings this year, which plays a vital role in combating social isolation among older Asian adults in Croydon. This initiative is a result of community demand and co-produced by our members and our Project Advisory group. Our research has found that older people from South Asian communities are increasingly experiencing loneliness as traditional family care patterns change often due to shifting cultural attitudes and younger generations moving abroad.

In response, our Friends Coffee Mornings offer a welcoming, community-based space where older residents can come together to socialise, stay active and improve their wellbeing. The sessions combine social connection with engaging activities such as gentle exercise, arts & crafts, mindfulness and educational workshops. The programme not only promotes physical and mental health but also nurtures a sense of belonging and friendship among participants who might otherwise feel isolated.

ICS - Working in SWL Health & Social Care

In May 2024, ARCC partnered with Integrated Care Support Services to co-host a virtual session on "Working in SWL Health and Social Care". The event aimed to raise awareness of employment opportunities within the health and social care sector, particularly for roles with low barriers to entry such as Care Coordinators, Social Prescribers, Administrators, and Support Workers.

Our session formed part of a wider borough-based series delivered across South West London, promoting accessible pathways into the sector and highlighting how the voluntary and community sector can support career development. ARCC's involvement helped connect Croydon residents to local training, volunteering, and job opportunities, empowering individuals to explore rewarding roles that contribute to community wellbeing.

AGM 2023/24

Celebrating our 25th year as a community infrastructure group supporting the Asian and minority communities in South West London. ARCC held our Annual General Meeting on Thursday 24th October 2024 at the prestigious Grand Sapphire. Audiences got to hear about the variety of projects we delivered, our achievements and our plans for the future.

We were joined by a cross section of the community including individuals, community organisations, businesses, and many other statutory organisations from the borough. Our list of speakers included The Executive Mayor of Croydon Jason Perry, Rachel Flagg (Programme Director, One Croydon Alliance, NHS SWL ICB) as well as colleagues from the Home Office presenting to the community.

Other Activities & Events

ARCC received a small grant from RM Partners for Community HPV Vaccine Awareness activities and events that support local people to stay healthy and well. ARCC delivered two talk sessions where we asked groups to raise awareness about the HPV vaccine and its role in cancer prevention. This programme was part of the RM Partners cancer prevention strategy.

ARCC also took part in various other activities and events throughout the past year including

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

Year ended 31 March 2025

representing the Asian community on Armistice Day, holding a stall at the Park Hill Showcase Event, invited to be a guest speaker at The Dialogue Society Iftar Event, attendance at the Croydon Dementia Action Alliance Workshop , guest speaker at Croydon Health Services NHS Trust AGM and holding a Focus Group for 65+ on behalf of Public Health.

ARCC was delighted to partner with the Grand Sapphire Hotel and Banqueting suites in their annual Chand raat event by hosting a stall to raise funds for our charity. The event brought together thousands of guests, offering an evening of shopping, food, live entertainment and cultural celebration ahead of Eid.

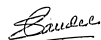
Small company provisions

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

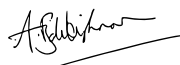
The trustees' annual report was approved on 13th November 2025 and signed on behalf of the board of trustees by:



Jay Patel - Chair
Trustee



Dr. Suraj Paudel - Treasurer
Trustee



Ash Balakrishnan - Secretary
Trustee

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 2025

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 2025.

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

Begg Williamson & Co
Chartered Certified Accountants
24 Church Road
Crystal Palace
London
SE19 2ET 17th November 2025

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2025

			2025		2024
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	5,365	688,601	693,966	746,781
Charitable activities	6	288	—	288	165
Other trading activities	7	34,128	6,600	40,728	54,735
Investment income	8	1,137	—	1,137	848
Total income		<u>40,918</u>	<u>695,201</u>	<u>736,119</u>	<u>802,529</u>
Expenditure					
Expenditure on charitable activities	9,10	<u>580</u>	<u>731,136</u>	<u>731,716</u>	<u>769,923</u>
Total expenditure		<u>580</u>	<u>731,136</u>	<u>731,716</u>	<u>769,923</u>
Net income and net movement in funds		<u>40,338</u>	<u>(35,935)</u>	<u>4,403</u>	<u>32,606</u>
Reconciliation of funds					
Total funds brought forward		<u>160,235</u>	<u>437,309</u>	<u>597,544</u>	<u>565,028</u>
Total funds carried forward		<u>200,573</u>	<u>401,374</u>	<u>601,947</u>	<u>597,634</u>

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

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Statement of Financial Position *(continued)*

31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible fixed assets	16	3,930	4,404
Current assets			
Debtors	17	122,464	70,212
Cash at bank and in hand		515,901	723,700
		<u>638,365</u>	<u>793,912</u>
Creditors: amounts falling due within one year	18	<u>40,348</u>	<u>200,682</u>
Net current assets		<u>598,017</u>	<u>593,230</u>
Total assets less current liabilities		<u>601,947</u>	<u>597,634</u>
Net assets		<u><u>601,947</u></u>	<u><u>597,634</u></u>
Funds of the charity			
Restricted funds		401,374	437,309
Unrestricted funds		<u>200,573</u>	<u>160,325</u>
Total charity funds	21	<u><u>601,947</u></u>	<u><u>597,634</u></u>

For the year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

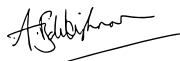
- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation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

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

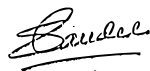
These financial statements were approved by the board of trustees and authorised for issue on 13th November 2025, and are signed on behalf of the board by:



Jay Patel - Chair
Trustee



Ash Balakrishnan - Secretary
Trustee



Dr. Suraj Paudel - Treasurer
Trustee

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2025

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 2025

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

Income

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 2025

3. Accounting policies *(continued)*

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 Detailed Statement of Financial Activities

Year ended 31 March 2025

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.

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2025

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Gifts			
The King's Fund -GSK Impact Award	4,000	—	4,000
Grants			
LBC -Counselling in the Community	—	16,666	16,666
NHS South Central & West CSU - MMR TT	—	—	—
One Croydon Alliance - VCS Leadership	—	4,893	4,893
LBC - Household Support Fund	—	153,000	153,000
Royal Marsden NHS foundation	—	—	—
One Croydon Alliance - Community Facilitator	—	34,684	34,684
Peoples Health Trust	—	—	—
Croydon Health Service - Maternity	—	20,000	20,000
Croydon Health Services - EDI Research	—	14,000	14,000
EMHIP	—	88,852	88,852
SWL ICS -Core 20 plus connector	—	44,797	44,797
SWL NHS - Care home connector project	—	—	—
NHS SWL ICB - Hear to Talk	—	108,550	108,550
NHS SWL ICS - CHWW	—	88,593	88,593
NHS SWL ICS -LTC & EPP	—	78,014	78,014
University Arts London - Abundance Project	—	10,372	10,372
NHS SWL ICS - CKD	—	26,180	26,180
One Croydon Alliance -community facilitator	—	—	—
Other donations and legacies			
Donations	1,365	—	1,365
	<u>5,365</u>	<u>688,601</u>	<u>693,966</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Grants			
LBC -Counselling in the Community	—	1,500	1,500
NHS South Central & West CSU - MMR TT	—	10,000	10,000
One Croydon Alliance - VCS Leadership	—	—	—
LBC - Household Support Fund	—	—	—
Royal Marsden NHS foundation	—	66,577	66,577
One Croydon Alliance - Community Facilitator	—	173,981	173,981
Peoples Health Trust	—	2,693	2,693
Croydon Health Service - Maternity	—	—	—
Croydon Health Services - EDI Research	—	29,250	29,250
EMHIP	—	88,852	88,852
SWL ICS -Core 20 plus connector	—	15,947	15,947
SWL NHS - Care home connector project	—	92,728	92,728
NHS SWL ICB - Hear to Talk	—	—	—
NHS SWL ICS - CHWW	—	11,321	11,321
NHS SWL ICS -LTC & EPP	—	160,600	160,600
University Arts London - Abundance Project	—	—	—
NHS SWL ICS - CKD	—	26,180	26,180
One Croydon Alliance -community facilitator	—	66,130	66,130

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

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Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2025

Other donations and legacies

Donations	1,022	–	1,022
	<u>1,022</u>	<u>745,759</u>	<u>746,781</u>

6. Charitable activities

	Unrestricted Funds	Total Funds 2025	Unrestricted Funds	Total Funds 2024
	£	£	£	£
Gift Aid	<u>288</u>	<u>288</u>	<u>165</u>	<u>165</u>

7. Other trading activities

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Other Revenue	<u>34,128</u>	<u>6,600</u>	<u>40,728</u>
	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Other Revenue	<u>51,135</u>	<u>3,600</u>	<u>54,735</u>

8. Investment income

	Unrestricted Funds	Total Funds 2025	Unrestricted Funds	Total Funds 2024
	£	£	£	£
Interest receivable	<u>1,137</u>	<u>1,137</u>	<u>848</u>	<u>848</u>

9. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Management & admin costs	–	147,803	147,803
Project delivery & grant funding	–	21,584	21,584
Support costs	<u>580</u>	<u>561,749</u>	<u>562,329</u>
	<u>580</u>	<u>731,136</u>	<u>731,716</u>
	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Management & admin costs	–	175,629	175,629
Project delivery & grant funding	–	41,567	41,567
Support costs	<u>2,660</u>	<u>550,067</u>	<u>552,727</u>
	<u>2,660</u>	<u>767,263</u>	<u>769,923</u>

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Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2025

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Grant funding of activities £	Support costs £	Total funds 2025 £	Total fund 2024 £
Management & admin costs	147,803	–	467,663	615,466	662,502
Project delivery & grant funding	–	21,584	43,349	64,933	79,476
Legal & professional	–	–	47,138	47,138	24,056
Depreciation	–	–	1,310	1,310	1,468
Governance costs	–	–	2,869	2,869	2,421
	<u>147,803</u>	<u>21,584</u>	<u>562,329</u>	<u>731,716</u>	<u>769,923</u>

11. Net income

Net income is stated after charging/(crediting):

	2025 £	2024 £
Depreciation of tangible fixed assets	<u>1,310</u>	<u>1,468</u>

12. Auditors remuneration

0 0

13. Independent examination fees

	2025 £	2024 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,400</u>	<u>2,200</u>

14. Staff costs

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

	2025 £	2024 £
Wages and salaries	428,962	454,195
Employer contributions to pension plans	8,469	9,144
	<u>437,431</u>	<u>463,339</u>

The average head count of employees during the year was 17 (2024: 9).

No employee received employee benefits of more than £60,000 during the year (2024: 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 Detailed Statement of Financial Activities

Year ended 31 March 2025

16. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2024	33,926
Additions	836
At 31 March 2025	<u>34,762</u>
Depreciation	
At 1 April 2024	29,522
Charge for the year	1,310
At 31 March 2025	<u>30,832</u>
Carrying amount	
At 31 March 2025	<u>3,930</u>
At 31 March 2024	<u>4,404</u>

17. Debtors

	2025 £	2024 £
Trade debtors	118,114	39,966
Other debtors	4,350	30,246
	<u>122,464</u>	<u>70,212</u>

18. Creditors: amounts falling due within one year

	2025 £	2024 £
Bank loans and overdrafts	1,289	–
Accruals and deferred income	37,850	155,000
Social security and other taxes	7,002	–
Other creditors	(5,793)	45,682
	<u>40,348</u>	<u>200,682</u>

19. Deferred income

	2025 £	2024 £
Amount deferred in year	<u>35,850</u>	<u>153,000</u>

20. 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 £8,469 (2024: £9,144).

ASIAN RESOURCE CENTRE OF CROYDON LIMITED

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2025

Unrestricted funds

	At 1 April 2024	Income	Expenditure	At 31 March 2025
	£	£	£	£
Unrestricted Fund	<u>160,235</u>	<u>40,918</u>	<u>(580)</u>	<u>200,573</u>

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
Unrestricted Fund	<u>109,815</u>	<u>53,170</u>	<u>(2,660)</u>	<u>160,325</u>

Restricted funds

	At 1 April 2024	Income	Expenditure	At 31 March 2025
	£	£	£	£
Restricted Fund	<u>437,309</u>	<u>695,201</u>	<u>(731,136)</u>	<u>401,374</u>

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
Restricted Fund	<u>455,213</u>	<u>749,359</u>	<u>(767,263)</u>	<u>437,309</u>