



MULTICULTURAL RESOURCE CENTRE

ANNUAL REPORT AND ACCOUNTS FOR THE YEAR ENDED DECEMBER 31 2022

**We offer Free
culturally sensitive
emotional support in
Greater Manchester.**

Callers may speak to us in Asian languages
(Gujarati, Punjabi, Hindi, Bangla and Urdu)
or English.

Please contact. 07708628455
Multicultural resource centre
Out of hour support
Monday to Friday 5 pm till 8 pm
Saturday - Sunday 11am - 5 pm

Counselling
Guided self help
Social prescribing

Bereavement support
Mindfulness
Brief intervention 16:29



Multicultural Resource Centre
ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED December 31 2022

Imtiaz Patel Manager

Trustees

Abid Bukhari	Chair
Abdul Karim Shakoor	Treasurer
Razia Shamim	
Imtiaz Ahmed	
Sajid Mahmood	

Nighat Amini Session Worker

Volunteers

Sidra Afzal
Mrs Rani Akbar
Abdul Samad
Shagufta Jabeen
Gulfraz
Kausar Haq
Sabir Raza
Khalid Rehan

REGISTERED OFFICE
25 Lonsdale Avenue
Rochdale
OL16B 5HP

ACCOUNTANTS & INDEPENDENT EXAMINERS

S. A. K. Accountancy Services
105 Greatstone Road
Stratford
Manchester M16 0HE

BANKERS

TSB Lloyds

Multicultural Resource Centre
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED DECEMBER 31 2022

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED DECEMBER 31 2022

The Trustees present their annual report together with the financial statements of the charity for the year ended December 31 2022.

REPORTING FRAMEWORK

The financial statements comply with the Charities Act 2011, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: 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 (FRS102) (effective 1 January 2019), referred to as the Charities SORP (FRS 102) (second edition – October 2019).

Mission

"To serve our community, Arts and Health and improve the quality of life of our residents. "

Objectives and Activities

Participation and quality innovative provisions

Activities.

To promote cohesion, engagement, and employment opportunities for the local communities.

Health and well-being

Our aim is to promote Health and well-being and improve local people's participation in Healthy lifestyle activities

Activities through informal education and support.

We promote social inclusion and community cohesion and support local communities those facing barriers due to age, health, language, disability etc.

Education training and volunteering

We develop and enhance the skills of local communities through lifelong learning, education and training provisions for everyone - promoting confidence in learning skills.

We work very closely with local communities, statutory and voluntary agencies to promote safety,

Health Information and guidance

We provide health information through our Community Health Information Shop in different languages.

Achievements and performance

Charity is confident and proud in meeting all objectives set.

Financial review

Financial position of the organisation is stable and strong. All objectives are being met on target and according to set budgets. All projects were delivered in accordance with funding and grants conditions.

The Charity is intending to increase its fund-raising activities to expand activities and services to local communities. Charity is exploring funding avenues to develop staffing by core funding. The Charity has also continuously updated its financial management and all other policies and procedures and monitors its functions during Board meetings.

Statement of trustee's responsibilities

The trustees are responsible for preparing the trustee's annual report and the financial statements in accordance with applicable law and United Kingdom generally accepted accounting practice. Select suitable accounting policies and then apply them consistently. Observe the methods and principles in the charities SORP. State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and Prepare financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.



Projects:

1. Culturally appropriate fund innovation

The project will be delivered by our freelance session worker and therapist.

We have consulted 3 organisations to deliver Mental Health awareness sessions to their members in Werneth, Oldham. After the sessions South Asian Men's group in Oldham which will be developed as Creative writing and Mental Wellbeing group (poeMHealth). Poetry will be used as a medium to raise awareness. The creative arts form a large part of the South Asian culture and a positive way of attracting attention to the otherwise taboo topic of mental health.

The project will complete in 2023.

2. Community Champions grant

Our project worker worked with two volunteers to complete the survey questionnaire.

The project was carried out with three groups in Rochdale, two groups in Bolton and survey link and explanation via Whatsapp to all our existing clients, across Greater Manchester, to over 300 people.

3. 5 Ways to Wellbeing banners

To deliver 30 sessions based on the five ways to wellbeing

to 36 people from South Asian communities in Oldham and Rochdale. Produce five pullup banners.

The project will complete in 2023.

4. Making Connections. Queen's Jubilee Fund

Project worker will work with 6 volunteers from Rochdale, Oldham, and Rochdale and our Youth Wing members.

The launch event in May will be held in local community venue.

The project will deliver 3 main activities:

Street and indoor games of 1950's of Indian Sub-continent, young and older people will be together and have a go on games such as Ludu, is a strategy board game for two to four players and Caromboard, is a cue sport-based tabletop game of South Asian origin.

We have linked with three luncheon clubs and two youth clubs to take part.

Three tournaments will be organised in two years.

Poetry writing and reading, 10 writing workshops will take place with professional poet and young poetry lover people. Three live poetry reading events will be held where young and old poets will perform.

10 sessions of Storytelling and recording, young people will be given informal training to record the stories of older people's migration experiences.

The project will complete in 2024.

5. BAME Elders Project

BAME Elders Project will focus on empowering 50yrs+ South Asian women in Rochdale by increasing their awareness on relevant issues and enabling access to mainstream services for help with issues around isolation, poverty, health & safety.

The project will complete in 2023.

6. Out of Hours Mental Health Support

The project provided out of hours mental health support specifically for people living within Greater Manchester from the BAME community. It was provided in various languages over the phone, online and face2face.

7. Digital Resource Pack

Project worker with volunteers developed 5 printed and digital resource packs based on 5 Ways of Wellbeing, 5 videos of mental wellbeing in Urdu language. The aim was to educate and build abilities to focus on mindfulness, stress, anxiety, our own mental health. These packs will provide different resources for more information on this topic, as well as a variety of exercises people can easily do at home.

8. Weekend and evening therapy sessions

The evening and weekend mental health support specifically for people living within Greater Manchester from the BAME community. It was provided in various languages over the phone, online and face2face.

9. Dementia Resources

The project will develop and produce 100 sets of resource pack in English and different languages covering the main topics.

Information about:

Apps that Support Mental Health:

Compassionate Mind Exercises

Living Life to the Full Worksheets :

Mental Health Helplines

List of helplines collated by the NHS:

The project will complete in 2023.

10. Wellbeing Resources

Develop Health and Wellbeing Resource Pack in English, Urdu, and Bangla languages for BAME Elderly people with long term conditions

11. Digital Technology Training

The project is to work with South Asian Older people to have training on how to use digital technology.

The project will complete in 2023.

The year 2022 was very busy and successful. We have lots of projects for next year.

FUNDING 2022

GMCVO	23,425
Actiontogether	12,250
Rochdale M B Council	500
Community Fund	9,000
Queen Jubilee Fund	22,790
Anton	1,000
Arnold	1,000
Tesco	1,000
Morison	4,500



Independent examiner's statement

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 that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts 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.

S. A. K. Accountancy Services
105 Greatstone Road
Stratford
Manchester M16 0HE



MULTICULTURAL RESOURCE CENTRE
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31ST December 2022

	£	
Balance B/F		39,802
Receipts		
Community Fund	9,000	
Morison Foundation	4,500	
Rochdale Borough Council	500	
TNL Community Fund	22,790	
Anton Jurgens Charitable Trust	1,000	
Actiontogether	12,250	
GMCVO	23,425	
Arnold Clark Community Fund	1,000	
Tesco Community Grant	1,000	
HLF	1,859	
Fee	4,496	
Donation	7,715	
Total available funds		129337
<u>Deduct expenditure</u>		
Community Fund	9,009	
TNL Community Fund	15,273	
Action together	5,184	
GMCVO	10,758	
Morison Foundation	871	
Arnold Clark Community Fund	91	
Tesco Community Grant	45	
Autotrader	903	
Loan Shark	4,307	
RMBC	700	
HFL	1,861	
Office expenses	233	
Accountants fee	150	
Food parcels	997	
		50382
Surplus Represented by Bank Account	<u>78,955</u>	

Prepared from the records and information supplied by
The members of Multicultural Resource Centre, without verification thereof.