



MULTICULTURAL RESOURCE CENTRE

ANNUAL REPORT AND ACCOUNTS FOR THE YEAR ENDED DECEMBER 31 2023

Charity number 1127743

Administrative information
Trustees annual report
Statement of financial activities

LANGUAGE OF MY HEART
**Oral History Project to record
the achievements of Memon
and Gujrati communities .**



Mohammed Iqbal

**Consultant Neuro-Otologist at
NHS**



**More information
Please contact.
Imtiaz Patel
07708628455**



Made possible with

**Heritage
Fund**

Multicultural Resource Centre
ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED December 31 2023

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
Virgin Money

Multicultural Resource Centre
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED DECEMBER 31 2023

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED DECEMBER 31 2023

The Trustees present their annual report together with the financial statements of the charity for the year ended December 31 2023.

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.



As a community our literary heritage is an important part of our cultural identity

The literary heritage of British Gujarati and Memon communities of Greater Manchester is half a century old. Language of my Heart is to identify the main feature of the literary heritage we brought with us from India, Pakistan, and Africa. This heritage will be documented in the form of a bilingual (Gujarati-English languages) book and exhibition panels.

If you want to be a part of this project, please contact
Imtiaz Patel
07708628455



LANGUAGE OF MYHEART



Projects:

1. Culturally appropriate fund innovation

The project was delivered by our freelance session worker and therapist.

We have consulted 3 organisations to deliver Mental Health awareness sessions to their members in Oldham. After the sessions South Asian Men's group in Oldham which was developed as Creative writing and Mental Wellbeing group). Poetry was used as a medium to raise awareness. The creative arts for 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 was delivered in Rochdale Oldham and Greater Manchester.

More funding was secured in 2023 to continue the project. This year it will be in Rochdale and GM.

The project will complete in 2024.

2. Language of my Heart

Interviews will be conducted with a group of elders from the first generation by young volunteers to identify the main feature of the literary heritage they brought with them from India, Pakistan, and East Africa. This will be explained to the second and the third generations of the British Gujarati and Memon community through English because their knowledge of Gujarati and Memon language is limited.

A group of young people will be involved in the field work. There will be workshops to develop their skills of preparing questionnaires, recording interview and collecting data. We will undertake this to study the literary heritage of the first generation of Gujarati and Memon migrant settled in the 1960s. This heritage will be documented in the form of a bilingual (Gujarati-English languages) book. The book will

include samples of the Gujarati poetry and Memon folk songs.(literary archive materials)

The project will also identify the 1st generation role models within the community.

We will collect 30 stories, print one booklet, one launch event, three musical events and three poetry events in Manchester, Bolton and Oldham.

The project will complete in 2025

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.

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 focused 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.

6. 5 ways to Wellbeing and social media

Designing social media posters by participants during evaluation after each session.

Multicultural Resource Centre will deliver 30 sessions with Session worker and our 4 volunteers who were shadowing last year's project. based on 5 ways of wellbeing, to three Groups in Rochdale 2 in Bolton. Much of the work of Multicultural Resource Centre does falls into psychosocial support for our beneficiaries whether it be Arts activities, Online support, out of hours mental health counselling or more direct Wellbeing delivery. The Project will finish in 2024.

7. Dementia Resources

The project was to 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:

8. Wellbeing Resources

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

9. Digital Technology Training

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

10. Volunteers Celebration

After working in community since 2000, we have realized that not all the people go to community centres or visit local groups. There are many people who don't know what is happening in the community. So, we have decided to target those people by encouraging our volunteers by street event at local travel shop where we have our exhibition time to time.

11. Volunteers Training

5 volunteers and 1 staff member had training about Connect 5 and Cultural Competence. Volunteers were also given handouts and two volunteers had an opportunity to shadow in our other projects. Volunteers also worked with their groups in two community centres to give sessions to luncheon club members.

The other benefits:

1. Increased confidence in talking about mental health
2. Increased knowledge about mental health symptoms
3. Increased awareness about mental health for the participants
4. Increased confidence to offer signposting and support to those struggling

12. Autism and Arts

We delivered:

10 arts workshops and three awareness sessions to the local community groups. The awareness sessions were attended by 67 people.

The workshops attended by 26 children and adults with autism and learning disabilities.

We produced pull up banners which are in local community centre where carers and children meet twice a month.

19 carers also attended. We have also made linked with local Autism project and now 14 carers all women have developed group called Autism Family Support Group which is the first Asian Group in Greater Manchester.

13. LLTTF and RYL Sessions were delivered to local groups in Rochdale, and Oldham.

14. COMMUNITY ENGAGEMENT CHAMPIONS

Community Engagement Champions with training and support, help improve the health and wellbeing of their families, communities, and workplaces. They will motivate and empower people to get involved in health-promoting activities.

The champions will have five points, informing, consulting, involving, collaborating, and empowering different communities.

The trained Champions will have expertise in collaboration, consultation and communication, which will be chance of participation with different community groups.

The project will complete in 2024.

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 2023

	£	
Balance B/F		<u>78,955</u>
Receipts		
VVUK	2,001	
Actiontogether	360	
Rochdale Borough Council	1,750	
TNL Community Fund	9,850	
Auto Traders	950	
Queen Jubilee Fund	18,200	
GMCVO	8,229	
True Colours	<u>4,125</u>	
LLTTF Fund	2,400	
Fee	2,325	
Donation	4,935	
 Total available funds	 •	 134080
 <u>Deduct expenditure</u>		
TNL Community Fund	4,981	
Queen Jubilee Fund	9,802	
Action together	7,427	
GMCVO	12,601	
Morison Foundation	3,785	
Arnold Clark Community Fund	911	
Tesco Community Grant	959	
Autotrader	957	
True Colours	4,127	
Anton	1,007	
RMBC	750	
HFL	10,345	
Office expenses	1,121	
Accountants fee	150	
Food parcels	3,021	
Other projects	2,167	
		 64111
 Surplus Represented by Bank Account		 <u>69,969</u>