ENFIELD SAHELI

England & Wales · Charity number 1129308

Details

Status	Registered
Legal form	Charitable company
Company number	06663604
Registered	2009-04-24
Register	View on the Charity Commission register

Contact

Address	Community House 311 Fore Street London N9 0PZ
Phone	02083736218
Email	info@enfieldsaheli.org
Website	www.enfieldsaheli.org

Activities

Objects: THE OBJECTS OF THE CHARITY ARE, FOR THE PUBLIC BENEFIT, IN PARTICULAR BUT NOT EXCLUSIVELY IN LONDON:- TO RELIEVE POVERTY AMONGST WOMEN, IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF ADVICE AND INFORMATION RELATING TO WELFARE, BENEFITS, FINANCES AND OTHER RELATED MATTERS, WITH THE AIM OF ENABLING WOMEN TO ACCESS THE RANGE OF WELFARE SERVICES AND SUPPORT AVAILABLE AND MAKE CONSIDERED CHOICES ON ISSUES RELATING TO THEIR OWN LIVES AND THEIR CHILDREN'S FUTURES;- TO ADVANCE EDUCATION AMONGST WOMEN, IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF CLASSES IN ENGLISH LANGUAGE AND COMPUTER SKILLS; AND- TO RELIEVE THE NEEDS, DISTRESS AND SUFFERING OF WOMEN AND THEIR CHILDREN WHO HAVE BEEN MALTREATED OR ABUSED, AND OF WOMEN SUFFERING FROM MENTAL ILL-HEALTH, SOCIAL ISOLATION OR RELATED PROBLEMS, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING COUNSELLING, ADVOCACY, GROUP ACTIVITIES AND RELATED SUPPORT.

Activities: Every Woman in crisis or entering a new phase of her life or wants to develop her dreams. Provide non-judgemental support and information to empower women to make choices, Offer services rooted in realities and dreams of women. Support women who are recovering/suffering from mental illness or experiencing physical, emotional, financial or domestic abuse. Support Groups, Counselling, Outreach work.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL.
- Barnet
- Enfield
- Haringey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£166,946	£186,209	-	-
2024-03-31	£222,629	£228,205	-	-
2023-03-31	£182,358	£181,349	-	-
2022-03-31	£186,882	£181,298	-	-
2021-03-31	£173,403	£118,576	-	-

Trustees

Name	Role	Appointed
ESTHER MARY MCLAUGHLIN	Chair	2012-08-09
BALBIR WANT		
Savita Bansal		2021-05-17
Sheila Gandecha		2021-02-04
Swapna Toley		2018-10-18

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ENFIELD SAHELI

England & Wales - Charity number 1129308

Accounts

ENFIELD SAHELI

Registered Charity and Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31ST MARCH 2025

Charity number: 1129308
Company number: 6663604

ENFIELD SAHELI
YEAR ENDED 31ST MARCH 2025

Registered Charity Number :1129308
Registered Company Number: 6663604

Principal address:

311 Fore Street
Community House
Edmonton
London N9 0PZ

Directors and Trustees:

Esther McLaughlin (Chairperson)
Balbir Want
Swapna Toley
Sheila Gandecha
Savita Bansal
Raga D'Silva (Resigned 31st March 2025)

Company Secretary
Krishnagauri Pujara

Governing document:

Enfield Saheli is a private limited company number 6663604 governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under a new number 1129308 The charity is operated under the rules of its Memorandum of Articles and Association.

Bankers:
Barclays Bank PLC
Lloyds Bank

Independent Examiner and Accountant:

Balancesheets & More
Chartered Accountants
Premier Business Centre
47-49 Park Royal Road
London
NW10 7LQ

ENFIELD SAHELI

FINANCIAL ACCOUNTS

FOR YEAR ENDED 31ST MARCH 2025

CONTENTS

Pages

4-20. Trustees and Staff Report

21. Independent Examiners Report

22. Statement of Financial Activities

23. Balance Sheet

24-26. Notes to the Accounts

Enfield Saheli Report of the Directors and Trustees
For the year ended 31 March 2025

The trustees are pleased to present their annual directors' report for the year ending 31st March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, 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 (FRS 102) (effective 1 January 2015)

Introduction

Enfield Saheli is a specialist women's organisation committed to supporting women, children, and families affected by domestic abuse, mental health challenges, and social isolation. We work with women from all communities, recognising that some groups may face additional barriers when seeking help.
Established to provide safe, culturally sensitive, and trauma-informed support, Enfield Saheli places women's voices, choices, and wellbeing at the heart of everything we do. Our services are designed to empower women to make informed decisions, rebuild confidence, and move towards safer, healthier, and more independent lives.

Our Vision

A society where women and children live free from abuse, fear, and inequality, and are able to thrive with dignity and independence.

Our Mission

To provide accessible, culturally appropriate, and holistic support to women and children experiencing domestic abuse and mental health challenges, enabling them to feel safe, heard, and empowered.

Who We Support

- Women experiencing domestic abuse, including emotional, physical, financial, and coercive control
- Women facing mental health and wellbeing challenges
- Women with complex needs, including immigration issues, language barriers, housing insecurity, and financial hardship
- Children affected by domestic abuse, directly or indirectly

Our Approach

- Trauma-informed practice
- Cultural competence and sensitivity
- Empowerment and choice
- Confidentiality and trust
- Partnership working

Our Reach

During 2024–25, Enfield Saheli delivered services across Enfield and surrounding boroughs, supporting women through one-to-one advocacy, group work, outreach, and partnership-based interventions.

The Need in 2024–25

During the period April 2024 to March 2025, Enfield Saheli experienced a continued and growing demand for specialist support services for women and children affected by domestic abuse and poor mental wellbeing.

Rising Demand and Increasing Complexity:
Women seeking support during this year presented with multiple and intersecting needs. Alongside domestic abuse, many women experienced mental health challenges, housing insecurity, financial hardship, social isolation, and, in some cases, insecure immigration status. The complexity of cases has increased significantly, requiring longer-term and more intensive support.

The ongoing cost-of-living crisis has further exacerbated pressures on women and families. Many women reported increased financial control, economic abuse and heightened conflict within households, which in turn increased risks to their safety and wellbeing.

Barriers Faced by Women:
Women from diverse communities may face additional barriers when accessing support, including fear of stigma, language and communication challenges, limited awareness of rights and services, and concerns around immigration status.

Barriers Faced by Women from Diverse Communities

Women from Black, Asian and Minority communities continue to face additional barriers when accessing support, including:

- Fear of Stigma or community judgement
- Language and communication barriers
- Limited awareness of rights and available services
- Concerns around immigration status and no recourse to public funds
- Lack of culturally appropriate support

These barriers often delay help-seeking, leaving women at greater risk by the time they reach specialist services.

Impact on Mental Health and Wellbeing:
Domestic abuse and prolonged stress have a significant impact on women's mental health. Many women supported by Enfield Saheli reported symptoms of anxiety, depression, trauma, and low self-esteem. Children living in affected households are also impacted emotionally and psychologically.

Access to timely, trauma informed mental health and emotional support remains critical, particularly for women who may struggle to engage with mainstream services.

Pressure on Specialist Services:
While demand continues to rise, specialist women's services operate within a challenging funding environment. Short-term funding, limited resources, and increased referrals from statutory agencies have placed pressure on capacity, making early intervention and sustained support more essential than ever.

Why Enfield Saheli's Work Matters:
Enfield Saheli provides a vital, trusted, and accessible lifeline. Our culturally sensitive, women centered approach ensures that women feel safe to disclose abuse, access support, and begin their journey towards recovery and independence enabling women to disclose abuse, access support, and begin their journey towards recovery and independence.

Governance, Structure and Management

Enfield Saheli is a registered company limited by guarantee, number 6663604, governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under number 1129308. New Directors and Trustees are appointed by a resolution of the Directors passed at a meeting of the Directors.

The overall management of finance is the responsibility of all the Trustees acting on the recommendations of the Chairperson, Trustees, Secretary and the advice of the Chief Executive. The Trustees form the Executive which meets regularly throughout the year.

Public Benefit
The Trustees confirm that they have complied with their duty under the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

Our Volunteers
Enfield Saheli is very involved in the community and relies on voluntary help. Around 18 volunteers assist with our on-going activities. We wish to thank our volunteers for their loyal support and contribution.

Risk management
The trustees have a risk management strategy which comprises:
● An annual review of the principal risks and uncertainties that the charity undertake.
● The establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
● The implementation of procedures designed to minimize or manage any potential impact on the charity should those risks materialize.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimize risk.

Reserves policy and going concern
The Board has assessed the charity's requirements for reserves in the light of the main risks to the organization. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve and maintained at a level which ensures that Enfield Saheli's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

REVIEW OF ACTIVITIES AND FUTURE DEVELOPMENTS
It is now time to review the activities of Enfield Saheli during the past year 2024-2025, highlight its achievements, make a note of its shortcomings & give a future direction to such activities

It gives me great pleasure to present Enfield Saheli's Annual Impact Report for the period 1 April 2024 to 31 March 2025.

This year has been one of both significant challenge and meaningful impact. The continued cost-of-living crisis, rising demand for domestic abuse and mental health support, and increasing complexity of cases have placed immense pressure on specialist services such as ours. Yet, throughout these challenges, Enfield Saheli has remained steadfast in its commitment to supporting women, children, and families experiencing some of the most difficult circumstances in their lives.

I am immensely proud of the resilience, professionalism, and compassion demonstrated by our staff and volunteers. Their dedication has ensured that women who turn to Enfield Saheli are met with dignity, cultural understanding, and trauma-informed support, helping them feel safer, less isolated, and more empowered to rebuild their lives.

This report highlights not only the scale of our work but also the depth of our impact. Behind every statistic is a woman or child whose voice has been heard, whose safety has been prioritised, and whose wellbeing has been strengthened. Our partnerships with statutory agencies, community organisations, and funders have been crucial in enabling this work, and I extend my sincere thanks to all who have supported Enfield Saheli during the year.

Future Plans for Saheli – As we look ahead to 2025–26, we remain committed to strengthening our services, addressing inequalities faced by women from diverse backgrounds, and advocating for sustainable funding to meet growing demand. With continued collaboration and support, Enfield Saheli will remain a vital lifeline for women and families in Enfield.

Strengthening and Developing the Organisation

1. Annual Reviews and Strategic Development: Commit to regular evaluations of all activities and services to ensure our goals are being met effectively and efficiently.

• Use insights from these reviews to shape future priorities and innovate new programs.

2. Enhancing Sustainability: Work proactively to secure long-term funding from a diverse range of funders and partners to ensure continuity and growth.

• Develop a robust fundraising strategy and build stronger relationships with current supporters such as MOPAC, Community Foundation, and Enfield Mind.

3. Investing in Staff and Volunteers: Focus on training and professional development for staff and volunteers to maintain the high quality of service delivery.

4. Digital Transformation: Modernize the organisation by expanding online services, such as workshops, webinars, and virtual support groups, to reach more women.

• Invest in digital tools and platforms to improve the efficiency of operations and communication.

5. Building Partnerships: Strengthen collaborations with local authorities, healthcare providers, and other community organisations to enhance service delivery.

• Expand networks to advocate for systemic change in addressing the issues women face.

By focusing on both community impact and organizational development, Enfield Saheli aims to remain a trusted and dynamic resource for women. These plans will ensure we continue to meet the challenges of today while building a foundation for a sustainable and impactful future

On behalf of the Board of Trustees, I would also like to acknowledge the leadership team for their commitment to good governance, accountability, and continuous improvement, ensuring that Enfield Saheli remains responsive to the needs of the community we serve.

Trustees and Statement of Directors' responsibilities

Charity trustees are the people who serve on the governing body of a charity. They may be known as trustees, directors, board members, governors or committee members. The principles and main duties are the same in all cases.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Signed on behalf of trustees and directors

Ms Esther McLaughlin,
Chairperson – Date 20/01/2026

Chief Executive Report

Throughout April 2024 to March 2025, Enfield Saheli delivered a range of specialist, trauma-informed services designed to support women and children affected by domestic abuse, poor mental health, and social isolation. Our services are responsive, culturally sensitive, and tailored to meet individual needs.

Domestic Abuse Advocacy and Casework:
Our domestic Abuse Advocacy Service provided Confidential, one-to-one support to women experiencing or at risk of domestic abuse. Advocates worked alongside women to:i

- Assess risk and develop Greaves safety plans
- Provide emotional support and practical guidance
- Support Women to understand their rights and options
- Assist with housing, legal, financial and welfare issues
- Advocate on women's behalf with statutory and voluntary agencies

Support was offered at the pace chosen by each woman, ensuring her safety, choices, and independence remained central.

Mental Health and Emotional Wellbeing Support:
Enfield Saheli provided specialist mental health and emotional wellbeing support, recognising the close link between domestic abuse and poor mental health. This included:

- One-to-one emotional support sessions
- Support to build confidence, resilience and coping strategies
- Referral and joint working with health and mental health services where appropriate
- Referrals and joint working with health and mental health services where appropriate.
- One-to-one emotional support sessions, trauma-informed interventions, and referrals to mental health services where appropriate.

Children and Family Support:
We recognise the impact of domestic abuse onn children and families. Our work supported mothers in understanding the emotional needs of their children and accessing appropriate services, helping to promote safer and more stable family environments.

Group Work and Workshops:
Group sessions and workshops provided women with opportunities to:

- Reduce isolation and build peer support
- Increase confidence and self-esteem
- learn about healthy relationships, wellbeing and self-care.
- Develop practical skills to support recovery and independence

Groups were delivered in a safe, supportive environment, sensitive to cultural and individual needs.

Outreach and Community Engagement:
Enfield Saheli continued to engage with local communities to:

- Raise awareness on domestic abuse and mental well being.
- Reduce stigma around seeking help
- Promote early intervention
- Strengthen links with community and faith organisations.

Outreach activities helped ensure women knew where and how to access support.

Partnership Working:
We worked closely with a range of statutory and voluntary partners, including:

- Local Authority services
- Health & Mental Health professionals
- Police and Safeguarding Teams
- Housing Providers
- Community organisations

This partnership approach received coordinated, holistic support, reducing the need to repeat their experiences and improving outcomes.

Our Impact

Between 1 April 2024 and 31 March 2025, Enfield Saheli supported women and children experiencing domestic abuse, mental health challenges, and social isolation.

By the Numbers:
- Counselling and emotional support to 120 women
- Support for 110 women experiencing domestic violence
- 10 support groups, average 14–15 women per group
- 15 outreach presentations in schools and community organisations
- Community engagement including 1 PPG meeting and fortnightly guest speakers
- Weekly Friday drop-ins attended by over 50 women
- Support with welfare benefits, energy, Blue Badge applications, etc.
- Reached over 6,000 people through awareness-raising activities

Outcomes Achieved:
- Improved emotional wellbeing, confidence, and safety
- Reduced isolation and increased social connections
- Enhanced access to essential services
- Empowered women to make informed choices and regain independence

Impact at a Glance:

Women receiving counselling	120
Women supported with domestic violence	110
Support groups delivered	10 (average 14–15 women per group)
Weekly Friday drop-in attendees	50+ women per week
Outreach presentations in schools & community organisations	15
Community engagement (PPG meeting, guest speakers)	10 PPG meeting, fortnightly guest speakers
Women supported with practical/financial assistance	Welfare benefits, energy, Blue Badge support, etc.
People reached through awareness raising	Over 6,000

Outcomes Achieved

During the year, we delivered tangible and meaningful outcomes for women, children, and the wider community by providing culturally sensitive, trauma informed and holistic support. We have supported women overcome barriers, regain confidence and access the services they need to live safer, healthier and more independent lives.

Improved Emotional Wellbeing and Mental Health:
- 120 women received counselling, reporting reduced stress, anxiety, depression and the effects of trauma.
- Women reported feeling less isolated, more confident and empowered to take control of their lives.
- Participation in Support Groups and Friday drop-ins fostered peer connections, reducing loneliness and improving overall wellbeing.

Increased Safety and Reduced Risk:
- 110 women supported with advocacy and safety planning, feeling safer and more informed.
- Women reported greater awareness of their rights, practical safety strategies, and access to emergency support if needed.
- By providing culturally sensitive interventions, women felt believed, supported and respected, enabling them to make informed choices for themselves and their families.

Enhanced Access to Practical and Financial Support:
- Women were supported with benefits, housing, energy bills and Blue Badge Applications, helping to reduce financial stress and improve independence.
- Access to these services allowed women to stabilize their lives and focus on their wellbeing and that of their children.

Stronger Community Engagement and Awareness:

- Over 6,000 people were reached through outreach presentations, community meetings, and awareness raising activities.
- Women and families gained knowledge about domestic abuse, mental health and local support services, fostering early intervention and safe communities. promoting early intervention and safer communities.
- Community engagement also strengthened partnerships with local organisations, schools, and health providers, improving coordinated support for women.

Reduced Isolation and Increased Social Connection:

- Support groups and weekly drop-ins and guest speaker sessions enabled women to build social networks, and access advise in a safe and welcoming environment.
- Women reported feeling part of a supportive community, which helped them overcome loneliness, gain confidence and participate more actively in society.

Empowerment and Informed Choice:

- By providing Greaves advocacy and holistic support, women were empowered to make informed decisions about their safety, wellbeing and future.
- This approach ensured women could move from crisis to stability at their own pace, reflecting the core mission od Enfield Saheli: Supporting women to live free from fear, abuse and inequality.

Behind every figure is a woman who felt less alone, more informed, and better supported. Enfield Saheli's holistic and culturally responsive approach enabled women to access support at their own pace, helping them move towards improved wellbeing, safety and independence.

Case Studies / Voices of Women

At Enfield Saheli, every number represents a woman or child whose life has been positively impacted. The following anonymized case studies illustrate the real-life difference our services make.

Case Study 1: Finding Safety and Confidence

- Aisha* experienced coercive control and emotional abuse from her partner. She felt isolated and unsure of her rights.
- Support: One-to-one advocacy, risk assessment, safety planning, counselling.
- Outcome: Felt safer, accessed housing/legal advice, rebuilt social connections, reducing loneliness.

Case Study 2: Improving Mental Health and Wellbeing

- Fatima* struggled with anxiety and low self-esteem due to past trauma.
- Support: Counselling, support groups, guidance on benefits.
- Outcome: Improved emotional wellbeing, learned coping strategies, Fatima started volunteering at a community group, increasing her confidence and sense of purpose.

Case Study 3: Accessing Practical Support

- Sunita* faced financial hardship and struggle to access essential services due to language barriers.

- Support: Assistance with benefits, Blue Badge, energy support, engagement with community meetings and workshops. In addition to translation support and guidance on local services.
- Outcome: Financial stability, better access to services, reduced isolation.

Voices of Women:
- 'I feel safe and supported for the first time in years.'
- 'The counselling sessions helped me cope and understand my situation.'
- 'I no longer feel alone – I have friends and a community here.'

*Names anonymized to protect confidentiality.

Partnerships & Collaboration

At Enfield Saheli, we recognise that delivering effective support requires strong partnerships and collaboration with statutory agencies, community organisations, and local networks. Working together ensures that women and children receive coordinated, holistic, and culturally sensitive support.

Key Partnerships

1. Statutory Agencies
- Local Authority Services: Close working relationships with housing, safeguarding, and social care teams ensured women accessed timely support for safety, housing, and welfare.
- Police and MARAC (Multi-Agency Risk Assessment Conferences): Partnership working enabled rapid intervention for high-risk domestic abuse cases and enhanced community safety.
- Health and Mental Health Services: Collaborative referrals and joint casework provided women with seamless access to counselling, therapy, and specialist medical support.

2. Community and Faith Organisations
- Enfield Saheli worked with local cultural and faith-based organisations to provide outreach, awareness sessions, and support groups, ensuring women from diverse backgrounds could access services without barriers.
- Community engagement also strengthened trust, encouraged early disclosure of abuse, and reduced isolation among women.

3. Schools and Educational Settings
- Delivered 15 outreach presentations in schools and community settings, raising awareness of domestic abuse, mental health, and available support services.
- Supported the Asian-speaking Patient Participation Group (PPG), enabling community voices to influence local health services.

4. *Voluntary Sector Networks*
- Enfield Saheli actively collaborated with other women's services, mental health charities, and BAME networks, sharing best practice, co-delivering workshops, and supporting joint initiatives.

- These partnerships ensured women received specialist support tailored to their cultural and individual needs.

Impact of Partnerships:

Through these collaborations, Enfield Saheli has:

- Improved access and engagement for women who may otherwise face barriers
- Provided timely, coordinated support for complex cases
- Raised community awareness of domestic abuse and mental health issues
- Strengthened its role as a trusted and credible organisation within Enfield

Partnership working remains a cornerstone of Enfield Saheli's approach, ensuring that women, children, and families are supported safely, effectively, and holistically.

Equality, Diversity & Inclusion

Enfield Saheli is committed to promoting equality, celebrating diversity, and ensuring inclusion across all aspects of its work. We recognise that women from Black, Asian, and Minority Ethnic (BAME) communities, as well as those facing social, economic, or cultural barriers, often encounter additional challenges when seeking support.

Our Commitment to Equality and Inclusion

- Culturally Sensitive Services: All services are delivered with respect for women's cultural, religious, and linguistic needs, ensuring that support is accessible and appropriate for diverse communities.
- Trauma-Informed Practice: Staff are trained to work in a trauma-informed way, recognising the impact of abuse, discrimination, and social inequalities on women's lives.
- Accessibility: We provide support that is inclusive of women with disabilities, language needs, or other vulnerabilities, including access to interpreters and tailored communication
- Empowerment and Choice: Women are supported to make informed decisions, reflecting our commitment to autonomy and respect for individual circumstances.
- Fair and Equal Treatment: All women accessing Enfield Saheli services are treated with dignity and equality, regardless of race, religion, disability, age, sexual orientation, or immigration status.

Promoting Inclusion in Practice

During 2024–25, Enfield Saheli:

- Engaged with Asian-speaking women through targeted meetings, including the Patient Participation Group (PPG), ensuring their voices are heard and needs addressed
- Ensured that support groups, drop-ins, and workshops are welcoming and inclusive, allowing women to participate fully without fear of judgement or discrimination
- Advocated for women facing no recourse to public funds or complex immigration situations, ensuring they still have access to essential support

Impact

By embedding equality, diversity, and inclusion into all aspects of our work, Enfield Saheli has:

- Improved access and engagement for women who might otherwise face barriers
- Reduced isolation and marginalization, particularly for women from BAME communities
- Enabled women to feel safe, respected, and valued when seeking help
- Strengthened the organization's reputation as a culturally responsive and inclusive service provider

Enfield Saheli remains committed to continuously reviewing and improving its services to ensure that all women, children, and families can access the support they need without discrimination or barriers

Our Team & Volunteers

Enfield Saheli's impact is made possible by the commitment, professionalism, and passion of our staff and volunteers. Their dedication ensures that women, children, and families receive high-quality, culturally sensitive, and trauma-informed support.

Our Staff

- Our team consists of qualified domestic abuse advocates, counsellors, and support workers, all trained to provide specialist, culturally sensitive services.
- Staff are committed to trauma-informed practice, ensuring women feel safe, heard, and empowered.
- Continuous professional development is prioritised, enabling our team to stay up-to-date with best practice, safeguarding protocols, and emerging needs in the community.
- Staff played a key role in delivering one-to-one support, group work, counselling, and community outreach during 2024–25.

Our Volunteers

- Volunteers contribute significantly to the organization's work, including assisting with community events, support groups, drop-ins, and administrative support.
- They bring lived experience, cultural understanding, and practical support, helping to create a welcoming and safe environment for women.
- The commitment of volunteers ensures Enfield Saheli can extend its reach and offer additional services, including awareness sessions and social activities.

Team Achievements in 2024–25

- Delivered 120 counselling sessions and supported 110 women experiencing domestic abuse
- Facilitated 10 support groups and weekly drop-ins for 50+ women
- Delivered 15 outreach presentations and engaged with over 6,000 people through awareness-raising initiatives
- Maintained high standards of confidentiality, safeguarding, and professional support across all services

Supporting Staff Wellbeing

Enfield Saheli recognises that working in domestic abuse and mental health services can be emotionally demanding. Staff wellbeing is prioritised through:

- Regular supervision and reflective practice sessions
- Training in self-care, stress management, and resilience
- Opportunities for team building and peer support

Impact on Our Team

The dedication of staff and volunteers ensures that women and children receive timely, empathetic, and effective support, enabling them to feel safer, regain confidence, and access essential services. Their work is at the heart of Enfield Saheli's mission, transforming lives every day

Challenges & Learning

While 2024–25 was a year of significant achievement for Enfield Saheli, it also presented challenges that tested our services, resources, and capacity. Reflecting on these experiences allows the organisation to adapt, improve, and plan for the future, ensuring continued support for women, children, and the wider community.

Key Challenges

1. Rising Demand for Services

-The number of women seeking support continued to grow, particularly in relation to domestic abuse, mental health concerns, and complex social issues.

- Increased demand placed pressure on staff capacity and highlighted the need for additional resources and longer term funding to meet women's needs effectively.

2. Complexity of Cases

- Many Women presented with multiple and intersecting needs, including abuse, mental health challenges, housing insecurity, immigration issues and financial hardship.

- Supporting these complex cases required more time, specialist knowledge, and multi agency coordination.

3. Funding Constraints

- Like many voluntary sector organisations, Enfield Saheli operates in a challenging funding environment.

- Short-term funding agreements and limited resources made it difficult to expand services or respond to increased demand without careful prioritization.

4. Staff & Volunteer Capacity

- Ensuring staff wellbeing while managing high caseloads and emotionally demanding work was a key priority.

- Recruiting and retaining volunteers with the right skills to support outreach and community engagements required ongoing training and support

Learning and Improvements

Enfield Saheli has used these challenges and opportunities to strengthen services and improve practice:

- Enhanced Multi-Agency Collaboration: Increased partnership working with local authorities, health services, and community organisations to ensure coordinated support for women with complex needs
- Service Adaptation: Adjusted group schedules, drop-ins and counselling sessions to better meet the needs of women experiencing isolation or logistical barriers.
- Staff Development: Prioritised training, supervision and reflective practice to build resilience and expertise in handling complex cases.
- Community Engagement: Expanded outreach, awareness sessions, and culturally sensitive engagement to reach diverse communities more effectively.

Looking ahead from Learning

- Strengthening capacity to meet growing demand remains a priority.
- Continuing to adapt services for women with complex needs will ensure they receive timely and effective support.
- Building sustainable funding streams is essential to maintain and expand service provision.
- Ongoing staff and volunteer development will continue to be a cornerstone of effective trauma informed support.

Enfield Saheli's reflective approach ensures that challenges become opportunities for improvement, enabling the organisation to continue making a meaningful difference in the lives of women, children and families in Enfield and surrounding areas.

Looking Ahead

As Enfield Saheli moves into 2025–26, we remain committed to supporting women, children, and families with high-quality, culturally sensitive, and trauma-informed services. Building on the achievements and learning from 2024–25, our focus for the coming year will be on expanding reach, strengthening services, and ensuring sustainability.

Key Priorities

1. Enhancing Support Services
• Continue to provide one-to-one advocacy, counselling, and group support, tailored to meet the needs of women with complex experiences.
• Explore the development of new workshops and programmes to address emerging issues such as financial empowerment, digital safety, and wellbeing.

2. Increasing Reach and Awareness
• Expand outreach to schools, community organisations, and local networks to raise awareness of domestic abuse, mental health, and available support services.
• Strengthen engagement with diverse communities to ensure all women feel safe and empowered to access support.

3. Strengthening Partnerships
• Deepen collaboration with statutory agencies, voluntary sector partners, and community networks to provide holistic and coordinated care for women and children.
• Continue active participation in local networks to share best practice and influence policy and service development.

4. Sustainability and Funding
• Secure long-term funding to maintain and expand services in response to growing demand.
• Explore opportunities for partnership funding and community fundraising, ensuring financial resilience and service continuity.

5. Staff and Volunteer Development
• Continue investing in training, supervision, and professional development to maintain high standards of support.
• Recruit and retain volunteers to enhance service delivery and community engagement, providing additional capacity and diverse perspectives.

6. Monitoring, Evaluation, and Learning
• Strengthen systems for collecting impact data and client feedback, ensuring services are responsive to women's needs.
• Use learning to continually improve practice, policy, and service design.

Our Vision for the Future

Enfield Saheli remains steadfast in its mission: to empower women and children to live free from fear, abuse, and inequality. By building on our strengths, learning from challenges, and working closely with partners, we aim to reach more women, deliver more holistic support, and create lasting positive change in the community.

Thank You

Enfield Saheli would like to extend our sincere gratitude to all those who have supported our work over the past year. The achievements outlined in this report would not have been possible without.
As Enfield Saheli moves into 2025–26, we remain committed to supporting women, children, and families with high-quality, culturally sensitive, and trauma-informed services. Building on the achievements and learning from 2024–25, our focus for the coming year will be on expanding reach, strengthening services, and ensuring sustainability.

Key Priorities

1. Enhancing Support Services
• Continue to provide one-to-one advocacy, counselling, and group support, tailored to meet the needs of women with complex experiences.
• Explore the development of new workshops and programs to address emerging issues such as financial empowerment, digital safety, and wellbeing.

2. Increasing Reach and Awareness
• Expand outreach to schools, community organisations, and local networks to raise awareness of domestic abuse, mental health, and available support services.
• Strengthen engagement with diverse communities to ensure all women feel safe and empowered to access support.

3. Strengthening Partnerships
• Deepen collaboration with statutory agencies, voluntary sector partners, and community networks to provide holistic and coordinated care for women and children.
• Continue active participation in local networks to share best practice and influence policy and service development.

4. Sustainability and Funding
• Secure long-term funding to maintain and expand services in response to growing demand.
• Explore opportunities for partnership funding and community fundraising, ensuring financial resilience and service continuity.

5. Staff and Volunteer Development
• Continue investing in training, supervision, and professional development to maintain high standards of support.
• Recruit and retain volunteers to enhance service delivery and community engagement, providing additional capacity and diverse perspectives.

6. Monitoring, Evaluation, and Learning
• Strengthen systems for collecting impact data and client feedback, ensuring services are responsive to women's needs.
• Use learning to continually improve practice, policy, and service design.

Our Vision for the Future

Enfield Saheli remains steadfast in its mission: to empower women and children to live free from fear, abuse, and inequality. By building on our strengths, learning from challenges, and working closely with partners, we aim to reach more women, deliver more holistic support, and create lasting positive change in the community.

To Our Funders and Commissioners

We are deeply grateful to all funding bodies and commissioners who have provided the financial support necessary to deliver high-quality services. Your investment has allowed us to:

• Support women and children through counselling, advocacy, and group work
• Raise awareness of domestic abuse and mental health issues across the community
• Maintain a safe, welcoming, and culturally sensitive service

To Our Partners

Thank you to our statutory, voluntary, and community partners, including local authorities, schools, health services, and community organisations. Your collaboration ensures women and children receive coordinated, holistic, and effective support.

To Our Staff and Volunteers

We owe a special debt of gratitude to our staff and volunteers, whose professionalism, compassion, and dedication make all the difference. Your commitment to supporting women and children, often in challenging circumstances, is the heart of Enfield Saheli's impact.

To the Community

Finally, we thank the women, children, and families who have trusted Enfield Saheli to support them. Your courage, resilience, and willingness to engage with our services inspire everything we do.

Together, with the continued support of our funders, partners, staff, volunteers, and the community, Enfield Saheli will continue to empower women, improve wellbeing, and create safer, stronger communities in 2025–26 and beyond

Together, we will continue to empower women, improve wellbeing, and create safer, stronger communities in 2025–26 and beyond.

Krishna Pujara

Chief Executive
Enfield Saheli
20th January 2026

Independent examiner's report to the trustees of Enfield Saheli

I report on the accounts of the company for the year ended 31st March 2025, which are set out on pages 22 to 26.

Respective responsibilities of trustees and examiner
The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants In England and Wales.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention (other than that disclosed below *) to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006 and in accordance with section 130 of the Charities Act;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

Date: 20/01/2026

Mr Vivek Shukla
Chartered Accountant
Balancesheets & More, 47-49 Park Royal Road. London NW10 7LQ

ENFIELD SAHELI
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2025

	Notes	Unrestricted fund £	Restricted fund £	Total Fund 2025 £	Total Fund 2024 £
INCOMING RESOURCES					
Trip revenue		-	12,367	12.367	-
Investment Income (Bank Int/Royalty)		5	-	5	3
Income from Charitable Activities:					
Saheli Membership		490	-	490	745
The London Community Foundation		-	59,750	59,750	46,500
Royal Free Charity		-	-	-	46,857
All Ladies League		-	-	-	24,985
Mind In Enfield		-	94,334	94,334	103,539
TOTAL INCOMING RESOURCES		**495**	**166,451**	**166,946**	**222,629**
RESOURCES EXPENDED					
Expenses from Charitable Activities	(15)	-	186,209	186,209	228,205
TOTAL RESOURCES EXPENDED		**-**	**186,209**	**186,209**	**228,205**
Net incoming Resources		495	(19,758)	(19,263)	(5,576)
Balances Brought Forward		**97,938**	**54,866**	**152,804**	**158,380**
Balances Carried Forward		**98,433**	**35,108**	**133,541**	**152,804**

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

The notes attached form part of these financial statements

ENFIELD SAHELI
BALANCE SHEET AS AT 31 MARCH 2025

	Notes	£ 2025	£ 2024
Fixed Assets:			
Tangible assets	(13)	170	833
Current Assets:			
Accounts receivable		38,376	-
Cash at Bank and In Hand		112,693	189,439
Current Liabilities:			
Creditors: -			
Falling due within one year	(14)	17,698	37,468
Net Assets		**133,541**	**152,804**
As Represented By			
Unrestricted Fund		8,433	7,938
Restricted Fund	(12)	35,108	54,866
Designated Fund		90,000	90,000
Total Funds		**133,541**	**152,804**

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

The accounts were approved by the Directors on 20/01/2026 and signed on their behalf by: -

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Esther McLaughlin
Chairperson and Director

Ms K Pujara
Secretary

ENFIELD SAHELI
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2025

1. Accounting policies
The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of preparation
The financial statements have been prepared in accordance with 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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Enfield Saheli meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Cash Flow Statement
The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income
Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended
Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure include includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Taxation
Enfield Saheli is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

6. Tangible fixed assets
Fixed assets are stated at cost less accumulated depreciation.

7. Fund Accounting
Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity.

8. Support Cost
Allocation of support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 16.

9. Pension costs and other post-retirement benefits
Enfield Saheli has set up a pension scheme with NEST pensions to meet its auto enrolment compliance requirement towards the Pension Regulator.

10. Staff Costs

The total Salary Costs for the year was £105,897 including Tax, National Insurance and Pension Contributions. Average numbers of employees were 3.
None of the employees received gross salary in excess of £60,000 in the year or the previous year.
Trustees are not remunerated.

11. Status

Enfield Saheli is a registered charity and registered company limited by guarantee.

12. Analysis of Restricted Funds

	Balance @ 1st April 2024	Incomings	Outgoings	Balance @ 31st March 2025
	£	£	£	£
Trip revenue	-	12,367	12,426	(59)
Mind In Enfield	29,560	94,334	106,083	17,811
All Ladies League	(2,254)	-	-	(2,254)
London Community Foundation	7,950	59,750	67,700	-
Other Restricted Activities	19,610	-	-	19,610
	54,866	**166,451**	**186,209**	**35,108**

Purpose of Restricted Funds: -

Restricted Fund balance carried forward include £19,610 which has been accumulated over the years through previous commissioning grant from the Local Authority which is being used in furthering the charitable objects and activities of the charity.
The overall purpose of the funds is to provide health and social care support including Mental Health, Domestic Violence and counseling.

13.Tangible Assets

	Furniture & Equipments	Total
	£	£
Cost		
At 1 April 2024	2,653	2,653
Additions	-	-
At 31 March 2025	**2,653**	**2,653**
Depreciation		
At 1 April 2024	1,820	1,820
Charge for the year	663	663
At 31 March 2025	**2,483**	**2,483**
Carrying amount		
At 31 March 2025	**170**	**170**
At 31 March 2024	833	833

14.Creditors

	2025	2024
	£	£
Accounts payable	3,188	8,331
Pension	481	540
PAYE	11,119	23,208
Accrual	2,910	3,078
Other Creditors	-	2,311
	17,698	**37,468**

15. Charitable Expenditure

	Unrestricted fund	Restricted fund	Total Fund 2025	Total Fund 2024
	£	£	£	£
Charitable Expenditure				
Office Running Cost	-	7,787	7,787	7,559
Insurance	-	2,085	2,085	1,647
Travelling & staff welfare	-	2,232	2,232	3,924
Temp Staff and Volunteers	-	27,904	27,904	28,281
Staff costs	-	105,897	105,897	118,629
Advert & Publicity	-	-	-	1,076
Depreciation	-	663	663	663
Project Activities & Events	-	21,468	21,468	38,205
IT Support and maintenance	-	1,909	1,909	1,920
Recruitment cost	-	836	836	14,420
Rent and room hire charges	-	8,800	8,800	10,243
Legal and professional fees	-	6,628	6,628	1,638
	-	**186,209**	**186,209**	**228,205**

16. Support and Governance Costs

	General Support	Governance	Total
	£	£	£
Office Running Costs	7,787	-	7,787
Rent and room hire charges	8,800	-	8,800
IT Support & maintenance	1,909	-	1,909
Independent Examination	-	990	990
Legal & Professional fees	5,638	-	5,638
	24,134	**990**	**25,124**

17. Designated Fund

The purpose of the Designated Fund of £90,000 is for Organisation contingencies, IT Systems and Strategic Planning to develop future strategies for Enfield Saheli

ENFIELD SAHELI

England & Wales - Charity number 1129308

Accounts

ENFIELD SAHELI

Registered Charity and Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31ST MARCH 2024

Charity number: 1129308
Company number: 6663604

ENFIELD SAHELI
YEAR ENDED 31ST MARCH 2024

Registered Charity Number :1129308
Registered Company Number: 6663604

Principal address:

311 Fore Street
Community House
Edmonton
London N9 0PZ

Directors and Trustees:

Esther McLaughlin (Chairperson)
Balbir Want
Swapna Toley
Sheila Gandecha
Savita Bansal
Raga D'Silva

Company Secretary
Krishnagauri Pujara

Governing document:

Enfield Saheli is a private limited company number 6663604 governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under a new number 1129308 The charity is operated under the rules of its Memorandum of Articles and Association.

Bankers:
Barclays Bank PLC
Lloyds Bank

Independent Examiner and Accountant:

Balancesheets & More
Chartered Accountants
Premier Business Centre
47-49 Park Royal Road
London
NW10 7LQ

ENFIELD SAHELI

FINANCIAL ACCOUNTS

FOR YEAR ENDED 31ST MARCH 2024

CONTENTS

Pages

4-11.Trustees and Staff Report

12. Independent Examiners Report

13. Statement of Financial Activities

14.Balance Sheet

15-17.Notes to the Accounts

Enfield Saheli Report of the Directors and Trustees
For the year ended 31 March 2024

The trustees are pleased to present their annual directors' report for the year ending 31st March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, 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 (FRS 102) (effective 1 January 2015)

Introduction
Enfield Saheli is a registered charity founded in 1992 and registered from 1995. It was established by women to help and encourage women who are isolated, discouraged or depressed to overcome difficult periods in their lives and to take positive steps towards improving their own health and well-being and to discover new opportunities for participating and benefiting from the community.

Mission Statement
Enfield Saheli is a non-sectarian organisation set up by women to provide services and activities to support and empower women, without distinction of ethnic, cultural, religious or political differences.

It aims to enable women to participate fully in the social, cultural and civic life of the borough. We are a service-oriented charity seeking to provide support in improving the health and well-being of women.

Enfield Saheli offers information, training, advocacy, cultural and social opportunities for its members who are from local communities.

Summary of Services Delivered:

- Mental Health Support Service
- Domestic Violence Advocacy Service including a Domestic Abuse Support Group
- Multilingual Counselling Service
- Well-being Support / Focus Groups
- Drop in Luncheon Club
- Awareness and Educational workshops e.g. Health & Wellbeing, Keeping Warm – Keeping Safe/Well, Diabetes; Stroke; Welfare Benefits, Safeguarding etc.
- Yoga Classes / Physical Activities (including Chair based exercises)
- Advocacy
- Online Activities
- Art Therapies
- IT Classes
- Community Mentoring
- Arts & Crafts
- Sewing Classes
- Women Economic Forum

Underpinning Objectives of Enfield Saheli:

- To ensure that the service remains culturally sensitive and reflects ethnic diversity.
- To promote the values, aims and style of service delivery as outlined in the Department of Health Policy Implementation Guide "The Recovery Model" e.g. by:
  1. Promoting opportunities for employment and education to service users.
  2. Involving Service users and their carers in planning and delivery of care.
  3. Delivering of high-quality treatment and care which is known to be effective and acceptable.
  4. Ensuring that services are well suited to those who use them and non-discriminatory.
  5. Ensuring that services are accessible so that help can be obtained when and where it is needed.
  6. Promoting the safety of the users and their Carers, Staff, Volunteers and the wider public.
  7. Working with users & members to promote social inclusion & Well-being.

Principle objects and activities

Enfield Saheli - Voluntary Organisation which provides services and activities to support and empower Women. It works closely with the statutory and local organisations.

The overall objectives of the Organisation are: -

- To relieve poverty among women generally.
- The provision of advice and information on welfare issues to enable them to benefit fully from the range of services available in this field.
- The provision of advice and information for other matters to enable them to make valid and considered choices on issues relating to their own lives and their children's futures.
- The promotion of equal opportunities for women who have been marginalized and excluded in all areas of life and the encouragement of other agencies to provide equality of access for socially excluded women to service provision.
- The setting up and management of an Information, Advice and Support Service in the furtherance of these objects.
- To advance education amongst women particularly by provision of English Conversation classes and Computer Awareness classes.
- To relieve distress and suffering experienced by women who have been maltreated or abused and any children of such women.

Governance, Structure and Management

Enfield Saheli is a registered company limited by guarantee, number 6663604, governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under number 1129308. New Directors and Trustees are appointed by a resolution of the Directors passed at a meeting of the Directors.

The overall management of finance is the responsibility of all the Trustees acting on the recommendations of the Chairperson, Trustees, Secretary and the advice of the Chief Executive. The Trustees form the Executive which meets regularly throughout the year.

Public Benefit
The Trustees confirm that they have complied with their duty under the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

Our Volunteers
Enfield Saheli is very involved in the community and relies on voluntary help. Around 26 volunteers assist with our on-going activities. We wish to thank our volunteers for their loyal support and contribution.

Risk management
The trustees have a risk management strategy which comprises:
- An annual review of the principal risks and uncertainties that the charity undertake.
- The establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- The implementation of procedures designed to minimize or manage any potential impact on the charity should those risks materialize.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimize risk.

Reserves policy and going concern
The Board has assessed the charity's requirements for reserves in the light of the main risks to the organization. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve and maintained at a level which ensures that Enfield Saheli's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

REVIEW OF ACTIVITIES AND FUTURE DEVELOPMENTS
It is now time to review the activities of Enfield Saheli during the past year 2023-2024, highlight its achievements, make a note of its shortcomings & give a future direction to such activities

It gives me great pride to reflect on another year, of remarkable achievements. Despite the many challenges faced by our community, our organization has demonstrated resilience, adaptability, and an unwavering commitment to supporting women in need. Reflecting on Our Impact

This year, Enfield Saheli has continued to empower women from diverse backgrounds by providing a range of essential services. From offering mental health support to advocating for survivors of domestic abuse, we have worked tirelessly to ensure that women in our community feel safe, valued, and supported.

Some key highlights from this year include:

- The growth of our mental health services, which have addressed the emotional and psychological needs of women, enabling them to overcome challenges and rebuild their lives.

- The vital work of our Domestic Abuse Advocacy program, offering life-saving advice, guidance, and pathways to safety for survivors.

- The success of our well-being workshops, which have encouraged women to prioritize their mental and physical health through mindfulness, fitness, and self-care.

- The establishment of a Social Luncheon Club for elderly women, helping to combat isolation and create meaningful connections for those who need it most.

- Our innovative online activities, ranging from digital skills training to health awareness workshops on topics such as diabetes, stroke prevention, and healthy living.

Future Plans for Saheli – Enfield Saheli is committed to not only empowering women in our community but also ensuring the long-term growth and sustainability of our organisation. Our future plans focus on enhancing our services while strengthening our internal capacity to meet evolving needs.

Supporting Women in the Community

1. Comprehensive Activity Review: Conduct an in-depth review of current programs and services to evaluate their effectiveness and gather user feedback.

- Identify areas for improvement and new opportunities to address unmet needs.

2. Expanding Support Services: Increase our focus on mental health by introducing group therapy sessions, peer support networks, and tailored counseling for specific age groups.

- Offer more well-being activities such as yoga, creative arts therapy, and nutritional advice to promote physical and emotional health.

3. Empowering Women Through Education and Skills Development: Develop vocational training, digital literacy, and financial empowerment workshops to help women gain independence and self-confidence.

- Partner with local businesses and organizations to provide mentoring, internships, and job opportunities.

4. Outreach to Marginalized Groups: Strengthen outreach efforts to ensure women from all backgrounds, particularly those in marginalized or underserved communities, can access our services.

- Develop targeted programs to address specific challenges, such as support for young mothers, women with disabilities, and survivors of domestic abuse.

Strengthening and Developing the Organisation

1. Annual Reviews and Strategic Development: Commit to regular evaluations of all activities and services to ensure our goals are being met effectively and efficiently.

- Use insights from these reviews to shape future priorities and innovate new programs.

2. Enhancing Sustainability: Work proactively to secure long-term funding from a diverse range of funders and partners to ensure continuity and growth.

- Develop a robust fundraising strategy and build stronger relationships with current supporters such as MOPAC, Community Foundation, and Enfield Mind.

3. Investing in Staff and Volunteers: Focus on training and professional development for staff and volunteers to maintain the high quality of service delivery.

4. Digital Transformation: Modernize the organisation by expanding online services, such as workshops, webinars, and virtual support groups, to reach more women.

- Invest in digital tools and platforms to improve the efficiency of operations and communication.

5. Building Partnerships: Strengthen collaborations with local authorities, healthcare providers, and other community organisations to enhance service delivery.

- Expand networks to advocate for systemic change in addressing the issues women face.

By focusing on both community impact and organizational development, Enfield Saheli aims to remain a trusted and dynamic resource for women. These plans will ensure we continue to meet the challenges of today while building a foundation for a sustainable and impactful future

As we move forward, our focus will remain on addressing the evolving needs of women in our community. By strengthening our partnerships, exploring new opportunities, and continuing to innovate, we are confident that Enfield Saheli will remain a beacon of hope and empowerment for many years to come.

On behalf of the Board of Trustees, I extend my heartfelt thanks to everyone who has supported Enfield Saheli this year. Together, we are making a meaningful difference in the lives of women and their families.

Our vision for the future is driven by a determination to ensure that every woman in our community feels valued, supported, and equipped to overcome challenges. By continuing to innovate, collaborate, and advocate, Enfield Saheli will strive to be a beacon of hope and empowerment for women from all walks of life.

Trustees and Statement of Directors' responsibilities

Charity trustees are the people who serve on the governing body of a charity. They may be known as trustees, directors, board members, governors or committee members. The principles and main duties are the same in all cases.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Signed on behalf of trustees and directors

Esther McLaughlin

Ms Esther McLaughlin,
Chairperson – Date 23/12/2024

Chief Executive Report

This year, Enfield Saheli has continued to strengthen its position as a key provider of services for women in our community, empowering them to overcome challenges and rebuild their lives. Our commitment to addressing domestic abuse, mental health issues, and economic empowerment remains at the heart of everything we do. With the support of our dedicated team, volunteers, trustees, and generous funders, we have achieved significant milestones, including the impactful Women Economic Forum in October 2023, supported by All Ladies League.

Domestic Abuse Advocacy Work

Our Domestic Abuse Advocacy services have been instrumental in helping women escape unsafe situations and regain control of their lives. These services include legal support, emotional counseling, and access to safe housing, all tailored to meet the unique needs of each woman.

Key Activities Include:

1. Safety and Risk Assessment
2. Legal and Financial Support
3. Emotional Support and Counseling
4. Access to Safe Housing
5. Community Engagement and Awareness

Outcomes of Domestic Abuse Advocacy Work:

- 85% of women reported an increased sense of safety.
- 60% successfully obtained legal protections such as restraining orders.
- 75% accessed safe housing solutions.
- 70% reported improved mental health after receiving counseling and support.

Mental Health and Counseling Services

Our Mental Health and Counseling Services aim to provide a safe space for women to address emotional difficulties, develop coping strategies, and enhance their well-being.

Key Activities Include:

1. One-on-One Counseling
2. Group Therapy and Support
3. Well-Being Workshops
4. Peer Support Programs

Outcomes of Mental Health and Counseling Services:

- 78% of women reported improved mental health outcomes.
- 68% of women in group therapy showed greater emotional resilience.
- 72% felt less isolated through peer support programs.

Women Economic Forum

In October 2023, we successfully hosted the Women Economic Forum, a groundbreaking event supported by the All Ladies League. This forum was designed to empower women by providing them with the tools, knowledge, and networking opportunities to enhance their economic well-being and entrepreneurship skills. The event brought together a diverse group of women from various sectors, creating a space for sharing knowledge, building connections, and fostering a supportive community.

Key Highlights of the Event:

- Workshops and Panel Discussions: The forum featured workshops on economic empowerment, entrepreneurship, financial literacy, and leadership development, led by expert speakers and successful women entrepreneurs.
- Networking Opportunities: Participants had the opportunity to connect with other like-minded women, form business partnerships, and explore opportunities for personal and professional growth.
- Inspirational Talks: Leading women in business and entrepreneurship shared their journeys, offering inspiration and practical advice for overcoming challenges and achieving success.

Impact of the Women Economic Forum:

- Increased Awareness and Engagement: The event attracted over 500 women from diverse backgrounds, all eager to learn and network. We received overwhelmingly positive feedback, with 92% of attendees reporting that they gained valuable insights into improving their economic empowerment.
- New Business Ventures: Several attendees have since reported starting new business ventures or exploring additional income-generating opportunities, as a direct result of the knowledge and connections gained at the forum.
- Enhanced Leadership Skills: Over 75% of participants reported feeling more confident in their leadership and business abilities, with many expressing interest in future training and development opportunities.
- Strengthened Community Ties: The forum also played a significant role in strengthening the community of women, fostering a sense of solidarity and support.

This event was a critical step in our mission to empower women economically and create lasting social change, and we are grateful to All Ladies League for their funding and continued support.

Team, Volunteers, and Trustees

We are incredibly grateful to our team, volunteers, and trustees, whose dedication has been integral to the success of all our programs and events. Their tireless commitment to our mission makes everything we do possible.

Special thanks go to:

- Our Team for their professionalism and compassion in delivering high-quality services.
- Our Volunteers for their passion and commitment to supporting women in need.
- Our Trustees for their strategic guidance and unwavering support.

Acknowledging Our Funders

We extend our sincere gratitude to our funders, whose support has been vital in enabling us to continue our work. Thank you to:

- MOPAC
- The Community Foundation
- Enfield's Mind
- All Ladies League for their generous funding of the Women Economic Forum.

This year, Enfield Saheli has made significant strides in supporting women through our Domestic Abuse Advocacy, Mental Health Services, and Women Economic Forum. The impact of our services has been profound, and the data speaks to the tangible difference we have made in the lives of the women we serve. We look forward to continuing our work, expanding our services, and empowering women



Krishna Pujara

Chief Executive

23/12/2024

Independent examiner's report to the trustees of Enfield Saheli

I report on the accounts of the company for the year ended 31st March 2024, which are set out on pages 13 to 17.

Respective responsibilities of trustees and examiner
The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants In England and Wales.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention (other than that disclosed below *) to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006 and in accordance with section 130 of the Charities Act;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

Date: 23/12/2024

Mr Vivek Shukla
Chartered Accountant
Balancesheets & More, 47-49 Park Royal Road. London NW10 7LQ

ENFIELD SAHELI
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2024

	Notes	Unrestricted fund £	Restricted fund £	Total Fund 2024 £	Total Fund 2023 £
INCOMING RESOURCES					
Donations		-	-	-	5,431
Investment Income (Bank Int/Royalty)		3	-	3	10
Income from Charitable Activities:					
Saheli Membership		745	-	745	1,445
The London Community Foundation		-	46,500	46,500	42,952
Royal Free Charity		-	46,857	46,857	-
All Ladies League		-	24,985	24,985	-
Mind In Enfield		-	103,539	103,539	130,135
Enfield Voluntary Action		-	-	-	2,385
TOTAL INCOMING RESOURCES		**748**	**221,881**	**222,629**	**182,358**
RESOURCES EXPENDED					
Expenses from Charitable Activities	(15)	-	228,205	228,205	181,349
TOTAL RESOURCES EXPENDED		**-**	**228,205**	**228,205**	**181,349**
Net incoming Resources		748	(6,324)	(5,576)	1,009
Balances Brought Forward		**97,190**	**61,190**	**158,380**	**157,371**
Balances Carried Forward		**97,938**	**54,866**	**152,804**	**158,380**

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

The notes attached form part of these financial statements

ENFIELD SAHELI
BALANCE SHEET AS AT 31 MARCH 2024

	Notes	£ 2024	£ 2023
Fixed Assets:			
Tangible assets	(13)	833	1,496
Current Assets:			
Cash at Bank and In Hand		189,439	177,960
Current Liabilities:			
Creditors: -			
Falling due within one year	(14)	37,468	21,076
Net Assets		**152,804**	**158,380**
As Represented By			
Unrestricted Fund		7,938	7,190
Restricted Fund	(12)	54,866	61,190
Designated Fund		90,000	90,000
Total Funds		**152,804**	**158,380**

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

The accounts were approved by the Directors on 23/12/2024 and signed on their behalf by: -

Esther McLaughlin
Chairperson and Director

Ms K Pujara
Secretary

ENFIELD SAHELI
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2024

1. Accounting policies
The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of preparation
The financial statements have been prepared in accordance with 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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Enfield Saheli meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Cash Flow Statement
The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income
Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended
Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure include includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Taxation
Enfield Saheli is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

6. Tangible fixed assets
Fixed assets are stated at cost less accumulated depreciation.

7. Fund Accounting
Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity.

8. Support Cost
Allocation of support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 16.

9. Pension costs and other post-retirement benefits
Enfield Saheli has set up a pension scheme with NEST pensions to meet its auto enrolment compliance requirement towards the Pension Regulator.

10. Staff Costs

The total Salary Costs for the year was £118,629 including Tax, National Insurance and Pension Contributions. Average numbers of employees were 4.
None of the employees received gross salary in excess of £60,000 in the year or the previous year.
Trustees are not remunerated.

11 Status

Enfield Saheli is a registered charity and registered company limited by guarantee.

12. Analysis of Restricted Funds

	Balance @ 1st April 2023	Incomings	Outgoings	Balance @ 31st March 2024
	£	£	£	£
Royal Free Charity	-	46,857	46,857	-
Mind In Enfield	26,580	103,539	100,559	29,560
All Ladies League	-	24,985	27,239	(2,254)
London Community Foundation	-	46,500	38,550	7,950
Other Restricted Activities	34,610	-	15,000	19,610
	61,190	**221,881**	**228,205**	**54,866**

Purpose of Restricted Funds: -

Restricted Fund balance carried forward include £19,610 which has been accumulated over the years through previous commissioning grant from the Local Authority which is being used in furthering the charitable objects and activities of the charity.
The overall purpose of the funds is to provide health and social care support including Mental Health, Domestic Violence and counseling.

13.Tangible Assets

	Furniture & Equipments	Total
	£	£
Cost		
At 1 April 2023	2,653	2,653
Additions	-	-
At 31 March 2024	**2,653**	**2,653**
Depreciation		
At 1 April 2023	1,157	1,157
Charge for the year	663	663
At 31 March 2024	**1,820**	**1,820**
Carrying amount		
At 31 March 2024	**833**	**833**
At 31 March 2023	1,496	1,496

14.Creditors

	2024	2023
	£	£
Accounts payable	8,331	8,611
Pension	540	975
PAYE	23,208	6,263
Accrual	3,078	2,916
Other Creditors	2,311	2,311
	37,468	**21,076**

15. Charitable Expenditure

	Unrestricted fund	Restricted fund	Total Fund 2024	Total Fund 2023
	£	£	£	£
Charitable Expenditure				
Office Running Cost	-	7,559	7,559	8,855
Insurance	-	1,647	1,647	1,532
Travelling & staff welfare	-	3,924	3,924	2,664
Temp Staff and Volunteers	-	28,281	28,281	25,845
Staff costs	-	118,629	118,629	106,396
Advert & Publicity	-	1,076	1,076	500
Depreciation	-	663	663	663
Project Activities & Events	-	38,205	38,205	16,760
IT Support and maintenance	-	1,920	1,920	2,050
Recruitment cost	-	14,420	14,420	280
Rent and room hire charges	-	10,243	10,243	10,242
Legal and professional fees	-	1,638	1,638	5,562
	-	**228,205**	**228,205**	**181,349**

16. Support and Governance Costs

	General Support	Governance	Total
	£	£	£
Office Running Costs	7,559	-	7,559
Rent and room hire charges	10,243	-	10,243
IT Support & maintenance	1,920	-	1,920
Independent Examination	-	990	990
Legal &Professional fees	648	-	648
	20,370	**990**	**21,360**

17. Designated Fund

The purpose of the Designated Fund of £90,000 is for Organisation contingencies, IT Systems and Strategic Planning to develop future strategies for Enfield Saheli

ENFIELD SAHELI

England & Wales - Charity number 1129308

Accounts

ENFIELD SAHELI

Registered Charity and Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31ST MARCH 2023

Charity number: 1129308
Company number: 6663604

ENFIELD SAHELI
YEAR ENDED 31ST MARCH 2023

Registered Charity Number :1129308
Registered Company Number: 6663604

Principal address:

311 Fore Street
Community House
Edmonton
London N9 0PZ

Directors and Trustees:

Esther McLaughlin (Chairperson)
Balbir Want
Swapna Toley
Sheila Gandecha
Savita Bansal
Raga D'Silva– Appointed 30th March 2023

Company Secretary
Krishnagauri Pujara

Governing document:

Enfield Saheli is a private limited company number 6663604 governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under a new number 1129308 The charity is operated under the rules of its Memorandum of Articles and Association.

Bankers:
Barclays Bank PLC
Lloyds Bank

Independent Examiner and Accountant:

Balancesheets& More
Chartered Accountants
Premier Business Centre
47-49 Park Royal Road
London
NW10 7LQ

ENFIELD SAHELI

FINANCIAL ACCOUNTS

FOR YEAR ENDED 31ST MARCH 2023

CONTENTS

Pages

4-14. Trustees and Staff Report

15. Independent Examiners Report

16. Statement of Financial Activities

17. Balance Sheet

18-20. Notes to the Accounts

Enfield Saheli Report of the Directors and Trustees
For the year ended 31 March 2023

The trustees are pleased to present their annual directors' report for the year ending 31st March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, 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 (FRS 102) (effective 1 January 2015)

Introduction
Enfield Saheli is a registered charity founded in 1992 and registered from 1995. It was established by women to help and encourage women who are isolated, discouraged or depressed to overcome difficult periods in their lives and to take positive steps towards improving their own health and well-being and to discover new opportunities for participating and benefiting from the community.

Mission Statement
Enfield Saheli is a non-sectarian organisation set up by women to provide services and activities to support and empower women, without distinction of ethnic, cultural, religious or political differences.

It aims to enable women to participate fully in the social, cultural and civic life of the borough. We are a service-oriented charity seeking to provide support in improving the health and well-being of women.

Enfield Saheli offers information, training, advocacy, cultural and social opportunities for its members who are from local communities.

Summary of Services Delivered:

- Mental Health Support Service
- Domestic Violence Advocacy Service including a Domestic AbuseSupportGroup
- Multi Lingual Counselling Service
- Well-being Support / Focus Groups
- Drop in Luncheon Club
- Awareness and Educational workshops e.g. Digital Including,Health & Wellbeing, Keeping Warm – Keeping Safe/Well, Diabetes; Stroke; Welfare Benefits, Safeguarding etc.
- Yoga Classes / Physical Activities (including Chair based exercises)
- Advocacy
- Online Activities
- Art Therapies
- IT Classes
- Community Mentoring
- Arts & Crafts
- Sewing Classes
- Volunteer Social Work Placements

Underpinning Objectives of Enfield Saheli:

- To ensure that the service remains culturally sensitive and reflects ethnic diversity.
- To promote the values, aims and style of service delivery as outlined in the Department of Health Policy Implementation Guide "The Recovery Model" e.g. by:
  1. Promoting opportunities for employment and education to service users.
  2. Involving Service users and their careers in planning and delivery of care.
  3. Delivering of high-quality treatment and care which is known to be effective and acceptable.
  4. Ensuring that services are well suited to those who use them and non-discriminatory.
  5. Ensuring that services are accessible so that help can be obtained when and where it is needed.
  6. Promoting the safety of the users and their Carers, Staff, Volunteers and the wider public.
  7. Working with users & members to promote social inclusion & Well-being.

Principle objects and activities

Enfield Saheli - Voluntary Organisation which provides services and activities to support and empower Women. It works closely with the statutory and local organisations.

The overall objectives of the Organisation are: -

- To relieve poverty among women generally.
- The provision of advice and information on welfare issuesto enable them to benefit fully from the range of services available in this field.
- The provision of advice and information for other mattersto enable them to make valid and considered choices on issues relating to their own lives and their children's futures.
- The promotion of equal opportunities for women who have been marginalized and excluded in all areas of life and the encouragement of other agencies to provide equality of access for socially excluded women to service provision.
- The setting up and management of an Information, Advice and Support Service in the furtherance of these objects.
- To advance education amongst women particularly by provision of English Conversation classes and Computer Awareness classes.
- To relieve distress and suffering experienced by women who have been maltreated or abused and any children of such women.

Governance, Structure and Management

Enfield Saheli is a registered company limited by guarantee, number 6663604, governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under number 1129308. New Directors and Trustees are appointed by a resolution of the Directors passed at a meeting of the Directors.

The overall management of finance is the responsibility of all the Trustees acting on the recommendations of the Chairperson, Trustees, Secretary and the advice of the Chief Executive. The Trustees form the Executive which meets regularly throughout the year.

Public Benefit
The Trustees confirm that they have complied with their duty under the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

Our Volunteers
Enfield Saheli is very involved in the community and relies on voluntary help. Around 26 volunteers assist with our on-going activities. We wish to thank our volunteers for their loyal support and contribution.

Risk management
The trustees have a risk management strategy which comprises:
- An annual review of the principal risks and uncertainties that the charity undertake.
- The establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- The implementation of procedures designed to minimize or manage any potential impact on the charity should those risks materialize.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimize risk.

Reserves policy and going concern
The Board has assessed the charity's requirements for reserves in the light of the main risks to the organization. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve and maintained at a level which ensures that Enfield Saheli's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

REVIEW OF ACTIVITIES AND FUTURE DEVELOPMENTS
It is now time to review the activities of Enfield Saheli during the past year, highlight its achievements, make a note of its shortcomings & give a future direction to such activities

The period from 2022 - 2023 has been challenging, continued successes and new milestones for Saheli. Demand for our services post Covid increased as a few organisations / groups closed down due to lack of funding. To manage the demand for new users, the trustees agreed to use our reserves to continue the service we provide to all our service users.

Our services continue to assist a number of women and their families and make a significant impact in the local community. The number of clients we served saw a marked increase in referral primarily due to our effective multi-lingual counselling services to help victims of domestic abuse and mental health needs and our ongoing Support, Advice & Information

Saheli is very active in its support and services to the elderly and senior members of our society. We organised various talks by recognised professionals on important health issues for the benefit of our women. Our regular drop-in and luncheon clubs with activities are very popular as we are continuously working towards improving our delivery of service. The numbers have increased in the Luncheon Clubs and sadly we now have a waiting list for some members as the venue cannot accommodate more numbers. We currently have around 50-55 women attending every week.

The Emotional Well-being Group is engaging with vulnerable women to empower them with additional skills with support from qualifiedtherapist.

Future Plans for Saheli – We will continue working in partnership with statutory & voluntary sector groups. We envisage securing a further contract for Domestic Abuse Advocacy Service, in addition to developing our Advice & Information Service. Peer Practitioners working in the Community and continue with our Mental Health Counselling.

We always face a lot of challenges in pursuit of continuous improvements while balancing with a drive to contain and reduce costs. We promote Saheli onSocial Media - Saheli has its Facebook account. Our website – Enfieldsaheli.orgis updated regularly with reference to our activities and information.

Our members have been dedicating their time to make Saheli robust and are encouraged to attend regular online activities and events to see the work being carried out by Enfield Saheli staff. We have been well served with a skillful and able Board of trustees who have voluntarily given their time for the success of the organisation. Saheli CEO Krishna Pujara and staff with volunteers have been working hard to promote Saheli out into the community.

I would like to thank our Board members, staff, sessional staff, Student Social Workers and Volunteers for their continuous hard work. Finally thank you, each and every member of Saheli, its well-wishers and volunteers. It is your help and support that has made Saheli so successful.I also want to say a special thanks to all our funders, donors and well-wishers for theirsupport

Achievements

Enfield Saheli has achieved its aims and objectives this year. I am pleased to inform that Key services achieved their milestone. We are very pleased that our projects have reached out to a large number of women in the community.

We continue to receive very positive word-of-mouth feedback from our clients following our counselling and online / drop-in sessions.

In addition to our ongoing activities, we were pleased to receive funding from NHS Charities together to provide Digital Classes & provide activities for women going through long covid to overcome loneliness and isolation.

Due to changes in the funding for Voluntary Community Organisations, some of the organisations have closed down and there has been an additional demand to our services. We are receiving more referrals to our services. We had 4Social Worker students on placements to support us with our services.

Our support service with Mind, and other community organisations, we continue to provide our Mental Health Counselling. Thanks to the funding from Open Society Foundation, we have managed to support women going through difficult phases in their lives by supporting them and also providing counselling for them to overcome difficult phases to move on in their lives.

Throughfunding from NHS Mental Health Trust, we have appointed 2 peer practitioners to work in the Barnet Enfield Haringey Mental Health Trust to provide support to the community in partnership with MIND in Enfield and other Community Organisations.

We are very thankful to our active and committed staff &volunteers who have made a substantial contribution to our administration. We also managed to get additional sessional workers to continue providing digital smart phones training and other activities including Arts & Crafts.

Promotion of Services

Our services are advertised through information disseminated in advance, by newsletter, leaflets, Word of Mouth and ethnic media. In addition, updates on our Facebook page.

The following promotion activities have been undertaken to promote Enfield Saheli:

- Press Releases in local newspapers, leaflet drops & South Asian BBC Radio, MATV & Zee TV. Interaction on subject relating to women & Children.
- Representing on other organisations – Domestic Abuse Strategy & Operational Group for violence Against Women & Girls, Mental Health Partnership Board, North London Asian Care, Health Watch, Carers Centre, Dementia Alliance, Community & Faith Organisations etc.
- Leaflet drops – local areas, GP Surgeries,Dental Surgeries, Schools, Libraries, Hospitals, Mental Health Trusts& Community / Faith Organisations.
- Sending promotional material to existing clients and members.
- Information is also available onSocial Media& our website www.enfieldsaheli.org.

Finance and Fundraising

We are thankful to our funders, MindIn Enfield, NHS Charities together, Open Society Foundation, London Community Foundation, Enfield Voluntary Action and Donations from our well-wishers for supporting our work. We continue to be part of the fundraising consortiums to sustain our projects.

Future plans

We continue to look into alternative sources of funding. We are part of consortiums toApply & submit bids for funding. We are actively recruiting trustees and volunteers to strengthen our management and administration. We have also joined hands with All Ladies League (ALL) and their other groups to reach out to lots of Women & girls to make a difference in their lives.

Trustees and Statement of Directors' responsibilities

Charity trustees are the people who serve on the governing body of a charity. They may be known as trustees, directors, board members, governors or committee members. The principles and main duties are the same in all cases.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Signed on behalf of trustees and directors

Ms Esther McLaughlin, Chairperson – Date 19/12/2023

Chief Executive & Staff Report

Enfield Saheli continues to provide a place that welcomes every woman whether she is in crisis or entering a new phase of her life or wants to develop her dreams. With our philosophy of providing non-judgmental support and accurate information to empower women to make choices, we offer a range of services rooted in the realities and dreams of women.

Like every year, this year has also been busy for us. We have developed our working style to work hybrid with our service users. As the service users are getting used to attending physical services after lockdown, we continue to provide virtual & physical counselling due to the demand to our Advocacy & Wellbeing services. We received over 170 referrals for counselling through the year. Majority of our referrals come through IAPT(Improving Access to Psychological Therapies), GP Surgeries, VCS (Voluntary Community Sector) Agencies and self-referrals. The counselling service is working really well with the support from our integrated VCS Services & Enfield Mind.

We continue to reach out to our vulnerable service users through welfare calls. Our Online activities continue to support women who are house bound and cannot come out regularly to join physical activities at the centre. The activities are planned according to users needs.

Online Singing Classes continue once week with maximum attendance on Zoom. Ladies are learning to sing on Karaokeafter the Yoga Class on Thursdays.

Funding from NHS Charities & Enfield Voluntary Action to hold activities to support women having long covid with activities and digital devices training has trained many women to using the smart phones and join online& hybrid activities. Long-Covidactivities has supported 211 Beneficiaries & Digital Inclusion has supported 209 Beneficiaries. The Project has been very successful as we managed to raise awareness of the Long Covid and the vulnerable women that we work with managed to understand the symptoms of long covid and were encouraged to contact their GP to get medical help and at the same time a peer support group wasformed to support each other within the group.

The Project was advertised within faith places, libraries, and other public places to encourage women to participate in our Weekly Drop Ins on Fridays. We worked with professionals to come and talk about long covid and the impact it can have on individuals' wellbeing. The Drop in also included chair based exercises for women to participate and meet others going through similar difficulties about their health. The women continued to meet regularly and attracted more women to participate and encourage them also to come out of their homes and meet physically insteadof virtually.

We continue to promote Saheli servicesand have increased knowledge of Domestic Abuse and Mental Wellbeing amongst communities. We have given short talks and presentations to create further awareness and increased referrals.

The health services local general practitioners (GPs), Community Support and Recovery Teams NHS, LBE (London Borough of Enfield), and the IAPT are working together to provide community services. We are working alongside these agencies in line with their long term strategic aims. We are providing that crucial community service in the most deprived areas of Enfield, such as Edmonton and to some of the hardest to reach.

We continue to be empowering victims to make informed decisions and it has helped to reduce risk, build their familiesresilience and reduce longer term dependence on services. Providing clear and realistic housing information and advice to victims whose existing accommodation is not safe, building peer support networks across communities to inform,

support and help victims in their local areas.Ensuring support and information is accessible to victims who have ended their relationships - as risk may escalate at this point - by use of digital communication over this period of time. Our Chief Executive is the Chairperson for the Enfield Council's Domestic Abuse Operational Forum for Violence Against Women & Girls and this is the Forum made up of all agencies where difficulties and improvements to services are discussed.

To improve the Wellbeing of women we are working with the partners to enhance our Mental Health Support Service whose achievements are:

- Strong focus on service quality, recovery and outcomes delivered through effective partnership.
- Helped in early diagnosis and intervention through counselling.
- Provide Information about services and support by workshops and seminars.
- Evidence based assessment, treatment and support
- Advice &Information support.
- Support by our Mental HealthWorker / Peer Practitioners in community settings
- Support to address both mental health and physical needs
- Early interventions to help reduce relapse and admissions to hospital by engaging in our activities
- Involvement of service users in decisions by inviting professionals in our drop-ins for consultation meeting about services and support
- Help to reduce stigma and discrimination associated with mental health problems by having awareness talks and workshops in our support group which supported the reduction Inequality in mental and physical health and wellbeing
- Adults with mental health problems who feel alone and unsupported made their own network of support in preventive drop-in setting. Helped adults with mental health problems that are excluded from the communities in which they live.
- Support to maintain mental health and wellbeing for all

This year for the mental health project there has been an increase in our multi lingualcounselling sessions and online activities. Saheli Mental Health Project with young people has been a great success - We have found it extremely useful providing Advice and Information to over 370 young people who have participated in our activities and accessed support for their wellbeing needs, in addition to mental health services which clearly benefit our clients ensuring that the right service is provided at the right time.

Counselling

Saheli Counselling Service continues to support Women & Girls through difficult phases of their lives. We have been running our counselling services successfully and have an ever-increasing waitlist; we have alsoadditional multi lingualcounsellors from different backgrounds in order to meet the needs of our clients and the members in general. Saheli

Counselling session are provided on short term basis, where we offer a block of 8 and up to 12 sessions, there has been a number of clients where we have been able to offer longer term counselling.

These sessions are held every week for the women during daytime, evening and weekends to accommodate women who are working full time and cannot access the counselling service during working hours. We are fortunate to have multilingual counsellors who can speak a variety of languages, so that we can ensure we are removing linguistic and cultural

barriers and making the service accessible to vulnerable groups.

The nature of the work we do brings us in contact with a lot of women who go through mental health problems due to the domestic abuse, the type of clients we see for counselling can range from needing support and guidance with day to day life issues as well as more serious problems such as Post Traumatic Stress Disorder, depression, anxiety and personality disorders.

We have used mid-session and end of session evaluation form to monitor the effectiveness of therapy and the feedback we got form these evaluations have been very encouraging. Since the beginning of the year, we have been able to offer well over a hundred forty counseling sessions to our clients.

Domestic abuse can have a massive negative effect on mental health. It is believed that abuse is often the main factor in the development of depression, anxiety and other mental health disorders, eating disorders, substance misuse, and may lead to sleep disturbances, self-harm, suicide and attempted suicide.

Drop-in

This provision of the service provides a therapeutic environment where the clients suffering from mental ill health can relax, socialize, make new friends and receive advice, support and assistance within an informal setting.

The drop-in luncheon club acts as a preventative measure in dealing with isolation that can often lead to escalation of depression and other mental health problems and is a crucial support mechanism in the client's life. The weekly drop-in is held on Fridays.

These group provides a safe place to support the women experiencing depression, anxiety, suicidal thoughts, and domestic violence victims and also for any queries or problems that clients may have regarding employment, housing, health or education issues. The drop-in is attended on average by fifty women each week.

The support provided at these regular meetings encourages women to build networks, to build their confidence/self esteem and to be able to live a more active and involved life. The women aging from 16-65+ are from a diverse range of ethnic backgrounds including; Asian Arab, Bangladeshi, Black African, East African Asian, Indian, Iranian, Mauritian, Pakistani, Albanian, Russian, Sri Lankan& Turkish.

The Gentle Exercise Classes held on Fridays at Community House, has increased in numbers due to word of mouth publicity and has proved very popular. It has also helped women to learn new skills and regularly practice skills to maintain a healthy life style.

We have reduced our online activities from 5 days a week to 3 days a week to meet our service usersneeds and also support women going through Loneliness & Isolation.

Through our service users evaluation, we have learnt that clients with more acute mental health and support needs benefited from a more therapeutic activity such as Arts &Crafts session and Board games.

Arts& Crafts including - knitting and sewinghas often proved to be a stress alleviating andrelaxing form of expression and therapy for those who have been through emotional distress or suffered traumatic life events. The online arts class has attracted so many women to join and helps them to paint with pencils and it has helped a lot of service users to develop additional skills of painting and help through their recovery.

These activities are used as a mechanism for expressing feelings in a positive and creative way. These techniques do inspire themselves and others, individuals can develop in their own self-esteem and confidence.

Awareness monthly talks during the workshops raise awareness of different topics. Guest speakers from various agencies and organisations are invited regularly to make presentations on key issues affecting the client group.

We encourage clients to participate actively by asking questions and receiving informal feedback after the talk. Many of these have had very good attendance and participation.

The talks conducted during the year were on the following topics;Women health & nutrition, Alzheimer's, Glaucoma, Stroke, Diabetes, Bowel cancer, Hemophilia, Ovarian cancer, Ambulance Service, Fall prevention, Energy saving, Knee Replacement, Cardiac Arrests, Knee replacements, Back Problems and Cost of Living Crisis.

Our services reflect our commitment to holistic approach to the healing of mind, body and spirit. Activities are provided by our specially trained multicultural staff and sessional workers.

We aim to empower women by offering them choices in their therapeutic activities, encouraging each woman to be self-nurturing, active and creative participant in her recovering and healing process.

To improve our services according to the needs of our users we always use service users evaluation forms to identifying their need and we change accordingly.

We are grateful to Mind In Enfield with NHS Charities Together & London Community Foundation for funding our projects to support the work we do. We have applied to Violence Against Women Fund from the Mayor of London (MOPAC)

Agency Outreach

Some women are not able to leave their homes due to disability or a mental health problem. Apart from the practical difficulties that affect these clients, this situation can result in depression and deterioration in mental health with the potential for a serious situation developing. This project provides urgent outreach support when clients are identified. Outreach visits has resulted in preventing the clients from otherwise being hospitalized or isolated and also agency outreach help our service to introduce to the other organisations and aimed at getting new referrals.

Our work aims to help clients to strengthen their mental health so that they can participate more confidently in the community. Participation is entirely voluntary and very occasionally clients will reject our services.

Newsletters and information leaflets

All our members are kept informed of anyevents taking place at Enfield Saheli, through information disseminated in advance, on What's App, leaflets, seminars, conferences, future workshops, consultation, trips and presentations.

We also include the information regarding change in Government policies and council.These include details about any change in the welfare benefit reforms, benefits cuts and changes in council & housing benefits etc.

Domestic Abuse Advocacy Service

Our Domestic Abuse Service mission is to serve the women on domestic abuse issues including honour based violence, forced marriages, stalking, rape, and sexual abuse.

A huge part of our service involves supporting Domestic Abuse victims. This year we have supported 700+ women including 120 women who have accessed our services for emergency support.

In addition, we are working collaboratively with other organisations, ensuring to deliver optimal services to victims, ultimately promoting Enfield free of domestic violence.

Community Education

Domestic Abuse Advocate speaks regularly to community groups. Audiences include schools, children centers, hospitals, Mental Health Teams and other organizations who are interested in learning about the dynamics and prevention of domestic violence.

Focus Groups

Engaging with different communities, especially where reporting an abuse is still a huge stigma, also lack of faith and trust on many statutory services. Suffering in silence can cause massive health risks in the long run. Focus groups, where nearly 50 members became aware of such risks and how by adopting different strategies, these risks can be minimized even if the clients are willing to remain in the abusive relationship.

Well Being Support Groups

Saheli Wellbeing support groups are a safe place to share, learn and grow. Many women are turning to support groups regularly, to find others that can relate with the difficulties of living with abuse. 43 clients were able to gain knowledge, improve self-confidence and enhance their self-esteem, enabling them to take responsibility of their and their children's lives.

Workshops

Domestic Abuse workshops aim to prevent domestic abuse, teaching people the difference between a healthy relationship and an unhealthy one is the first step towards preventing domestic violence. Looking at prevention rather than a cure, we aimed to educate older and young people about the realities of a violent relationship. This covers everything from physical violence, to emotional abuse, name-calling and even coercive behavior.

Summary

Enfield Saheli is a woman only space, providinga wide range of activities and supportfor the women using it. Our clients are at its Core, they inform both - what we offer and how we offer it.

Over the years the thousands of women who have used the services have told us what they want and for many that is someone to listen so that they can chat in confidence in an informal way, identifying their choices and finding out the information they need.

We want to ensure that we do not lose sight of what it might feel like for each individual woman to access our service. To try to achieve this, we have identified a number of Core values, which support our delivery, and which can be used to test what we are doing or planning to do.

Enfield Saheli is much respected for their excellent reputation that it has gained over the last 31 years in supporting women who have experienced Domestic Abuse or Mental Health issues.

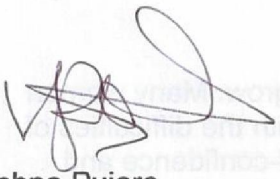
Saheli plays a lead role at Domestic Abuse / Violence Against Women & Girls Strategy and Operational Groups in addition to Mental Health Partnership & Older People Partnership Boards.

Moving Ahead

As always, we continue to create awareness of the issues around Mental Health and Domestic Abuse. We continue to review our services and ensure sustainability by applying for funding from various sources.

As an organisation, we will listen to and shape our services around the needs of our service users.

I would like to take this opportunity to thank all our funders, trustees, staff, volunteers and service users for all their support.



Krishna Pujara

Chief Executive

19/12/2023

Independent examiner's report to the trustees of Enfield Saheli

I report on the accounts of the company for the year ended 31st March 2023, which are set out on pages 16 to 20.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

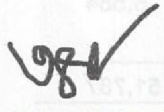
Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *) to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006 and in accordance with section 130 of the Charities Act;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



Date: 19/12/2023

Mr Vivek Shukla
Chartered Accountant
Balancesheets&More, 47-49 Park Royal Road. London NW10 7LQ

ENFIELD SAHELI
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2023

	Notes	Unrestricted fund	Restricted fund	Total Fund 2023	Total Fund 2022
INCOMING RESOURCES		£	£	£	£
Donations		5,431	-	5,431	323
Fundraising (Make It Beat)		-	-	-	800
Investment Income (Bank Int/Royalty)		10	-	10	11
Income from Charitable Activities:					
Saheli Membership		1,445	-	1,445	2,006
The London Community Fund		-	42,952	42,952	48,600
Rosa Fund		-	-	-	7,742
Lloyds Bank Foundation		-	-	-	25,000
Mind In Enfield		25,000	105,135	130,135	43,208
Open Society Foundation		-	-	-	35,534
Enfield Voluntary Action		-	2,385	2,385	16,322
Carrey Assets (Mental health)		-	-	-	7,336
TOTAL INCOMING RESOURCES		**31,886**	**150,472**	**182,358**	**186,882**
RESOURCES EXPENDED					
Expenses from Charitable Activities	(16)	-	181,349	181,349	181,298
TOTAL RESOURCES EXPENDED		**-**	**181,349**	**181,349**	**181,298**
Net incoming Resources		31,886	(30,877)	1,009	5,584
Balances Brought Forward		**65,304**	**92,067**	**157,371**	**151,787**
Balances Carried Forward		**97,190**	**61,190**	**158,380**	**157,371**

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

The notes attached form part of these financial statements

ENFIELD SAHELI

BALANCE SHEET AS AT 31 MARCH 2023

	Notes	£ 2023	£ 2022
Fixed Assets:			
Tangible assets	(13)	1,496	1,480
Current Assets:			
Debtors	(14)	-	21,694
Cash at Bank and In Hand		177,960	165,579
Current Liabilities:			
Creditors: -			
Falling due within one year	(15)	21,076	31,382
Net Assets		**158,380**	**157,371**
As Represented By			
Unrestricted Fund		7,190	304
Restricted Fund	(12)	61,190	92,067
Designated Fund		90,000	65,000
Total Funds		**158,380**	**157,371**

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

The accounts were approved by the Directors on 19/12/2023 and signed on their behalf by: -

EM'Laughlin

Esther McLaughlin
Chairperson and Director

Ms K Pujara
Secretary

ENFIELD SAHELI
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2023

1. Accounting policies
The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of preparation
The financial statements have been prepared in accordance with 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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Enfield Saheli meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Cash Flow Statement
The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income
Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended
Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure include includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Taxation
Enfield Saheli is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

6. Tangible fixed assets
Fixed assets are stated at cost less accumulated depreciation.

7. Fund Accounting
Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity.

8. Support Cost
Allocation of support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 17.

9. Pension costs and other post-retirement benefits
Enfield Saheli has set up a pension scheme with NEST pensions to meet its auto enrolment compliance requirement towards the Pension Regulator.

10. Staff Costs

The total Salary Costs for the year was £106,396 including Tax, National Insurance and Pension Contributions. Average numbers of employees were 4.
None of the employees received gross salaryin excess of £60,000 in the year or the previous year.
Trustees are not remunerated.

11. Status

Enfield Saheli is a registered charity and registered company limited by guarantee.

12. Analysis of Restricted Funds

	Balance @ 1st April 2022	Incomings	Outgoings	Balance @ 31st March 2023
	£	£	£	£
Open Society Foundation	26,650	-	26,650	-
Enfield Voluntary Action	-	2,385	2,385	-
Rosa Fund	1,419	-	1,419	-
Mind In Enfield	19,318	105,135	97,873	26,580
Carrey Assets (Mental Health)	300	-	300	-
Lloyds Bank Foundation	9,820	-	9,820	-
London Community Fund	(50)	42,952	42,902	-
Other Restricted Activities	34,610	-	-	34,610
	92,067	**150,472**	**181,349**	**61,190**

Purpose of Restricted Funds: -

Restricted Fund balance carried forward include £34,610 which has been accumulated over the years through previous commissioning grant from the Local Authority which is being used in furthering the charitable objects and activities of the charity.
The overall purpose of the funds is to provide health and social care support including Mental Health, Domestic Violence and counseling.

13.Tangible Assets

	Furniture &Equipments	Total
	£	£
Cost		
At 1 April 2022	1,974	1,974
Additions	679	679
At 31 March 2023	**2,653**	**2,653**
Depreciation		
At 1 April 2022	494	494
Charge for the year	663	663
At 31 March 2023	**1,157**	**1,157**
Carrying amount		
At 31 March 2023	**1,496**	**1,496**
At 31 March 2022	1,480	1,480

14. Debtors

	2023	2022
	£	£
Mind In Enfield	-	21,694
		21,694

15.Creditors

	2023	2022
	£	£
Accounts payable	8,611	18,055
Pension	975	1,198
PAYE	6,263	2,880
Accrual	2,916	996
Wage payable	-	5,942
Other Creditors	2,311	2,311
	21,076	**31,382**

16. Charitable Expenditure

	Unrestricted fund	Restricted fund	Total Fund 2023	Total Fund 2022
	£	£	£	£
Charitable Expenditure				
Office Running Cost	-	8,855	8,855	6,571
Insurance	-	1,532	1,532	1,449
Travelling & staff welfare	-	2,664	2,664	1,573
Temp Staff and Volunteers	-	25,845	25,845	28,469
Staff costs	-	106,396	106,396	94,407
Advert & Publicity	-	500	500	700
Depreciation	-	663	663	494
Project Activities & Events	-	16,760	16,760	13,460
IT Support and maintenance	-	2,050	2,050	4,349
Recruitment cost	-	280	280	7,480
Rent and room hire charges	-	10,242	10,242	8,674
Consultancy	-	-	-	5,880
Legal and professional fees	-	5,562	5,562	7,792
	-	**181,349**	**181,349**	**181,298**

17. Support and Governance Costs

	General Support	Governance	Total
	£	£	£
Office Running Costs	8,855	-	8,855
Rent and room hire charges	10,242	-	10,242
Governance cost	-	82	82
IT Support & maintenance	2,050	-	2,050
Independent Examination	-	996	996
Legal &Professional fees	3,840	-	3,840
	24,987	**1,078**	**26,065**

18. Designated Fund

The purpose of the Designated Fund of £90,000 is for Organisation contingencies, IT Systems and Strategic Planning to develop future strategies for Enfield Saheli

ENFIELD SAHELI

England & Wales - Charity number 1129308

Accounts

ENFIELD SAHELI

Registered Charity and Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31ST MARCH 2022

Charity number: 1129308
Company number: 6663604

ENFIELD SAHELI
YEAR ENDED 31ST MARCH 2022

Registered Charity Number :1129308
Registered Company Number: 6663604

Principal address:

311 Fore Street
Community House
Edmonton
London N9 0PZ

Directors and Trustees:

Esther McLaughlin (Chairperson)
Balbir Want
Swapna Toley
Sheila Gandecha
Savita Bansal – Appointed 17th May 2021

Company Secretary
Krishnagauri Pujara

Governing document:

Enfield Saheli is a private limited company number 6663604 governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under a new number 1129308 The charity is operated under the rules of its Memorandum of Articles and Association.

Bankers:
Barclays Bank PLC
Lloyds Bank

Independent Examiner and Accountant:

Balancesheets& More
Chartered Accountants
Premier Business Centre
47-49 Park Royal Road
London
NW10 7LQ

ENFIELD SAHELI

FINANCIAL ACCOUNTS

FOR YEAR ENDED 31ST MARCH 2022

CONTENTS

Pages

4-15. Trustees and Staff Report

16. Independent Examiners Report

17. Statement of Financial Activities

18. Balance Sheet

19-21. Notes to the Accounts

Enfield Saheli Report of the Directors and Trustees
For the year ended 31 March 2022

The trustees are pleased to present their annual directors' report for the year ending 31st March 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, 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 (FRS 102) (effective 1 January 2015)

Introduction
Enfield Saheli is a registered charity founded in 1992 and registered from 1995. It was established by women to help and encourage women who are isolated, discouraged or depressed to overcome difficult periods in their lives and to take positive steps towards improving their own health and well-being and to discover new opportunities for participating and benefiting from the community.

Mission Statement
Enfield Saheli is a non-sectarian organisation set up by Asian women to provide services and activities to support and empower women in the London Borough of Enfield, without distinction of ethnic, cultural, religious or political differences.

It aims to enable women to participate fully in the social, cultural and civic life of the borough. We are a service-oriented charity seeking to provide support in improving the health and well-being of women.

Enfield Saheli offers information, training, advocacy, cultural and social opportunities for its members who are from local communities.

Summary of Services Delivered:

- Mental Health Support Service
- Domestic Violence Advocacy Service including a Domestic AbuseSupportGroup
- Multi Lingual Counselling Service
- Well-being Support / Focus Groups
- Drop in Luncheon Club
- Awareness and Educational workshops e.g. Stroke, Blood Pressure, Heart Foundation, Keeping Warm, Diabetes; Stroke; Social Services, Forced Marriages, Female Genital Mutilation, Welfare Benefits, Keeping Safe, Eating Healthy, Keyhole knee surgeries etc.
- Yoga Classes / Physical Activities
- Advocacy
- Online Activities
- Art Therapies
- IT Classes
- Community Mentoring
- Arts & Crafts
- Sewing Classes
- Information & Advice
- Volunteering - supporting women in finding paid work through volunteering for Saheli
- Community Social Events

- Social Work Placements
- Online Activities

Underpinning Objectives of Enfield Saheli:

- To ensure that the service remains culturally sensitive and reflects ethnic diversity.
- To promote the values, aims and style of service delivery as outlined in the Department of Health Policy Implementation Guide "The Recovery Model" e.g. by:
  1. Promoting opportunities for employment and education to service users.
  2. Involving Service users and their Careers in planning and delivery of care.
  3. Delivering of high-quality treatment and care which is known to be effective and acceptable.
  4. Ensuring that services are well suited to those who use them and non-discriminatory.
  5. Ensuring that services are accessible so that help can be obtained when and where it is needed.
  6. Promoting the safety of the users and that their careers, staff and the wider public.
  7. Working with users & members to promote social inclusion & Well-being.

Principle objects and activities

Enfield Saheli - voluntary organisation which provides services and activities to support and empower Women. It works closely with the statutory and local organisations.

The overall objectives of the organisation are: -

- To relieve poverty among women generally, with emphasis on support of BAME Women.
- The provision of advice and information on welfare issues which will enable them to benefit fully from the range of services available in this field.
- The provision of advice and information for other matters which will enable them to make valid and considered choices on issues relating to their own lives and their children's futures.
- The promotion of equal opportunities for women who have been marginalised and excluded in all areas of life and the encouragement of other agencies to provide equality of access for socially excluded women to service provision.
- The setting up and management of an information, advice and support centre in furtherance of these objects.
- To advance education amongst women particularly by provision of English Conversion classes and Computer Awareness classes.
- To relieve distress and suffering experienced by women who have been maltreated or abused and any children of such women.

Governance, Structure and Management

Enfield Saheli is a registered company limited by guarantee, number 6663604, governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under number 1129308. New Directors and Trustees are appointed by a resolution of the Directors passed at a meeting of the Directors.

The overall management of finance is the responsibility of all the Trustees acting on the recommendations of the Chairperson, Trustees, Secretary and the advice of the Chief Executive. The Trustees form the Executive which meets regularly throughout the year.

Public Benefit
The Trustees confirm that they have complied with their duty under the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

Our Volunteers
Enfield Saheli is very involved in the community and relies on voluntary help. Around 21 volunteers assist with our on-going activities. We wish to thank our volunteers for their loyal support and contribution.

Risk management
The trustees have a risk management strategy which comprises:
● An annual review of the principal risks and uncertainties that the charity undertake.
● The establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
● The implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

Reserves policy and going concern
The Board has assessed the charity's requirements for reserves in the light of the main risks to the organization. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve and maintained at a level which ensures that Enfield Saheli's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

REVIEW OF ACTIVITIES AND FUTURE DEVELOPMENTS
It is now time to review the activities of Enfield Saheli during the past year, highlight its achievements, make a note of its shortcomings & give a future direction to such activities

The period from 2021 - 2022 has been a time of new challenges, continued success and new milestones for Saheli.

Post Covid 19 – demand to our services have increased. The trustees agreed to use our reserves to continue the service we provide to our service users.

Our services have assisted a number of women and their families and made a significant impact in the local community. The number of clients we served saw a marked increase in referral primarily due to our effective multi-lingual counselling services to help victims of domestic abuse and mental health needs and our ongoing Support, Advice & Information. In addition, some of the other organisations during this period have closed services, which increased our referrals.

Saheli is very active in its support and services to the elderly and senior members of our society. We organised various talks by recognised professionals on important health issues for the benefit of our women. Our Weight Management program in the new year has attracted over 50 women to participate regularly with our promise to create more opportunities to improve the health and well-being of our members.

Our regular drop-in and luncheon clubs with activities are very popular as we are continuously working towards improving our delivery of service. The Emotional Well-being Focus Group is engaging with vulnerable women to empower them with additional skills with support from IAPT (Improving Access to Psychological Therapies)

Future Plans for Saheli – with an effective service, we will continue working in partnership with statutory & voluntary sector groups. We envisage securing a further contract for Domestic Abuse Advocacy Service, in addition to developing our Advice & Information Service. Fortunately, our Mental Health counselling project has not been affected

We always face a lot of challenges in pursuit of continuous improvements while balancing with a drive to contain and reduce costs. Through Social Media - Saheli has its Facebook account. Our Website – Enfieldsaheli.orgis updated regularly with reference to our activities and information.

Our members have been dedicating their time to make Saheli robust and are encouraged to attend regular online activities and events to see the work being carried out by Enfield Saheli staff. We have been well served with a skilful and able board who have voluntarily given their time for the success of the organisation. Saheli CEO Krishna Pujara and staff with volunteers have been working hard to promote Saheli out into the community.

I would like to thank our Board members, staff, sessional staff, Student Social Workers and Volunteers for their continuous hard work. Finally thank you, each and every member of Saheli, its well-wishers and volunteers. It is your help and support that has made Saheli so successful.

I also want to say a special thanks all our funders, donors and well wishers for their support

Achievements

Enfield Saheli has achieved its aims and objectives this year. I am pleased to inform that Key services achieved their milestone. We are very pleased that our projects have reached out to a number of women in the community.

We continue to receive very positive word-of-mouth feedback from our clients following our counselling and online / drop-in sessions.

This year Saheli led International Women's Day in partnership with G100 to raise awareness on the needs of women at the House of Lords. This helped to reach out to wider communities in raising awareness. We also partnered with BAPS Neasden Temple, London to raise awareness on Domestic Abuse.

Due to changes in the funding for Voluntary Community Organisations, some of the organisations have closed down and there has been an additional demand to our services. We are receiving more referrals to our services. We had 2 social Worker students on placements to support us with our services.

With support from Mind in Enfield, we have formed a consortium of organisations to secure funding from NHS Mental Health Trust to appoint Peer Practitioners to work directly with the community. Through this Saheli secured funding for 2 peer practitioners to place them in the Barnet, Enfield Haringey Trust.

We are very thankful to our active and committed staff &volunteers who have made a substantial contribution to our administration.We also managed to get additional sessional workers to continue providing digital smart phones training.

Promotion of Services

Our services are advertised through information disseminated in advance, by newsletter and leaflets and ethnic media. In addition to updating our Facebook page. These include updates on what is happening at Saheli.

The following promotion activities have been undertaken to promote Enfield Saheli:

- Press Releases in local newspapers, leaflet drops & South Asian BBC Radio Interaction on subject relating to women & Children.
- Representing on other organisations – Domestic Abuse Strategy & Operational Group for violence Against Women & Girls, Mental Health Partnership Board, North London Asian Care, Health Watch, Careers Centre, Dementia Alliance etc..
- Leaflet drops – local areas, GP Surgeries, Children Centers, Enfield Council, Dental Surgeries, Schools, Libraries & Community Organisations.
- Sending promotional material to existing clients and members,
- News letters to members & relevant agencies / Information Stalls
- Information is also available on our websitewww.enfieldsaheli.org.

Finance and Fundraising

We are thankful to our funders, ROSA, Mind In Enfield, NHS Charities together, Carey Assets, Open Society Foundation, Lloyds Bank Foundation & London Community Fund for supporting our work. We continue to be part of the fundraising consortiums to sustain our projects.

Future plans

We continue to look into alternative sources of funding. We are part of consortiums toApply & submit bids for funding.We are actively recruiting trustees and volunteers to strengthen our management and administration.

Trustees and Statement of Directors' responsibilities

Charity trustees are the people who serve on the governing body of a charity. They may be known as trustees, directors, board members, governors or committee members. The principles and main duties are the same in all cases.

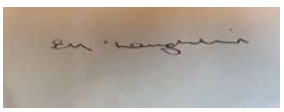
The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Signed on behalf of the trustees and directors



Ms Esther McLaughlin, Chairperson – Date 18/12/2022

Chief Executive & Staff Report

Enfield Saheli is a place that welcomes every woman whether she is in crisis or entering a new phase of her life or wants to develop her dreams. With our philosophy of providing non-judgmental support and accurate information to empower women to make choices, we offer a range of services rooted in the realities and dreams of women.

This year has been the busiest for us – especially after the challenges we faced during COVID 19, this is due to the way we have had to accommodate our services to work remotely and support our vulnerable women and girls going through a difficult phase of their lives. We have developed our working style to work hybrid with our members.

With the new skills developed through digital devices, the staff team and the volunteers have been working effectively. As we came out of lockdown, the service has had a high demand to our counselling, Advocacy & Wellbeing services. We received over 135 referrals for counselling through the year. Majority of our referrals come through IAPT(Improving Access to Psychological Therapies), GP Surgeries, VCS (Voluntary Community Sector) Agencies and self-referrals. The counselling service is working really well with the support from our integrated VCS Services & Enfield Mind.

We have reached out to our service users through welfare calls. We started our online activities from April 2020 and have continued to provide online activities 7days a week. The activities are planned according to users needs. Due to demand for singing classes, we have introduced online singing during August 2021. The class has been inundated with maximum attendance on Zoom. Therefore, we have added additional singing class on Thursdays after Yoga Class.

We received funding to hold activities to support women having long covid with activities and digital devices training. Our staff & volunteers have worked hard to ensure that we manage to train our service users on using the smart phones and join online.Our ongoing awareness raising has increased knowledge of Domestic Abuse and Mental Wellbeing. We have given short talks and presentations to create further awareness and increased referrals.

The health services local general practitioners (GPs), Community Support and Recovery Teams NHS, LBE (London Borough of Enfield), and the IAPT are working together to provide community services. We are working alongside these agencies in line with their long term strategic aims. We are providing that crucial community service in the most deprived areas of Enfield, such as Edmonton and to some of the hardest to reach.

We managed to secure funding from the MOPAC (Mayors Office for Policing & Crime) through the London Community Foundation to continue raising awareness of Domestic Abuse and provide Advocacy services.The funding hasled to increased awareness of Domestic Abuse and understanding the difficulties faced by victims of Domestic Abuse, related faith, cultural, language barriers within the community /statutory sector. Outcomes from our service shows:

Empowering victims to make informed decisions has helped to reduce risk, build their families resilience and reduce longer term dependence on services. Providing clear and realistic housing information and advice to victims whose existing accommodation is not safe, Building peer support networks across communities to inform, support and help victims in their local areas.Ensuring support and information is accessible to victims who have ended their relationships - as risk may escalate at this point - by use of digital communication over this period of time.

To improve the Wellbeing of women we are working with the partners to enhance our Mental Health Support Service whose achievements are:

- Strong focus on service quality, recovery and outcomes delivered throughеffective partnership.

- Helped in early diagnosis and intervention through counselling.

- Provide Information about services and support by workshops and seminars.

- Evidence based assessment, treatment and support

- Advice & information support.

- Support by our MH worker in community settings

- Support to find employment and to maintain income, started by volunteering with us

- Support to address both mental health and physical needs

- Support for careers by holding support group to provide respite.

- Early interventions to help reduce relapse and admissions to hospital by engaging in our activities

- Involvement of service users in decisions by inviting professionals in our drop-ins for consultation meeting about services and support

- Helped to reduce stigma and discrimination associated with mental health problems by having awareness talks and workshops in our support group which supported the reduction Inequality in mental and physical health and wellbeing

- Adults with mental health problems who feel alone and unsupported made their own network of support in preventive drop-in setting. Helped adults with mental health problems that are excluded from the communities in which they live.

- Support to maintain mental health and wellbeing for all

This year for the mental health project there has been an increase in our counselling sessions and online activities response and we received referrals from our projects, general practitioners (GPs), IAPT and other agencies within the London Borough of Enfield, Barnet and Haringey which has resulted from the networking and partnership approach during the year. We have found it extremely useful providing Advice and Information in addition to mental health services which clearly benefit our clients ensuring that the right service is provided at the right time.

Counselling

Our Counselling Service continue to support Women & Girls through this difficult Time. We have been running our counselling services successfully and have an ever-increasing waitlist; we have also recruited new volunteer counsellors from different backgrounds in order to meet the needs of our clients and the members in general. Saheli

Counselling session are provided on short term basis, where we offer a block of 8 and up to 12 sessions, there has been a number of clients where we have been able to offer longer term counselling.

These sessions are held every week for the women during daytime, evening and weekends to accommodate women who are working full time and cannot access the counselling service during working hours. We are fortunate to have multi lingual counsellors who can speak a variety of languages, so that we can ensure we are removing linguistic and cultural barriers and making the service accessible to vulnerable groups.

The nature of the work we do brings us in contact with a lot of women who go through mental health problems due to the domestic abuse, the type of clients we see for counselling can range from needing support and guidance with day to day life issues as well as more serious problems such as Post Traumatic Stress Disorder, depression, anxiety and personality disorders.

We have used mid-session and end of session evaluation form to monitor the effectiveness of therapy and the feedback we got form these evaluations have been very encouraging.Since the beginning of the year, we have been able to offer well over a hundred twenty counseling sessions to our clients.

Domestic abuse can have a massive negative effect on mental health. It is believed that abuse is often the main factor in the development of depression, anxiety and other mental health disorders, eating disorders, substance misuse, and may lead to sleep disturbances, self-harm, suicide and attempted suicide.

Drop-in

This provision of the service provides a therapeutic environment where the clients suffering from mental ill health can relax, socialize, make new friends and receive advice, support and assistance within an informal setting.

The drop-in luncheon club acts as a preventative measure in dealing with isolation that can often lead to escalation of depression and other mental health problems and is a crucial support mechanism in the client’s life. The weekly drop-in is held on Fridays.

These group provides a safe place to support the women experiencing depression, anxiety, suicidal thoughts, and domestic violence victims and also for any queries or problems that clients may have regarding employment, housing, health or education issues. The drop-in is attended on average by fifty women each week.

The support provided at these regular meetings encourages women to build networks, to build their confidence/self esteem and to be able to live a more active and involved life. The women aging from 16-65+ are from a diverse range of ethnic backgrounds including; Asian Arab, Bangladeshi, Black African, East African Asian, Indian, Iranian, Mauritian, Pakistani and Sri Lankan.

The Gentle Exercise Classes held from 10-11am on Fridays at community house, has increased in numbers due to word of mouth publicity and has proved very popular. It has also helped women to learn new skills and regularly practice skills to maintain a healthy life style.

We have increased our online activities from one day a week to 5 days a week to meet the demand of our service users and also support women going through Loneliness & isolation

Through our service users evaluation, we have learnt that clients with more acute mental health and support needs benefited from a more therapeutic activity such as Arts & crafts session and board games.

Art &crafts including - knitting and sewing has often proved to be a stress alleviating and relaxing form of expression and therapy for those who have been through emotional distress or suffered traumatic life events. The online arts class has attracted so many women to join and helps them to paint with pencils and it has helped a lot of service users to develop additional skills of painting and help through their recovery.

These activities are used as a mechanism for expressing feelings in a positive and creative way. These techniques do inspire themselves and others, individuals can develop in their own self-esteem and confidence.

Service User A said “I have always been interested in painting – but never had the time – but now I am finding is interesting and therapeutic. It is helping me to draw my painting in how I feel able to express myself and talk confidently with others”

Awareness monthly talks during the workshops raise awareness of different topics. Guest speakers from various agencies and organisations are invited once or twice a month to make presentations on key issues affecting the client group.

We encourage clients to participate actively by asking questions and receiving informal feedback after the talk. Many of these have had very good attendance and participation.

The talks conducted during the year were on the following topics; women health & nutrition, Enfield IAPT services, Alzheimer’s, Glaucoma, Stroke, Diabetes, Bowel cancer, Hemophilia, Ovarian cancer, Ambulance Service, Fall prevention, Energy saving, Knee Replacement, Cardiac Arrests, Knee replacements, Back Problems and health trainer.

Our services reflect our commitment to holistic approach to the healing of mind, body and spirit. Activities are provided by our specially trained multicultural staff and sessional workers.

We aim to empower women by offering them choices in their therapeutic activities, encouraging each woman to be self-nurturing, active and creative participant in her recovering and healing process.

To improve our services according to the needs of our users we always use service users evaluation forms to identifying their need and we change accordingly.

We are grateful to Lloyds Bank Foundation for funding our core expenses and develop the organisation Strategic needs. Regular meetings with the consultant appointed by Lloyds Bank Foundation has helps us to review our organisation and plan for the future.

We started developing a database for Enfield Saheli and to secure our members date to work remotely. The work is ongoing and hopefully we will manage to overcome that barriers we faced initially. The funding is for 2 yrs and this will help us to plan for the future.

Carey Assets have stepped in to support us with raising awareness on Mental health needs and support young people going through difficult phases of their time. Open Society Foundation has funded us to continue providing multilingual Counselling and support vulnerable women who are isolated and lonely.

Agency Outreach and Home Visits

Some women are not able to leave their homes due to disability or a mental health problem. Apart from the practical difficulties that affect these clients, this situation can result in depression and deterioration in mental health with the potential for a serious situation developing. This project provides urgent outreach support when clients are identified, averaging 1-2 per week over the year. Outreach visits has resulted in preventing the clients from otherwise being hospitalized or isolated and also agency outreach help our service to introduce to the other organisations and aimed at getting new referrals.

Our work aims to help clients to strengthen their mental health so that they can participate more confidently in the community. Participation is entirely voluntary and very occasionally clients will reject our services.

Newsletters and Information leaflets

All our members are kept informed of any events taking place at Enfield Saheli, through information disseminated in advance, by newsletter and leaflets, seminars, conferences, future workshops, consultation, trips and presentations.

We also include the information regarding change in Government policies and council.

These include details about any change in the welfare benefit reforms, benefits cuts and changes in council & housing benefits etc.

Domestic Abuse Advocacy Service

Our Domestic Abuse Service mission is to serve the women in Enfield on domestic abuse issues including honour based violence, forced marriages, stalking, rape, and sexual abuse.

A huge part of our service involves supporting Domestic Abuse victims. This year we have supported 632 women including 102 women who have accessed our services for emergency support.

Enfield Saheli’s much needed Domestic Abuse Advocacy Services encompassed

- Advice and guidance
- Crisis intervention
- needs and risk assessment
- Advocacy
- Safety planning
- Case management
- Follow ups
- On-line support
- Counselling

- Support groups
- Workshops
- Advisory surgeries
- Presentations

In addition, we are working collaboratively with other organisations, ensuring to deliver optimal services to victims, ultimately promoting Enfield free of domestic violence.

Community Education

Domestic Abuse Advocate speaks regularly to community groups. Audiences include schools, children centers, hospitals, other organizations who are interested in learning about the dynamics and prevention of domestic violence. We were part of BAPS International Women's Day to raise awareness of Domestic Abuse in March 2020. It was an online event and reached out to 38,000 people.

Focus Groups

Engaging with different communities, especially where reporting an abuse is still a huge stigma, also lack of faith and trust on many statutory services. Suffering in silence can cause massive health risks in the long run. Focus groups, where nearly 40 members became aware of such risks and how by adopting different strategies, these risks can be minimized even if the clients are willing to remain in the abusive relationship.

Well Being Support groups

Saheli Wellbeing support groups are a safe place to share, learn and grow. Many women are turning to support groups regularly, to find others that can relate with the difficulties of living with abuse. 11 self-help groups were being arranged, 33 clients were able to gain knowledge, improve self-confidence and enhance their self-esteem, enabling them to take responsibility of their and their children's lives.

Workshops

Domestic Abuse workshops aim to prevent domestic abuse, teaching people the difference between a healthy relationship and an unhealthy one is the first step towards preventing domestic violence. Looking at prevention rather than a cure, we aimed to educate older and young people about the realities of a violent relationship. This covers everything from physical violence, to emotional abuse, name-calling and even coercive behavior.

Summary

Enfield Saheli is a woman only space, providing a wide range of activities and support for the women using it. Our clients are at its Core, they inform both - what we offer and how we offer it.

Over the years the thousands of women who have used the services have told us what they want and for many that is someone to listen so that they can chat in confidence in an informal way, identifying their choices and finding out the information they need.

We want to ensure that we do not lose sight of what it might feel like for each individual woman to access our service. To try to achieve this, we have identified a number of Core values, which support our delivery, and which can be used to test what we are doing or planning to do.

Enfield Saheli is much respected for their excellent reputation that it has gained over the last 30 years in supporting women who have experienced Domestic Abuse or Mental Health issues.

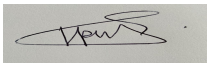
Saheli plays a lead role at Domestic Abuse / Violence Against Women & Girls Strategy and Operational Groups in addition to Mental Health Partnership & Older People Partnership Boards

Moving Ahead

As always, we continue to create awareness of the issues around Mental Health and Domestic Abuse. We continue to review our services and ensure sustainability by applying for funding from the Council and other sources.

As an organisation, we will listen to and shape our services around the needs of our service users.

I would like to take this opportunity to thank all our funders, trustees, staff, volunteers and service users for all their support.



Krishna Pujara
Chief Executive
18/12/2022

Independent examiner's report to the trustees of Enfield Saheli

I report on the accounts of the company for the year ended 31st March 2022, which are set out on pages 17 to 21.

Respective responsibilities of trustees and examiner
The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants In England and Wales.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention (other than that disclosed below *) to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



Date: 18/12/2022

Mr Vivek Shukla
Chartered Accountant
Balancesheets&More, 47-49 Park Royal Road. London NW10 7LQ

ENFIELD SAHELI
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2022

	Notes	Unrestricted fund £	Restricted fund £	Total Fund 2022 £	Total Fund 2021 £
INCOMING RESOURCES					
Donations		323	-	323	649
Fundraising (Make It Beat)		800	-	800	-
Investment Income (Bank Int/Royalty)		11	-	11	3
Income from Charitable Activities:					
Saheli Membership		2,006	-	2,006	-
Local Authority		-	-	-	7,903
The London Community Fund		-	48,600	48,600	9,997
Rosa Fund		-	7,742	7,742	9,785
Lloyds Bank Foundation		-	25,000	25,000	44,330
Covid 19 Response Fund		-	-	-	68,465
Mind In Enfield		-	43,208	43,208	32,271
Open Society Foundation		-	35,534	35,534	-
Enfield Voluntary Action		-	16,322	16,322	-
Carrey Assets (Mental health)		-	7,336	7,336	-
TOTAL INCOMING RESOURCES		**3,140**	**183,742**	**186,882**	**173,403**
RESOURCES EXPENDED					
Expenses from Charitable Activities	(16)	-	181,298	181,298	118,576
TOTAL RESOURCES EXPENDED		**-**	**181,298**	**181,298**	**118,576**
Net incoming Resources		3,140	2,444	5,584	54,827
Balances Brought Forward		**62,164**	**89,623**	**151,787**	**96,960**
Balances Carried Forward		**65,304**	**92,067**	**157,371**	**151,787**

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

The notes attached form part of these financial statements

ENFIELD SAHELI

BALANCE SHEET AS AT 31 MARCH 2022

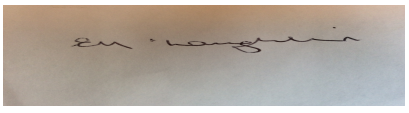
	Notes	£ 2022	£ 2021
Fixed Assets:			
Tangible assets	(13)	1,480	-
Current Assets:			
Debtors	(14)	21,694	-
Cash at Bank and In Hand		165,579	162,506
Current Liabilities:			
Creditors: -			
Falling due within one year	(15)	31,382	10,719
Net Assets		**157,371**	**151,787**
As Represented By			
Unrestricted Fund		304	17,164
Restricted Fund	(12)	92,067	89,623
Designated Fund		65,000	45,000
Total Funds		**157,371**	**151,787**

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

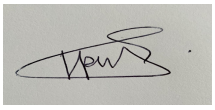
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

The accounts were approved by the Directors on 18/12/2022 and signed on their behalf by: -



Esther McLaughlin
Chairperson and Director



Ms K Pujara
Secretary

ENFIELD SAHELI
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2022

1. Accounting policies
The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of preparation
The financial statements have been prepared in accordance with 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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Enfield Saheli meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Cash Flow Statement
The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income
Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended
Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure include includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Taxation
Enfield Saheli is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

6. Tangible fixed assets
Fixed assets are stated at cost less accumulated depreciation.

7. Fund Accounting
Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity.

8. Support Cost
Allocation of support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 17.

9. Pension costs and other post-retirement benefits

Enfield Saheli has set up a pension scheme with NEST pensions to meet its auto enrolment compliance requirement towards the Pension Regulator.

10. Staff Costs

The total Salary Costs for the year was £94,407 including Tax and National Insurance Contributions. Average numbers of employees were 4.
None of the employees received emoluments in excess of £60,000 in the year or the previous year.
Trustees are not remunerated.

11. Status

Enfield Saheli is a registered charity and registered company limited by guarantee.

12. Analysis of Restricted Funds

	Balance @ 1st April 2021	Incomings	Outgoings	Balance @ 31st March 2022
	£	£	£	£
Covid 19 Response	14,466	-	14,466	
Open Society Foundation	-	35,534	8,884	26,650
Enfield Voluntary Action	-	16,322	16,322	
Rosa Fund	-	7,742	6,323	1,419
Mind In Enfield	24,203	43,208	48,093	19,318
Carrey Assets (Mental Health)	-	7,336	7,036	300
Lloyds Bank Foundation	16,344	25,000	31,524	9,820
London Community Fund	-	48,600	48,650	(50)
Other Restricted Activities	34,610	-	-	34,610
	89,623	**183,742**	**181,298**	**92,067**

Purpose of Restricted Funds: -

Restricted Fund balance carried forward include £34,610 which has been accumulated over the years through previous commissioning grant from the Local Authority which is being used in furthering the charitable objects and activities of the charity.
The overall purpose of the funds is to provide health and social care support including Mental Health, Domestic Violence and counseling.

13.Tangible Assets

	Furniture &Equipments		Total
	£		£
Cost			
Additions	1,974		1,974
At 31 March 2022	**1,974**		**1,974**
Depreciation			
Charge for the year	494		494
At 31 March 2022	**494**	**494**	**494**
Carrying amount			
At 31 March 2022	**1,480**		**1,480**

14. Debtors

	2022	2021
	£	£
Mind In Enfield	21,694	-
	21,694	-

15.Creditors

	2022	2021
	£	£
Accounts payable	18,055	6,241
Pension	1,198	2,167
PAYE	2,880	-
Accrual	996	-
Wage payable	5,942	-
Other Creditors	2,311	2,311
	31,382	**10,719**

16. Charitable Expenditure

	Unrestricted fund	Restricted fund	Total Fund 2022	Total Fund 2021
	£	£	£	£
Charitable Expenditure				
Office Running Cost	-	6,571	6,571	4,855
Insurance	-	1,449	1,449	942
Travelling & staff welfare	-	1,573	1,573	989
Temp Staff and Volunteers	-	28,469	28,469	3,300
Staff costs	-	94,407	94,407	75,721
Advert & Publicity	-	700	700	575
Depreciation	-	494	494	-
Project Activities, Events & Outings	-	13,460	13,460	5,812
IT Support and maintenance	-	4,349	4,349	2,634
Recruitment cost	-	7,480	7,480	-
IT Equipment/Covid 19 Adaptations	-	-	-	5,417
Rent and room hire charges	-	8,674	8,674	2,081
Consultancy	-	5,880	5,880	500
Legal and professional fees	-	7,792	7,792	15,750
	-	**181,298**	**181,298**	**118,576**

17. Support and Governance Costs

	General Support	Governance	Total
	£	£	£
Office Running Costs	6,571	-	6,571
Rent and room hire charges	8,674	-	8,674
Governance cost	-	5,898	5,898
IT Support & maintenance	4,349	-	4,349
Independent Examination	-	996	996
Legal & professional fees	6,778	-	6,778
	26,372	**6,894**	**33,266**

18. Designated Fund

The purpose of the Designated Fund of £65,000 is for Organisation contingencies, IT Systems and Strategic Planning to develop future strategies for Enfield Saheli

ENFIELD SAHELI

England & Wales - Charity number 1129308

Accounts

ENFIELD SAHELI

Registered Charity and Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31ST MARCH 2021

Charity number: 1129308
Company number: 6663604

ENFIELD SAHELI
YEAR ENDED 31ST MARCH 2021

Registered Charity Number : 1129308
Registered Company Number: 6663604

Principal address:

311 Fore Street
Community House
Edmonton
London N9 0PZ

Directors and Trustees:

Esther McLaughlin - Chairperson
Gail Hawksworth – Not a trustee from 29th May 2021
Bilay Want
Swapna Toley
Sheila Gandecha – Appointed 4th February 2021
Savita Bansal – Appointed 17th May 2021

Company Secretary
Krishnagauri Pujara

Governing document:

Enfield Saheli is a private limited company number 6663604 governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under a new number 1129308
The charity is operated under the rules of its Memorandum of Articles and Association.

Bankers:
Barclays Bank PLC
Lloyds Bank

Independent Examiner and Accountant:

TACTS Accountant
Chartered Certified Accountant
81 Rayleigh Road
Palmers Green
London, N13 5QW

ENFIELD SAHELI

FINANCIAL ACCOUNTS

FOR YEAR ENDED 31ST MARCH 2021

CONTENTS

Pages

4-14. Trustees and Staff Report

15. Independent Examiners Report

16. Statement of Financial Activities

17. Balance Sheet

18-20. Notes to the Accounts

Enfield Saheli Report of the Directors and Trustees
For the year ended 31 March 2021

The trustees are pleased to present their annual directors' report for the year ending 31st March 2021 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, 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 (FRS 102) (effective 1 January 2015)

Introduction
Enfield Saheli is a registered charity founded in 1992 and registered from 1995. It was established by women to help and encourage women who are isolated, discouraged or depressed to overcome difficult periods in their lives and to take positive steps towards improving their own health and well-being and to discover new opportunities for participating and benefiting from the community.

Mission Statement
Enfield Saheli is a non-sectarian organisation set up by Asian women to provide services and activities to support and empower women in the London Borough of Enfield, without distinction of ethnic, cultural, religious or political differences.

It aims to enable women to participate fully in the social, cultural and civic life of the borough. We are a service-oriented charity seeking to provide support in improving the health and well-being of women.

Enfield Saheli offers information, training, advocacy, cultural and social opportunities for its members who are from local communities.

Summary of Services Delivered:

- Mental Health Support Service
- Domestic Violence Advocacy Service including a DV support group
- Multi Lingual Counselling Service
- Well-being Support / Focus Groups
- Luncheon Club
- Awareness and Educational workshops e.g. Stroke, Blood Pressure, Heart Foundation, Keeping Warm, Diabetes; Stroke; Social Services, Forced Marriages, Female Genital Mutilation, Welfare Benefits, Keeping Safe, Eating Healthy, etc.
- Yoga Classes / Physical Activities
- Advocacy
- Walking Club
- IT Classes
- Community Mentoring
- Arts & Crafts
- Sewing Classes
- Information & Advice
- Volunteering - supporting women in finding paid work through volunteering for Saheli
- Social Events and Outings
- Community Events – participation with other community groups

- Public Health
- Online Activities

Underpinning Objectives of Enfield Saheli:

- To ensure that the service remains culturally sensitive and reflects ethnic diversity.
- To promote the values, aims and style of service delivery as outlined in the Department of Health Policy Implementation Guide “The Recovery Model” e.g. by:
  1. Promoting opportunities for employment and education to service users.
  2 Involving Service users and their Carers in planning and delivery of care.
  3 Delivering of high-quality treatment and care which is known to be effective and acceptable.
  4 Ensuring that services are well suited to those who use them and non-discriminatory.
  5 Ensuring that services are accessible so that help can be obtained when and where it is needed.
  6 Promoting the safety of the users and that their carers, staff and the wider public.
  7 Working with users & members to promote social inclusion & Well-being.

Principle objects and activities

Enfield Saheli - voluntary organisation which provides services and activities to support and empower Women. It works closely with the statutory and local organisations.

The overall objectives of the organisation are: -

- To relieve poverty among women generally, with emphasis on support of Asian Women.
- The provision of advice and information on welfare issues which will enable them to benefit fully from the range of services available in this field.
- The provision of advice and information for other matters which will enable them to make valid and considered choices on issues relating to their own lives and their children’s futures.
- The promotion of equal opportunities for women who have been marginalised and excluded in all areas of life and the encouragement of other agencies to provide equality of access for socially excluded women to service provision.
- The setting up and management of an information, advice and support centre in furtherance of these objects.
- To advance education amongst women particularly by provision of English Conversion classes and Computer Awareness classes.
- To relieve distress and suffering experienced by women who have been maltreated or abused and any children of such women.

Governance, Structure and Management

In August 2008, Enfield Saheli became a registered company limited by guarantee, number 6663604, governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under a new number 1129308. New Directors and Trustees are appointed by a resolution of the Directors passed at a meeting of the Directors.

The overall management of finance is the responsibility of all the Trustees acting on the recommendations of the Chairperson, Trustees, Secretary and the advice of the Chief Executive. The Trustees form the Executive which meets regularly throughout the year.

Public Benefit
The Trustees confirm that they have complied with their duty under the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

Our Volunteers
Enfield Saheli is very involved in the community and relies on voluntary help. Around 14 volunteers assist with our on-going activities. We wish to thank our volunteers for their loyal support and contribution.

Risk management
The trustees have a risk management strategy which comprises:
● An annual review of the principal risks and uncertainties that the charity undertake.
● The establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
● The implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

Reserves policy and going concern
The Board has assessed the charity's requirements for reserves in the light of the main risks to the organisation. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve and maintained at a level which ensures that Enfield Saheli's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

REVIEW OF ACTIVITIES AND FUTURE DEVELOPMENTS
It is now time to review the activities of Enfield Saheli during the past year, highlight its achievements, make a note of its shortcomings & give a future direction to such activities

The period from 2020 - 2021 has been a time of new challenges, continued success and new milestones for Saheli.

Due to Covid 19 – demand to our services increased. The trustees agreed to use our reserves to continue the service we provide to our service users

Our services have assisted a number of women and their families and made a significant impact in the local community. The number of clients we served saw a marked increase in referral primarily due to our effective counselling services to help victims of domestic violence and mental health problems and ongoing Support, Advice & Information. Several other organisations in our borough during this period has also closed services, which increased our referrals.

Saheli is also very active in its support and services to the elderly and senior members of our society. We organised various talks by recognised professionals on important health issues for the benefit of our women. Our walking club has attracted over 60 women to participate regularly with our promise to create more opportunities to improve the health and well-being of our members.

Our regular drop-in and luncheon clubs with activities are very popular as we are continuously working towards improving in our delivery of service. The Emotional Well-being Focus Group is engaging with vulnerable women to empower them with additional skills with support from IAPT (Improving Access to Psychological Therapies)

Future Plans for Saheli – with an effective service, we will continue working in partnership with other groups. We envisage securing a contract for Domestic Violence Advocacy Service, in addition to developing our Advice & Information Service. Fortunately, our Mental Health counselling project has not been affected

We always faced a lot of challenges in pursuit of continuous improvements while balancing with a drive to contain and reduce costs. Through Social Media - Saheli has its Facebook account. We are in the process of updating our website to give it a new look and make it more user friendly.

Our members have been dedicating their time to make Saheli robust and are encouraged to attend events to see the work being carried out by Enfield Saheli staff. We have been well served with a skilful and able board who have voluntarily given their time for the success of the organisation. Saheli CEO Krishna Pujara and staff has been working hard to promote Saheli out into the community.

I would like to thank our Board members, staff, sessional staff, Student Social Workers and Volunteers for their continuous hard work. Finally thank you, each and every member of Saheli, its well-wishers and volunteers. It is your help and support that has made Saheli so successful.

I also want to say a special thanks all our funders, donors and well wishers for their support

Achievements

Enfield Saheli has achieved its aims and objectives this year. I am pleased to inform that Key services achieved their milestone. We are very pleased that our projects have reached out to a number of women in the community.

We continue to receive very positive word-of-mouth feedback from our clients following our drop-in sessions.

This year Saheli led online International Women's Day / Mental Health Conference and Dancing for a Cause for the survivors of Domestic Abuse. This helped to reach out to wider communities in raising awareness. We also partnered with BAPS London to raise awareness on Domestic Abuse.

Due to changes in the funding for Voluntary Community Organisations & increased pressure during Covid 19, some of the organisations have closed down and there has been an additional demand to our services. We are receiving more referrals to our services.

We are very thankful to our active and committed volunteers who have made a substantial contribution to our administration.

Finance and Fundraising

We are thankful to our funders, Covid 19 Response Lottery Fund, MOPAC, ROSA, Mind In Enfield, Lloyds Bank Foundation & London Community Fund for supporting our work. We continue to be part of the fundraising consortiums to sustain our projects.

Promotion of Services

Our services are advertised through information disseminated in advance, by newsletter and leaflets and ethnic media. In addition to updating our Facebook page. These include updates on what is happening at Saheli.

The following promotion activities have been undertaken to promote Enfield Saheli:

- Press Releases in local newspapers, leaflet drops & South Asian BBC Radio Interaction on subject relating to women & Children.
- Representing on other organisations – Domestic Abuse Strategy & Operational Group for violence Against Women & Girls, Mental Health Partnership Board, North London Asian Care, Health Watch, Carers Centre, Dementia Alliance etc..
- Leaflet drops – local areas, GP Surgeries, Children Centres, Enfield Council, Dental Surgeries, Schools, Libraries & Community Organisations.
- Sending promotional material to existing clients and members,
- News letters to members & relevant agencies / Information Stalls
- Information is also available on our website www.enfieldsaheli.org.

Future plans

Due to limited resources and possible funding cuts, we continue to look into alternative sources of funding. We are part of consortiums to Apply & submit bids for funding.

We are actively recruiting trustees and volunteers to strengthen our management and administration.

Trustees and Statement of Directors' responsibilities

Charity trustees are the people who serve on the governing body of a charity. They may be known as trustees, directors, board members, governors or committee members. The principles and main duties are the same in all cases.

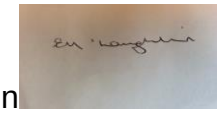
The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Signed on behalf of the trustees and directors



Ms Esther McLaughlin
Chairperson

Date: 09/12/2021

Chief Executive & Staff Report

Enfield Saheli is a place that welcomes every woman whether she is in crisis or entering a new phase of her life or wants to develop her dreams. With our philosophy of providing non-judgemental support and accurate information to empower women to make choices, we offer a range of services rooted in the realities and dreams of local women.

This year due to the COVID 19, has been challenging compared to last year, this is due to the way we have had to accommodate our services to work remotely and support our vulnerable women and girls going through a difficult phase of their lives. We have had to set up IT systems to work remotely and our staff trained to work online.

We created a What's App group for members of Enfield Saheli for general Information. Through this we learnt that a number of our members who are isolated and lonely would like to have chit chats with other members. However, this affected other members sleep as the phones kept making noise.

Therefore, after discussing with members of the groups, it was agreed to create a Saheli Chit Chat group for women who would like to talk about anything and everything, whilst Enfield Saheli Group was only for the operational Side of Saheli.

In addition, a new group was created for staff & volunteers to communicate. This has helped the team in their effective communication

Demand to our services was very high due to lockdown and high demand from migrant University students being homeless and also not having any resources to survive. We managed to work with the Embassies and other organisations to support these migrant students with temporary accommodation and food parcels. In addition, we managed to organise culturally sensitive hot meals for our vulnerable service users.

We have reached out to our service users through welfare calls. We started our online activities from April 2020 to ensure that there are physical activities for all. We learnt that a number of vulnerable women did not have access to smart phones or even hesitancy in joining online as there were not used to online session.

We submitted funding application to the National Lottery for additional support and were delighted to receive funding from National Lottery in June 2020 to increase staff capacity and purchase smart phones/ notepads for our vulnerable women.

Our staff & volunteers have worked hard to ensure that we manage to train our service users on using the smart phones and join online sessions via Zoom.

The majority of the women accessing the services are from Enfield and surrounding boroughs. We have given short talks and presentations to create further awareness of our services and increase referrals.

The health services local general practitioners (GPs), Community Support and Recovery Teams (NHS, LBE, and the IAPT Teams) are working together to provide community services within Enfield. We are also working alongside these agencies in line with their long term strategic aims. We are providing that crucial community service in the most deprived areas of Enfield, such as Edmonton and to some of the most hard to reach and ethnic minority groups.

To improve the Wellbeing of women in Enfield we are working with the partners to enhance our Mental Health Support Service whose achievements are:

- Strong focus on service quality, recovery and outcomes delivered through effective partnership.

- Helped in early diagnosis and intervention through counselling.

- Provide Information about services and support by workshops and seminars.

- Evidence based assessment, treatment and support

- Advice & information support.

- Support by our MH worker in community settings

- Support to find employment and to maintain income, started by volunteering with us

- Support to address both mental health and physical needs

- Support for carers by holding support group to provide respite.

- Early interventions to help reduce relapse and admissions to hospital by engaging in our activities

- Involvement of service users in decisions by inviting professionals in our drop-ins for consultation meeting about services and support

- Helped to reduce stigma and discrimination associated with mental health problems by having awareness talks and workshops in our support group which supported the reduction Inequality in mental and physical health and wellbeing

- Adults with mental health problems who feel alone and unsupported made their own network of support in preventive drop-in setting. Helped adults with mental health problems that are excluded from the communities in which they live.

- Support to maintain mental health and wellbeing for all

This year for the mental health project there has been an increase in our counselling sessions and online activities response and we received referrals from our projects, general practitioners (GPs), IAPT and other agencies within the London Borough of Enfield, Barnet and Haringey which has resulted from the networking and partnership approach during the year. We have found it extremely useful providing Advice and Information in addition to mental health services which clearly benefit our clients ensuring that the right service is provided at the right time.

Counselling

Our Counselling Service continue to support Women & Girls through this difficult Time. Our funding through Section 75 ended in March 2020. MIND in Enfield has been allocated full funding from April 2020 for Section 75 to continue provide the service through community organisations. We have been running our counselling services successfully and have an ever-increasing waitlist; we have also recruited new volunteer counsellors from different backgrounds in order to meet the needs of our clients and the members in general. Saheli

Counselling session are provided on short term basis, where we offer a block of 8 and up to 12 sessions, there has been a number of clients where we have been able to offer longer term counselling.

These sessions are held every week for the women during daytime, evening and weekends to accommodate women who are working full time and cannot access the counselling service during working hours. We are fortunate to have multi lingual counsellors who can speak a variety of languages, so that we can ensure we are removing linguistic and cultural barriers and making the service accessible to vulnerable groups.

The nature of the work we do brings us in contact with a lot of women who go through mental health problems due to the domestic abuse, the type of clients we see for counselling can range from needing support and guidance with day to day life issues as well as more serious problems such as PTSD, depression, anxiety and personality disorders.

We have used mid-session and end of session evaluation form to monitor the effectiveness of therapy and the feedback we got form these evaluations have been very encouraging.

Since the beginning of the year, we have been able to offer well over a hundred counselling sessions to our clients.

Domestic abuse can have a massive negative effect on mental health. It is believed that abuse is often the main factor in the development of depression, anxiety and other mental health disorders, eating disorders, substance misuse, and may lead to sleep disturbances, self-harm, suicide and attempted suicide.

Drop-in

This provision of the service provides a therapeutic environment where the clients suffering from mental ill health can relax, socialise, make new friends and receive advice, support and assistance within an informal setting.

The drop-in acts as a preventative measure in dealing with isolation that can often lead to escalation of depression and other mental health problems and is a crucial support mechanism in the client's life. The weekly drop-in is held on Fridays.

These group provides a safe place to support the women experiencing depression, anxiety, suicidal thoughts, and domestic violence victims and also for any queries or problems that clients may have regarding employment, housing, health or education issues. The drop-in is attended on average by forty women each week.

The support provided at these regular meetings encourages women to build networks, to build their confidence/self esteem and to be able to live a more active and involved life. The women aging from 16-65+ are from a diverse range of ethnic backgrounds including; Asian Arab, Bangladeshi, Black African, East African Asian, Indian, Iranian, Mauritian, Pakistani and Sri Lankan.

The Gentle online Exercise Class/yoga held from 10-11am on Fridays, has increased in numbers due to word of mouth publicity and has proved very popular. It has also helped women to learn new skills and regularly practice skills to maintain a healthy life style.

We have increased our online activities from one day a week to 5 days a week to meet the demand of our service users and also support women going through Loneliness & isolation

Reiki sessions and crystal healing is held twice a month, this helps our service users to gain spiritual power to help them to solve some physical, emotional and psychological problems of life and encourages their positive thinking.

Thanks to Surinder Kaur Bamotra for her volunteer time and continued support. We are grateful to our Natural Healer Patricia for supporting our service users.

Patricia is able to utilise a range of techniques and vibrations of energy to increase our service users` health, their wellbeing and the control they have over their life, whilst minimising dependence on the treatment or therapist. These treatments have helped to ease symptoms, support emotional release and aid recovery from illness or injury.

Through our service users evaluation, we have learnt that clients with more acute mental health and support needs benefited from a more therapeutic activity such as Arts & crafts session and board games.

Art &crafts including - knitting and sewing has often proved to be a stress alleviating and relaxing form of expression and therapy for those who have been through emotional distress or suffered traumatic life events.

These activities are used as a mechanism for expressing feelings in a positive and creative way. These techniques do inspire themselves and others, individuals can develop in their own self-esteem and confidence.

Our Online Art therapy has helped a lot of service users to develop additional skill of painting with water colours. Service User A said “I have always been interested in painting – but never had the time – but now I am finding is interesting and therapeutic. It is helping me to draw my painting in how I feel able to express myself and talk confidently with others”

Awareness monthly talks during the workshops raise awareness of different topics. Guest speakers from various agencies and organisations are invited once or twice a month to make presentations on key issues affecting the client group.

We encourage clients to participate actively by asking questions and receiving informal feedback after the talk. Many of these have had very good attendance and participation.

The talks conducted during the year were on the following topics; women health & nutrition, Enfield IAPT services, Alzheimer’s, Glaucoma, Stroke, Diabetes, Bowel cancer, Haemophilia, Ovarian cancer, Ambulance Service, Fall prevention, Energy saving, Knee Replacement, Cardiac Arrests, Knee replacements, Back Problems and health trainer.

Our services reflect our commitment to holistic approach to the healing of mind, body and spirit. Activities are provided by our specially trained multicultural staff and sessional workers.

We aim to empower women by offering them choices in their therapeutic activities, encouraging each woman to be self-nurturing, active and creative participant in her recovering and healing process.

To improve our services according to the needs of our users we always use service users evaluation forms to identifying their need and we change accordingly.

Agency Outreach and Home Visits

Some women are not able to leave their homes due to disability or a mental health problem. Apart from the practical difficulties that affect these clients, this situation can result in depression and deterioration in mental health with the potential for a serious situation developing. This project provides urgent outreach support when clients are identified, averaging 1-2 per week over the year. Outreach visits has resulted in preventing the clients from otherwise being hospitalised or isolated and also agency outreach help our service to introduce to the other organisations and aimed at getting new referrals.

Our work aims to help clients to strengthen their mental health so that they can participate more confidently in the community. Participation is entirely voluntary and very occasionally clients will reject our services.

Newsletters and Information leaflets

All our members are kept informed of any events taking place at Enfield Saheli, through information disseminated in advance, by newsletter and leaflets, seminars, conferences, future workshops, consultation, trips and presentations.

We also include the information regarding change in Government policies and council.

These include details about any change in the welfare benefit reforms, benefits cuts and changes in council & housing benefits etc.

Domestic Abuse Advocacy Service

Our Domestic Abuse Service mission is to serve the women in Enfield on domestic abuse issues including honour based violence, forced marriages, stalking, rape, and sexual abuse.

A huge part of our service involves supporting Domestic Abuse victims. This year we have supported 632 women including 102 women who have accessed our services for emergency support.

Enfield Saheli's much needed Domestic Abuse Advocacy Services encompassed

- Advice and guidance
- Crisis intervention
- needs and risk assessment
- Advocacy
- Safety planning
- Case management
- Follow ups
- On-line support
- Counselling

- Support groups
- Workshops
- Advisory surgeries
- Presentations

In addition, we are working collaboratively with other organisations, ensuring to deliver optimal services to victims, ultimately promoting Enfield free of domestic violence.

Community Education

Domestic Abuse Advocate speaks regularly to community groups. Audiences include schools, children centres, hospitals, other organisations who are interested in learning about the dynamics and prevention of domestic violence. We were part of BAPS International Women's Day to raise awareness of Domestic Abuse in March 2020. It was an online event and reached out to 38,000 people.

Focus Groups

Engaging with different communities, especially where reporting an abuse is still a huge stigma, also lack of faith and trust on many statutory services. Suffering in silence can cause massive health risks in the long run. Focus groups, where nearly 40 members became aware of such risks and how by adopting different strategies, these risks can be minimised even if the clients are willing to remain in the abusive relationship.

Well Being Support groups

Saheli Wellbeing support groups are a safe place to share, learn and grow. Many women are turning to support groups regularly, to find others that can relate with the difficulties of living with abuse. 11 self-help groups were being arranged, 33 clients were able to gain knowledge, improve self-confidence and enhance their self-esteem, enabling them to take responsibility of their and their children's lives.

Workshops

Domestic Abuse workshops aim to prevent domestic abuse, teaching people the difference between a healthy relationship and an unhealthy one is the first step towards preventing domestic violence. Looking at prevention rather than a cure, we aimed to educate older and young people about the realities of a violent relationship. This covers everything from physical violence, to emotional abuse, name-calling and even coercive behaviour.

Summary

Enfield Saheli is a woman only space, providing a wide range of activities and support for the women using it. Our clients are at its Core, they inform both - what we offer and how we offer it.

Over the years the thousands of women who have used the services have told us what they want and for many that is someone to listen so that they can chat in confidence in an informal way, identifying their choices and finding out the information they need.

We want to ensure that we do not lose sight of what it might feel like for each individual woman to access our service. To try to achieve this, we have identified a number of Core values, which support our delivery, and which can be used to test what we are doing or planning to do.

Enfield Saheli is much respected for their excellent reputation that it has gained over the last 29 years in supporting women who have experienced Domestic Abuse or Mental Health issues.

Saheli plays a lead role at Domestic Abuse / Violence Against Women & Girls Strategy and Operational Groups in addition to Mental Health Partnership & Older People Partnership Boards

Moving Ahead

As always, we continue to create awareness of the issues around Mental Health and Domestic Abuse. We continue to review our services and ensure sustainability by applying for funding from the Council and other sources.

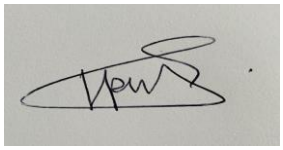
As an organisation, we will listen to and shape our services around the needs of our service users.

I would like to take this opportunity to thank all our funders, trustees, staff, volunteers and service users for all their support.

Krishna Pujara

Chief Executive

09/12/2021



Independent examiner's report to the trustees of Enfield Saheli

I report on the accounts of the company for the year ended 31st March 2021, which are set out on pages 16 to 20.

Respective responsibilities of trustees and examiner
The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

It is my responsibility to:
- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention (other than that disclosed below *) to indicate that:
- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



Date: 09/12/2021

Chartered Certified Accountant
TACTS Accountant, 81 Rayleigh Road, Palmers Green, London N13 5QW

ENFIELD SAHELI
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2021

	Notes	Unrestricted fund	Restricted fund	Total Fund 2021	Total Fund 2020
INCOMING RESOURCES		£	£	£	£
Donations		649	-	649	3,266
Investment Income (Bank Int/Royalty)		3	-	3	146
Income from Charitable Activities:					
Local Authority		7,903	-	7,903	42,184
The London Community Fund		-	9,997	9,997	-
Rosa Fund		-	9,785	9,785	-
Lloyds Bank Foundation		-	44,330	44,330	-
Covid 19 Response Fund		-	68,465	68,465	-
Mind In Enfield		-	32,271	32,271	-
MOPAC Community Fund		-	-	-	34,965
Enfield Connections		-	-	-	2,500
TOTAL INCOMING RESOURCES		**8,555**	**164,848**	**173,403**	**83,061**
RESOURCES EXPENDED					
Expenses from Charitable Activities	(15)	-	118,576	118,576	106,437
TOTAL RESOURCES EXPENDED		**-**	**118,576**	**118,576**	**106,437**
Net incoming Resources		8,555	46,272	54,827	(23,376)
Balances Brought Forward		**53,609**	**43,351**	**96,960**	**120,335**
Balances Carried Forward		**62,164**	**89,623**	**151,787**	**96,959**

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

The notes attached form part of these financial statements

ENFIELD SAHELI

BALANCE SHEET AS AT 31 MARCH 2021

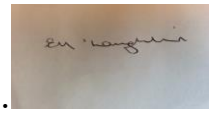
	Notes	£ 2021	£ 2020
Fixed Assets			
Current Assets:			
Debtors	(13)	-	19,983
Cash at Bank and In Hand		162,507	95,570
Current Liabilities:			
Creditors: -			
Falling due within one year	(14)	10,719	18,594
Net Assets		**151,787**	**96,959**
As Represented By			
Unrestricted Fund		17,164	23,608
Restricted Fund	(12)	89,623	43,351
Designated Fund		45,000	30,000
Total Funds		**151,787**	**96,959**

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

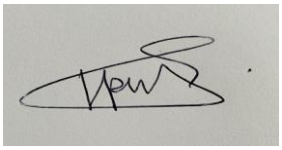
This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

The accounts were approved by the Directors on 09/12/2021 and signed on their behalf by: -



…… ……

Esther McLaughlin
Chairperson and Director



…… ……

Ms K Pujara
Secretary

ENFIELD SAHELI
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2021

1. Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of preparation

The financial statements have been prepared in accordance with 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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Enfield Saheli meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure include includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Taxation

Enfield Saheli is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

6. Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation.

The organisation has no fixed assets to be depreciated.

7. Fund Accounting

Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity.

8. Support Cost

Allocation of support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 16.

9. Pension costs and other post-retirement benefits
Enfield Saheli has set up a pension scheme with NEST pensions to meet its auto enrolment compliance requirement towards the Pension Regulator. In this year, one staff is enrolled.

10. Staff Costs
The total Salary Costs for the year was £75,721 including Tax and National Insurance Contributions. Average numbers of employees were 4.

None of the employees received emoluments in excess of £60,000 in the year or the previous year.

Trustees are not remunerated.

11. Status
Enfield Saheli is a registered charity and registered company limited by guarantee.

12. Analysis of Restricted Funds

	Balance @ 1st April 2020	Incomings	Outgoings	Balance @ 31st March 2021
	£	£	£	£
Covid 19 Response	-	68,465	53,999	14,466
MOPAC Community Fund	8,741	-	8,741	-
Rosa Fund	-	9,785	9,785	-
Mind In Enfield	-	32,271	8,068	24,203
Lloyds Bank Foundation	-	44,330	27,986	16,344
London Community Fund	-	9,997	9,997	-
Other Restricted Activities	34,610	-	-	34,610
	53,095	**164,848**	**118,576**	**89,623**

Purpose of Restricted Funds: -
Restricted Fund balance carried forward include £34,610 which has been accumulated over the years through previous commissioning grant from the Local Authority which is being used in furthering the charitable objects and activities of the charity.
The overall purpose of the funds is to provide health and social care support including Mental Health, Domestic Violence and counselling.

13. Debtors

	2021	2020
	£	£
MOPAC Community Fund	-	**17,483**
Enfield Connections	-	**2,500**
	-	**19,983**

14. Creditors

	2021	2020
	£	£
London Borough of Enfield	6,241	16,644
NEST	2,167	-
Legal and Professional fees	-	950
Other Creditors	2,311	1,000
	10,719	**18,594**

15. Charitable Expenditure

	Unrestricted fund	Restricted fund	Total Fund 2021	Total Fund 2020
	£	£	£	£
Charitable Expenditure				
Office Running Cost	-	4,855	4,855	4,603
Insurance	-	942	942	911
Travel & training	-	989	989	933
Temp Staff & Trainers	-	2,812	2,812	7,551
Staff costs	-	75,721	75,721	58,208
Advert & Publicity	-	575	575	1,381
Project Activities, Events & Outings	-	5,812	5,812	5,406
IT Support and maintenance	-	2,634	2,634	5,622
Volunteer expenses	-	488	488	360
IT Equipment/Covid 19 Adaptations	-	5,418	5,418	41
Rent/room booking	-	2,081	2,081	2,147
Consultancy	-	500	500	750
Governance	-	-	-	400
Legal and professional fees	-	15,750	15,750	1,521
	-	**118,576**	**118,576**	**89,793**

16. Support and Governance Costs

	General Support	Governance	Total
	£	£	£
Office Running Costs	4,855	-	4,855
Office Rent	2,081	-	2,081
Insurance	-	942	942
IT Equipment and maintenance	8,052	-	8,052
Independent Examination	-	750	750
Legal, professional fees & Consultancy	15,500	-	15,500
	30,487	**1,692**	**32,180**

17. Designated Fund

The purpose of the Designated Fund of £45,000 is to cover Organisation contingencies, IT Systems Upgrade and Strategic Planning to develop future plans and strategies for Enfield Saheli.