

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

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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 Abuse Support Group
- 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.org is 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 7 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 website www.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 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.

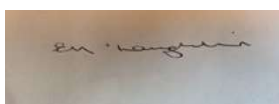
The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

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 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 7 days 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 has led 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 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 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 in 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 sessions are provided on a 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 forms to monitor the effectiveness of therapy and the feedback we got from these evaluations have been very encouraging. Since the beginning of the year, we have been able to offer well over a hundred twenty 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, 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 groups provide 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 it 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 identify their need and we change accordingly.

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

We started developing a database for Enfield Saheli and to secure our members' data 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.

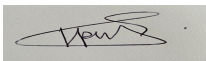
Saheli plays a lead role at Domestic Abuse / Violence Against Women & Girls Strategy and Operational Groups in addition to Mental Health Partnership & Older People Partnership Boards

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.

Mr Vivek Shukla
Chartered Accountant

Balancesheets&More, 47-49 Park Royal Road. London NW10 7LQ

Date: 18/12/2022

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

	<u>Notes</u>	Unrestricted	Restricted	Total	Total
		fund	fund	Fund	Fund
<u>INCOMING RESOURCES</u>		£	£	2022	2021
				£	£
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

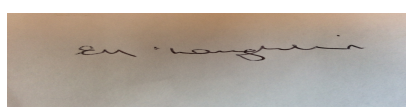
	Notes	£ 2022	£ 2021
Fixed Assets:			
Tangible assets	(13)	1,480	-
Current Assets:			
Debtors	(14)	21,694	-
Cash at Bank and In Hand		165,579	162,506
Current Liabilities:			
Creditors: -			
Falling due within one year	(15)	31,382	10,719
Net Assets		157,371	151,787
As Represented By			
Unrestricted Fund		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.

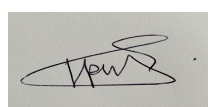
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

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 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
Carrying amount		
At 31 March 2022	1,480	1,480

14. Debtors

	2022 £	2021 £
Mind In Enfield	21,694	-
	<u>21,694</u>	<u>-</u>

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
	<u>31,382</u>	<u>10,719</u>

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
	<u>-</u>	<u>181,298</u>	<u>181,298</u>	<u>118,576</u>

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
	<u>26,372</u>	<u>6,894</u>	<u>33,266</u>

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