

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

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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 Abuse Support Group
- 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 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, 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 qualified therapist.

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 on 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 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 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 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 4 Social 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.

Through funding 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 on Social Media & our website www.enfieldsaheli.org.

Finance and Fundraising

We are thankful to our funders, Mind In 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 to Apply & 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.

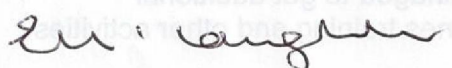
The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

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 Karaoke after 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-Covid activities 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 was formed 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 instead of virtually.

We continue to promote Saheli services and 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 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. 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 Health Worker / 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 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 multi lingual counselling 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 also additional multi lingual counsellors from different backgrounds in order to meet the needs of our clients and the members in general. Saheli

Counselling sessions 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 from 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 users needs 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 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.

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 any events 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, 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 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.

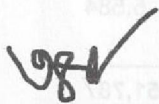
Basis of independent examiner's statement

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.


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

Date: 19/12/2023

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

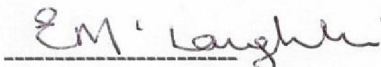
	Notes	£ 2023	£ 2022
Fixed Assets:			
Tangible assets	(13)	1,496	1,480
Current Assets:			
Debtors	(14)	-	21,694
Cash at Bank and In Hand		177,960	165,579
Current Liabilities:			
Creditors: -			
Falling due within one year	(15)	21,076	31,382
Net Assets		158,380	157,371
As Represented By			
Unrestricted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

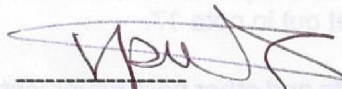
The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

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: -


 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 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 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 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