

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

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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:

- 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
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- 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 on 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 advice 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 of 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.

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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

	<u>Notes</u>	Unrestricted	Restricted	Total	Total
		fund	fund	Fund	Fund
<u>INCOMING RESOURCES</u>		£	£	2025	2024
				£	£
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
<u>TOTAL INCOMING RESOURCES</u>		495	166,451	166,946	222,629
<u>RESOURCES EXPENDED</u>					
Expenses from Charitable Activities	(15)	-	186,209	186,209	228,205
<u>TOTAL RESOURCES EXPENDED</u>		-	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: -

 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 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