

HEAR WOMEN

England & Wales · Charity number 1135763

Details

Other names	GARGAR FOUNDATION FOR DEVELOPMENT
Status	Registered
Legal form	Other
Registered	2010-05-04
Register	View on the Charity Commission register

Contact

Address
Paddington Development Trust
258 Harrow Road
London
W2 5ES

Phone 02036649519

Email info@hearwomen.org

Website www.hearwomen.org

Activities

Objects: TO ADVANCE EAST AFRICAN WOMENS RIGHTS IN PARTICULAR BUT NOT EXCLUSIVELY AND PARTICIPATE THE ADVANCEMENT OF WOMEN GENERALLY.RELIEVE SUFFERING AMONG EAST AFRICAN WOMEN, THE VICTIMS OF WAR AND OTHER DISASTERS IN SOMALIA, IN PARTICULAR BUT NOT EXCLUSIVELY AND PROMOTE MENTAL AND PHYSICAL HEALTH FOR WOMEN AND YOUNG PEOPLE AND PREVENT UNWANTED PREGNANCYTO ADVANCE EDUCATION FOR EAST AFRICAN WOMEN, IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF ESTABLISHING EDUCATIONAL CENTRES FOR ADVANCING THEIR SKILLS. PROVIDE ADVICE AND ASSISTANCE OF INVOLUNTARY STERILITY OF MALARIA AND OTHER SEXUAL DISEASE FOR MEDICAL ADVICE AND TREATMENT AS APPROPRIATETHESE AIMS SHALL EACH INCLUDE ASSISTING THE EAST AFRICAN WOMEN AND THEIR FAMILIES WHO HAVE BEEN INVOLVED IN WAR AND NEED PARTICULAR ASSISTANCE AND REHABILITATION.

Activities: Improving Women HealthCampaigning against Female Genital Mutilation (FGM, HIV/ADIS) Community-based health, employment awareness workshops. Improving women Education organising women's networksVolunteer training sessions. Literacy and numeric, ESOL class Creating Employment opportunity for Young people

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Sierra Leone
- Somalia
- The Gambia
- City Of Westminster
- Kensington And Chelsea

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£65,965	£73,547	-	-
2023-12-31	£56,572	£73,587	-	-
2022-12-31	£37,725	£95,676	-	-
2021-12-31	£98,213	£91,908	-	-
2020-12-31	£152,527	£95,858	-	-

Trustees

Name	Role	Appointed
Bakol Dirie		2016-04-30
Hassan Ismail HAMUD		
Oumayma Tuijri		2018-01-27
Samia Zaki		2016-04-13

HEAR WOMEN

England & Wales - Charity number 1135763

Accounts



IMPACT REPORT 2024

A YEAR OF ACCOMPLISHMENTS



+44 (0)2036649519



www.hearwomen.org



Stowe Centre, London W2 5ES



info@hearwomen.org



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About Us

Articulated in the Sustainable Development Goals (SDGs), we consider the key to effecting change is to advance women’s full and effective participation in decision making at all levels of political, economic, and public life. Women can become key decision makers if they feel safe and are provided the knowledge, skills, and support to advocate for themselves.

Hear Women helps women through:

- Providing safe spaces for them to build relationships, discuss personal issues, and to develop self-confidence.
- Providing support, skills, and links to resources to develop their abilities to address mental health needs, improve their physical health, and advocate for themselves.
- Providing education and training to enable them to fully participate in the political process.

Our Mission and Approach

Our mission is a world where women and girls are equal partners in their communities, free from prejudices and have the right knowledge and skills to make their own decisions, speak up about issues affecting them, and to become independent.

Our approach is to form partnership with local women-led groups in Africa and the UK to promote local ownership and long-term

Sustainable change that will shape national policies and create regional dialogues, as well as international awareness on good practices.



Chair's Statement



HearWomen successfully achieved all objectives and targets for 2023. I am also pleased that we were the winners of the London Faith and Community Awards 2019. We also are very pleased that our founders, partners, and most importantly, our service users, see us as a foundation that has the expertise and capacity to deliver much-needed social services efficiently and effectively. I am pleased to report that Hear Women was one of the first organisations to react to this pandemic by implementing projects for families with a focus on health and wellbeing activities as well as projects that focus on building families' relationships. Our projects: peer support, nutrition, cooking & talking, mental health, dancing to music & digital world and yoga, English Conversation classes, and families fund time digitally.

We are grateful to have highly qualified Management Committee members and CEO who bring a wealth of knowledge and expertise and appreciate the hard work and sacrifice of our volunteers, without whom this foundation could not meet its goals. They have also fruitfully accomplished the ambitious targets set by our founders. I would also like to welcome our new trustee and look forward to working with them closely for the coming year. I would like to take this opportunity to express my deep appreciation to all trustee management members, employees, and volunteers for their hard work and dedication during these hard times, as well as our supporters and the public in general. Many thanks also go to our founders and organisations that we worked with over the last year for their tearless support and engorgement. We are also pleased to announce that during the difficult times of COVID we have introduced our online community and curried our much-needed activities through online. Covid was very challenging times, and we are pleased we have worked with organisations such as the NHS closely to provide much-needed support and advice to the communities we serve. Thank you to all for supporting HearWomen, who is standing for BME women and their families to be positive constitutors to British society.

 **SAMIA ZAKI**
CHAIR OF HEAR WOMEN

Our Impact





Beneficiaries of our services are coming from North Africa and the Middle East

Hear Women has established a new partnership this year with local women-led organisations, who have similar 592 participants in HearWomen classes and activities.

Participants in HearWomen classes and activities 2023/2024

%90

4

2562

%5

%5

%5

%5 Beneficiaries of our services are East African

%5 Beneficiaries of our services are coming from Asian and fare East communities

%5 Beneficiaries of our services are coming from Asian and fare East communities



Governance & Structure

Hear Women/GarGar Foundation is governed by a Board of Trustees consisting of chair, secretary, treasury, and members, which have the overall responsibility for governance and management of the organization. The Foundation has six trustees, each undertaking the responsibility of constant development to maintain skills and appropriateness to govern. Hear Women's policies and procedures are recognized by the Quality Mark of Governance PIQASSO.

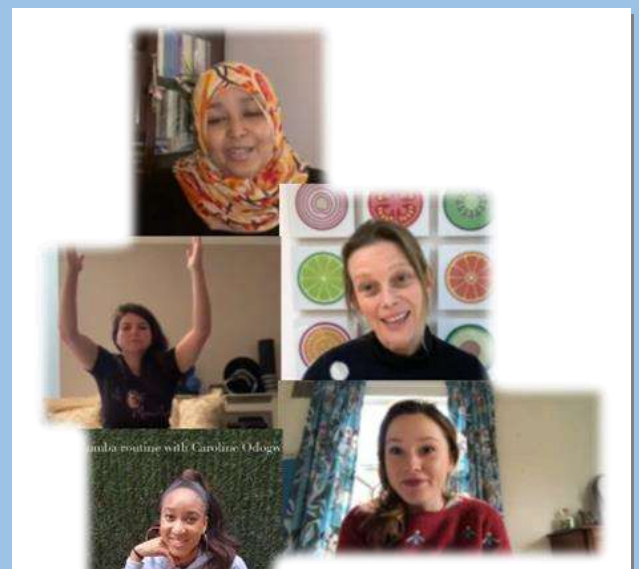


Founder and Director

Ms Deqa Salad established the foundation in December 2008 with the aim of using her experience in international development, human rights and gender to support women to be independent and thrive in their communities. Deqa actively advocates for Women political participation both in Somalia and the UK. She was awarded Women on the Move award in 2017 for her dedicated work and passion. Deqa's mission is supported by Hear Women's committed volunteers, most of whom have been previous service users.

The Team

The UK team is led by Deqa and supported by Hassan, Hagir. Hasna implements the UK programmes, and Hagir looks after the domestic and international fundraising. Our small office is supported by committed volunteers, who believe in Hear Women's mission. Some of them have been previous service users.



User-led Charity

Knowledge and experience

All our programmes are user-led, and the initial development of programmes is always based on clearly identified needs of the community we serve.

Focus Groups

Hear Women service users are regularly given the opportunity to feedback their needs both formally and informally.

User Feed Back

This is important to past, existing, and future programmes. Information gathered from the evaluation and the monitoring of systems is the basis of evidence.

Monitoring And Evaluation

The performance of services and projects are regularly checked to review those programmes that work and those that do not, as this helps us to improve how we do things and learn from mistakes.



UK Programmes

Cook & Talk

Provides a safe space for women to socialise over tasty healthy food prepared by themselves. Women socialise and help each other by sharing experiences and strategies to overcome stress and obstacles.

Wellbeing, Education & Sports Classes

The project is for women and children of economically disadvantaged BME communities in the Grenfell area have had a huge impact, on the children/young people we supported during the COVID-19 pandemic and the following lockdown.

Saturday Club _ Mother & Child Program

The project offers tutoring, parenting courses and sport activities, so that our community does not lose access to these invaluable resources during Covid 19

Mental Health Counselling Group

The project improves women's mental wellbeing, gives them motivation and builds the users self-confidence. Reinforce the community, fight isolation, and strengthen the physical and mental health of our users. Aside from the hygiene pack project, we also personally took care of the most vulnerable of our service users.

Dance to Music & Digital World

Hear Women provides diaspora women and young people from Africa and the Middle East with a safe and inclusive space to learn, socialise and access advice and support. We also advise and link women to community resources and help them to bridge the gap between service users and service providers.

Ongoing Projects



Case Studies

Maryam (Mental health classes)

"I want to thank the organisation for their work in supporting us mentally and physically. We are always learning new things and we feel as if we grow daily, and our knowledge expands greatly. We feel we've learnt how to better deal with our children, and how to control our anger and reduce our stress. I can understand my children better now. When we are in the class with the other ladies, we feel as if we are one family, and we enjoy talking to each other. We continued through the online classes during Ramadan which helped us to be connected. I especially benefited from the Nutrition sessions."

Hanane (English Lessons)

"I'm very happy because I found this session because I'm mum for three children I don't have time to go to the college thank you so much for the all people who did this session xx
Thank you. I'd like how to speak well English when I go to the hospital or teachers"

Intisar (Church Street Project)

"I would like to thank you for the great class and the welcoming and warm atmosphere. The class helped and encouraged us to strengthen our family relationships and build stronger bonds."

Awatif (English Lessons)

"Thank you for the homework I enjoyed it with my daughter."

Eman (English Lessons)

"Thank you, Lucy, very important."

Fawzia (International Women's Day)

"I really enjoyed International Woman's Day so much. I proudly wore my traditional clothing which represented my country, Eritrea. I would like to thank you Hear Women Foundation and the manager, Deqa Salad, for the continuous support. A special thank you to Mr. Sami for his support and kind contributions that united us."

Muna (Dance to Music session)

"Yamani The class is extremely beneficial, and I love it so much. It makes us happy and positively changes our moods. I like the daily stretches video by the Zumba coach to practice it after breaking our Ramadan iftar which helped me to keeping healthy and fit."



Amira (Nutrition classes)

"Through the Nutrition classes, I was able to learn a lot of useful and informative things. I have very heavy bleeding and anaemia, and I had difficulties in explaining my condition, as I felt embarrassed, which was also affecting me mentally. The nutritionist listened to me patiently, provided professional advice and guided me on what I had to do. She encouraged me to inform my GP and told me about the food's rich in iron, and the vitamins that can help me with the anaemia. I felt so relieved, and I am very grateful for your support and help."



WESTMINSTER
COMMUNITY
AWARDS
2018

Hear Women took part of
women peace and security
commission

Secured 3 years contract
from public health
Westminster

We have been Nominated
For Queens's award 2019

Winner of the London Faith and
Community Awards 2019

Hear Women becoming
registered and accredited
Online Centres



Future Directions 2025

1. Working on securing more contractual and long-term funding.
2. Working towards digitalisation of our projects.
3. Providing more specialise mental health services.
4. Supporting more communities.
5. Working towards renewing organisational Quality Mark.
6. Showcasing the needs of the community in more specifics.

In 2023/2024 Hear Women expanded its geographical focus and is currently implementing a project targeting by moving many of its activities online. This will give opportunity to reach those groups who are hard to reach and engage them with our different programmes, so they are less isolated and feel more included. Furthermore, through our Saturday clubs Hear Women identifies the need for activities that encourage stronger bonds between parents and children as key priority for 2023/2024 will be focused on that area. As well as Our service users share that our therapy classes and self-help groups are benefiting their mental health, thus we will sustain the services. Next, our beneficiaries express the need for more physical activities, therefore Hear Women will encourage active life for parents and children.





City of Westminster

Annual Account 2024

Annual Report and Accounts

The year ended on 31 December 2024

REGISTERED CHARITY NUMBER 1135763

ANNUAL REPORT AND ACCOUNTS

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STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Charities Acts require the trustees to prepare financial statement that gives a true and fair view of the organization's financial activities during the year and its financial position at the end of each financial year. Under Charities Acts, the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make a judgement and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and
- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Acts 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees:

Name of the Trustee

Name of the Trustee

.....

.....

.....

BALANCE SHEET AS AT 31 December 2024		
STATEMENT OF FINANCIAL POSITION		
Hear Women		
AS AT 31 December 2024		
	2024	2023

	Notes	£	£
<u>FIXED ASSETS</u>			
Land	-	-	-
Building	-	-	-
Vehicles & Equipment	-	-	-
Total Assets	-	-	-
<u>CURRENT ASSETS</u>			
Debtors	-	-	-
Prepayments	-	-	-
Cash at Bank & in hand	-	3,491.62	11,074.89
Total Current Assets	-	3,491.62	11,074.89
<u>CURRENT LIABILITIES</u>			
Overdraft			
Net Assists	-	3,491.62	11,074.89
<u>FINANCED BY</u>			
Restricted Funds		2,793.30	8,859.57
Unrestricted Funds	-	698.32	2,214.89
Total	-	3,491.62	11,074.89

NOTES FORMING PART OF THE FINANCIAL STATEMENTS:

ACCOUNTING POLICIES

- a) The financial statements have been prepared under the historical cost convention, with the exception of investment, which are valued at the prevailing market prices. The financial statements have been prepared in accordance with the statement of Recommended Practice-Accounting and reporting by the charities (SORP2005) issued in March 2005, applicable in the preparations of the financial statements are set out below.

INCOME RESOURCES

- b) Voluntary income includes donations, gifts, legacies and grants that provide core funding or are of general nature are recognised where there is an entitlement, certainty of receipts and the amount can be measured with sufficient reliability. Such income is only deferred when:
- c) The Donor specified that the grant or donation must only be used in future accounting periods, or
- d) The Donor has imposed conditions, which must be met before the charity has unconditional entitlement.
- e) Income from commercial trading activities is recognised as earned as the related goods and services are provided
- f) Investment income is recognised on a receivable basis
- g) Income from charitable activities include income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned (as the related goods or services are

provided). Grant income includes in the category provided funding to support performance activities and is recognised where there is an entitlement, certainly of receipts and the amount can be measured with sufficient reliability.

- h) Income is deferred when admission fees or performance related grants are received in advance of the performances or event to which they relate.

RESOURCES EXPENDED

Expenditure is recognised when a liability is incurred. Contractual agreements and performance related grants are recognised as goods or services are supplied. Other grants payments are recognised when a constructive obligation arises that result in the payment being unavoidable.

- The cost of generating funds is those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds
- Charitable activities including expenditure associated with the activities are included the direct costs and support costs relating to these activities
- Governance costs include those incurred in the governance of the charity and its assets and the primarily associated with constitutional and statutory requirements.

- i) Restricted funds:

Restricted funds are to be used for specified purposes as laid down by the founder. Direct and support expenditure, which meets these criteria, is defined to the fund together with a fair allocation of other costs

- j) Unrestricted funds

Unrestricted funds are funds received which no restrictions placed in their use and are available as general funds.

- k) Revenue grants are credited to incoming resources on the earlier of when they are received on when they are due.

Independent Examiner's Report to the Trustees of the Hear Women

Report to the trustees of

Hear Women

On accounts for the year ended

31 December 2024

Charity no

1135763

Respective responsibilities of trustees and examiner

The charity's trustees 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.

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
statement**

examiner's

In connection with my examination, no matter has come to my attention;

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date:

2nd October 2025

Name:

Abdullah Mohamud ACMA, CGMA
Chartered Management Accountant

Address:

12 York Road, Battersea, London, SW11 3QA

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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Signed on behalf of the trustees:

Name of the Trustee

Samia Zaki

.....

Name of the Trustee

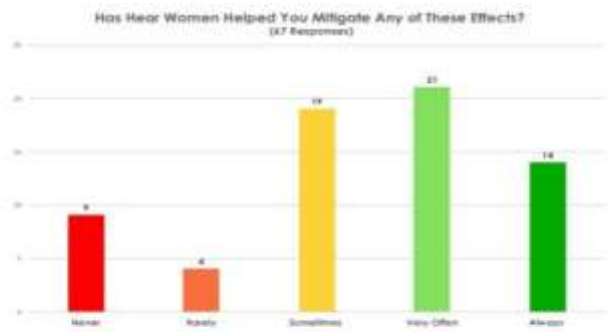
ABDI HAMUD

Name of the Trustee

.....

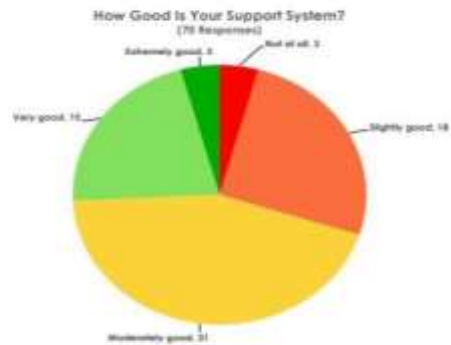


Needs Assessment Survey 2024



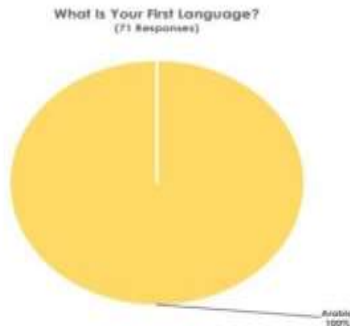
This bar graph shows that Hear Women has played a crucial role in mitigating the effects of various challenges for its members. Out of 67 respondents, 21 reported that Hear Women has helped them very often, while 14 said it has always been helpful. Another 19 indicated that they sometimes receive support.

These positive responses highlight the significant impact of our programs and services in addressing the needs of our community. However, with 9 respondents feeling they have never been helped and 4 rarely helped, there is room for improvement. This feedback underscores the importance of continually assessing and enhancing our outreach and support mechanisms to ensure that all members feel adequately supported, whatever their needs may be.



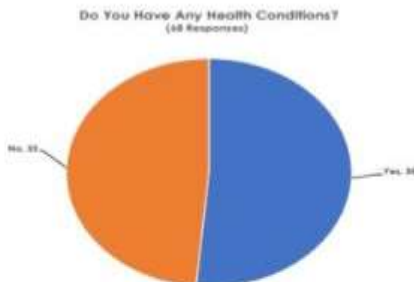
This chart depicts the perceived quality of support systems among 70 respondents in our community. A considerable portion, 31 respondents, rate their support system as moderately good, while 15 describe it as very good, and 3 as extremely good. However, 18 respondents feel their support system is only slightly good, and 3 report having no support system at all.

By strengthening our outreach programs, and peer support groups we aim to ensure that more members have access to robust and reliable support systems

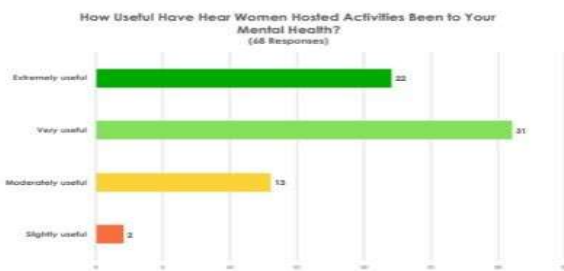


The pie chart shows that all 71 respondents report Arabic as their first language. This underscores the critical need for our services and programs to be delivered in Arabic, ensuring accessibility and effective communication. By providing Arabic-language support, we can better address the specific needs of our members, including those related to cultural integration, legal assistance, and educational resources.

Additionally, offering English language courses becomes even more essential, empowering these women to navigate life in the UK, access broader opportunities, enhance their employment opportunities, and support their families more effectively.

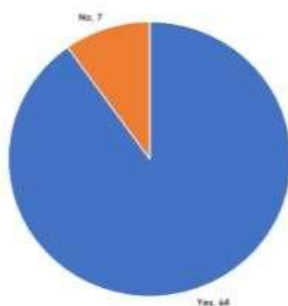


This pie chart indicates that out of 68 respondents, 35 women have health conditions, while 33 do not. This nearly even split highlights the importance of addressing health concerns within our community. For those with health conditions, Hear Women must provide targeted support, such as access to medical resources, health education workshops, and assistance navigating healthcare services. Additionally, we need to advocate for better healthcare access and support systems to ensure that all our members, regardless of their health status, receive the care and assistance they need to lead healthy and fulfilling lives.



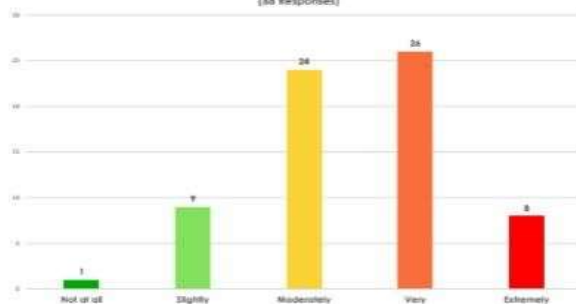
This graph illustrates the perceived usefulness of Hear Women hosted activities for mental health among 68 respondents. A significant majority, 31 women, find these activities very useful, while 22 consider them extremely useful. Additionally, 13 respondents rate the activities as moderately useful, with only 2 finding them slightly useful. These results highlight the positive impact of our mental health initiatives, showcasing the importance of continuing and expanding these programs.

Is The Cost of Living Crisis Affecting You?
(71 Responses)



The stark reality of these numbers highlights the urgent need for Hear Women to intensify our support for our community members who are struggling to make ends meet. This data indicates the critical role our organisation could play in alleviating the economic pressures on BME women and ensuring they have the necessary support to navigate these challenging times.

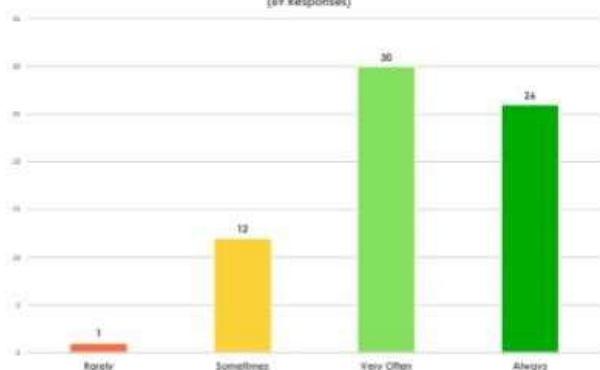
How Severely Is The Cost Of Living Crisis Affecting You Mentally?
(68 Responses)



This bar graph illustrates the mental impact of the cost of living crisis on our members, with 68 respondents sharing their experiences. Alarmingly, 26 women report being very affected, and 8 extremely affected, highlighting significant mental health challenges within our community. An additional 24 respondents feel moderately impacted, while only a small number report slight (9) or no impact (1).

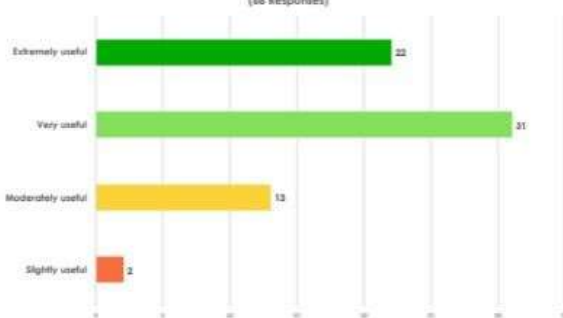
By addressing these mental health concerns and providing support through the cost of living crisis, we can better support the overall well-being and resilience of the women in our community.

How Satisfied Are You With Hear Women's Services And Activities?
(69 Responses)



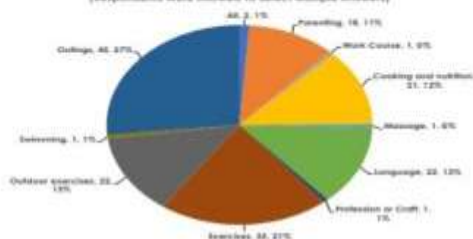
Among 69 respondents, a notable 30 women report being very often satisfied, and 26 always satisfied, demonstrating the positive impact of our programs. Meanwhile, 12 respondents sometimes feel satisfied, and only 1 respondent rarely feels satisfied. This feedback underscores the effectiveness of our services in meeting the needs of the majority of our members. However, it also highlights areas for improvement.

How Useful Have Hear Women Hosted Activities Been To Your Mental Health?
(68 Responses)



This graph illustrates the perceived usefulness of Hear Women hosted activities for mental health among 68 respondents. A significant majority, 31 women, find these activities very useful, while 22 consider them extremely useful. Additionally, 13 respondents rate the activities as moderately useful, with only 2 finding them slightly useful. These results highlight the positive impact of our mental health initiatives, showcasing the importance of continuing and expanding these programs.

What Activities Would You Like Hear Women To Offer That We Are Not Offering At The Moment?
(Respondents Were Allowed To Select Multiple Answers)



The pie chart reveals the types of activities that respondents would like Hear Women to offer, which are not currently available. Outings emerged as the most popular suggestion, with 45 respondents (27% of 169 suggestions) expressing interest. This is followed by exercises, which 35 respondents (21%) would like to see added.

Other significant interests include language classes and outdoor exercises, each garnering support from 22 respondents (13%), as well as cooking and nutrition workshops, desired by 21 respondents (12%). Parenting classes were also suggested by 18 respondents (11%). These insights underscore the importance of expanding

HEAR WOMEN

GARGAR FOUNDATION





HEAR WOMEN

England & Wales - Charity number 1135763

Accounts



IMPACT REPORT

2023

A YEAR OF ACCOMPLISHMENTS



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Our approach is to form partnership with local women-led groups in Africa and the UK to promote local ownership and long-term Sustainable change that will shape national policies and create regional dialogues, as well as international awareness on good practices.



Chair's Statement



HearWomen successfully achieved all objectives and targets for 2023. I am also pleased that we were the winners of the London Faith and Community Awards 2019. We also are very pleased that our founders, partners, and most importantly, our service users, see us as a foundation that has the expertise and capacity to deliver much-needed social services efficiently and effectively. I am pleased to report that Hear Women was one of the first organisations to react to this pandemic by implementing projects for families with a focus on health and wellbeing activities as well as projects that focus on building families' relationships. Our projects: peer support, nutrition, cooking & talking, mental health, dancing to music & digital world and yoga, English Conversation classes, and families fund time digitally.

We are grateful to have highly qualified Management Committee members and CEO who bring a wealth of knowledge and expertise and appreciate the hard work and sacrifice of our volunteers, without whom this foundation could not meet its goals. They have also fruitfully accomplished the ambitious targets set by our founders. I would also like to welcome our new trustee and look forward to working with them closely for the coming year. I would like to take this opportunity to express my deep appreciation to all trustee management members, employees, and volunteers for their hard work and dedication during these hard times, as well as our supporters and the public in general. Many thanks also go to our founders and organisations that we worked with over the last year for their tearless support and engorgement. We are also pleased to announce that during the difficult times of COVID we have introduced our online community and curried our much-needed activities through online. Covid was very challenging times, and we are pleased we have worked with organisations such as the NHS closely to provide much-needed support and advice to the communities we serve. Thank you to all for supporting HearWomen, who is standing for BME women and their families to be positive constitutors to British society.


SAMIA ZAKI
CHAIR OF HEAR WOMEN

Our Impact



Beneficiaries of our services are coming from North Africa and the Middle East

Hear Women has established a new partnership this year with local women-led organisations, who have similar 592 participants in HearWomen classes and activities.

Participants in HearWomen classes and activities 2023/2024

%5 Beneficiaries of our services are East African

%5 Beneficiaries of our services are coming from Asian and fare East communities

%5 Beneficiaries of our services are coming from Asian and fare East communities

%90

4

2562

%5

%5

%5

Governance & Structure

Hear Women/GarGar Foundation is governed by a Board of Trustees consisting of chair, secretary, treasury, and members, which have the overall responsibility for governance and management of the organization. The Foundation has six trustees, each undertaking the responsibility of constant development to maintain skills and appropriateness to govern. Hear Women's policies and procedures are recognized by the Quality Mark of Governance PIQASSO.

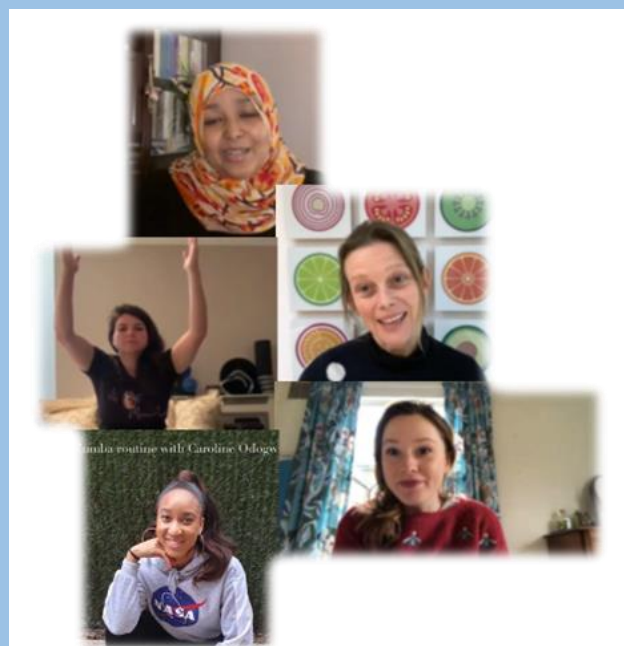


Founder and Director

Ms Deqa Salad established the foundation in December 2008 with the aim of using her experience in international development, human rights and gender to support women to be independent and thrive in their communities. Deqa actively advocates for Women political participation both in Somalia and the UK. She was awarded Women on the Move award in 2017 for her dedicated work and passion. Deqa's mission is supported by Hear Women's committed volunteers, most of whom have been previous service users.

The Team

The UK team is led by Deqa and supported by Hassan, Hagir. Hasna implements the U K programmes, and Hagir looks after the domestic and international fundraising. Our small office is supported by committed volunteers, who believe in Hear Women's mission. Some of them have been previous service users.



User-led Charity

Knowledge and experience

All our programmes are user-led, and the initial development of programmes is always based on clearly identified needs of the community we serve.

Focus Groups

Hear Women service users are regularly given the opportunity to feedback their needs both formally and informally.

User Feed Back

This is important to past, existing, and future programmes. Information gathered from the evaluation and the monitoring of systems is the basis of evidence.

Monitoring And Evaluation

The performance of services and projects are regularly checked to review those programmes that work and those that do not, as this helps us to improve how we do things and learn from mistakes.



UK Programmes

Cook & Talk

Provides a safe space for women to socialise over tasty healthy food prepared by themselves. Women socialise and help each other by sharing experiences and strategies to overcome stress and obstacles.

Wellbeing, Education & Sports Classes

The project is for women and children of economically disadvantaged BME communities in the Grenfell area have had a huge impact, on the children/young people we supported during the COVID-19 pandemic and the following lockdown.

Saturday Club _ Mother & Child Program

The project offers tutoring, parenting courses and sport activities, so that our community does not lose access to these invaluable resources during Covid 19

Mental Health Counselling Group

The project improves women's mental wellbeing, gives them motivation and builds the users self-confidence. Reinforce the community, fight isolation, and strengthen the physical and mental health of our users. Aside from the hygiene pack project, we also personally took care of the most vulnerable of our service users.

Dance to Music & Digital World

Hear Women provides diaspora women and young people from Africa and the Middle East with a safe and inclusive space to learn, socialise and access advice and support. We also advise and link women to community resources and help them to bridge the gap between service users and service providers.

Ongoing Projects



Case Studies

Maryam (Mental health classes)

"I want to thank the organisation for their work in supporting us mentally and physically. We are always learning new things and we feel as if we grow daily, and our knowledge expands greatly. We feel we've learnt how to better deal with our children, and how to control our anger and reduce our stress. I can understand my children better now. When we are in the class with the other ladies, we feel as if we are one family, and we enjoy talking to each other. We continued through the online classes during Ramadan which helped us to be connected. I especially benefited from the Nutrition sessions."

Hanane (English Lessons)

"I'm very happy because I found this session because I'm mum for three children I don't have time to go to the college thank you so much for the all people who did this session xx
Thank you. I'd like how to speak well English when I go to the hospital or teachers"

Intisar (Church Street Project)

"I would like to thank you for the great class and the welcoming and warm atmosphere. The class helped and encouraged us to strengthen our family relationships and build stronger bonds."

Awatif (English Lessons)

"Thank you for the homework I enjoyed it with my daughter."

Eman (English Lessons)

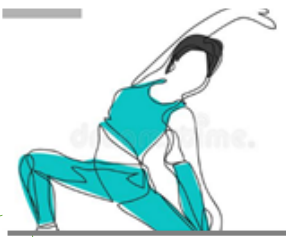
"Thank you, Lucy, very important."

Fawzia (International Women's Day)

"I really enjoyed International Woman's Day so much. I proudly wore my traditional clothing which represented my country, Eritrea. I would like to thank you Hear Women Foundation and the manager, Deqa Salad, for the continuous support. A special thank you to Mr. Sami for his support and kind contributions that united us."

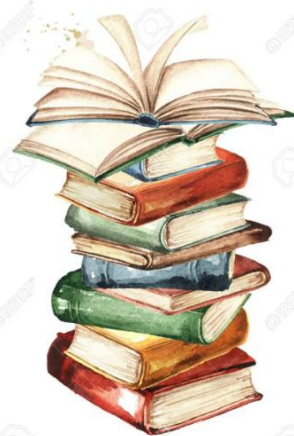
Muna (Dance to Music session)

"Yamani The class is extremely beneficial, and I love it so much. It makes us happy and positively changes our moods. I like the daily stretches video by the Zumba coach to practice it after breaking our Ramadan iftar which helped me to keeping healthy and fit."



Amira (Nutrition classes)

"Through the Nutrition classes, I was able to learn a lot of useful and informative things. I have very heavy bleeding and anaemia, and I had difficulties in explaining my condition, as I felt embarrassed, which was also affecting me mentally. The nutritionist listened to me patiently, provided professional advice and guided me on what I had to do. She encouraged me to inform my GP and told me about the food's rich in iron, and the vitamins that can help me with the anaemia. I felt so relieved, and I am very grateful for your support and help."



Achievements In 2023, HearWomen...



Hear Women won the highly Commended Outstanding Organisation Of the Year 20 Westminster



Hear Women achieved Trusted Organisation Quality Mark by NCVO

Hear Women took part of women peace and security commission

Secured 3 years contract from public health Westminster

We have been Nominated For Queens's award 2019



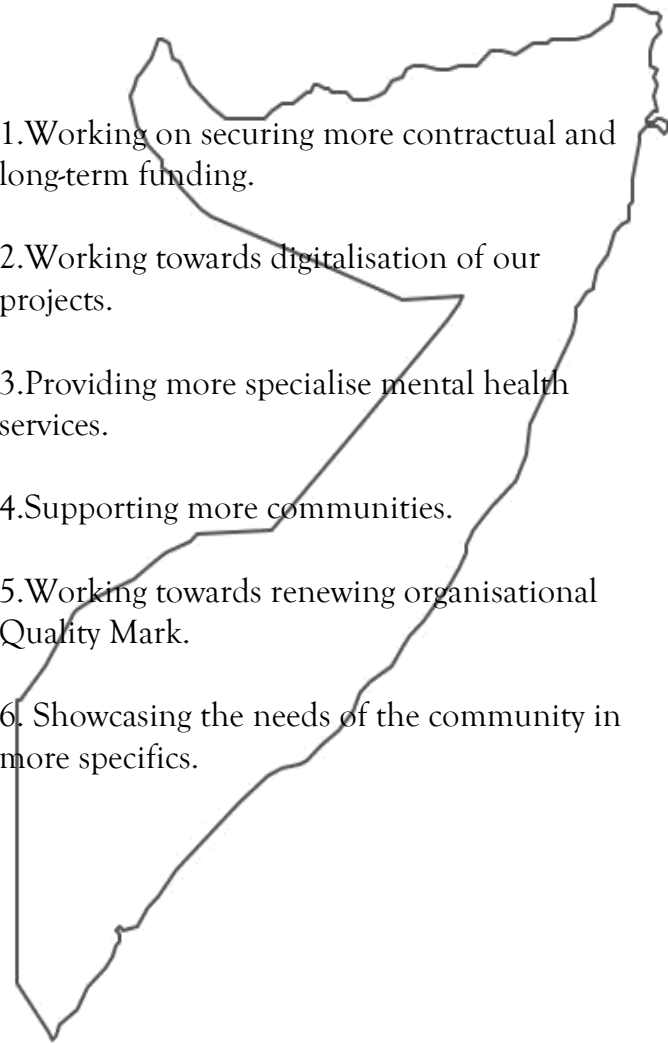
Winner of the London Faith and Community Awards 2019

Hear Women becoming registered and accredited Online Centres



Future Directions 2024



- 
1. Working on securing more contractual and long-term funding.
 2. Working towards digitalisation of our projects.
 3. Providing more specialise mental health services.
 4. Supporting more communities.
 5. Working towards renewing organisational Quality Mark.
 6. Showcasing the needs of the community in more specifics.

In 2023/2024 Hear Women expanded its geographical focus and is currently implementing a project targeting by moving many of its activities online. This will give opportunity to reach those groups who are hard to reach and engage them with our different programmes, so they are less isolated and feel more included. Furthermore, through our Saturday clubs Hear Women identifies the need for activities that encourage stronger bonds between parents and children as key priority for 2023/2024 will be focused on that area. As well as Our service users share that our therapy classes and self-help groups are benefiting their mental health, thus we will sustain the services. Next, our beneficiaries express the need for more physical activities, therefore Hear Women will encourage active life for parents and children.

Our Funders & Partners

thank you

WEST LONDON CLINIC ALCOMMISSIONING GROUP
HEALTH WATCH

PEOPLE'S HEALTH TRUST JOHN LYON'S FOUNDATION
LLOYDS FOUNDATION ETHAR RELIEF

PIMCO FOUNDATION AL-KHAIR FOUNDATION ONE
WESTMINSTER

HENRY DICKENS COMMUNITY CENTRE
STOWE YOUTH CENTRE

ERITREAN PARENTS GROUP BME HEALTH FORUM

PADDINGTON DEVELOPMENT TRUST
SOCIAL COUNCIL KENSINGTON AND

CHELSEY

WOMEN'S BUREAU THE GAMBIA
BIG LOTTERY
KENSINGTON AND CHELSEA FOUNDATION
AWARDS FOR ALL



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



Annual Account 2023

Gargar Foundation / Hear Women Income and Expenditure Account for year ended on 31 December 2023

			2023	2022
	Notes	Restricted Funds £	Unrestricted Fund £	Total Funds £
INCOMING RESOURCES:				
Voluntary Grants			-	-
Donations and other Income		45,257.60	11,314.40	56,572.00
ACTIVITIES FOR GENERATING FUNDS:				
Investment Income				
Other Activities		-	-	-
Total Incoming Resources		45,257.60	11,314.40	56,572.00
RESOURCES EXPENDED:				
COST FOR GENERATING FUNDS:				
Charitable Expenses		58,869.75	14,717.44	73,587.19
Investment Income		-	-	-
Other Activities		-	-	-
		58,869.75	14,717.44	73,587.19
CHARITABLE EXPENITURE:				
Restricted Funds				
TOTAL RESOURCES EXPENDED:		58,869.75	14,717.44	73,587.19
Net Surplus for the year		-13,612.15	-3,403.04	17,015.19
Opening Funds		22,471.72	5,617.93	28,089.65
Transfer of funds				-
CLOSING FUNDS:		8,859.57	2,214.89	11,074.46

BALANCE SHEET AS AT 31 December 2023

STATEMENT OF FINANCIAL POSITION

Gargar Foundation/ Hear Women

AS AT 31 December 2023

		2023	2022
	Notes	£	£
<u>FIXED ASSETS</u>			
Land	-	-	-
Building	-	-	-
Vehicles & Equipment	-	-	-
Total Assets	-	-	-
<u>CURRENT ASSETS</u>			
Debtors	-	-	-
Prepayments	-	-	-
Cash at Bank & in hand	-	11,074.89	28,089.15
Total Current Assets	-	11,074.89	28,089.15
<u>CURRENT LIABILITIES</u>			
Overdraft			
Net Assists	-	11,074.89	28089.15
<u>FINANCED BY</u>			
Restricted Funds		8,859.57	22,471.72
Unrestricted Funds	-	2,214.89	5,617.93
Total	-	11,074.89	28,089.65

NOTES FORMING PART OF THE FINANCIAL STATEMENTS:

ACCOUNTING POLICIES

- a) The financial statements have been prepared under the historical cost convention, with the exception of investment, which are valued at the prevailing market prices. The financial statements have been prepared in accordance with the statement of Recommended Practice-Accounting and reporting by the charities (SORP2005) issued in March 2005, applicable in the preparations of the financial statements are set out below.

INCOME RESOURCES

- b) Voluntary income includes donations, gifts, legacies and grants that provide core funding or are of general nature are recognised where there is an entitlement, certainly of receipts and the amount can be measured with sufficient reliability. Such income is only deferred when:
- c) The Donor specified that the grant or donation must only be used in future accounting periods, or
- d) The Donor has imposed conditions, which must be met before the charity has unconditional entitlement.
- e) Income from commercial trading activities is recognised as earned as the related goods and services are provided
- f) Investment income is recognised on a receivable basis
- g) Income from charitable activities include income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned (as the related goods or services are provided). Grant income includes in the category provided funding to support performance activities and is recognised where there is an entitlement, certainly of receipts and the amount can be measured with sufficient reliability.
- h) Income is deferred when admission fees or performance related grants are received in advance of the performances or event to which they relate.

RESOURCES EXPENDED

Expenditure is recognised when a liability is incurred. Contractual agreements and performance related grants are recognised as goods or services are supplied. Other grants payments are recognised when a constructive obligation arises that result in the payment being unavoidable.

- The cost of generating funds is those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds
 - Charitable activities including expenditure associated with the activities are included the direct costs and support costs relating to these activities
 - Governance costs include those incurred in the governance of the charity and its assets and the primarily associated with constitutional and statutory requirements.
- i) Restricted funds:
Restricted funds are to be used for specified purposes as laid down by the founder. Direct and support expenditure, which meets these criteria, is defined to the fund together with a fair allocation of other costs
- j) Unrestricted funds
Unrestricted funds are funds received which no restrictions placed in their use and are available as general funds.
- k) Revenue grants are credited to incoming resources on the earlier of when they are received on when they are due.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Charities Acts require the trustees to prepare financial statement that gives a true and fair view of the organization's financial activities during the year and its financial position at the end of each financial year. Under Charities Acts, the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make a judgement and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and
- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Acts 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees:

Name of the Trustee

Samia Zaki

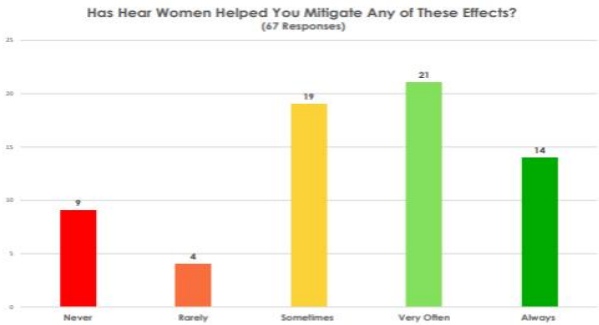
Name of the Trustee

ABDI HAMUD, #12

Name of the Trustee

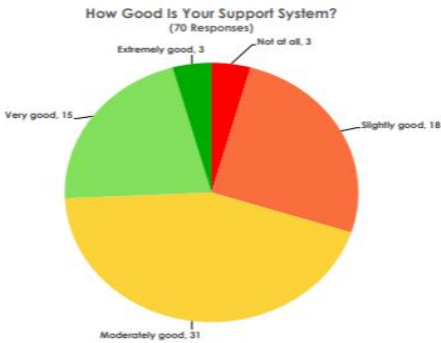
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Needs Assessment Survey Feb2024



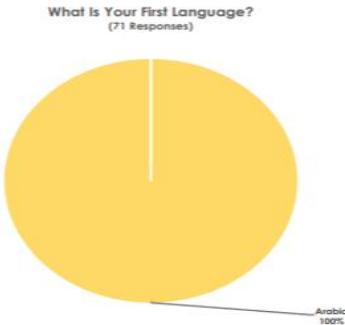
This bar graph shows that Hear Women has played a crucial role in mitigating the effects of various challenges for its members. Out of 67 respondents, 21 reported that Hear Women has helped them very often, while 14 said it has always been helpful. Another 19 indicated that they sometimes receive support.

These positive responses highlight the significant impact of our programs and services in addressing the needs of our community. However, with 9 respondents feeling they have never been helped and 4 rarely helped, there is room for improvement. This feedback underscores the importance of continually assessing and enhancing our outreach and support mechanisms to ensure that all members feel adequately supported, whatever their needs may be.



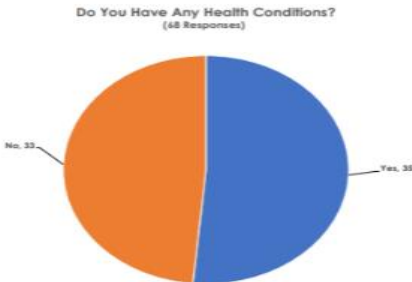
This chart depicts the perceived quality of support systems among 70 respondents in our community. A considerable portion, 31 respondents, rate their support system as moderately good, while 15 describe it as very good, and 3 as extremely good. However, 18 respondents feel their support system is only slightly good, and 3 report having no support system at all.

By strengthening our outreach programs, and peer support groups we aim to ensure that more members have access to robust and reliable support systems

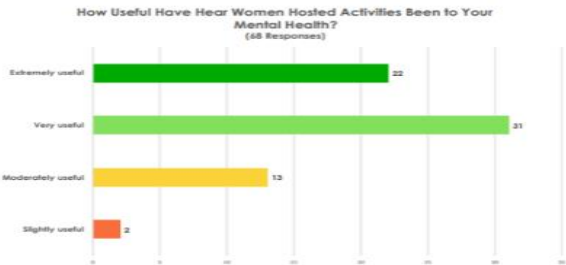


The pie chart shows that all 71 respondents report Arabic as their first language. This underscores the critical need for our services and programs to be delivered in Arabic, ensuring accessibility and effective communication. By providing Arabic-language support, we can better address the specific needs of our members, including those related to cultural integration, legal assistance, and educational resources.

Additionally, offering English language courses becomes even more essential, empowering these women to navigate life in the UK, access broader opportunities, enhance their employment opportunities, and support their families more effectively.

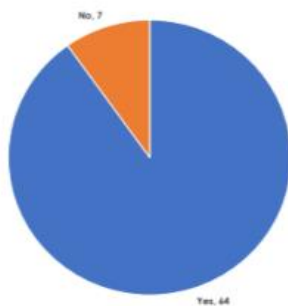


This pie chart indicates that out of 68 respondents, 35 women have health conditions, while 33 do not. This nearly even split highlights the importance of addressing health concerns within our community. For those with health conditions, Hear Women must provide targeted support, such as access to medical resources, health education workshops, and assistance navigating healthcare services. Additionally, we need to advocate for better healthcare access and support systems to ensure that all our members, regardless of their health status, receive the care and assistance they need to lead healthy and fulfilling lives.



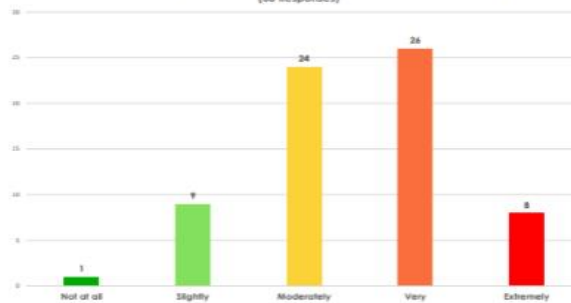
This graph illustrates the perceived usefulness of Hear Women hosted activities for mental health among 68 respondents. A significant majority, 31 women, find these activities very useful, while 22 consider them extremely useful. Additionally, 13 respondents rate the activities as moderately useful, with only 2 finding them slightly useful. These results highlight the positive impact of our mental health initiatives, showcasing the importance of continuing and expanding these programs.

Is The Cost Of Living Crisis Affecting You?
(71 Responses)



The stark reality of these numbers highlights the urgent need for Hear Women to intensify our support for our community members who are struggling to make ends meet. This data indicates the critical role our organisation could play in alleviating the economic pressures on BME women and ensuring they have the necessary support to navigate these challenging times.

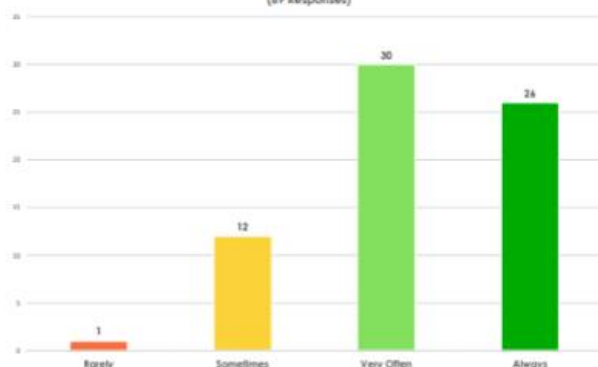
How Severely Is The Cost Of Living Crisis Affecting You Mentally?
(68 Responses)



This bar graph illustrates the mental impact of the cost of living crisis on our members, with 68 respondents sharing their experiences. Alarmingly, 26 women report being very affected, and 8 extremely affected, highlighting significant mental health challenges within our community. An additional 24 respondents feel moderately impacted, while only a small number report slight (9) or no impact (1).

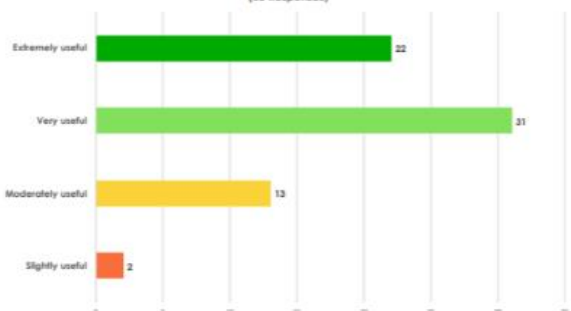
By addressing these mental health concerns and providing support through the cost of living crisis, we can better support the overall well-being and resilience of the women in our community.

How Satisfied Are You With Hear Women's Services And Activities?
(69 Responses)



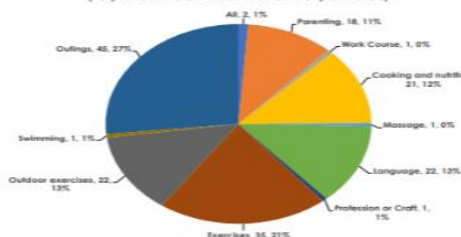
Among 69 respondents, a notable 30 women report being very often satisfied, and 26 always satisfied, demonstrating the positive impact of our programs. Meanwhile, 12 respondents sometimes feel satisfied, and only 1 respondent rarely feels satisfied. This feedback underscores the effectiveness of our services in meeting the needs of the majority of our members. However, it also highlights areas for improvement.

How Useful Have Hear Women Hosted Activities Been To Your Mental Health?
(68 Responses)



This graph illustrates the perceived usefulness of Hear Women hosted activities for mental health among 68 respondents. A significant majority, 31 women, find these activities very useful, while 22 consider them extremely useful. Additionally, 13 respondents rate the activities as moderately useful, with only 2 finding them slightly useful. These results highlight the positive impact of our mental health initiatives, showcasing the importance of continuing and expanding these programs.

What Activities Would You Like Hear Women To Offer That We Are Not Offering At The Moment?
(Respondents Were Allowed To Select Multiple Answers)



The pie chart reveals the types of activities that respondents would like Hear Women to offer, which are not currently available. Outings emerged as the most popular suggestion, with 45 respondents (27% of 169 suggestions) expressing interest. This is followed by exercises, which 35 respondents (21%) would like to see added.

Other significant interests include language classes and outdoor exercises, each garnering support from 22 respondents (13%), as well as cooking and nutrition workshops, desired by 21 respondents (12%). Parenting classes were also suggested by 18 respondents (11%). These insights underscore the importance of expanding our activity offerings to include more diverse and engaging programs, ensuring we meet the evolving needs and interests of our community.



HEAR WOMEN

England & Wales - Charity number 1135763

Accounts



HEAR WOMEN

GARGAR FOUNDATION

IMPACT REPORT

2022

A YEAR OF ACCOMPLISHMENTS



+44 (0)2036649519



www.hearwomen.org



37 Chapel St NW1 5DP



info@hearwomen.org



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About Us

As articulated in the Sustainable Development Goals (SDGs), we consider the key to effecting change is to advance women's full and effective participation in decision making at all levels of political, economic, and public life. Women can become key decision makers if they feel safe and are provided the knowledge, skills, and support to advocate for themselves.

Hear Women helps women through:

- Providing safe spaces for them to build relationships, discuss personal issues, and to develop self-confidence.
- Providing support, skills, and links to resources to develop their abilities to address mental health needs, improve their physical health, and advocate for themselves.
- Providing education and training to enable them to fully participate in the political process.

Our Mission and Approach

Our mission is a world where women and girls are equal partners in their communities, free from prejudices and have the right knowledge and skills to make their own decisions, speak up about issues affecting them, and to become independent.

Our approach is to form partnership with local women-led groups in Africa and the UK to promote local ownership and long-term Sustainable change that will shape national policies and create regional dialogues, as well as international awareness on good practices



Chair's Statement



HearWomen successfully achieved all objectives and targets for 2021. I am also pleased that we have were the Winner of the London Faith and Community Awards 2019. We also are very pleased that our founders, partners and most importantly, our service users, see us as a foundation that has the expertise and capacity to deliver much needed social services efficiently and effectively. I am pleased to report that Hear Women was one of the first organisations to react to this pandemic by implementing projects for families with a focus on health and wellbeing activities as well as projects that focuses building families' relationships. Our projects: Peer Support, Nutrition, Cook & Talk, Mental health, Dance to music & Digital world and yoga, English Conversation classes and families fund time digitally.

We are grateful to have highly qualified Management Committee members and CEO who bring a wealth of knowledge and expertise and appreciate the hard work and sacrifice of our volunteers, without whom this foundation could not meet its goals. They have also fruitfully accomplished the ambitious targets set by our founders. I would also like to welcome our new trustee and looking forward to working with them closely for the coming year. I would like to take this opportunity to express my deep appreciation to all trustee management members, employees and volunteers for their hard work and dedication during these hard times, as well as our supporters and the public in general. Many thanks also go to our founders and organizations that we worked with over the last year for their tearless support and engorgement. we are also pleased to announce that during the difficult times of Covid we have interduce our online community and curried our much-needed activities through online. Covid was very challenging times and pleased we have worked with organisations such as NHS closely to provide much needed support and advice to the communities we serve. Thank you to all for supporting Hear Women who is standing for BME Women and their families to be a positive constitutors to the British society

Signature
SAMIA ZAKI
CHAIR OF HEAR WOMEN

Our Impact



Beneficiaries of our services are coming from North Africa and the Middle East

90%

Women's rights organisations became the first wave of new partners in our focus countries to join our efforts to bring about transformational change for women

20

Participants in HearWomen classes and activities 20/21

2562



Governance & Structure

Hear Women/GarGar Foundation is governed by a Board of Trustees consisting of chair, secretary, treasury, and members, which have the overall responsibility for governance and management of the organization. The Foundation has six trustees, each undertaking the responsibility of constant development to maintain skills and appropriateness to govern. Hear Women's policies and procedures are recognized by the Quality Mark of Governance PIQASSO.

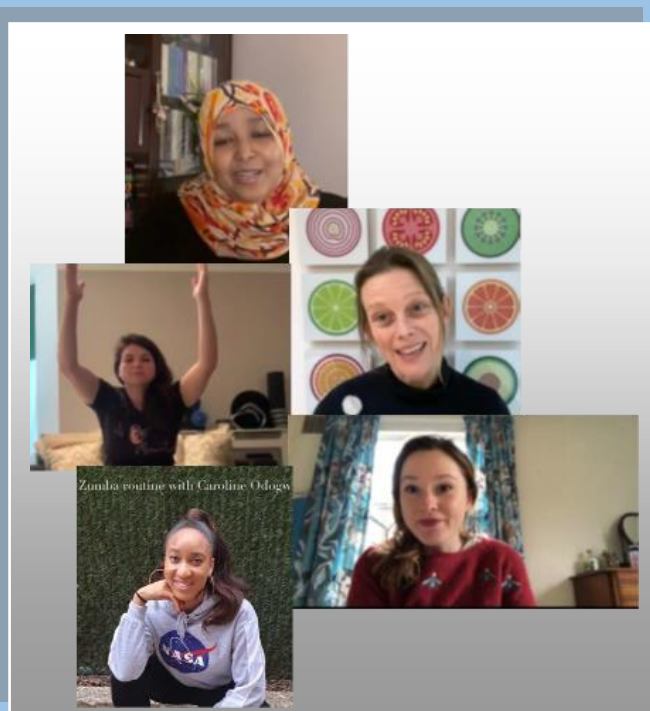


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Ongoing Projects



Case Studies

Amira Ali (Cooking Session)

"Thank you very much for your cooperation and hard work. We have benefited and learned so much from Chef Hasna, her dishes were all extremely healthy and tasty, and her methods were clear and easy to follow. May God reward her with all the goodness in the world. I have made many of her recipes myself and have really enjoyed them, as well as applying a few of her techniques to my own cooking which has really benefited me."

Awatif (English Lessons)

"Thank you for the homework I enjoyed it with my daughter."

Eman (English Lessons)

"Thank you, Lucy, very important."

Fadila (Church Street Project)

"I would like to express my opinion in regard to the Church Street Project online videos that have been uploaded to us on a regular basis. All the activities are outstanding. The Cooking videos are very helpful and it's easy to follow the recipes. So far, I cooked many dishes following its healthy recipes. I watched the Nutrition and Snack box videos, and I cooked some of its recipes because they are very healthy as well. The Mental Health videos content and brilliant ideas helped me lots and I personally followed many of these ideas."

Hanane (English Lessons)

"Hi I'm very happy because I found this session because I'm mum for three children I don't have time to go to the college thank you so much for the all people who did this session xx"

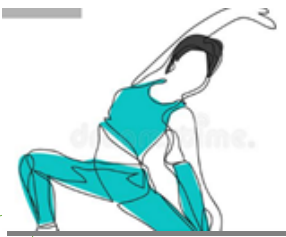
Thank you. I'd like how to speak well English when I go to the hospital or teachers"

Hanane (Church Street Project)

"I would like to thank Hear Women and the staff for their outstanding online videos and activities. I particularly like more the following classes: Cooking by Hasna, Nutrition by Sarah and Zumba by Caroline. I can't wait to enjoy and benefit from these classes because I sometimes find difficulty in following up all the activities because I am a very busy mom with young children and the household duties take almost most of my time alongside the school homework. I like sport lots and I follow the Zumba classes regularly and I wish I could do this amazing session with Caroline in the centre."

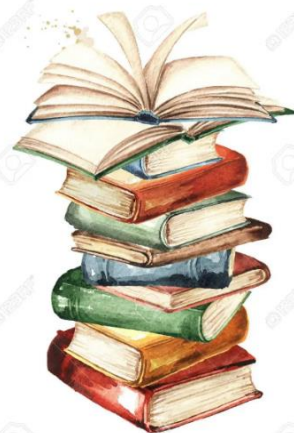
Anna (Dance to Music session)

"I've really enjoyed Ulviyya's sessions because I love her energy which she passes to us during the exercises. They're simple to follow but very effective. And I've tried to apply them often during my everyday schedule. I like how she provides the exercises differently every time with such Enthusiasm and with a big smile on her face. The choice of music is really good, when I finish, I feel very satisfied and uplifted. It really does make my day."



Shayma (Arabic Lessons)

"I am the mother of the child, Adam Bakr, and he is with you in the Arabic classes, and I am very grateful that my son has benefited a lot from the classes. He has benefited from the Arabic, the Nutrition, the Snack box classes and their healthy eating method for children. This class helped me fill the void of my son in Corona. This helped me to teach the Arabic language to my son and also helped me. I thank Hear Women, very much for their help to me and our children and help strengthen their personality and memorization. I am very happy and safe that I found such a class for my son."



Achievements

In 2022 HEAR WOMEN...



Hear Women won the highly Commended Outstanding Organisation Of the Year 20 Westminster.



Hear Women achieved Trusted Organisation Quality Mark by NCVO



Winner of the London Faith and Community Awards 2019



We have been Nominated For Queens's award 2019



Hear Women will continue much need services and activities including:

For its service users, Hear Women also plans to move many of its activities online as well as projects that focus on building families' relationships. Our projects: Peer Support, Nutrition, Cook & Talk, Mental health, Dance to music & Digital world and yoga, English Conversation classes and families fund time digitally all this will continue in the years to come and bring us closer. Hear Women aims to coordinate and strengthen women's participation in politics, security, health services, education, developmental projects and innovative ways that can help jobs to be created for young women. Hear Women believes that women throughout Somalia can work together and can be counted a main contributor to the prosperity of the country. This will be achieved only if women are consulted, encouraged, and provided



In 2021/2022 Hear Women expanded its geographical focus and is currently implementing a project targeting by moving many of its activities online. This will give opportunity to reach those groups who are hard to reach and engage them with our different programmes so they are less isolated and feel more included. Furthermore through our Saturday clubs Hear Women identifies the need for activities that encourage stronger bonds between parents and children as key priority for 2022/2023 will be focused on that area. As well as Our service users share that our therapy classes and self-help groups are benefiting their mental health, thus we will sustain the services. Next, our beneficiaries express the need for more physical activities, therefore Hear Women will encourage active life for parents and children.

Our Funders & Partners

thank you

WEST LONDON CLINIC ALCOMMISSIONING GROUP
HEALTH WATCH

PEOPLE'S HEALTH TRUST JOHN LYON'S FOUNDATION
LLOYDS FOUNDATION ETHAR RELIEF

PIMCO FOUNDATION AL-KHAIR FOUNDATION ONE
WESTMINSTER

HENRY DICKENS COMMUNITY CENTRE
STOWE YOUTH CENTRE

ERITREAN PARENTS GROUP BME HEALTH FORUM

PADDINGTON DEVELOPMENT TRUST
SOCIAL COUNCIL KENSINGTON AND

CHELSEY

WOMEN'S BUREAU THE GAMBIA
BIG LOTTERY
KENSINGTON AND CHELSEA FOUNDATION
AWARDS FOR ALL



Gargar Foundation / Hear Women
Income and Expenditure Account for year ended on 31 December 2022

	2022			2021
Notes	Restricted Funds	Unrestricted Fund	Total Funds	Total Fund
	£	£	£	£
INCOMING RESOURCES:				
Voluntary Grants		-	-	-
Donations and other Income	30,180.57	7,545.14	37,725.71	98,213.30
ACTIVITIES FOR GENERATING FUNDS:				
Investment Income				
Other Activities	-	-	-	-
Total Incoming Resources	30,180.57	7,545.14	37,725.71	98,213.30
RESOURCES EXPENDED:				
COST FOR GENERATING FUNDS:				
Charitable Expenses	76,540.90	19,135.23	95,676.13	91,908.38
Investment Income	-	-	-	-
Other Activities	-	-	-	-
	76,540.90	19,135.23	95,676.13	91,908.38
CHARITABLE EXPENITURE:				
Restricted Funds				
TOTAL RESOURCES EXPENDED:	76,540.90	19,135.23	95,676.13	91,908.38
Net Surplus for the year	-46,360.34	-11,590.08	-57,950.42	6,304.92
Opening Funds	68,832.06	17,208.01	86,040.07	79,735.15
Transfer of funds			-	
CLOSING FUNDS:	22,471.72	5,617.93	28,089.65	86,040.07

BALANCE SHEET AS AT 31 December 2022

STATEMENT OF FINANCIAL POSITION

Gargar Foundation/ Hear Women

AS AT 31 December 2022

	Notes	2022 £	2021 £
<u>FIXED ASSETS</u>			
Land	-	-	-
Building	-	-	-
Vehicles & Equipment	-	-	-
Total Assets	-	-	-
<u>CURRENT ASSETS</u>			
Debtors	-	-	-
Prepayments	-	-	-
Cash at Bank & in hand	-	28,089.15	86,040.07
Total Current Assets	-	28,089.15	86,040.07
<u>CURRENT LIABILITIES</u>			
Overdraft			
Net Assets	-	28,089.15	86,040.07
FINANCED BY			
Restricted Funds		22,471.72	68,832.72
Unrestricted Funds	-	5,617.93	17,208.01
Total	-	28,089.15	86,040.07

NOTES FORMING PART OF THE FINANCIAL STATEMENTS:

ACCOUNTING POLICIES

- a) The financial statements have been prepared under the historical cost convention, with the exception of investment, which are valued at the prevailing market prices. The financial statements have been prepared in accordance with the statement of Recommended Practice-Accounting and reporting by the charities (SORP2005) issued in March 2005, applicable in the preparations of the financial statements are set out below.

INCOME RESOURCES

- b) Voluntary income includes donations, gifts, legacies and grants that provide core funding or are of general nature are recognised where there is an entitlement, certainty of receipts and the amount can be measured with sufficient reliability. Such income is only deferred when:
- c) The Donor specified that the grant or donation must only be used in future accounting periods, or
- d) The Donor has imposed conditions, which must be met before the charity has unconditional entitlement.
- e) Income from commercial trading activities is recognised as earned as the related goods and services are provided
- f) Investment income is recognised on a receivable basis
- g) Income from charitable activities include income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned (as the related goods or services are provided). Grant income includes in the category provided funding to support performance activities and is recognised where there is an entitlement, certainty of receipts and the amount can be measured with sufficient reliability.
- h) Income is deferred when admission fees or performance related grants are received in advance of the performances or event to which they relate.

RESOURCES EXPENDED

Expenditure is recognised when a liability is incurred. Contractual agreements and performance related grants are recognised as goods or services are supplied. Other grants payments are recognised when a constructive obligation arises that result in the payment being unavoidable.

- The cost of generating funds is those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds
- Charitable activities including expenditure associated with the activities are included the direct costs and support costs relating to these activities
- Governance costs include those incurred in the governance of the charity and its assets and the primarily associated with constitutional and statutory requirements.

- i) Restricted funds:
Restricted funds are to be used for specified purposes as laid down by the founder. Direct and support expenditure, which meets these criteria, is defined to the fund together with a fair allocation of other costs
- j) Unrestricted funds
Unrestricted funds are funds received which no restrictions placed in their use and are available as general funds.
- k) Revenue grants are credited to incoming resources on the earlier of when they are received or when they are due.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Charities Acts require the trustees to prepare financial statement that gives a true and fair view of the organization's financial activities during the year and its financial position at the end of each financial year. Under Charities Acts, the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make a judgement and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and
- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Acts 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees:

Name of the Trustee

Samia Zaki

Name of the Trustee

Name of the Trustee



HEAR WOMEN

England & Wales - Charity number 1135763

Accounts



HEAR WOMEN

GARGAR FOUNDATION

IMPACT REPORT

2021

A YEAR OF ACCOMPLISHMENTS



+44 (0)2036649519



www.hearwomen.org



37 Chapel St NW1 5DP



info@hearwomen.org



CONTENT PAGE

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GOVERNANCE AND STRUCTURE	7
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OUR DONORS AND	
PARTNERS	13
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About Us

As articulated in the Sustainable Development Goals (SDGs), we consider the key to effecting change is to advance women's full and effective participation in decision making at all levels of political, economic, and public life. Women can become key decision makers if they feel safe and are provided the knowledge, skills, and support to advocate for themselves.

Hear Women helps women through:

- Providing safe spaces for them to build relationships, discuss personal issues, and to develop self-confidence.
- Providing support, skills, and links to resources to develop their abilities to address mental health needs, improve their physical health, and advocate for themselves.
- Providing education and training to enable them to fully participate in the political process.

Our Mission and Approach

Our mission is a world where women and girls are equal partners in their communities, free from prejudices and have the right knowledge and skills to make their own decisions, speak up about issues affecting them, and to become independent.

Our approach is to form partnership with local women-led groups in Africa and the UK to promote local ownership and long-term Sustainable change that will shape national policies and create regional dialogues, as well as international awareness on good practices



Chair's Statement

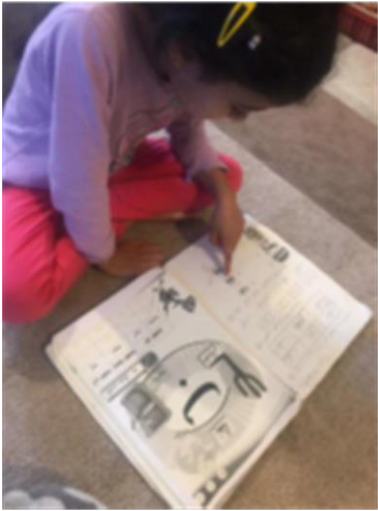


HearWomen successfully achieved all objectives and targets for 2021. I am also pleased that we have were the Winner of the London Faith and Community Awards 2019. We also are very pleased that our founders, partners and most importantly, our service users, see us as a foundation that has the expertise and capacity to deliver much needed social services efficiently and effectively. I am pleased to report that Hear Women was one of the first organisations to react to this pandemic by implementing projects for families with a focus on health and wellbeing activities as well as projects that focuses building families' relationships. Our projects: Peer Support, Nutrition, Cook & Talk, Mental health, Dance to music & Digital world and yoga, English Conversation classes and families fund time digitally.

We are grateful to have highly qualified Management Committee members and CEO who bring a wealth of knowledge and expertise and appreciate the hard work and sacrifice of our volunteers, without whom this foundation could not meet its goals. They have also fruitfully accomplished the ambitious targets set by our founders. I would also like to welcome our new trustee and looking forward to working with them closely for the coming year. I would like to take this opportunity to express my deep appreciation to all trustee management members, employees and volunteers for their hard work and dedication during these hard times, as well as our supporters and the public in general. Many thanks also go to our founders and organizations that we worked with over the last year for their tearless support and engorgement. we are also pleased to announce that during the difficult times of Covid we have interduce our online community and curried our much-needed activities through online. Covid was very challenging times and pleased we have worked with organisations such as NHS closely to provide much needed support and advice to the communities we serve. Thank you to all for supporting Hear Women who is standing for BME Women and their families to be a positive constitutors to the British society

Signature
SAMIA ZAKI
CHAIR OF HEAR WOMEN

Our Impact



Beneficiaries of our services are coming from North Africa and the Middle East

90%

Women's rights organisations became the first wave of new partners in our focus countries to join our efforts to bring about transformational change for women

20

Participants in HearWomen classes and activities 20/21

2562



Women's we have support with employability and entrepreneurship

60



Governance & Structure

Hear Women/GarGar Foundation is governed by a Board of Trustees consisting of chair, secretary, treasury, and members, which have the overall responsibility for governance and management of the organization. The Foundation has six trustees, each undertaking the responsibility of constant development to maintain skills and appropriateness to govern. Hear Women's policies and procedures are recognized by the Quality Mark of Governance PIQASSO.

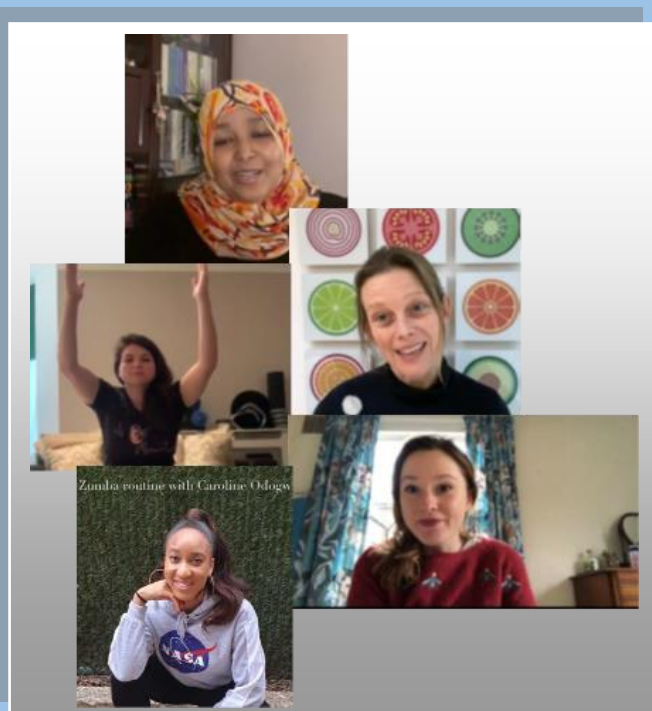


Founder and Director

Ms Deqa Salad established the foundation in December 2008 with the aim of using her experience in international development, human rights and gender to support women to be independent and thrive in their communities. Deqa actively advocates for Women political participation both in Somalia and the UK. She was awarded Women on the Move award in 2017 for her dedicated work and passion. Deqa's mission is supported by Hear Women's committed volunteers, most of whom have been previous service users.

The Team

The UK team is led by Deqa and supported by Hassan, Hagir. Hasna implements the U K programmes, and Hagir looks after the domestic and international fundraising. Our small office is supported by committed volunteers, who believe in Hear Women's mission. Some of them have been previous service users.



User-led Charity

Knowledge and experience

All our programmes are user-led, and the initial development of programmes is always based on clearly identified needs of the community we serve.

Focus groups

Hear Women service users are regularly given the opportunity to feedback their needs both formally and informally.

User feedback

This is important to past, existing, and future programmes. Information gathered from the evaluation and the monitoring of systems is the basis of evidence.

Monitoring and evaluation

The performance of services and projects are regularly checked to review those programmes that work and those that do not, as this helps us to improve how we do things and learn from mistakes.



UK Programmes

Cook & Talk

Provides a safe space for women to socialise over tasty healthy food prepared by themselves. Women socialise and help each other by sharing experiences and strategies to overcome stress and obstacles.

Wellbeing, Education & sports Classes

The project is for women and children of economically disadvantaged BME communities in the Grenfell area have had a huge impact, in particular on the children/young people we supported during the COVID-19 pandemic and the following lockdown.

Saturday Club _ Mother & Child program

The project offers tutoring, parenting courses and sport activities, so that our community does not lose access to these invaluable resources during Covid 19

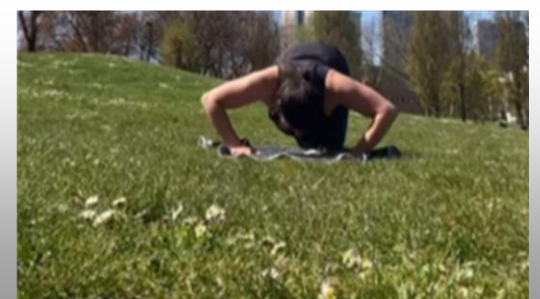
Mental Health Counselling group

The project improves women's mental wellbeing, gives them motivation and builds the users self-confidence. Reinforce the community, fight isolation, and strengthen the physical and mental health of our users. Aside from the hygiene pack project, we also personally took care of the most vulnerable of our service users.

Dance to Music & Digital World

Hear Women provides diaspora women and young people from Africa and the Middle East with a safe and inclusive space to learn, socialise and access advice and support. We also advise and link women to community resources and help them to bridge the gap between service users and service providers.

Ongoing Projects



Case Studies

Amira Ali (Cooking Session)

"Thank you very much for your cooperation and hard work. We have benefited and learned so much from Chef Hasna, her dishes were all extremely healthy and tasty, and her methods were clear and easy to follow. May God reward her with all the goodness in the world. I have made many of her recipes myself and have really enjoyed them, as well as applying a few of her techniques to my own cooking which has really benefited me."

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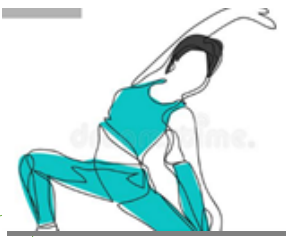
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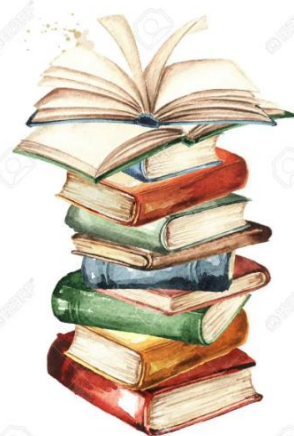
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BIG LOTTERY
KENSINGTON AND CHELSEA FOUNDATION
AWARDS FOR ALL



Gargar Foundation / Hear Women

Income and Expenditure Account for year ended on 31 December 2021

			2021	2020
	Notes	Restricted Funds	Unrestricted Fund	Total Funds
		£	£	£
INCOMING RESOURCES:				
Voluntary Grants		-	-	-
Donations and other Income		78,570.64	19,642.66	98,213.30
ACTIVITIES FOR GENERATING FUNDS:				
Investment Income		-	-	-
Other Activities		-	-	-
Total Incoming Resources		78,570.64	19,642.66	98,213.30
RESOURCES EXPENDED:				
COST FOR GENERATING FUNDS:				
Charitable Expenses		73,526.70	18,381.68	91,908.38
Investment Income		-	-	-
Other Activities		-	-	-
		73,526.70	18,381.68	91,908.38
CHARITABLE EXPENITURE:				
Restricted Funds				
TOTAL RESOURCES EXPENDED:		73,526.70	18381.676	91,908.38
Net Surplus for the year		5,043.94	1,260.98	6,304.92
Opening Funds		63,788.12	15,947.03	79,735.15
Transfer of funds				-
CLOSING FUNDS:		68,832.06	17,208.01	86,040.07
				79,735.15

STATEMENT OF FINANCIAL POSITION

Gargar Foundation/ Hear Women

AS AT 31 December 2021

		2021	2020
	Notes	£	£
<u>FIXED ASSETS</u>			
Land	-	-	-
Building	-	-	-
Vehicles & Equipment	-	-	-
Total Assets	-	-	-
<u>CURRENT ASSETS</u>			
Debtors	-	-	-
Prepayments	-	-	-
Cash at Bank & in hand	-	86,040.07	79,735.15
Total Current Assets	-	86,040.07	79,735.15
<u>CURRENT LIABILITIES</u>			
Overdraft	-	-	-
Net Assets	-	86,040.07	79,735.15
FINANCED BY			
Restricted Funds	-	68,832.06	63,788.12
FINANCED BY			
Restricted Funds	-	68,832.06	63,788.12
Unrestricted Funds	-	17,208.01	15,947.03
Total	-	86,040.07	79,735.15

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- a) The financial statements have been prepared under the historical cost convention, with the exception of investment, which are valued at the prevailing market prices. The financial statements have been prepared in accordance with the statement of Recommended Practice-Accounting and reporting by the charities (SORP2005) issued in March 2005, applicable in the preparations of the financial statements are set out below.

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The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Acts 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees:



Name of the Trustee

Samia Zaki

.....

Name of the Trustee

.....

Name of the Trustee

.....



HEAR WOMEN

England & Wales - Charity number 1135763

Accounts



IMPACT REPORT 2020

A YEAR OF ACCOMPLISHMENTS

 +44 (0)2036649519

 www.hearwomen.org

 37 Chapel Str NW1 5DP

 info@hearwomen.org



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About Us

As articulated in the Sustainable Development Goals (SDGs), we consider the key to effecting change is to advance women's full and effective participation in decision making at all levels of political, economic, and public life. Women can become key decision makers if they feel safe and are provided the knowledge, skills, and support to advocate for themselves.

Hear Women helps women through:

- Providing safe spaces for them to build relationships, discuss personal issues, and to develop self-confidence.
- Providing support, skills, and links to resources to develop their abilities to address mental health needs, improve their physical health, and advocate for themselves.
- Providing education and training to enable them to fully participate in the political process

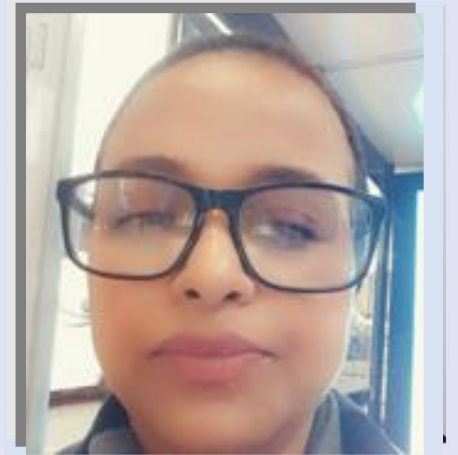
Our Mission and Approach

Our mission is a world where women and girls are equal partners in their communities, free from prejudices and have the right knowledge and skills to make their own decisions, speak up about issues affecting them, and to become independent.

Our approach is to form partnership with local women-led groups in Africa and the UK to promote local ownership and long-term sustainable change that will shape national policies and create regional dialogues, as well as international awareness on good practices



CHAIR'S STATEMENT



HearWomen successfully achieved all objectives and targets for 2020. I am also pleased that we have been the Winner of the London Faith and Community Awards 2019. We also are very pleased that our founders, partners and most importantly, our service users, see us as a foundation that has the expertise and capacity to deliver much needed social services efficiently and effectively. I am pleased to report that Hear Women was one of the first organisations to react to this pandemic by implementing projects for families with a focus on health and wellbeing activities as well as projects that focus on building families' relationships. Our projects: Peer Support, Nutrition, Cook & Talk, Mental health, Dance to music & Digital world and yoga, English Conversation classes and families fund time digitally .

We are grateful to have highly qualified Management Committee members and CEO who bring a wealth of knowledge and expertise and appreciate the hard work and sacrifice of our volunteers, without whom this foundation could not meet its goals. They have also fruitfully accomplished the ambitious targets set by our founders. I would also like to welcome our new trustee and looking forward to working with them closely for the coming year. I would like to take this opportunity to express my deep appreciation to all trustee management members, employees and volunteers for their hard work and dedication during these hard times, as well as our supporters and the public in general. Many thanks also go to our founders and organizations that we worked with over the last year.

SAMIA ZAKI

CHAIR OF HEAR WOMEN

A handwritten signature in blue ink, which appears to read 'Samia Zaki'. The signature is written in a cursive, flowing style.

OUR IMPACT



Beneficiaries of our services are coming from North Africa and the Middle East

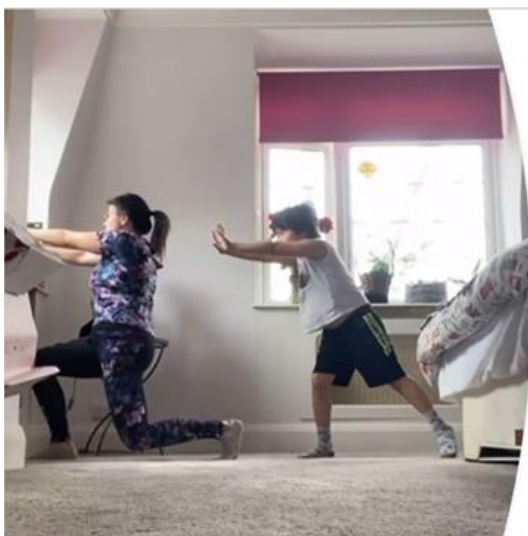
90%

Women's rights organisations became the first wave of new partners in our focus countries to join our efforts to bring about transformational change for women

20

Participants in Hear Women classes and activities 18/19

4632



Trainings on political participation, and inclusive democracy for women with political ambitions and current MPs in Somalia

284

Women's we have support with employability and entrepreneurship

60

Governance and Structure

Hear Women/GarGar Foundation is governed by a Board of Trustees consisting of chair, secretary, treasury, and members, which have the overall responsibility for governance and management of the organization. The Foundation has six trustees, each undertaking the responsibility of constant development to maintain skills and appropriateness to govern. Hear Women's policies and procedures are recognized by the Quality Mark of Governance PIQASSO.

FOUNDER AND DIRECTOR

Ms Deqa Salad established the foundation in December 2008 with the aim of using her experience in international development, human rights and gender to support women to be independent and thrive in their communities. Deqa actively advocates for Women political participation both in Somalia and the UK. She was awarded Women On The Move award in 2017 for her dedicated work and passion. Deqa's mission is supported by Hear Women's committed volunteers, most of whom have been previous service users.

THE TEAM

The UK team is led by Deqa and supported by Hassan, Hagir. Hasna implements the U K programmes, and Hagir looks after the domestic and international fundraising. Our small office is supported by committed volunteers, who believe in Hear Women's mission. Some of them have been previous service users

User-led Charity

Knowledge and experience

All our programmes are user-led, and the initial development of programmes is always based on clearly identified needs of the community we serve.

Focus groups

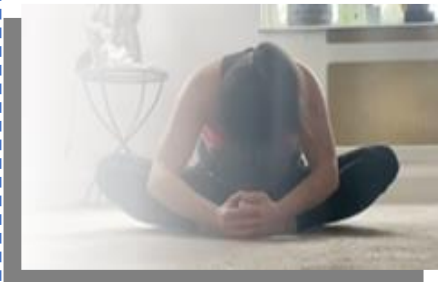
Hear Women service users are regularly given the opportunity to feedback their needs both formally and informally.

User feedback

This is important to past, existing, and future programmes. Information gathered from the evaluation and the monitoring of systems is the basis of evidence.

Monitoring and evaluation

The performance of services and projects are regularly checked to review those programmes that work and those that do not, as this helps us to improve how we do things and learn from mistakes.



UK Programmes

Positive Women

The aim of the project is to support marginalized women from East, North Africa, and Middle East to improve their physical and mental wellbeing.

Employability & Entrepreneurship

The project aims to support refugee and migrant women living in the U K to gain new skills, increase their health and wellbeing and activities include (English classes, money management, active healthy living sessions and arts and crafts).

Mental Health Peer Support

The project improves women's mental wellbeing , gives them motivation and builds the users self-confidence

Saturday Club

The club's activities strengthen the relationship between parents and children, improve t wellbeing through healthy cooking workshops, football and martial arts, story reading workshops, youth leadership club, reflection sessions.

Advice and Support

Hear Women provides diaspora women and young people form Africa and the Middle East with a safe and inclusive space to learn, socialise and access advices and support. We also advise and link women to community resources and help them to bridge the gap between service users and service providers.

Ongoing Projects



Case Studies

Ahlam (Cooking Session)

“Well, done, it’s an amazing recipe for cold weather, and I will definitely make it for my kids. Thank you so much for the brilliant idea: just one small observation, it’s more beneficial when the ingredients are fresh or to leave the ingredient to defrost before you cook (to avoid food poisoning). I would also like to watch more videos please, and it would be preferable if the recipe were in one 5-minute video if possible.”

Hanane (English Lessons)

“English classes are extremely useful to me because my grasp of the English language is very weak, and the online classes have helped me so much in improving my English, especially the lessons focused on everyday conversations (e.g. going to the GP, bank, supermarket and dealing with an emergency). Listening to these classes has truly opened my mind, helped me to better understand English and given me knowledge of what to say when I call my GP for an appointment, go shopping.”

Shayma (Arabic Lessons)

“I am the mother of the child, Adam Bakr, and he is with you in the Arabic classes, and I am very grateful that my son has benefited a lot from the classes. He has benefited from the Arabic, the Nutrition, the Snack box classes and their healthy eating method for children. This class helped me fill the void of my son in Corona. This helped me to teach the Arabic language to my son and also helped me. I thank Hear Women, very much for their help to me and our children and help strengthen their personality and memorization. I am very happy and safe that I found such a class for my son.”

Awatif (English Lessons)

“Thank you for the homework I enjoyed it with my daughter.”

Eman (English Lessons)

“Thank you Lucy very important.”

Hanane (Church Street Project)

“I would like to thank Hear Women and the staff for their outstanding online videos and activities. I particularly like more the following classes: Cooking by Hasna, Nutrition by Sarah and Zumba by Caroline. I can't wait to enjoy and benefit from these classes because I sometimes find difficulty in following up all the activities because I am a very busy mom with young children and the household duties take almost most of my time alongside the school homework. I like sport lots and I follow the Zumba classes regularly and I wish I could do this amazing session with Caroline in the centre.

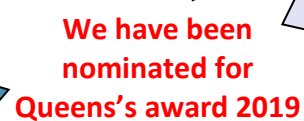
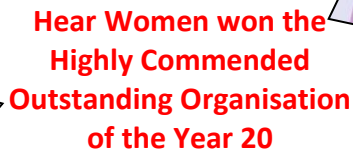
Saana (Church Street Project)

“I watch all the videos every day. I am so amazed by the calories analysis by Sarah, the Nutritionist, who provides them and comes with the cooking videos by chef Hasna. I benefit a lot from this information. The Mental Health topics are really great and useful as well as the Zumba classes. I would like to express my thankfulness to the Hear Women staff and how hard there're working and covering many areas related to women, children and the families prospective delivered to us in such a simple and elegant way and makes it easier for all ladies from different backgrounds.”

Nosiba (Dance to Music session)

“I really like Ulviyya's sessions, especially the Digital World sessions, because she explains how to download different apps in a very simple and clear way. I also like her Dance to Music sessions, and I practice them whenever I have time. I particularly liked her dance videos for kids, it was just excellent and so fun.”

in 2020 HEAR WOMEN...





Somalia

In Somalia, Hear Women is hosting a series of conferences on the role of women in peacebuilding, conflict resolution and counter-extremism. These events gather high-profile persons, Somali, and international politicians, as well as prominent religious leaders. Our organisation is trying for the first time to bring together all women groups in the country and join their efforts so that the Somali society can prosper and move away from the culture of violence and all form of extremism which had resulted pain and suffering for the last three decades. Hear Women aims to coordinate and strengthen women's participation in politics, security, health services, education, developmental projects and innovative ways that can help jobs to be created for young women. Hear Women believes that women throughout Somalia can work together and can be counted a main contributor to the prosperity of the country. This will be achieved only if women are consulted, encouraged, and provided the right training for their roles.



The Gambia

In 2017 Hear Women expanded its geographical focus and is currently implementing a project targeting adolescent boys and girls in rural schools across The Gambia. The project is an example of a locally owned project - the needs of awareness on gender-based violence, hygiene and sanitation were identified by the local communities, and the design of the project activities were fully led by the beneficiaries.

The Sierrlion

Hear Women identifies the need of activities that encourage stronger bonds between parents and children as key priority for 2018. Our service users share that our therapy classes and self-help groups are benefiting their mental health, thus we will sustain the services. Next, our beneficiaries express the need of more physical activities, therefore Hear Women will encourage active life for parents and children.

Our Funders & Partners



thank you

WEST LONDON CLINIC
ALCOMMISSIONING
GROUP
HEALTH WATCH
PEOPLE'S HEALTH TRUST
JOHN LYON'S FOUNDATION
LLOYDS FOUNDATION
ETHAR RELIEF
PIMCO FOUNDATION
AL-KHAIR FOUNDATION
ONE WESTMINSTER
HENRY DICKENS COMMUNITY CENTRE
STOWE YOUTH CENTRE

ERITREAN PARENTS
GROUP BME HEALTH
FORUM
PADDINGTON DEVELOPMENT TRUST
SOCIAL COUNCIL KINGSINGTON AND
CHELSEY
IFTEEN RELIE
ENTRELLES ASSOCIATION MOROCCO
CITY UNIVERSITY MOGADISHU
WOMEN'S BUREAU THE GAMBIA
PUNTLAND RESEARCH AND
DEVELOPMENT CENTRE
HEAR WOMEN SOMALIA
HEAR WOMEN THE GAMBIA CHAPTER

Gargar Foundation / Hear Women
Income and Expenditure Account for year ended on 31 December 2020

	2020			2019
	Restricted	Unrestricted		
Notes	Funds	Fund	Total Funds	Total Fund
	£	£	£	£
INCOMING RESOURCES:				
Voluntary Grants		-	-	-
Donations and other Income	122,021.95	30,505.49	152,527.44	101,027.67
ACTIVITIES FOR GENERATING FUNDS:				
Investment Income	-			
Other Activities	-	-	-	-
Total Incoming Resources	122,021.95	30,505.49	152,527.44	101,027.67
RESOURCES EXPENDED:				
COST FOR GENERATING FUNDS:				
Charitable Expenses	76,686.92	19,171.73	95,858.65	112,311.98
Investment Income	-	-		-
Other Activities	-	-		
	76,686.92	19,171.73	95,858.65	112,311.98
CHARITABLE EXPENITURE:				
Restricted Funds				
TOTAL RESOURCES EXPENDED:	76,686.92	19171.73	95,858.65	112,311.98
Net Surplus for the year	45,335.03	11,333.76	56,668.79	(11,284.31)
Opening Funds	18,453.09	4,613.27	23,066.36	34,350.67
Transfer of funds			-	
CLOSING FUNDS:	63,788.12	15,947.03	79,735.15	23,066.36

BALANCE SHEET AS AT 31 December 2020

STATEMENT OF FINANCIAL POSITION

Gargar Foundation/ Hear Women

AS AT 31 December 2020

		2020	2019
	Notes	£	£
<u>FIXED ASSETS</u>			
Land	-	-	-
Building	-	-	-
Vehicles & Equipment	-	-	-
Total Assets	-	-	-
<u>CURRENT ASSETS</u>			
Debtors	-	-	-
Prepayments	-	-	-
Cash at Bank & in hand	-	79,735.15	23,066.36
Total Current Assets	-	79,735.15	23,066.36
<u>CURRENT LIABILITIES</u>			
Overdraft			
Net Assists	-	79,735.15	23,066.36
FINANCED BY			
Restricted Funds		63,788.12	18,453.09
Unrestricted Funds	-	15,947.03	4,613.27
Total	-	79,735.15	23,066.36

NOTES FORMING PART OF THE FINANCIAL STATEMENTS:

ACCOUNTING POLICIES

- a) The financial statements have been prepared under the historical cost convention, with the exception of investment, which are valued at the prevailing market prices. The financial statements have been prepared in accordance with the statement of Recommended Practice-Accounting and reporting by the charities (SORP2005) issued in March 2005, applicable in the preparations of the financial statements are set out below.

INCOME RESOURCES

- b) Voluntary income includes donations, gifts, legacies and grants that provide core funding or are of general nature are recognised where there is an entitlement, certainty of receipts and the amount can be measured with sufficient reliability. Such income is only deferred when:
- c) The Donor specified that the grant or donation must only be used in future accounting periods, or
- d) The Donor has imposed conditions, which must be met before the charity has unconditional entitlement.
- e) Income from commercial trading activities is recognised as earned as the related goods and services are provided
- f) Investment income is recognised on a receivable basis
- g) Income from charitable activities include income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned (as the related goods or services are provided). Grant income includes in the category provided funding to support performance activities and is recognised where there is an entitlement, certainty of receipts and the amount can be measured with sufficient reliability.
- h) Income is deferred when admission fees or performance related grants are received in advance of the performances or event to which they relate.

RESOURCES EXPENDED

Expenditure is recognised when a liability is incurred. Contractual agreements and performance related grants are recognised as goods or services are supplied. Other grants payments are recognised when a constructive obligation arises that result in the payment being unavoidable.

- The cost of generating funds is those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds
 - Charitable activities including expenditure associated with the activities are included the direct costs and support costs relating to these activities
 - Governance costs include those incurred in the governance of the charity and its assets and the primarily associated with constitutional and statutory requirements.
- i) Restricted funds:
Restricted funds are to be used for specified purposes as laid down by the founder. Direct and support expenditure, which meets these criteria, is defined to the fund together with a fair allocation of other costs
- j) Unrestricted funds
Unrestricted funds are funds received which no restrictions placed in their use and are available as general funds.
- k) Revenue grants are credited to incoming resources on the earlier of when they are received on when they are due.



HEAR WOMEN/ GARGAR FOUNDATION

Annual Report and Accounts

The year ended on 31 December 2020

12th March 2021

REGISTERED CHARITY NUMBER 1135763

ANNUAL REPORT AND ACCOUNTS

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STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Charities Acts require the trustees to prepare financial statement that gives a true and fair view of the organization's financial activities during the year and its financial position at the end of each financial year. Under Charities Acts, the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make a judgement and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and
- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Acts 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees:

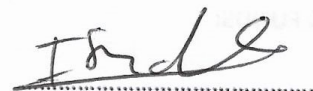
Name of the Trustee

Samia Zaki



Name of the Trustee

Abdi Hamud



Name of the Trustee

.....

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Gargar Foundation/ Hear Women

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Independent Examiner's Report to the Trustees of the Hear Women/ Gargar Foundation

Report to the trustees of

Hear Women/ Gargar Foundation

On accounts for the year ended

31 December 2020

Charity no

1135763

Respective responsibilities of trustees and examiner

The charity's trustees 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.

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;

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

12th March 2021

Name:

Abdullah Mohamud ACMA, CGMA
Chartered Management Accountant

Address:

12 York Road, Battersea, London, SW11 3QA

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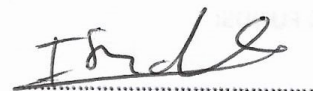
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Name of the Trustee

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Prepayments	-	-	-
Cash at Bank & in hand	-	79,735.15	23,066.36
Total Current Assets	-	79,735.15	23,066.36
<u>CURRENT LIABILITIES</u>			
Overdraft	-	-	-
Net Assists	-	79,735.15	23,066.36
<u>FINANCED BY</u>			
Restricted Funds	-	63,788.12	18,453.09
Unrestricted Funds	-	15,947.03	4,613.27
Total	-	79,735.15	23,066.36

NOTES FORMING PART OF THE FINANCIAL STATEMENTS:

ACCOUNTING POLICIES

- a) The financial statements have been prepared under the historical cost convention, with the exception of investment, which are valued at the prevailing market prices. The financial statements have been prepared in accordance with the statement of Recommended Practice-Accounting and reporting by the charities (SORP2005) issued in March 2005, applicable in the preparations of the financial statements are set out below.

INCOME RESOURCES

- b) Voluntary income includes donations, gifts, legacies and grants that provide core funding or are of general nature are recognised where there is an entitlement, certainly of receipts and the amount can be measured with sufficient reliability. Such income is only deferred when:
- c) The Donor specified that the grant or donation must only be used in future accounting periods, or
- d) The Donor has imposed conditions, which must be met before the charity has unconditional entitlement.
- e) Income from commercial trading activities is recognised as earned as the related goods and services are provided
- f) Investment income is recognised on a receivable basis
- g) Income from charitable activities include income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned (as the related goods or services are provided). Grant income includes in the category provided funding to support performance activities and is recognised where there is an entitlement, certainly of receipts and the amount can be measured with sufficient reliability.
- h) Income is deferred when admission fees or performance related grants are received in advance of the performances or event to which they relate.

RESOURCES EXPENDED

Expenditure is recognised when a liability is incurred. Contractual agreements and performance related grants are recognised as goods or services are supplied. Other grants payments are recognised when a constructive obligation arises that result in the payment being unavoidable.

- The cost of generating funds is those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds

Independent Examiner's Report to the Trustees of the Hear Women/ Gargar Foundation

Report to the trustees of

Hear Women/ Gargar Foundation

On accounts for the year ended

31 December 2020

Charity no

1135763

Respective responsibilities of trustees and examiner

The charity's trustees 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.

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;

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

12th March 2021

Name:

Abdullah Mohamud ACMA, CGMA
Chartered Management Accountant

Address:

12 York Road, Battersea, London, SW11 3QA

- Charitable activities including expenditure associated with the activities are included the direct costs and support costs relating to these activities
- Governance costs include those incurred in the governance of the charity and its assets and the primarily associated with constitutional and statutory requirements.

i) Restricted funds:

Restricted funds are to be used for specified purposes as laid down by the founder. Direct and support expenditure, which meets these criteria, is defined to the fund together with a fair allocation of other costs

j) Unrestricted funds

Unrestricted funds are funds received which no restrictions placed in their use and are available as general funds.

k) Revenue grants are credited to incoming resources on the earlier of when they are received or when they are due.