



IMPACT REPORT 2020

A YEAR OF ACCOMPLISHMENTS

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CONTENT PAGE

ABOUT US	4
CHAIR'S REPORT	5
OUR IMPACT 2019/20	6
GOVERNANCE AND STRUCTURE	7
USER-LED CHARITY	8
UK PROGRAMMES	9
CASE STUDIES	10
ACHEIVEMENTS	11
FUTURE DIRECTIONS	12
OUR DONORS AND PARTNERS	13
ANNUAL ACCOUNTS	14

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

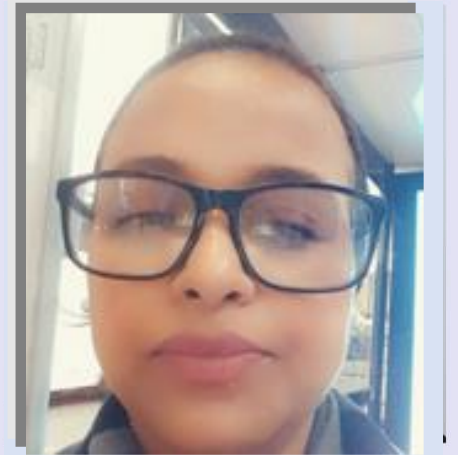
Our Mission and Approach

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

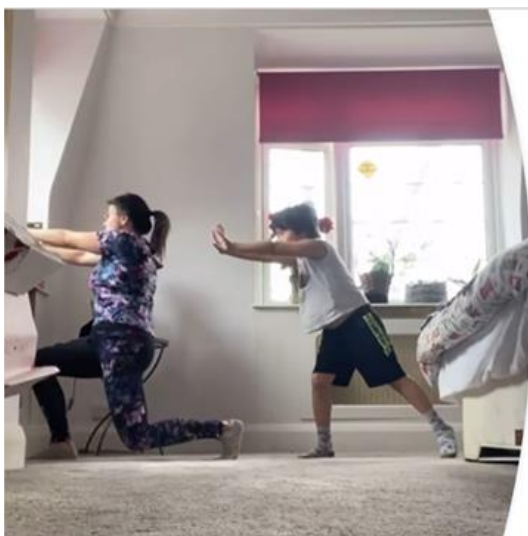
90%

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

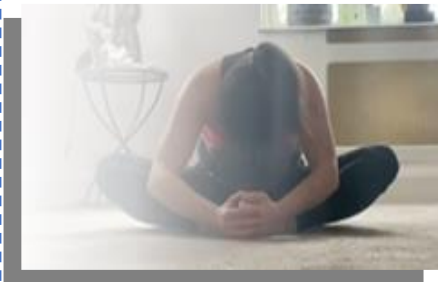
Hear Women service users are regularly given the opportunity to feedback their needs both formally and informally.

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 from 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.

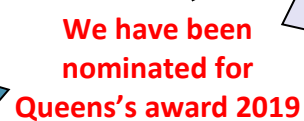
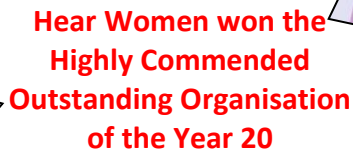
Saana (Church Street Project)

“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 or 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

CONTENTS:

	Page
Statement of Trustees' Responsibilities	3
Statement of Financial Activities	4
Balance Sheet	5
The notes forming part of the financial statements	6 to 7
Independent Examiner's Report	8

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:

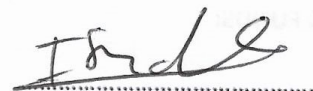
Name of the Trustee

Samia Zaki



Name of the Trustee

Abdi Hamud



Name of the Trustee

.....

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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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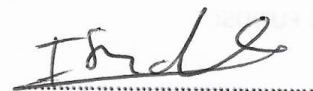
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Prepayments	-	-	-
Cash at Bank & in hand	-	79,735.15	23066.36
Total Current Assets	-	79,735.15	23,066.36
<u>CURRENT LIABILITIES</u>			
Overdraft	-	-	-
Net Assists	-	79,735.15	23,066.36
<u>FINANCED BY</u>			
Restricted Funds	-	63,788.12	18,453.09
Unrestricted 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.