



HEAR WOMEN

GARGAR FOUNDATION

IMPACT REPORT

2022

A YEAR OF ACCOMPLISHMENTS



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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.

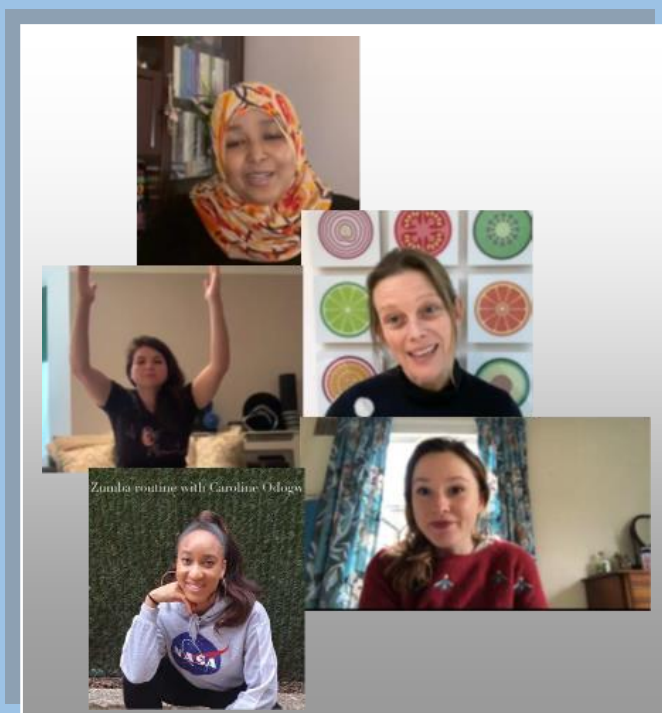


Founder and Director

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."

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"

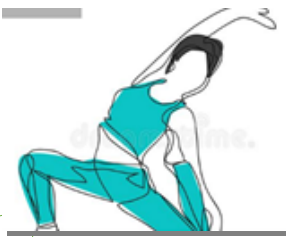
Thank you. I'd like how to speak well English when I go to the hospital or teachers"

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."

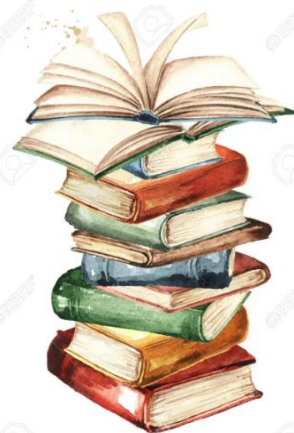
Anna (Dance to Music session)

"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



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



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

