SAHELI HUB

England & Wales · Charity number 1153202

Details

Status	Registered
Legal form	Charitable company
Company number	08373929
Registered	2013-08-02
Register	View on the Charity Commission register

Contact

Address	Saheli Main Office 110 Edward Road Balsall Heath Birmingham B12 9LS
Phone	01214401007
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Website	www.saheli.co.uk

Activities

Objects: IN ACCORDANCE WITH SECTION 31(2) OF THE COMPANIES ACT 2006, THE OBJECTS ARE SPECIFICALLY RESTRICTED TO THE PROMOTION OF THE BENEFITS OF THE COMMUNITY BY THE PROVISION OF FACILITIES FOR THE RECREATION OR OTHER LEISURE TIME OCCUPATION IN THE INTERESTS OF SOCIAL WELFARE WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: Saheli Hub - Provider of Commissioned Exercise Referral Program;Support and provision of recreation and leisure activities;Provision of adventure schemes for younger women;Cultural awareness and inclusion activities;Training to enable women to be more involved in making personal choices and be more involved in the decision making processes within their own communities.

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Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Birmingham City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£621,762	£655,556	£49,256	20
2024-03-31	£547,576	£608,777	£83,050	15
2023-03-31	£630,536	£527,094	£144,251	10
2022-03-31	£336,498	£328,304	-	-
2021-03-31	£195,872	£171,449	-	-

Trustees

Name	Role	Appointed
Sayqa Arif Mrs	Chair	2018-01-10
Farhat Shaheen		2022-12-14
Kathleen Jane Foley		2025-11-25
Maisie Dill		2025-01-22
Sahida Bawhab		2018-01-10
Shamim Akhtar		2025-01-22

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SAHELI HUB

England & Wales - Charity number 1153202

Accounts

sähëli hub

Charity registration no. 1153202
Company registration no. 08373929

ANNUAL REPORT & FINANCIAL STATEMENTS 2024-2025

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The Sähëlï Hub team in 2024-2025

Naseem Akhtar
Aesha Ali
Rakhyia Arshad Begum
Sultana Begum
Shaafia Bi
Norma Green
Monika Gongotra
Kate Holman
Muzzammil Hoque
Asma Jamil
Perween Khan
Usman Khan
Asia Khatoon
Rabia Khatun
Sara Khatun
Fozia Kausar
Elisângela Melo Liani
Ayan Obseyeh
Shaila Sharif
Tyra Watson

FROM OUR CHAIR

Chair's report, by Sayqa Arif

Despite the challenging financial climate, Sähëlï Hub has remained resilient.

We continue to stay focused and on course to tackle health inequalities and empower local communities to lead healthier lives.

Our city-wide delivery remains strong thanks to the dedication and hard work of our committed team, whose efforts continue to uphold and strengthen the vales at the heart of this organisation.

It is with great pride that I report that Sähëlï Hub's achievements have been recognised through several prestigious awards this year. It was also an honour for our participants to be featured in the countrywide This Girl Can promotion.

Diversifying our funding

We have worked hard on diversifying our funding, services and activities which support our communities at a time when more services are cut and costs rise for everyday provisions.

This year we have secured Fairer Futures Funding to support our Know Your Numbers programme, empowering our communities to have full knowledge of their health needs. Thanks to the UK Shared Prosperity Fund, we have a brand new minibus that is clean air zone compliant. We have also appointed a new Chief Operations Officer (COO), Aesha Ali, to work alongside Naseem Akhtar BEM, our Chief Executive Officer (CEO). Aesha is supporting new initiatives and work streams, such as WorkWell, which support the wider needs of our communities.

Prioritising prevention with the NHS

We have pioneered 'prevention and not cure' programmes since our inception. It is great to see this reflected in the 10-year NHS Plan, which aims to relieve the pressure on the NHS, making it fit for the future through three 'radical shifts':

- Hospital to community.
- Analogue to digital.
- Sickness to prevention.

Sähëlï Hub welcomes these reforms. We hope this allows for the voluntary community and social enterprise sector to be equally valued in supporting the reshaping of NHS services – one of the key priorities is to ensure services are as local as can be and to deliver a more diverse and devolved service so services are distributed among local providers, staff and citizens. We continue to work with Primary Care Networks (PCNs) and GPs so they can refer to our services, reducing pressure on the NHS.

Diversifying provision with our partners

We've continued to build new opportunities for sport and physical activity through our partnerships with the national governing bodies for squash and tennis, and continue to grow our cycling and other indoor and outdoor activities.

Our main sites at Calthorpe and Alum Rock Community Centre continue to provide a health and wellbeing facility for everyone in the local community from one-to-one health assessments, prevention programs, social clubs, physical activity to training and awareness sessions and partnership services via the police, domestic abuse, finance and debt management partners on site throughout the year.

Marketing and social media

Our marketing and social media presence has grown as we bring our amazing work to wider audiences and inspire others to get their community active and healthy.

Thank you to team Sähëlï

As we continue to grow our services, our staff has grown too. We welcome all our new team members and thank those who have moved on.

As we look towards 2025-2026, Sähëlï Hub's reach will grow further. Though the hard work of the senior management team, we have secured funds that are long term and continue to build the organisation's strength, resilience and security for the communities we serve. We are developing our own internal processes to demonstrate the difference and impact we make through our work and how Sähëlï Hub is successfully tackling the inequalities that face our communities every day.

I look forward to the empowering, educational, physically challenging and (especially) fun activities we come up with over the next year.

ACHIEVEMENTS AND PERFORMANCE

We just kept winning!

Naseem Akhtar BEM, Chief Executive Officer

What an incredible and defining year it has been for Sähëlï Hub.
I am immensely proud to share that team Sähëlï has been honoured with not just one, but four prestigious awards in recognition of our dedication to improving the lives of the communities we serve.

This year, we were humbled to receive:

- The Community Foundation – Community Inspiration Award for Best Sports Organisation.
- The Locality Award – Building Inclusive Communities.
- The Sport Birmingham – Community Celebration Award (Partnership Award with England Squash).
- The Muslim Sports Foundation – Sport Club/Organisation of the Year.

Our winning year
These accolades are a testament to the tireless work, passion and integrity of our team, volunteers and partners. For many years, we have focused wholeheartedly on delivering a quality, culturally intelligent service – without ever putting ourselves forward for awards. But this year, we took a leap of faith, submitted our work – and were rewarded beyond our expectations.

To win all four awards in one year is a truly humbling and energising moment for us all. My heartfelt thanks go to The Community Foundation, Locality, Sport Birmingham, England Squash and The Muslim Sports Foundation – you've helped make this our winning year!

New funders who share our values
Our progress extends beyond the awards cabinet. This year, Sähëlï Hub has worked strategically to diversify its funding sources, recognising the importance of financial sustainability in today's ever-changing landscape. We are proud to have secured vital new streams such as the Workwell programme, Coalition of Impact, and Fairer Futures funding – each enabling us to strengthen and grow our services across Birmingham.

In a climate where the cost-of-living crisis continues to hit our communities hard, we have made a conscious decision to only work with funders who share our values – those who support full cost recovery models and have a genuine commitment to tackling inequality, improving life expectancy, and championing inclusive physical activity.

We've also continued to 'make a racquet' – in the best way possible! Our partnerships with national governing bodies like England Squash, the LTA (Lawn Tennis Association), and The Priory Club have gone from strength to strength. These collaborations have helped bring tennis and squash to women who might never have seen themselves participating in these sports.

A particularly exciting highlight has been working closely with the LTA Tennis Foundation, who have supported our ambition to recruit and train a qualified female tennis coach from within our own communities – a challenge that has opened up important conversations about accessibility and representation in sport. Tennis should be for everyone – not just the privileged few. And we are committed to making that a reality.

Community connection and collaborative growth

Thanks to funding from Birmingham City Council's Prevention and Communities Programme, we have been able to continue delivering our much-loved social clubs across all three of our Sähëlï Hub sites.

Whether it's Knit & Natter, Crochet & Chai or Talking Art, these sessions have become powerful tools for combating isolation and improving mental wellbeing. Many of the women attending regularly tell us how these sessions have not only helped them make new friends but also significantly reduced feelings of anxiety and stress. It's a simple yet powerful reminder of how transformative human connection and creativity can be when women are given a safe, inclusive space to come together.

Our holistic approach to wellbeing has also been strengthened this year through the Workwell programme, which continues to support participants on their journey back into employment, particularly those who face multiple barriers. By combining physical activity, mental health support, and skill development, Workwell is helping women move closer to work, education or volunteering, while improving their confidence and resilience.

We are also proud to be part of a collective of organisations committed to ensuring that the Eastside Sports Quarter regeneration project places local voices at its heart. It has been especially important for us to amplify the voices of women, ensuring they are not sidelined or overlooked in conversations about development and investment in our city. Through this work, we've formed new and exciting connections with like-minded organisations including Dream Chasers, The Birmingham City Foundation, and others working across the Eastside - where our second site, Alum Rock Community Centre, is firmly rooted.

Pedalling towards change: a global vision for local action

In June, I had the privilege of attending the Velo-city Conference 2025 in Ghent, Belgium – a truly inspiring four-day gathering of global cycling advocates, planners, and policymakers.

I was honoured to be invited by the brilliant Cyclehoop team to join a panel of remarkable speakers, where I had the opportunity to share the story of Sähëlï Cycling Club, our grassroots initiative that has now taught over 3,000 women to ride a bike. To stand on an international

stage and talk about our work, especially the transformational impact cycling has had on women across Birmingham, was not just an honour but a proud moment for us as an organisation.

What struck me most about Ghent was their bold, long-term vision for a more liveable and sustainable city. Over twenty years ago, they made the radical decision to stop building car parks in the city centre, despite fierce opposition – including officials reportedly receiving bullets in the post. Instead, they began the process of pedestrianising and redesigning their streets, paving the way for a cleaner, healthier, and more vibrant urban environment.

Today, the results speak for themselves: quieter roads, cleaner air, and thousands of people making their everyday journeys on foot or by bicycle. On the final day of the conference, I had the opportunity to cycle along Ghent's city streets and even part of the highway, alongside delegates from across the world. It was a powerful reminder of what's possible when we plan boldly and inclusively. At Sähëlï Hub, we are more determined than ever to build on this global momentum, ensuring our communities, especially women and girls, are not left behind in the cycling and active travel revolution.

Speaking truth to power: championing the sector's value

This past year has offered several opportunities for me to raise Sähëlï Hub's voice and amplify the importance of grassroots, community-led organisations in national conversations.

I was invited to speak at a series of regional events hosted by Active England, delivering talks in the West Midlands, Bristol, Leicester and most notably for Active Dudley at the Molineux Stadium. These engagements allowed me to share Sähëlï Hub's model and experiences, highlighting how we are engaging diverse communities through sport and wellbeing programmes in ways that are both effective and deeply rooted in cultural understanding.

In November, I had the privilege of speaking at the Locality Convention, where I delivered a talk entitled, 'No More Peanuts, Thank You! (We're Not Performing Monkeys!)'. I was given just eight minutes on stage, but I made them count.

My message was clear: the community, voluntary and third sector must stop undervaluing itself. Too often, we are expected to deliver transformational work on minimal budgets, stretching ourselves beyond capacity. I used this platform to urge funders and decision-makers to recognise not just the frontline delivery, but also the unseen labour that goes into making community projects a success - planning, evaluation, partnership building, and emotional labour. These elements are rarely factored into funding applications, yet they are essential to the outcomes everyone wants to see. I argued that it's time for our sector to collectively push for standardised, fair funding models that reflect the true cost of our work.

I continue to represent the sector through my role on the Locality VCSE Health and Wellbeing Alliance, advocating for organisations like Sähëlï Hub that deliver essential, culturally appropriate services with far-reaching impact.

Securing our spaces and shaping our future

This year, Sähëlï Hub has made important strides in safeguarding our presence in the community and influencing future regeneration in our city.

We've been working closely with Birmingham City Council to explore a Community Asset Transfer of Calthorpe Wellbeing Centre, a site that has become a true home for so many of our activities and relationships. In 2024, we formally nominated Calthorpe as an Asset of Community Value (ACV). This designation means that if Birmingham City Council ever decides to sell the site, Sähëlï Hub will be given first notification and a fair window of opportunity to prepare for the purchase, including a guaranteed interview with the council.

I would like to extend my heartfelt thanks to Karen Cheney and the 'Save Birmingham' campaign for their ongoing support of our vision for a secure, community-owned future at Calthorpe, which lies at the heart of Balsall Heath.

Coalition of impact and the East Birmingham Sports Quarter

It has also been an exciting and formative time for sport and physical activity in Birmingham. Even though the Commonwealth Games 2022 now feels like a distant happy memory, its legacy continues to influence local change.

This year, Sähëlï Hub secured funding from Loconomy to participate in the Coalition for Impact programme, aimed at unlocking new economic and wellbeing opportunities within the proposed East Birmingham Sports Quarter. This £1 billion development – linked to the relocation of Birmingham Football Club – will affect communities across Alum Rock, Small Heath, Washwood Heath and Bordesley Green.

As part of this programme, we organised two community engagement events, specifically designed to ensure local voices – particularly women – are heard and valued. The message was clear: women in B8 are twice as likely to be unemployed as any other group, and they want targeted support. In response, we are developing plans to launch a Women's Academy, a space for training and upskilling local women as cycling leaders, aerobics instructors, and sports coaches. If successful, this would be a powerful step towards closing the employment and participation gap in sport and wellbeing.

Paddling towards representation

We've also continued our thriving partnership with Birmingham Paddling Clubs, made possible through our collaboration with Andy Train and the Nowka Bais Team.

Our Sunday bell boating sessions have become a regular highlight, and we're so proud of the energy and commitment shown by our two incredible helms: Haseena Aktar and Ayesha Choudhury. Ayesha's dedication was formally recognised this year when she was named a She Paddles Ambassador – a huge congratulations and a moment of pride for us all. Thank you and go girls!

These Sunday sessions are more than just sport; they're about confidence, community, and creating new spaces for women to thrive.

This girl definitely can!

This year, Sähëlï Hub was absolutely thrilled to be part of the national This Girl Can campaign through the launch of 'Let's Get Out There: A Guide to Making Outdoor Activities More Inclusive for Women'.

Being featured as a case study in this practical and inspiring toolkit was a genuine honour. The guide aims to encourage organisations across the country to make outdoor physical activity more welcoming and inclusive for women (something that has been central to our work for two decades). Our inclusion is recognition of our pioneering efforts to engage women in outdoor physical activity, particularly those from ethnically diverse and underserved communities.

As part of this initiative, I was also invited to speak in the This Girl Can webinar, where I had the opportunity to share our journey and best practices with a national audience. It was a fantastic platform to highlight how our work continues to remove barriers and promote active lifestyles for women across Birmingham.

At Sähëlï Hub, we are proud to offer a rich variety of 'women-only' indoor and outdoor activities, including cycling, walking, tennis, running, marathons, bell-boating, Pilates, boxing and body-conditioning, among others. But it's not just about exercise, it's also about empowerment, connection and a sense of belonging. We remain fully committed to ensuring all women, regardless of background or ability, have access to safe, inclusive spaces to move their bodies and care for their wellbeing.

Partnership, progress and a vision for the future

At Sähëlï Hub, we are proud to be active members of the Birmingham Community Action Network (BCAN), working collaboratively with partners to bring about tangible change in services and address the deep-rooted inequalities that have persisted across our communities for more than two decades.

Through BCAN and funding from the UK Shared Prosperity Fund, we were delighted to secure a brand-new minibus. This vital resource allows us to remove transport barriers for our participants – ensuring more women, men, and families can access the wellbeing opportunities that matter most to them. We continue to build on this collaborative model, strengthening city-wide networks with other third sector organisations to share expertise, reduce duplication, and develop services that are fit for purpose and future-ready.

As CEO, I have remained steadfast in my commitment to represent and champion our community wherever possible. I sit on the Birmingham Race Impact Group (BRIG) board and have had the privilege of speaking at both the BRIG Race & Sports Conference and the Healthcare Race Summit, advocating for better representation, equity, and accountability. Whether contributing to conversations through Shaping Birmingham with the City Council and its leader, Councillor John Cotton, or representing Sähëlï Hub on the Local Delivery Pilot Deepening Board, I have ensured our community's voice is heard loud and clear.

This year, it was a real honour to host a visit from Lisa Dodd-Mayne, who saw first-hand the impact of Sähëlï Hub's work within ethnically diverse communities at Alum Rock Community Centre. With the launch of our new Innerva suite, made possible through our growing partnership with Liz Wright and the Innerva team, we have created a truly accessible exercise offer for individuals of all ages and abilities. The Innerva machines (unique in their seated, user-friendly design) support both physical health and community connection. With participants facing each other while they work out, the sessions naturally foster social engagement, conversation, and confidence. For many, these machines are the first stepping stone on their wellbeing journey, particularly those managing long-term health conditions. We believe this will be a game-changer for the community of Alum Rock, and we are proud to continue working closely with partners such as Washwood Heath Primary Care Network, Gate Medical Centre and Alpha Medical Practice to support local patients.

Partnership has always been at the heart of our success. I continue to support the Balsall Heath Coordination Meeting, where we collaborate with local anchor organisations, residents, third sector leaders and Birmingham City Council officers to co-create a shared vision for our neighbourhood. We have also contributed regularly to the Shaping Birmingham campaign, ensuring local insight informs city-wide strategy. Our long-standing partnership with Brompton has gone from strength to strength thanks to the unwavering support of Julian Scriven and Vinita Saxena, and we are proud to work alongside Retrofit Balsall Heath as they expand their vital services across the B12 area.

Thanks to the trust, belief and generosity of our partners, whether public, private or community-led, Sähëlï Hub continues to grow in impact, confidence and ambition.

Heartfelt thanks to...

All our amazing participants, who are the beating heart of Sähëlï Hub.
Our funders and partners, who continue to put their faith in the 'Sähëlï Way'.
Team Sähëlï staff, trustees and volunteers, who work so hard to make all of this a reality.

Special thanks to...

Sähëlï Hub associates, Rob Netherway and Ian Edwards; Sarah Manley, Clare Rennison and David Golding at Clarion Futures; Karen Cheney and the Save Birmingham Campaign; Dr Mughal and Jamil Hussain. Kerry Leslie, Birmingham City Council Community Support and Development Officer.

A personal message from our CEO

As I reflect on the past 12 months, I am filled with immense pride in everything we have achieved together. This has been a remarkable year – not just for the awards we've won or the programmes we've launched, but for the lives we've changed.

Every new cyclist, every confident participant, every shared conversation in a social club, every reduction in blood pressure, every smile – it all matters. These moments are what Sähëlï Hub is built upon: real people, real stories, and real impact.

We are more than an organisation – we are a community, a lifeline, and a platform for hope and opportunity. To our participants, our staff, our volunteers, our funders and our partners: thank you. Your support fuels our mission and reminds us why we do what we do.

Let's continue to dream boldly, act with purpose, and move forward – together.

Naseem Akhtar, CEO, Sähëlï Hub

Farewells and new beginnings

As we reflect on another impactful year at Sähëlï Hub, we also take a moment to acknowledge the changes within our dedicated team.

This year, we bid a heartfelt farewell to three of our much-loved lifestyle coaches, Norma Green, Elisangela Melo Liani and Shaila Sharif (who was also a cycling instructor. Their passion, energy, and unwavering commitment to our community has left a lasting impression. They have supported, uplifted, and inspired so many participants on their health and wellbeing journeys. We are deeply grateful for their contributions and wish them every success and happiness in their next chapters.

At the same time, we are delighted to welcome several new faces to the Sähëlï Hub team. Aesha Ali has joined us as our new Chief Operations Officer, bringing with her a wealth of experience, leadership and vision to help drive our mission forward.

We are also thrilled to welcome Rabia Khatun, who now leads the vibrant work at Calthorpe Wellbeing Hub as Senior Lead, Kate Holman who volunteers at Calthorpe and Pulkit Marwaha, who joins as our Evaluation and Monitoring Lead, helping us better understand and demonstrate the impact of our work.

We are excited for this next phase of our journey, with a refreshed team and renewed energy to continue delivering life-changing support to our community. Welcome aboard!

WorkWell: Transforming Lives Through Health and Employment

Aesha Ali, Chief Operations Officer

This year, Sähēlī Hub proudly unveiled WorkWell, an ambitious and game-changing initiative launched in partnership with the NHS Birmingham Integrated Care Board (ICB).

Based in Alum Rock, WorkWell represents a bold step forward in tackling health inequalities, empowering local people to build healthier, more secure futures.

WorkWell is not just a programme. It is a vital lifeline for individuals whose physical or mental health challenges are holding them back from staying in work or returning to employment. Operating from our base at Alum Rock Community Centre, our dedicated team provides bespoke, one-to-one support that is culturally sensitive, compassionate and practical. Whether someone is off sick, struggling at work or unemployed due to health conditions, WorkWell meets them where they are, offering tailored pathways to recovery, confidence and sustainable employment. We also work closely with the local Jobcentre Plus (JCP), Heartlands Hospital, and voluntary, community, faith and social enterprise (VCFSE) partners to ensure comprehensive, joined-up support.

Since its launch, WorkWell has already made a powerful difference. We have engaged 213 individuals, delivering a dynamic blend of health coaching, employability guidance and wellbeing interventions. 136 participants have co-created personalised action plans, each one a roadmap towards improved health and brighter prospects. Our work places a special focus on supporting women and ethnically diverse communities, ensuring our services are accessible, inclusive and truly person-centred.

At the heart of WorkWell is collaboration. By uniting NHS clinicians, local employers and community organisations, we provide a wraparound model of care that addresses both health and employment needs. This joined-up approach is delivering real results. This year, 16 participants have successfully returned to work or secured new employment, powerful proof that integrated, community-led support transforms lives.

Looking ahead, WorkWell is set to go from strength to strength. With continued partnership and investment, we are determined to grow its reach, help more people thrive in work and contribute to healthier, more resilient communities across Birmingham.

WorkWell supports people with mental and physical health needs, so they can return to, or remain in, employment.

Our WorkWell programme runs Washwood Heath, Alum Rock, Nechells and Saltley. In just over a year and a half, the programme, we supported more than 200 people – making a real difference in people's lives and their journeys back into the workplace.

Our participant survey showed an incredible 100% positive feedback.

REAL LIVES, REAL IMPACT

'A' is a woman in her early 30s who has lived with anxiety and low self-esteem since childhood. Despite these challenges, she began working at 18, building a career in administrative roles.

In 2023, 'A' returned to admin work, but found the workplace environment damaging to her wellbeing. Seeking greater purpose and improved mental health, she took on a full-time healthcare role as a renal technician. However, the demands of travel, job stress and the emotional toll of an unhappy marriage, which has since ended, led to her resignation in March 2024.

Determined to focus on her mental and physical health, 'A' is now exploring part-time roles in childcare or education while building her confidence and resilience. She has also been managing chronic upper back pain linked to anxiety-related muscle tension.

'A' has engaged well with support services. Through Birmingham Healthy Minds, she completed CBT sessions for general anxiety and awaits specialist CBT for social anxiety. She regularly participates in Sähëlï Hub community activities, including yoga, Pilates and body conditioning, helping ease her back pain and improve her social connections. Daily walks and joining a gardening group have further supported her mental health.

Thanks to pain management support, 'A' is learning techniques to manage discomfort more effectively. She has rebuilt family relationships, gained independence in travel and clarified her career goals. Through volunteering, she is gaining confidence and assessing her work readiness.

Today, 'A' continues to engage in community activities, maintain exercise routines and apply CBT strategies, while focusing on local, flexible work options that align with her wellbeing goals. With ongoing support, she is gradually overcoming anxiety and building a stronger sense of purpose and direction.

Building community and improving health outcomes in East Birmingham

Report from Rakhyia Arshad Begum, Senior Lead, Alum Rock Community Centre

We began the year with great momentum at Alum Rock Community Centre, launching an exciting new partnership with Innerva.

Working closely with Liz Wright from Innerva, the team brought to life an innovative approach to physical activity using power-assisted machines designed to move the body safely and effectively. In total, nine machines were installed at ARCC, each targeting five key elements of wellbeing: aerobic fitness, muscular strength, balance, flexibility, and social connection.

Following extensive staff training, we officially launched in May 2024, offering nine female-only and five male-only one-hour sessions each week, including evening and weekend provision. The Innerva suite at ARCC provides a transformative opportunity for citizens in East Birmingham, especially older adults and those with long-term health conditions, to engage in movement that supports active ageing.

Based on participant feedback, we also introduced mixed-gender sessions, which have rapidly grown in popularity. Since the initial launch, we've increased our offering to 17 sessions per week, and over 1,500 individuals have accessed this innovative equipment.

Heart health help

Building on this success, Sāhēlī Hub furthered its impact through collaboration with Birmingham City Council's Public Health Community Pharmacies initiative, delivering a Cardiovascular Disease (CVD) Heart Health Check Pilot. Through this initiative, Sāhēlī Hub completed approximately 500 blood pressure checks, identifying 84 individuals with high readings who were then referred back to their GP. Additionally, Atrial Fibrillation (AF) screenings detected abnormal heart rhythms in 82 participants, who were also advised to seek follow-up medical care. This project demonstrated the vital role community-based health checks can play in reaching individuals who may otherwise avoid GP visits but are at risk of heart attacks, strokes, or other cardiovascular diseases. As a result, Sāhēlī Hub incorporated BP/AF checks into our wider 'Know Your Numbers' programme to help individuals better understand their health and take proactive steps.

Preventing diabetes

Our work under the Culturally Appropriate Prevention of Diabetes (CAPD) programme concluded this year. In partnership with Washwood Heath PCN and Birmingham East PCN, we supported individuals at high risk of developing diabetes. Through tailored interventions including physical activity, dietary education, cooking classes, and wellbeing workshops, many participants were able to reverse their pre-diabetes diagnosis. Recognising the life-changing impact of this work, Sāhēlī Hub evolved the programme into a more targeted 'Know Your Numbers' community health check. This initiative captures personal health journeys by collecting data such as BMI, weight, blood pressure and AF, alongside wellbeing measures. The data informs one-to-one activity plans, followed by a 12-week reassessment to monitor progress and inspire continued lifestyle changes.

Influencing the health care system

In parallel to working directly with participants, we have also sought to influence wider health care system practices. One notable collaboration has been with the Flourish Community Cultural Immersion programme. Through this initiative, NHS professionals, including midwives, physiotherapists, nurses and specialists, visited Sähëlï Hub to observe how our culturally-sensitive, grassroots approach reaches communities most in need. This has already led to the creation of new referral pathways and bespoke programmes, bringing even more targeted groups into our service.

Rewarding Clarion Futures partnership

We continue to grow our reach and diversify referral streams, opening up our warm and welcoming Sähëlï Hub spaces to individuals who are most isolated and managing long-term conditions. Our seasonal indoor and outdoor timetable includes a range of accessible activities, ensuring there's something for everyone. Thanks to our continued partnership with Clarion Futures, we're able to provide a safe and secure community centre that offers not only physical activity sessions, such as Pilates, yoga and chair-based exercise, but also social connection and job/CV support. We are sincerely grateful for this partnership, which continues to support the wellbeing of residents on the estate and in the wider area.

Community learning

Finally, Sähëlï Hub has expanded our community learning offer by hosting a series of educational workshops on key health topics including menopause and cancer. Looking ahead, we aim to build on this success by introducing sessions on specific long-term health conditions, mental health, and digital literacy.

Through these collective efforts, we remain committed to empowering our community to take control of their health, improve their wellbeing, and build lasting social connections in a safe and culturally-sensitive environment.

Pedal power: Making cycling more accessible

Shaafia Bi, Senior Cycling Lead

Over the past year, I have continued to lead Sähëlï Cycling Club with the mission of helping individuals build confidence, develop life skills, and experience the physical and mental health benefits of cycling. A key priority has been to make cycling more accessible, particularly for those who face significant barriers to participation, whether cultural, physical, social or financial.

I coordinate weekly cycling sessions across four key parks in Birmingham (Handsworth, Ward End, Calthorpe and Sheldon). These locations have grown into vital community hubs for inclusive cycling, offering safe, supportive, and welcoming environments for both men and women of all abilities. Our sessions cater to everyone from complete beginners to those looking to return to cycling after a break. On average, we delivered 21 hours of cycling per week through Learn to Ride classes, Park Rides, and Led Rides. This

tried-and-tested model, developed over several years, provides a no-pressure, person-centred approach, tailored to each participant's confidence, ability, and aspirations.

A major highlight this year has been the Brompton Bike Loan Scheme. Through our longstanding partnership with Brompton, we've been able to offer participants engaged in our cycling programme the opportunity to borrow a folding Brompton bike for up to four months. This initiative has opened the door for many individuals to incorporate cycling into their daily lives, whether for commuting, leisure or health, without needing to invest in a bike or worry about storage. Participants have expressed how this opportunity has boosted their independence and confidence, allowing them to practise and apply the skills learned during sessions in their own time.

Another proud achievement has been the continued success of our women-only Sähëlï Cycling Expeditions. These off-road, low-traffic cycling experiences are designed to introduce women to longer rides in a supportive, social setting, often in areas they might never have explored otherwise. For many, these rides represent a significant milestone, both in terms of distance and self-belief. Highlights from this year include a 26-mile ride through the Peak District, 14 miles from Bath to Bristol along the scenic railway path, and 23 miles around Rutland Water Park. These expeditions not only encourage physical activity but also build lasting friendships and a shared sense of achievement.

Through these initiatives, we are proud to be helping shape a more inclusive and empowering cycling culture across Birmingham. Our work wouldn't be possible without the continued support of our partners and the commitment of our brilliant volunteers and instructors. Sähëlï Cycling Club continues to grow as a beacon of community health, confidence, and connection, proving that cycling really is for everyone.

Welcoming and inclusive

Rabia Khatun, Senior Lead, Calthorpe

Since joining Sähëlï Hub in September 2024, it has been a privilege to lead the work at the Calthorpe Wellbeing Hub. Over the past nine months, we have made significant progress in expanding our offer and reaching more members of the local community.

Managing the centre has been an incredibly rewarding experience. We have cultivated a warm, welcoming and inclusive environment where participants feel safe, supported, and encouraged to prioritise their health and wellbeing.

New sessions and activities

Since my appointment, I have introduced several new sessions to enrich our weekly timetable. These include Bhangra, Salsa, and Zumba which are energetic and joyful classes that support both physical fitness and emotional wellbeing. We have also launched gardening sessions in collaboration with Fruit and Nut Village, offering participants the chance to connect with nature, build community, and benefit from the calming effects of outdoor activity.

All sessions are designed to support both body and mind and are facilitated by our trained and friendly instructors. Their enthusiasm and sensitivity have helped to shape an environment where individuals of all ages and abilities feel welcome and able to participate at their own pace.

Health and community engagement

We have built strong relationships with local GP surgeries, establishing a formal referral pathway which allows healthcare professionals to signpost patients directly to Sähëlï Hub for holistic support. This has significantly increased our outreach, introducing many new faces to the centre.

Additionally, we have launched men's exercise sessions at a local GP surgery to reduce barriers to male participation in physical activity. In partnership with Retrofit, we co-organised a community event on energy-saving practices and sustainable living, supporting our ongoing commitment to environmental awareness.

Health and wellbeing remain at the heart of our mission. We were proud to host the Cancer Bus, coordinated through the ICB, which provided health checks to 40 individuals and conducted 33 liver scans. The Digital Bus, supported by Barclays Bank and Birmingham City Council, also visited twice - helping attendees with digital literacy, including navigating online banking, downloading apps, and managing Universal Credit applications.

We have also strengthened links with local services, including monthly visits from the community police, giving residents the opportunity to discuss safety concerns in an informal, accessible setting. Additional health-focused sessions included a workshop with a haematology nurse from University Hospitals Birmingham on diet and illness prevention, and a breast cancer awareness session delivered by the ICB to raise awareness of early warning signs.

In celebration of environmental sustainability, we partnered with Veolia to deliver an arts and crafts session using recycled materials. This creative and engaging workshop sparked important conversations about waste, reuse, and caring for our planet.

Education and volunteering

In partnership with Birmingham Adult Education Services, we are proud to offer ESOL (English for Speakers of Other Languages) classes at the centre. These classes have empowered learners to develop their English skills and grow in confidence, helping them feel more connected to the wider community.

With funding from the Lawn Tennis Association (LTA), we now deliver women-only tennis sessions across three sites, including at a local school. These sessions provide a rare opportunity for women to explore a sport that can often feel inaccessible. Our experienced tennis coaches deliver highly adaptable sessions, tailored to individual needs and abilities – whether participants are complete beginners or returning to the sport after a break. Some sessions are skill-based, while others are more relaxed and social, allowing women to enjoy being active, build confidence, and feel a sense of achievement.

We also benefitted from the dedication of a volunteer from the University of Birmingham, who supported the centre with health checks, administration, registers, and day-to-day operations. We are delighted to share that she has now joined the Sähëlï Hub team as a member of paid staff, demonstrating the potential of volunteering as a meaningful pathway to employment.

Our work at Calthorpe continues to grow in strength, scale, and reach. It has been inspiring to witness the transformation of individuals who have walked through our doors – many of whom now feel healthier, more confident, and better connected to their community. We remain committed to providing inclusive, culturally sensitive, and empowering services that meet the evolving needs of the diverse communities we serve.

City-wide impact

Usman Khan, Health Club Coordinator

Growth and impact for men's and mixed programme

The past year has been one of incredible growth and impact for our men's and mixed activities programme at Sähëlï Hub. From April 2024 to March 2025, we have significantly expanded our reach and deepened our engagement across Birmingham, now delivering across the constituencies of Hodge Hill, Hall Green, Yardley, and Northfield. The success of this work is grounded in strong partnerships, participant-led planning, and a flexible, inclusive approach that ensures everyone, regardless of age, ability, or background, can take part, feel welcome, and thrive.

We have proudly worked with a wide range of local groups, community organisations, and facilitators to deliver a varied programme of activities designed to improve physical and mental wellbeing, reduce isolation, and foster strong community connections. Whether it's gentle movement in chair-based exercise sessions, the mindfulness of Tai Chi and Yoga, or more dynamic circuit and multi-sport sessions, our participants are at the heart of what we do. All activities are tailored to meet the needs and interests of the groups we serve, and this responsive approach has led to consistently high levels of engagement and satisfaction.

Programme highlights and reach

Thanks to funding from Northfield and Yardley Neighbourhood Network Schemes (NNS), HS2, and Clarion Futures, we've been able to offer a robust and enriching programme that spans physical activity, social engagement, health education, and creative wellbeing. Some of our key activities included:

- **Physical activity:** Chair-based exercise, yoga, Tai Chi, circuit classes, Innerva machines, badminton, and multi-sport sessions.
- **Cycling:** Learn to ride and park rides, supporting confidence, fitness, and independence.
- **Wellbeing and social:** Lunch clubs (offering free hot meals plus information and advice), social drop-in sessions, arts and crafts, and cooking classes, delivered in five-week blocks.
- **Outdoor adventures:** Organised trips to the Malvern Hills, the Clent Hills, bell boating, Worcester Christmas Fayre, Evesham Valley, the British Ironworks Centre and family-friendly bowling at Tenpin and Hollywood Bowl.

These sessions have not only improved the physical fitness of our participants but also provided opportunities for building friendships, learning new skills, and spending meaningful time together in supportive environments.

Impact and inclusion

From April 2024 to March 2025, we engaged a total of 519 unique participants, of which 281 were men and 238 were women. Notably, 193 participants identified as having a disability, reinforcing our commitment to inclusion and accessibility in every area of our work. We're particularly proud of how our mixed sessions have created safe, inclusive spaces for people of all abilities and backgrounds to come together through shared experiences.

Our work continues to be shaped by strong and meaningful partnerships with organisations and venues such as Foliot Fields, Yardley Library, Weoley Castle Library, Shenley Seniors, BCAT (Birmingham Centre for Arts Therapies), the Canal and River Trust, Haymills Community Centre, South Yardley Methodist Church, Beat It Percussion, and Hallmoor School and Sixth Form. These collaborations allow us to meet people where they are, offering programming that is locally rooted and culturally responsive.

Looking ahead

Our journey is far from over. The engagement and enthusiasm we've seen from participants and partners alike serve as a powerful reminder of just how essential community-led health and wellbeing programmes are, especially for those often left out of traditional health services. As we look to the year ahead, we aim to continue building inclusive, vibrant, and empowering opportunities that address health inequalities, reduce isolation, and enhance quality of life across the city.

It has been a joy to watch so many individuals flourish this year, taking small steps that lead to lasting change. From first-time cyclists to men preparing healthy meals for the first time, every success story is a testament to the power of community, compassion, and movement.

KEY STATISTICS

April 2024 to March 2025

Attendance

- 21,777 total attendances[1]
- 1,897 unique participants[1]
- 598 new registrations

Demographics

- 85% were women, 15% were men
- 95% were from ethnically diverse backgrounds
- 77% were from the Index of Multiple Deprivation quintiles 1 and 2[2]
- The ages of our participants were:
  - » 16-25 years (2%)
  - » 26-35 years (5%)
  - » 36-45 years (14%)
  - » 46-55 years (21%)
  - » 56-65 years (23%)
  - » 66-75 years (23%)
  - » 76+ years (9%)
  - » Unknown (3%)

Top 10 activities (by attendance)

1. Pilates
2. Learn to Crochet
3. Chair based exercise
4. Cycling: Learn to ride
5. Cycling: Park ride
6. Body conditioning
7. Dance fitness
8. Speak English
9. Strength and stretch
10. Men's exercise

Top reasons people join

1. Increase exercise or mobility
2. Weight management
3. Long term health condition
4. Healthy eating or nutrition
5. Mild to moderate depression or anxiety
6. Isolation or loneliness
7. Learning, training or employment
8. Other
9. Challenging social circumstances

1. Figures are throughput for all physical activity sessions and exclude our non-physical activity programme.
2. Index of Multiple Deprivation quintiles 1 and 2 include the most deprived areas of the country. The Index of Multiple Deprivation is the official measure of relative deprivation for small areas (neighbourhoods) in England. It encompasses measures of: income deprivation; employment deprivation; education, skills and training deprivation; health deprivation and disability; crime; barriers to housing and services; living environment deprivation.

ADMINISTRATIVE DETAILS

Registered charity name
Sähëlï Hub

Company registration number
08373929

Charity registration number
1153202

Principal office
110 Edward Road
Balsall Heath
Birmingham
B12 9LS

The trustees
Sayqa Arif (Chair)
Sahida Bawhab
Farhat Shaheen (Treasurer)
Ruphsana Nahar-Qayyum (resigned 24 December 2024)
Shamim Akhtar (appointed on 22 January 2025)
Maisie Dill (appointed on 22 January 2025)

Independent examiner
MNSK Chartered Accountants
206 Robin Hood Lane
Hall Green
Birmingham
B28 0LG

Bankers
Lloyds Bank
32-34 Alcester Road South
Kings Heath
Birmingham
14 7PU

Structure, governance and management

Sähëlï Hub operates under a memorandum and articles incorporated 24/01/2013 as amended by special resolution(s) dated 06/10/2015 and has been registered as a charity since 02 August 2013. Trustees are elected every year and are persons of suitable background, who have an understanding of the work undertaken by the charity and are supportive of its aims and objectives.

Recruitment of new trustees is primarily through encouraging service users who show an interest in supporting the development of the organisation becoming Members of the charity and inviting women with skills to support the growth and development of Sähëlï Hub. Sähëlï Hub's Articles of Association allow for the appointment of between three and ten Trustees, drawn from amongst the members of the charity. To be eligible for appointment as a Trustee, the person must have attended at least six Directors' meetings since the previous Annual General Meeting. Election to the post takes place at the Annual General Meeting where up to seven Members may be appointed from amongst the membership and up to two may be appointed by the Trustees. Support and training are offered to new Trustees. No outside or related body is entitled to appoint Trustees. The Trustees agree to meet quarterly, as a minimum, in order to take responsibility for the direction and policy of the charity. The Trustees are acting as Custodians of assets or managing any properties.

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and accounting estimates that are reasonable and prudent.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Objectives and activities

The objectives of the charity are to promote the benefits of friendship and co-operation between women in the Birmingham area with specific aims of promoting social welfare and improving personal wellbeing and living conditions. The means of achieving these overall objectives include:

- Provision of a commissioned exercise referral program.
- Support and provision of recreation and leisure activities.
- Provision of adventure schemes for younger women.
- Cultural awareness and inclusion activities.
- Training to enable women to be more involved in making personal choices and be more involved in the decision-making processes within their own communities.

The charity's activities are for the public benefit and the trustees have had regard to Charity Commission guidance on public benefit. In accordance with section 31(2) of the Companies Act 2006, the objects are specifically restricted to the promotion of the benefits of the community by the provision of facilities for the recreation or other leisure time occupation in the interest of social welfare with the object of improving their conditions of life.

Sähëlï Hub will work towards improving community health and wellbeing by delivering services and activities that will address long term health, education, social inequalities, and disadvantage. We will reach those who are most in need through the provision of our own facilities or out of local centres. We will do this by providing opportunities in physical activity and sports, training and development as well as arts, cultural and heritage projects. We will strive to improve equality and diversity, human rights and racial harmony by prioritising services for women, young people and families. We will undertake research as and when needed, and provide advocacy, advice and information to improve the lives of the Ethnically Diverse Communities we serve.

FINANCIAL REVIEW 2023/24

Summary

During the year, Sähëlï Hub received an income of £621,762 – an increase of £74,186 (13%) from previous year.

Resources expended during the year amounted to £655,556 – an increase of £46,779 (7.7%) on the previous year. As with previous years, 100% of the expenditure was on charitable activities.

Unrestricted funds carried forward on 31 March 2024 were £54,275 and restricted funds carried forward at 31 March 2025 are £34,648 related to funding to finance project activity in the next financial year.

Reserves

Sähëlï Hub's policy is to hold a reserve of £3,000. We hold the reserve to support the development of new services or expansion of current ones; to provide a healthy cash flow in the event of delays to expected income and to enable Sähëlï Hub to survive unexpected setbacks and problems. The reserve has been funded by the generation of a small surplus on some of our activities.

Investment policy

The Trustees are empowered by the Memorandum and Articles of Association to invest the Charity's funds as they see fit. The investment policy requires that surplus funds, not required for working capital purposes, should be invested to provide maximum return at minimum risk to the organisation. All funds that are surplus from time to time are invested on a short- or medium-term fixed interest basis. To minimize the risk to funds, investments are deposited with many banking institutions who are regulated by the Financial Services Authority and are members of the Financial Services Compensation Scheme. The Charity's investment policy is reviewed on an annual basis.

Signed

S. Arif

Sayqa Arif
Chair

Date 25.11.25

Independent examiner's report to the trustees of Sähëlï Hub

I report to the trustees on my examination of the accounts of Sähëlï Hub for the year ended 31/03/2025, which are set out on pages 6 to 18.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the Trustee's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- The accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed

N.K

MNSK Limited
206 Robin Hood Lane
Hall Green
Birmingham
West Midlands
B28 0LG

Date 25/11/2025

Statement of financial activities

year ended 31 March 2025

	Note	Unrestricted funds £	Restricted funds £	Total funds 2025 £	Total funds 2024 £
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	2	-	-	-	-
Incoming resources from charitable activities	3	6,044	615,718	621,762	547,576
Total incoming resources		**6,044**	**615,718**	**621,762**	**547,576**
Resources expended					
Charitable activities	6	(25,671)	(629,885)	(655,556)	(608,777)
Governance costs	7	-	-	-	-
Total resources expended		**(25,671)**	**(629,885)**	**(655,556)**	**(608,777)**
Net incoming/ (outgoing) resources		(19,627)	(14,167)	(33,794)	(61,201)
Reconciliation of funds					
Total funds brought forward		54,275	28,775	83,050	144,251
Transfers	15	-	-	-	-
Total funds carried forward		**34,648**	**14,608**	**49,256**	**83,050**

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 28 to 00 form part of these financial statements.

Balance sheet

as at 31 March 2025

	Note	£	2025 £	2024 £
Fixed assets				
Tangible assets	10		7,405	11,567
Current assets				
Debtors	11	60,157		27,512
Cash at bank		59,503		75,245
		119,660		102,757
Creditors: Amounts falling due within one year	12	(77,809)		(31,274)
Net current assets			**41,851**	**71,483**
Net assets			**49,256**	**83,050**
Funds				
Restricted income funds	13		14,608	28,775
Unrestricted income funds	14		34,648	54,275
Total funds			**49,256**	**83,050**

The Charitable Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006. The trustees acknowledge their responsibilities for:

a. Ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

b. Preparing financial statements which give a true and fair view of the state of affairs of the charitable as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements. So far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

These financial statements were approved by the members of the committee and authorised for issue on the 25th November 2025 and are signed on their behalf by:

S. Arif

Sayqa Arif, Chair

Notes to the financial statements

period ended 31 March 2024

1. Accounting policies

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in March 2005 (SORP 2005).

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Incoming resources from charitable trading activity are accounted for when earned.

Resources expended

- Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:
- Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource.

Fixed assets
All fixed assets are initially recorded at cost.

Depreciation
Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

- Computer equipment: 20% straight line.
- Fixtures and fittings: 25% reducing balance.
- Motor vehicles: 25% reducing balance.
- Sports equipment: 20% straight line.

2. Voluntary income

	Unrestricted funds £	Restricted funds £	Total funds 2025 £	Total funds 2024 £
Donations				
Donations – Grant	6,044	615,718	621,762	547,576

3. Incoming resources from charitable activities

	Unrestricted funds £	Restricted funds £	Total funds 2025 £	Total funds 2024 £
BCC Celebrating Communities	-	-	-	6,250
British Canoeing	-	1,180	1,180	8,880
Coalition for Impact	-	16,000	16,000	-
Community Matters	-	-	-	9,988
FFF Innerva	-	3,750	3,750	-
FFF Men's KYN	-	3,750	3,750	-
General funds	6,044	-	6,044	25,798
HEP NHS Washwood Health	-	-	-	145,552
HS2	-	24,998	24,998	12,500
Inclusive Communities	-	94,690	94,690	-
JRF Retro Fit	-	38,850	38,850	-
LDP - SE Active Communities	-	180,341	180,341	240,394
LTA Tennis		20,375	20,375	20,375
Locality	-	3,200	3,200	-
NNS Hall Green	-	-	-	14,000
NNS Yardley	-	9,599	9,599	25,000
NNS Hodge Hill	-	21,808	21,808	15,000
NNS Northfield	-	5,000	5,000	-

NNS Perry Bar	-	6,640	6,640	-
PC (BCC)	-	25,000	25,000	-
Saintbury Fund	-	-	-	8,000
Sport England	-	-	-	10,181
Squash NGB	-	-	-	5,658
SE Capacity Building Approach	-	52,808	52,808	-
Thrive BCC	-	6,000	6,000	-
UK Shared Prosperity Fund	-	21,075	21,075	-
Warm Hub – Clarion Futures	-	15,000	15,000	-
West Midlands Police	-	4,550	4,550	-
WorkWell	-	61,104	61,104	-
Total funds	**6,044**	**615,718**	**621,762**	**547,576**

4. Costs of charitable activities by fund type

	Unrestricted funds £	Restricted funds £	**Total funds 2025 £**	Total funds 2024 £
Charitable activity	25,671	629,885	655,556	608,777
	25,671	**629,885**	**655,556**	**608,777**

5. Costs of charitable activities by activity

	Activities undertaken directly £	Support costs £	**Total funds 2025 £**	Total funds 2024 £
Charitable activity	655,556	-	655,556	608,777

6. Analysis of charitable activity costs

	Unrestricted funds £	Restricted funds £	**Total funds 2025 £**	Total funds 2024 £
Admin costs/support	-	4,806	4,806	20,045
Bank charges	107	15	122	86
Depreciation	4,561	-	4,561	4,516
Equipment cost	3,450	35,601	39,051	24,588
Event cost	714	10,518	11,232	3,394
Exercise classes, trips and activities	2,316	71,482	73,798	74,704
Insurance	-	7,554	7,554	6,962
Licences and subscriptions	360	189	549	335
Marketing and publicity	-	10,771	10,771	9,320
Motor and travel costs	420	11,284	11,704	6,074
Office costs	73	7,465	7,538	7,428
Professional, monitoring and evaluation fees	6,020	30,049	36,069	82,083
Rent and rates	154	15,825	15,979	10,772
Sundry expenses	-	45,901	45,901	674
Telephone, fax and broadband	5,916	1,686	7,602	8,152
Training and recruitment	-	5,914	5,914	13,310
Wages and salaries, NI and pension cost	1,580	370,825	372,405	336,334
	25,671	**629,885**	**655,556**	**608,777**

7. Governance costs

	Unrestricted funds £	Restricted funds £	**Total funds 2025 £**	Total funds 2024 £
Bookkeeping, payroll and management accounts fee	-	-	-	-
	-	-	-	-

8. Net outgoing resources for the year

This is stated after charging:	2025 £	2024 £
Depreciation	4,564	4,516
Independent examination remuneration:		
Examination of the financial statements	600	600
Preparation of financial statements	1,440	1,440

9. Staff costs and emoluments

Total staff costs were as follows:

	2025 £	2024 £
Wages and salaries, National Insurance and pension cost	418,810	343,729
	418,810	**343,729**

Particulars of employees:

The average number of employees during the year, calculated on the basis of full-time equivalents, was as follows:

	2025 No.	2024 No.
Number of administrative staff	**18**	**17**

One employee received remuneration of more than £60,000 during the year (2024 - Nil).

10. Tangible fixed assets

	Sports equipment £	Computer equipment £	Fixtures and fittings £	Motor vehicles £	Total £
Cost					
At 1 April 2024	1,151	25,648	1,478	2,932	31,209
Additions	404	-	-	-	404
At 31 March 2025	1,555	25,648	1,478	2,932	31,613
Depreciation					
At 1 April 2024	675	14,995	1,333	2,639	19,642
Charge for the year	200	4,256	37	73	4,566
At 31 March 2025	875	19,251	1,370	2,712	24,208
Net book value					
At 31 March 2025	680	6,397	108	220	7,405
At 31 March 2024	476	10,653	145	293	11,567

11. Debtors

Total staff costs were as follows:

	2025 £	2024 £
Trade debtors	60,156	27,512
Prepayments	-	-
	60,156	**27,512**

12. Creditors: amounts falling due within one year

Total staff costs were as follows:

	2025 £	2024 £
Accruals	9,975	6,350
Deferred income	36,511	11,075
PAYE payable	25,713	12,685
Other payable	5,057	-
Pension payable	552	1,164
	77,808	**31,274**

13. Restricted income funds

	Balance at 1 April 2024 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 March 2025
Restricted fund	28,375	615,718	(629,885)	-	14,208

14. Unrestricted income funds

	Balance at 1 April 2024 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 March 2025
General funds	54,675	6,044	(25,671)	-	35,048

15. Funds analysis

	Balance at 1 April 2024 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 March 2025
Restricted funds					
British Canoeing	-	1,180	(1,180)	-	-
Coalition for Impact	-	16,000	(16,000)	-	-
FFF Innerva	-	3,750	(3,750)	-	-
FFF Men's KYN	-	3,750	(3,750)	-	-
HS2	-	24,998	(24,998)	-	-
Inclusive communities	-	94,690	(94,690)	-	-
JRF Retro Fit	-	38,850	(31,126)	-	7,724
LDP – SE Active Communities	-	180,341	(180,341)	-	-
LTA Tennis	20,375	20,375	(40,750)	-	-
Locality	-	3,200	(3,200)	-	-
NNS Yadley Green	-	9,599	(13,315)	-	(3,716)
NNS Hodge Hill		21,808	(26,192)	-	(4,384)
NNS Northfield	-	5,000	(3,540)	-	1,460
NNS Perry Bar	-	6,640	-	-	6,640
PC (BCC)	-	25,000	(25,000)	-	-
Saintbury Fund	8,000	-	(8,000)	-	-
SE Capacity Building Approach	-	52,808	(52,432)	-	376
Thrive BCC	-	6,000	(6,000)	-	-
UK Shared Prosperity Fund	-	21,075	(21,075)	-	-
Warm Hub - Clarion Futures		15,000	(15,000)	-	-
West Midlands Police	-	4,550	(1,816)	-	2,734
WorkWell	-	61,104	(57,730)	-	3,374
Total restricted funds	**28,375**	**615,718**	**(629,885)**	-	**14,208**
Unrestricted fund					
Canal & River Trust	7,833	-	-	-	7,833
Cycling UK	1,963	-	-	-	1,963
General Funds	44,879	6,044	(25,671)	-	20,752
Total unrestricted fund	**54,675**	**6,044**	**(25,671)**	-	**30,548**
Total funds	**83,050**	**621,762**	**(655,556)**	-	**49,526**

Restricted funds

Cycling UK
This funding is for collating surveys for Cycling UK. This funding was used to deliver bike maintenance workshops for the Sähëlï Cycling Club participants.

LDP – SE Active Communities Programme
Through our partnership with The Active Wellbeing Society, Sähëlï Hub is commissioned to deliver the Holistic Intervention's – social and physical activity programmes working in the LDP areas to create a clear pathway into physical and civic activity to develop sustainable activities and groups. Refocussing GP services to prescribe social activities and preventative physical activity programmes to reduce medical prescriptions for patients with low-risk chronic conditions and or with long-term health conditions. The funding is for salaries, activities, equipment and venue hire.

NNS Hodge Hill – Sähëlï over 50s Cycling coordinator
Sähëlï Hub secured funds through Hodge Hill Neighbourhood Network Scheme to employ a part time Sähëlï Cycling Club coordinator to set up cycling session in the ward of Hodge Hill and work with women aged 50+ over the coming year.

NNS Hall Green, Hodge Hill & Yardley over 50's Men's Coordinator
Sähëlï Hub secured funding for a male officer through the Neighbourhood Network Schemes managed by Gren Square Accord in Hall Green, POWhER in Hodge Hill and Disability Resource Centre in Yardley as part of a three constituencies wide project to support men aged 50+ to get physically active and support them to manage their health and wellbeing supporting.

NNS Northfield & Heart of England funding
This funding helped us to develop new activities and sessions in Northfield funding supported the delivery of physical activity and social club sessions for older adults based from the library in Woeley Castle.

Canal & River Trust
The funding is to work with women and families living in the inner city and connect them to their nearest canal through cycling, walking and bell boating.

Birmingham Airport Community Fund Grant Award
Sähëlï Hub were really pleased to have secured Birmingham Airport funding for our activities in Ward End. The funds helped us to purchase two new trikes, helmets, high viz and the Cycling team jackets.

Clarion Futures
Clarion Futures have supported Sähëlï Hub with two funds this year.
The Warm Hub funding was to deliver an extended activities offer at Alum Rock Community Centre (ARCC) for residents living in the estate around our ARCC site. Inviting residents into a warm space to support residents to build connections with their neighbours while taking part in physical and social activities. The second fund was to support Sähëlï Hub with funding towards a fundraiser. This would allow Sähëlï Hub to have support as and when needed to secure funding for all our programmes and activities.

Birmingham City Council Celebrating Communities Fund
This funding allowed us to deliver 6 TRY-IT sessions in Calthorpe park to encourage more outdoor sport sessions and we even trialled multi-sports, tennis, archery and squash. The main bit of the grant funding was to hold a one-off TRY-THON 2023 in Calthorpe park (running and cycling) and (swimming) at Moseley Road Baths for women only.

British Canoeing
British Canoeing funded the purchase of kayaks and equipment for Sähëlï Paddle Club at Port Loop.

Coalition for Impact
Engage local communities to support the development of a Community Economic Plan for the 'Sports Quarter' in parts of Alum Rock, Washwood Heath & Bordesley Green.

FFF Innerva
Fairer Futures Funding to support 120 people to increase their physical activity and improve their health and their long-term health condition.

FFF Men's KYN
Fairer Futures Funding. Work with 80 men to support them in reducing their Hypertension and improving their cardiovascular disease.

HS2
Supporting the men of Alum Rock to become more physically active and increase active travel.

Inclusive Communities
Working with patients with diabetes to get them out and active.

JRF Retro Fit
To work with the residents of Balsall Heath to make homes fit for purpose; to cut our bills, warm our homes, and reduce our emissions.

NNS Perry Bar
Delivering cycling and physical activity sessions in Handsworth.

PC (BCC)
Working with vulnerable older adults by providing activities and sessions to reduce isolation and reliance on public services.

UK Shared Prosperity Fund
Capital funding via BCAN Network for the purchase of a minibus.

Sultan Bahu
Delivering cycling sessions for women.

WMP Police fund
Office Of The Police & Crime Commissioner (Helping Communities Fund) funding to deliver self-defence classes, purchase of equipment to support women feel safer and more confident using canals and other local spaces in their communities.

16. Analysis of total resources expended – 2025

	SE Capacity Building £	Inclusive Communities £	LDP – Active Communities £	NNSs £	Others £	Total £
Admin support	-	-	2,318	-	2,097	4,415
Bank fees	-	-	15	-	107	122
Depreciation	-	-	-	-	4,565	4,565
Canteen	-	-	-	210	-	210
Employers National Insurance	3,317	5,961	7,206	1,883	9,498	27,865
Equipment and resources	-	1,143	4,472	-	33,437	39,052
Events costs	-	1,690	871	180	8,490	11,231
Exercise, classes, trips and activities	-	1,150	24,794	9,206	28,940	64,090
Insurance	-	-	7,404	-	150	7,554
Licenses and subscriptions	-	-	189	-	360	549
Marketing and publicity	-	1,543	4,918	59	4,250	10,770
Office expense	-	2,289	5,100	-	148	7,537
Pensions costs	538	967	1,167	306	1,758	4,736
Professional fee	7,125	-	13,049	-	15,857	36,031
Refreshments	-	1,742	3,130	2,340	2,284	9,496
Rent and rates	-	5,360	5,967	3,741	912	15,980
Repairs and renewal	-	-	392	-	-	392
Salaries costs	40,288	72,409	87,496	23,773	115,837	339,803
Telephone and broadband	-	45	1,641	-	5,916	7,602
Training and recruitment	1,164	-	3,427	-	1,323	5,914
Travel expenses	-	391	5,182	1,348	4,782	11,703
Uniform	-	-	1,603	-	44,336	45,939
	52,432	**94,690**	**180,341**	**43,046**	**285,047**	**655,556**
Governance costs						
Independent examination and financial statements fee						
	52,432	**94,690**	**180,341**	**43,046**	**285,047**	**655,556**

16(a). Analysis of total resources expended – 2024

	CVD in HIP £	HEP NHS Washwood £	LDP – Active Communities £	NNS - Yardely £	Others £	Total £
Admin support	-	5,673	6,856	-	2,493	15,022
Bank fees	-	-	-	-	86	86
Depreciation	-	-	-	-	4,516	4,516
Canteen	-	-	-	150	300	450
Employers National Insurance	1,606	7,980	9,547	783	4,625	24,541
Equipment and resources	-	270	7,902	16	16,400	24,588
Events costs	-	-	1,690	-	1,704	3,394
Exercise, classes, trips and activities	396	4,077	38,794	8,373	15,121	66,761
Insurance	-	-	6,962	-	-	6,962
Licenses and subscriptions	-	72	263	-	-	335
Light, power, heating	-	1,380	-	-	-	1,380
Marketing and publicity	-	1,544	5,568	39	2,167	9,320
Office expense	-	4,728	891	-	1,809	7,428
Pensions costs	437	2,170	2,597	213	1,258	6,675
Printing, stationary and postage	-	-	193	-	-	193
Professional fee	-	56,068	8,177	-	17,838	82,083
Refreshments	-	38	3,177	2,131	1,890	7,237
Rent and rates	-	1,632	5,880	2,682	578	10,772
Repairs and renewal	-	900	475	-	2,075	3,450
Salaries costs	20,562	102,185	122,263	10,032	55,076	310,118
Telephone and broadband	-	2,363	5,748	-	41	8,152
Training and recruitment	-	645	9,635	-	3,030	13,310
Travel expenses	-	1,108	4,376	580	266	6,329
Uniform	-	-	568	-	106	674
	23,000	**192,834**	**241,564**	**25,000**	**131,379**	**613,777**
Governance costs						
Independent examination and financial statements fee						
	23,000	**192,834**	**241,564**	**25,000**	**131,379**	**613,777**

17. Assets funded by restricted funds

	Represented by fixed assets	Represented by current assets and liabilities	Total as at 31 March 2025
Restricted funds	-	14,608	14,608
Unrestricted funds	7,405	27,243	34,648
Restricted fund	**7,405**	**41,851**	**49,256**

18. Related party transactions & trustees' remuneration

No members of the management committee received any remuneration during the year. Travel costs amounting to £Nil (2024 - Nil) were reimbursed to members of the management committee.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered by the charity during the year (2024 - Nil).

During the year no payment or reimbursement of out-of-pocket expenses were made to trustees or third parties for expenses incurred by trustees (2024 - Nil).

MINUTES OF THE SÄHËLÏ HUB ANNUAL GENERAL MEETING (AGM) 2023-2024

Sähëlï Hub
Charity no. 1153202
Company limited by guarantee no: 08373929

Held on: 22 January 2024
Held at: Calthorpe Wellbeing Hub, 257 Edward Road, Balsall Heath, Birmingham, B12 9LF
Meeting started at 19:00
Present: 45

Sayqa Arif (SA)Chair of Sähëlï Hub welcomed everyone to the meeting.

All Trustees stepped down and SA asked Naseem Akhtar (NA)to chair the rest of the meeting to present the great work of Sähëlï Hub during 2024-2025.

Minutes of the last AGM

The minutes were accepted as a true reflection of the meeting. Proposed: I. Amin, seconded H. Halim.

Annual Report 2024- 2025

Presented by Naseem Akhtar CEO

As we reflect on another transformative year at Sähëlï Hub, we are proud to celebrate the dedication, resilience and growth of our organisation and community. The Annual General Meeting (AGM) held on 22 January 2025 at Calthorpe Wellbeing Hub brought together trustees, staff, partners, Sähëlï Hub members and participants to acknowledge the milestones we've achieved and to honour the memory of our late trustee, Ruphsana, whose legacy continues to inspire our mission.

Expanding reach and deepening impact

In 2024, Sähëlï Hub continued to deliver on its mission of improving the physical and mental wellbeing of marginalised and underrepresented communities, particularly women. We saw an outstanding increase in participation, with 89% of attendees being women and 92% coming from the most deprived areas (IMD quintiles 1 and 2). This growth underlines the urgent demand for culturally sensitive, accessible community health initiatives.

Our social clubs, including craft, exercise, and wellbeing sessions, saw a 50% rise in participation within just three months of introduction. This surge is a testament to the value of representation and the presence of positive role models within our programmes.

Recognition and representation

We were proud to feature in the This Girl Can campaign's 'Let's Get Active Out There' initiative, with a highly successful event hosted in Calthorpe Park. The national campaign team was deeply impressed by the community turnout and energy, further affirming our role as a national exemplar of grassroots engagement.

Sähëli Hub's innovative approach to tackling preventable health conditions (such as diabetes and cardiovascular disease) was noted, especially through our Know Your Numbers and CAPD health education programmes. These initiatives equip participants with the knowledge and confidence to manage their own health proactively.

Partnerships and sustainability

A central focus of the past year has been the development of long-term partnerships to ensure the sustainability of our work. We continue to cultivate meaningful collaborations with organisations including The Active Wellbeing Society, Sport England, the Integrated Care Board (ICB), Clarion Futures, and Brompton Bicycle.

The relationship with Brompton Bicycle has flourished, resulting in the long-term loan of 50 bicycles to our Sähëli Cycling Club. Brompton's Managing Director, Julian Scriven, visited our community sessions and was moved by the stories of empowerment shared by participants. Our cycling programme, spearheaded by Shaafia Bi, who has now served with Sähëli for 15 years, has introduced over 4,000 women to cycling since its inception.

We've also strengthened our partnership with Innerva, providing power-assisted resistance exercise to participants at Alum Rock Community Centre (ARCC). This programme directly supports those managing chronic conditions, including diabetes and arthritis, and aligns with NHS recommendations for moderate to vigorous activity.

Community-led innovation
In 2024, Sähëli Hub continued to lead the way in social prescribing and community-based intervention. At our OMNIA GP site in Yardley Green, we extended social prescribing to include those with low-level mental health needs, tackling isolation and providing a sense of belonging.

Our men's programme, led by Usman Khan, has also grown, offering tailored sessions to support physical health, motivation, and social connection. With an increasing demand from both men and women, our Handsworth site, though currently modest, has shown potential for expansion.

Culturally rooted services remain key to our success. This year's Community and Cultural Health Programme brought together NHS professionals, Washwood Heath PCN and community leaders to explore shared strategies for improved health outcomes, using Sähëli Hub's robust data insights to demonstrate the success and retention of our programmes.

Infrastructure and the future

One of the critical challenges facing Sähëli Hub is securing long-term premises. We are currently based at Calthorpe Wellbeing Hub under a temporary lease, and the uncertainty around this space has prompted action.

Karen Cheney, a longstanding supporter of Sähëlï Hub and former City Council officer, has committed to working alongside CEO Naseem Akhtar to apply for a Community Asset Transfer. Calthorpe Hub, a designated Asset of Community Value, is vital to the structure and sustainability of Sähëlï's future. The 2025 AGM will include a follow-up report on the progress of this campaign.

Looking forward

CEO Naseem Akhtar expressed deep gratitude to the entire team, trustees, partners, and participants for their unwavering dedication. With growing partnerships, increased community engagement, and a drive for long-term sustainability, Sähëlï Hub remains steadfast in its mission: to transform lives through inclusive, empowering, community-led health and wellbeing services.

We look forward to another year of building connections, breaking barriers, and continuing the Sähëlï Hub journey – by the community, for the community.

The Annual Report was approved by all present.

AGM financial report

Independent Accreditor, Nadia Khan from MNSK Chartered Accountants, presented the accounts for the period April 2023 to March 2024.

NK While overall income was down by £82,960 compared to the previous year, the organisation maintained a strong commitment to supporting its staff and delivering frontline services. Resources expended increased to £608,777, reflecting our investment in service delivery and operational infrastructure.

Sähëlï Hub continues to diversify its funding streams in response to reduced income from the LDP Active Communities programme. Several new funders have been approached, and deferred income is expected to support activities in early 2025.

N. Khan said that there were no concerns across any matters in connection with the examination of the accounts to which attention should be drawn in the accounts finance report April 2024 – March 2025.

There were no questions asked.

The Finance report was approved: Proposed: A. Choudhury, Seconded R. Mashedi.

Guest speaker

Karen Cheney - Save Birmingham Campaign

Elections

Elections to the board of Sähëlï Hub Trustees were held and the results were:

- Chair: Sayqa Arif
- Trustee: Sahida Bawhab
- Trustee: Farhat Shaheen
- Trustee: Maisie Dill
- Treasurer: Shamim Akhtar

Trustees and governance

Re-election of Chair Sayqa Arif alongside trustees Sahida Bawhab and Farhat Shaheen. SA welcomed new trustees Shamim Akhtar and Maisie Dill to the Board and said we now that we have an even more experienced and passionate governance team in place, Sähëlï Hub is well-positioned for the year ahead.

The chair thanked everyone for their attendance as closed the meeting.

The meeting closed at 9pm.

Signed: S. Arif (Chair) Date: 25.11.2025

Signed: MDill (Trustee) Date: 25/11/2025

sähëlï hub

Sähëlï Hub is a friend dedicated to improving community health and wellbeing by providing innovative services and solutions that educates, motivates, inspires and empowers.

Calthorpe Wellbeing Hub
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www.sähëlï.co.uk

A big thank you to our funders, partners and supporters in 2023-24, including...

Community Foundation – Community Inspiration Awards 2024 Sports Award
Locality – Locality Awards '24 Building Inclusive Communities Award
Muslim Sports Foundation – The Muslim Sports Awards 2024 Organisation of the Year
Sport Birmingham – Community Celebration Awards Partnership Award

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SAHELI HUB

England & Wales - Charity number 1153202

Accounts

sähëli hub

Charity registration no. 1153202
Company registration no. 08373929

ANNUAL REPORT & FINANCIAL STATEMENTS 2023-2024

sähëli hub

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The Sähëlï Hub team

Naseem Akhtar
Rakhyia Begum
Sultana Begum
Farzana Bl
Sabrin Bi
Shaafia Bi
Kate Corbett
Maisie Dill
Carolle Forde Garcia
Shebina Gill
Monika Gongotra
Norma Green
Melissa Howitt
Fozia Kauser
Judith Kearns
Perveen Khan
Usman Khan
Asia Khatoon
Ambreen Majid
Hemlata Patel
Yazmin Saleh
Shaila Sharif
Elisangela Silveria
Tyra Watson

From our chair

Chair's report, by Sayqa Arif

Reflecting on change and growth

This year has been one of significant change and growth for Sähëlï Hub. As I step into my role as chair, I want to express my heartfelt gratitude to my predecessor, Nazreen Bi, for her 20 years of unwavering commitment and leadership.

Under her guidance, Sähëlï Hub evolved from a small charity offering fitness sessions in Balsall Heath to a dynamic organisation employing 17 staff members and delivering diverse indoor and outdoor sessions across Birmingham's inner city. Nazreen's dedication has laid strong foundations, and I am committed to building on this legacy to tackle health inequalities and drive systemic change from cure to prevention.

We also bid farewell to our Sähëlï Hub Manager, Shebina Gill, who, after 17 years, has made an indelible impact on our team and the communities we serve. Her work has been instrumental in developing prevention programmes that empower participants to manage long-term health conditions prevalent in our areas. We are deeply grateful for her service and wish her well in her future endeavours.

Meeting growing challenges through innovation

In an environment of increasing needs and reduced funding, Sähëlï Hub is rising to the challenge. Reports highlight that the NHS spends £126 billion annually on preventable conditions. Our team is working diligently to develop and deliver programmes focused on prevention and improved management of long-term health conditions.

Building on the success of our Culturally Appropriate Prevention of Diabetes (CAPD) programme, we are strengthening partnerships with Integrated Care Systems (ICS). ICS is committed to improving health and care services by focusing on prevention, better outcomes, and reducing health inequalities. Sähëlï Hub is well-positioned to collaborate with ICS to deliver community-led initiatives, including our new Know Your Numbers (KYN) programme, which equips participants with tools to improve key health indicators.

Legacy and partnerships

Following the excitement of the Commonwealth Games 2022, we secured an Inclusive Communities Fund (ICF), ensuring the legacy of the games positively impacts the communities we serve.

We also forged a transformative partnership with Brompton Bikes, led by Managing Director Julian Scriven. His support enabled us to provide 50 Brompton bikes for a long-term hire scheme, giving women the opportunity to use folding bikes independently between sessions and integrate cycling into their daily routines.

Additionally, our collaboration with Innerva has brought nine power-assisted fitness machines to our second site at Alum Rock Community Centre (ARCC). This equipment is accessible to participants of all fitness levels and promises to be a game-changer for the B8 community.

Expanding opportunities

We have broadened our activity portfolio, offering new experiences such as bell boating, kayaking, squash, and soon, tennis through our partnership with the Lawn Tennis Association (LTA).

Our CEO has also been actively delivering talks and presentations nationally, advocating for increased participation of women, particularly those from ethnically diverse backgrounds, in physical activity, sport, and active travel.

Looking ahead

As Sähëlï Hub grows and diversifies its work, we remain dedicated to maintaining high-quality services, fostering belief in our communities, and building partnerships that enhance access and opportunity for all. I am excited to collaborate with new partners, explore innovative initiatives, and drive Sähëlï Hub forward into its next phase of development and impact.

I extend my gratitude to the Board of Trustees, the Sähëlï Hub staff, and the Senior Management Team for their support and dedication. Together, we will continue to transform lives and create healthier, more equitable communities.

Achievements and performance

Partners in success

Report from Naseem Akhtar BEM, CEO

Operating in some of the most socially and economically disadvantaged areas of the city has always brought challenges.

Over the years, the impact of cuts to essential support and the loss of local services has been deeply felt. However, the current climate is particularly concerning, with the cost-of-living and energy crises exacerbating hardships for our participants.

At Sähëlï Hub, we recognise the urgency of these issues and have redoubled our efforts to support our communities. We are working tirelessly to secure resources and funding aimed at addressing inequalities that seem to grow each year. Now, more than ever, our commitment to empowering and uplifting those we serve remains steadfast, ensuring that our programmes provide both immediate relief and long-term solutions.

The partnerships we have formed over the last few years have really come to the forefront, enabling us to deliver support where it is needed most. Last year we agreed our main priority was partnership. This year, we renewed that focus to help us diversify

our funding, so we do not become reliant on one main source of funding going forward. We need to grow our services to match demand, especially in the areas of need that we do not currently cover, such as advice, guidance, employment and skills support.

We continue to advance our innovative health programmes in collaboration with Washwood Heath Primary Care Network (PCN), targeting the long-term health conditions of patients in the B8 area. A key focus has been the development of our Culturally Appropriate Prevention of Diabetes (CAPD) programme, specifically designed to meet the needs of our diverse communities. This programme has successfully supported participants in lowering their HbA1c* levels and preventing the onset of diabetes.

Although funding for CAPD concluded in January 2024, Sähëlï Hub has leveraged the insights gained to launch our own Know Your Numbers (KYN) initiative. This holistic, one-stop service provides comprehensive support to individuals referred by their GPs or to walk-in participants. Through KYN, we empower patients to understand their key health metrics – such as blood pressure, weight, visceral fat and HbA1c – and equip them with actionable guidance to improve these numbers.
By taking a proactive approach, we aim to reduce the risk of diabetes, cardiovascular disease, heart conditions and other health issues, while enhancing overall wellbeing.

By providing participants with tailored support that aligns with their unique needs, we deliver a holistic approach to wellbeing. This includes offering culturally appropriate healthy eating guidance, engaging healthy cooking classes plus indoor and outdoor physical activities. Our starter programmes, such as social clubs and chair-based activities, serve as accessible entry points for participants, enabling them to build confidence and gradually progress towards more active lifestyles. This personalised approach ensures that each participant receives the support they need, matched to their individual abilities and goals.

Brompton Bikes

This year, our partnership with Brompton Bikes marked a significant milestone, thanks to the efforts of Julian Scriven, managing director at Brompton Bike Hire. During his visit to our Calthorpe Hub and Ward End Park, Julian took the time to meet Sähëlï Hub cyclists, where he listened to their inspiring journeys — from learning to ride a bike to cycling confidently on the streets, with some even advancing to become certified cycling instructors for our Sähëlï Cycling Club.

Through this collaboration, 50 Brompton bikes were provided on long-term loan to cyclists who had learned to ride with Sähëlï Hub. This initiative exemplifies the synergy of top-down leadership meeting grassroots efforts. We distributed Brompton Bikes – often regarded by me as the Mercedes of bicycles – to women in the B12, B8, and B20 communities. These bikes, offered on a six-month loan, provided a transformative opportunity for recipients to experience the practicality of foldable bikes for commuting to work and school, or for daily errands. Participants were then given the option to purchase their own bike if they wished to continue cycling independently, ensuring they could maintain an active lifestyle beyond our scheduled sessions in the park. This partnership reflects our commitment to empowering women through sustainable and accessible cycling initiatives.

We have found that the biggest barriers to cycling are:

- Knowing how to ride a bike.
- The cost of a bike.
- Being able to store a bike.

To date, we have successfully taught over 3,500 women from our local communities to ride a bike. This achievement goes beyond the numbers – it signifies a shift toward healthier lifestyles and more sustainable transport choices. Many of our participants now use their bikes and come on our adventure trips – replacing short car journeys and helping to reduce pollution in their neighbourhoods. This change not only benefits the environment but also promotes fitness and health for the women and their families, fostering a culture of active and healthy living within the community.

England squash

Thanks to our partnership with England Squash NGB the women of Calthorpe regularly attend the Priory Club in Edgbaston – one of the most exclusive clubs in the city. This thought alone always brings a smile to my face as we are demonstrating again that through real partnership, we really can bring top down to meet bottom up!

Lawn tennis association

We have secured a three-year programme with the Lawn Tennis Association (LTA) and we'll bring bringing tennis to all our sites in 2024 to 2025 thanks to this valuable partnership.

Alum Rock Community Centre with Clarion Futures

Thanks to Clarion Futures, we are developing a full programme at Alum Rock Community Centre (ARCC) and through their grants programme we were able to deliver activities and sessions as part of their Warm Hub offer. This offer helps support the communities living in and around Alum Rock to help families to come into a warm space and take part in activities and sessions at ARCC twice a week. Additionally, this funding provides extras to whoever attends the sessions with items such as warm blankets, hand warmers and even home monitors for heat and electric usage. Through Clarion and their capacity building grant we also secured costs for a fundraiser. This grant was so valuable to us as it gave us the extra capacity and security to raise more funding to do what we do across the city. That £10,000 helped us to raise in excess of £200,000 over the next year.

Power-assisted exercise with Innerva

We started the development phase of a new partnership with Innerva at the ARCC site. This collaboration introduces power-assisted, sit-on-top exercise machines, tailored for our participants in B8. These innovative machines aim to help users meet the NHS guidelines of 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity per week. This initiative is designed to support participants in getting their health back on track, offering accessible and effective opportunities to incorporate regular physical activity into their lives. Stay tuned for more updates on this exciting development!

A new programme with The Active Wellbeing Society

Sähëlï Hub launched a new programme at St Andrew's Sports & Community Centre, Handsworth – part of our Local Delivery Pilot (LDP) Active Communities programme offer, funded by Sport England via The Active Wellbeing Society. This is our third area of the city for LDP (alongside Calthorpe and ARCC). Prevention and Communities Grant funding from Birmingham City Council has allowed us to add extra sessions, growing our offer across the three sites.

Boating with Canal & River Trust, Andy Train, Paddle UK and StreetGames

Bell boating and kayaking have become a staple part of our outdoor offer, thanks to Andy Train, Birmingham Paddle Sports, Paddle UK and StreetGames. This year the numbers have grown and we now have three fully qualified helms people. We can now get our communities out on the canals at Port Loop and Camp Hill Locks at the weekends, with over 60 participants each week.

Representation and impact

I have continued to deliver training through the LDP Learning Festival, the Local Government Association (LGA) and Sport England's Leadership programme.

Making sure our communities have a seat at the table is critical to our work at Sähëlï Hub. This year, we participated in Birmingham City Council's Creating an Active City Forum – helping to support the delivery of a joint vision and action plan for Birmingham to address physical activity levels in the city – along with other strategic partners.

We also became a member of the Birmingham Race Impact Group (BRIG), to help keep race on the agenda as a city that has 52% from the global majority. In addition I joined the Combined Authority West Midlands Advisory Board to look into the feasibility of a Velodrome for Birmingham, with a report launched in March 2024. It was great working with Adam Tranter, West Midlands Walking and Cycling Commissioner. He's really helped us get recognition for our work supporting cycling in our communities.

For International Women's Day, I joined some amazing women delivering a presentation about our unique Sähëlï Hub journey.

Working with health services

As the NHS and Integrated Care Boards (ICBs) continue their efforts to improve outcomes in population health and healthcare, they are also prioritising the reduction of inequalities in outcomes, experiences, and access. To achieve these goals, there is a growing focus on strengthening collaboration with the voluntary, community, and third sectors. This approach aims to reach underserved communities, enhance productivity, and deliver better value for money. In alignment with these priorities, we are exploring opportunities to work closely with the ICBs. Our shared objective is to achieve better health outcomes for our communities, particularly addressing the long-standing health disparities and widespread conditions that disproportionately affect them.

Through targeted partnerships and innovative interventions, we aim to create meaningful, long-term improvements in health and wellbeing.

Through my involvement with BRIG, I had the opportunity to speak at the NHS Birmingham and Solihull ICS Healthcare and Race Summit. My address highlighted a critical challenge: despite two decades of efforts, the healthcare system has yet to significantly improve life expectancy and health outcomes for people from Black and Asian communities. These disparities have been further exacerbated by the impact of COVID-19 and the ongoing effects of long COVID. I emphasised the urgent need for a systemic shift from a cure-focused model to one prioritising prevention, with resources targeted where they are most needed.

This is not a new message, it's an enduring call to action that has gained even more relevance. At Sähëlï Hub, we have taken a deliberate stand to no longer engage in short-term projects or programmes that do not provide proper funding or support full cost recovery. Our commitment is to tackle long-term health inequalities and make a measurable impact on the poor health outcomes that persist in our communities.

This 'all or nothing' approach has proven effective. Over the past year, we have seen an increase in funding, demonstrating that funders and partners recognise the importance of investing in meaningful, long-term projects. As a result, we have grown all our programmes, developed deeper and more impactful partnerships as well as diversifying our funding streams. These efforts have enabled us to expand our team and services, reaching more people and fostering lasting changes in habits and mindsets for healthier outcomes across our communities.

HS2 and our men's programme

Thanks to HS2 our men's programme has grown and is prioritised in Alum Rock as this funding supports our work over the next three years. Usman continues to support the men's programme in Yardley and Hall Green.

Building our team

As we've continued to grow our offer, our team has grown too. We had two team building days this year – one at Edgbaston Cricket Ground, looking at women in leadership roles, plus a day out boating at Brindley Place. Huge thanks to all the Sähëlï Hub team for their amazing work, year in, year out, rain or shine, hot or cold, helping our participants stay active all year round.

Thank you to our partners and to #TeamSähëlï

Thank you to the Sähëlï Hub trustees and to all of our funders. This year we've had so many amazing people and partners to thank...

- Julian Scriven, managing director, Brompton Bike Hire
- Dr Saqib Mughal and Ahmad Mudassar Jamil, Washwood Heath PCN
- Asma Ijaz Ali and Jo Rowbottom, England Squash
- Sarah Manley, Gavin Shurvington and Clare Rennison, Clarion Futures
- Andy Train, Haseena and Ayesha for supporting our bellboating and kayaking
- Liz Wright, National Sales Manager, Innerva
- Susan Coke, Birmingham City Council PC grants manager
- Adam Tranter, West Midlands Walking and Cycling Commissioner
- Phoebe, HS2 and Groundwork

- NNS teams in Hall Green, Hodge Hill & Yardley
- Salma Yaqoob and Lorrenda Waite, Health Inequalities, Birmingham and Solihull Integrated Care Board
- Adam Rigarlsford and Richard Lockwood, Sport England
- Karen Creavin and the Active Communities team, The Active Wellbeing Society
- Canal & RIver Trust
- The amazing team that is #TeamSähëlï

Building community connections

Report from Rakhiya Begum, Senior Team Leader, ARCC

Building Community Connections and Expanding Services

In April 2023, the ARCC team continued its successful collaboration with the NHS Health Inequalities programme, focusing on Sähëlï Hub's Culturally Appropriate Prevention of Diabetes (CAPD) initiative. We settled into our new site at Alum Rock Community Centre in B8, where we began to build meaningful partnerships with local Primary Care Networks (PCNs) and Clarion Futures, working to improve the health outcomes of local residents.

To introduce ourselves and engage with the community, we hosted Sähëlï Hub's Family Fun Day at the end of April. The event saw an overwhelming turnout of over 450 attendees, as we worked to spread awareness about our services through door-to-door outreach. The community enjoyed a variety of activities, including the Animal Man, face painting, sports sessions and delicious biryani, filling ARCC with energy and excitement.

Our efforts to strengthen local relationships included inviting key partners to the official handover of the ARCC site by Clarion Futures. We also regularly hosted local councillors and NHS representatives throughout the year, ensuring Sähëlï Hub remains embedded in the B8 community.

Expanding access and support

Recognising the growing demand for our services, we have expanded our weekly timetable to include evening and weekend sessions, complementing the physical and social clubs already in place. This has enabled us to better serve our diverse community and accommodate the needs of our participants.

Throughout the year, Sähëlï Hub continued to foster partnerships to improve health outcomes. In June, we hosted Lisa Dodd-Mayne from Sport England and in July, we were honoured to welcome the Mayor of Birmingham, both of whom were introduced to our work at ARCC and the positive impact we are having on local health outcomes.

Health programmes and key achievements

In October 2023, we secured essential funding for cardiovascular disease (CVD) prevention through BVSC and the NHS. This training allowed us to implement the Know Your Numbers (KYN)

programme across our sites, providing health checks for 471 individuals from August 2023 to March 2024. Of these, 82 individuals were referred back to their GPs after abnormal or indeterminate heart rhythms were detected. This initiative highlights our commitment to early detection and prevention of heart disease – aligning with our ethos that prevention is better than cure.

In December 2023, through our continued partnership with Clarion Futures, we launched a Warm Hub at ARCC, offering a safe space for residents to socialise, learn about energy conservation and stay warm during the winter months.

Outreach and collaboration

Throughout February and March 2024, the team continued to support a busy schedule of sessions at ARCC, while also participating in outreach efforts. We took part in community events with West Midlands Police at Eden Boys School in Alum Rock and the Women of Haymills Coffee Morning, where we showcased our KYN, CVD and blood pressure checks.

In March, we hosted the Community and Cultural Immersion Programme, which aimed to bridge the gap between health professionals and community organisations, exploring ways to work differently to improve health outcomes. These events were attended by NHS nurses, dieticians and midwives, helping to foster stronger collaboration between Sähëlï Hub and the NHS, with a focus on system change.

Looking ahead

Looking forward to the year ahead, we are excited to launch our Healthy Cooking programme, designed to complement our KYN initiative and further empower participants to manage their health. With the addition of Innerva power-assisted fitness equipment and an ever-evolving timetable, we continue to adapt our services to meet the needs of the communities we serve.

My heartfelt thanks go to the Sähëlï Hub team for their dedication and hard work. Together, we continue to narrow the disparities in health outcomes and make a lasting impact on the communities we serve.

Inclusive and fun cycling

Report from Shaafia Bi, Senior Cycling & Social Media Lead

A year of growth and success

This has been another remarkable year for Sähëlï Cycling Club, marked by increased engagement and a wider variety of activities across our sites.

We hosted Learn to Ride sessions, Park Rides, and Led Road Rides at Ward End Park, Sheldon Country Park, Calthorpe Park and Handsworth Park, delivering over 20 hours of cycling across these locations per week.

Our sessions cater to all abilities, welcoming both men and women aged 14 and above. From complete beginners to those working towards the National Standard for Cycle Training, we continue to build confidence and skills in cycling for our community.

Inclusive cycling for all abilities

A key feature of this year has been the introduction of trikes at Ward End Park, providing access to even more people, including those with varying health and physical needs. This addition has helped broaden our reach, ensuring that cycling is accessible to everyone.

Exciting new partnerships

We are thrilled to announce our new partnership with Brompton Bikes. The entire cycling team visited the Brompton factory to learn about the brand's history, and we are grateful to Julian Scriven, MD of Brompton Bikes, for generously donating 50 Brompton folding bikes. These bikes have been loaned to participants for four months, enabling them to practice and build on their cycling skills. To test their portability, we organised a trip to Stratford Upon Avon and Cadbury World, where participants enjoyed the convenience and ease of using the Brompton Bikes.

Adventurous rides and achievements

Our annual trip to the Peak District was a standout event this year, with 16 women cycling the 26-mile Tissington Trail. Among them was Christine, a remarkable 76-year-old, who was the oldest participant on the trip. For many, this was their first cycling experience outside of Birmingham, and a great time was had by all.

In November, our female participants took part in the TRY-ATHON! a fun multi-sport event involving cycling, running, and Zumba. Many of the women achieved their first-ever medal, celebrating their personal achievements and proving how far they had come in their physical activity and health journey.

Support from key figures

Throughout the year, we were honoured by visits from prominent figures in cycling and active travel, including Andy Street, the West Midlands Mayor, Adam Tranter, West Midlands Walking and Cycling Commissioner, Julian Scriven from Brompton Bikes, and Danny Williams, CEO of Active Travel England. These visits highlighted the progress and dedication of Sähëlï Cycling Club, and our participants were proud to share their stories—from beginners to seasoned cyclists - using their skills for social rides, training, employment, commuting, and even family holidays.

Impact on health and wellbeing

Cycling at Sähëlï has proven to be much more than just a recreational activity; it has become a powerful tool for improving health, tackling social isolation, and addressing mental health issues in some of the most disadvantaged areas. Sähëlï Cycling Club has played a vital role in changing the cycling culture within these communities and continues to make a positive impact on the lives of participants.

Connected to the team

As a core service of Sähëlï Hub, Sähëlï Cycling Club is closely connected with the wider team. We continue to refer and encourage participants to engage with other Sähëlï Hub activities and events, ensuring that our cycling community benefits from the full range of Sähëlï Hub services.

Looking ahead

In the coming year, we propose to expand our delivery across all sites, with plans to increase the Brompton loan scheme and introduce new cycling expeditions both within the UK and internationally. With continued growth and support, we are excited about the future and the opportunities to help more people embrace cycling as a means to improve their health and wellbeing.

We are proud of all that Sähëlï Cycling Club has achieved this year and we look forward to another exciting year ahead!

Health Club grows strongly

Report from Usman Khan, Health Club Coordinator

Over the year, we have expanded and strengthened our services for men-only and mixed groups across the Hall Green, Hodge Hill, Yardley, and Northfield constituencies.

We supported people aged 50 plus as well as younger adults, particularly those with additional needs, aged 18-49 in Hall Green and Yardley. Over the year we engaged with over 700 people – including in excess of 300 participants from the additional needs category – and collaborated with more than 15 community organisations, faith centres, local facilitators, medical surgeries, social prescribers and educational institutions.

Our programme has been designed to offer a wide variety of activities with flexibility in scheduling to cater to diverse preferences. Sessions spanned midweeks to weekends, from early mornings and midday slots to afternoons and evenings. Activities ranged from scenic walks and chair-based exercises to educational workshops, cycling, swimming, squash and multi-sport sessions. This inclusive approach ensured that the programme catered to all participants who overcame various personal barriers to engage in physical and social activities.

Our core aim was to boost physical and social activity levels, reduce loneliness and isolation, and improve physical and mental health. The results speak for themselves, with 92% of participants reporting positive improvements in these areas. These outcomes reflect the programme's success in creating a supportive, engaging and health-oriented community environment.

Mohammed's story

Mohammed, from the Yardley area, is 51 years old and of Pakistani heritage. He suffers from Parkinson's disease and had been attending our service for a while, but his engagement was on and off due to a number of personal issues. He talked to us about the improvements and benefits he had experienced since attending many Men's Club sessions and starting to participate on a more regular basis.

Since joining our service, Mohammed has taken part in nearly every session we have delivered throughout East Birmingham, coming along every day of the week except Saturday! His activities included: an exercise class in Balsall Heath; Innerva power-assisted exercise machines at Alum Rock; cycling in Sheldon Country Park and Ward End Park; Over 50s Health Club in South Yardley and badminton in Stechford!

He told us, as a result, he was feeling less tired, had more energy and even felt his driving had improved. Mohammed felt happier, fitter and better about himself as well as more connected to his own community and others. His commitment to improving his physical and mental wellbeing has been outstanding.

Bernard's story

Bernard, also known as Benny, is from the Yardley area, 86 years old and white British/ Irish heritage. When he first came to Sähëlï Hub, Bernard had a number of challenging health conditions – both recent and some which he'd been living with for some time.

In the previous 10 years, Bernard had experienced cancer twice, had a stroke, been diagnosed as pre-diabetic and had a shoulder which he was told required surgery. All of this was effecting his mental and physical health: he was finding it hard to sleep at night, unsure what to eat and where to exercise. He was referred to us by his GP.

Since joining Sähëlï Hub, Bernard has mainly attended the exercise class at Alum Rock Community Centre, our hub for East Birmingham, on a Tuesday morning. His confidence and appetite grew, his health improved and Bernard started attending our weekly park ride in Sheldon Country Park and Over 50s Club on Friday mornings – always on hand to support in whatever capacity required.

Recently, Bernard's weight has come down, with increased body muscle and reduced body fat. He said his doctor was shocked (in a good way) and surprised, and told Bernard that he no longer required surgery on his shoulder.

This is a great example of someone we were able to support, having an impact their life in a holistic way.

Amplifying impact, building community

Report from Monika Singh Gangotra and Shaafia Bi, Social Media Team

the Sähëlï Hub social media team played a pivotal role in strengthening our community engagement and amplifying the impact of our initiatives.

With creativity and heart at the forefront, the team worked tirelessly to ensure our mission reaches a broader audience, showcases Sähëlï Hub's achievements, acknowledges all those that support our mission and highlights our wonderful participants.

Through engaging storytelling and vibrant content, the team shared our diverse activities and success stories. From highlighting the inspiring journeys of the women joining our cycling expeditions, to celebrating health and wellness workshops, our posts have brought Sähëlï Hub's mission to life. Engaging visuals with real participants, regular updates and empowering messages have motivated more women (and men) join our growing community.

We'll be expanding our reach and deepening our impact with more interactive and inclusive content that celebrates the voices and experiences of our participants, remaining a source of inspiration, empowerment and information and helping even more participants to embrace healthier, more active lifestyles.

sähëli hub

Key statistics

April 2023 to March 2024

Sähëlï Hub at a glance

- 21,440 total attendances[1]
- 2,420 unique participants
- 89% were women[2]
- 93% were from ethnically diverse communities[2]
- 92% were from IMD quintiles 1 and 2[3]

Holistic Interventions project

- 6,498 total attendances
- 1,311 unique participants

Cycling Club

- 2,558 total attendances
- 413 unique participants
- 78% were women
- 96% from ethnically diverse communities
- 1,217 Learn to Ride attendances
- 1,130 Led Ride attendances
- 63 Park Ride attendances

Health Club

- Hall Green: 220 (mostly 18-49 years with additional needs)
- Hodge Hill: 160 (mostly 50+ years)
- Northfield: 32 (mostly 50+ years)
- Yardley: 290 (mostly 18-49 years with additional needs)
- Yardley: 287 (146 women and 141 men, mostly 50+ years)

1. Figures are throughput for all sessions. 2. Excluding 'unknown'. 3. IMD stands for Index of Multiple Deprivation, the official measure of relative deprivation for small areas (neighbourhoods) in England. It encompasses measures of: income deprivation; employment deprivation; education, skills and training deprivation; health deprivation and disability; crime; barriers to housing and services; living environment deprivation. Quintiles 1 and 2 include the most deprived areas of the country.

saheli hub

Administrative details

Registered charity name	Saheli Hub
Company registration number	08373929
Charity registration number	1153202
Principal office	110 Edward Road Balsall Heath Birmingham B12 9LS
The Trustees	Sayqa Arif (Chair) Sahida Bawhab Ruphsana Nahar Qayyum Nazreen Bi (resigned on 12 December 2023) Farhat Shaheen
Independent Examiner	MNSK Chartered Accountants 206 Robin Hood Lane Hall Green Birmingham B28 0LG
Bankers	Lloyds Bank 32-34 Alcester Road South Kings Heath Birmingham 14 7PU

Structure, governance and management

Saheli Hub operates under a memorandum and articles incorporated 24/01/2013 as amended by special resolution(s) dated 06/10/2015 and has been registered as a charity since 02 August 2013. Trustees are elected every year and are persons of suitable background, who have understanding of the work undertaken by the charity and are supportive of its aims and objectives.

Recruitment of new trustees is primarily through encouraging service users who show an interest in supporting the development of the organisation becoming Members of the charity and inviting women with skills to support the growth and development of Saheli Hub. Saheli Hub's Articles of Association allow for the appointment of between three and ten Trustees, drawn from amongst the members of the charity. To be eligible for appointment as a Trustee, the person must have attended at least six Directors' meetings since the previous Annual General Meeting. Election to the post takes place at the Annual General Meeting where up to seven Members may be appointed from amongst the membership and up to two may be appointed by the Trustees. Support and training are offered to new Trustees. No outside or related body is entitled to appoint Trustees. The Trustees agree to meet quarterly, as a minimum, in order to take responsibility for the direction and policy of the charity. The Trustees are acting as Custodians of assets or managing any properties.

Statement of trustee's responsibilities

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and accounting estimates that are reasonable and prudent.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement of trustee's responsibilities

The objectives of the charity are to promote the benefits of friendship and co-operation between women in the Birmingham area with specific aims of promoting social welfare and improving personal wellbeing and living conditions. The means of achieving these overall objectives include:

- Provision of a Commissioned Exercise Referral Program;
- Support and provision of recreation and leisure activities;
- Provision of adventure schemes for younger women;
- Cultural awareness and inclusion activities;
- Training to enable women to be more involved in making personal choices and be more involved in the decision-making processes within their own communities.

Financial review 2023/24

Summary

During the year 2023/24, Saheli Hub received an income of £547,576 – a decrease of £82,960 (13%) from 2022/23.

Resources expended during the year 2022/23 amounted to £608,777 – an increase of £81,683 (15%) on the previous year. As with previous years, 100% of the expenditure was on charitable activities.

Unrestricted funds carried forward on 31 March 2023 were £49,510 and restricted funds carried forward at 31 March 2024 are £54,275 related to funding to finance project activity in the next financial year.

Reserves

Saheli Hub's policy is to hold a reserve of £3,000. We hold the reserve to support the development of new services or expansion of current ones; to provide a healthy cash flow in the event of delays to expected income and to enable Saheli Hub to survive unexpected setbacks and problems. The reserve has been funded by the generation of a small surplus on some of our activities

Investment Policy

The Trustees are empowered by the Memorandum and Articles of Association to invest the Charity's funds as they see fit. The investment policy requires that surplus funds, not required for working capital purposes, should be invested to provide maximum return at minimum risk to the organisation. All funds that are surplus from time to time are invested on a short- or medium-term fixed interest basis. To minimize the risk to funds, investments are deposited with many banking institutions who are regulated by the Financial Services Authority and are members of the Financial Services Compensation Scheme. The Charity's investment policy is reviewed on an annual basis.

S.Arif

Sayqa Arif
Chair 22.01.25

sähëli hub

Independent examiner's report to the trustees of Sähëlï Hub

I report to the trustees on my examination of the accounts of **Saheli Hub** for the year ended 31/03/2024, which are set out on pages 6 to 18.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the Trustee's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Trust as required by section 130 of the Act; or

- the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

MNSK Limited

206 Robin Hood Lane
Hall Green
Birmingham
West Midlands
B28 0LG

Date: 23/01/2025

Statement of financial activities

Year ended 31 March 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
INCOMING RESOURCES					
Incoming resources from generating funds:					
Voluntary income	2	-	-	-	-
Incoming resources from charitable activities	3	25,798	521,778	547,576	630,536
TOTAL INCOMING RESOURCES		25,798	521,778	547,576	630,536
RESOURCES EXPENDED					
Charitable activities	6	(21,033)	(587,744)	(608,777)	(527,094)
Governance costs	7	-	-	-	-
TOTAL RESOURCES EXPENDED		(21,033)	(587,744)	(608,777)	(527,094)
NET INCOMING/(OUTGOING) RESOURCES FOR THE YEAR		4,765	(65,966)	(61,201)	103,442
RECONCILIATION OF FUNDS:					
Total funds brought forward		49,510	94,741	144,251	40,809
Transfers	15	-	-	-	-
TOTAL FUNDS CARRIED FORWARD		**54,275**	**28,775**	**83,050**	**144,251**

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

sāhēli hub

Balance sheet

31 March 2024

	Note	£	£	£
FIXED ASSETS				
Tangible assets	**10**		11,567	15,488
CURRENT ASSETS				
Debtors	**11**	27,512		23,981
Cash at bank		75,245		140,478
		102,757		164,459
CREDITORS: Amounts falling due within one year	**12**	(31,274)		(35,696)
NET CURRENT ASSETS			**71,483**	**128,763**
NET ASSETS			**83,050**	**144,251**
FUNDS				
Restricted income funds	**13**		28,775	94,741
Unrestricted income funds	**14**		54,275	49,510
TOTAL FUNDS			**83,050**	**144,251**

The Charitable Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for year ended **31 March 2024**.

The members have not required the company to obtain an audit of its financial statements for the ended **31 March 2024** in accordance with Section 476 of the Companies Act 2006. The trustees acknowledge their responsibilities for:

(a) Ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements. So far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

These financial statements were approved by the members of the committee and authorised for issue on the 19th of November 2024 and are signed on their behalf by:

S.Arif 22.01.25

Sayqa Arif
Chair

Notes to the financial statements

Period ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in March 2005 (SORP 2005).

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

- Incoming resources from charitable trading activity are accounted for when earned.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource.

1. ACCOUNTING POLICIES

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- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource.

Fixed assets
All fixed assets are initially recorded at cost.

Depreciation
Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Computer Equipment	-	20% straight line
Fixtures & Fittings	-	25% reducing balance
Motor Vehicles	-	25% reducing balance
Sports Equipment	-	20% straight-line

2. VOLUNTARY INCOME

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Donations				
Donations – Grant	25,798	521,778	547,576	630,536

3. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
LDP - Active Communities	-	240,394	240,394	314,391
Canal & River Trust	-	-	-	10,000
HS2	-	12,500	12,500	-
Sport England	-	10,181	10,181	-
LTA Tennis	-	20,375	20,375	-
Saintbury Fund	-	8,000	8,000	-
Squash NGB	-	5,658	5,658	-
British Canoeing	-	8,880	8,880	-
Community Matters	-	9,988	9,988	-
NNS Hodge Hill	-	15,000	15,000	20,000
NNS Hall Green	-	14,000	14,000	10,000
Heart of England	-	-	-	5,000
NNS Yardley	-	25,000	25,000	10,000
General Funds	25,798	-	25,798	15,057
NHS HEP / CAPD Programme	-	145,552	145,552	189,318
Birmingham Airport	-	-	-	3,000
Clarion Futures Warm Hub & Fundraiser	-	-	-	15,000
BCC Celebrating Communities	-	6,250	6,250	15,270
NNS Northfield	-	-	-	500
NHS CVD	-	-	-	23,500
Total Funds	**25,798**	**521,778**	**547,576**	**631,036**

7. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Bookkeeping, payroll and management accounts fee	-	-	-	2,040
	-	-	-	**2,040**

8. NET OUTGOING RESOURCES FOR THE YEAR

This is stated after charging:

	2024 £	2023 £
Depreciation	4,516	4,451
Independent examination remuneration:		
- examination of the financial statements	600	600
- preparation of financial statements	1,440	1,440

9. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

	2024 £	2023 £
Wages and salaries, National insurance and Pension cost	343,729	316,046
	343,729	**316,046**

Particulars of employees:
The average number of employees during the year, calculated on the basis of full-time equivalents, was as follows:

	2024 No	2023 No
Number of administrative staff	17	10

No employee received remuneration of more than £60,000 during the year (2023 - Nil).

10. TANGIBLE FIXED ASSETS

	Sports Equipment £	Computer Equipment £	Fixtures & Fittings £	Motor Vehicles £	Total £
COST					
At 1 April 2023	555	25,648	1,478	2,932	30,613
Additions	596	-	-	-	595
As at 31 March 2024	1,151	25,648	1,478	2,932	31,209
DEPRECIATION					
At 1 April 2023	557	10,743	1,284	2,541	15,125
Charge for the year	118	4,252	49	98	4,517
At 31 March 2024	675	14,995	1,333	2,639	19,642
NET BOOK VALUE					
At 31 March 2024	**476**	**10,653**	**145**	**293**	**15,567**
At 31 March 2023	(2)	14,905	194	391	15,488

11. DEBTORS

	2024 £	2023 £
Trade debtors	27,512	23,986
Prepayments	-	-
	27,512	**23,986**

12. CREDITORS: Amounts falling due within one year

	2024 £	2023 £
Deferred income	11,075	10,181
PAYE payable	12,685	1,246
Accruals	6,350	4,310
Pension payable	1,164	19,959
	31,274	**35,696**

13. RESTRICTED INCOME FUNDS

	Balance at 1 Apr 2023 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2024 £
Restricted Fund	94,741	521,778	(588,144)	-	28,375

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 Apr 2023 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2024 £
General Funds	49,510	25,798	(20,633)	-	54,675

15. FUNDS ANALYSIS

	Balance at 1 Apr 2023 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2024 £
RESTRICTED FUNDS					
HS2	-	12,500	(12,500)	-	-
Squash NGB	-	5,658	(5,658)	-	-
Hodge Hill - NNS	-	15,000	(15,000)	-	-
NNS Yardley Green	-	25,000	(25,000)	-	-
NNS Hall Green	-	14,000	(14,000)	-	-
LDP - Active Communities	1,170	240,394	(241,564)	-	-
Community Matters	-	9,988	(9,988)	-	-
Saintbury Fund	-	8,000	-	-	8,000
BSPAT	400	-	(400)	-	-
Heart of England	4,889	-	(4,889)	-	-
HEP NHS Washwood Heath	47,282	145,552	(192,834)	-	-
Fundraiser Clarion Futures	10,000	-	(10,000)	-	-
BCC – Celebrating Communities	-	6,250	(6,250)	-	-
British Canoeing	-	8,880	(8,880)	-	-
CVD IN HIP	23,000	-	(23,000)	-	-
LTA Tennis	-	20,375	-	-	20,375
Birmingham Airport	3,000	-	(3,000)	-	-
Sport England	-	10,181	(10,181)	-	-
Warm Hub Clarion Future	5,000	-	(5,000)	-	-
Total Restricted funds	**94,741**	**521,778**	**(588,144)**	**-**	**28,375**
UNRESTRICTED FUND					
General Funds	35,360	25,798	(20,633)	-	40,525
JRS-Govt Grant	250	-	-	-	250
Locality	860	-	-	-	860
Canal & River Trust	7,833	-	-		7,833
Cycling UK	1,963	-	-	-	1,963
Sultan Bahu	1,350	-	-	-	1,350
HMRC – Furlough	1,894	-	-	-	1,894
Total Unrestricted funds	**49,510**	**25,798**	**(20,633)**	**-**	**54,675**
Total Funds	**144,251**	**547,576**	**(608,777)**	**-**	**83,050**

Restricted Funds

Cycling UK
This funding is for collating surveys for Cycling UK. This funding was used to deliver bike maintenance workshops for the Saheli Cycling Club participants.

LDP - Active Communities Programme
Through our partnership with The Active Wellbeing Society, Saheli Hub is commissioned to deliver the Holistic Intervention's – social and physical activity programmes working in the LDP (Local Delivery Pilot programme funded by Sport England) areas to create a clear pathway into physical and civic activity to develop sustainable activities and groups. Refocussing GP services to prescribe social activities and preventative physical activity programmes to reduce medical prescriptions for patients with low-risk chronic conditions and or with long-term health conditions. The funding is for salaries, activities, equipment and venue hire.

NNS Hodge Hill – Saheli over 50s Cycling coordinator
Saheli Hub secured funds through Hodge Hill Neighbourhood Network Scheme to employ a part time Saheli Cycling Club coordinator to set up cycling session in the ward of Hodge Hill and work with women aged 50+ over the coming year

NNS Hall Green, Hodge Hill & Yardley over 50's Men's Coordinator
Saheli Hub secured funding for a male officer through the Neighbourhood Network Schemes managed by Gren Square Accord in Hall Green, POWhER in Hodge Hill and Disability Resource Centre in Yardley as part of a three constituencies wide project to support men aged 50+ to get physically active and support them to manage their health and wellbeing supporting

NNS Northfield & Heart of England funding.
This funding helped us to develop new activities and sessions in Northfield funding supported the delivery of physical activity and social club sessions for older adults based from the library in Woeley Castle.

HEP CAPD - Diabetes Programme
This is a commissioned service through NHS England and NHS Improvement (NHSE&I) Saheli Hub is working in partnership with the Washwood Heath Primary Care Network to tackle long-term inequality. The partnership prioritised working with prediabetes living in Washwood Heath by providing a commissioned Culturally Appropriate Prevention of Diabetes (CAPD) pilot programme for 200 patients. Delivering a combination of diet and healthy lifestyle interventions group work as diabetes is three times more prevalent in the Washwood Heath PCN than the rest of Birmingham.

ICS Birmingham and Solihull CVD Project
Birmingham and Solihull is the most deprived ICS's in the country and through information derived from the CORE20Plus5 methodology those PCN's in the 20% most deprived parts of the ICS footprint have been identified and will be the focus of this project.

Saheli Hub have been commissioned to deliver a cardiovascular health promotion campaign which will be delivered by our team who will be trained to offer a mini health check so we can identify any undiagnosed or poorly managed hypercholesterolaemia, hypertension and atrial fibrillation. Through this programme the ICS's hopes to improve the uptake of preventative medications and reduce the number of avoidable heart attacks and strokes there by improving outcomes for individuals living in the most deprived wards in the ICS's. Working with third sector providers like Saheli Hub the ICB will build trust in the deprived areas that helps overcome cultural barriers for patients to seek early diagnosis and prevention life threating conditions.

Canal & River Trust
The funding is to work with women and families living in the inner city and connect them to their nearest canal through cycling, walking and bell boating.

Birmingham Airport Community Fund Grant Award.
Saheli Hub were really pleased to have secured Birmingham Airport funding for our activities in Ward End. The funds helped us to purchase two new trikes, helmets, high viz and the Cycling team jackets.

Clarion Futures Clarion Futures have supported Saheli Hub with two funds this year.
The Warm Hub funding was to deliver an extended activities offer at Alum Rock Community Centre (ARCC) for residents living in the estate around our ARCC site. Inviting residents into a warm space to support residents to build connections with their neighbours while taking part in physical and social activities. The second fund was to support Saheli Hub with funding towards a fundraiser. This would allow Saheli Hub to have support as and when needed to secure funding for all our programmes and activities.

Cycling UK
This funding is for collating surveys for Cycling UK. It was also used to deliver bike maintenance workshops for the Saheli Cycling Club participants.

HS2
The HS2 funding has been secured to work with men living in Alum Rock along the HS2 line to become active and stay active.

Squash NGB
This funding has been secured to deliver squash sessions with women and girls aged 14+

Community Matters
This funding supported our TRY-ATHON! Event in Ward End Park and TRY-IT! Sessions.

Saintbury Fund – This funding is for the cost of a trailer to transport our bikes.

British Canoeing
These funds (British Canoeing is now called Paddle UK) were used to buy new kayaks and life jackets as part of the bell boating and Kayaking we deliver.

LTA Tennis – The Lawn Tennis Association has funded a three year programme to get more women playing tennis. We will deliver sessions in Calthorpe, Handsworth and Ward End Park.

16. ANALYSIS OF TOTAL RESOURCES EXPENDED – 2024

	CVD IN HIP	HEP NHS Washwood	LDP - Active Communities	NNS - Yardely	Others	Total
Admin Support	-	5,673	6,856	-	2,493	15,022
Bank Fees	-	-	-	-	86	86
Depreciation	-	-	-	-	4,516	4,516
Canteen	-	-	-	150	300	450
Employers National Insurance	1,606	7,980	9,547	783	4,625	24,541
Equipment & Resources	-	270	7,902	16	16,400	24,588
Events Costs	-	-	1,690	-	1,704	3,394
Exercise, Classes, Trips & Activities	396	4,077	38,794	8,373	15,121	66,761
Insurance	-	-	6,962	-	-	6,962
Licenses & Subscriptions	-	72	263	-	-	335
Light, Power, Heating	-	1,380	-	-	-	1,380
Marketing & Publicity	-	1,544	5,568	39	2,167	9,320
Office Expense	-	4,728	891	-	1,809	7,428
Pensions Costs	437	2,170	2,597	213	1,258	6,675
Printing, Stationary & Postage	-	-	193	-	-	193
Professional Fee	-	56,068	8,177	-	17,838	82,083
Refreshments	-	38	3,177	2,131	1,890	7,237
Rent & Rates	-	1,632	5,880	2,682	578	10,772
Repairs & Renewal	-	900	475	-	2,075	3,450
Salaries Costs	20,562	102,185	122,263	10,032	55,076	310,118
Telephone & Broadband	-	2,363	5,748	-	41	8,152
Training & Recruitment	-	645	9,635	-	3,030	13,310
Travel - Expense	-	1,108	4,376	580	266	6,329
Uniform	-	-	568	-	106	674
	23,000	**192,834**	**241,564**	**25,000**	**131,379**	**613,777**
Governance costs						
Independent examination and financial statements fee						
	23,000	**192,834**	**241,564**	**25,000**	**131,379**	**613,777**

16(a). ANALYSIS OF TOTAL RESOURCES EXPENDED – Comparative 2023

	General Fund	BCC-community	NHS HEP/CAPD Programme	C&RT	LDP	NNSs's	Grand Total 2023
Bank charges	84	-	-	-	-	-	84
Event Costs	-	5,461	163	46	133	-	5,803
Equipment & Resources	6,661	1,261	4,245	70	11,273	56	23,566
Exercise Classes, trips & activities	2,412	4,422	1,966	-	50,270	3,436	62,506
Insurance	-	-	-	-	9,157	-	9,157
Marketing & Publicity	-	2,329	5,907	-	1,133	253	9,622
Office expenses	519	130	2,210	109	13,854	-	16,822
Professional fees	2,251	60	3,682	-	10,178	-	16,171
Rent and rates	304	630	-	-	192	845	1,971
Salaries & National Insurance	-	467	113,337	-	201,988	37,159	352,951
Sundry expenses	102	-	-	-	59	-	161
Support office costs	191	510	2,692	707	4,384		8,484
Telephone and broadband	-	-	2,628	-	4,830	24	7,482
Training & Recruitment	-	-	4,831	-	3,554		8,385
Travel Expenses	104	-	374	1,235	2,216	-	3,929
	12,628	15,270	142,035	2,167	313,221	41,773	527,094
Governance costs							
Independent examination and financial statements fee		-	-	-	2,040	-	2,040
	12,627	15,270	142,035	2,167	315,260	41,772	529,134

17. ASSETS FUNDED BY RESTRICTED FUNDS

	Represented by fixed assets	Represented by current assets & liabilities	Total as at 31 Mar 2024
	£	£	£
Restricted Funds	-	28,775	28,775
Un Restricted Funds	11,567	42,708	54,275
RESTRICTED FUND	**11,567**	**71,483**	**83,050**

18. RELATED PARTY TRANSACTIONS & TRUSTEES' REMUNERATION

No members of the management committee received any remuneration during the year. Travel costs amounting to £Nil (2023 - Nil) were reimbursed to members of the management committee.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered by the charity during the year (2023 - Nil).

During the year no payment or reimbursement of out-of-pocket expenses were made to trustees or third parties for expenses incurred by trustees (2023 - Nil).

sähëli hub

Minutes of the Sähëlï Hub annual general meeting (AGM) 2022–2023

Sähëlï Hub
Charity no. 1153202
Company limited by guarantee no: 08373929

Held on: 14 December 2023
Held at: Calthorpe Wellbeing Hub, 257 Edward Road, Balsall Heath, Birmingham, B12 9LF
Meeting opened at 19:00

Chair: Sayqa Arif

Present

Attendance:	45 women
Chair:	Sayqa Arif (CSA)
Trustee:	Sahida Bawhab (SB)
Trustee:	Ruphsana Nahar-Qayyum (RNQ)
Trustee:	Farhat Shaheen (FH)
CEO:	Naseem Akhtar (NA)
Guest:	Nadia Khan (NK) - (online, presentation of accounts)
Minutes:	Haseena Aktar

1. Welcome

1.1 Welcome and Introduction

- CSA introduced herself as the newly appointed Chair of Sähëlï Hub, succeeding Nazreen Bi.

1.2 Acknowledgments

- CSA expressed gratitude to Nazreen Bi for her 16 years of service, dedication, and support to the Sähëlï Hub team.
- Recognised Nazreen's pivotal role in developing Sähëlï Hub into a leading community organisation addressing diverse needs across Birmingham.

1.3 Transition of trustees

- Trustee officially stepped down.
- CSA invited NA (CEO) to chair the remainder of the meeting and deliver a report on Sähëlï Hub's achievements during 2023-2024.

2. Discussion points

2.1 Thanks

- NA thanked the CSA for her support over the year and chaired the rest of the meeting.

2.2 Minutes

- NA presented the minutes of the last AGM. The AGM minutes were approved as a true reflection of the meeting by A. Choudhry and seconded by F. Hussain.

2.3 Introduction and acknowledgements

- NA thanked attendees for their time and contributions.
- Highlighted Annual Report featuring women from Sähëlï Hub who volunteered at the 2022 Commonwealth Games (CWG2022). A total of 20 volunteered for the Games.
- Acknowledged the privilege of Sähëlï Hub staff as baton bearers and a Hometown Hero honour, emphasising community representation.

2.4 Activities and achievements

- ARCC and Ward End Park: Continued as vital sites for health and physical activity programs, including partnerships with GPs and Clarion Futures.
- CAPD Program: Success in supporting culturally tailored diabetes prevention, with 65% engagement surpassing national averages.
- TRY-ATHON!: Adapted triathlon event promoting accessibility for all abilities.

2.5 Acknowledgments and partnerships

- Thanked all the Sähëlï Hub funders individually for 2022 to 2023.
- NHS Health Inequalities Programme team, local GPs and the Integrated Care Board for collaboration in developing the CAPD programme.
- Special Mention: Usman's contribution to men's and family programs, cycling sessions, and as a newly qualified instructor.

2.6 Program growth and success stories

- Water Activities: Increased participation in bell boating and kayaking, supported by Canal and River Trust and local events like Nowka Bais.
- Cycling: Expansion through grants for trikes and equipment, mountain biking sessions, and e-bike rides in London.

2.7 Share Shack initiative

- Successful implementation at Calthorpe Hub to loan items through the LDP and TAWS offering social/arts classes and English language lessons for women.

2.8 Partnership with England Squash

- Women's squash programs adapted to community needs, with participants engaging at Edgbaston Priory Club.

2.9 International representation

- NA attended the IWG Conference in New Zealand, sharing insights for women in sports, with plans for the 2026 IWG conference in Birmingham.

2.10 AGM report approval

Annual report 2022-2023 was approved by: R. Mashedi and seconded by R. Halim.

2.11 Actions required

- Annual Report Distribution: Share finalised report with all stakeholders.
- Programme expansion:
  - » Explore opportunities to scale CAPD and TRY-ATHON! programs.
  - » Continue to secure long-term partnerships for sustainability.
- IWG 2026 Preparations: Initiate volunteer engagement for the 2026 conference.

3. Finance report

3.1 Annual accounts report

- Nadia Khan (NK) Independent Examiner of the Sähëlï Hub Accounts joined the AGM via Teams to present the Annual Accounts Report for the financial year 2022–2023 AGM.
- Key highlights:
  - » Sähëlï Hub received increased funding from sources including LDP, Clarion Futures, NHS (HEP/CAPD), and, resulting in a higher budget this year.
  - » Unrestricted funds saw a notable rise, supporting Sähëlï Hub's future preparedness.
  - » Financial figures almost doubled due to the dedicated efforts of the CEO and the team.
- NK confirmed no concerns or issues in the financial examination that required attention.

3.2 Approval of accounts

- The Annual Accounts Report was formally approved by: W. Mullah and A. Choudhry.

4. Acknowledgments

- NA's reflection:
  - » Expressed gratitude to Shebina Gill for her years of service, helping Sähëlï Hub grow from a community group to a thriving charity.
  - » NA emphasised the importance of supporting empowerment, even when it means saying goodbye to key team members.

5. Elections and goodbyes

The elections to the Sähëlï Hub trustees board were held and the results were:

Chair: Sayqa Arif
Trustee: Sahida Bawhab
Trustee: Ruphsana Nahar Qayyum
Treasurer: Farhat Shaheen

There were 2 places available for next year's board.

The Chair Sayqa Arif thanked Shebina Gill for 17 years of service to Sähëlï Hub and said how much she valued and appreciated her work over the many years she dedicated to the community and the Sähëlï Hub Team and wished her all the best for the future.

Sähëlï Hub AGM closed at 20:30

Signed: S. Arif (Chair) Date: 22.01.25

Signed: (Trustee) Date: 22.01.25

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Sähëlï Hub is a friend dedicated to improving community health and wellbeing by providing innovative services and solutions that educates, motivates, inspires and empowers.

Calthorpe Wellbeing Hub
257 Edward Road
Balsall Heath
Birmingham
B12 9LF
0121 446 6137
info@sähëlï.co.uk
www.sähëlï.co.uk

A big thank you to our funders, partners and supporters in 2023-24, including...

SAHELI HUB

England & Wales - Charity number 1153202

Accounts

säheli hub

Charity registration no. 1153202
Company registration no. 08373929

ANNUAL REPORT & FINANCIAL STATEMENTS 2022-2023

sähëli hub

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The Sähëlï Hub team

Naseem Akhtar
Rakhyia Begum
Sultana Begum
Farzana Bl
Sabrin Bi
Shaafia Bi
Kate Corbett
Maisie Dill
Carolle Forde Garcia
Shebina Gill
Monika Gongotra
Norma Green
Melissa Howitt
Fozia Kauser
Judith Kearns
Perveen Khan
Usman Khan
Asia Khatoon
Ambreen Majid
Hemlata Patel
Yazmin Saleh
Shaila Sharif
Elisangela Silveria
Tyra Watson

From Commonwealth Games to community health

Chair's report, by Nazreen Bi

What a year of sport we had here in Birmingham! The Commonwealth Games 2022 breezed in on the 28 July 2022. It was Birmingham's first time and England's third time hosting these 11 days of sporting excellence from across the Commonwealth. There was a new found sense of pride in our city for us as citizens and across all communities.

It was great to see more female athletes competing for medals than men. The introduction of the women's T20 cricket for the first time contributed to a total of 136 medal events for women, as opposed to 134 for men.

The Sähëlï Hub team worked hard to ensure many of our participants got the chance to be part of the 13,000 volunteers, known as The Collective, so there was a real reflection of our city and our communities to welcome visitors from across the Commonwealth.

Our CEO Naseem Akhtar – BEM, Home Town Hero – and Cycling Coordinator, Shaafia Bi, were Baton Bearers as part of the Queen's Baton relay. This was a 294 day relay across the 72 nations and territories of the Commonwealth, bringing the baton back home to Birmingham, where it had been specially created by West Midlands designers and technologists. We are really proud of playing our part in the Commonwealth Games 2022 and look forward to how the legacy of the games reaches all our communities in the city.

This was also an exciting year in which we opened our new hub in B8, thanks to the Clarion Futures team. Our second site is in Alum Rock – Alum Rock Community Centre, fondly referred to as ARCC. Cllr Sharon Thompson (then Cabinet Member for Housing & Homelessness, now Deputy Leader at Birmingham City Council) and Clarion Housing Group's Chief Executive, Clare Miller, came to cut the ribbon at the launch. ARCC is now a community wellbeing hub for all, in Alum Rock.

This year we continued with our busy indoor and outdoor programmes, building on the success of last year. We hosted some important visitors, who came to see the Sähëlï Way in prevention and delivery. I would like to thank Adam Tranter, the West Midlands Cycling & Walking Commissioner, who came to visit Calthorpe to learn how cycling can change a community.

I'd also like to thank the NHS Birmingham and Solihull Integrated Care Board's Health Inequalities Programme Team who – alongside GPs based in the east of the city and Washwood Heath Primary Care Network (PCN) – have been working with our team on our Culturally Appropriate Prevention of Diabetes programme (CAPD). This is a real partnership, educating and supporting patients with a threefold approach for our communities:

- A bespoke, culturally specific programme of dietary education
- A wide range of physical activities to suit all abilities
- A 'Know Your Numbers' system, which empowers patients to manage their own long-term health by understanding how those numbers can lead to poor quality of life and long-term health.

Sähëlï Hub indoor and outdoor programmes have grown again. The Balsall Heath TRY-ATHON 2022 was a great hit, with over 150 women taking part in activities and sessions.

Finally, but most importantly, I want to thank the Sähëlï Hub team, our funders and especially my fellow trustees, who work hard every year to grow Sähëlï Hub and its programmes, ensuring that we reach even more women and communities and help them to get active and stay active!

Achievements and performance

Doing things the right way: 'the Sähëlï Way'

Report from Naseem Akhtar BEM, CEO

At Sähëlï Hub, our winning formula is to deliver...

- In the **right way**
- At the **right time**
- With the **right instructors**
- In the **right place**
- In a **fun** way

... and to do this **always** - it's the Sähëlï Way.

This isn't easy but, because we have over two decades of experience and we are embedded in our community, we can and do make it look easy! Behind the scenes, a lot of hard work goes into each and every activity, session and event we deliver.

Our key priorities this year were...

- **Doing things differently post-COVID** – setting a standard for others to follow, by refocussing our work on building sustainable funding and partnerships and embedding programmes that help change the communities where we live and work
- **Avoiding running short-term and one off projects** or funding that is driven only by attendance and numbers and has no impact over the long term
- **Developing new ways to tackle the long-term inequality** – health, wellbeing, physical, mental, social and educational – we face in our city, as we work with funders, commissioners, partners and national governing bodies
- **Basing delivery on our full cost recovery model** to ensure we develop skills and capacity within the team and the community, so we can build security for the organisation and the communities we serve
- **Working with others** to create long-term system change.

A new centre and new services in East Birmingham

by Rakhyia Begum, Lifestyle Coach, CAPD

Sähëlï Hub started offering services at our newest site, ARCC, in July 2022. Thanks to Clarion Futures the Sähëlï Hub team now has a home in B8. This allows us to work even more closely with a community we've long been committed to supporting.

With the launch of our CAPD pilot program in September 2022, Sähëlï Hub began working with referred patients across Washwood Heath and Birmingham East Central PCNs. Our CAPD team uses its own 'Know Your Numbers' tool, which provides personalised data on body mass index, body fat, muscle and a range of other health indicators. We combine this with a culturally tailored programme of physical activity, education and advice.

Patients at risk of developing diabetes were referred by GPs. We then built a specialist relationship in which patients engaged in physical activity and a bite sized programme of 13 topics including diet, carbohydrates, sleep, stress and hormones – factors which can contribute to a diabetes diagnosis, resulting in a lifelong need for medication if not addressed.

Patients came away from their initial assessment with valuable knowledge and personalised care plans, motivating them to start on their journey to turn around their health indicator numbers and change the trajectory of their own health. Successful interventions can prevent the onset of diabetes. GPs referred 442 patients and we engaged with 328. Our experience has demonstrated that, whilst it is difficult to make and maintain lifestyle changes it can be done with continuous support and guidance – the Sähëlï Way!

Building community connections

In April 2023, we held a community family fun day at ARCC, celebrating the local estate around ARCC and enabling local people to meet the Sähëlï Hub team. Our partners from Clarion Futures were delighted with the success of the event – they had not had so many local people come to ARCC in a very long time! Local families not only enjoyed all the activities on offer, but also took away valuable information on the CAPD program to share at home and to take back to their GPs.

With the support from the NHS Health Inequalities Programme team, local PCNs and GPs and Clarion Futures, we're delighted that we've been able to continue the CAPD program at ARCC.

Successful, rewarding partnerships

If I was to summarise the year in one word it would be 'partnerships'. We are building more and more partnerships supporting long-term programmes of activities and sport that help participants to get and remain active.

Our work this year has helped us to recognise our place in the system – how we are real leaders in our field, not just in Birmingham but countrywide. As an organisation used to stretching and supporting everyone we can, we now really want to focus on how we change a system that has always 'done to us' rather than supported, developed or grown us. We are building a foundation that is strong and has capacity to lead as well as to deliver.

Over two decades, Sähëlï Hub has worked to challenge the stereotypes of our communities, our areas and especially of women. We now have a successful model which operates in over eight neighbourhoods. We are working towards becoming a systems partner, thinking and advocating strategically, as well as delivering locally. This year, we finally came to the forefront and were recognised as an organisation which is an exemplar of how to engage, support and tackle inequality and participation in health, physical activity and sport.

The Sähëlï Hub team has really grown over the last year, delivering for the first time in Yardley, Sheldon and Weoley Castle. Thanks to Usman Khan, who joined our team in 2020, and the support of Hall Green, Hodge Hill and Yardley Neighbourhood Network Schemes, we now have a men's programme being delivered across even more diverse neighbourhoods.

We are building real partnerships, particularly across the East of Birmingham, through the NHS Health Inequalities Programme, Birmingham and Solihull Integrated Care System team and Washwood Heath Primary Care Network (PCN). We are now supporting patients referred by 14 GPs through our Culturally Appropriate Prevention of Diabetes Programme (CAPD), our lifestyle coaching and our social prescribing partnership.

A special mention for Jamil Ahmad from the Gate Medical Centre, Dr Saqib Mughal of Alpha Medical Practice and all the other GPs who have participated. I'd also like to thank Suneel Nadella, Practice Manager, for his support at Yardley Green Medical Centre, where we opened up the referral process to create a second pathway to ensure we could support as many patients in one year as possible.

Our CAPD pilot programme tackled pre-diabetes by enabling individuals to gain knowledge, learn about their own health and get involved in physical activity. This support is bespoke and individual, but delivered in group settings that are local, accessible and culturally appropriate. We are constantly reshaping and refining the programme to make sure it works for the community.

We have developed more outdoor programmes, including rolling out our Ward End Park cycling model in Calthorpe Park and Handsworth Park. We have also developed an exciting partnership with Brompton, manufacturers of high quality bicycles, which will open access to every day cycling for our participants in 2023/24.

Our partnership with Andy Train, the Canal & River Trust and Birmingham City Council has grown from strength to strength. Sähëlï Hub is now established as one of seven

hubs across the city supporting and delivering bell-boating, kayaking and paddle boarding at Port Loop – ensuring access for all our participants across all our sites.

In April we hosted the Mayor's walking and cycling commissioner, Adam Tranter, as he came to see how Sähëlï Hub operates its cycling and walking programme across our sites. Adam met over 50 women who came to share their learn to ride a bike journeys with him. Adam met Chrissy, our living legend, who learnt to ride a bike at 83 years young. Not being able to ride with her grandchildren spurred Chrissy to learn how to ride a bike with Sähëlï Hub. She's since completed our TRY-ATHON (sampling cycling, swimming and running) and started to go out on led rides in the street. There's no stopping Chrissy!

We're making waves on the waterways

In May, we restarted our bell-boating and kayaking sessions, working with former Olympic canoeist, Andy Train, the Birmingham Community Paddle Sports Project, the Canal & River Trust and British Canoeing. This year we reached over 400 participants with weekend and mid-week sessions and we are training three future helms and kayak leads, so we can support regular sessions going forward at Port Loop – or as we now call it, the Sähëlï Water Hub!

Our fourth Nowka Bais win in a row!

This year, not only did we win the Nowka Bais boat race for the fourth time in a row, we supported the first ever Women's Regatta, at Star City. Well done to Andy Train, Johur Ali, Ali Aur Rehman and the Canal & River Trust team (Taz Parvaz, Amat Seed and Gavin Passmore) and especially our volunteer Haseena, who managed to get four teams into the Regatta, out of a total 17 women's teams competing. What a great show by the women in Birmingham! Money raised supported cataract operations in Bangladesh. When we first started, getting three teams of women to bell-boat always proved difficult! To get 17 just shows how we've broken down barriers and showed others that anyone can bell-boat. The Sähëlï 'Peaky Blinders' team won best dressed at the regatta. Go girls!

The Commonwealth Games 2023

As a Commonwealth Games Hometown Hero, I had the pleasure of spending time with my fellow Hometown Heroes, from being filmed for the Home Town Hero video to attending events like the Birmingham Military Tattoo.

We worked with the Commonwealth Games team to enable our participants to volunteer, ensuring our communities – especially women from diverse backgrounds – were represented in the Commonwealth Collective. Representation is really important for Sähëlï Hub, we will always fly that flag. Many of the women (and a few of the men) participated in training, achieving qualifications in stewarding and volunteering which they'll be able to use to support other major events. I really enjoyed being a volunteer at the games and supporting so many visitors to the city.

Late one night, after a shift, Linford Christie joined us on a bus back into the city centre. We shared stories of growing up as second-generation ethnic minorities in the UK. Many of our volunteers were able to do shifts together and we now have wonderful shared memories and experiences that we'll be able to talk to our grandchildren about.

Making bell-boating and kayaking accessible to all

by former Olympic canoeist, Andy Train

Based on population density and access to waterways, Birmingham should be the capital of paddle-sport ... it should be thriving. And yet, for decades, paddle sport has turned its back on Birmingham's canals.

In partnership with community groups across seven new paddling hubs, Sähëli Hub is rapidly changing this! Building on last year's success, introducing hundreds of people to the city's waterways using bell-boats (twin-hulled team canoes), in 2023 we have greatly increased opportunities by including kayaking as well.

We provide regular paddle sport activity at Port Loop – improving general wellbeing and physical fitness for people across our communities. We are an affiliated club with British Canoeing, with three qualified bell-boat helms, two of whom are also qualified paddle sport instructors and can call on others, from different hubs, to assist. We have acquired a fleet of kayaks and have access to two new bell-boats – funded as part of the HAF programme.

From May to August, we ran monthly 'come and try' sessions, attracting around 50 participants each month. We also ran Canal & River Trust funded bell-boat sessions, with hundreds of participants. In September and October, we increased to two days each month, each day consisting of four 90 minute sessions with 30 spaces each: a total of 480 spaces.

We are now close to having our own container for kayak and equipment storage at Port Loop which will go a long way to achieving our ambition of a paddle club *for* the community run *by* the community.

Shaafia and I were lucky enough to be selected as Baton Bearers for the Games. This was such an honour and a once in a life time opportunity. I was passed the baton by two other Hometown Heroes – Salma Bi and Jeevan Chagger. I carried the Baton through Small Heath Park and helped it on its journey into the stadium.

On the opening night, we Hometown Heroes had the best seats in the house, up close to the performers in the stadium ground and that brilliant opening ceremony! I will never forget the build-up, the countdown, the amazing performances and, of course, when the Bull came into the stadium. As a 'Durani' during my school days, that was the icing on the cake! I hope the buzz from the Commonwealth Games remains a warm glow and that we are here to help support the legacy for our city and region, getting more of the community active and playing sport.

Moving up a gear on our bikes (and campaigns)

On 28 June, the Sähëlï Hub Cycling team took part in the Parliamentary bike ride in London. We were given some Tier e-bikes – electric bikes, which were a first for all the team.

The ride started from the Dutch Church, in Austin Friars, where the Dutch Ambassador and the Active Travel Minister, Trudy Harrison MP, spoke about why cycling needs to be safe, easy and open to all – and should be seen as the way to travel and commute in all major cities in the UK.

We all then got on our bikes for a 2.7 mile ride through central London – seeing all the sights up close, with the wind on our helmets!

Arriving at Prince Philip House, I joined a panel alongside Georgia Laxley from Tier, Anette Bennett from Joy Riders and Chris Boardman, Chair of Sport England and National Commissioner.

I was the last to speak and talked about the Sähëlï Way in cycling and the Sähëlï Cycling Club, challenging the way cycling is commissioned and delivered. I highlighted our experience – as one of many community organisations delivering with the grassroots communities – of how the funding is often short term, paid at hourly rates and not the secure long-term funding needed to cover salaries, and the other major costs necessary to enable sustainable support to our communities. I flagged up how some big organisations secure funding and then commission groups like ours, at a lower cost, to deliver the harder to reach outputs and outcomes on their behalf.

I explained how training, development and qualifications – and over-reliance on volunteers to continue delivering for free – keep communities of need drained of skills and qualified staff to embed cycling in their neighbourhoods. To make cycling an embedded activity in the long term, we need long-term funding, so we can make active travel open to all.

We made some really good connections through the event that have proved so important for the development of cycling for Sähëlï Hub. We were visited by Julian Scriven, managing director of Brompton, who make high quality folding and electric bikes. This will be a really important partnership that will put Sähëlï Hub on the cycling map! There's more to follow in 2023-24 – watch this space.

We had a visit from Danny Williams, CEO of Active Travel England, who was interested in how active travel should work for communities like ours in Alum Rock, Balsall Heath, Washwood Heath, Ward End, Handsworth, Yardley, etc.

Remembering Sabbah Wasim

In May, we held a 5K walk event in Cannon Hill Park to celebrate the life of Sabbah Wasim – our former treasurer, founding trustee and dedicated volunteer for 21 years – who sadly died of pulmonary hypertension in 2021. We raised over £2,000 for the Pulmonary Hypertension Association in Sabbah's memory.

Sähëlï Hub pedal power is making cycling accessible

by Shaafia Bi, Cycling Coordinator and Shaila Sharif, Cycling Instructor

Sähëlï Cycling Club continues to provide cycling sessions, for men and women at all levels, at our sites across Birmingham.

These sites include Calthorpe Park, Ward End Park, Sheldon Country Park and Handsworth Park. The sessions are tailor-made to suit all abilities, but our focus continues to be in providing opportunities to women and men who have never learnt how to ride a bike before.

Funding from the Neighbourhood Network Schemes has supported the development of the cycling programme and focused a lot of our delivery in Ward End for the over 50s. Birmingham Airport Fund awarded us a small grant to purchase another two trikes and other equipment, enabling us to further our mission to break down barriers to participation – making cycling accessible to all.

Our team of instructors and ride leaders has grown, as we made a concerted effort to train people from within the communities we serve to take on these roles. We would like to welcome our newest Sähëlï Ride Leaders to the team: Haseena Aktar, Shamim Akhtar, Nadiya Ali, Asma Parveen and Saiqa Hussain. Our colleague, Usman Khan, has completed his cycling instructor course and is empowering more men to get on the bike.

In June, we organised a bike ride to celebrate the life of our late friend and colleague Saima Ahmed, who sadly passed away during the year. The ride was well attended and ended with a bring and share picnic to which her family were also invited.

2022-23 was a pioneering year for Sähëlï Cycling Club

After joining the annual parliamentary bike ride in London, we partnered TIER – a leading European micro-mobility provider whose mission is to provide sustainable electric modes of transport.

August marked the return of our annual Peak District trip and for the first time in the trip's history the weather held up too!

In October, we offered mountain biking sessions in partnership with British Cycling, taking a number of groups of women to Cannock Chase, the vast majority of whom had never been mountain biking before. Instructor, Matt Blythe, was incredibly knowledgeable and approachable, making the experience thoroughly enjoyable.

Queen's Garden Party

I attended the Queen's Garden Party at Buckingham Palace in June, marking the award of my BEM in 2019. The event had been delayed due to COVID restrictions.

Bringing the Sähëlï Way to Alum Rock

In July, we were given access one day a week to our new site: Alum Rock Community Centre – or ARCC, as we fondly call it. We want to thank Clarion Futures, who have placed their trust in us and we are working hard to turn ARCC into a local health and wellbeing site for the local and wider community of Alum Rock. This is so exciting for us as we have always wanted a place to call home in B8.

For our official launch in November, Clarion Housing Group CEO, Clare Miller, and Cllr Sharon Thompson, then Birmingham City Council Cabinet Member for Housing (now Deputy Leader), came to cut the ribbon to officially open the site. We have already secured a commission for our Culturally Appropriate Prevention of Diabetes (CAPD) programme, commissioned by NHS Birmingham and Solihull, which is transforming the site into a busy community health facility.

The return of TRY-ATHON

In August, thanks to Birmingham City Council's Celebrating Communities funding, our TRY-ATHON returned to Calthorpe Park. Women had the opportunity to try running (or jogging or walking), cycling and swimming, and a range of other sports. A 5K walk, jog or run was followed by learn to ride, ride round the park or a five mile led ride on the Rea Valley Cycle Route, then finally a swim at Moseley Road Baths, choosing from a splash session, aquarobics or lane swimming.

Those completing all three activities received a goody bag, t-shirt and medal. Many thanks to England Squash and Archery GB – our partnership led to exciting TRY-IT sessions. Over 200 participants took part. As a team we know we could grow this into a Sähëlï Sportsfest.

International Working Group on Women & Sport

In November, I attended the ceremony for the International Working Group on Women & Sport (IWG) Secretariat, as New Zealand handed over the Secretariat to Birmingham. The IWG is the world's largest network dedicated to advancing gender equity and equality in sport, physical education and physical activity. It is fully aligned to the 17 United Nations Sustainable Development Goals.

Established in 1994, the IWG advocates and runs programmes globally year-round. It developed, and remains guardian of, the Brighton Plus Helsinki 2014 Declaration, which now has the commitment of nearly 600 signatories worldwide.

In September 2021, the IWG launched a world first Insight Hub – an interactive collection of research, case studies, toolkits and news contributed from all over the world. The 'mother' Hakka, performed by the Maori delegation at the celebration, was beautiful to listen to and watch. This really touched me, having lost my mother recently, like many of us bearing grief during the COVID period, and I will confess to a tear in the eye.

I was lucky enough to be selected as one of three to go to Auckland, New Zealand to attend the IWG conference, with officers from IWG secretariat, Sport England, Sport and Recreation Alliance, UK Sport and Sport Wales. It was such a learning experience. A key point for me was the way the indigenous Maori culture was woven through the whole of the conference and celebrated by all.

There were many workshops that I attended, but my highlights were:

- Women and equality – what equality meant in coverage, focus and highlighting women's sport, events and competitions
- The potential growth of women's sports sponsorship, social media, the trends
- Health and wellbeing of athletes and participants
- Creating safe environments in sport for women and youth
- ...and, of course, ensuring women have a seat at the decision-making table and set their own agendas.

It was a real highlight to see over 1,300 delegates attending from all over the world. The IWG holds a conference every four years and the next one will be in Birmingham in 2026. Sähëlï Hub will be working hard to play its part in hosting women from all over the world and showcasing all that we do.

Building up community spirit at the Share Shack

by Elisangela Melo Silveira, Share Shack Manager

Sähëlï Hub's Share Shack, at Calthorpe Wellbeing Centre, was a great experience for me as a manager.

It helped Sähëlï Hub to get to know the community we work with better – a community that has a giving heart and creative people who like to share their time, opening their hearts and listening to each other.

In addition to lending vital and often expensive items to the community, we have also developed a brilliant program of activities. I was able to teach arts and crafts, often with the contribution of other projects. We had sessions on body awareness, showing the importance of studying ourselves. We sewed, had English classes with Judy, games room with Tyra, rehearsals for flash mob, plus many meetings, visitors and other activities. I'd like to thanks Naseem and Shebina for this opportunity!

Demonstrating that squash is for everyone

by Asma Ajaz-Ali, Community Engagement Manager, England Squash

For England Squash, partnership with Sāhēlī Hub has been a huge privilege. The collaboration has seen many women take part in squash, many for the first time.

We know that squash brings lots of benefits, but it's often thought of as a sport that is difficult, dangerous, and elitist. Through this partnership with Sāhēlī Hub, as a locally trusted organisation, we have listened to the community to introduce squash and have challenged these perceptions – proving that squash is for everyone.

We started by taking the rebound walls to Sāhēlī Hub for people to try the sport. Interest grew and one of the standout achievements since has been the establishment of regular squash sessions for Sāhēlī Hub members at Edgbaston Priory Club. We trained and mentored a member of the Sāhēlī Hub team, who now delivers these regular sessions, with 10-18 women taking part weekly. This collaboration not only enhanced the skills and expertise of the Sāhēlī Hub team, but also fostered a sense of empowerment.

As Community Engagement Manager at England Squash, my goal has always been to ensure the sustainability of these sessions. Working with the Sāhēlī Hub community, together we have empowered and supported more women to improve their health and well-being through squash – whether that's getting some more movement into their day by hitting a ball against the wall, or joining the sessions at local squash venues.

Speaking up on health inequalities

In December, I spoke at the Birmingham Race Impact Group, Birmingham Solihull Integrated Care System Health Summit – 'The Past, Present and Future'. There was an inspiring platform of speakers, with great projects that are helping to tackle long-term health inequalities, specifically for Black and ethnically diverse communities in Birmingham.

I spoke about our Culturally Appropriate Prevention of Diabetes (CAPD) programme, which is helping to tackle inequalities related to diabetes in East Birmingham. Retrofit Balsall Heath, an initiative on our home patch in Balsall Heath, featured as an example of sustainable change that can future proof our homes.

The summit highlighted the life and death overlap between race, poverty and inequality. There is stark evidence for health inequalities affecting BAME communities:

- Life expectancy is up to 10 years lower
- Lower healthy life rates, with illness more likely to blight later years
- Higher rates of preventable disease
- Higher rates of Type 2 diabetes
- Higher rates of mental health interventions
- Black women are four times more likely to die in childbirth, or soon after, than white women; Pakistani women are twice as likely
- Higher rates of infant mortality.

The NHS Integrated Care Board (ICB) had drawn up 17 detailed pledges to tackle the issues – so it could be held accountable annually for its record. David Melbourne, ICB Chief Executive, said closing the gap was a major priority. "I feel a real responsibility to make sure that our citizens and patients are not excluded, that they're not marginalised."

And so much more...

The myriad of other organisations and initiatives I engaged with included:

- Sustrans, to investigate the development a cycling programme
- The All Wales Coaching Network
- The Local Government Association and Sport England Leadership Essentials Councillor and Officers programme
- A workshop for the This Girl Can launch event at Aston Pavilion
- Being a representative member of the Locality Health and Wellbeing Board.

There is so much that we deliver at Sähëlï Hub, by building partnerships over the long term, so we can support our communities to make a dent in endemic health and life inequalities that need to be tackled the Sähëlï Way – making it open, accessible to all, progressive and fun.

I would like to thank...

The Sähëlï Hub trustees; all of our funders; Sport England – Adam Rigarlsford and Richard Lockwood; Active Communities and the team – Susie Drummond, Faeeza Zaid and Rob Nertherway; The Active Wellbeing Society – Karen Creavin; NHS Birmingham and Solihull Integrated Care Board's Health Inequalities Programme team – Salma Yaqoob, Lorrenda Waite; the Clarion Futures team – Sarah Manley, Gavin Shurvington; Our CAPD partners including Birmingham East Central PCN – Suneel Nadella, Omnia Practice – Stephen O'Halloran, Alpha Medical Practice – Dr Mughal, Gate Medical Practice – Jamil Ahmad, Washwood Heath PCN – Venu Chaparala; Adam Tranter; Brompton – Julian Scrivens; England Squash – Asma Ijaz Ali, Archery GB – Gayle Pink and Jamilla Bi; the Home Town Heroes; Canal & River Trust; Ian Edwards ... and last but not least our amazing Services Manager, Shebina Gill, and the fantastic Sähëlï Hub team.

Working with men and mixed groups – 'the Sähëlï Way'

by Usman Khan, Health & Wellbeing Club Coordinator

During the year, funding from Hodge Hill, Hall Green and Yardley Neighbourhood Network Schemes helped us engage with more men and women aged 50 plus – reducing loneliness and isolation, as well as improving physical and mental health.

Working with partners throughout East Birmingham helped us to maximise the number of people we could reach. Over 450 men and women aged 50 plus – from areas including Yardley, Alum Rock, Balsall Heath, Small Heath, Sparkbrook and Stechford – joined our activities.

We delivered and facilitated a really broad range of activities, including:

- Multi sport sessions
- Exercise classes
- Indoor bowls
- Tai Chi
- Drumming
- Yoga
- Cycling
- Swimming.

We held workshops including healthy eating, diabetes awareness, emergency first aid and even music.

Our enjoyable trips included bell-boating on the canals, scenic walks at various locations and a tour of the Midlands Arts Centre.

It's all about community spirit!

Report from Shebina Gill, Sähëlï Hub Manager

I'm writing my final annual report for Sähëlï Hub and my heart is smiling with the joy the work has provided me since 2006.

Each day I have been privileged to serve a great social enterprise and charity, a wonderful team and community and I am sure our participants have left their Sähëlï Hub activities with warmth, connection and improved confidence in their abilities. I know that whoever will replace me and take this wonderful opportunity will be very fortunate to have a committed and dedicated team. I wish them great happiness and success in creating growth across our city of Birmingham.

To *be inspired* by the community spirit

In March, Maisie Dill, who has worked with us for 15 years, retired at 80 years of age. We have been so fortunate to have such a beautiful soul work in our team and she will be forever part of the family. Thank you Maisie for your service and community spirit. We have learnt so much from you and you are truly inspirational.

To *share* the community spirit

Every week this year we have been showered with gifts from Surplus Share. Bags of bread, bunches of flowers, fruit and vegetables – all shared and delivered by Tasmina Haq, who volunteers her time with a smile! Being able to offer people this gift when they come to take part in their chosen Sähëlï Hub activity has been welcomed. We all thank Tasmina and Surplus Share Project for giving their time.

To *celebrate* the community spirit

In July, we held a community event with our partner Flatpack, offering the Balsall Heath Film Festival. This event shared live music, talent, poetry, dancing, arts and crafts stalls and film.

It was a great opportunity to launch the opening of the Share Shack with our funder, Sport England – Active Communities Project and partner The Active Wellbeing Society.

Share Shack is a library of things to do and to borrow and somewhere to share laughter, friendship and many educational opportunities.

To *grow* the community spirit

Throughout the year we worked with local partner, Fruit & Nut Village, supporting communities to get involved in growing, bud crafting, tree planting, providing community flower beds and planting fruit trees near the Calthorpe Wellbeing Hub. Thank you to Dan Burwood and Rob Tilling for supporting our growth in Balsall Heath.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

Key statistics

April 2022 to March 2023[1]

Holistic Interventions project

- 6,594 total attendances
- 1,289 unique participants
- 70% were women
- 76% were from BAME communities
- 72% were from IMD quintiles 1 and 2[2]
- Learn to ride/ led rides were the most popular activities with a combined total of 2,291 attendances (35% of total throughput)
- Calthorpe Wellbeing Hub was the most popular venue with 3,161 attendances (48% of total throughput).

Cycling Club*

- 138 unique participants
- 1,076 learn to ride attendances
- 70 park riding attendances
- 70% were aged 50-84 years; 30% were aged 18-49 years.

* excluding Ward End Park Sunday rides

Health & Wellbeing Club

- 400+ unique participants aged 50 years plus
- 75% were men
- Participants came from 20 post codes.

Boating

- 415 unique participants.

S. Arif
SAYQA ARIF
12.12.23

1. Figures are throughput for all sessions. Percentages may not equal 100 due to rounding. 2. IMD stands for Index of Multiple Deprivation, the official measure of relative deprivation for small areas (neighbourhoods) in England. It encompasses measures of: income deprivation; employment deprivation; education, skills and training deprivation; health deprivation and disability; crime; barriers to housing and services; living environment deprivation. Quintiles 1 and 2 include the most deprived areas of the country.

sähëli hub

Financial statements

for the period ended 31 March 2023

Trustees' annual report

Year ended 31 March 2023

The trustees present their report and the financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name:	Sähëlï Hub
Company registration number:	08373929
Charity registration number:	1153202
Principal office:	110 Edward Road, Balsall Heath, Birmingham B12 9LS

The trustees

The trustees who served the charity during the period were as follows:
Nazreen Bi (Chair)
Sahida Bawhab
Ruphsana Nahar Qayyum
Sayqa Arif
Farhat Shaheen

Independent examiner

MNSK Chartered Accountants, 206 Robin Hood Lane, Hall Green, Birmingham B28 0LG

Bankers

Lloyds Bank PLC, 32-34 Alcester Road South, Kings Heath, Birmingham B14 7PU

Structure, governance and management

Sähëlï Hub operates under a memorandum and articles incorporated 24/01/2013 as amended by special resolution(s) dated 06/10/2015 and has been registered as a charity since 02 August 2013. Trustees are elected every year and are persons of suitable background, who have understanding of the work undertaken by the charity and are supportive of its aims and objectives.

Recruitment of new trustees is primarily through encouraging service users who show an interest in supporting the development of the organisation becoming members of the charity and inviting women with skills to support the growth and development of Sähëlï Hub. Sähëlï Hub's Articles of Association allow for the appointment of between three and ten trustees, drawn from amongst the members of the charity. To be eligible for appointment as a trustee, the person must have attended at least six Directors' meetings since the previous annual general meeting. Election to the post takes place at the annual general meeting where up to seven members may be appointed

from amongst the membership and up to two may be appointed by the trustees. Support and training are offered to new trustees. No outside or related body is entitled to appoint trustees. The trustees agree to meet quarterly, as a minimum, in order to take responsibility for the direction and policy of the charity. The trustees are acting as Custodians of assets or managing any properties.

Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and regulations and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and accounting estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Objectives and activities

The objectives of the charity are to promote the benefits of friendship and co-operation between women in the Birmingham area with specific aims of promoting social welfare and improving personal wellbeing and living conditions. The means of achieving these overall objectives include:

- Provision of a Commissioned Exercise Referral Program
- Support and provision of recreation and leisure activities
- Provision of adventure schemes for younger women
- Cultural awareness and inclusion activities
- Training to enable women to be more involved in making personal choices and be more involved in the decision making processes within their own communities.

The charity's activities are for the public benefit and the trustees have had regard to Charity Commission guidance on public benefit. In accordance with section 31(2) of the Companies Act 2006, the objects are specifically restricted to the promotion of the benefits of the community by the provision of facilities for the recreation or other leisure time occupation in the interest of social welfare with the object of improving their conditions of life.

Sähëlï Hub will work towards improving community health and wellbeing by delivering services and activities that will address long term health, education, social inequalities, and disadvantage. We will reach those who are most in need through the provision of our own facilities or out of local centres. We will do this by providing opportunities in physical activity and sports, training and development as well as arts, cultural and heritage projects. We will strive to improve equality and diversity, human rights and racial harmony by prioritising services for women, young people and families. We will undertake research as and when needed, and provide advocacy, advice and information to improve the lives of the Ethnically Diverse Communities we serve.

Financial review 2022/2023

Summary

During the year 2022/2023, Sähëlï Hub received an income of £612,551 – an increase of £336,498 (82%) from 2021/22.

Resources expended during the year 2021/22 amounted to £308,661 – an increase of £137,202 (80%) on the previous year. As with previous years, 100% of the expenditure was on charitable activities.

Unrestricted funds carried forward on 31 March 2022 were £61,007 and restricted funds carried forward at 31 March 2022 are £1,485 related to funding to finance project activity in the next financial year.

This year the trustees have adopted new and updated policies on:

- Financial Procedures
- Pay
- Reserves
- Expenses, retirement, redundancy.

Reserves

Sähëlï Hub's policy is to hold a reserve of £3,000. We hold the reserve to support the development of new services or expansion of current ones; to provide a healthy cash flow in the event of delays to expected income and to enable Sähëlï Hub to survive unexpected setbacks and problems. The reserve has been funded by the generation of a small surplus on some of our activities.

Investment policy

The trustees are empowered by the Memorandum and Articles of Association to invest the Charity's funds as they see fit. The investment policy requires that surplus funds, not required for working capital purposes, should be invested to provide maximum return at minimum risk to the organisation. All funds that are surplus from time to time are invested on a short- or medium-term fixed interest basis. To minimize the risk to funds, investments are deposited with many banking institutions who are regulated by the Financial Services Authority and are members of the Financial Services Compensation Scheme. The Charity's investment policy is reviewed on an annual basis.

Nazreen Bi
Chair

sähëli hub

Independent examiner's report to the trustees of Sähëlï Hub

Year ended 31 March 2022

I report to the trustees on my examination of the accounts of **Sähëlï Hub** for the year ended 31/03/2022, which are set out on pages 22 to 33.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the trustee's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- The accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Name of principal: Nadia Khan ACA, FCCA
Name of firm: MNSK Limited
Address: 206 Robinhood Lane, Hall Green, Birmingham B28 0LG

Date: 15/12/2023

Statement of financial activities

Year ended 31 March 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
INCOMING RESOURCES					
Incoming resources from generating funds:					
Voluntary income	2	-	-	-	-
Incoming resources from charitable activities	3	25,057	605,479	630,536	336,498
TOTAL INCOMING RESOURCES		25,057	605,479	630,536	336,498
RESOURCES EXPENDED					
Charitable activities	6	(14,794)	(512,300)	(527,094)	(328,304)
Governance costs	7	-	-	-	(2,040)
TOTAL RESOURCES EXPENDED	16	(14,794)	(512,300)	(527,094)	(330,344)
NET INCOMING/(OUTGOING) RESOURCES FOR THE YEAR		10,263	93,179	103,442	6,154
RECONCILIATION OF FUNDS:					
Total funds brought forward		39,322	1,487	40,809	34,655
Transfers	15	(75)	75	-	-
TOTAL FUNDS CARRIED FORWARD		**49,510**	**94,741**	**144,251**	**40,809**

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on page 8 to 16 form part of these financial statements.

Balance sheet

31 March 2022

	Note	£	2023 £	2022 £
FIXED ASSETS				
Tangible assets	10		15,488	1,539
CURRENT ASSETS				
Debtors	11	23,981		46,460
Cash at bank		140,478		16,036
		164,459		62,496
CREDITORS: Amounts falling due within one year	12	(35,696)		(23,226)
NET CURRENT ASSETS			**128,763**	**39,270**
NET ASSETS			**144,251**	**40,809**
FUNDS				
Restricted income funds	13		94,741	1,487
Unrestricted income funds	14		49,510	39,322
TOTAL FUNDS			**144,251**	**40,809**

The Charitable Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for year ended **31 March 2023**.

The members have not required the company to obtain an audit of its financial statements for the ended **31 March 2023** in accordance with Section 476 of the Companies Act 2006. The trustees acknowledge their responsibilities for:

(a) Ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements. So far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

These financial statements were approved by the members of the committee and authorised for issue on the 27th November 2023 and are signed on their behalf by:

N. Bi

Nazreen Bi
Chair

Farhat Shaheen.

Notes to the financial statements

Period ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in March 2005 (SORP 2005).

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Incoming resources from charitable trading activity are accounted for when earned.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource.

Fixed assets
All fixed assets are initially recorded at cost.

Depreciation
Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Computer Equipment	-	20% straight line
Fixtures & Fittings	-	25% reducing balance
Motor Vehicles	-	25% reducing balance
Sports Equipment	-	20% straight-line

2. VOLUNTARY INCOME

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Donations				
Donations – Grant	25,057	605,479	630,536	336,498

3. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
LDP - Active Communities	-	314,391	314,391	257,211
Canal & River Trust	10,000	-	10,000	7,500
Cycling UK	-	-	-	1,500
BSPAT	-	-	-	1,500
Sported	-	-	-	2,500
Locality	-	-	-	1,600
Street Games -TIF	-	-	-	2,000
Sultan Bahu	-	-	-	1,500
This Girl Can	-	-	-	420
NNS Hodge Hill	-	20,000	20,000	25,000
NNS Hall Green	-	10,000	10,000	10,000
Heart of England	-	5,000	5,000	4,495
NNS Yardley	-	10,000	10,000	10,000
General Funds	15,057	-	24,052	3,695
NHS HEP / CAPD Programme	-	189,318	189,318	7,577
Birmingham Airport	-	3,000	3,000	-
Clarion Futures Warm Hub & Fundraiser	-	15,000	15,000	-
BCC Celebrating Communities	-	15,270	15,270	-
NNS Northfield	-	500	500	-
NHS CVD	-	23,000	23,000	-
Total Funds	25,057	605,479	630,536	336,498

4. COSTS OF CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Charitable activity	14,794	512,300	527,094	328,304
	14,794	**512,300**	**527,094**	**328,304**

5. COSTS OF CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly	Support costs	Total Funds 2023	Total Funds 2022
	£	£	£	£
Charitable activity	527,094	-	527,094	328,304

6. ANALYSIS OF CHARITABLE ACTIVITY COSTS

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Admin costs/support	-	55,651	55,651	18,168
Bank charges	84	-	84	84
Depreciation	1,641	-	1,641	4,249
Equipment Cost	6,661	3,485	10,146	4,362
Event cost	1,012	6,898	7,910	424
Exercise classes, trips & activities	545	60,156	60,701	38,644
Insurance	-	9,604	9,604	3,090
Licences and subscriptions	-	-	-	4,681
Marketing & publicity	-	9,622	9,622	8,921
Motor & travel costs	1,213	2,716	3,929	3,785
Office costs	983	15,915	16,898	5,374
Professional fees	2,249	16,976	19,225	270
Equipment Capital Exp	-	-	-	14,057
Rent & rates	304	1,972	2,276	15,502
Sundry Expenses	102	59	161	350
Telephone, fax & broadband	-	7,482	7,482	2,371
Training & Recruitment	-	10,719	10,719	9,484
Wages & salaries, NI and Pension cost	-	311,046	311,046	194,488
	14,794	512,300	527,094	328,304

7. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Bookkeeping, payroll and management accounts fee	-	2,040	2,040	2,040
	-	**2,040**	**2,040**	**2,040**

8. NET OUTGOING RESOURCES FOR THE YEAR

This is stated after charging:

	2023 £	2022 £
Depreciation	4,451	4,248
Independent examination remuneration:		
- examination of the financial statements	600	600
- preparation of financial statements	1,440	1,440

9. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

	2023 £	2022 £
Wages and salaries, National insurance and Pension cost	316,046	194,488
	316,046	**194,488**

Particulars of employees:
The average number of employees during the year, calculated on the basis of full-time equivalents, was as follows:

	2023 No	2022 No
Number of administrative staff	10	10

No employee received remuneration of more than £60,000 during the year (2022 - Nil).

10. TANGIBLE FIXED ASSETS

	Sports Equipment £	Computer Equipment £	Fixtures & Fittings £	Motor Vehicles £	Total £
COST					
At 1 April 2022	555	10,053	1,478	2,932	15,018
Additions		15,595	-	-	15,595
As at 31 March 2023	555	25,648	1,478	2,932	30,613
DEPRECIATION					
At 1 April 2022	3,364	6,487	1,218	2,410	13,479
Charge for the year	-	4,256	66	131	4,453
At 31 March 2023	3,364	10,743	1,284	2,541	17,932
NET BOOK VALUE					
At 31 March 2023	**(2)**	**14,905**	**194**	**391**	**15,488**
At 31 March 2022	(2,809)	3,566	260	522	1,539

11. DEBTORS

	2023 £	2022 £
Trade debtors	23,986	46,013
Prepayments	-	447
	23,986	**46,460**

12. CREDITORS: Amounts falling due within one year

	2023 £	2022 £
Deferred income	10,181	-
PAYE payable	1,246	8,779
Accruals	4,310	13,435
Pension payable	19,959	1,011
	35,696	**23,226**

13. RESTRICTED INCOME FUNDS

	Balance at 1 Apr 2022 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2023 £
Restricted Fund	1,487	605,479	(512,300)	75	94,741

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 Apr 2022 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2023 £
General Funds	39,322	25,057	(14,794)	(75)	49,510

15. FUNDS ANALYSIS

	Balance at 1 Apr 2022 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2023 £
RESTRICTED FUNDS					
BSPAT	400	-	-	-	400
Sported	-	-	-	-	-
Hall Green - NNS	636	10,000	(10,636)	-	-
Hodge Hill NNS	-	20,000	(20,000)	-	-
NNS Yardley	636	10,000	(10,636)	-	-
LDP - Active Communities	1	314,391	(313,222)	-	1,170
BCC Cover	(75)	-	-	75	-
Heart of England	(111)	5,000	-	-	4,889
NHS HEP/CAPD Programme	-	189,318	(142,036)	-	47,282
Clarion Futures Warm Hub		15,000	-	-	15,000
BCC Celebrating communities		15,270	(15,270)	-	-
NNS-Northfield		500	(500)	-	-
NHS CVD		23,000	-	-	23,000
Birmingham Airport		3,000	-	-	3,000
Total Restricted funds	**1,487**	**605,479**	**(512,300)**	**75**	**94,741**
UNRESTRICTED FUND					
General Funds	35,150	14,807	(12,627)	(75)	37,255
JRS-Govt Grant	-	250	-	-	250
Locality	860	-	-	-	860
Canal & River Trust	-	10,000	(2,167)		7,833
Cycling UK	1,962	-	-	-	1,962
Sultan Bahu	1,350	-	-	-	1,350
Total Unrestricted funds	**39,322**	**25,057**	**(14,794)**	**(75)**	**49,510**
Total Funds	**40,809**	**630,536**	**(527,094)**	**-**	**144,251**

Restricted Funds

Cycling UK
This funding is for collating surveys for Cycling UK. This funding was used to deliver bike maintenance workshops for the Saheli Cycling Club participants.

LDP - Active Communities Programme
Through our partnership with The Active Wellbeing Society, Saheli Hub is commissioned to deliver the Holistic Intervention's – social and physical activity programmes working in the LDP areas to create a clear pathway into physical and civic activity to develop sustainable activities and groups. Refocussing GP services to prescribe social activities and preventative physical activity programmes to reduce medical prescriptions for patients with low-risk chronic conditions and or with long-term health conditions. The funding is for salaries, activities, equipment and venue hire.

NNS Hodge Hill – Saheli over 50s Cycling coordinator
Saheli Hub secured funds through Hodge Hill Neighbourhood Network Scheme to employ a part time Saheli Cycling Club coordinator to set up cycling session in the ward of Hodge Hill and work with women aged 50+ over the coming year

NNS Hall Green, Hodge Hill & Yardley over 50's Men's Coordinator
Saheli Hub secured funding for a male officer through the Neighbourhood Network Schemes managed by Gren Square Accord in Hall Green, POWhER in Hodge Hill and Disability Resource Centre in Yardley as part of a three constituencies wide project to support men aged 50+ to get physically active and support them to manage their health and wellbeing supporting

NNS Northfield & Heart of England funding.
This funding helped us to develop new activities and sessions in Northfield funding supported the delivery of physical activity and social club sessions for older adults based from the library in Woeley Castle.

HEP CAPD - Diabetes Programme
This is a commissioned service through NHS England and NHS Improvement (NHSE&I) Saheli Hub is working in partnership with the Washwood Heath Primary Care Network to tackle long-term inequality. The partnership prioritised working with prediabetes living in Washwood Heath by providing a commissioned Culturally Appropriate Prevention of Diabetes (CAPD) pilot programme for 200 patients. Delivering a combination of diet and healthy lifestyle interventions group work as diabetes is three times more prevalent in the Washwood Heath PCN than the rest of Birmingham.

ICS Birmingham and Solihull CVD Project
Birmingham and Solihull is the most deprived ICSs in the country and through information derived from the CORE20Plus5 methodology those PCN's in the 20% most deprived parts of the ICS footprint have been identified and will be the focus of this project.

Canal & River Trust
The funding is to work with women and families living in the inner city and connect them to their nearest canal through cycling, walking and bell boating..

Birmingham Airport Community Fund Grant Award.
Saheli Hub were really pleased to have secured Birmingham Airport funding for our activities in Ward End. The funds helped us to purchase two new trikes, helmets, high viz and the Cycling team jackets.

Clarion Futures Clarion Futures have supported Saheli Hub with two funds this year.
The Warm Hub funding was to deliver an extended acvities offer at Alum Rock Community Centre (ARCC) for residents living in the estate around our ARCC site. Inviting residents into a warm space to support residents to build connections with their neighbours while taking part in physical and social activities. The second fund was to support Saheli Hub with funding towards a fundraiser. This would allow Saheli Hub to have support as and when needed to secure funding for all our programmes and activities.

Birmingham City Council Celebrating Communities Fund.
This funding allowed us to deliver 6 TRY-IT sessions in Calthorpe park to encourage more outdoor sport sessions and we even trialled multi-sports, tennis, archery and squash. The main bit of the grant funding was to hold a one-off TRY-THON 2023 in Calthorpe park (running and cycling) and (swimming) at Moseley Road Baths for women only.

Saheli Hub have been commissioned to deliver a cardiovascular health promotion campaign which will be delivered by our team who will be trained to offer a mini health check so we can identify any undiagnosed or poorly managed hypercholesterolaemia, hypertension and atrial fibrillation. Through this programme the ICS hopes to improve the uptake of preventative medications and reduce the number of avoidable heart attacks and strokes there by improving outcomes for individuals living in the most deprived wards in the ICS. Working with third sector providers like Saheli Hub the ICB will build trust in the deprived areas that helps overcome cultural barriers for patients to seek early diagnosis and prevention life threating conditions.

16. ANALYSIS OF TOTAL RESOURCES EXPENDED – 2023

	General Fund	BCC-community	NHS HEP/CAPD Programme	C&RT	LDP	NNSs's	Grand Total 2023
Bank charges	84	-	-	-	-	-	84
Event Costs	-	5,461	163	46	133	-	5,803
Equipment & Resources	6,661	1,261	4,245	70	11,273	56	23,566
Exercise Classes, trips & activities	2,412	4,422	1,966	-	50,270	3,436	62,506
Insurance	-	-	-	-	9,157	-	9,157
Marketing & Publicity	-	2,329	5,907	-	1,133	253	9,622
Office expenses	519	130	2,210	109	13,854	-	16,822
Professional fees	2,251	60	3,682	-	10,178	-	16,171
Rent and rates	304	630	-	-	192	845	1,971
Salaries & National Insurance	-	467	113,337	-	201,988	37,159	352,951
Sundry expenses	102	-	-	-	59	-	161
Support office costs	191	510	2,692	707	4,384		8,484
Telephone and broadband	-	-	2,628	-	4,830	24	7,482
Training & Recruitment	-	-	4,831	-	3,554		8,385
Travel Expenses	104	-	374	1,235	2,216	-	3,929
	12,628	15,270	142,035	2,167	313,221	41,773	527,094
Governance costs							
Independent examination and financial statements fee		-	-	-	2,040	-	2,040
	12,627	15,270	142,035	2,167	315,260	41,772	529,134

16 (a). ANALYSIS OF TOTAL RESOURCES EXPENDED - Comparative 2022

	General Fund	NNs's	Diabetes	Sported	LDP	This Girl Can	Heart of England	Sporting Equals	All Others	Grand Total 2022
Bank charges	84	-	-	-		-	-	-	-	84
Depreciation	690	258	500	306	2,524	-	794	-	-	5,072
Event Costs	-	-	-	-	142	-	-	-	282	424
Equipment Cost	2,396	2,204	3,302	1,532	4,936	-	3,968		82	18,420
Exercise Classes, trips & activities	-	170	-	120	34,911	590	1,385	120	1,348	38,644
Insurance	-	-	-	-	3,090	-	-	-	-	3,090
Marketing & Publicity	-	1,180	1,500	-	3691	-	1,800	750	-	8,921
Office expenses	104	242	-	-	3,664	-	786	-	579	5,375
Professional fees	-	-	1,000	1,000	1,544	-	-	-	2,000	5,544
Rent and rates	-	40	-	-	3,365	-	-	140	-	3,545
Salaries & National Insurance	-	38,851	-	-	155,636	-	-	-	-	194,487
Sundry expenses	303	-	-	-	2	-	-	-	-	305
Support office costs	-	-	-	-	12,088		6,081	-	-	18,169
Telephone and broadband	-	-	-	-	2,371	-	-	-	-	2,371
Training & Recruitment	10	779	1,275	-	6,036		30	-	1,400	9,530
Travel Expenses	79	5	-	-	2,993	-	-	-	709	3,786
	3,666	43,729	7,577	2,958	236,993	590	14,844	1,010	6,400	317,767
Governance costs										
Independent examination and financial statements fee		-	-	-	2,040	-	-	-	-	2,040
	3,666	43,729	7,577	2,958	239,033	590	14,844	1,010	6,400	319,807

17. ASSETS FUNDED BY RESTRICTED FUNDS

	Represented by fixed assets	Represented by current assets & liabilities	Total as at 31 Mar 2023
	£	£	£
Restricted Funds	-	94,741	94,74[illegible]
Un Restricted Funds	15,488	34,022	40,10[illegible]
RESTRICTED FUND	**15,488**	**128,7[illegible]**	**144,251**

18. RELATED PARTY TRANSACTIONS & TRUSTEES' REMUNERATION

No members of the management committee received any remuneration during the year. Travel costs amounting to £Nil (2022 - Nil) were reimbursed to members of the management committee.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered by the charity during the year (2022 - Nil).

During the year no payment or reimbursement of out-of-pocket expenses were made to trustees or third parties for expenses incurred by trustees (2022 - Nil).

sāhēlī hub

Minutes of the Sähëlï Hub annual general meeting (AGM) 2021–2022

Held on: 14 December 2022
Held at: Calthorpe Wellbeing Hub, 257 Edward Road, Balsall Heath, Birmingham, B12 9LF
Meeting opened at 18:00

Sähëlï Hub
Charity no. 1153202
Company limited by guarantee no: 08373929

Attendance: There were 25 people present at the meeting and 2 people over Zoom.

Chair: Nazreen Bi

Welcome

The Chair introduced the trustees, and welcomed staff and Sähëlï Hub members to the Sähëlï Hub AGM 2021-2022.

The Chair reminded the meeting that all the trustees would be standing down and then standing for re-election.

The Chair also reminded everyone that Maisie Dill would be retiring this year and thanked her for her years of service to Sähëlï Hub. We hope to be seeing her in Calthorpe every week to keep fit in her retirement years.

The Minutes of AGM 2021 – 2022

Were distributed and approved by H. Halim and seconded by S. Arif

The Chair nominated Naseem Akhtar CEO of Sähëlï Hub (NA) to chair the rest of the meeting until the election of the board of trustees.

NA welcomed everyone to the meeting and reiterated the Sähëlï Hub mission and objectives.

NA stressed how Sähëlï Hub works as a small charity but is making a huge impact on individual lives and their family members. Recognition has grown for Sähëlï Hub's pioneering work, taking place not just in this community but also across the inner city and city wide. Increasingly, other organisations and funders have supported what we do as they have seen the impact of our work: we are increasingly signposted to as a place that provides support for women beyond health and fitness programmes. Sähëlï Hub will continue to develop innovative activities and programmes that continue to increase confidence, in a place for communities to unite, talk, share and get active together.

NA thanked Ian Cuthbert who has put the annual report and the AGM booklet together – the images illustrate and reflect Sähëlï Hub's great work in the community.

NA highlighted some of this year's activities and events.

Sähëlï Hub has continued to support the most lonely and isolated groups of individuals. We have ensured that all our activities and sessions were in line with COVID-19 guidance and regulations, keeping communities both active and safe during the pandemic.

Usman Khan is a new addition to the team this year and leads on activities for the male participant and members of Sähëlï Hub. Usman has worked with over 400 participants across Yardley, Ward End, Hall Green, Balsall Heath, Hodge Hill and Saltley. He has been working with men aged 50+ and his work has grown across three NNS areas of Hall Green, Hodge Hill & Yardley, where he has developed and used different approaches that are culturally appropriate to those areas.

We started a new programme in Gate Medical Centre in Washwood Heath, supporting patients with social activities like knitting and crochet organised by the Sähëlï Hub Team. The attendance has been great from the start and we are now moving patients into our activities in Saltley Wellbeing Centre.

The Cycling Team has grown with Shaafia Bi and now Shaila Sharif leading across three parks. Sessions have developed from Learn to Ride a Bike, to Park Ride and now Long Led Road Rides (10 - 15 miles). As restrictions are easing, we are developing more ideas to ensure women can take part in getting to know their city and explore further afield; Peak District, Cannock Chase, Rutland, even a London E-bike ride hosted by Bird.

NA also discussed how Sähëlï Hub has worked with the CWGs 2022 to ensure representation of our communities in the Games' volunteer and staff workforce. It will be a wonderful experience; a once in a lifetime event in the city with more women developing their volunteering skills for other future events in the city.

Sähëlï are looking to grow more sporting opportunities in the next year, for both staff and participants, by providing taster sessions and developing long-term partnerships with NGBs.

Shebina Gill (SG), Sähëlï Hub Manager, stressed there is an emotional attachment to Sähëlï through work - with local community groups - and the wider community based in and around our Hubs. Sähëlï is a focal point, especially for those living near the sites we operate from. During this difficult year, many members' coping mechanism has been to attend and keep attending Sähëlï Hub activities and sessions. SG and NA have tried to take a laid-back approach, encouraging and empowering others to come forward and lead, using their skills and qualities to provide support for one another.

Sähëlï Hub's doors are open not just for activities but for support too. This year has been a year to renew not just activities and programmes, but also our connections with participants as they slowly restart their journey of physical activity and fitness with us whether for social, physical or mental health. The team are fully trained in Mental Health First Aid and this year we know so many people have been affected by family, community and health stresses and anxiety.

NA also highlighted the Sähëlï Hub's Rowing Team who have been champions of the Annual Nowka Bais - Dragon Boat Race - ever since 2018 when they first took part! Sähëlï Hub are looking forward to more women coming through to represent us.

End of year finance report for 2021-2022 – Nadia Khan

The end of year finance report was delivered by Nadia Khan (NK), independent Auditor of the Sāhēlī Hub accounts. NK summarised how funds have been received and utilised for the benefit of all its participants and users.

Summary

During the year 2021/2022, Sāhēlī Hub received an income of £336,498 - an increase of £147,379 (78%) from 2020/21. Resources expended during the year 2021/22 amounted to £328,300– an increase of £156,855 (91%) on the previous year. As with previous years, 100% of the expenditure was on charitable activities.

The largest funder is Active Communities. NK is aware that Sāhēlī Hub are looking to diversify their funding over the next financial year.

NK confirmed that there were no causes of any concern and that accounting records were kept in line with Charity Trust requirements.

The annual financial report was approved by A. Sood and seconded by A. Begum.

NA introduced the election and the trustees were elected as follows:

Chair:	Nazreen Bi
Trustee:	Sayqa Arif
Trustee:	Sahida Bawhab
Trustee:	Ruphsana Nahar -Qayyum
Treasurer:	Farhat Shaheen

Nazreen Bi thanked everyone for attending and all the members for voting her in as Chair. The Chair closed the meeting and asked everyone to stay and enjoy the food before departing.

AGM closed at 19:32

Signed: N.B (Chair) Date: 12.12.23

Signed: S.Arif (Trustee) Date: 12.12.23.

sähëlï hub

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www.sähëlï.co.uk

Sähëlï Hub is a friend dedicated to improving community health and wellbeing by providing innovative services and solutions that educates, motivates, inspires and empowers.

Sähëlï Hub promotes the benefits of friendship and co-operation between women in the Birmingham area with specific aims of promoting social welfare and improving personal wellbeing and living conditions. We do this by providing and supporting:

- Commissioned exercise referral programmes
- Recreation and leisure activities
- Adventure schemes for younger women
- Cultural awareness and inclusion activities
- Training to enable women to be more involved in making personal choices and in the decision-making processes within their own communities.

SAHELI HUB

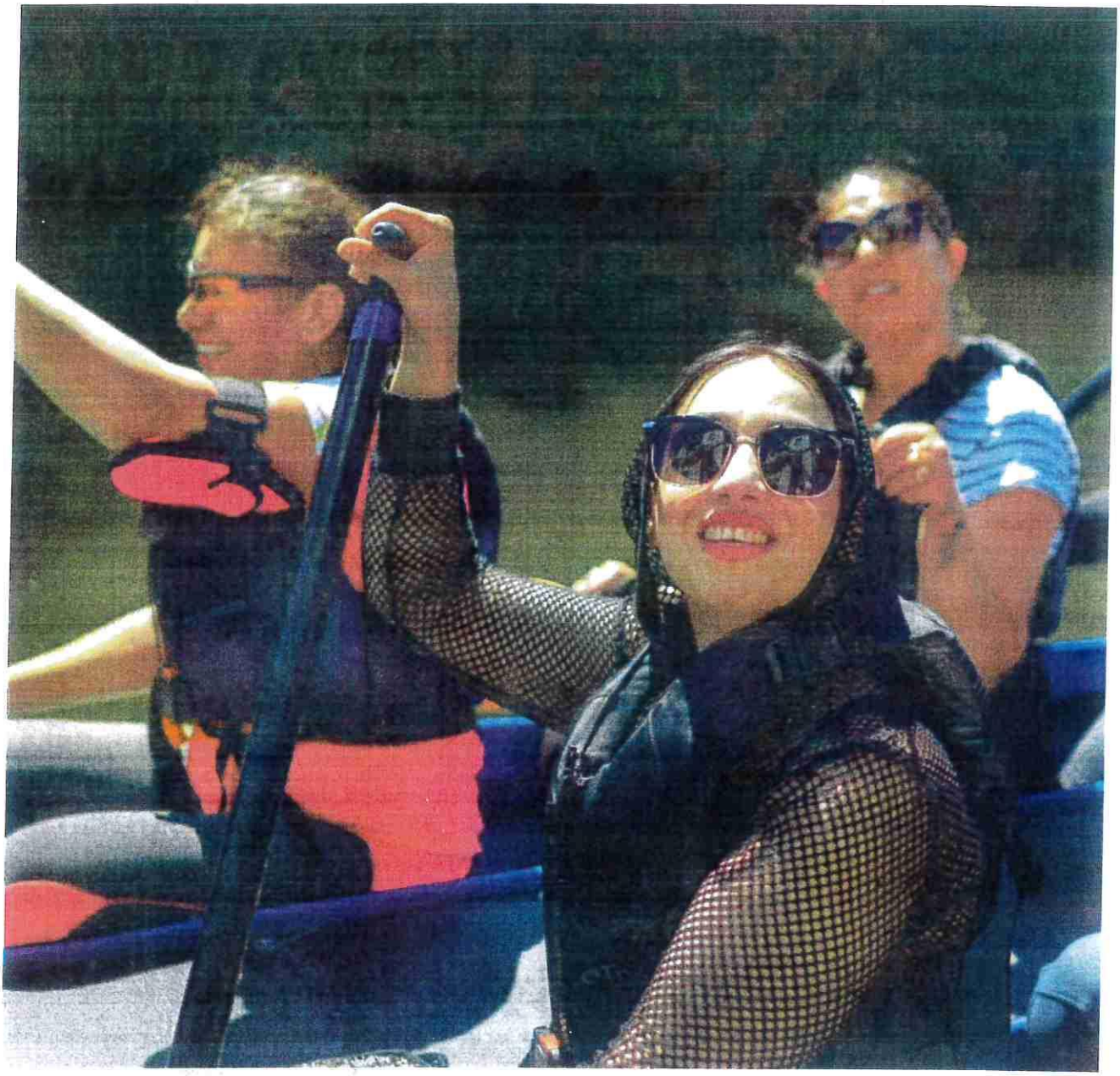
England & Wales - Charity number 1153202

Accounts

sähëli hub

Charity registration no. 1153202
Company registration no. 08373929

ANNUAL REPORT & FINANCIAL STATEMENTS 2021-2022



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The Sähëli Hub team

Naseem Akhtar
Fozia Begum
Rakhyia Begum
Sabrin Begum
Sultana Begum
Shaafia Bi
Maisie Dill
Kate Corbett
Carolle Forde Garcia
Shebina Gill
Norma Green
Eleanor Hoad
Melissa Howitt
Judith Kearns
Usman Khan
Asia Khatoon
Ambreen Majid
Elisangela Melo
Hemlata Patel
Shaila Sharif
Tyra Watson
Nicole Yu

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Chair's report 2021–22

Nazreen Bi, Chair

Having worked through a very difficult year full of loss and grief on an unprecedented scale (COVID-19), we began this year with some really good news. Our CEO, Naseem Akhtar, was selected as one of twelve Hometown Heroes to represent the great work that goes on in communities, as part of the Commonwealth Games 2022 – which took place within touching distance of Sähëlï Hub.

Together with her fellow Hometown Heroes, Naseem took part in bringing the Queen's Baton back to Buckingham Palace for the Queen to add her Commonwealth Games message before it travelled around the UK and home to Birmingham's Alexander Stadium, ready for the games to begin. Well done Naseem, you're a role model to many in the community, the team and our amazing city!

As highlighted in last year's statement, I was very proud of how the Sähëlï Hub team continued to work with partners to support the most vulnerable in our communities and I'm pleased to say women are starting to come back out slowly and safely. It's not been easy for so many but we have offered the individualised support needed for those who have found it much harder to come back out- we are committed to being here for women as soon as they are ready to start again.

This year – as sad as it was to lose Sabbah, our treasurer – we celebrated her through a 5K walk, jog in her honour for the Pulmonary Hypertension Association (PHA). Sabbah was diagnosed with pulmonary hypertension in 2019. Thanks to family, friends and supporters, we raised over £2,000 in honour of Sabbah, and PHA made a film of the event. I want to thank everyone who donated and the volunteers who turned out to support the run on the day. The trustees and, I know, her family were so proud that their Sabbah was not forgotten but valued and loved by us all.

Our team have started to work, with Washwood Heath Primary Care Network (PCN), on a pioneering prevention of diabetes programme to tackle diabetes in a culturally sensitive way, in one of the most deprived communities in the city. This programme brings together medical researchers, GPs and Sähëlï Hub's track record of supporting ways to embed healthy lifestyle changes into people's everyday lives. We will deliver the appropriate, practical advice and guidance in relation to diet and lifestyle combined with tailored physical activity programmes for those who are from a South Asian background. This will tackle the high occurrence of diabetes which leads to coronary heart disease when poorly managed, resulting in lower life expectancy in our communities. I look forward to seeing the results of this innovative programme.

We have been operating in B8 for over 12 years and I am so pleased we have finally secured a new home there for the Sähëlï Hub team. I want to thank Clarion Futures for putting their trust in us and I hope to see some amazing activities being delivered in the Alum Rock Community Centre.

I would like to thank all our funders who have continued to support us, including: Active Communities; Hall Green, Hodge Hill and Yardley Neighbourhood Network Schemes; Canal & River Trust.

Let's start 2023 celebrating and building our service back up and moving forward to ensure we are all starting our physical activity journey with Sähëlï Hub, with us every step of the way.

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Achievements and performance

Report from Naseem Akhtar BEM, CEO

Over the year we worked hard at restarting all our different activities, as pandemic restrictions were lifted. We made sure we supported everyone to get back in slowly and surely, as and when they were ready to re-join their favourite activity, session or sport.

Our main priorities during 2021-2022 were:

- Support the most vulnerable, isolated, and lonely to re-join or start activities with us
- Provide safe and controlled access for all
- Build more partnerships and collaborative work
- Build a full offer that is equal across all our sites
- Diversify our income.

We delivered on all our priorities over the year and will continue to build on these priorities going forward.

Partnerships

Sähëlï Hub has developed new partnerships with three Neighbourhood Network Schemes areas – Hall Green, Hodge Hill and Yardley. We welcomed Shaafia Bi as our cycling activity coordinator and Usman Khan, our first officer to work, full-time, with men aged over 50.

Primary Care Networks

We continue to work closely with the Washwood Heath Primary Care Network (PCN), especially Gate Medical Centre and the Health Equality Partnership (HEP).

The Active Wellbeing Society

The Active Communities – Local Delivery Pilots Programme is continuing to support our Holistic Interventions Programme, which helps us to support so many of our ongoing and new programmes of activities via The Active Wellbeing Society. Thank you all for supporting Sähëlï Hub to show how it can be done differently in inner city communities and with communities from diverse ethnic backgrounds.

Canal and River Trust

The Canal and River Trust have really supported us to bring a new and exciting adventure offer to Sähëlï Hub participants. Clarion Futures have also put their faith in us, helping to bring Alum Rock Community Centre (ARCC) back into use after its closure throughout COVID. We look forward to this challenge and are so pleased to now have a base we can call our own in B8, after 12 years of supporting women (and now men) in the community.

Sähëlï Hub Men's Club

Through the three Neighbourhood Network Schemes we now have our first men's officer working full-time across Hall Green, Hodge Hill and Yardley. Usman Khan has been working with wellbeing centres, libraries and community venues to support the delivery of a men's over 50s programme. Well done Usman and welcome to the Sähëlï Hub team.

Sähëlï Cycling Club

The Sähëlï Cycling Club has gone from strength to strength. Shaafia has been with Sähëlï Hub since 2004, volunteering for over 10 years, leading our cycling programme and regularly delivering in Ward End Park – every Saturday morning, come rain or shine – as a sessional worker. Shaafia has been mentoring and training new ride leaders and instructors and officially joined the team this year as our Cycling Activity Coordinator thanks to the Neighbourhood Network Scheme team.

Shaafia has developed a proven three tier model, working in three Birmingham parks in collaboration with Shaila Sharif, a freelance cycling instructor. It has proven to be a very successful model for engagement and progression for all our riders.

So this is an official welcome for Shaafia on joining the Sähëlï Hub team. Thanks for your continued dedication to Sähëlï Hub Shaafia.

We have a team of five female and one male instructor and have supported, developed and grown seven Ride Leaders to manage the sharply increased demand as activities resumed following the end of Covid-19 restrictions.

The support of Neighbourhood Network Schemes has also enabled us to work with women over 50. Our two tricycles have enabled us to work with women with limited movement, as well as the most vulnerable and isolated in the community in Ward End.

After a two year wait, we were finally able to reorganise our annual winter bike ride on Christmas day. This was the first since the start of the pandemic and was well attended.

We are very much looking forward to developing new ideas and offering new cycling opportunities for the communities we serve.

Our first-year pilot programme was a huge success, delivering bell boating sessions at Camp Hill Locks and Port Loop. The interest and demand grew very quickly as did our numbers – we've had to add on kayaking and canoeing to keep up with the demand. By December the women, missed the sessions so much we had a late-night canal ride in Brindley Place with lamps and torches.

This new partnership has shown us the way forward: a full cost recovery model that allows us to support communities to reconnect with the canals and rivers and support Sähëlï Hub to grow.

Sähëlï Hub also retained its Women's title in the Women's Nowka Bais (Boat Race) for the third year in a row. Well-done to the Sähëlï Hub Nowka Bais Team. You've done it again! The competition gets tougher each year!

Exciting developments in East Birmingham

During the year, we learned of the possibility of a community assets transfer of a building in Alum Rock, via Clarion Futures. The building is situated by Ward End Park, where we already delivered all of our cycling and outdoor activities.

We immediately submitted an expression of interest, hoping for an opportunity to secure our own base in B8. We were selected for an interview in March 2022 and can now officially announce that we were the successful applicants.

Sāhēlī Hub is planning to deliver our Culturally Appropriate Prevention of Diabetes (CAPD) programme in the Alum Rock Community Centre over the coming year. We want to thank Clarion Futures for selecting us and we will be turning the site into a health and wellbeing hub. The site is so close to Ward End Park and we will be ensuring we support our community to get active and stay active.

One of our most innovative partnerships was through the NHS Health Equality Partnership (HEP). We were invited to join the partnership due to our long track record of delivery in B8 – working in Washwood Heath, Ward End and Alum Rock for over 12 years – and the HEP partnership wanted to do things differently.

Firstly, they invited all partners that work to address health inequalities in the community of B8: local councillors, NHS leads, GPs and local third sector providers. We joined other areas across the country and took part in training together to help implement a population health management and personalised care approach, to improve health outcomes and address health inequalities.

Washwood Heath PCN wanted to make tackling diabetes a priority, focusing on work with pre-diabetics in the area through a bespoke programme combining culturally appropriate advice and guidance, in particular to tackle our South Asian diet. This combines dietary support with physical activity and a 'know your health numbers' programme, empowering local patients so they can monitor their own progress and to make changes to their lifestyle which prevent the onset of diabetes.

Dr Mughal delivered whole team training on how the South Asian diet breaks down in the body and turns our everyday meals into an overload of sugar. He also broke many myths that exist in the community and showed how many of us triple carb our every meal, leading to the higher rates of diabetes in our community. It was a very steep learning curve, but the team have taken on the challenge to deliver a programme that will support the community in the right way.

Only 1% of BAME communities take up the offer of diet and healthier lifestyle advice, guidance and training. The CAPD programme will support the community to take control of their health and diet and make changes that will reduce the numbers of people being diagnosed as diabetic. There official launch was in September 2022.

Remembering Sabbah Wasim

This year we held a celebratory 5K run in Cannon Hill Park to celebrate Sabbah Wasim, our treasurer, who sadly lost her battle with pulmonary hypertension in 2021. We walked, jogged and ran to raise money for Pulmonary Hypertension Association UK, to support research into this rare condition – thinking of Sabbah, who dedicated 20 years to Sāhēlī Hub. We miss you Sabbah and thank you for your amazing commitment to us and the community of Balsall Heath.

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Birmingham 2022 Commonwealth Games

As part of the Birmingham 2022 Commonwealth Games (CWG 2022), I was selected as a 'Hometown Hero' – one of 14 from the West Midlands. Hometown Heroes are volunteers, coaches, managers and others who work tirelessly behind the scenes to keep grassroots sport alive. It was a great honour to represent my city and the Sähëli Hub Team.

With my fellow Hometown Heroes, I went to London to support the delivery of the Commonwealth Games baton to Buckingham Palace, so the Queen could add her own message. This was hidden inside the baton, ready to be read out at the CWG 2022 opening ceremony, on 28 July 2022. The Hometown Heroes held the Baton even before Kadeena Cox! It was such a special day and it will live in my memory forever. I was selected to sit on the Commonwealth Baton Relay Panel, to help select some amazing people to carry the baton during its journey around the UK.

As a Hometown Hero, I was also invited to the Commonwealth Games Volunteers' launch. CWG 2022 were looking for 13,000 volunteers to form the Commonwealth Collective, receiving 250,000 hours of training and completing one million hours of volunteer time.

I contacted the engagement team to ensure that the local women we work with did not miss out on the opportunity to become a volunteer at the games. Working with the engagement team, we had an open day and invited everyone who was interested in taking part so they could ask questions directly to the team. Sähëli Hub wanted to ensure real representation of women, and all our communities, at the games.

Sähëli Hub encouraged over 30 local women in CWG 2022 priority areas to apply to become volunteers. I would especially like to thank Asma Ajaz-Ali, who ran sessions at Calthorpe Wellbeing Hub, encouraging more women to apply.

Inclusive programme

Tim Hollingsworth, Chief Executive Officer of Sport England, visited Sähëli Hub in November 2021 and saw the great work we pioneer here in Birmingham for women, and especially ethnic minority women. He met some of our cyclists and runners and was impressed that we support girls and young women, from 14 years through to new cyclists like Chrissy, who we taught to ride a bike at the young-at-heart age of 83! Go Chrissy – she is a living legend at Sähëli Hub.

Inclusive leadership

Sähëli Hub was selected to take part in the Pilotlight inclusive leadership programme, working with business leaders and thinkers to create a 3-5 year roadmap to growth which is sustainable and embraces the right opportunities. We created a strategy impact map of our services to develop short, medium and long term visions and plans for Sähëli Hub. I want to thank Deborah Xavier and Kaitlin Marian from the Pilotlight charity partnerships team for all their support. We now have a plan that we work towards.

Canoeing on the River Severn

Our most notably team away day this year was canoeing on the River Severn in Worcestershire, with former Olympics canoeist Andy Train. It was very picturesque, but we found a spot where we battled to not to fall into the river while heading upstream – so much fun! We ended up eating fish and chips in the middle of Worcestershire. Thank you Andy, you have been instrumental in helping the team love any activity on the water!

Helping to tackle inequality

With the Local Government Association and Sport England, I delivered training on leadership and tackling inequality in sport, physical activity and health. I also worked with Sustrans' Paths for Everyone diversity and inclusion working group, tackling workforce representation and changing the way programmes are implemented in deprived and ethnically diverse communities – especially for women. I will continue to ensure we are always challenging and providing solutions for partners who want to work with us.

Active Communities

I really want to thank the Active Communities programme, an initiative funded by Sport England that aims to make it easier for people to access social and physical activity. This has given us stability over the last two years, at a very difficult time, helping us to grow and get stronger. Thanks to Susie Drummond (Director of TAWS) and Ravinder Bains (Programme Governance Manager for Active Communities) – we look forward to working with you in 2023.

The Commonwealth Games legacy

As we moved into 2022, there was so much that we looked forward to, as the Commonwealth Games finally came to Birmingham. We supported and cheered from all our sites and engaged all our communities to help them be part of the games and its legacy for our great city of Birmingham.

Our main priorities during 2022-2023...

- System change through partnerships with NHS and National Governing Bodies for sport
- Support the Commonwealth Games legacy
- Diversifying our programme and income to create a sustainable model
- Showcasing our work to a wider audience
- Adding new activities, events, adventures and sport.

Report from Shebina Gill, Sähëlï Hub Manager

Leading a diverse team of strong, professional women who are passionate about saving lives – reaching women who are mostly hidden or ignored – has given me so much drive and ambition over the past 15 years with Sähëlï Hub.

Alongside many of our team, who lost very close family members, I was still coming to terms with the way I lost my mother and my father in-law to the pandemic. Without both of these family heads I would not be the woman I am today and I will continue to talk about them, and others who face health inequalities during their lifetime, and the failures our families endured during the pandemic.
On a brighter note, I have a new energy, one of faith and togetherness. I took the time to carefully knit back together: physically, emotionally, spiritually and strategically.

Before our team returned I wanted to be sure we were ready for the biggest recovery yet and I hope they can look back and feel supported in that transition. I respect the complete focus of each and every one of our Sähëlï Hub team. Their contribution to the daily return of activities makes a difference in people's lives – especially when you see and hear the laughter amongst new friendships made whilst getting active.

Preparing for the future

As our Sähëlï Hub team returned to their roles – supporting communities to get back to being more active and engaged, through our Holistic Interventions programme – we wanted to be sure that our team was equipped with all the relevant training to help them work on projects in communities across Birmingham. This certainly has been a year of very careful planning! Our team needed to be energised, focused and ready for the return of service users, many of whom were reluctant to restart their activities after the Pandemic.

We invested in a staff skills platform, allowing the team to access essential and desirable continuing professional development, with certification, throughout the year. This has saved time and money and allowed us to start lesson planning, using our in-house 'Sähëlï way' – for all who work with Sähëlï Hub, whether they are partners, volunteers or staff.

Sähëlï Hub staff completed the NHS personalised care and support planning certification for patients referred onto the Culturally Appropriate Prevention of Diabetes (CAPD) pilot. We hope that this will lead to improved clinical care, patient experience, practitioner job satisfaction, health behaviours and outcomes. Investment and development of our entire team has always been very important to us, but now we can design and plan our delivery and ensure our team have evidence and access to training without anyone missing out.

> ***The communities we work with have been disproportionately affected by the pandemic, and are in low income areas where families are most negatively impacted by the cost of living crisis. The stigma of mental health problems leading to isolation compounds these problems and makes them more urgent to address.***

Hope for the future

During the year, our team took part in workshops to understand the impact they could make using movement and expressive physicality when teaching classes for service users. At the peak of the Covid-19 pandemic, we co-created The Butterfly Project with our long-term partner Sonia Sabri Company. We wanted to explore how the challenges of everyday life cause physical stress and emotional turmoil, or even disconnect our emotions. The Butterfly Project helped women to develop their own movement language – inspired by breath, yoga, kathak and music – to make sense of their situation.

By working with Sonia Sabri Company, we were able to develop our holistic approach to tackling mental health, encompassing a range of activity from cycling and kayaking, through the physical aspects of Kathak (eg breathing, rhythms, movement), the spirituality of yoga and the emotional engagement of creative expression and conversation over crafting activity. This allowed women to find their own point of engagement, helping them gain confidence and self-esteem as they recognised their strengths and overcame isolation.

Working with Sonia Sabri Company, we unveiled personal stories and experiences through movement and physical storytelling, alleviating years of suppressed feelings and emotions – some that caused physical and psychological stress, depression and anxiety. The participants shared their stories and manifested them into movement and physical theatre segments, creating positive life lessons for every woman.

New opportunities for the future

Welcome to Nicole Yu and Tyra Watson who were recruited by Sāhēli Hub via BVSC on the government Kickstart Scheme, which creates jobs for 16-24 year olds who are claiming Universal Credit and at risk of long-term unemployment.

The aim was to provide the young people with meaningful employment experience, helping them to develop key transferable skills which will enable them to gain long-term employment after completing a six-month placement. Nicole and Tyra enjoyed their placements and we wish them success for the future.

We also hosted two female Korean university students. We're committed to supporting women from all around the globe who find themselves in Birmingham looking for the chance to experience community-based services. Thanks to Jon Telford for contacting us each year to make this happen.

Celebrating the past and planning for the future

For International Women's Day, we decided to support BVSC and Go Train, which provides a weekly drop in service at Calthorpe Hub for advice and guidance on getting a job. Thirty-three women walked from Balsall Heath to the city centre and took part in an event hosted by BVSC. It was a lovely event and the women had a great time. Many didn't realise how easy it was to walk into town and have since met up again, for trips to the Bullring markets each week.

The great outdoors offer

Being visible is imperative to breaking down stereotypes. This is why we balance our program with both indoor and outdoor activity, offering up to 100 weekly opportunities. This year we took more than 220 service users onto the Birmingham canals to experience being next to the water and join our bellboating trips. We also offered many walking trips across Birmingham and Sandwell, something we hope to do more of in the future.

We also met with Carolle Forde Garcia and Iman Mahmood, who approached us to offer tennis coaching when they heard we had started to gain interest from our 'Have a go at tennis' sessions in Calthorpe Park. Since then, we have invested in tennis coaching for women and girls at Handsworth Park, Ward End Park and Calthorpe Park. Every session has been a real hit!

Carolle and Iman organised afternoon tea and lawn tennis at Moseley Tennis Centre, so the women had a chance to use their skills on a real court. They had so much fun and many women continue to attend and improve their skills. We are working with national governing bodies to highlight the work and hope to have a funded role to continue the development of sports coaching activities for all generations.

Celebrating colour and natural diversity

Starting in April 2022, Sähëlï Hub was one of the community groups across Birmingham working with PoliNation, preparing to grow plants from seed. PoliNations saw an epic pop-up garden take over the centre of Birmingham for a two-week festival in September 2022. Giant architectural trees and thousands of plants transformed Victoria Square into an urban oasis – hosting free events, workshops and performances including live music, dance, spoken word and drag.

The idea of PoliNations grew from a simple but surprising fact: nearly 80% of the plants found in gardens in UK cities originate from overseas. The festival will celebrate how cross-pollination has shaped the UK's horticulture and culture, celebrating colour, beauty and natural diversity.

Banging the drum for Sähëlï Hub

This year we have added percussion to our holistic interventions programme – working with our partner Beat It Percussion CIC – and we were overwhelmed with the response. We ended the year with a team workshop which brought our team even closer together – lots of fun and happy memories shared.

We were happy to host an open day for Beat It Percussion, celebrating the completion of the Neighbourhood Network Schemes innovation fund project – and to celebrate being together again. Thank you to Lynne Kay, Beat It Percussion's CEO, for adapting your art to the needs of the community and our Sähëlï Hub team.

Shahnaz's story

Shahnaz was referred to us by Gate Medical Centre. She was quiet, withdrawn, living alone and reluctant to commit to activities. She came across as quite depressed and uninvolved at the beginning of her journey. After just two hours with us each week, Shahnaz started attending knitting and crocheting and then Stronger Stretch Balance at the surgery. She then moved on to Saltley Wellbeing Centre, travelling in our minibus, to do her exercise, later learning to ride a bike at Ward End Park.

Shahnaz started out very disengaged with life. By phoning and encouraging her to attend a social club, where she shared her problems and engaged with us, both her mental and physical wellbeing improved. Shahnaz can now demonstrate that she's not oversleeping or feeling isolated and is trying her utmost to stay active. She has started writing poetry and has set up her own Facebook page to promote her work. Shahnaz has definitely moved to a more positive frame of mind!

Integrated care services pilot programme with Gate Medical Centre

Between September and December 2021, 124 patients were engaged through Gate Medical Centre in Washwood Heath, taking part in in our holistic interventions programme at the surgery. Participants were selected because they: were women over 50; had a body mass index (BMI) of 30 plus; were diabetic or pre-diabetic.

The patients joined with physical activity at the surgery once a week. The social knitting and crochet sessions we also ran at Gate Medical Centre became so popular we outgrew the space! To accommodate the growth of social and physical activities, we added sessions at Saltley Wellbeing Centre – with transport provided by Sähëlï Hub.

This pilot programme allowed us to demonstrate Sähëli Hub's winning formula:

- Engaging with women in the community
- Developing personalised care plans
- Offering culturally appropriate physical and social activity
- Providing education about diabetes.

It made a compelling package for tackling health inequalities and led to our new pilot in 2022: Culturally Appropriate Prevention of Diabetes.

> ***Sähëli Hub was set up to challenge health inequalities and improve access to port, exercise and physical activity. We run over 55 sessions each week.***

Thank you to the Sähëli Hub team
I would like to thank: Fozia Begum, Rakhyia Begum, Sabrin Begum, Sultana Begum, Shaafia Bi, Maisie Dill, Kate Corbett, Carolle Forde Garcia, Norma Green, Eleanor Hoad, Melissa Howitt, Judith Kearns, Asia Khatoon, Ambreen Majid, Elisangela Melo, Hemlata Patel, Shaila Sharif, Tyra Watson, Nicole Yu and, not forgetting our new men's officer, Usman Khan.

Key statistics

April 2021 to March 2022[1]

Holistic interventions project

- 7,539 total attendances
- 1,608 unique participants
- 87% were women
- 91% were from BAME communities
- 94% were from IMD quintiles 1 and 2[2]
- Learn to ride/ led rides were the most popular activities with a combined total of 2,504 attendances (35% of total throughput)
- Calthorpe Wellbeing Hub was the most popular venue with 3,191 attendances (45% of total throughput).

Men's Club

- 400+ men engaged
- 320+ were over 50
- 20 were from ethnic backgrounds
- Participants came from 33 post codes
- 30+ men's activities across East Birmingham.

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Cycling Club

- 184 unique participants
- 860 learn to ride attendances
- 563 park riding attendances

Boating

- 214 unique participants
- 200 adults
- 14 children
- 151 female
- 34 male
- 34 had a mild or moderate mental health condition
- 199 were from an ethnically diverse background
- 90% from IMD quintiles 1 and 2[2]
- 275 bell boating
- 61 kayaking
- 18 bell boating and kayaking
- 23 walking

1. Figures are throughput for all sessions. Percentages may not equal 100 due to rounding. 2. IMD stands for Index of Multiple Depreciation, the official measure of relative deprivation for small areas (neighbourhoods) in England. In encompasses measures of: income deprivation: employment deprivation: education, skills and training deprivation; health deprivation and disability; crime; barriers to housing and services; living environment deprivation. Quintiles 1 and 2 include the most deprived areas of the country.

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Financial statements

for the period ended 31 March 2022

Trustees' annual report

Year ended 31 March 2022

The trustees present their report and the financial statements of the charity for the year ended 31 March 2022.

Reference and administrative details

Registered charity name:	Sähëlï Hub
Company registration number:	08373929
Charity registration number:	1153202
Principal office:	110 Edward Road, Balsall Heath, Birmingham B12 9LS

The Trustees

The trustees who served the charity during the period were as follows:
Nazreen Bi (Chair)
Sahida Bawhab
Ruphsana Nahar Qayyum
Sayqa Arif
Sabbah Wasim (resigned on 22 June 2021)

Independent examiner

MNSK Chartered Accountants, 206 Robinhood Lane, Hall Green, Birmingham B28 0LG

Bankers

Lloyds Bank PLC, 32-34 Alcester Road South, Kings Heath, Birmingham B14 7PU

Structure, governance and management

Sähëlï Hub operates under a memorandum and articles incorporated 24/01/2013 as amended by special resolution(s) dated 06/10/2015 and has been registered as a charity since 02 August 2013. Trustees are elected every year and are persons of suitable background, who have understanding of the work undertaken by the charity and are supportive of its aims and objectives.

Recruitment of new trustees is primarily through encouraging service users who show an interest in supporting the development of the organisation becoming Members of the charity and inviting women with skills to support the growth and development of Sähëlï Hub. Sähëlï Hub's Articles of Association allow for the appointment of between three and ten Trustees, drawn from amongst the members of the charity. To be eligible for appointment as a Trustee, the person must have attended at least six Directors' meetings since the previous Annual General Meeting. Election to the post takes place at the Annual General

Meeting where up to seven Members may be appointed from amongst the membership and up to two may be appointed by the Trustees. Support and training are offered to new Trustees. No outside or related body is entitled to appoint Trustees. The Trustees agree to meet quarterly, as a minimum, in order to take responsibility for the direction and policy of the charity. The Trustees are acting as Custodians of assets or managing any properties.

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and accounting estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Objectives and activities

The objectives of the charity are to promote the benefits of friendship and co-operation between women in the Birmingham area with specific aims of promoting social welfare and improving personal wellbeing and living conditions. The means of achieving these overall objectives include:

- Provision of a Commissioned Exercise Referral Program
- Support and provision of recreation and leisure activities
- Provision of adventure schemes for younger women
- Cultural awareness and inclusion activities
- Training to enable women to be more involved in making personal choices and be more involved in the decision making processes within their own communities.

The charity's activities are for the public benefit and the trustees have had regard to Charity Commission guidance on public benefit. In accordance with section 31(2) of the Companies Act 2006, the objects are specifically restricted to the promotion of the benefits of the

community by the provision of facilities for the recreation or other leisure time occupation in the interest of social welfare with the object of improving their conditions of life.

Sähëli Hub will work towards improving community health and wellbeing by delivering services and activities that will address long term health, education, social inequalities, and disadvantage. We will reach those who are most in need through the provision of our own facilities or out of local centres. We will do this by providing opportunities in physical activity and sports, training and development as well as arts, cultural and heritage projects. We will strive to improve equality and diversity, human rights and racial harmony by prioritising services for women, young people and families. We will undertake research as and when needed, and provide advocacy, advice and information to improve the lives of the Ethnically Diverse Communities we serve.

Financial review 2021/2022

Summary

During the year 2021/2022, Sähëli Hub received an income of £336,498 – an increase of £147,379 (78%) from 2020/21.

Resources expended during the year 2021/22 amounted to £328,304 – an increase of £156,855 (91%) on the previous year. As with previous years, 100% of the expenditure was on charitable activities.

Unrestricted funds carried forward on 31 March 2022 were £39,322 and restricted funds carried forward at 31 March 2022 are £1,484 related to funding to finance project activity in the next financial year.

Reserves

Sähëli Hub's policy is to hold a reserve of £3,000. We hold the reserve to support the development of new services or expansion of current ones; to provide a healthy cash flow in the event of delays to expected income and to enable Sähëli Hub to survive unexpected setbacks and problems. The reserve has been funded by the generation of a small surplus on some of our activities.

Investment policy

The Trustees are empowered by the Memorandum and Articles of Association to invest the Charity's funds as they see fit. The investment policy requires that surplus funds, not required for working capital purposes, should be invested to provide maximum return at minimum risk to the organisation. All funds that are surplus from time to time are invested on a short- or medium-term fixed interest basis. To minimize the risk to funds, investments are deposited with many banking institutions who are regulated by the Financial Services Authority and are members of the Financial Services Compensation Scheme. The Charity's investment policy is reviewed on an annual basis.

Nazreen Bi
Chair

N. Bi 15/12/22

sähëli hub

Independent examiner's report to the Trustees of Sähëlï Hub

Year ended 31 March 2022

I report to the trustees on my examination of the accounts of **Sähëlï Hub** for the year ended 31/03/2022, which are set out on pages 18 to 29.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the Trustee's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- The accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Name of principal: Nadia Khan ACA, FCCA
Name of firm: MNSK Limited
Address: 206 Robinhood Lane, Hall Green, Birmingham B28 0LG

Date: Nadia Khan 15/12/2022

sāhēli hub

Statement of financial activities

Year ended 31 March 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
INCOMING RESOURCES					
Incoming resources from generating funds:					
Voluntary income	2	-	-	-	-
Incoming resources from charitable activities	3	8,295	328,203	336,498	195,873
TOTAL INCOMING RESOURCES		8,295	328,203	336,498	195,873
RESOURCES EXPENDED					
Charitable activities	6	(4,624)	(323,680)	(328,304)	(169,409)
Governance costs	7	-	(2,040)	(2,040)	(2,040)
TOTAL RESOURCES EXPENDED	16	(4,624)	(325,720)	(330,344)	(171,449)
NET INCOMING/(OUTGOING) RESOURCES FOR THE YEAR		3,671	2,483	6,154	24,423
RECONCILIATION OF FUNDS:					
Total funds brought forward -		23,267	11,388	34,655	10,232
Transfers	15	12,384	(12,384)	-	-
TOTAL FUNDS CARRIED FORWARD		**39,322**	**1,487**	**40,809**	**34,655**

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on page 8 to 16 form part of these financial statements.

sāhēli hub

Balance sheet

31 March 2022

	Note	£	2022 £	2021 £
FIXED ASSETS				
Tangible assets	10		1,539	5,787
CURRENT ASSETS				
Debtors	11	46,460		867
Cash at bank		16,036		72,350
		62,496		73,217
CREDITORS: Amounts falling due within one year	12	(23,226)		(44,349)
NET CURRENT ASSETS			**39,270**	**28,868**
NET ASSETS			**40,809**	**34,655**
FUNDS				
Restricted income funds	13		1,487	11,388
Unrestricted income funds	14		39,322	23,267
TOTAL FUNDS			**40,809**	**34,655**

The Charitable Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for year ended **31 March 2022**.

The members have not required the company to obtain an audit of its financial statements for the ended **31 March 2022** in accordance with Section 476 of the Companies Act 2006. The trustees acknowledge their responsibilities for:

(a) Ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements. So far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

These financial statements were approved by the members of the committee and authorised for issue on the ....8/12/22.... and are signed on their behalf by:

N. B

Nazreen Bi
Chair

sáhéli hub

Notes to the financial statements

Period ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in March 2005 (SORP 2005).

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

- Incoming resources from charitable trading activity are accounted for when earned.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource.

Fixed assets
All fixed assets are initially recorded at cost.

Depreciation
Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Computer Equipment	-	20% straight line
Fixtures & Fittings	-	25% reducing balance
Motor Vehicles	-	25% reducing balance
Sports Equipment	-	20% straight-line

2. VOLUNTARY INCOME

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Donations				
Donations – Grant	8,295	328,203	336,498	189,119

3. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
		£	£	£
LDP - Active Communities	-	257,211	257,211	165,381
Sporting Equals	-	-	-	5,500
Canal & River Trust	-	7,500	7,500	-
Cycling UK	1,500	-	1,500	-
BSPAT	-	1,500	1,500	-
Sported	-	2,500	2,500	-
Locality	1,600	-	1,600	-
Street Games -TIF	-	2,000	2,000	-
Sultan Bahu	1,500	-	1,500	-
HEP CAPD	-	7,577	7,577	2,038
This Girl Can	-	420	420	-
NNS Hodge Hill	-	25,000	25,000	-
NNS Hall Green	-	10,000	10,000	-
Heart of England	-	4,495	4,495	16,200
NNS Yardley Green	-	10,000	10,000	-
General Funds	3,695	-	3,695	6,753
Total Funds	**8,295**	**328,203**	**336,498**	**195,872**

4. COSTS OF CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Charitable activity	4,624	323,680	328,304	171,449
	4,624	**323,680**	**328,304**	**171,449**

5. COSTS OF CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly	Support costs	Total Funds 2022	Total Funds 2021
	£	£	£	£
Charitable activity	328,304	-	328,304	169,409

6. ANALYSIS OF CHARITABLE ACTIVITY COSTS

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Admin costs/support	-	18,168	18,168	6,517
Bank charges	84	-	84	80
Depreciation	678	3,570	4,249	2,459
Equipment Cost	2,396	1,968	4,362	-
Event cost	282	142	424	78
Exercise classes, trips & activities	388	38,256	38,644	13,436
Insurance	-	3,090	3,090	2,944
Licences and subscriptions	-	4,681	4,681	-
Marketing & publicity	-	8,921	8,921	2,817
Motor & travel costs	79	3,705	3,785	4,000
Office costs	104	5,270	5,374	2,513
Professional fees	-	270	270	2,599
Equipment Capital Exp	-	14,057	14,057	-
Rent & rates	-	15,502	15,502	10,533
Sundry Expenses	303	47	350	65
Telephone, fax & broadband	-	2,371	2,371	2,607
Training & Recruitment	310	9,174	9,484	11,211
Wages & salaries, NI and Pension cost	-	194,488	194,488	107,549
	4,624	323,680	328,304	169,408

7. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Bookkeeping, payroll and management accounts fee	-	2,040	2,040	2,040
	-	**2,040**	**2,040**	**2,040**

8. NET OUTGOING RESOURCES FOR THE YEAR

This is stated after charging:

	2022 £	2021 £
Depreciation	4,248	2,459
Independent examination remuneration:		
- examination of the financial statements	600	600
- preparation of financial statements	1,440	1,440

9. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

	2022 £	2021 £
Wages and salaries, National insurance and Pension cost	194,488	107,549
	194,488	**107,549**

Particulars of employees:
The average number of employees during the year, calculated on the basis of full-time equivalents, was as follows:

	2022 No	2021 No
Number of administrative staff	10	3

No employee received remuneration of more than £60,000 during the year (2021 - Nil).

10. TANGIBLE FIXED ASSETS

	Sports Equipment £	Computer Equipment £	Fixtures & Fittings £	Motor Vehicles £	Total £
COST					
At 1 April 2021	555	10,053	1,478	2,932	15,018
Additions	-	-	-	-	-
As at 31 March 2022	555	10,053	1,478	2,932	15,018
DEPRECIATION					
At 1 April 2021	555	5,310	1,130	2,236	9,231
Charge for the year	-	3,968	88	174	4,248
At 31 March 2022	-	9,297	1,218	2,410	13,479
NET BOOK VALUE					
At 31 March 2022	-	**757**	**260**	**522**	**1,539**
At 31 March 2021	-	4,743	348	696	5,787

11. DEBTORS

	2022 £	2021 £
Trade debtors	46,013	420
Prepayments	447	447
	46,460	**867**

12. CREDITORS: Amounts falling due within one year

	2022 £	2021 £
Deferred income	-	25,000
PAYE payable	8,779	11,059
Accruals	13,435	7,626
Pension payable	1,011	664
	23,226	**44,349**

13. RESTRICTED INCOME FUNDS

	Balance at 1 Apr 2021 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2022 £
Restricted Fund	11,388	328,203	(325,720)	(12,384)	1,487

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 Apr 2021 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2022 £
General Funds	23,267	8,295	(4,624)	12,384	39,322

15. FUNDS ANALYSIS

	Balance at 1 Apr 2021 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2022 £
RESTRICTED FUNDS					
Sporting Equals	1,000	-	(1,010)	10	-
This Girl Can (TGC)	225	420	(590)	(55)	-
Canal & River Trust	-	7,500	(2,329)	(5,171)	-
BSPAT	-	1,500	(1,100)	-	400
Sported	-	2,500	(2,958)	458	-
Hall Green - NNS	-	10,000	(9,302)	(62)	636
Hodge Hill NNS	-	25,000	(25,123)	123	-
Yardley Green- NNS	-	10,000	(9,302)	(62)	636
Street Games	-	2,000	(2,000)	-	-
HEP CAPD	-	7,577	(7,577)	-	-
LDP - Active Communities	-	257,211	(249,585)	(7,625)	1
BCC Cover	(75)	-	-		(75)
Heart of England	10,238	4,495	(14,844)	-	(111)
Total Restricted funds	11,388	328,203	(325,720)	(12,384)	1,487
UNRESTRICTED FUND					
General Funds	22,267	3,695	(3,654)	12,842	35,149
Locality	-	1,600	(282)	(458)	860
Cycling UK	1,000	1,500	(538)	-	1,962
Sultan Bahu	-	1,500	(150)	-	1,350
Total Unrestricted funds	**23,267**	**8,295**	**(4,624)**	**12,384**	**39,322**
Total Funds	**34,655**	**336,498**	**(330,344)**	-	**40,809**

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Restricted Funds

Cycling UK
This funding is for collating surveys for Cycling UK. This funding was used to deliver bike maintenance workshops for the Saheli Cycling Club participants.

LDP - Active Communities Programme
Through our partnership with The Active Wellbeing Society, Saheli Hub is commissioned to deliver the Holistic Interventions (Social Prescribing) programme working in the LDP areas to create a clear pathway into physical and civic activity to develop sustainable groups. Refocussing GP services to prescribe social activities and preventative physical activity programmes to reduce medical prescriptions for patients with low-risk chronic conditions and/or with long-term health conditions. The funding is for salaries, activities, equipment and venue hire.

Heart of England Community Foundation - DCMS Doing Things Differently Fund
Saheli Hub used the funds to put on extra sessions outdoors (as we no longer cold operate in doors) and increase our online activities (Saheli Morning, Afternoon and Evening Call sessions) and presence on social media. Saheli Hub used the funds to scale up delivery of activities during COVID 19. The funds were also used to train the team on how to blog and create some short films of our activities to inspire previous participants to get back out again as restrictions eased. We successfully published our blogs on the Saheli Hub website, twitter and Facebook. We purchased new uniforms for the whole team and supported participants in bubbles of six in outdoor activities in three parks.

Sporting Equals Tackling Inequalities Fund - Sport England
Saheli Hub received funding from Sporting Equals to update their website, improve our social media presence and to look at developing a bespoke CRM system. During the first lock down Saheli Hub recognised that we needed a more up to date and customised bespoke system that would allow us to connect with all our participants and support them even while they were not able to attend our activities or come to our sites. We needed to have a unique monitoring and data system that not only captured our attendances but would capture an individual's journey with us.

This Girl Can - Sport England
Through our partners The Active Wellbeing Society we secured funding to deliver slumba (slow Zumba) Led ride cycling sessions, Zumba activities to get active again after losing their confidence or feeling isolated and alone due to COVID restrictions. We also delivered a digital skills course in partnership with Fircroft College to support women to learn IT skills. So many women said in our surveys that they did not have the skills or knowledge on how to access Zoom or the internet and more importantly how to connect with others - families, friends and neighbours so this course helped them to do all that and more.

NNS Hodge Hill - Saheli Hub over 50's Cycling Coordinator
Saheli Hub secured funds through the Neighbourhood Network Scheme to employ a part time Saheli Cycling Club coordinator to set up cycling session in the ward of Hodge Hill and work with women aged 50+ over the coming year

NNS Hodge Hill over 50's Men's Coordinator
Saheli Hub secured funding for a male officer through the Neighbourhood Network Scheme as part of a three constituencies wide project to support men over 50 in Hodge Hill to get physically active and support them to manage their health and wellbeing.

Birmingham Sport & Physical Activity Trust
This funds paid for level 2 Award in Cycling Leader.

Street Games
This funding supported young girl's tennis/cycling sessions.

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HEP CAPD - Diabetes Programme
This is a commissioned service through NHS England and NHS Improvement (NHSE&I) working in partnership with the Washwood Heath Primary Care Network to tackle long-term inequality. The partnership prioritised working with prediabetes living in Washwood Heath by providing a commissioned Culturally Appropriate Prevention of Diabetes (CAPD) pilot programme for 200 patients.

Sported
This fund was for the purchase of gazebos to allow us to deliver sessions outdoors during COVID in line with social distancing guidelines.

Canal & River Trust
The funding was to work with 120 women and 30 men living in the inner city and connect them to their nearest canal through cycling, walking and bell boating.

Locality
This is unrestricted funding for joining the Health & Wellbeing Alliance.

Sultan Bahu
This funding was used to send out videos in different languages to give our clear and NHS approved advise for prevention and protection from COVID19.

16. ANALYSIS OF TOTAL RESOURCES EXPENDED – 2022

	General Fund	NNs's	HEP CAPD	Sported	LDP	This Girl Can	Heart of England	Sporting Equals	All Others	Grand Total 2022
Bank charges	84	-	-	-		-	-	-	-	84
Depreciation	690	258	500	306	2,524	-	794	-	-	5,072
Event Costs	-	-	-	-	142	-	-	-	282	424
Equipment Cost	2,396	2,204	3,302	1,532	4,936	-	3,968		82	18,420
Exercise Classes, trips & activities	-	170	-	120	34,911	590	1,385	120	1,348	38,644
Insurance	-	-	-	-	3,090	-	-	-	-	3,090
Marketing & Publicity	-	1,180	1,500	-	3691	-	1,800	750	-	8,921
Office expenses	104	242	-	-	3,664	-	786	-	579	5,375
Professional fees	-	-	1,000	1,000	1,544	-	-	-	2,000	5,544
Rent and rates	-	40	-	-	3,365	-	-	140	-	3,545
Salaries & National Insurance	-	38,851	-	-	155,636	-	-	-	-	194,487
Sundry expenses	303	-	-	-	2	-	-	-	-	305
Support office costs	-	-	-	-	12,088		6,081	-	-	18,169
Telephone and broadband	-	-	-	-	2,371	-	-	-	-	2,371
Training & Recruitment	10	779	1,275	-	6,036		30	-	1,400	9,530
Travel Expenses	79	5	-	-	2,993	-	-	-	709	3,786
	3,666	43,729	7,577	2,958	236,993	590	14,844	1,010	6,400	317,767
Governance costs										
Independent examination and financial statements fee		-	-	-	2,040	-	-	-	-	2,040
	3,666	43,729	7,577	2,958	239,033	590	14,844	1,010	6,400	319,807

17. ASSETS FUNDED BY RESTRICTED FUNDS

	Represented by fixed assets	Represented by current assets & liabilities	Total as at 31 Mar 2022
	£	£	£
Restricted Funds	-	1,487	1,487
Un Restricted Funds	1,539	37,783	39,322
RESTRICTED FUND	**1,539**	**39,270**	**40,809**

18. RELATED PARTY TRANSACTIONS & TRUSTEES' REMUNERATION

No members of the management committee received any remuneration during the year. Travel costs amounting to £Nil (2021 - Nil) were reimbursed to members of the management committee.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2021 - Nil).

During the year no payment or reimbursement of out-of-pocket expenses were made to trustees or third parties for expenses incurred by trustees (2021 - Nil).

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Minutes of the Sähëlï Hub Annual Genreal Meeting (AGM) 2020-2021

Held on 16 December 2021
The meeting was held online via ZOOM
Meeting opened at 18:00

Sähëlï Hub
Charity no. 1153202
Company limited by guarantee no: 08373929

Apologies: 1 received
Attendance: 29 women were in attendance

Chair: Nazreen Bi
Minutes: Nadia Afzal

Welcome

Nazreen welcomed everyone to the virtual AGM and commented on the sad loss of a much loved and longest serving Trustee, Sabbah Wasim, paying tribute to her commitment and dedication to Sähëlï Hub.

Noted that there will be a celebration event in 2022 to honour Sabbah. Nazreen nominated Naseem to chair the rest of meeting.

Minutes of AGM 2020

Naseem welcomed everyone and presented the minutes of AGM 2019-2020. The meeting approved the minutes were a true reflection of the previous AGM.

Approved by R. Mashedi and seconded by H. Halim.

There were no matters arising from the AGM Minutes.

Annual report 2020-2021

Naseem presented the annual report and financial statement for 2020/2021.

Naseem explained how difficult it had been to deliver our service during a global pandemic, even after the slow lifting of restrictions. Balsall Heath was hardest hit with the highest death rate in Birmingham with an extra 64 deaths on average. The whole team has completed mental health first aid training to be able to support the community during this time.

Naseem discussed how zoom online only worked at the third attempt via Sähëli's 700 members on WhatsApp group. Sähëlï focussed on sending short videos of exercise, crocheting, cooking, gardening etc. that were easy to follow and doable in the home environment. A mindfulness week via Zoom in June had a better response but didn't engage grassroots individuals who needed the most help, and a survey was then carried out to explore the reasons for this.

The survey highlighted:

- 62% only do physical activity though Sähëlï
- 62% stopped exercising or being active
- Participants felt not exercising led to weight gain and low mood.
- Reasons for not using zoom included:
  - » Not being able to set-up the app
  - » Connection problems
  - » Space.

WhatsApp videos had been the best solution. Nearly everyone surveyed regretted not learning how to ride a bike with us when they had a chance as this would have benefited them during pandemic. Bike riding has proved to be one of our most popular activities coming out of lock down.

Birmingham Commonwealth Games survey of volunteering 2020
66 women participated in survey highlighting: lack of flexibility, low expectations, no room for progress. The committee was presented with findings and then came back with more information on volunteering.

Naseem explained a lot of women were worried about how COVID-19 had impacted the physical and mental wellbeing of the men in their households. Sähëlï Hub then surveyed 200+ Men in Yardley Green, Hodge Hill and Hall Green, and as a result we have recruited a male officer funded through the NNS scheme.

Funding secured by Heart of England and Sporting Equals has also enabled the Sähëlï Hub Team to be trained in blogging and social media, creating short videos and stories about their journey to and with Sähëlï Hub

Rakhiya Begum explained how befriending phone calls have been important in allowing Sähëlï Hub to keep connection with everyone during the pandemic, helping us to check in on health/social/mental wellbeing. This proved to be vital at this lonely time, and resulted in referrals for food parcels, bereavement support and other support networks.

Shaafia discussed the seven days of Cycling UK challenge, in which participants filmed themselves cycling and sent in their short videos, with Shaafia then producing and uploading a video onto social media at the end of each day. Portraits of local women and their journeys and experiences were also captured by a local artist, Jaskirt Boora.

Naseem thanked all partners and funders: The Active Wellbeing Society, Heart of England and Sporting Equals, Neena Chauhan from Fircroft College, Rachel Gillies for films.

Shebina discussed how loss and grief were at the forefront for the team, herself and Sähëlï. She thanked all team for listening and supporting participants and each other during this difficult period.

Shebina described how from September to December 2021, we created bubbles of activities outdoors, creating a Bubble protector role to ensure adherence to our strict COVID19 social distancing guidelines. In this way, we delivered 52 sessions a week within COVID19 guidelines with the focus on supporting all our participants. From Jan-April 2021 we were still not allowed into buildings so activities were outdoors. Zoom sessions were a great success. We delivered sessions in gardening, cooking and knitting, a book club, health talks, talking art, African dance and aerobic sessions.

In Calthorpe people were desperate to do activity with instructors after spending long periods of time indoors. Senior citizen were more interested and engaged and came to sessions continuously week after week. The Team also took part in Domestic Violence training through Anawim. This proved to be very useful during lockdown.

Shebina thanked all the partners and paid tribute to Sabbah Wasim.

Annual Accounts 2020-2021

Nadia Khan introduced herself as MSK accountants and presented the financial report over the period 01.04.2020 to 31.03.2021.

Total income for resources was a good indication of picture for the year.

- Total income: £195,872 Lower this year but expected due to the pandemic.
- Total expenditure: £172,658
- Total income carried forward from last year was £33k+.
- Total funds were £33k net assets which was £20k more than last year which was a positive picture considering pandemic and restrictions. There was no change in assets for this year.

Naseem thanked Nadia for her contribution.

There were no questions arising from report.

The Annual Finance report was accepted by N. Bi and was seconded R. Mashedi.

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Elections 2020-2021

Naseem stated that all Trustees wanted to stand again so this was voted and agreed upon unanimously.

Nominations received and duly elected:

Chair:	Nazreen Bi
Trustee:	Sayqa Arif
Trustee:	Sahida Bi
Trustee:	Ruphsana Nahar-Qayyum

Naseem and Nazreen thanked everyone especially funders and Trustees.

Meeting closed at 00:00.

Signed: N. B. (Chair) Date: 14-12-22

Signed: [signature] (Trustee) Date: 14-12-2022.

sähëlï hub

Calthorpe Wellbeing Hub
Edward Road
Balsall Heath
Birmingham
B12 9LF
0121 446 6137
info@Sähëlï.co.uk
www.Sähëlï.co.uk

Sähëlï Hub is a friend dedicated to improving community health and wellbeing by providing innovative services and solutions that educates, motivates, inspires and empowers.

Sähëlï Hub promotes the benefits of friendship and co-operation between women in the Birmingham area with specific aims of promoting social welfare and improving personal wellbeing and living conditions. We do this by providing and supporting:

- Commissioned exercise referral programmes
- Recreation and leisure activities
- Adventure schemes for younger women
- Cultural awareness and inclusion activities
- Training to enable women to be more involved in making personal choices and in the decision-making processes within their own communities.

SAHELI HUB

England & Wales - Charity number 1153202

Accounts

säheli hub

Charity registration no. 1153202
Company registration no. 08373929

ANNUAL REPORT & FINANCIAL STATEMENTS 2020-2021

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Thanks to our partners

The Active Wellbeing Society
Active Communities
Birmingham City Council
Sport England
Heart of England Community Foundation
Sporting Equals
Fircroft College
Rachel Gillies, People's Heritage Cooperative
Sterling Property Ventures
AHR

The Sähëlï Hub team

Lola Adeje
Naseem Akhtar
Rakhyia Arshad-Begum
Sabrin Begum
Sultana Begum
Shaafia Bi
Kate Corbett
Sabrina Corbett
Maisie Dill
Shebina Gill
Norma Green
Eleanor Hoad
Melissa Howitt
Asia Khatoon
Liz Lowe
Ambreen Majid
Elisangela Melo
Zaibbin Nisa
Hemlata Patel
Chantal Pitts
Shaila Sharif
Leila Yafai

Chair's report 2020-21

Nazreen Bi, Chair

In my statement last year, I said that we are on the cusp of a challenging year due to COVID19 starting to take a grip and that we would be working even harder with those isolated and lonely. Those with long term health conditions. Those who will need us more than ever through the global pandemic.

We did just that even though we are still facing the continued threat of COVID-19 retaking hold a year later. I said we'd work with our partners to ensure we meet the oncoming challenges together to support the most vulnerable, so we remain one community together. We did just that with The Active Wellbeing Society supporting food distribution and signposting to their food and clothing – wear and share – scheme. So as I look back at 2020 and 2021, I still cannot say that we are now over the worst but only that I hope we are.

The year started with loss – a husband and a mother of one of the team – it sadly did not stop over the year as many of us faced loss and grief on a scale that has made such an impact on us all. As an organisation, we lost many of our Sähëlï mums – mothers that came to Sähëlï Hub for over a decade.

As a board, we lost Sabbah Wasim, our treasurer who gave Sähëlï Hub 20 years of committed service, starting with us as a 20-year-old wanting to see change for young girls and women. Such a loss of one of our greatest supporters. Sabbah developed pulmonary hypertension, and even though it was terminal, she carried on believing life was for living, no matter how short. Sabbah did the job nobody usually wants on any board – treasurer. Sabbah made it her own and was so good at telling each year's story through the financial report numbers at every AGM. So passionate, warm-hearted, dedicated, and organised that she would plan out meetings and activities months in advance. Sabbah turned up at every event without fail and supported the trustees and the Sähëlï Hub team. Fiercely independent, hard working, committed, she always saw the positive in every situation. Sabbah was a one-off and is and will always be missed greatly. We plan to do something in honour of our amazing trustee in the coming year.

I want to thank the Sähëlï Hub team for their commitment over the year – from the befriending calls right at the start, the survey to check in on everyone and even the sending of daily videos to the women on our WhatsApp groups to keep them connected to us – and us to them. We sent videos of African dance, how to grow vegetables and flowers to find breathing space, crocheting and even cooking. Those short videos provided a link between Sähëlï and our regular participants when we all craved the human contact that seemed so distant. So we all recognised what is most important to us – family, friends, community and social connection. The team also helped out with the vaccine rollout at Omnia GP practice. So ensuring the patients we worked with saw a familiar face and were reassured that we were there and would continue to help and support as restrictions lifted.

As the lockdown eased in September, we were first out to pilot the bubbles of six people for activities. We even created a bubble protector role – ensuring everyone out with us in the parks kept their social distance from others while participating in our cycling, walking, exercise and fitness activities. COVID-19 also allowed us to set up more training to support the Sähëlï Hub team as we prepared for everyone to return. We knew there would be a deluge of anxiety, stress

and even depression for many of the women we work with who did not have the opportunity to come out and be active with us because of the pressures of home life. So in December, the whole team completed the mental health first aid course, ready for our return to activities and sessions.

I hope that this coming year will allow us to reconnect and grow together to face the ongoing challenges in 2021 -2022.

So please keep safe and stay vigilant! And let's not forget all those amazing people – like Sabbah Wasim – who we may have lost, but who taught us life is for living and making a difference for all.

Achievements and performance

Report from Naseem Akhtar BEM, CEO

At the start of any report, I usually discuss the highlights and achievements that have stood out over the year from all the activities, programmes and projects we deliver. However, this year has been the most challenging year we have ever experienced, providing our programme of activities during the global pandemic.

Sadly, the community of Balsall Heath (where we are based) suffered from the highest loss of lives in the city due to COVID19, and lockdowns took their toll on all the communities where we work.

Normally Balsall Heath East would see around 47 deaths in an average year – but in the year up to April 2021, it saw 111 deaths. That's 64 'extra' people who died. Overall the ONS data shows a link between deprivation and excess death – Birmingham Live ONS figures analysis August 2021.

Holistic neighbourhood prevention work

Those statistics have a human cost, as experienced by the Sähëlï Hub team, board of trustees, and participants who have had to face personal loss throughout this ongoing pandemic. Sähëlï Hub has worked tirelessly to support the health and wellbeing of the communities we work with, and COVID-19 has exacerbated those issues we have always championed and worked hard to tackle. Now, more than ever, we want to see a focus on real neighbourhood prevention programmes that work holistically to tackle long term health inequalities and improve life expectancy and community health over the long term.

The most important thing to come out of all this loss, grief and suffering is that we all recognise and value that trust, relationships, partnerships, and community has been and always will be at the heart of what we do.

Sähëlï Hub goes digital

When the first lockdown came in late March 2020, we knew we had to do things differently if we were to stay connected with participants and let them know Sähëlï Hub was still here with them and for them. We set up a zoom session, but this did not work, and we decided to find another way. Over the years, we have grown WhatsApp groups, initially communicating if sessions were cancelled or changed. But over time, the groups have become an easier way to send one message to everyone. We had over 700 women we could contact daily via WhatsApp, and we decided WhatsApp groups would be our focus.

The team suddenly had to learn about creating, making and sharing videos. So, we began to send out a daily video, with topics including finding a breathing space, African dance, yoga, cooking, growing and greening and even belly fit. They worked, allowing women to watch the videos when and where they wanted. They could also send feedback by sharing pictures of their cooking creations and exercise routines with the group.

Reaching out with our partners

The Sähëlï Hub team also began to make befriending calls to check in with participants. Through our valued and continued partnership with The Active wellbeing Society, we could also offer support through the Brum Together partnership with any emergency need, including food bags/parcels and clothing through the TAWS wear and share programme. We recognised that many in the community were feeling the squeeze. We're used to working in communities with the lowest incomes and highest needs, but everyone needed some help during this period. We also worked with Bahu Trust to get food to local people too.

Mindfulness Week

In June, we decided to give Zoom another try to connect with women as it seemed this was a valuable way to communicate, especially during the lockdown. To trial the platform, we set up a Mindfulness Week, as many women highlighted how the continued restrictions were affecting their mental health, and anxiety was setting in for some. We worked with a trained therapist and set up daily sessions on de-stressing, keeping positive, developing a positive self-image, visualising, and offered yoga and chat sessions. Unfortunately, although women attended, the week mainly attracted those at work and not those we had hoped to engage who needed our support most.

So, we set up a survey to see why this method did not work and why Zoom was not for them. The women who responded told us:

- 62% would typically be active only with us
- 62% exercised less due to lockdown
- Many had gained weight, had low moods and felt isolated
- Walk/run came out on top in terms of keeping active during the lockdown and then watching videos and utilising green spaces – often gardening
- The most significant barriers to being active at home were lack of time, space, motivation and limited privacy
- 67 % said that physical activities were important to them
- 35% wanted COVID-19 safety measures in place to be more active.

When asked why they didn't use Zoom, respondents said:

"I didn't manage to get the app because of not being able to have privacy to enjoy sessions."

"No space to do Zoom sessions."

"I haven't a clue how to set it."

The consultation revealed that time and privacy were the primary barriers to participation in Zoom sessions for many women. They preferred the videos we sent via WhatsApp, which they could watch on their phones when they had time, and they didn't need to learn new IT skills.

We asked what they enjoyed about the videos, and one participant said:

"You're the first human voice I have heard in a month. I do have the TV on in the background but that voice is flat. It's so nice to hear a real human voice and have a chat with another person. Because of COVID, I don't get to speak to real people anymore as I live on my own."

Back on our bikes

In June, Sähëlï Cycling Club took part in British Cycling's '7 days of Cycling Challenge', which aimed to get people back out and on their bikes. Initially, only a couple of women took part. They took pictures of themselves out cycling, and Shaafia, our Cycling coordinator, put these together to create videos. When Shaafia sent a video out to all the cycling club members, it magically motivated more members to get back out. They started sending pictures every day of the interesting places they cycled to, and the group began to challenge each other to be more adventurous.

The cycling club generated seven videos over the seven-day challenge, and we also made a photo collage every day to post on Twitter. You can watch them all on the Sähëlï Cycling Club website or Facebook page.

www.Sähëlï.co.uk/Sähëlï-cycling-hub
www.facebook.com/Sähëlïcyclingclub

Bubbling with enthusiasm

In August, we began the group of six 'bubbling' sessions. They took place outdoors, at the parks nearest to the Birmingham City Council sites we usually operate from, then closed due to COVID-19. So we knew we had to do something to support everyone to get back out also feel safe. The bubbles proved very successful, and we continued with them until the end of December.

Birmingham Commonwealth Games 2022 volunteering

In September, I worked with the Birmingham Commonwealth Games 2022 (CWG22) workforce task and finish group. I looked into what women from black and ethnically diverse backgrounds thought about volunteering to determine how CWG22 can ensure a volunteer workforce for the games that reflect Birmingham and its communities.

Within a week, 66 women responded to a survey that gave an insight into their views on volunteering. Thanks to the TAWS data team (especially Dean Murphy), we found out that 42% of respondents said 'Yes' they would be interested in volunteering for the CWG22, 36% said 'Maybe' with 22% saying 'No' they would not be interested in volunteering. Of those who responded, 60% were from Indices of Multiple Deprivation quintiles 1 and 2, so a clear reflection of the communities we serve.

Our respondents

- 72% of respondents were Asian/Asian British
- 14% were Black African/Black British/Black Caribbean
- 12% were from Mixed ethnic groups and Other
- 16% said they had physical or mental ill health
- 53% were in full time employment or education
- 32% were unemployed

When asked what would help the women to volunteer? The answers were:

- 'Being flexible with how much time they would need to commit'
- 'An informal chat and more information about the role and commitment required would help them to consider volunteering in the future'.

Third time lucky with Zoom

In January 2021, we tried Zoom for the third time (we never give up). Due to the lockdown straight after the Christmas holidays, we introduced a 'Sähëlï Morning Call' over Zoom every weekday at 9.30 am. This time it worked, we think due to a combination of people missing the bubbling activities and realising there was no other option due to the third lockdown. The Zoom calls proved so popular that we had to put on afternoon calls and specialist calls.

Pedal power with Sähëlï Cycling Club

Sähëlï Cycling Club was selected to be part of an exhibition demonstrating how bicycles can be a catalyst for a new lease of life and new opportunities. A commissioned artist – Jaskirt Boora – worked to uncover the stories of people and their bikes' stories by connecting to pioneering community initiatives, regional cycling equity schemes, and Coventry's general public.

At Sähëlï Hub, bicycles have brought women of all ages together, challenging personal and society's perceptions of what they can achieve while creating lifelong friendships. Sähëlï is open to all women, providing bikes, safety equipment and qualified cycle instructors for free.

As a result, many women join Sähëlï Hub with little or no experience riding a bike and go on to significant achievements, including riding on the road, taking part in Vélo Birmingham and Midlands, and becoming cycle instructors themselves. Our riders' portraits were taken and put in an online exhibition to encourage other women to get on their bikes along the canal and cycle routes in Coventry. Well done Shaafia! for putting the Sähëlï Cycling Club on the map.

Men's health and wellbeing

In January, many women complained that their husbands and brothers were not exercising regularly, and as COVID19 affected more BAME men, especially those who were overweight – could we do something about this. As a first step, we worked with Opinion Expert and set up a survey to ask men what they wanted.

Utilising the survey results, we successfully applied for funding to three Neighbourhood Network Schemes, Hall Green, Hodge Hill and Yardley Green, to invest in our first full-time Men's worker. The grants will allow us to develop and deliver new activities for local men who want to be fitter and more active.

Black and Asian men in the communities we serve have a much lower life expectancy than their white male counterparts, who live a few roads away! For example, the average male life expectancy for a male in the UK is 79.5 years, while in Birmingham, it's 72 years. Many men who live in the inner-city live six to ten years less than the Birmingham average. For women in the UK average life expectancy is 83.1 years, and in Birmingham, it is 81.4 years. For those women living in the inner-city, it's eight years less. So being active and staying active is the key to a longer and healthier life.

We have now welcomed a Men's Officer to our team so we can ensure that we support everyone in the community.

International Women's Day

The theme for International Women's Day was 'I am Generation Equality: Realising Women's Rights'. The theme aligned with UN Women's new multi-generational campaign, 'Generation Equality', marking the 25th anniversary of the Beijing Declaration and Platform for Action.

We decided we would have a whole week of sharing the Sähëlï Hub team's stories about what brought them to work at Sähëlï Hub. We worked with Rachel Gillies, our local favourite community filmmaker. The whole team took part in blog training thanks to Heart of England Community Foundation funding. We blogged about the activities we weren't 'allowed' to do and about finding our way to Sähëlï Hub through a friend, to then becoming the instructor of the class we'd joined. There were cycling and running stories and even a poem. These are now all on our website.

Harnessing the power of social media

We also learnt how to put make films of our activities and sessions, and these will also be on our websites. The training has led to the team being more active on social media, posting regularly about our work on Twitter, Facebook and Instagram. Putting up pictures and films of our work helps attitudes to change. Thanks to social media, we can now show off some of the great activities we deliver throughout the year.

As we look forward to 2021-2022, Sähëlï Hub is here to support you in getting active and staying active. We always do things slowly and safely, meeting you where you are at.

We have invested in training and development for the team and updated or created new policies and procedures that reflect everything we now do. For example, we

are working with Washwood Heath Primary Care Network to tackle long-term health inequalities in the community by working with local GP sites. In addition, we continue to develop additional services and activities through our Social Prescribing work, Holistic Interventions programme, and new social clubs and activities.

We are proud that the Commonwealth Games will be coming to our city – Birmingham – in 2022 and will continue to support the games in any way we can.

We continue to serve the communities we work with throughout the pandemic. Thanks to the new partnerships we are building like our Local Neighbourhood Network Schemes officers (Hall Green, Hodge Hill & Yardley Green), we are now more connected than ever into local and city-wide networks.

Thank you to our partners and funders

We'd like to thank: The Active Wellbeing Society, Active Communities (especially Karen Creavin and Michelle Howard) and their data team (especially Dean Murphy and Evie Harrison); Sport England (Adam Rigarlsford and Ian Silvera); Heart of England and Sporting Equals and especially Nik Trivedi. Thank you also to Neena Chauhan from Fircroft College for the English courses – we are developing a more comprehensive offer for next year. Thanks to Rachel Gillies, filmmaker and storyteller as well as Andrew Hawkins and Simon Lamprell for the continued support.

Finally, but especially, a big thank you to the Sähëlï Hub team and, of course, our outstanding trustees. I want to pay a special tribute to Sabbah Wasim, a trustee for over 20 years.

Report from Shebina Gill, Sähëlï Hub Manager

Thinking of those family and friends we have lost to COVID-19, may we remain passionate about our work to address the health inequalities in Birmingham.

My heartfelt thanks go to our resilient, caring and supportive Sähëlï Hub team. You have stepped forward to help those when they needed you the most.

Sähëlï Hub pandemic time line

Although we were forced to close the doors and program on 23 March 2020, we soon got ourselves focused, kept our eye on the ball, stepped up and provided support wherever we could. Here are a few highlights:

April to June 2020: Befriending

Alongside our sister partner – The Active Wellbeing Society – we were able to contact most of our participants to offer support, referring them for food and clothes parcels and to other essential services, as well as reassuring and listening to their journey during the early days of the pandemic.

June and July 2020: Reassure, re-emerge, restart
The Sähëlï Hub team met weekly, but in a very different way this year – mostly using ZOOM. We soon reassured each other and restarted by updating qualifications, starting with certification through CIMSPA-Sport England COVID-19 Awareness and Re-Activate Instructor Ready.

The team became Mental Health First Aiders and updated knowledge on support for those suffering from domestic violence.

Also via Zoom, we did walk leader preparation and motivation sessions for team welfare – through the Butterfly project, with artists from Sonia Sabri Company. This helped enhance mood andbuild confidence in preparation for supporting the community returning to activities.

July 2020: Holistic Interventions calls
We created a weekly online program from the results of a survey in which our participants told us they wanted to reconnect. We invited them to take part in the initial program of Sähëlï Hub morning, afternoon and evening calls.

These sessions included an oasis of calm together, through familiar Sähëlï Hub activities such as talking art, crochet and knit, exercise classes, book club and a coffee and support group for chronic conditions.

Our team also created wonderful videos of food recipes and nature crafts, posted on YouTube and shared on the Sähëlï Hub WhatsApp groups.

Our thanks go out to Rakhyia Begum, Ambreen Majid, Elisangela Melo, Eleanor Hoad, Leila Yafai and Melissa Howitt.

September 2020: Fresh air
We were prepared! We planned and organised a steady roll out of 20 activities per week. We recognised that our new 'bubble protector' role – keeping everyone socially distanced and providing a safe environment, equipment and notices for each group of activity – was essential.

To everyone's delight, we delivered over 150 bubbles of outdoor activity with pre-booked groups of five women taking part in led cycle rides, learn to ride, nature crafts, gardening, exercise classes and scenic walks at Calthorpe, Ward End and Handsworth Parks. This proved to be a life line for so many women affected by the pandemic.

January and March 2021: Vaccine roll out
We supported partners Omnia and Yardley Green Medical Practices during January and March 2021, supporting clinical teams and reassuring over 750 seniors whilst they waited for their first vaccine.

23 March 2021: National day of reflection
Our team resumed face-to-face meetings. As we planned new activities for both indoor and outdoor spaces, our resident artist – Elisangela Melo completed our wall of change mural at the Calthorpe Wellbeing Hub, highlighting 'Sähëlï – with you throughout the seasons of your life'.

Sabbah Wasim

I met Sabbah when she was 18. She had joined the call by the local neighbourhood forum to set up a women's group in Balsall Heath. It was at the initial meeting that I first met Sabbah, writes Naseem Akhtar BEM, Sāhēlī Hub CEO.

We all agreed that a women's group was needed in the area, so we met every couple of weeks to discuss what kind of changes we wanted to see for all women in Balsall Heath.

Together, we helped set up Sāhēlī Women's Group (as we were known then) as a registered charity. Sabbah became one of the founding trustees. There was no convincing or arm twisting; she wanted to get involved. Sabbah became treasurer when no one else wanted that job, and made it her own. Sabbah has been our one and only treasurer since we set up in 2000.

As a group, we campaigned for a women's centre for Balsall Heath. Sabbah always volunteered her time to support me and all our activities, meetings and AGMs. Sabbah would make the most significant effort to be there – always!

In 2006, Sport England believed in our vision and funded a health and fitness facility, run by and for women. At the cost of £0.5m, Sāhēlī Adventure Hub was born.

We have, over the last 21 years:

- Taught over 2,000 women how to ride a bike
- Worked with 14,000 women to support them to manage their long term health conditions
- Enabled over 250 young women and girls to take part in skiing, canoeing, quad biking, and so much more
- Helped over 150 women to walk, jog and run – 5K, 10K, half marathon and even full marathons
- Provide training and development for women and we have a team reflective of the community it serves.

Sabbah was the most committed and supportive trustee, a cheerleader for Sāhēlī Hub. She joined as a girl and blossomed into an amazing woman. She was fiercely loyal, totally independent, hardworking, and generous with her time and commitment to us, her family and friends. Always fun-loving and wanting to see new places, meet new people - while taking care of and especially organising friends and family.

When she became ill, she never said that her condition was terminal as Sabbah believed she would beat it. Her fight and her hope for life made us feel she would get the lung transplant she needed and would prove that a short-term diagnosis was wrong over the next decade. We never expected it to be any different as Sabbah carried on with her life and her condition didn't hold her back.

Her death profoundly saddens us – for us, she is and was irreplaceable. Unique, a one-off.

We will feel her loss at every Trustee meeting. At the AGM, she would read out the accounts in her own style and communicated clearly how and what we spent funds on over the previous year.

We will do something to honour Sabbah's memory and pay tribute to her contribution to her community, but due to COVID, we are holding on. When we can, we will let you know what we plan to do.

We know it's not just a loss but a deep cut – that will take years to heal. Sabbah will remain in our hearts and our minds as we will miss her presence at all our activities and events in the future.

Loved, blessed by her presence, missed but never forgotten.
Thank you, Sabbah Wasim – Sähëlï Hub Treasurer.

Holistic Interventions statistics

Holistic Interventions project impact from September 2018 to September 2021[1]

Key statistics

- 21,425 total attendances
- 2,517 unique participants
- 95% were women
- 94% were from BAME communities
- 91% were from IMD quintiles 1 and 2[2]
- 15,734 attendances at physical activities
- 5,691 attendances at social activities

Our top five activities

- Aerobics: 3,543 attendances
- Stronger stretched & balanced: 3,406 attendances
- Learn to ride: 1,573 attendances
- Led ride: 1,185 attendances
- Crochet & knitting: 1,093 attendances

1. Figures are throughput for all sessions. Percentages may not equal 100 due to rounding. 2. IMD stands for Index of Multiple Depreciation, the official measure of relative deprivation for small areas (neighbourhoods) in England. In encompasses measures of: income deprivation; employment deprivation; education, skills and training deprivation; health deprivation and disability; crime; barriers to housing and services; living environment deprivation. Quintiles 1 and 2 include the most deprived areas of the country.

Our top five attended sites

- Calthorpe Wellbeing Centre: 7,871
- Saltley Wellbeing Centre: 5,013
- Omnia Medical Practice: 1,760
- Ward End Park: 1,531
- Handsworth Wellbeing Centre: 1,176

We also had 1,109 virtual attendances.

Age of attendees

- 15 years and under: 3%
- 16-25 years: 5%
- 26-35 years: 10%
- 36-45 years: 27%
- 46-55 years: 23%
- 56-65 years: 15%
- 66+ years: 17%

Ethnicity of attendees

- Asian: 61%
- Black: 13%
- Other: 7%
- White: 5%
- Mixed: 2%
- Unknown: 12%

N·B·

16/12/21

Financial statements

for the period ended 31 March 2021

Trustees' annual report

Year ended 31 March 2021

The trustees present their report and the financial statements of the charity for the year ended 31 March 2021.

Reference and administrative details

Registered charity name:	Sähëlï Hub
Company registration number:	08373929
Charity registration number:	1153202
Principal office:	110 Edward Road, Balsall Heath, Birmingham B12 9LS

The Trustees

The trustees who served the charity during the period were as follows:

Nazreen Bi (Chair)
Sabbah Wasim (Treasurer)
Sahida Bawhab
Ruphsana Nahar Qayyum
Sayqa Arif

Independent examiner

MNSK Chartered Accountants, 206 Robinhood Lane, Hall Green, Birmingham B28 0LG

Bankers

Lloyds Bank PLC, 32-34 Alcester Road South, Kings Heath, Birmingham B14 7PU

Structure, governance and management

Sähëlï Hub operates under a memorandum and articles incorporated 24/01/2013 as amended by special resolution(s) dated 06/10/2015 and has been registered as a charity from 02 August 2013. Trustees are elected every year and are persons of suitable background, who have understanding of the work undertaken by the charity and are supportive of its aims and objectives.

Recruitment of new trustees is primarily through encouraging service users who show an interest in supporting the development of the organisation becoming Members of the charity and inviting women with skills to support the growth and development of Sähëlï Hub. Sähëlï Hub's Articles of Association allow for the appointment of between three and ten Trustees, drawn from amongst the members of the charity. To be eligible for appointment as a Trustee, the person must have attended at least six Directors' meetings since the previous Annual General Meeting. Election to the post takes place at the Annual General Meeting where up to seven Members may be appointed from

amongst the membership and up to two may be appointed by the Trustees. Support and training are offered to new Trustees. No outside or related body is entitled to appoint Trustees. The Trustees agree to meet quarterly, as a minimum, in order to take responsibility for the direction and policy of the charity. The Trustees are not acting as Custodians of assets or managing any properties.

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and accounting estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Objectives and activities

The objectives of the charity are to promote the benefits of friendship and co-operation between women in the Birmingham area with specific aims of promoting social welfare and improving personal wellbeing and living conditions. The means of achieving these overall objectives include:

- Provision of a Commissioned Exercise Referral Program;
- Support and provision of recreation and leisure activities;
- Provision of adventure schemes for younger women;
- Cultural awareness and inclusion activities;
- Training to enable women to be more involved in making personal choices and be more involved in the decision making processes within their own communities.

The charity's activities are for the public benefit and the trustees have had regard to Charity Commission guidance on public benefit. In accordance with section 31(2) of the Companies Act 2006, the objects are specifically restricted to the promotion of the benefits of the community by the provision of facilities for the recreation or other leisure time occupation in the interest of social welfare with the object of improving their conditions of life.

Sähëlï Hub will work towards improving community health and wellbeing by delivering services and activities that will address long term health, education, social inequalities, and disadvantage. We will reach those who are most in need through the provision of our own facilities or out of local centres. We will do this by providing opportunities in physical activity and sports, training and development as well as arts, cultural and heritage projects. We will strive to improve equality and diversity, human rights and racial harmony by prioritising services for women, young people and families. We will undertake research as and when needed, and provide advocacy, advice and information to improve the lives of the Ethnically Diverse Communities we serve.

Financial review 2020/2021

Summary

During the year 2020/2021, Sähëlï Hub received income of £195,873k – a decrease of £34,178 (15%) from 2019/2020. Local Delivery Pilot (LDP) Active Communities have once again been the largest source of funding. Resources expended during the year 2020/2021 amounted to £171,449 – a decrease of £34,400 (16%) on the previous year. As with previous years, 100% of expenditure was spent on charitable activities. Unrestricted funds carried forward at 31 March 2021 were £23,267 and restricted funds carried forward at 31 March 2021 are £11,388 related to funding to finance project activity in the next financial year.

This year the Trustees have adopted new and updates policies on:

- Financial Procedures
- Pay
- Reserves
- Expenses, retirement, redundancy.

Reserves

Sähëlï Hub's policy is to hold a reserve of £3,000. We hold the reserve to support the development of new services or expansion of current ones; to provide a healthy cash flow in the event of delays to expected income and to enable Sähëlï Hub to survive unexpected setbacks and problems. The reserve has been funded by the generation of a small surplus on some of our activities.

Investment policy

The Trustees are empowered by the Memorandum and Articles of Association to invest the Charity's funds as they see fit. The investment policy requires that surplus funds, not required for working capital purposes, should be invested to provide maximum return at minimum risk to the organisation. All funds that are surplus from time to time are invested on a short- or medium-term fixed interest basis. To minimize the risk to funds, investments are deposited with many banking institutions who are regulated by the Financial Services Authority and are members of the Financial Services Compensation Scheme. The Charity's investment policy is reviewed on an annual basis.

Nazreen Bi
Chair

sähëli hub

Independent examiner's report to the Trustees of Sähëlï Hub

Year ended 31 March 2021

I report to the trustees on my examination of the accounts of **Sähëlï Hub** for the year ended 31/03/2021, which are set out on pages 18 to 28.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the Trustee's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- The accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Name of principal: Nadia Khan ACA, FCCA
Name of firm: MNSK Limited
Address: 206 Robinhood Lane, Hall Green, Birmingham B28 0LG

Date: 10/1/2022

Statement of financial activities

Year ended 31 March 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
INCOMING RESOURCES					
Incoming resources from generating funds:					
Voluntary income	2	-	-	-	-
Incoming resources from charitable activities	3	6,753	189,119	195,872	230,051
TOTAL INCOMING RESOURCES		6,753	189,119	195,872	230,051
RESOURCES EXPENDED					
Charitable activities	6	(6,547)	(162,862)	(169,409)	(203,691)
Governance costs	7	-	(2,040)	(2,040)	(2,159)
TOTAL RESOURCES EXPENDED	16	(6,547)	(164,902)	(171,449)	(205,850)
NET INCOMING/(OUTGOING) RESOURCES FOR THE YEAR		206	24,217	24,423	24,201
RECONCILIATION OF FUNDS:					
Total funds brought forward - Restated		10,307	(75)	10,232	(13,969)
Transfers		12,754	(12,754)	-	-
TOTAL FUNDS CARRIED FORWARD		**23,267**	**11,388**	**34,655**	**10,232**

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on page 20 to 28 form part of these financial statements.

Balance sheet

31 March 2021

	Note	2021 £	2021 £	2020 - Restated £
FIXED ASSETS				
Tangible assets	10		5,787	2,327
CURRENT ASSETS				
Debtors	11	867		648
Cash at bank		72,350		20,224
		73,217		20,872
CREDITORS: Amounts falling due within one year	12	(44,349)		(12,967)
NET CURRENT ASSETS			28,868	7,905
NET ASSETS			**34,655**	**10,232**
FUNDS				
Restricted income funds	13		11,388	(75)
Unrestricted income funds	14		23,267	10,307
TOTAL FUNDS			**34,655**	**10,232**

The Charitable Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for year ended **31 March 2021**.

The members have not required the company to obtain an audit of its financial statements for the ended **31 March 2021** in accordance with Section 476 of the Companies Act 2006. The trustees acknowledge their responsibilities for:

(a) Ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements. So far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

These financial statements were approved by the members of the committee and authorised for issue on the ..... and are signed on their behalf by:

Nazreen Bi
Chair

Notes to the financial statements

Period ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards and the requirements of the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in March 2005 (SORP 2005).

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

- Incoming resources from charitable trading activity are accounted for when earned.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource.

Fixed assets
All fixed assets are initially recorded at cost.

Depreciation
Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Computer Equipment	-	20% straight line
Fixtures & Fittings	-	25% reducing balance
Motor Vehicles	-	25% reducing balance
Sports Equipment	-	20% straight-line

2. VOLUNTARY INCOME

	Unrestricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Donations			
Donations – Grant	-	-	-

3. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Elan Valley			-	240
LDP - Active Communities	-	165,381	165,381	211,811
Sporting Equals	-	5,500	5,500	-
This Girl Can	-	2,038	2,038	-
Heart of England	-	16,200	16,200	-
General Funds	351	-	351	18,000
HMRC – Furlough	6,402	-	6,402	-
Total Funds	6,753	189,119	195,872	230,051

4. COSTS OF CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Charitable activity	6,547	164,902	171,449	205,850
	6,547	**164,902**	**171,449**	**205,850**

5. COSTS OF CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly £	Support costs £	Total Funds 2021 £	Total Funds 2020 £
Charitable activity	169,409	-	169,409	203,691

6. ANALYSIS OF CHARITABLE ACTIVITY COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Wages & salaries	6,402	101,147	107,549	105,902
Office Costs	145	22,171	22,316	13,006
Insurance & Travel Expenses	-	6,944	6,944	6,756
Professional fees	-	2,599	2,599	375
Depreciation	-	2,459	2,459	1,404
Event, Training and Marketing	-	14,106	14,106	8,311
Equipment cost	-	-	-	704
Exercise classes, trips & activities	-	13,436	13,436	67,233
	6,547	**162,862**	**169,409**	**203,691**

7. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Independent examination & financial statements fee	-	2,040	2,040	2,040
Bookkeeping, payroll and management accounts fee	-	-	-	119
	-	**2,040**	**2,040**	**2,159**

8. NET OUTGOING RESOURCES FOR THE YEAR

This is stated after charging:

	2021 £	2020 £
Depreciation	2,459	1,404
Independent examination remuneration:		
- examination of the financial statements	600	600
- preparation of financial statements	1,440	1,440

9. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

	2021 £	2020 £
Wages and salaries, National insurance and Pension cost	107,549	105,902
	107,549	**105,902**

Particulars of employees:
The average number of employees during the year, calculated on the basis of full-time equivalents, was as follows:

	2021 No	2020 No
Number of administrative staff	3	3

No employee received remuneration of more than £60,000 during the year (2020 - Nil).

10. TANGIBLE FIXED ASSETS

	Sports Equipment £	Computer Equipment £	Fixtures & Fittings £	Motor Vehicles £	Total £
COST					
At 1 April 2020	555	4,133	1,478	2,932	9,098
Additions	-	5,920	-	-	5,920
As at 31 March 2021	555	10,053	1,478	2,932	15,018
DEPRECIATION					
At 1 April 2020	444	3,312	1,012	2,004	6,772
Charge for the year	111	1,998	118	232	2,459
At 31 March 2021	555	5,310	1,130	2,236	9,231
NET BOOK VALUE					
At 31 March 2021	**-**	**4,743**	**348**	**696**	**5,787**
At 31 March 2020	111	822	466	928	2,327

11. DEBTORS

	2021 £	2020 £
Trade debtors	420	-
Prepayments	447	648
	867	**648**

12. CREDITORS: Amounts falling due within one year

	2021 £	2020 £
Deferred income	25,000	-
PAYE payable	11,059	9,972
Net Wages	-	303
Accruals	7,626	2,052
Pension payable	664	640
	44,349	**12,967**

13. RESTRICTED INCOME FUNDS

	Balance at 1 Apr 2020 Restated £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2021 £
Restricted Fund	(75)	189,119	(164,902)	(12,754)	11,388

14. UNRESTRICTED INCOME FUNDS

	Balance at 1 Apr 2020 - Restated £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2021 £
General Funds	10,307	6,753	(6,547)	12,754	23,267

15. FUNDS ANALYSIS

	Balance at 1 Apr 2020 - Restated £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2021 £
RESTRICTED FUNDS					
Sporting Equals	-	5,500	(2,000)	(2,500)	1,000
This Girl Can (TGC)	-	2,038	(1,813)	-	225
LDP - Active Communities	-	165,381	(156,137)	(9,244)	-
BCC Cover	(75)	-	-	-	(75)
Heart of England	-	16,200	(4,952)	(1,010)	10,238
Total Restricted funds	(75)	189,119	(164,902)	(12,754)	11,388
UNRESTRICTED FUND					
General Funds	9,307	351	(145)	12,754	22,267
HMRC - Furlough	-	6,402	(6,402)	-	-
Cycling UK	1,000	-	-	-	1,000
Total Unrestricted funds	10,307	6,753	(6,547)	12,754	23,267
Total Funds	**10,232**	**195,872**	**(171,449)**	**-**	**34,655**

Restricted Funds

BCC Cover

Saheli delivered a physical activity session during the 19-20 financial year. This fund is in deficit as at 31st March 2021, but the cost is going to be recovered from Birmingham City Council in the following financial year.

Cycling UK

This funding is for collating surveys for Cycling UK. The funding will be used to support the growth of the Saheli Cycling Club.

LDP - Active Communities Programme

Through our partnership with The Active Wellbeing Society, Saheli Hub is commissioned to deliver the Holistic Interventions (Social Prescribing) programme working in the LDP areas to create a clear pathway into physical and civic activity to develop sustainable groups. Refocussing GP services to prescribe social activities and preventative physical activity programmes to reduce medical prescriptions for patients with low-risk chronic conditions and/or with long-term health conditions. The funding is for salaries, activities, equipment and venue hire.

Heart of England Community Foundation - DCMS Doing Things Differently Fund

Saheli Hub used the funds to put on extra sessions outdoors (as we no longer cold operate in doors) and increase our online activities (Saheli Morning, Afternoon and Evening Call sessions) and presence on social media. Saheli Hub used the funds to scale up delivery of activities during COVID 19. The funds were also used to train the team on how to blog and create some short films of our activities to inspire previous participants to get back out again as restrictions eased. We successfully published our blogs on the Saheli Hub website, twitter and Facebook. We purchased new uniforms for the whole team and supported participants in bubbles of six in outdoor activities in three parks. .

Sporting Equals Tackling Inequalities Fund - Sport England

Saheli Hub received funding from Sporting Equals to update their website, improve our social media presence and to look at developing a bespoke CRM system. During the first lock down Saheli Hub recognised that we needed a more up to date and customised/bespoke system that would allow us to connect with all our participants and support them even while they were not able to attend our activities or come to our sites. We needed to have a unique monitoring and data system that not only captured our attendances but would capture an individual's journey with us.

This Girl Can - Sport England

Through our partners The Active Wellbeing Society we secured funding to deliver slumba (slow Zumba) Led ride cycling sessions, Zumba activities to get active again after losing their confidence or feeling isolated and alone due to COVID restrictions. We also delivered a digital skills course in partnership with Fircroft College to support women to learn IT skills. So many women said in our surveys that they did not have the skills or knowledge on how to access Zoom or the internet and more importantly how to connect with others - families, friends and neighbours so this course helped them to do all that and more.

NNS Hodge Hill - Saheli Hub over 50's Cycling Coordinator

Saheli Hub secured funds through the Neighbourhood Network Scheme to employ a part time Saheli Cycling Club coordinator to set up cycling session in the ward of Hodge Hill and work with women aged 50+ over the coming year

NNS Hodge Hill over 50's Men's Coordinator

Saheli Hub secured funding for a male officer through the Neighbourhood Network Scheme as part of a three constituencies wide project to support men over 50 in Hodge Hill to get physically active and support them to manage their health and wellbeing.

16. ANALYSIS OF TOTAL RESOURCES EXPENDED - 2021

	General Fund	HMRC-Furlough	This Girl Can	Heart of England	Sporting Equals	Active Communities	Grand Total 2021
Bank charges	80	-	-	-	-	-	80
Depreciation	-	-	-	-	-	2,459	2,459
Event Costs	-	-	-	-	-	78	78
Exercise Classes, trips & activities	-	-	1,500	2,612	-	9,324	13,436
Insurance	-	-	-	-	-	2,944	2,944
Marketing & Publicity	-	-	-	413	-	2,405	2,818
Office expenses	-	-	-	144	-	2,369	2,513
Professional fees	-	-	-	-	-	2,599	2,599
Rent and rates	-	-	-	-	-	10,533	10,533
Salaries & National Insurance	-	6,402	-	-	-	101,147	107,549
Sundry expenses	65	-	-	-	-	-	65
Support office costs	-	-	268	1,783	-	4,467	6,518
Telephone and broadband	-	-	-	-	-	2,607	2,607
Training & Recruitment	-	-	45	-	2,000	9,165	11,210
Travel Expenses	-	-	-	-	-	4,000	4,000
	145	**6,402**	**1,813**	**4,952**	**2,000**	**154,097**	**169,409**
Governance costs							
Independent examination and financial statements fee	-	-	-	-	-	2,040	2,040
	145	**6,402**	**1,813**	**4,952**	**2,000**	**156,137**	**171,449**

17. ASSETS FUNDED BY RESTRICTED FUNDS

	Represented by fixed assets	Represented by current assets & liabilities	Total as at 31 Mar 2021
	£	£	£
Restricted Funds	-	11,388	11,388
Un Restricted Funds	5,787	17,480	23,267
RESTRICTED FUND	**5,787**	**28,868**	**34,655**

18. RELATED PARTY TRANSACTIONS & TRUSTEES' REMUNERATION

No members of the management committee received any remuneration during the year. Travel costs amounting to £Nil (2020 - Nil) were reimbursed to members of the management committee.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2020 - Nil).

During the year no payment or reimbursement of out-of-pocket expenses were made to trustees or third parties for expenses incurred by trustees (2020 - Nil).

Minutes of the Sähëlï Hub AGM 2019–2020

Held on Sunday 25th January 2020
The meeting was held online via ZOOM
Meeting opened at 17:30

Sähëlï Hub (Charity Number 1153202)
Sähëlï Hub Company Limited by guarantee (company no: 08373929)

Apologies: Shanaz, Alison, Reena, Sultana
Attendance: Naseem Akhtar, Shebina Gill, Hemalata Patel, Sayqa Arif, Norma Green, Wehida Mulla, Sajeda Mulla, Shaila Sharif, Nazreen Bi, Rashida Mahmood, Haseena Akhtr, Rupshana Nahar-Qayyum, Maisie Dill, Shaafia Bi, Sahida Bawhab, Sabs, Hashmita Halim, Melissa Howitt, Aflona, Rakhiya Arshad-Begum

Chair: Nazreen Bi
Minutes: Madihah Hussain

Welcome

Naseem welcomed everyone to the virtual AGM meeting and asked everyone present to introduce themselves.

Naseem shared the agenda on screen so everyone could view the agenda for the AGM 2019-2020.

Nazreen, Chair of Sähëlï Hub, welcomed and thanked everyone for coming, recognising that she was missing the usual format of the meeting and being with everyone in a hall.

Nazreen thanked all of the Sähëlï Hub team for carrying on and continuing to believe in what Sähëlï Hub has been delivering despite the many difficulties of the year.

Nazreen said that it had been a pleasure working alongside the other Trustees and she was proud to be Chair of Sähëlï Hub.

Minutes of AGM 2019

Naseem read a summary of the minutes of last year's AGM which took place on 9 December 2019. She explained that at every AGM the previous minutes are presented as part of the AGM.

Naseem also explained that the minutes from last year's AGM always include the presentation of the Sähëlï Hub end of year accounts and that nothing of concern was highlighted in the accounts.

Sabbah Wasim approved the minutes to be a true reflection of the 2018-2019 AGM and Rupshana Nahar-Qayyum seconded.

Annual report 2019-2020

Naseem presented the annual report, highlighting that some of the pictures in the annual report were from Handsworth, emulating the work being done in Calthorpe and Saltley. She then went on to thank the main partners who had helped and supported Sāhēlī Hub activities throughout the year.

Nazreen Bi, Chair, thanked everyone for their work and the activities they organised and delivered, especially in terms of fitness, exercise and support. She acknowledged that as a charity, the partnerships have really developed over this year and activities have progressed to be more than just taster sessions in Handsworth. Many of our activities give opportunities to progress participants into organised events, such as the Velo Ride, the 10K and the half-marathons.

Sayqa Arif, Trustee, spoke about the Ramadan Special Velo event where 25 women from the Sāhēlī Cycling Club took part in the last 10 miles of the 45 mile ride across the county, finishing in the city centre of Birmingham. Sayqa felt Sāhēlī Hub demonstrated that women can participate in all types of sporting events as she reflected that the Sāhēlī Hub team seemed to be the only ethnic minority women in the race. Local residents had shown a lot of support clapping for us as we cycled on the streets during the Velo event. Sayqa emphasised we were showcasing that women from ethnic minorities can and will get engaged in city-wide events. Sayqa felt the team really appreciated receiving the free bikes at the end of the event through Big Birmingham Bikes - a lovely surprise and shock to everyone taking part. Sayqa also said the team stood out and was referred to as the 'pink ladies' wherever we went because of our branded Sāhēlī t-shirts. She recognised that many young girls from different backgrounds were watching the team and she felt this could prove to all women that your background and what you wear, eg the hijab, should not hold you back.

Naseem added that attending the Velo event made her realise what a male dominated sport cycling is, and we hope to change this through our Cycling Club. Representation of women really matters, especially to ethnic minority women.

Rakhiya Begum highlighted her social prescribing work. Since early 2019, Sāhēlī Hub have been working in two GP surgeries in Yardley Green and one in Alum Rock using a triage process in order to support all of the different needs and interests that patient have. Although Covid-19 had just started to impact we still had around 6-9 months' worth of activities which were really well received on site at the GP practises. The Sāhēlī Hub team have developed good relationships with patients and have delivered physical activities, chair-based exercise and lots of social clubs. Holistic Interventions(HI) is funded by the Local Delivery Pilot's Active Communities programme, a service that we are commissioned to deliver in the inner city of Birmingham by The Active Wellbeing Society. As Covid-19 progressed the Sāhēlī Hub team kept in contact with our patients through befriending calls. Rakhyia also said that the team did themselves proud in reacting to and working through the start of the pandemic. The team were calling patients, reassuring them and started to work on the idea of how to keep them connected with us from the start of the lock down. The aim of the HI programme is for women to come into a safe space at their GP surgery to help tackle isolation and loneliness. There is a real need for social prescribing to grow in our communities.

Shebina then discussed how Sähëlï Hub is here to stand out and not to blend in. The Sähëlï Way is to build trust and partnerships with not only participants but with the partners who help and support us to deliver everything we do.

Over the year we have worked with:

- The Salvation Army who delivered programmes at Calthorpe to support women to get into employment.
- Women's Empowerment project alongside Rachel Gillis. We're hoping to get an exhibition of the artwork created by this group once COVID-19 restrictions are lifted.
- Sonia Sabri, Brave workshop to talk about issues and obstacles that women face in the UK vs those in other parts of the world - an uplifting session.
- Fircroft, Speaking English. So many women and even refugee women attended our sessions. For refugee women getting a chance to speak to other women in English helps them to learn how to communicate and builds their confidence for a new life here in Britain.
- Omnia GP practice, supporting patients to seek an alternative to medication and become more socially connected, more active, physically and mentally, and build friendships that reduce isolation and loneliness especially through the pandemic.

A survey of participants on our HI programme, revealed that 50% of those who attended a social club then moved on to a physical activity.

Naseem discussed the HI statistics over the year:

- 1,595 unique individuals accessing our services
- 11,213 attendances
- 97% women attending
- 80% from BAME communities
- 90% living in the poorest, socio-economic neighbourhoods.

Naseem explained that the Sähëlï Hub numbers at all the sites we operate from, Calthorpe Hub, Handsworth & Saltley Wellbeing Centre, keep growing year on year.

The HI model has proved a big success with GP surgeries seen as places where people can get active rather than places to get your pills, potions and injections. Now at Omnia you can learn to ride a bike, crochet, do chair based exercises and so much more.

This is just the start of the model for Sähëlï HI and with the support of The Active Wellbeing Society, Active Communities and Sport England we hope we can continue to demonstrate that we can reduce isolation and loneliness. Get patients active and even take up sport by meeting people where they are at, to help improve the overall health and wellbeing of the inner-city communities we work with and live in.

The cycling and running groups are still growing and bringing new women into Sähëlï Hub.

Alfona Sood – A run leader for Sähëlï Hub mentioned the Nowka Bias (Bangladeshi Boat Race): 13 of our runners and cyclists entered the boat race and won for the second year in a row. When the team went onto the stage to collect the trophy, they encouraged other women to join them in 2020, Covid-19 permitting.

Naseem thanked: Shimul Haider and the Sport England team; The Active Wellbeing Society, especially Karen Creavin and Michelle Howard; the BCC sites, Handsworth and Saltley wellbeing Centre; Omnia, Yardley Green GP Practises; our new partners, Salvation Army, Fir Croft College - especially Neena Chauhan, Rachel Gillies and Sonia Sabri.

And of course, the most important group - The Sähëlï Hub Team: Shebina, Rakhyia, Sabrin, Sultana, Shaafia, Kate, Maise, Norma, Eleanor, Melissa, Asiya, Liz, Ambreen, Lis, Zaibbin, Leila, Shaila, Hemma and Chantel. Everyone of them makes the team standout.

There were no questions arising from the annual report.

The Annual Report for 2019-2020 was accepted by Haseena Aktar and was seconded by Rashda Mashedi.

Annual Accounts 2019–2020

Sabbah Wasim, Treasurer of Sähëlï Hub, explained the finances, clarifying that the report was from April 2019 to the end of March 2020. She informed everyone present that the charity's auditors are MNSK Chartered Accountants. Sabbah discussed the Trustee's responsibilities and that no Trustee had taken any renumeration for their time.

Sabbah also highlighted that we had new policies put in place this year, as they were due for a review, and strengthened our financial procedures even further. Sähëlï reserves are £3,000 as a minimum in the account as a buffer to avoid going into an overdraft.

Sabbah stated that the independent examiner's statement confirmed that no material matters or matters of concern had come to their attention with respect to our accounts and reporting.

Sabbah read through the full statement and explained the funds and items of expenditure. The biggest cost was on staff and activities which is to be expected as a service provider. Trustees do not receive any money in travel costs or reimbursements or personal interests.

The charity's only fixed asset is the minibus. Sähëlï Hub is a charity and a company limited by guarantee. There were no donations received this year.

Sabbah thanked all of our funders for their contributions.

Rupshana Nahar-Qayyum accepted the report and it was seconded by Hashmita Halim.

Elections 2019–2020

Naseem stated that all Trustees wanted to stand again so this was voted and agreed upon unanimously.

Nominations received and duly elected:

Chair:	Nazreen Bi
Treasurer:	Sabbah Wasim
Trustee:	Sayqa Arif
Trustee:	Sahida Bawhab
Trustee:	Ruphsana Nahar-Qayyum

Nazreen Bi thanked everyone for attending and for sharing their stories. Their help and support throughout the year as the year ahead looks difficult for us all, but she hoped we would all be seeing each other at the next Sähëlï Hub AGM.

Meeting closed at 18:50.

Signed: N.B. (Chair) Date: 16.12.21

Signed: (Trustee) Date: 16.12.21

sähëli hub

Calthorpe Wellbeing Hub
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Sähëlï Hub is a friend dedicated to improving community health and wellbeing by providing innovative services and solutions that educates, motivates, inspires and empowers.

Sähëlï Hub promotes the benefits of friendship and co-operation between women in the Birmingham area with specific aims of promoting social welfare and improving personal wellbeing and living conditions. We do this by providing and supporting:

- Commissioned exercise referral programmes
- Recreation and leisure activities
- Adventure schemes for younger women
- Cultural awareness and inclusion activities
- Training to enable women to be more involved in making personal choices and in the decision-making processes within their own communities

The Active Wellbeing Society · holistic interventions · active communities · SPORT ENGLAND

Big Birmingham Bikes · we are cycling UK · heart of england COMMUNITY FOUNDATION · SportingEquals Promoting ethnic diversity in sport & physical activity · Birmingham City Council