

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 Säheli Hub team

Lola Adeje	Eleanor Hoad
Naseem Akhtar	Melissa Howitt
Rakhyia Arshad-Begum	Asia Khatoon
Sabrin Begum	Liz Lowe
Sultana Begum	Ambreen Majid
Shaafia Bi	Elisangela Melo
Kate Corbett	Zaibbin Nisa
Sabrina Corbett	Hemlata Patel
Maisie Dill	Chantal Pitts
Shebina Gill	Shaila Sharif
Norma Green	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 Säheli mums – mothers that came to Säheli Hub for over a decade.

As a board, we lost Sabbah Wasim, our treasurer who gave Säheli 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 Säheli 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 Säheli 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 Säheli 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 Säheli 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 Säheli Hub team, board of trustees, and participants who have had to face personal loss throughout this ongoing pandemic. Säheli 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.

Säheli 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 Säheli 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 Säheli 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, Säheli 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 Säheli Cycling Club website or Facebook page.

www.Säheli.co.uk/Säheli-cycling-hub

www.facebook.com/Sähelicyclingclub

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 'Säheli 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 Säheli Cycling Club

Säheli 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 Säheli Hub, bicycles have brought women of all ages together, challenging personal and society's perceptions of what they can achieve while creating lifelong friendships. Säheli is open to all women, providing bikes, safety equipment and qualified cycle instructors for free.

As a result, many women join Säheli 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 Säheli 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 Säheli Hub team's stories about what brought them to work at Säheli 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 Säheli 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, Säheli 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 Rigarsford 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 Säheli 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, Säheli 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 Säheli Hub team. You have stepped forward to help those when they needed you the most.

Säheli 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 Säheli 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 and build 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 Säheli Hub morning, afternoon and evening calls.

These sessions included an oasis of calm together, through familiar Säheli 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 Säheli 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 'Säheli – 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, Säheli 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 Säheli 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, Säheli 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 Säheli 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 – Säheli Hub Treasurer.

Holistic Interventions statistics

Holistic Interventions project impact from September 2018 to September 2021¹

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 2²
- 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 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.

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:	Säheli 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

Säheli 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 Säheli Hub. Säheli 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.

Säheli 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, Säheli 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

Säheli 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 Säheli 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

Independent examiner's report to the Trustees of Sähëli Hub

Year ended 31 March 2021

I report to the trustees on my examination of the accounts of **Sähëli 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 OLG

Date:

10/11/2022

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		<u>6,753</u>	<u>189,119</u>	<u>195,872</u>	<u>230,051</u>
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	<u>(6,547)</u>	<u>(164,902)</u>	<u>(171,449)</u>	<u>(205,850)</u>
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		<u>12,754</u>	<u>(12,754)</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS CARRIED FORWARD		<u>23,267</u>	<u>11,388</u>	<u>34,655</u>	<u>10,232</u>

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

		2021		2020 - Restated
	Note	£	£	£
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			<u>34,655</u>	<u>10,232</u>
FUNDS				
Restricted income funds	13		11,388	(75)
Unrestricted income funds	14		23,267	10,307
TOTAL FUNDS			<u>34,655</u>	<u>10,232</u>

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
	<u>6,547</u>	<u>164,902</u>	<u>171,449</u>	<u>205,850</u>

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
	<u>169,409</u>	<u>-</u>	<u>169,409</u>	<u>203,691</u>

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
	<u>6,547</u>	<u>162,862</u>	<u>169,409</u>	<u>203,691</u>

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
	<u>-</u>	<u>2,040</u>	<u>2,040</u>	<u>2,159</u>

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	<u>1,440</u>	<u>1,440</u>

9. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

	2021 £	2020 £
Wages and salaries, National insurance and Pension cost	<u>107,549</u>	<u>105,902</u>
	<u>107,549</u>	<u>105,902</u>

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	<u>3</u>	<u>3</u>

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	<u>555</u>	<u>10,053</u>	<u>1,478</u>	<u>2,932</u>	<u>15,018</u>
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	<u>555</u>	<u>5,310</u>	<u>1,130</u>	<u>2,236</u>	<u>9,231</u>
NET BOOK VALUE					
At 31 March 2021	<u>-</u>	<u>4,743</u>	<u>348</u>	<u>696</u>	<u>5,787</u>
At 31 March 2020	<u>111</u>	<u>822</u>	<u>466</u>	<u>928</u>	<u>2,327</u>

11. DEBTORS

	2021 £	2020 £
Trade debtors	420	-
Prepayments	447	648
	<u>867</u>	<u>648</u>

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
	<u>44,349</u>	<u>12,967</u>

13. RESTRICTED INCOME FUNDS

	Balance at 1 Apr 2020 Restated £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2021 £
Restricted Fund	<u>(75)</u>	<u>189,119</u>	<u>(164,902)</u>	<u>(12,754)</u>	<u>11,388</u>

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 could 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
	<u>145</u>	<u>6,402</u>	<u>1,813</u>	<u>4,952</u>	<u>2,000</u>	<u>154,097</u>	<u>169,409</u>
Governance costs							
Independent examination and financial statements fee	-	-	-	-	-	2,040	2,040
	<u>145</u>	<u>6,402</u>	<u>1,813</u>	<u>4,952</u>	<u>2,000</u>	<u>156,137</u>	<u>171,449</u>

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 Säheli Hub AGM 2019–2020

Held on Sunday 25th January 2020

The meeting was held online via ZOOM

Meeting opened at 17:30

Säheli Hub (Charity Number 1153202)

Säheli 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 Säheli 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 Säheli Hub team for carrying on and continuing to believe in what Säheli 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 Säheli 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 Säheli 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 Sāhēli 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 Sāhēli 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 Sāhēli Hub demonstrated that women can participate in all types of sporting events as she reflected that the Sāhēli 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 Sāhēli 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, Sāhēli 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 Sāhēli 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 Sāhēli Hub team kept in contact with our patients through befriending calls. Rakhiya 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 Säheli Hub is here to stand out and not to blend in. The Säheli 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 Säheli 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 Säheli 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 Säheli Hub.

Alfona Sood – A run leader for Säheli 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 Säheli 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 Säheli 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 remuneration 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. Säheli 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. Säheli 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 Säheli Hub AGM.

Meeting closed at 18:50.

Signed: (Chair) Date: 16.12.21

Signed: (Trustee) Date: 16.12.21



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

Säheli 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

