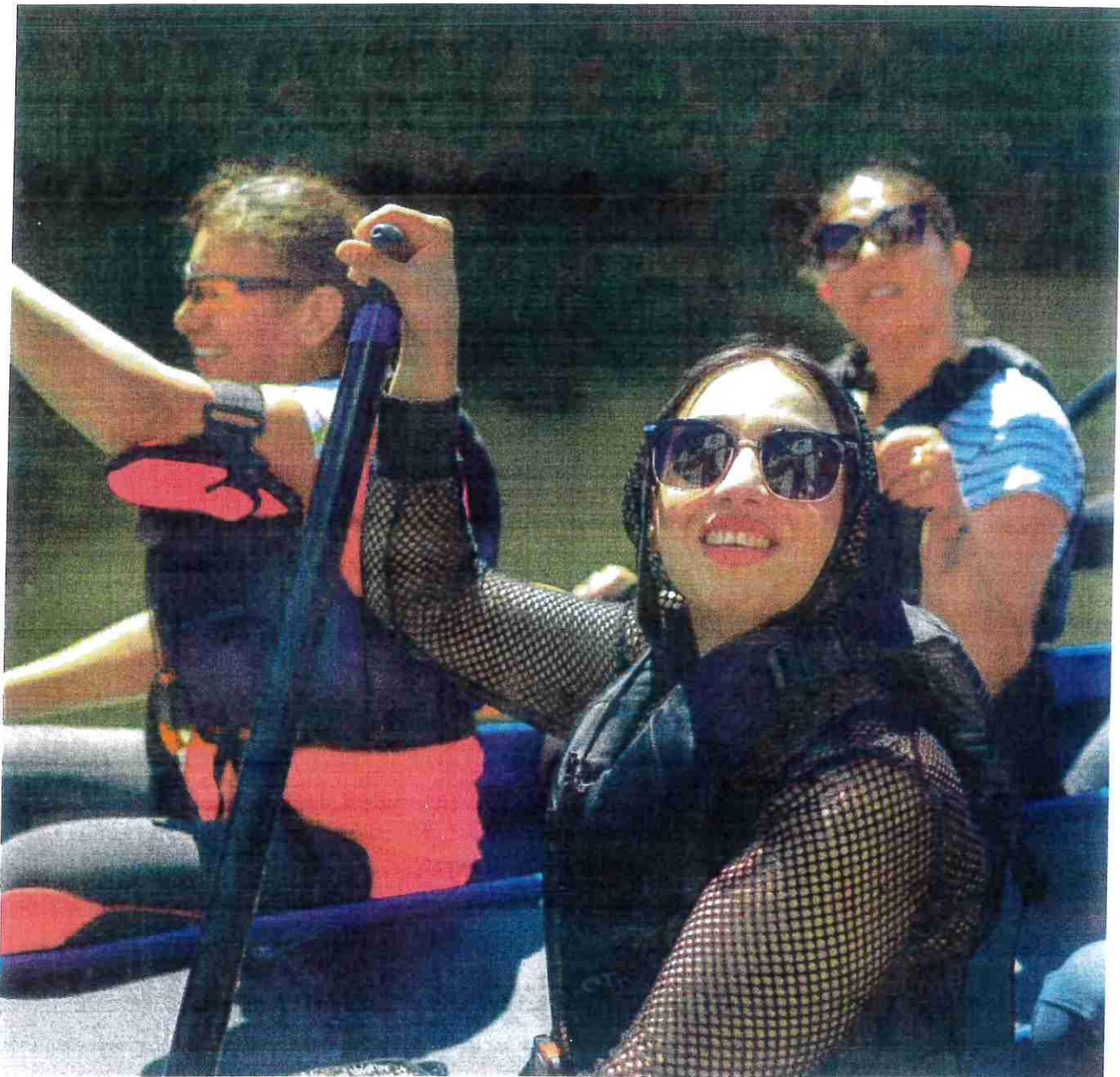


ANNUAL REPORT & FINANCIAL STATEMENTS 2021-2022



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The Sāhēli Hub team

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

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 Sāhēli 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 Sāhēli 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 Sāhēli 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 Sāhēli 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 Sāhēli Hub, with us every step of the way.

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

Sähëli 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 Sähëli 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 Sähëli 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.

Säheli 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 Säheli Hub team.

Säheli Cycling Club

The Säheli Cycling Club has gone from strength to strength. Shaafia has been with Säheli 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 Säheli Hub team.
Thanks for your continued dedication to Säheli 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 Säheli Hub to grow.

Säheli 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 Säheli 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.

Säheli 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. Their 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 Säheli Hub. We miss you Sabbah and thank you for your amazing commitment to us and the community of Balsall Heath.

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 Sāhēlī 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. Sāhēlī Hub wanted to ensure real representation of women, and all our communities, at the games.

Sāhēlī 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 Sāhēlī 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 Sāhēlī Hub.

Inclusive leadership

Sāhēlī 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 Sāhēlī 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, Säheli 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 Säheli 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 Sāhēli 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 Sāhēli 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 'Sāhēli way' – for all who work with Sāhēli Hub, whether they are partners, volunteers or staff.

Sāhēli 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, Säheli 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 Säheli 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 Säheli 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 Säheli Hub.

This pilot programme allowed us to demonstrate Sāhēli 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.

Sāhēli Hub was set up to challenge health inequalities and improve access to sport, exercise and physical activity. We run over 55 sessions each week.

Thank you to the Sāhēli 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 2022¹

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 2²
- 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.

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 2²
- 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 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.

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:	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)

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

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 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 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 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 2021/2022

Summary

During the year 2021/2022, Säheli 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

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



15/12/22

Independent examiner's report to the Trustees of Säheli Hub

Year ended 31 March 2022

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

Date:

Nadia Khan 15/12/2022

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		<u>8,295</u>	<u>328,203</u>	<u>336,498</u>	<u>195,873</u>
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	<u>(4,624)</u>	<u>(325,720)</u>	<u>(330,344)</u>	<u>(171,449)</u>
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	<u>12,384</u>	<u>(12,384)</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS CARRIED FORWARD		<u>39,322</u>	<u>1,487</u>	<u>40,809</u>	<u>34,655</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 8 to 16 form part of these financial statements.

Balance sheet

31 March 2022

			2022	2021
	Note	£	£	£
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

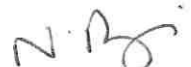
The Charitable Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for year ended **31 March 2022**.

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:


 Nazreen Bi
 Chair

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

	Unrestrict ed Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Charitable activity	4,624	323,680	328,304	171,449
	<u>4,624</u>	<u>323,680</u>	<u>328,304</u>	<u>171,449</u>

5. COSTS OF CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly	Support costs	Total Funds 2022	Total Funds 2021
	£	£	£	£
Charitable activity	<u>328,304</u>	<u>-</u>	<u>328,304</u>	<u>169,409</u>

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
	<u>4,624</u>	<u>323,680</u>	<u>328,304</u>	<u>169,408</u>

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

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

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
	<u>194,488</u>	<u>107,549</u>

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	<u>10</u>	<u>3</u>

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	<u>555</u>	<u>10,053</u>	<u>1,478</u>	<u>2,932</u>	<u>15,018</u>
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	<u>-</u>	<u>9,297</u>	<u>1,218</u>	<u>2,410</u>	<u>13,479</u>
NET BOOK VALUE					
At 31 March 2022	<u>-</u>	<u>757</u>	<u>260</u>	<u>522</u>	<u>1,539</u>
At 31 March 2021	<u>-</u>	<u>4,743</u>	<u>348</u>	<u>696</u>	<u>5,787</u>

11. DEBTORS

	2022 £	2021 £
Trade debtors	46,013	420
Prepayments	447	447
	<u>46,460</u>	<u>867</u>

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
	<u>23,226</u>	<u>44,349</u>

13. RESTRICTED INCOME FUNDS

	Balance at 1 Apr 2021 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31 Mar 2022 £
Restricted Fund	<u>11,388</u>	<u>328,203</u>	<u>(325,720)</u>	<u>(12,384)</u>	<u>1,487</u>

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

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 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.

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.

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 advice for prevention and protection from COVID19.

16. ANALYSIS OF TOTAL RESOURCES EXPENDED – 2022

in Rs

	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
	<u>3,666</u>	<u>43,729</u>	<u>7,577</u>	<u>2,958</u>	<u>236,993</u>	<u>590</u>	<u>14,844</u>	<u>1,010</u>	<u>6,400</u>	<u>317,767</u>
Governance costs										
Independent examination and financial statements fee	-	-	-	-	2,040	-	-	-	-	2,040
	<u>3,666</u>	<u>43,729</u>	<u>7,577</u>	<u>2,958</u>	<u>239,033</u>	<u>590</u>	<u>14,844</u>	<u>1,010</u>	<u>6,400</u>	<u>319,807</u>

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).

Minutes of the Sāhēli Hub Annual Genreal Meeting (AGM) 2020-2021

Held on 16 December 2021

The meeting was held online via ZOOM

Meeting opened at 18:00

Sāhēli 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 Sāhēli 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 Sāhēli's 700 members on WhatsApp group. Sāhēli 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 Sāhēli
- 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. Sāhēli 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 Sāhēli Hub Team to be trained in blogging and social media, creating short videos and stories about their journey to and with Sāhēli Hub

Rakhiya Begum explained how befriending phone calls have been important in allowing Sāhēli 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 Sāhēli. 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.

Elections 2020-2021

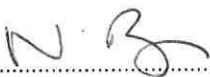
Naseem stated that all Trustees wanted to stand again so this was voted and agreed upon unanimously.

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:  (Chair)

Date: 14-12-22

Signed:  (Trustee)

Date: 14-12-2022



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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.

