

ANNUAL REPORT & FINANCIAL STATEMENTS 2022-2023



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The Säheli Hub team

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Sultana Begum	Carolle Forde Garcia	Judith Kearns	Yazmin Saleh
Farzana BI	Shebina Gill	Perveen Khan	Shaila Sharif
Sabrin Bi	Monika Gongotra	Usman Khan	Elisangela Silveria
Shaafia Bi	Norma Green	Asia Khatoon	Tyra Watson

From Commonwealth Games to community health

Chair's report, by Nazreen Bi

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

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

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

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

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

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

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

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

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

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

Achievements and performance

Doing things the right way: 'the Säheli Way'

Report from Naseem Akhtar BEM, CEO

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

- In the **right way**
- At the **right time**
- With the **right instructors**
- In the **right place**
- In a **fun way**
- ... and to do this **always** - it's the Säheli Way.

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

Our key priorities this year were...

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

A new centre and new services in East Birmingham

by Rakhyia Begum, Lifestyle Coach, CAPD

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

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

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

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

Building community connections

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

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

Successful, rewarding partnerships

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

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

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

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

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

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

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

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

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

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

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

We're making waves on the waterways

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

Our fourth Nowka Bais win in a row!

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

The Commonwealth Games 2023

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

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

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

Making bell-boating and kayaking accessible to all

by former Olympic canoeist, Andy Train

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

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

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

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

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

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

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

Moving up a gear on our bikes (and campaigns)

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

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

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

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

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

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

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

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

Remembering Sabbah Wasim

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

Säheli Hub pedal power is making cycling accessible

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

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

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

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

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

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

2022-23 was a pioneering year for Säheli Cycling Club

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

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

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

Queen's Garden Party

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

Bringing the Sāhēli Way to Alum Rock

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

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

The return of TRY-ATHON

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

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

International Working Group on Women & Sport

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

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

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

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

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

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

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

Building up community spirit at the Share Shack

by **Elisangela Melo Silveira, Share Shack Manager**

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

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

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

Demonstrating that squash is for everyone

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

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

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

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

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

Speaking up on health inequalities

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

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

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

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

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

And so much more...

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

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

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

I would like to thank...

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

Working with men and mixed groups – ‘the Säheli Way’

by Usman Khan, Health & Wellbeing Club Coordinator

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

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

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

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

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

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

It's all about community spirit!

Report from Shebina Gill, Säheli Hub Manager

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

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

To be inspired by the community spirit

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

To share the community spirit

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

To celebrate the community spirit

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

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

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

To grow the community spirit

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

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

Maya Angelou

Key statistics

April 2022 to March 2023¹

Holistic Interventions project

- 6,594 total attendances
- 1,289 unique participants
- 70% were women
- 76% were from BAME communities
- 72% were from IMD quintiles 1 and 2²
- Learn to ride/ led rides were the most popular activities with a combined total of 2,291 attendances (35% of total throughput)
- Calthorpe Wellbeing Hub was the most popular venue with 3,161 attendances (48% of total throughput).

Cycling Club*

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

* excluding Ward End Park Sunday rides

Health & Wellbeing Club

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

Boating

- 415 unique participants.

S. Arif
SAYQA ARIF
12.12.23

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

Financial statements

for the period ended 31 March 2023

Trustees' annual report

Year ended 31 March 2023

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

Reference and administrative details

Registered charity name:	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

Farhat Shaheen

Independent examiner

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

Bankers

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

Structure, governance and management

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 2022/2023

Summary

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

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

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

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

- Financial Procedures
- Reserves
- Pay
- 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 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 22 to 33.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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


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

Name of principal: Nadia Khan ACA, FCCA

Name of firm: MNSK Limited

Address: 206 Robinhood Lane, Hall Green, Birmingham B28 0LG

Date:


15/12/2023

Statement of financial activities

Year ended 31 March 2023

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

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


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

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

- (a) Ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements. So far as applicable to the charitable company.

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

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


 Nazreen Bi
 Chair


 Farhat Shaheen

Notes to the financial statements

Period ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of accounting

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

Fund accounting

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

Incoming resources

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

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

Resources expended

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

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

Fixed assets

All fixed assets are initially recorded at cost.

Depreciation

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

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

2. VOLUNTARY INCOME

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

3. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

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

4. COSTS OF CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestrict ed Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Charitable activity	14,794	512,300	527,094	328,304
	<u>14,794</u>	<u>512,300</u>	<u>527,094</u>	<u>328,304</u>

5. COSTS OF CHARITABLE ACTIVITIES BY ACTIVITY TYPE

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

6. ANALYSIS OF CHARITABLE ACTIVITY COSTS

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

7. GOVERNANCE COSTS

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

	2023 £	2022 £
Depreciation	4,451	4,248
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:

	2023 £	2022 £
Wages and salaries, National insurance and Pension cost	316,046	194,488
	<u>316,046</u>	<u>194,488</u>

Particulars of employees:

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

	2023 No	2022 No
Number of administrative staff	<u>10</u>	<u>10</u>

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

10. TANGIBLE FIXED ASSETS

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

11. DEBTORS

	2023 £	2022 £
Trade debtors	23,986	46,013
Prepayments	-	447
	<u>23,986</u>	<u>46,460</u>

12. CREDITORS: Amounts falling due within one year

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

13. RESTRICTED INCOME FUNDS

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

14. UNRESTRICTED INCOME FUNDS

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

15. FUNDS ANALYSIS

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

Restricted Funds

Cycling UK

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

LDP - Active Communities Programme

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

NNS Hodge Hill – Saheli over 50s Cycling coordinator

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

NNS Hall Green, Hodge Hill & Yardley over 50's Men's Coordinator

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

NNS Northfield & Heart of England funding.

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

HEP CAPD - Diabetes Programme

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

ICS Birmingham and Solihull CVD Project

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

Canal & River Trust

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

Birmingham Airport Community Fund Grant Award.

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

Clarion Futures Clarion Futures have supported Saheli Hub with two funds this year.

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

Birmingham City Council Celebrating Communities Fund.

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

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

16. ANALYSIS OF TOTAL RESOURCES EXPENDED – 2023

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

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

	General Fund	NNs's	Diabetes	Sported	LDP	This Girl Can	Heart of England	Sporting Equals	All Others	Grand Total 2022
Bank charges	84	-	-	-	-	-	-	-	-	84
Depreciation	690	258	500	306	2,524	-	794	-	-	5,072
Event Costs	-	-	-	-	142	-	-	-	282	424
Equipment Cost	2,396	2,204	3,302	1,532	4,936	-	3,968	-	82	18,420
Exercise Classes, trips & activities	-	170	-	120	34,911	590	1,385	120	1,348	38,644
Insurance	-	-	-	-	3,090	-	-	-	-	3,090
Marketing & Publicity	-	1,180	1,500	-	3,691	-	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 2023
	£	£	£
Restricted Funds	-	94,741	94,741
Un Restricted Funds	15,488	34,022	49,510
RESTRICTED FUND	15,488	128,763	144,251

18. RELATED PARTY TRANSACTIONS & TRUSTEES' REMUNERATION

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

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

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

Minutes of the Säheli Hub annual general meeting (AGM) 2021-2022

Held on: 14 December 2022

Held at: Calthorpe Wellbeing Hub, 257 Edward Road, Balsall Heath, Birmingham, B12 9LF

Meeting opened at 18:00

Säheli Hub

Charity no. 1153202

Company limited by guarantee no: 08373929

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

Chair: Nazreen Bi

Welcome

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

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

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

The Minutes of AGM 2021 – 2022

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Summary

During the year 2021/2022, 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 £328,300 – an increase of £156,855 (91%) on the previous year. As with previous years, 100% of the expenditure was on charitable activities.

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

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

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

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

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

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

AGM closed at 19:32

Signed: N.B (Chair)

Date: 12.12.23

Signed: S.Arif (Trustee)

Date: 12.12.23

säheli hub

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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.

