

ANNUAL REPORT & FINANCIAL STATEMENTS 2023-2024



Contents

Chair's report	3
Achievements and performance	4
Financial statements	18
Trustees' annual report	18
Financial review 2023/2024	20
Independent examiner's report to the trustees of Säheli Hub	21
Statement of financial activities	22
Balance sheet	23
Notes to the financial statements	24
Minutes of the Säheli Hub AGM 2022-2023	34

The Säheli Hub team

Naseem Akhtar	Kate Corbett	Melissa Howitt	Ambreen Majid
Rakhya Begum	Maisie Dill	Fozia Kauser	Hemlata Patel
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 our chair

Chair's report, by Sayqa Arif

Reflecting on change and growth

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

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

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

Meeting growing challenges through innovation

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

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

Legacy and partnerships

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

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

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

Expanding opportunities

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

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

Looking ahead

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

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

Achievements and performance

Partners in success

Report from Naseem Akhtar BEM, CEO

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

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

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

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

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

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

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

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

Brompton Bikes

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

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

We have found that the biggest barriers to cycling are:

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

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

England squash

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

Lawn tennis association

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

Alum Rock Community Centre with Clarion Futures

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

Power-assisted exercise with Innerva

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

A new programme with The Active Wellbeing Society

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

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

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

Representation and impact

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

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

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

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

Working with health services

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

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

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

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

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

HS2 and our men's programme

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

Building our team

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

Thank you to our partners and to #TeamSäheli

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

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

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

Building community connections

Report from Rakhiya Begum, Senior Team Leader, ARCC

Building Community Connections and Expanding Services

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

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

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

Expanding access and support

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

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

Health programmes and key achievements

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

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

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

Outreach and collaboration

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

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

Looking ahead

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

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

Inclusive and fun cycling

Report from Shaafia Bi, Senior Cycling & Social Media Lead

A year of growth and success

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

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

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

Inclusive cycling for all abilities

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

Exciting new partnerships

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

Adventurous rides and achievements

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

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

Support from key figures

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

Impact on health and wellbeing

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

Connected to the team

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

Looking ahead

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

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

Health Club grows strongly

Report from Usman Khan, Health Club Coordinator

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

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

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

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

Mohammed's story

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

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

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

Bernard's story

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

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

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

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

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

Amplifying impact, building community

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

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

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

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

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

Key statistics

April 2023 to March 2024

Sāhēli Hub at a glance

- 21,440 total attendances¹
- 2,420 unique participants
- 89% were women²
- 93% were from ethnically diverse communities²
- 92% were from IMD quintiles 1 and 2³

Holistic Interventions project

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

Cycling Club

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

Health Club

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

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

Administrative details

Registered charity name Saheli Hub

Company registration number 08373929

Charity registration number 1153202

Principal office
110 Edward Road
Balsall Heath
Birmingham
B12 9LS

The Trustees
Sayqa Arif (Chair)
Sahida Bawhab
Ruphsana Nahar Qayyum
Nazreen Bi (resigned on 12 December 2023)
Farhat Shaheen

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

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

Structure, governance and management

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

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

Statement of trustee's responsibilities

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

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

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

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

Statement of trustee's responsibilities

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

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

Financial review 2023/24

Summary

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

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

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

Reserves

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

Investment Policy

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

S. Arif

Sayqa Arif
Chair

22.01.25

Independent examiner's report to the trustees of Säheli Hub

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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



MNSK Limited

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

Date: 23/04/2025

Statement of financial activities

Year ended 31 March 2024

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

Balance sheet

31 March 2024

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

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

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

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

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

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

S. Arif 22.01.25
Sayqa Arif
Chair

Notes to the financial statements

Period ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of accounting

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

Fund accounting

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

Incoming resources

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

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

Resources expended

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

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

1. ACCOUNTING POLICIES

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

3. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

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

7. GOVERNANCE COSTS

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

8. NET OUTGOING RESOURCES FOR THE YEAR

This is stated after charging:

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

9. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

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

Particulars of employees:

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

	2024 No	2023 No
Number of administrative staff	17	10

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

10. TANGIBLE FIXED ASSETS

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

11. DEBTORS

	2024 £	2023 £
Trade debtors	27,512	23,986
Prepayments	-	-
	<u>27,512</u>	<u>23,986</u>

12. CREDITORS: Amounts falling due within one year

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

13. RESTRICTED INCOME FUNDS

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

14. UNRESTRICTED INCOME FUNDS

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

15. FUNDS ANALYSIS

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

Restricted Funds

Cycling UK

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

LDP - Active Communities Programme

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

NNS Hodge Hill – Saheli over 50s Cycling coordinator

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

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

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

NNS Northfield & Heart of England funding.

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

HEP CAPD - Diabetes Programme

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

ICS Birmingham and Solihull CVD Project

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

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

Canal & River Trust

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

Birmingham Airport Community Fund Grant Award.

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

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

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

Cycling UK

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

HS2

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

Squash NGB

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

Community Matters

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

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

British Canoeing

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

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

16. ANALYSIS OF TOTAL RESOURCES EXPENDED – 2024

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

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

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

17. ASSETS FUNDED BY RESTRICTED FUNDS

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

18. RELATED PARTY TRANSACTIONS & TRUSTEES' REMUNERATION

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

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

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

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

Säheli Hub

Charity no. 1153202

Company limited by guarantee no: 08373929

Held on: 14 December 2023

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

Meeting opened at 19:00

Chair: Sayqa Arif

Present

Attendance: 45 women

Chair: Sayqa Arif (CSA)

Trustee: Sahida Bawhab (SB)

Trustee: Ruphsana Nahar-Qayyum (RNQ)

Trustee: Farhat Shaheen (FH)

CEO: Naseem Akhtar (NA)

Guest: Nadia Khan (NK) - (online, presentation of accounts)

Minutes: Haseena Aktar

1. Welcome

1.1 Welcome and Introduction

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

1.2 Acknowledgments

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

1.3 Transition of trustees

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

2. Discussion points

2.1 Thanks

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

2.2 Minutes

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

2.3 Introduction and acknowledgements

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

2.4 Activities and achievements

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

2.5 Acknowledgments and partnerships

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

2.6 Program growth and success stories

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

2.7 Share Shack initiative

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

2.8 Partnership with England Squash

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

2.9 International representation

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

2.10 AGM report approval

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

2.11 Actions required

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

3. Finance report

3.1 Annual accounts report

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

3.2 Approval of accounts

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

4. Acknowledgments

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

5. Elections and goodbyes

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

Chair: Sayqa Arif

Trustee: Sahida Bawhab

Trustee: Ruphsana Nahar Qayyum

Treasurer: Farhat Shaheen

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

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

Säheli Hub AGM closed at 20:30

Signed: S. Arif (Chair)

Date: 22.01.25

Signed: RN (Trustee)

Date: 22.01.25

säheli hub

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

Calthorpe Wellbeing Hub

257 Edward Road

Balsall Heath

Birmingham

B12 9LF

0121 446 6137

info@säheli.co.uk

www.säheli.co.uk

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

