

ANNUAL REPORT & FINANCIAL STATEMENTS 2024-2025



Contents

From our Chair	3
Achievements and performance	5
Administrative details	21
Structure, governance and management	22
Statement of trustees' responsibilities	22
Objectives and activities	23
Financial review 2024/2025	24
Independent examiner's report to the trustees of Säheli Hub	25
Statement of financial activities	26
Balance sheet	27
Notes to the financial statements	28
Minutes of the Säheli Hub AGM 2023-2024	40
Thank you to our funders	44

The Säheli Hub team in 2024-2025

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

FROM OUR CHAIR

Chair's report, by Sayqa Arif

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

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

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

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

Diversifying our funding

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

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

Prioritising prevention with the NHS

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

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

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

Diversifying provision with our partners

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

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

Marketing and social media

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

Thank you to team Säheli

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

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

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

ACHIEVEMENTS AND PERFORMANCE

We just kept winning!

Naseem Akhtar BEM, Chief Executive Officer

What an incredible and defining year it has been for Säheli Hub.

I am immensely proud to share that team Säheli has been honoured with not just one, but four prestigious awards in recognition of our dedication to improving the lives of the communities we serve.

This year, we were humbled to receive:

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

Our winning year

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

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

New funders who share our values

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

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

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

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

Community connection and collaborative growth

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

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

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

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

Pedalling towards change: a global vision for local action

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

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

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

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

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

Speaking truth to power: championing the sector's value

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

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

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

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

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

Securing our spaces and shaping our future

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

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

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

Coalition of impact and the East Birmingham Sports Quarter

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

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

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

Paddling towards representation

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

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

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

This girl definitely can!

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

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

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

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

Partnership, progress and a vision for the future

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

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

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

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

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

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

Heartfelt thanks to...

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

Special thanks to...

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

A personal message from our CEO

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

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

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

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

Naseem Akhtar, CEO, Sāhēli Hub

Farewells and new beginnings

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

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

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

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

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

WorkWell: Transforming Lives Through Health and Employment

Aesha Ali, Chief Operations Officer

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

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

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

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

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

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

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

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

Our participant survey showed an incredible 100% positive feedback.

REAL LIVES, REAL IMPACT

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

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

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

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

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

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

Building community and improving health outcomes in East Birmingham

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

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

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

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

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

Heart health help

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

Preventing diabetes

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

Influencing the health care system

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

Rewarding Clarion Futures partnership

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

Community learning

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

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

Pedal power: Making cycling more accessible

Shaafia Bi, Senior Cycling Lead

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

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

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

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

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

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

Welcoming and inclusive

Rabia Khatun, Senior Lead, Calthorpe

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

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

New sessions and activities

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

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

Health and community engagement

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

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

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

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

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

Education and volunteering

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

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

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

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

City-wide impact

Usman Khan, Health Club Coordinator

Growth and impact for men's and mixed programme

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

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

Programme highlights and reach

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

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

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

Impact and inclusion

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

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

Looking ahead

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

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

KEY STATISTICS

April 2024 to March 2025

Attendance

- 21,777 total attendances¹
- 1,897 unique participants¹
- 598 new registrations

Demographics

- 85% were women, 15% were men
- 95% were from ethnically diverse backgrounds
- 77% were from the Index of Multiple Deprivation quintiles 1 and 2²
- The ages of our participants were:
 - » 16-25 years (2%)
 - » 26-35 years (5%)
 - » 36-45 years (14%)
 - » 46-55 years (21%)
 - » 56-65 years (23%)
 - » 66-75 years (23%)
 - » 76+ years (9%)
 - » Unknown (3%)

Top 10 activities (by attendance)

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

Top reasons people join

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

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

ADMINISTRATIVE DETAILS

Registered charity name

Sāhēli Hub

Company registration number

08373929

Charity registration number

1153202

Principal office

110 Edward Road
Balsall Heath
Birmingham
B12 9LS

The trustees

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

Independent examiner

MNSK Chartered Accountants
206 Robin Hood Lane
Hall Green
Birmingham
B28 OLG

Bankers

Lloyds Bank
32-34 Alcester Road South
Kings Heath
Birmingham
14 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 an understanding of the work undertaken by the charity and are supportive of its aims and objectives.

Recruitment of new trustees is primarily through encouraging service users who show an interest in supporting the development of the organisation becoming Members of the charity and inviting women with skills to support the growth and development of 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 2023/24

Summary

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

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

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

Reserves

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.

Signed



Sayqa Arif
Chair

Date 25.11.25

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 31/03/2025, which are set out on pages 6 to 18.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Signed



MNSK Limited

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

Date 25/11/2025

Statement of financial activities

year ended 31 March 2025

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

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

All of the above amounts relate to continuing activities.

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

Balance sheet

as at 31 March 2025

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

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

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

- 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 25th November 2025 and are signed on their behalf by:

S. Arif

Sayqa Arif, Chair

Notes to the financial statements

period ended 31 March 2024

1. Accounting policies

Basis of accounting

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

Fund accounting

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

Incoming resources

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

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

Resources expended

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

Fixed assets

All fixed assets are initially recorded at cost.

Depreciation

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

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

2. Voluntary income

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

3. Incoming resources from charitable activities

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

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

4. Costs of charitable activities by fund type

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

5. Costs of charitable activities by activity

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

6. Analysis of charitable activity costs

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

7. Governance costs

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

8. Net outgoing resources for the year

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

9. Staff costs and emoluments

Total staff costs were as follows:

	2025	2024
	£	£
Wages and salaries, National Insurance and pension cost	418,810	343,729
	<u>418,810</u>	<u>343,729</u>

Particulars of employees:

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

	2025	2024
	No.	No.
Number of administrative staff	<u>18</u>	<u>17</u>

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

10. Tangible fixed assets

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

11. Debtors

Total staff costs were as follows:

	2025 £	2024 £
Trade debtors	60,156	27,512
Prepayments	-	-
	<u>60,156</u>	<u>27,512</u>

12. Creditors: amounts falling due within one year

Total staff costs were as follows:

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

13. Restricted income funds

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

14. Unrestricted income funds

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

15. Funds analysis

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

Restricted funds

Cycling UK

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

LDP – SE Active Communities Programme

Through our partnership with The Active Wellbeing Society, Säheli 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 – Säheli over 50s Cycling coordinator

Säheli Hub secured funds through Hodge Hill Neighbourhood Network Scheme to employ a part time Säheli 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

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

NNS Northfield & Heart of England funding

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

Canal & River Trust

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

Birmingham Airport Community Fund Grant Award

Säheli 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 Säheli 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 Säheli Hub with funding towards a fundraiser. This would allow Säheli Hub to have support as and when needed to secure funding for all our programmes and activities.

Birmingham City Council Celebrating Communities Fund

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

British Canoeing

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

Coalition for Impact

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

FFF Innerva

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

FFF Men's KYN

Fairer Futures Funding. Work with 80 men to support them in reducing their Hypertension and improving their cardiovascular disease.

HS2

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

Inclusive Communities

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

JRF Retro Fit

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

NNS Perry Bar

Delivering cycling and physical activity sessions in Handsworth.

PC (BCC)

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

UK Shared Prosperity Fund

Capital funding via BCAN Network for the purchase of a minibus.

Sultan Bahu

Delivering cycling sessions for women.

WMP Police fund

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

16. Analysis of total resources expended – 2025

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

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

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

17. Assets funded by restricted funds

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

18. Related party transactions & trustees' remuneration

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

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

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

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

Säheli Hub

Charity no. 1153202

Company limited by guarantee no: 08373929

Held on: 22 January 2024

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

Meeting started at 19:00

Present: 45

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

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

Minutes of the last AGM

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

Annual Report 2024- 2025

Presented by Naseem Akhtar CEO

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

Expanding reach and deepening impact

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

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

Recognition and representation

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

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

Partnerships and sustainability

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

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

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

Community-led innovation

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

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

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

Infrastructure and the future

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

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

Looking forward

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

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

The Annual Report was approved by all present.

AGM financial report

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

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

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

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

There were no questions asked.

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

Guest speaker

Karen Cheney - Save Birmingham Campaign

Elections

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

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

Trustees and governance

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

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

The meeting closed at 9pm.

Signed: *S. Arif* (Chair)

Date: *25.11.2025*

Signed: *mDill* (Trustee)

Date: *25/11/2025*



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

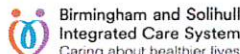
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A big thank you to our funders, partners and supporters in 2023-24, including...



Community Inspiration Awards 2024
Sports Award



Locality Awards '24
Building Inclusive
Communities Award



The Muslim Sports
Awards 2024
Organisation
of the Year

