

SIKH HELPLINE

England & Wales · Charity number 1154449

Details

Other names	SHL
Status	Registered
Legal form	CIO
Registered	2013-11-04
Register	View on the Charity Commission register

Contact

Address	124 A High Street West Bromwich West Midlands UK B70 6JW
Phone	07999004364
Email	info@sikhhelpline.com
Website	www.sikhhelpline.com

Activities

Objects: TO RELIEVE AND PREVENT SUFFERING CAUSED BY SOCIAL OR ECONOMIC CIRCUMSTANCES, BY ESTABLISHING, MAINTAINING AND DEVELOPING A HELPLINE OFFERING A COUNSELLING SERVICE AND PRACTICAL ADVICE.

Activities: The Sikh Helpline is a professional and confidential telephone counselling and email inquiry service where you can get help, advice, counselling and information - Bullying and Racism - Discrimination - Relationship Issues-Domestic Violence- Addiction- Problems at school or home Call: 0845 644 0704 / 07999 00 4364

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Religious Activities, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£101,668	£91,122	-	-
2023-12-31	£71,271	£85,185	-	-
2022-12-31	£106,591	£74,253	-	-
2021-12-31	£99,910	£57,997	-	-
2020-12-31	£163,666	£67,983	-	-

Trustees

Name	Role	Appointed
Dr HARSIMRREN KAUR		2013-09-16
JAGTAR SINGH		2013-09-16
NARINDER SINGH		2013-09-16

SIKH HELPLINE

England & Wales - Charity number 1154449

Accounts

SIKH HELPLINE

Charitable Incorporated Organisation

Charity Number:
1154449

ANNUAL REPORT AND FINANCIAL STATEMENTS

Period of accounts

Start Date: 1st January 2024

End Date: 31st December 2024

SIKH HELPLINE
Contents
for the year ending 31 December 2024

	Page
Trustees' Report	2
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Accounts	10

Prepared by:



Sunder & Thandi Accountants
Chartered Certified Accountants

Section A Reference and administration details

Charity name Sikh Helpline

Other names charity is known by SHL

Registered charity number (if any) 1154449

Charity's principal address 124A High Street

West Bromwich

West Midlands

Postcode

B70 6JW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	DR HARSIMRREN KAUR			
2	MR NARINDER SINGH MATHARU			
3	MR JAGTAR SINGH			
4				
5				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Name of chief executive or names of senior staff members

MR SUKHA SINGH

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed by A Resolution Passed at A Meeting of Charity Trustees

Summary of the objects of the charity set out in its governing document

To relieve and prevent suffering caused by social or economic circumstances, by establishing, maintaining and developing a helpline offering a counselling service and practical advice

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Sikh Helpline is a professional and confidential telephone counselling and email inquiry service where you can get help, advice, counselling and information - bullying and racism - discrimination - relationship issues-domestic violence- addiction- problems at school or home.

Summary of the main achievements of the charity during the year

The Sikh Helpline (SHL) received a total of **5,730 calls in 2024** (4,480 in 2023, up 27.9%). 61.2% of total cases in 2024 fell into 4 main categories as follows:

1. Mental Health & Other Health (30.2%)
2. Financial/Legal Issues (12.2%)
3. Family/ Relationships & Marriage (10.4%)
4. Abuse (8.4%)

This increase in demand highlighted the need for stronger community outreach, safeguarding/awareness training and wellbeing initiatives - all of which shaped SHL's 2024 programme of activities.

Below is a summary of some key activities, highlights and milestones during this period:

- **Expanded Resource Capacity:**
 - Introduced Call Handler and Outreach Officer roles.
 - Recruited three new trained call handlers and increased weekend coverage.
- **Training & Expertise:**
 - 37 staff & volunteers completed certified safeguarding training.
 - Digital skills training launched for community members (5 week course at Guru Har Rai Sahib Ji Gurdwara).
 - Community Cancer Champion training with Macmillan.
 - Bleed Control and Modern Slavery training delivered with Sandwell Council.
 - Mental Health, Gambling and Gaming Awareness sessions with YGAM for youth engagement.
 - Carers' Mental Health events held in partnership with Kaleidoscope for community.
- **Community Engagement & Outreach Events:**
 - Ramgharia Gurdwara Health Event (March).
 - Walsall Nagar Kirtan (April).
 - Police Partnership Event at Tally Ho Birmingham strengthening ties with law enforcement (July).
 - Vaisakhi Sports Day Festival (August).
 - Student Fair at GNG (October).

- Sikh Games and Sikh Combat Games by Jet Singh Trust, promoting youth engagement and wellbeing (December).
- Holistic Health Networking Event (December).
- **SHL Bike Rides & Fundraising:**
 - Organised multiple bike rides to raise funds and awareness: 50-mile Ride (June), 350-mile Challenge (August), and Family Ride (September).
 - Promoted physical wellbeing and volunteer participation while fundraising for helpline operations.
- **Awards & Recognition:**
 - Community Seva Award presented to Giani Sukh Singh by Sikhs in Law for outstanding service to the community (April).
 - Received a personal invitation from the Mayor of Sandwell, Councillor Syeda Khatun MBE, to the Mayor's Reception recognising SHL's contribution to community service.
- **Community Health & Skills Projects:**
 - Restarted "Learn to Ride" and "Learn to Fix" cycling sessions in May to promote independence, safety, and healthy lifestyles for community.
 - Delivered holistic wellbeing sessions to build confidence, routine, and resilience among service users and volunteers.
- **Impact & Outcomes:**
 - Strengthened community trust and visibility, reflected by increased calls and higher engagement across regions.
 - Enhanced staff capability and readiness through targeted training and new recruitment.
 - Improved collaboration with faith, local authority, and health partners to address mental health and safeguarding gaps identified in call data.
 - Promoted early intervention and awareness through outreach events, helping prevent escalation of crises.
 - Fostered community wellbeing and inclusion through active events, cycling initiatives, and digital education

Section E**Financial Review****Brief statement of the charity's policy on reserves**

The Charity does not have a reserves policy.

However, trustees actively use a Designated Funds strategy to restrict and manage funds for certain projects. The total value of designated funds is displayed in the 'Funds of the Charity' section of the balance sheet.

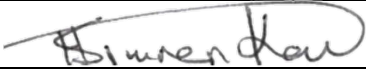

Details of any funds materially in deficit

No funds in deficit

Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Harsimren Kaur	Jagtar Singh
Position	Trustee	Trustee
Date	31/10/25	

SIKH HELPLINE

Independent Examiners Report to the trustees of Sikh Helpline

I report on the accounts of the Charitable Incorporated Organisation, Sikh Helpline (Charity Number 1154449) for the year ended 31 December 2024, which are set out on pages 7-10

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: **Mr Rajinder Kumar (Director)**

Signed:  Date: 31 October 2025

Sunder & Thandi Accountants Limited

Association of Chartered Certified Accountants
Union House, 111 New Union Street, Coventry, CV1 3NT

SIKH HELPLINE
Statement of Financial Activities
for the year ending 31 December 2024

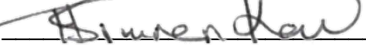
	Note	Unrestricted funds £	Restricted income funds £	Total 2024 £	Total 2023 £
Incoming resources					
Donations		16,996		16,996	23,924
Fundraising Events		75,872		75,872	44,697
Grant Funding		8,800		8,800	2,650
Total incoming resources		101,668	-	101,668	71,271
Resources expended					
<i>Wages, Salaries, Pensions and NI</i>		53,129		53,129	46,896
<i>Cost of Fundraising Events</i>		10,807		10,807	4,846
<i>Cost of Charitable Projects</i>		752		752	11,512
<i>Travel</i>		1,355		1,355	1,418
Telephone		626		626	975
Postage and Stationery		635		635	108
Admin & Consulting Fees		1,245		1,245	1,613
Depreciation		15,893		15,893	11,176
IT Consumables		6,680		6,680	6,643
Other Expenditure		-		-	-
Total resources expended		91,122	-	91,122	85,185
Transfers between funds		-	-	-	-
Net incoming/(outgoing) resources		10,546	-	10,546	(13,914)
Reconciliation of Funds					
Net movement in funds		10,546	-	10,546	(13,914)
Total funds brought forward		287,130	-	287,130	301,044
Total funds carried forward		297,675	-	297,675	287,130

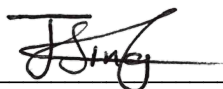
SIKH HELPLINE

Balance Sheet as at 31 December 2024

	Note	Total 2024 £	Total 2023 £
Fixed Assets			
Tangible Assets	2	11,967	11,485
Total Fixed Assets		11,967	11,485
Current Assets			
Cash at bank and in hand		295,369	280,003
Total Current Assets		295,369	280,003
Liabilities			
Creditors: Amounts falling due within one year	3	9,660	4,358
Net current assets/(liabilities)		285,708	275,645
Total assets less current liabilities		297,676	287,130
Net Assets		297,676	287,130
Funds of the Charity			
Designated funds		247,914	190,746
Undesignated funds		49,762	96,384
Total Unrestricted funds		297,676	287,130
Total Restricted income funds		-	-
Total Funds		297,676	287,130

The financial statements were approved and authorised for issue by the
Trustees on: 31st October 2025

Sign 
Print Harsimrren Kaur

Sign 
Print Jagtar Singh

SIKH HELPLINE
Notes to the Financial Statements
for the year ending 31 December 2024

1. Accounting Policies

Basis for preparing financial statements

The financial statements have been prepared under the historical cost convention in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008) and in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2005.

Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Resources Expended and Liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out the resources.

Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year, and cost at least £500. Depreciation is provided as follows:

Computer Equipment: over 3 years

Other: 2 years

2. Tangible Fixed Assets

	Computer Equipment £
<u>Cost</u>	
At 31 December 2023	57,898
Additions	16,375
Disposals	-
At 31 December 2024	<u>74,273</u>
<u>Depreciation</u>	
At 31 December 2023	46,413
Charge for the year	15,893
Disposals	-
At 31 December 2024	<u>62,306</u>
<u>Net Book Value</u>	
At 31 December 2023	<u>11,485</u>
At 31 December 2024	<u>11,967</u>

3. Creditors due within one year

Other Creditors & Accruals	<u>9,660</u>
----------------------------	--------------

4. Trustees' Expenses

No trustees received any expenses during the period.

5. Staff Costs

	2024 £	2023 £
Wages & Salaries	<u>44,037</u>	<u>31,151</u>
Contractors	<u>9,092</u>	<u>15,745</u>
Total	<u>53,129</u>	<u>46,896</u>

SIKH HELPLINE

England & Wales - Charity number 1154449

Accounts

SIKH HELPLINE

Charitable Incorporated Organisation

Charity Number:

1154449

ANNUAL REPORT AND FINANCIAL STATEMENTS

Period of accounts

Start Date: 1st January 2023

End Date: 31st December 2023

SIKH HELPLINE
Contents
for the year ending 31 December 2023

	Page
Trustees' Report	2
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Accounts	10

Prepared by:



Sunder & Thandi Accountants
Chartered Certified Accountants

Section A Reference and administration details

Charity name Sikh Helpline

Other names charity is known by SHL

Registered charity number (if any) 1154449

Charity's principal address 86 Birmingham St,

Oldbury,

West Midlands,

Postcode

B69 4EB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	DR HARSIMRREN KAUR			
2	MR NARINDER SINGH MATHARU			
3	MR JAGTAR SINGH			
4				
5				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Name of chief executive or names of senior staff members

MR SUKHA SINGH

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed by A Resolution Passed at A Meeting of Charity Trustees

Summary of the objects of the charity set out in its governing document

To relieve and prevent suffering caused by social or economic circumstances, by establishing, maintaining and developing a helpline offering a counselling service and practical advice

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Sikh Helpline is a professional and confidential telephone counselling and email inquiry service where you can get help, advice, counselling and information - bullying and racism - discrimination - relationship issues-domestic violence- addiction- problems at school or home.

Summary of the main achievements of the charity during the year

The Sikh Helpline received a total of **4,480 calls in 2023** (3,760 in 2022). 68.2% of total cases in 2023 fell into 4 main categories as follows:

1. **Abuse (16.1%)** - The largest form of abuse logged was Domestic abuse
2. **Health Issues (15.8%)** - Largest category for cause of health issues was Alcohol abuse.
3. **Mental Health (15.6%)** - Largest category for mental health was Depression.
4. **Family/ Relationships and Marriage (20.7%)**

Below is a summary of some key activities, highlights and milestones during this period:

- Proactive activities to help increase the mental and physical health of people in the community. Sikh Helpline launched regular learn to ride cycling sessions with over 37 new riders who have learnt to ride with their family members and over 50 individuals regularly attending weekly sessions to connect with the local community.
- Digital inclusion 'train the trainer' course completed and the start of free safety online 1:1 workshops to help in digital inclusion within the community.
- Further developed partnerships / collaborations with Sandwell's Faith Communities for Clean Air, Aasra Trust for safe housing, Mencap and Black country housing Group.
- Posted mental & suicide prevention social media posts each day across the year.
- Training and upskilling volunteers and staff with completion of 12 certified courses including anxiety management, suicide training and domestic violence.
- Invited by West Midlands Young Combined Authority and Faith Strategic Partnership Group to be an exhibitor at the first Mental Health Youth Summit in July 2023. The summit was an opportunity for young people to share their lived experiences around mental health with faith leaders across the region, with the aim to explore the relationship between faith and mental health. Andy Street, Mayor of the West Midlands joined as a keynote speaker.
- Nominee shortlisted on community building award 2023 with British Sikh Awards

- Participated on 11th June climate change air quality interfaith 14 mile ride in Sandwell.
- Various outreach events attended across the country raising awareness of mental health and services offered to the community by Sikh Helpline. Some examples below:
 - Defence Sikh Network Annual Conference - February 2023, Loughborough
 - Nirmal Pure Mind event - February 2023, Coventry
 - Preet Singh Kingfisher 50+ Punjabi group/club event - Sutton Coldfield Four Oaks
 - Welfare seminar for international students in the UK - March 2023 - Khalsa Aid, Leeds
 - Mental health and wellbeing awareness programme - March 2023, Leamington Spa
 - Spiritual and Mental Health Event - March 2023, Ramgharia Sikh Temple, Graham Steet, Birmingham
 - House of commons - April 2023
 - Mental Health and Wellbeing Day – May 2023, Guru Nanak Gurdwara Smethwick
 - Eco Event - Shared free grants and understanding of methods to reduce negative impact on the environment including insulation and boiler grants. Held in West Midlands to connect the community with grants to manage home bills and heating alongside awareness of looking at eco-friendly alternatives to reduce negative impacts on the environment as well as saving the pocket – May 2023, Gurdwara Guru Har Rai, West Bromwich
 - Vaisakhi stall event – May 2023, James Watt Campus, Great Barr, Birmingham

Section E Financial Review

Brief statement of the charity's policy on reserves

The Charity does not have a reserves policy.
 However, trustees actively use a Designated Funds strategy to restrict and manage funds for certain projects. The total value of designated funds is displayed in the 'Funds of the Charity' section of the balance sheet.


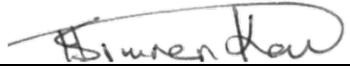
Details of any funds materially in deficit

No funds in deficit

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jagtar Singh	Harsimrren Kaur
Position	Trustee	Trustee
Date	31/10/24	

SIKH HELPLINE

Independent Examiners Report to the trustees of Sikh Helpline

I report on the accounts of the Charitable Incorporated Organisation, Sikh Helpline (Charity Number 1154449) for the year ended 31 December 2023, which are set out on pages 8-11

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: **Mr Rajinder Kumar (Director)**

Signed:  Date: 31 October 2024

Sunder & Thandi Accountants Limited

Association of Chartered Certified Accountants
Union House, 111 New Union Street, Coventry, CV1 2NT

SIKH HELPLINE
Statement of Financial Activities
for the year ending 31 December 2023

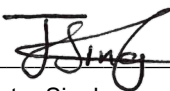
	Note	Unrestricted funds £	Restricted income funds £	Total 2023 £	Total 2022 £
Incoming resources					
Donations		23,924		23,924	31,034
Fundraising Events		44,697		44,697	32,912
Grant Funding		2,650		2,650	42,645
Total incoming resources		71,271	-	71,271	106,591
Resources expended					
<i>Wages, Salaries, Pensions and NI</i>		46,896		46,896	35,858
<i>Cost of Fundraising Events</i>		4,846		4,846	10,564
<i>Cost of Charitable Projects</i>		11,512		11,512	3,320
<i>Travel</i>		1,418		1,418	1,133
Telephone		975		975	380
Postage and Stationery		108		108	1,277
Admin & Consulting Fees		1,613		1,613	5,566
Depreciation		11,176		11,176	9,350
IT Consumables		6,643		6,643	6,805
Other Expenditure		-		-	-
Total resources expended		85,185	-	85,185	74,253
Transfers between funds		-	-	-	-
Net incoming/(outgoing) resources		- 13,914	- -	13,914	32,338
Reconciliation of Funds					
Net movement in funds		- 13,914	- -	13,914	32,338
Total funds brought forward		301,044	-	301,044	268,706
Total funds carried forward		287,130	-	287,130	301,044

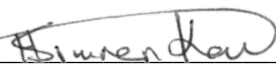
SIKH HELPLINE

Balance Sheet as at 31 December 2023

	Note	Total 2023 £	Total 2022 £
Fixed Assets			
Tangible Assets	2	11,485	13,583
Total Fixed Assets		11,485	13,583
Current Assets			
Cash at bank and in hand		280,003	293,408
Total Current Assets		280,003	293,408
Liabilities			
Creditors: Amounts falling due within one year	3	4,358	5,947
Net current assets/(liabilities)		275,645	287,461
Total assets less current liabilities		287,130	301,044
Net Assets		287,130	301,044
Funds of the Charity			
Designated funds		190,746	213,394
Undesignated funds		96,384	87,650
Total Unrestricted funds		287,130	301,044
Total Restricted income funds		-	-
Total Funds		287,130	301,044

The financial statements were approved and authorised for issue by the
Trustees on: 31st October 2024

Sign 
Print Jagtar Singh

Sign 
Print Harsimrren Kaur

SIKH HELPLINE
Notes to the Financial Statements
for the year ending 31 December 2023

1. Accounting Policies

Basis for preparing financial statements

The financial statements have been prepared under the historical cost convention in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008) and in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2005.

Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Resources Expended and Liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out the resources.

Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year, and cost at least £500. Depreciation is provided as follows:

Computer Equipment: over 3 years

Other: 2 years

2. Tangible Fixed Assets

	Computer Equipment £
<u>Cost</u>	
At 31 December 2022	48,820
Additions	9,078
Disposals	-
At 31 December 2023	57,898
<u>Depreciation</u>	
At 31 December 2022	35,237
Charge for the year	11,176
Disposals	-
At 31 December 2023	46,413
<u>Net Book Value</u>	
At 31 December 2022	13,583
At 31 December 2023	11,485

3. Creditors due within one year

Other Creditors & Accruals	4,359
----------------------------	--------------

4. Trustees' Expenses

No trustees received any expenses during the period.

5. Staff Costs

	2023 £	2022 £
Wages & Salaries	31,151	35,858
Contractors	15,745	-
Total	46,896	35,858

SIKH HELPLINE

England & Wales - Charity number 1154449

Accounts

SIKH HELPLINE

Charitable Incorporated Organisation

Charity Number:

1154449

ANNUAL REPORT AND FINANCIAL STATEMENTS

Period of accounts

Start Date: 1st January 2022

End Date: 31st December 2022

SIKH HELPLINE
Contents
for the year ending 31 December 2022

	Page
Trustees' Report	2
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Accounts	9

Prepared by:



Sunder & Thandi Accountants
Chartered Certified Accountants

Section A Reference and administration details

Charity name Sikh Helpline

Other names charity is known by SHL

Registered charity number (if any) 1154449

Charity's principal address 86 Birmingham St,

Oldbury,

West Midlands,

Postcode

B69 4EB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	DR HARSIMRREN KAUR			
2	MR NARINDER SINGH MATHARU			
3	MR JAGTAR SINGH			
4				
5				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Name of chief executive or names of senior staff members

MR SUKHA SINGH

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed by A Resolution Passed at A Meeting of Charity Trustees

Summary of the objects of the charity set out in its governing document

To relieve and prevent suffering caused by social or economic circumstances, by establishing, maintaining and developing a helpline offering a counselling service and practical advice

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Sikh Helpline is a professional and confidential telephone counselling and email inquiry service where you can get help, advice, counselling and information - bullying and racism - discrimination - relationship issues-domestic violence- addiction- problems at school or home.

Summary of the main achievements of the charity during the year

Post pandemic 2022 continued at the same level of huge need. This opened up a further strain on the mental health of many people with services moving online. It was further exacerbated by many callers requiring support with alcohol/substance abuse following lockdown. The Sikh Helpline found itself in a position not just supporting the service users on the phone but reaching out to connect across Third sectors and charity networks to understand the new services available on the ground to support individuals in their community to help the increase in need.

There was a total of **3,760 calls in 2022**. The top three categories were mental health, abuse and substance addiction accounting for **55.9%** of all calls. When looking at the top reasons for addiction abuse, Alcohol accounted for almost two-thirds (**74.4%**) of contact.

Below is a summary of some key activities, highlights and milestones during this period:

- Sikh Helpline was **awarded the Queen's Award** for Voluntary Service 2022.
- Sikh Helpline was awarded and recognised as charity of the year by the British Sikh Award 2022.
- The Charity took on 2 additional call handlers to manage the increase in calls.
- Trained and upskilled new staff and volunteers on 12 certified courses ranging from Anxiety Management to ASIST Suicide Training. Safeguarding officers enrolled and upskilled to support victims of domestic abuse.
- An increase in connections made and referrals coming into Sikh Helpline from social prescribers, GPs and prisons to support individuals with their mental health. Many reached out to Sikh Helpline in desperate need as they awaited the support from the mental health crisis team.
- Proactive activities offered to help improve the mental and physical health of people in the community. Sikh Helpline launched its first FREE weekly '**Learn to Ride**' **cycling sessions** with Cycling UK, offering participants the opportunity to learn to cycle with anyone not owning a bike being able to use equipment free of charge.
- Posted over **370 mental health & suicide prevention** social media posts across the year via Instagram, Facebook and Twitter
- Domestic Violence campaign: 2 videos released (including in Punjabi language) on Sikh Helplines' social media platforms which received a good response.
- Children mental health awareness video released on Sikh Helplines' social media platforms and played on Sky TV via the Sangat TV channel.
- Set up and launched the new 03000 number (standard rate) in place of the 0845 (premium rate) number alongside the Sikh Helpline mobile number

Section E**Financial Review****Brief statement of the charity's policy on reserves**

The Charity does not have a reserves policy.

However, trustees actively use a Designated Funds strategy to restrict and manage funds for certain projects. The total value of designated funds is displayed in the 'Funds of the Charity' section of the balance sheet.

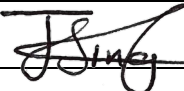
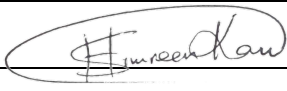
Details of any funds materially in deficit

No funds in deficit

Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jagtar Singh	Harsimrren Kaur
Position	Trustee	Trustee
Date	31/10/23	

SIKH HELPLINE

Independent Examiners Report to the trustees of Sikh Helpline

I report on the accounts of the Charitable Incorporated Organisation, Sikh Helpline (Charity Number 1154449) for the year ended 31 December 2022, which are set out on pages 7-10

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: **Mr Rajinder Kumar (Director)**

Signed:  Date: 31 October 2023

Sunder & Thandi Accountants Limited

Association of Chartered Certified Accountants
Union House, 111 New Union Street, Coventry, CV1 3NT

SIKH HELPLINE
Statement of Financial Activities
for the year ending 31 December 2022

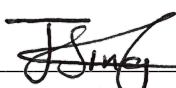
	Note	Unrestricted funds £	Restricted income funds £	Total 2022 £	Total 2021 £
Incoming resources					
Donations		31,034		31,034	24,888
Fundraising Events		32,912		32,912	65,122
Grant Funding		42,645		42,645	9,900
Total incoming resources		106,591	-	106,591	99,910
Resources expended					
<i>Wages, Salaries, Pensions and NI</i>		35,858		35,858	35,845
<i>Cost of Fundraising Events</i>		10,564		10,564	7,996
<i>Cost of Charitable Projects</i>		3,320		3,320	-
<i>Travel</i>		1,133		1,133	1,070
Telephone		380		380	1,206
Postage and Stationery		1,277		1,277	75
Admin & Consulting Fees		5,566		5,566	4,882
Depreciation		9,350		9,350	3,270
IT Consumables		6,805		6,805	3,654
Other Expenditure		-		-	-
Total resources expended		74,253	-	74,253	57,997
Transfers between funds		-	-	-	-
Net incoming/(outgoing) resources		32,338	-	32,338	41,914
Reconciliation of Funds					
Net movement in funds		32,338	-	32,338	41,914
Total funds brought forward		268,706	-	268,706	226,792
Total funds carried forward		301,044	-	301,044	268,706

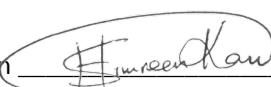
SIKH HELPLINE

Balance Sheet as at 31 December 2022

	Note	Total 2022 £	Total 2021 £
Fixed Assets			
Tangible Assets	2	13,583	2,130
Total Fixed Assets		13,583	2,130
Current Assets			
Cash at bank and in hand		293,408	270,976
Total Current Assets		293,408	270,976
Liabilities			
Creditors: Amounts falling due within one year	3	5,947	4,400
Net current assets/(liabilities)		287,461	266,577
Total assets less current liabilities		301,044	268,706
Net Assets		301,044	268,706
Funds of the Charity			
Designated funds		213,394	201,770
Undesignated funds		87,650	66,936
Total Unrestricted funds		301,044	268,706
Total Restricted income funds		-	-
Total Funds		301,044	268,706

The financial statements were approved and authorised for issue by the
Trustees on: 31st October 2023

Sign 
Print Jagtar Singh

Sign 
Print Harsimren Kaur

SIKH HELPLINE

Notes to the Financial Statements for the year ending 31 December 2022

1. Accounting Policies

Basis for preparing financial statements

The financial statements have been prepared under the historical cost convention in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008) and in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2005.

Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Resources Expended and Liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out the resources.

Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year, and cost at least £500. Depreciation is provided as follows:

Computer Equipment: over 3 years

2. Tangible Fixed Assets

	Computer Equipment £
<u>Cost</u>	
At 31 December 2021	28,017
Additions	20,803
Disposals	-
At 31 December 2022	<u>48,820</u>
<u>Depreciation</u>	
At 31 December 2021	25,887
Charge for the year	9,350
Disposals	-
At 31 December 2022	<u>35,237</u>
<u>Net Book Value</u>	
At 31 December 2021	<u>2,130</u>
At 31 December 2022	<u>13,583</u>

3. Creditors due within one year

Other Creditors & Accruals	<u>5,947</u>
----------------------------	---------------------

4. Trustees' Expenses

No trustees received any expenses during the period.

5. Staff Wages & Salaries

	2022 £	2021 £
Wages & Salaries	<u>35,858</u>	<u>35,845</u>

SIKH HELPLINE

England & Wales - Charity number 1154449

Accounts

SIKH HELPLINE

Charitable Incorporated Organisation

Charity Number:

1154449

ANNUAL REPORT AND FINANCIAL STATEMENTS

Period of accounts

Start Date: 1st January 2021

End Date: 31st December 2021

SIKH HELPLINE
Contents
for the year ending 31 December 2021

	Page
Trustees' Report	2
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Accounts	9

Prepared by:



Sunder & Thandi Accountants
Chartered Certified Accountants

Section A Reference and administration details

Charity name Sikh Helpline

Other names charity is known by SHL

Registered charity number (if any) 1154449

Charity's principal address 86 Birmingham St,

Oldbury,

West Midlands,

Postcode

B69 4EB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	DR HARSIMRREN KAUR			
2	MR NARINDER SINGH MATHARU			
3	MR JAGTAR SINGH			
4				
5				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Name of chief executive or names of senior staff members

MR SUKHA SINGH

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed by A Resolution Passed at A Meeting of Charity Trustees

Summary of the objects of the charity set out in its governing document

To relieve and prevent suffering caused by social or economic circumstances, by establishing, maintaining and developing a helpline offering a counselling service and practical advice

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Sikh Helpline is a professional and confidential telephone counselling and email inquiry service where you can get help, advice, counselling and information - bullying and racism - discrimination - relationship issues-domestic violence- addiction- problems at school or home.

Summary of the main achievements of the charity during the year

As with the year 2020, whilst working through the challenges of the Covid-19 pandemic in 2021, the Sikh Helpline found itself in a position where the community needed its core services more than ever, in particular in the areas of domestic abuse, alcohol abuse, drug abuse and mental health.

Below is a summary of some key activities, highlights and milestones during 2021:

- The Sikh Helpline is now a member of the Sandwell Council of Voluntary Organisations (SCVO) which helps us to network with other organisations and share Sikh Helpline related news across Sandwell.
- We are now part of the Sandwell Mental Health Strategy Group with Public Health, Sandwell MBC. Working together to develop and represent the BAME community in a strategy for the Sandwell area.
- Worked with West Midlands Police as a member on the WM Police Mental & Hate crime group.
- Continued to build networks with third parties based on service user needs such as;
 - The Sandwell Community Dementia service (referral pathway)
 - Brushstroke community project (refugee/immigration issues)
 - AA & AL Anono (alcohol and drugs)
- Produced and published 7x online video interviews around mental health and suicide prevention topics. To date, the videos have generated 1,636 YouTube views, 4,569 social media views and approx. 2,000 WhatsApp message shares. The Helpline also broadcasted various interviews/promotional videos on Sky channel, Sangat TV, with estimated viewers between 200,000 - 300,000.
- 3 events held over the year focussing on mental health awareness and suicide prevention. These were held in Sandwell library, West Bromwich Guru Har Rai Gurdwara (drop in event) and an online zoom event.
- Posted 41 mental health & suicide prevention social media posts; totalling 20,501 Facebook views, 28,110 Twitter views (to date).
- Training and upskilling volunteers with:
 - 11x volunteers achieved Safeguarding level 1 & 2 certificates
 - 'Dealing with secondary trauma/self-care through cases' run by Daljeet Singh (Msc Cognitive Neuroscience & Neuropsychology) from the Human Hub Therapy.
 - 4x volunteers trained in Mental health first aid course by MHFA England
 - 1x volunteer trained as a Domestic violence first aider by Dr Harpal Singh (counsellor and psychotherapist) and Seema Dhanak (MARAC panellist and specialist in homelessness).
- Shortlisted candidate for the Queen's Award for Voluntary Service in October 21. Also nominated for the British Sikh awards by the public.
- Successfully held annual 50-mile bike ride despite the challenges of Covid-19. Also held our 350-mile bike ride with 1st female participant.

Section E**Financial Review****Brief statement of the charity's policy on reserves**

The Charity does not have a reserves policy.

However, trustees actively use a Designated Funds strategy to restrict and manage funds for certain projects. The total value of designated funds is displayed in the 'Funds of the Charity' section of the balance sheet.


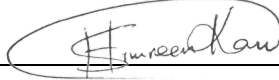
Details of any funds materially in deficit

No funds in deficit

Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jagtar Singh	Harsimrren Kaur
Position	Trustee	
Date	31/10/22	

SIKH HELPLINE

Independent Examiners Report to the trustees of Sikh Helpline

I report on the accounts of the Charitable Incorporated Organisation, Sikh Helpline (Charity Number 1154449) for the year ended 31 December 2021, which are set out on pages 7-10

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: **Mr Rajinder Kumar (Director)**

Signed:  Date: 31 October 2022

Sunder & Thandi Accountants Limited

Association of Chartered Certified Accountants
Union House, 111 New Union Street, Coventry, CV1 3NT

SIKH HELPLINE
Statement of Financial Activities
for the year ending 31 December 2021

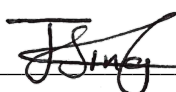
	Note	Unrestricted funds £	Restricted income funds £	Total 2021 £	Total 2020 £
Incoming resources					
Donations		24,888		24,888	32,660
Fundraising Events		65,122		65,122	126,006
Grant Funding		9,900		9,900	5,000
Total incoming resources		99,910	-	99,910	163,666
Resources expended					
<i>Wages, Salaries, Pensions and NI</i>		35,845		35,845	38,018
<i>Cost of Fundraising Events</i>		7,996		7,996	11,140
<i>Travel</i>		1,070		1,070	649
Telephone		1,206		1,206	610
Postage and Stationery		75		75	406
Admin & Consulting Fees		4,882		4,882	6,608
Depreciation		3,270		3,270	5,499
IT Consumables		3,654		3,654	5,053
Other Expenditure		-		-	-
Total resources expended		57,997	-	57,997	67,983
Transfers between funds		-	-	-	-
Net incoming/(outgoing) resources		41,914	-	41,914	95,683
Reconciliation of Funds					
Net movement in funds		41,914	-	41,914	95,683
Total funds brought forward		226,792	-	226,792	131,109
Total funds carried forward		268,706	-	268,706	226,792

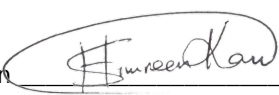
SIKH HELPLINE

Balance Sheet as at 31 December 2021

	Note	Total 2022 £	Total 2020 £
Fixed Assets			
Tangible Assets	2	2,130	5,400
Total Fixed Assets		2,130	5,400
Current Assets			
Cash at bank and in hand		270,976	226,202
Total Current Assets		270,976	226,202
Liabilities			
Creditors: Amounts falling due within one year	3	4,400	4,810
Net current assets/(liabilities)		266,577	221,392
Total assets less current liabilities		268,706	226,792
Net Assets		268,706	226,792
Funds of the Charity			
Designated funds		201,770	174,607
Undesignated funds		66,936	52,185
Total Unrestricted funds		268,706	226,792
Total Restricted income funds		-	-
Total Funds		268,706	226,792

The financial statements were approved and authorised for issue by the
Trustees on: 31st October 2021

Sign 
Print Jagtar Singh

Sign 
Print Harsimren Kaur

SIKH HELPLINE

Notes to the Financial Statements for the year ending 31 December 2021

1. Accounting Policies

Basis for preparing financial statements

The financial statements have been prepared under the historical cost convention in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008) and in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2005.

Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Resources Expended and Liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out the resources.

Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year, and cost at least £500. Depreciation is provided as follows:

Computer Equipment: over 3 years

2. Tangible Fixed Assets

	Computer Equipment £
<u>Cost</u>	
At 31 December 2020	28,017
Additions	-
Disposals	-
At 31 December 2021	<u>28,017</u>
<u>Depreciation</u>	
At 31 December 2020	22,617
Charge for the year	3,270
Disposals	-
At 31 December 2021	<u>25,887</u>
<u>Net Book Value</u>	
At 31 December 2020	<u>5,400</u>
At 31 December 2021	<u>2,130</u>

3. Creditors due within one year

Other Creditors & Accruals	<u>4,400</u>
----------------------------	--------------

4. Trustees' Expenses

No trustees received any expenses during the period.

5. Staff Wages & Salaries

	2021 £	2020 £
Wages & Salaries	<u>35,845</u>	<u>38,018</u>

SIKH HELPLINE

England & Wales - Charity number 1154449

Accounts

SIKH HELPLINE

Charitable Incorporated Organisation

Charity Number:

1154449

ANNUAL REPORT AND FINANCIAL STATEMENTS

Period of accounts

Start Date: 1st January 2020

End Date: 31st December 2020

SIKH HELPLINE
Contents
for the year ending 31 December 2020

	Page
Trustees' Report	2
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Accounts	9

Prepared by:



Sunder & Thandi Accountants
Chartered Certified Accountants

Section A Reference and administration details

Charity name Sikh Helpline

Other names charity is known by SHL

Registered charity number (if any) 1154449

Charity's principal address 86 Birmingham St,

Oldbury,

West Midlands,

Postcode

B69 4EB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	DR HARSIMRREN KAUR			
2	MR NARINDER SINGH MATHARU			
3	MR JAGTAR SINGH			
4				
5				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Name of chief executive or names of senior staff members

MR SUKHA SINGH

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed by A Resolution Passed at A Meeting of Charity Trustees

Summary of the objects of the charity set out in its governing document

To relieve and prevent suffering caused by social or economic circumstances, by establishing, maintaining and developing a helpline offering a counselling service and practical advice

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Sikh Helpline is a professional and confidential telephone counselling and email inquiry service where you can get help, advice, counselling and information - bullying and racism - discrimination - relationship issues-domestic violence- addiction- problems at school or home.

Summary of the main achievements of the charity during the year

Like many charities, operating through the pandemic in 2020 has been very challenging. The Sikh Helpline found itself in a position where the community needed its core services more than ever, in particular in the area of supporting victims of domestic abuse (as widely reported in the media). As a symptom of the lockdowns, the charity also experienced an increase in calls/cases related to alcohol abuse, drug abuse and mental health.

Rather than cutting back on services, the Sikh Helpline increased its activities to support the community in other ways as detailed below.

- In partnership with local organisations, the Sikh Helpline introduced initiatives for providing food to those in need and also delivering food to venerable individuals who could no longer leave their homes to obtain necessities from local supermarkets.
- The Sikh Helpline worked in partnership with medical doctors to raise awareness within the community around Covid 19, the advantages of getting vaccinated and how to prevent infections. It was a successful drive utilising media platforms such as YouTube and various Sky community channels.
- The charity drove a PPE challenge where volunteers signed themselves up to an activity such as a steps challenge, cycling, running etc to raise money to purchase PPE for vulnerable individuals.
- As well as arranging a special session for the elderly on how to stay healthy during the pandemic, posters and leaflets were distributed to create more awareness. An article was issued providing guidance on working from home and supporting children while off school

The Sikh Helpline was able to hold its annual bike ride where 150 volunteers took part to ride 50 miles raising vital funds for the charity. Despite it being a very challenging time for most people, the community really got behind the charity resulting in this year's bike ride being the most successful to date. These funds allowed the Sikh Helpline to employ new staff towards the end of the year to help manage the increased calls/cases we saw throughout the pandemic.

There has been continued focus on networking with external agencies and professional services to provide service users with the highest standard of support. The Sikh Helpline has continued to strengthen its working relationship with organisations such as West Midlands Police, NSPA UK, Sandwell Council, Sandwell Women's Empowerment Group, Flame (Wellbeing), and a local Detox Centres (Alcohol & Drugs)

An internal website was developed during the year to streamline processes and training. This has made it easier for volunteers to access information such as the structure of the organisation, case handling guidance, training materials, GDPR and our policies.

Section E**Financial Review****Brief statement of the charity's policy on reserves**

The Charity does not have a reserves policy.

However, trustees actively use a Designated Funds strategy to restrict and manage funds for certain projects. The total value of designated funds is displayed in the 'Funds of the Charity' section of the balance sheet.



Details of any funds materially in deficit

No funds in deficit

Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Harsimrren Kaur	Jagtar Singh
Position (e.g. Secretary, Chair, etc)	Secretary	Treasurer
Date	31/10/2021	

SIKH HELPLINE

Independent Examiners Report to the trustees of Sikh Helpline

I report on the accounts of the Charitable Incorporated Organisation, Sikh Helpline (Charity Number 1154449) for the year ended 31 December 2020, which are set out on pages 8-11

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: **Mr Rajinder Kumar (Director)**

Signed:  Date: 31 October 2021

Sunder & Thandi Accountants Limited

Association of Chartered Certified Accountants
Union House, 111 New Union Street, Coventry, CV1 3NT

SIKH HELPLINE
Statement of Financial Activities
for the year ending 31 December 2020

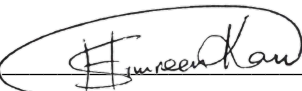
	Note	Unrestricted funds £	Restricted income funds £	Total 2020 £	Total 2019 £
Incoming resources					
Donations	2	32,660		32,660	19,696
Fundraising Events		126,006		126,006	48,814
Grant Funding		5,000		5,000	-
Total incoming resources		163,666	-	163,666	68,510
Resources expended					
<i>Wages, Salaries, Pensions and NI</i>		38,018		38,018	31,361
<i>Cost of Fundraising Events</i>		11,140		11,140	3,815
<i>Travel</i>		649		649	792
Telephone		610		610	2,391
Postage and Stationery		406		406	1,487
Admin & Consulting Fees		6,608		6,608	492
Depreciation		5,499		5,499	4,222
IT Consumables		5,053		5,053	1,424
Other Expenditure		-		-	-
Total resources expended		67,983	-	67,983	45,984
Transfers between funds		-	-	-	-
Net incoming/(outgoing) resources		95,683	-	95,683	22,526
Reconciliation of Funds					
Net movement in funds		95,683	-	95,683	22,526
Total funds brought forward		131,109	-	131,109	108,583
Total funds carried forward		226,792	-	226,792	131,109

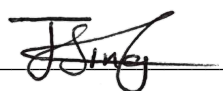
SIKH HELPLINE**Balance Sheet as at 31 December 2020**

	Note	Total 2020 £	Total 2019 £
Fixed Assets			
Tangible Assets	3	5,400	4,509
Total Fixed Assets		5,400	4,509
Current Assets			
Cash at bank and in hand		226,202	130,991
Total Current Assets		226,202	130,991
Liabilities			
Creditors: Amounts falling due within one year	4	4,810	4,391
Net current assets/(liabilities)		221,392	126,600
Total assets less current liabilities		226,792	131,109
Net Assets		226,792	131,109
Funds of the Charity			
Designated funds		174,607	93,417
Undesignated funds		52,185	37,692
Total Unrestricted funds		226,792	131,109
Total Restricted income funds		-	-
Total Funds		226,792	131,109

The financial statements were approved and authorised for issue by the

Trustees on: 31st October 2021

Sign 
Print Harsimrren Kaur

Sign 
Print Jagtar Singh

SIKH HELPLINE
Notes to the Financial Statements
for the year ending 31 December 2020

1. Accounting Policies

Basis for preparing financial statements

The financial statements have been prepared under the historical cost convention in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008) and in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2005.

Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Resources Expended and Liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out the resources.

Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year, and cost at least £500. Depreciation is provided as follows:

Computer Equipment: over 3 years

2. Tangible Fixed Assets

	Computer Equipment £
<u>Cost</u>	
At 31 December 2019	21,627
Additions	6,390
Disposals	-
At 31 December 2020	<u>28,017</u>
<u>Depreciation</u>	
At 31 December 2019	17,118
Charge for the year	5,499
Disposals	-
At 31 December 2020	<u>22,617</u>
<u>Net Book Value</u>	
At 31 December 2019	<u>4,509</u>
At 31 December 2020	<u>5,400</u>

3. Creditors due within one year

Other Creditors & Accruals	<u>4,810</u>
----------------------------	---------------------

4. Trustees' Expenses

No trustees received any expenses during the period.

5. Staff Wages & Salaries

	2020 £	2019 £
Wages & Salaries	<u>38,018</u>	<u>31,361</u>