

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 years' 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

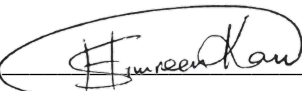
	Note	Unrestricted funds £	Restricted income funds £	Total 2020 £	Total 2019 £
Incoming resources					
Donations	2	32,660		32,660	19,696
Fundraising Events		126,006		126,006	48,814
Grant Funding		5,000		5,000	-
Total incoming resources		163,666	-	163,666	68,510
Resources expended					
Wages, Salaries, Pensions and NI		38,018		38,018	31,361
Cost of Fundraising Events		11,140		11,140	3,815
Travel		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

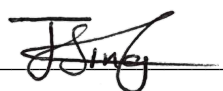
SIKH HELPLINE

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>