

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

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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

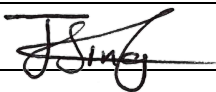
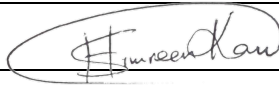
No funds in deficit

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

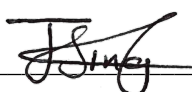
| | Note | Unrestricted funds £ | Restricted income funds £ | Total 2021 £ | Total 2020 £ |
|--|------|----------------------------|------------------------------------|--------------------|--------------------|
| Incoming resources | | | | | |
| Donations | | 24,888 | | 24,888 | 32,660 |
| Fundraising 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 | | | | | |
| Wages, Salaries, Pensions and NI | | 35,845 | | 35,845 | 38,018 |
| Cost of Fundraising Events | | 7,996 | | 7,996 | 11,140 |
| Travel | | 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 |

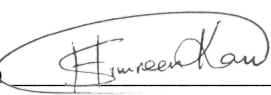
SIKH HELPLINE

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> |