

# 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**

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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

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.


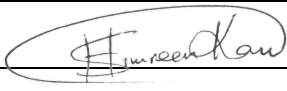
**Details of any funds materially in deficit**

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 £
<b>Incoming resources</b>					
Donations		31,034		31,034	24,888
Fundraising Events		32,912		32,912	65,122
Grant Funding		42,645		42,645	9,900
<b>Total incoming resources</b>		<b>106,591</b>	<b>-</b>	<b>106,591</b>	<b>99,910</b>
<b>Resources expended</b>					
<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		-		-	-
<b>Total resources expended</b>		<b>74,253</b>	<b>-</b>	<b>74,253</b>	<b>57,997</b>
<b>Transfers between funds</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net incoming/(outgoing) resources</b>		<b>32,338</b>	<b>-</b>	<b>32,338</b>	<b>41,914</b>
Reconciliation of Funds					
<b>Net movement in funds</b>		32,338	-	32,338	41,914
<b>Total funds brought forward</b>		268,706	-	268,706	226,792
<b>Total funds carried forward</b>		<b>301,044</b>	<b>-</b>	<b>301,044</b>	<b>268,706</b>

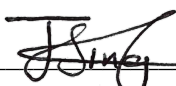


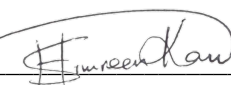
# SIKH HELPLINE

## Balance Sheet as at 31 December 2022

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

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

## 3. Creditors due within one year

Other Creditors & Accruals	<b>5,947</b>
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## 4. Trustees' Expenses

No trustees received any expenses during the period.

## 5. Staff Wages & Salaries

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