

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

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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

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


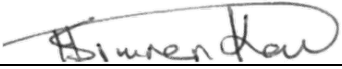
No funds in deficit

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

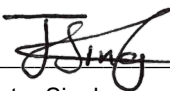
SIKH HELPLINE
Statement of Financial Activities
for the year ending 31 December 2023

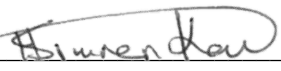
	Note	Unrestricted funds £	Restricted income funds £	Total 2023 £	Total 2022 £
Incoming resources					
Donations		23,924		23,924	31,034
Fundraising Events		44,697		44,697	32,912
Grant Funding		2,650		2,650	42,645
Total incoming resources		71,271	-	71,271	106,591
Resources expended					
<i>Wages, Salaries, 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	<u>57,898</u>
<u>Depreciation</u>	
At 31 December 2022	35,237
Charge for the year	11,176
Disposals	-
At 31 December 2023	<u>46,413</u>
<u>Net Book Value</u>	
At 31 December 2022	<u>13,583</u>
At 31 December 2023	<u>11,485</u>

3. Creditors due within one year

Other Creditors & Accruals	<u>4,359</u>
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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	<u>46,896</u>	<u>35,858</u>