

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.

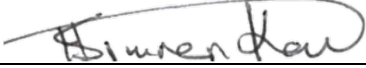

Details of any funds materially in deficit

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)	Harsimrren 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

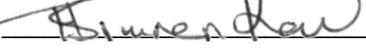
SIKH HELPLINE
Statement of Financial Activities
for the year ending 31 December 2024

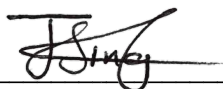
	Note	Unrestricted funds £	Restricted income funds £	Total 2024 £	Total 2023 £
Incoming resources					
Donations		16,996		16,996	23,924
Fundraising Events		75,872		75,872	44,697
Grant Funding		8,800		8,800	2,650
Total incoming resources		101,668	-	101,668	71,271
Resources expended					
<i>Wages, Salaries, 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	44,037	31,151
Contractors	9,092	15,745
Total	<u>53,129</u>	<u>46,896</u>