

MOTHER AND CHILD WELFARE ORGANISATION

Report and Accounts

30 April 2023

Registered Charity No.
Company Limited By Guarantee No.

1156832
08479121

MOTHER AND CHILD WELFARE ORGANISATION

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MOTHER AND CHILD WELFARE ORGANISATION
Charity Information

YE 30.04.2023

Trustees

Khadra Ali Hared	Chair
Nazmu Virani	Trustee
Jamal Omar Sheikh	Trustee
Fuad Mohamed	Treasurer

Registered Charity No. 1156832

Company Limited By Guarantee No. 08479121

Registered office

**290-294 Uxbridge Road
London W12 7LJ**

Accountants

Anderson Pierce and Co
Certified Public Accountants
14 Alexandria Road
West Ealing
London
W13 0NR

Bankers

BARCLAYS BANK PLC
WANDSWORTH BRANCH
LONDON

MOTHER AND CHILD WELFARE ORGANISATION

Trustees Report for the Year ended April 2023

Mother and Child Welfare Organisation

Trustees Report for the Year ended April 2023

This year has been another busy year for us, where we have continued to battle against the impact of the pandemic on our community. We have continued to run existing services and developed new ones in response to the many disadvantages and inequalities that affect vulnerable members of our community.

We have a great belief in the power of individuals to bring about change in their lives. All our projects aim to develop capacities, knowledge and skills so that people can take charge of their own problems and gain confidence and self-belief. All our projects are run by and with the participants, who we support to guide and direct each project so that it provides the help that they need.

This year we focused on several different themes: mental and physical health, youth empowerment, women's empowerment and education.

We summarise them below.

Mental and Physical Health

We have found over many years that there is a large segment of our community that is invisible to mainstream services. Many families and individuals are suffering in silence, facing serious issues without support. This year we continued to offer a range of health services, especially supporting individuals to deal with mental health issues, ranging from depression and stress to serious mental illness. Our offices in Hammersmith and Wandsworth became safe spaces where individuals were able to meet health professionals, receive information and make referrals. We also built peer support networks, enabling participants to talk for the first time about mental illness, FGM (Female Genital Mutilation) and other issues and to combat the stigma and misinformation that prevent individuals from seeking help. We collaborated with NHS West London Mental Health Trust, Mind in Harrow and Forward to provide expert support. We received funding from Midaye, Forward, Hammersmith and Fulham Council, Wandsworth Council, Wandsworth Care Alliance, the National Lottery, the Sainsbury Trust and Hammersmith United Charities to deliver this work.

Youth Empowerment and Support

The pandemic has had a huge impact on young people in all areas of their lives. It has affected their education, their employment, their mental and physical health, their risk of school exclusions, their risk of engaging with drugs and gangs and overall cast a big shadow over their hopes for the future.

This year we were able to provide support to young people over many of these issues. We provided a youth club in Hammersmith, where young people could come after school one day a week and on Saturdays ; we provided online and face to face tutoring in core curriculum subjects; we offered

Monday to Saturday support during holidays where young people could get a hot meal and take part in a range of activities and conversation groups where they developed socially and emotionally ; we offered discussion sessions on youth crime, online safety, grooming and radicalisation, making use of experienced mentors to engage with young people ; we maintained a bi-monthly focus group at HMP Wormwood Scrubs for Somali prisoners ; we offered 1-1 help and support for youth employment providing volunteering and work experience ; we provided 1-1 help to young people leaving the criminal justice system.

Work with young people is central to our organisation. We want young people to grow into confident and productive adults, becoming the next generation of leaders and mentors.

We were funded by Addison Youth, Young Hammersmith and Fulham Foundation, Hammersmith and Fulham Council and Let Me Play for these programmes.

Women's Empowerment

We have always supported women to develop their skills and self-confidence and this year we continued to develop this side of our work. Women are at the centre of our community, often feeling responsible for coping both with their own problems and with the problems of their families. These include debt, mental illness, addiction, imprisonment, impact of crime, chronic ill health, domestic violence, physical inactivity, caring for children with special needs, social isolation, food insecurity.

We addressed many issues through our work this year with women. We focused much of our work on the creation of peer support networks where women could come together, discuss and share their problems, support each other and ask us for the things they needed. We created support networks in both our Hammersmith and Wandsworth offices, and they were extremely popular. Women often came to these meetings and slowly disclosed their own problems, enabling us to signpost them to other services or to our own support services.

As well as support networks we also provided training and information sessions, including IT and English language lessons online ; mental health information sessions ; sewing groups ; yoga and physical exercise sessions ; talks by professionals on diet and physical health ; 1-1 support for school exclusions and bullying issues.

This year we also established a Parent Support Network in Wandsworth where both women and men came together to discuss how to support their children, keeping them safe and healthy.

The women's support networks became an important source of information and guidance for our organisation. As trust increased, women were willing to become more active in making suggestions and proposing new services. We continue to work with our women's networks and look forward to developing more projects in the next year.

We were funded for these programmes by Wandsworth Council, the Mayor's Office Policing and Crime (MOPAC), the Peoples Health Trust.

Our organisational development

Along with many grassroots organisations we have faced funding challenges this year especially in the area of core running costs. However we have still managed to expand our services and we have never turned anyone away. The problems in our community are increasing and the scope of our work has grown. We have established ourselves as a trusted and safe space, where we do not judge or criticise, and where there is empathy, lived experience and practical support. This is very demanding work, asking that much of what we do is delivered by volunteers. We have established partnerships with many agencies and organisations this year. This requires co-ordination and networking that takes staff away from frontline issues. We continue to juggle with the demands of daily issues and the needs of strategic and partnership working.

Our staff, trustees, supporters and volunteers

We are so proud that our community is filled with people with personal resources, commitment to help others, and a desire to make life better for people who are living in long term poverty and deprivation. We cannot deliver our services without this support. Our organisation is driven by passionate and committed people who understand the issues of our community because they have lived them themselves. We have developed and supported our staff to increase their skills and gain training which has benefited them as well as our community. We once again acknowledge this committed group of people and assure them that their contribution is highly valued.

Trustees

The Trustees who served during the year are as stated below:

Khadra Ali Hared	Chair
Nazmu Virani	Trustee
Mandekh Hussein	Trustee
Kos Gaur	Trustee
Qasim Abdullahi	Trustee
Jamal Omar Sheikh	Trustee

This report was approved by the Board on 22nd December 2023 and signed on its behalf by:


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Khadra Ali Hared (Chair)

MOTHER AND CHILD WELFARE ORGANISATION

Statement of Financial Activities for the year ended 30 April 2023

	2023	2022
	£	£
Grants and Donations		
Grants, Donations & other Income	199,014	192,573
	<hr/>	<hr/>
Other Direct costs		
Training and development	20,468	-
	<hr/>	<hr/>
Resources expended		
Direct expenses		
Wages	27,146	35,917
Employer NIC	152	620
Youth Activities	21,786	26,257
Education Support	3,353	5,384
Advice & Counselling Services	10,105	-
Workshops	17,315	1,548
Erasmus Plus Programme	2,311	5,132
Volunteer Expenses	6,456	5,052
Events and Refreshments	8,113	12,275
Hardship Support	17,689	11,378

Mental Health Support	5,450	-
	<hr/> 119,876	<hr/> 103,563
Premises costs:		
Rent and Hall Hire	34,141	41,937
Repairs and Maintenance	2,823	1,760
Utility & Water	606	3,043
Cleaning	1,275	-
	<hr/> 38,845	<hr/> 46,740
General administrative expenses:		
Telephone	2,717	4,390
Stationery and printing	1,148	706
Travel and subsistence	4,029	7,715
IT Support	470	-
Insurance	1,942	64
Miscellaneous	74	-
Depreciation	4,543	4,542
Bank Charges	511	582
	<hr/> 15,434	<hr/> 17,999
Legal and professional costs:		
Accountancy fees	1,528	2,051
Consultancy fees:	2,972	28,907
Advertising and PR	3,495	3,523
Other legal and professional	1,444	13,991
	<hr/> 9,439	<hr/> 48,472
	<hr/> 204,062	<hr/> 216,774
Other Income	9,100	4,214

Surplus/ (deficit)	4,052	(19,987)
Balance brought Forward	22,230	42,217
Balance Carried Forward	26,282	22,230

MOTHER AND CHILD WELFARE ORGANISATION

Balance Sheet

as at 30 April 2023

	Notes	2023	2022
		£	£
Fixed assets			
Tangible assets	3	2,926	7,468
Current assets			
Cash at bank and in hand		28,489	25,657
Creditors: amounts falling due within one year	4	(5,132)	(10,895)
Net current assets		23,357	14,762
Net assets		26,283	22,230
Statement of funds			
Funds	5	26,282	22,230
Total Funds		26,282	22,230

The directors are satisfied that this charitable company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small company's regime.



Khadra Ali Hared

Director

Approved by the board on 31st December 2023

NOTES TO THE FINANCIAL STATEMENTS MOTHER AND CHILD WELFARE ORGANISATION

FOR THE YEAR ENDED 30th APRIL 2023

ACCOUNTING POLICIES:

The company's accounting policies are as follows:-

Basis of preparation

The financial statements have been prepared under the historic cost convention, with the exception of investment, which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities (SORP 2005) issued in March 2005, applicable UK Accounting Standards and the Companies Act 1985. The principal accounting policies adopted in the preparation of the financial statements are set out below.

Incoming Resources

Voluntary Incoming including donations, gifts and legacies and grants that provide core funding or are of general nature are recognised where there is entitlement, certainty of receipts and the amount can be measured with sufficient reliability. Such income is only deferred when:

- The Donor specified that the grant or donation must only be used in future accounting periods; or
- The donor has imposed donations, which must be met before the charity has unconditional entitlement.

Income from commercial trading activities is recognised as earned (as the related goods and services are provided)

Investment income is recognised on a receivable basis.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned (as the related goods or services are provided). Grant income includes in the category provided funding to support performance activities and is recognised where there is entitlement, certainty of receipts and the amount can be measured with sufficient reliability. Income is deferred when:

- Admission fees or performance related grants are received in advance of the performances or event to which they relate.

Volunteering and donated services and facilities

The value of services provided by volunteering is not in these financial statements. Further details of the contribution made by volunteers can be found in the trustees' annual report.

Where services are provided to the charity as a donation that would normally be purchased from our suppliers, this contribution is included in the financial statements of the charity.

Resources expended

Expenditure is recognised when a liability is incurred. Contractual arrangements and performance related grants are recognised as goods or services are supplied. Other grant payments are recognised when a constructive obligation arises that result in the payment being unavoidable.

- Cost of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.
- Charitable activities including expenditure associated with the activities are included the direct costs and support costs relating to these activities.
- Governance Costs include those incurred in the governance of the charity and its assets and the primarily associated with constitutional and statutory requirements. These are no Costs associated with the Governance throughout the year.
- Support costs include central functions and have been allocated to activity cost categorised on a basis consistent with the use of resources, e.g. allocating property costs by the floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Irrecoverable VAT

All resources expended are classified under activity headings that aggregate all costs related to the category. Irrecoverable VAT is charged against the category or resources expended for which it was incurred: MOTHER AND CHILD WELFARE ORGANISATION is not VAT register so cannot recover any VAT incurred.

Tangible Fixed Assets

Fixed Assets are classified as Computers, Office Equipments, Fixture and Fittings, The Charity recognised all Fixed Assets with any individual price and categorised in the Balance Sheet as follows:

Plant & Machinery, Fixture & Fitting,

Funds structure

The Trusts has its main grants as restricted income funds to account for situations where a donor requires that a donation must be spent on a particular purpose or where funds have been raised for a specific purpose.

Other funds are classified as unrestricted Income funds. The Trustees intend to use part of the unrestricted funds for the development of the Charity to expanded and advance its services.

Pensions

The charity has started employees defined Scheme in 2021 and some of the employees have joined the scheme.

Restricted Funds

Restricted funds are to be used for specified purposes as lay down by the funder. Direct and support expenditure, which meets these criteria, is identified to the fund together with a fair allocation of other costs.

Unrestricted Funds

Unrestricted funds are funds received which have no restrictions placed in their use and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the committee of management for particular purposes.

Revenue Income

Revenue grants are credited to incoming resources on the earlier of when they are received or when they are due.

Allocation Costs

Costs are allocated directly to projects where they can be identified as relating solely to that project. Other costs are allocated between the funds based on staff time spent on the fund activities or other appropriate criteria.

Depreciation:

Tangible fixed assets are stated at cost less depreciation. Deprecation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and Machinery: 20% straight line

Legal Status of the Trust

The Trust is Company Limited by Guarantee and registered Charity with Charity Commission and also. The liability of each member in the event of winding is limited to £10

2 Operating Surplus

2023

2022

£

£

This is stated after charging:

Depreciation of owned fixed assets

4,543

4,542

3 Tangible fixed assets

	Plant and machinery etc
Cost	
At 1 May 2022	22,714
At 30 April 2023	<u>22,714</u>
Depreciation	
At 1 May 2022	15,246
Charge for the year	4,542
At 30 April 2023	<u>19,788</u>
Net book value	
At 30 April 2023	2,926
At 30 April 2022	<u>7,468</u>

4 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other creditors		
Other taxes and social security costs	3,132	2,980
Professional Fees and staff wages	2,000	7,915
	<u>5,132</u>	<u>10,895</u>

5 Statement of Financial activities**2023****£**

At 1 May 2022 22,230

Surplus for the year 4,052

At 30 April 2023 26,282

6 Grants and Donations

Donations from public	15598
London Borough of Brent	3458
Foundation for Women	2000
London Borough of Hammersmith and Fulham	29770
Eastside Youth	6941
Rental Income	9100
Midaye	9497
ASE CIC	4582
Refugee Council	150
British Council	8452
Young Hammersmith and Fulham	2500
Wandsworth Care Alliance	8000
Awards for All	9960
CSO	3080
London Borough of Wandsworth	43825
McMillan Cancer	575
People's Health Trust	8000
Hammersmith United Charities	10181
LMP Action CIC	19095
Excell Women's Association	300
International Waqf Fund	2500
United in Hammersmith and Fulham	10551

208115

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MOTHER AND CHILD WELFARE ORGANISATION

I report on the accounts of the charity for the year ended 30th April 2023, which is set out on Pages 4 - 9.

Respective responsibilities of trustees and examiner

The trustees, who are also the directors of MOTHER AND CHILD WELFARE ORGANISATION for the purposes of company law, are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011, the 2011 Act, and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent examination, it is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act;
- (ii) To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) State whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 you as 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:

(a) Which gives me reasonable cause to believe that in any material respect the requirements:

- (i) To keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - (ii) To prepare accounts which accord with the accounting records, comply with the accounting requirements of 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities;
- have not been met; or

(b) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr. A Abdulahi AFA/MIPA
Incorporated Financial Accountant



.....
Anderson Pierce & Co
Accountants & Business Advisors



14 Alexandria Road
London W13 0NR

Dated: 31st December 2023