



**AFRICAN CULTURAL
ASSOCIATION**

ANNUAL REPORT 2024-2025

Charity No.1157721

Report of the Trustees and Accounts
For the year 2024 -2025

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Chairperson Report for 2024 to 2025

African Cultural Association

Introduction

With immense pride and heartfelt gratitude, I present the Chairperson's Annual Report for 2024–2025. This past year has marked another inspiring chapter of growth and impact for the African Cultural Association. As a registered Learning Provider, we have remained steadfast in our mission to empower, educate, support, and celebrate our vibrant cultural heritage.

Our progress has been made possible by the unwavering dedication of our volunteers, members, supporters, and partners. Your tireless efforts and shared commitment to our vision have been the driving force behind every success. To each of you, I extend my deepest thanks.

Welfare and Community Support

This year, our welfare services have grown significantly in both scope and impact, reaching more individuals and families navigating a wide range of challenges. Our commitment to holistic, culturally sensitive support has remained at the heart of everything we do.

Welfare Benefits: We provided tailored advice and group workshops to over 600 individuals, helping them understand and access their entitlements. Many secured essential benefits through our ongoing guidance and advocacy.

Housing Support:

Through strong partnerships with housing authorities and local organisations, we assisted 230 families and individuals** in finding safe, affordable housing, offering stability and hope to those in need.

Immigration Services:

Our team supported 250 individuals with immigration matters, including visa renewals, appeals, and citizenship applications. We ensured each person received accurate information and compassionate advocacy.

Bereavement Support:

We stood beside 60 families during times of loss, offering counselling, funeral assistance, and launching a new peer-led grief support circle—a safe space for healing and remembrance.

Health & Wellness:

Over 1,200 community members engaged in our health initiatives, which included mental health seminars, chronic illness awareness campaigns, and free health screenings in collaboration with local clinics.

Educational Support:

We expanded our academic programs to reach 400 young people, offering tutoring, mentorship, and vibrant after-school clubs that boosted both confidence and academic performance.

Education and Training for Employment

As a registered Learning Provider, empowering our community through education and skills development remains a central pillar of our mission.

Childcare for Learning Parents:

We secured nursery placements for 70 children of single parents enrolled in training programs, removing a major barrier and allowing parents to focus on their future with peace of mind.

Vocational Training Programs:

Our hands-on, expert-led courses equipped 300 learners, aged 18 to 70+, with practical skills that open doors to employment and entrepreneurship. Training areas included:

- Fashion & Textile Design
- Dressmaking
- Arts & Crafts
- Pattern Construction
- Natural Hair Braiding & Weaving

These programs continue to build confidence, creativity, and economic opportunity across generations.

Celebrating African Culture, History, and Language

At the heart of our mission lies a deep commitment to promoting African identity, heritage, and pride.

Cultural Events:

Preparations are already underway for our ****2025 Black History Month**** celebrations this October. We're curating a vibrant and inspiring lineup of events—featuring poetry, dance, storytelling, music, and fashion—that will honour the resilience, creativity, and enduring legacy of African people around the world. These celebrations are more than performances; they are affirmations of identity and community.

Conclusion

The 2024–2025 year has been a transformative chapter for the African Cultural Association. We've fortified our foundation, broadened our reach, and deepened our impact across welfare, education, training, and cultural celebration.

As we look to the future, our focus remains clear: to build inclusive, empowered, and resilient communities. With exciting cultural events on the horizon and plans to expand our digital services, we are poised to connect with even more individuals through accessible, high-quality programs and support.

To our members, volunteers, funders, and friends—thank you. Your unwavering belief in our mission fuels everything we do. Together, we will continue to uplift, inspire, and grow.

With gratitude and hope,



Chairperson

Ms Doreen Joan Wray-Niles
Chairperson, African Cultural Association
2024 – 2025

Reference and Administrative Information

Charity Name: African Cultural Association

Charity registration number: 1157721

UKPRN registration number 10047863

Registered Office and operational
Address: 28 Church End,
Hendon,
London,
NW4

4JX

Website: www.africanculturalassociation.org

Email: info@africanculturalassociation.net

Facebook: <https://www.facebook.com/pages/African-Cultural-Association-Barnet>

Instagram: <https://www.instagram.com/africanculturalassociation/>

Twitter : <https://twitter.com/AfricanCultura5>

AFRICAN CULTURAL ASSOCIATION AGM
14th December, 2024.

1. Chairperson - Ms. Doreen Joan Wray-Niles
2. Secretary - Ms. Clara Eva Opoku
3. Treasurer - Mr. Gbolahan Olanipekun
4. Trustee - Mr. Erik Osei Manu
5. Trustee - Ms. Theresa Abena Akosa

Our Aims and Objective:

- **To provide guidance and support to both refugees and nonrefugees in key areas, including welfare benefits, housing, immigration, bereavement, health, and education.**
- **To promote education and employment opportunities by offering nursery support for single parents pursuing training or further learning.**
- **To foster education and awareness of African culture, history, and language.**

Trustees report for the year ended 31 March 2025

OUR SERVICES

Ensuring Our Work Delivers Our Aims

We conduct an annual review of our aims, objectives, and activities to evaluate our progress and impact over the past year. This process assesses the effectiveness of each initiative and the tangible benefits delivered to the communities we serve. It ensures that our work remains aligned with our core mission and continues to meet the evolving needs of those we support.

How Our Activities Provide Public Benefit

We offer comprehensive advice, guidance, information, and training to support unemployed individuals, on low incomes, disadvantaged, or otherwise vulnerable. Our services are tailored to meet the needs of African, Caribbean, and other ethnic minority communities—both refugees and non-refugees—who are experiencing hardship, distress, or social exclusion across London and other parts of the UK.

The majority of our service users reside in areas with some of the highest levels of poverty and deprivation in London, including Barnet (Grahame Park Estate, Colindale, Burnt Oak), Harrow (Kenton, Stanmore), Brent (Willesden, Harlesden), and surrounding boroughs. Our work is rooted in these communities, where the need for culturally sensitive and accessible support is most urgent.

Who Benefits from Our Services?

Our programs are designed to support a wide range of individuals and families facing social, economic, and personal challenges. Those who benefit from our services include:

- Disadvantaged and vulnerable children and young people (ages 7–18).

Particularly those at risk of offending or engaging in anti-social behaviour.

- Individuals from Black and Ethnic Minority communities.

Including those facing systemic barriers to opportunity and inclusion.

- Refugee and non-refugee families (ages 7 to 70+).

Seeking support with integration, wellbeing, and access to essential services.

- Disabled individuals and those with mental health challenges.

Including people recovering from long-term illness who are experiencing loneliness, isolation, or difficulty accessing support.

- People seeking to gain new skills or qualifications.

Looking to improve their employability and personal development.

- NEET groups (Not in Education, Employment, or Training) Young adults in need of direction, mentorship, and opportunity.

- Unemployed, low-income, and disadvantaged individuals.

Especially those living in areas of high poverty and deprivation across the Borough of Barnet and surrounding parts of London.

We deliver a wide range of community-focused initiatives that promote learning, inclusion, and cultural pride. These include:

Recreational Skills Training for adults and women, designed to build confidence, foster creativity, and support personal development.

Youth group projects and after-school programs that provide safe, enriching environments for young people to learn, grow, and connect.

Cultural activities, festivals, and community events, with highlights such as our annual Black History Month celebration each October, showcasing the richness and resilience of African heritage through music, dance, storytelling, and art.

African language translation and advisory services for hospitals and social care providers—particularly in children and family departments—ensuring culturally appropriate communication and support.

At the core of our mission is a commitment to advancing education in African culture, history, and language, empowering individuals and strengthening community identity.

Skills Training

As a registered UK Learning Provider, we are proud to offer a wide range of skills training programs tailored for children and young people aged 7 to 18, as well as adults aged 18 to 70+. Our sessions are designed to empower participants with practical, creative, and culturally enriching skills that support personal growth, employment, and entrepreneurship.

Training Schedule:

Sessions run -Monday to Saturday, from 10:30 AM to 3:30 PM, five days a week.

Courses Offered:

- Fashion Design & Dressmaking.
- Pattern Cutting
- Accessories Alteration & Mending Techniques.
- Recycling & Upcycling Workshops- using sustainable materials.
- African Hair Braiding & Weaving.
- Bag & Hat Making, including traditional “Gele” (African head wraps)
- Creative Crafts such as cushion making, patchwork, embroidery, and curtain design
- Youth Projects & After-School Activities that inspire creativity, teamwork, and self-expression

These hands-on programs not only teach valuable skills but also celebrate cultural heritage and promote sustainable practices.

Volunteering / Work Experience at ACA

Work Experience & Volunteering Opportunities

At the African Cultural Association, we understand the transformative power of practical experience in shaping future careers. Each year, we proudly partner with colleges and universities to offer students meaningful work placements that bridge the gap between academic learning and real-world application.

Student Work Experience:

Our placements immerse students in real-life work environments, allowing them to apply classroom knowledge, develop industry-specific skills, and gain a competitive edge in the job market. These experiences not only enhance employability but also build confidence and professional insight.

Volunteering for the Unemployed:

We are equally committed to supporting unemployed individuals by offering purposeful volunteering roles within our community initiatives. These opportunities provide a platform to contribute meaningfully, develop new skills, and regain a sense of purpose and direction.

Volunteering helps individuals:

- Build confidence and self-esteem
- Acquire transferable skills and hands-on experience
- Expand their professional networks
- Improve their chances of securing employment

Through both work placements and volunteering, we foster personal growth, professional development, and community cohesion. These initiatives not only empower individuals but also strengthen cultural integration and contribute to the broader development of our society.

Healthy Living Lifestyle Activities for Over 65s
Project Duration: 14 November 2023 – 9 April 2028
Funded by: City Bridge Trust (5-year grant)**

Over the past year, our Healthy Living Lifestyle for Over 65s project has made a meaningful impact on the health and well-being of older adults in our community. With the generous support of City Bridge Trust, we've created a vibrant, inclusive space where older individuals can stay active, connected, and empowered.

One of our most significant achievements has been reducing isolation and loneliness by fostering a strong sense of community and belonging. Through a diverse and engaging programme of activities—including gentle exercise classes, arts and crafts workshops, and mental wellness sessions—participants have experienced notable improvements in:

- Physical mobility and strength
- Emotional well-being and mental health
- Social interaction and community engagement

We've also taken great care to ensure that our activities are culturally relevant and accessible, adapting our approach to meet the evolving needs of our participants. The overwhelmingly positive feedback from both participants and their families has been a powerful testament to the project's success.

As we continue into the next phase of this five-year journey, we remain committed to enriching the lives of older adults through meaningful, health-focused community engagement.

Through the **Healthy Living Lifestyle for Over 65s** project, we gained invaluable insights into the unique needs and preferences of our elderly participants. One key learning was the importance of **designing activities that accommodate diverse mobility levels and cultural backgrounds**, ensuring that every session is inclusive, accessible, and meaningful. This tailored approach has been instrumental in fostering trust and deepening participant engagement.

We also discovered that **social connection is just as vital as physical wellbeing**. Many attendees shared that the sense of community and belonging they experienced was one of the most rewarding aspects of the program. Regular feedback sessions played a crucial role in this success, allowing us to respond swiftly to emerging needs and continuously refine our offerings.

These insights have not only enhanced the effectiveness of the project but have also **strengthened our overall approach to supporting older adults**, ensuring our services remain responsive, relevant, and impactful.

Looking Ahead: Challenges and Priorities

As we move into the coming year, one of our key challenges will be **sustaining participant engagement** while addressing the **evolving health needs** of our ageing community. Many of our

participants face increasing **mobility limitations** and **social isolation**, which may impact their ability to attend regularly. Overcoming these physical and logistical barriers will require thoughtful planning and support.

We also recognise the ongoing need to **adapt our services to reflect the cultural and personal diversity** of our participants. Delivering inclusive, relevant programming demands continuous investment in resources, training, and flexibility.

A further challenge lies in **securing additional funding** to maintain and grow the program. This includes covering the costs of:

- Accessible transportation
- Culturally tailored materials
- Specialised facilitators and support staff

Meeting these needs is essential to ensuring that our services remain impactful, inclusive, and accessible to all older adults in our community.



Healthy Living Lifestyle for Over 65+



HEALTHY LIVING LIFESTYLE FOR OVER 65

19th NOVEMBER 2024 - APRIL 2025

WHAT WE OFFER

- Health Talks
- Art & Craft Classes
- Assorted Games
- Puzzles, Bingo, Card Play etc.



EVERY TUESDAY AT

AFRICAN CULTURAL ASSOCIATION

10:30am to 12:30pm

- Exercise & Walks
- Dancing & Keeping fit
- Yoga Classes
- Monthly Lunch
- Trips e.g. Cinemas
- Exhibitions
- Mentoring



WE ACCEPT WALK-INS
MAKE FRIENDS AND
MAINTAIN A HEALTHY LIFESTYLE
DON'T MISS OUT

28 Church End, Hendon, London, NW4 4JX



africanculturalassociation.org



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[@African Cultural Association](https://www.facebook.com/AfricanCulturalAssociation)

Call us on:

07903151159

Or email us at:

info@africanculturalassociation.net



HARROW WARM HUB GRANT STARTED IN 2023 AND CONTINUED TO MARCH ,2026- THIS GRANT IS FUNDED BY HARROW GIVING, CADENT AND HARROW BOROUGH BASED PARTNERSHIP AND HEALTHY HARRO

Harrow Warm Community Hub Activities

Venue: 17 Canons Community Centre, 1–17 Wemborough Road, Stanmore, HA7 2DU

Time: Every Thursday, 12:30 PM – 3:30 PM

Duration: Ongoing from 2023 through March 2026

Our **stress-free weekly sessions** are designed to help you make new friends, learn new skills, and find support for challenges you may be facing. Whether you're looking for companionship, creativity, or practical advice, we're here for you.

Main Activities Include:

- Gentle Fitness & Movement:
Keep-fit classes, yoga, leg and hand exercises, and dance movements to music.
- Creative & Cultural Workshops:
Arts and crafts, knitting, sewing (including machine sewing), and cultural activities.
- Hot Meals & Refreshments:
Enjoy a warm meal, light snacks, and drinks in good company.
- Games & Entertainment:
Puzzles, board games, and light background music to lift your spirits.
- Advice, Guidance & Information:
Support on finance, housing benefits, and more.
- Health & Wellbeing Support:
Free health checks and a series of informative talks by professional, registered health officials.
- Befriending Services:
A friendly ear and a helping hand—because no one should feel alone.

Data of Visitors at the Warm Hub:

Understanding the Challenges Faced by Our Hub Visitors

Many of our community hub visitors face complex and overlapping challenges that contribute to social isolation and emotional distress. These include:

- Lack of Social Interaction:

A significant number of visitors experience loneliness and depression due to limited opportunities for meaningful social engagement.

- Prolonged Housebound Living:

Some individuals have been confined to their homes for extended periods, leading to deep isolation and triggering mental health issues such as anxiety and depression.

- Financial Hardship:

Economic difficulties prevent many from accessing paid social services or community activities, further compounding their sense of exclusion.

- Language and Cultural Barriers:

Visitors from diverse backgrounds often struggle with language differences and cultural disconnection, making it difficult to build social networks or access support.

- Age-Related Isolation:

Older adults frequently face loneliness due to reduced mobility, retirement, or the loss of loved ones, leaving them without regular companionship or support.

- Homelessness:

Those experiencing homelessness often suffer from extreme social isolation and a lack of access to essential services and community spaces.

- Caregiver Strain:

Parents and caregivers, particularly those managing children's well-being while facing financial or health-related stress, often feel overwhelmed and unsupported.

Estimated Proportion of Warm Hub Visitors Experiencing Key Challenges

Based on our observations and feedback, the following approximate percentages reflect the challenges faced by visitors to our Warm Community Hub:

- Social Isolation: 35% --50%
- Mental Health Issues: 40% – 50%
- Financial Hardship: 50% – 60%
- Cultural and Language Barriers: 25% – 30%
- Health-Related Concerns: 30% – 40%
- Age-Related Challenges: 35% – 45%

- Parenting and Childcare Stress: 20% – 35%

These figures underscore the diverse and intersecting needs of our community, highlighting the importance of continued support, tailored services, and inclusive programming.

COMMUNITY - CONNECTIVITY - CREATIVITY - WELL BEING

HARROW WARM

COMMUNITY HUB

FROM THURSDAY 7TH NOVEMBER
2024 - MARCH 2026

12:30PM TO 3:30PM

HEALTH AND WELL-BEING advice and information.

HEALTH TALKS AND CHECKS by a registered health official

GUIDANCE AND INFORMATION sessions on finance and housing benefits

GAS AND ENERGY ADVISE gas safety and how to reduce energy costs.

KEEP FIT CLASSES which include lower and upper body exercise. As well as dancing to music and partaking in cultural activities.

GREEN DOCTOR ADVISE free and impartial energy advice to help residents stay warm, save money and live greener

CREATIVE ACTIVITIES such as sewing, knitting, arts and craft.

BEPRIENDING CLUB where you can make new friends.

GAMES, PUZZLES, MUSIC AND FREE HOT DRINKS AND FOOD!

CANONS COMMUNITY CENTRE, 17 WEMBOROUGH ROAD, STANMORE, HA7 2DU

 african-cultural-association.org

 @AfricanCulturalAssociation

 @African Cultural Association

CALL US ON:
07903151159

 **Cadent**
Gas and Electricity

 **Harrow Giving**

 **Harrow Borough Based Partnership**
Supporting better lives in Harrow

Harrow Community Hub Activities



Participants' enhanced well-being and engagement.

Impact and Outcomes of Our Warm Hub

Our Warm Hub is designed to deliver meaningful, measurable improvements in health, wellbeing, and community cohesion—particularly for those most affected by health and social inequalities.

Improved Health Outcomes

- We focus on communities disproportionately impacted by poor health, helping to reduce disparities and promote healthier lifestyles.
- Our initiatives support **better management of neurological conditions**, improved **mobility and strength**, and increased ****physical activity****.
- We encourage life-changing habits, such as ****smoking cessation**** and ****healthier daily routines****.

Mental Health & Emotional Wellbeing

- We reduce mental health inequalities by improving access to support for **hard-to-reach** and **underserved groups**.
- Our hub provides a safe, welcoming space that combats ****loneliness and isolation****, offering a much-needed ****break for caregivers**** and fostering ****friendship and unity****.

Community Engagement & Shared Learning

- Participants actively contribute to **local networks**, co-creating **resources, practices, and ideas** that can be shared across Harrow to benefit the wider community.

Healthy Living for Older Adults

- We promote **healthy ageing** and wellbeing among residents aged **60+**, offering opportunities for **relaxation, enjoyment**, and a chance to **socialise and have fun** in a supportive environment.

Our Warm Hub plays a vital role in addressing health disparities and improving well-being among underserved populations. Key contributions include:

- Health Education & Awareness:

We empower visitors with knowledge about common health conditions, preventative care, and available resources, enabling them to make informed decisions and take proactive steps toward better health.

- Accessible Support Location:

Conveniently located and easily accessible, our hub serves individuals who may face barriers to reaching traditional healthcare facilities, such as limited mobility or lack of transportation.

- Early Detection & Management:

Through regular health checks, we promote early identification and management of conditions that disproportionately affect certain groups, including **diabetes, hypertension, and cardiovascular issues**.

- Improved Health Outcomes:

By offering consistent, community-based support, our hub contributes to better health outcomes for vulnerable individuals, particularly those facing social isolation or chronic health challenges.

- Access to Health-Related Financial Support:

We assist in navigating and applying for essential financial aid, such as **disability benefits**, **heating support**, and other health-related entitlements.



BLACK HISTORY MONTH 2024

BLACK HISTORY MONTH

African Cultural Association

INVITES YOU TO CELEBRATE AFRICAN CULTURE AND TRADITION!

26TH OF OCTOBER

FROM 12:00 PM

Exhibition of pictures and display of books from notable African/Caribbean Writers and Authors:
Display of Artifacts . Arts and Craft from different parts of Africa and Caribbean.



FROM 12:30 PM- 1:00 PM

African and Caribbean elders's Stories and Experiences: Inviting Guests who have lived within the Community for more than 35 years tell their Stories and Experiences to Young People and the Community as a whole.

FROM 1:00PM - 2:00PM

Live DJ. African/Caribbean dancers/Choreographers using African Caribbean Music /Afro Beat to teaching Young People and Children as well as the Community- Traditional African/Caribbean Dance Movements.



FROM 2:00PM - 3:00PM

Assorted Hot Food and Refreshments - Food from West Africa (Ghana, Nigeria and Serr Leone)
Traditional Jollof Rice, Stew/ Chicken /Veg/Fruits)
Assorted African/Caribbean Snacks. Refreshments for all. Eating & Listening to Traditional Music.



FROM 3:00PM - 4:30PM

Fashion : African Cultural Association Advance Level Fashion Design Students. Showing their African Designed Collections - Modelling - Catwalk to showcase different African Wears with African Music.



FROM 4:30PM - 5:00PM

Learn Traditional Head Wrap "Gele" or Other Head Wrap and Take a picture if you wish.



COLINDALE LIBRARY, 7 BRISTOL AVE, LONDON NW9 4BR

VISIT OUR WEBSITE:

www.africanculturalassociation.org

CALL US AT: 0790 315 1159

BARNET
LONDON BOROUGH

CREATIVE
COMMUNITIES
Events and activities in Colindale





African Cultural Association (ACA) – Empowering Communities Through Skills and Inclusion

Since 2010, the African Cultural Association (ACA) has proudly partnered with Harrow Adult Community and Family Learning – Learn Harrow to deliver impactful, community-based education. We are a UK-registered learning provider (UKPRN: 10047863), offering classes throughout the 2024– 2025 academic year.

Class Locations & Schedule

- Days: Tuesdays, Wednesdays, Thursdays, and Saturdays
- Venues: Harrow and Hendon
- Specialist Centre: 28 Church End, Hendon, NW4 4JX.

Our programs include:

- Dressmaking
- Craft and Pattern Construction
- Natural Hair Braiding and Weaving

These courses are open to all, with a focus on supporting individuals who are:

- Not in education, employment, or training (NEET)
- From disadvantaged or vulnerable backgrounds

ACA is a non-profit Charitable Incorporated Organisation dedicated to delivering skills training and personal development. With deep roots in the Harrow and Barnet communities, we specialise in garment making, crafts, and soft skills development, helping individuals grow both personally and professionally.

We serve a diverse range of learners, including:

- Unemployed individuals seeking new skills

- Low-paid adults aiming for career progression
- Disabled learners, including those with mild to moderate mental health challenges
- Black African, Caribbean, and other ethnic minority learners

What Makes ACA Unique?

Our unaccredited learning programs go beyond technical training. We integrate soft skills and personal development to promote:

- Confidence and resilience
- Social inclusion and community engagement
- Practical skills that benefit home and family life

This holistic approach supports learners in overcoming isolation, building self-worth, and preparing for further education or employment.

Learner Journey: -Structured Support at Every Stage

1. Pre-Course Preparation

- Orientation sessions to introduce course objectives and resources
- One-on-one consultations to tailor learning plans
- Career guidance aligned with course content

2. On-Course Support

- Continuous formative assessments and real-time feedback
- Encouragement of self-assessment and peer review
- Group discussions and collaborative learning
- Access to additional support and mentoring

3. End-of-Course Progression

- Exit interviews to reflect on learning and gather feedback
- Career advice and pathways to further education or employment
- Interview preparation and workplace readiness
- Certificate of Completion awarded to celebrate achievements

ACA is committed to creating a welcoming, inclusive, and empowering learning environment. Through our innovative programs, we continue to uplift individuals and strengthen communities—one skill at a time.

Skill Training Classes at Stanmore



Learn Harrow Skill classes in Fashion Dressmaking Craft and Pattern Cutting Construction



Harrow Out of Hours Fund – Funded by Harrow Giving, Healthy Harrow, Harrow Borough Based Partnership and London Borough of Harrow- From February, 2025 to March 2026.

Summary of Project:

Strengthening Mental Health in Harrow at weekends/evenings by providing support groups, awareness sessions, physical activities, and outreach workshops to engage underserved communities and combat stigma.



Benefits of Out of Hours Activities/ Workshop: Ongoing Project:

Promoting Wellbeing Through Holistic Support

Our program offers a comprehensive approach to mental and physical wellness, empowering individuals with the tools and confidence to lead healthier, more connected lives:

- Mental Wellbeing & Self-Care Workshops

Interactive sessions on mental health, self-care, and healthy habits equip participants with practical strategies to manage stress, anxiety, and emotional challenges.

- Emotional Therapy & Peer Support Groups

Safe, supportive spaces for open dialogue help individuals release bottled-up emotions, leading to improved mood, enhanced self-esteem, and a greater sense of emotional balance.

- Yoga & Movement-Based Activities

Gentle physical activities promote flexibility, reduce aches and pains, and boost overall fitness—especially beneficial for those with sedentary lifestyles or chronic discomfort.

- Nutrition & Lifestyle Education**

Informative sessions encourage mindful eating, healthier sleep routines, and in some cases, a reduction in substance misuse, fostering long-term lifestyle improvements.

- Weekly Routine & Motivation

Regular sessions help participants establish structure and purpose, which is especially valuable for those experiencing low energy, depression, or lack of direction.

- Creative & Inclusive Activities

Arts and crafts, sewing, and other hands-on sessions nurture creativity and self-expression while building a strong sense of community and belonging.

- A Welcoming, Judgment-Free Environment

Our inclusive approach ensures that everyone—regardless of language, age, ethnicity, or mental health status—feels safe, respected, and valued. Many participants have formed lasting friendships and support networks.



Out of Hours Activities and Workshop – Ongoing Project



BARNET COMMUNITY WARM HUB

DURATION: EVERY FRIDAY TIME: 12.30PM TO 2.30PM

FROM: 21ST FEBRUARY, 2025 TO 9TH MAY, 2025

Core Activities Offered

Our program provides a vibrant mix of physical, creative, and support-based activities designed to promote wellbeing, learning, and community connection:

- Keep Fit & Movement to Music

Gentle exercise sessions including leg and hand movements, as well as dance-based routines set to music—ideal for boosting mobility, energy, and mood.

- Nutritious Meals & Refreshments

Enjoy freshly prepared hot meals or sandwiches, along with hot drinks, fresh fruit, fruit juices, and water to stay nourished and hydrated.

- Games, Puzzles & Skill-Building Activities

Engage in fun and stimulating games and puzzles, alongside hands-on training in:

- Arts and crafts

- Hand sewing and machine sewing

- Clothing alterations, cushion making, and other creative projects

- Advice & Information Services

Access practical guidance on a range of everyday issues, including:

- Housing and benefits

- Financial support and budgeting

- Cost of living and energy-saving advice

- Signposting & Referrals

We connect individuals to relevant services and organisations for additional support tailored to their needs.

-Health & Wellbeing Support

We arrange visits from healthcare professionals to provide:

- General health checks

- Join our friendly group chats and social sessions—perfect for making new friends, sharing stories, and building a sense of belonging.



AFRICAN CULTURAL ASSOCIATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE FINANCIAL STATEMENT OF AFRICAN CULTURAL ASSOCIATION *FOR THE YEAR ENDED 31 MARCH 2025*

I report on the financial statement of the Charity for the year ended 31 March 2025, which are set out on page 1.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the financial statement under section 43 of the 1993 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 43(7)(b) of the 1993 Act; and
- to 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 financial statement presented with those records. It also includes consideration of any unusual items or disclosures in the financial statement, 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 financial statement 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 41 of the 1993 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act

have 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.



Mrs Angela Maselino
191 Bocket Way, Chigwell, Essex.
8th July 2025

AFRICAN CULTURAL ASSOCIATION
FINANCIAL STATEMENT 1ST APRIL 2024 TO 31ST MARCH 2025

<u>INCOME</u>	<u>DEBIT</u>	<u>CREDIT</u>
GRANTS		£ 30,573.34
CONTRACT		£ 20,796.00
VOLUNTARY CONTRIBUTIONS & DONATIONS		£ 4,058.84
REFUND		£ -
TOTAL		£ 55,428.18

EXPENDITURE

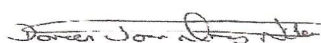
INSURANCE	£ 696.70
EVENTS AND PROJECT COSTS	£ 20,866.36
MAINTENANCE/ REPAIRS AND REFURBISHMENT	£ -
PRINTING, POSTAGE AND STATIONERY	£ 1,058.89
TELEPHONE, FAX, EMAIL AND WEBSITE	£ 1,107.48
PREMISES/ HALL HIRE AND OVERHEADS	£ 3,344.95
GAS AND ELECTRICITY	£ 1,478.07
WATER	£ 274.57
RATE AND WASTE COLLECTION	£ 1,635.70
GOVERNANCE AND PROFESSIONAL COST	£ 35.00
EQUIPMENTS	£ 1,659.32
SALARY/ VOLUNTEER EXPENSES AND NI	£ 1,489.00
MISCELLANEOUS	£ 310.99
TOTAL	£ 33,957.03

EXCESS OF INCOME OVER EXPENDITURE £ 21,471.15

BALANCE BROUGHT FORWARD AT 1 APRIL 2024 £ 2,996.43

BALANCE CARRIED FORWARD AT 31 MARCH 2025 **£ 24,467.58**

APPROVED BY EXECUTIVE COMMITTEE ON 3RD JULY 2025



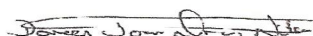
Ms Doreen Joan Wray-Niles

CHAIR

AFRICAN CULTURAL ASSOCIATION
FINANCIAL STATEMENT 1ST APRIL 2024 TO 31ST MARCH 2025

<u>INCOME</u>	UNRESTRICTED FUND	RESTRICTED FUND	RESERVE FUND	TOTAL 2025
GRANTS	£ -	£ 30,573.34		£ 30,573.34
CONTRACT	£ 20,796.00	£ -		£ 20,796.00
VOLUNTARY CONTRIBUTIONS & DONATIONS	£ 4,058.84	£ -		£ 4,058.84
REFUND	£ -	£ -		£ -
TOTAL INCOMING RESOURCES	£ 24,854.84	£ 30,573.34	£ -	£ 55,428.18
<u>EXPENDITURE</u>				
INSURANCE	£ 340.00	£ 356.70		£ 696.70
EVENTS AND PROJECTS COSTS		£ 20,866.36		£ 20,866.36
MAINTENANCE/ REPAIRS AND REFURBISHMENT		£ -		£ -
PRINTING, POSTAGE AND STATIONERY	£ 250.00	£ 808.89		£ 1,058.89
TELEPHONE, FAX, EMAIL AND WEBSITE	£ 369.16	£ 738.32		£ 1,107.48
PREMISES/ HALL HIRE AND OVERHEADS	£ 3,344.95	£ -		£ 3,344.95
GAS AND ELECTRICITY	£ 985.00	£ 493.07		£ 1,478.07
WATER	£ 183.00	£ 91.57		£ 274.57
RATE AND WASTE COLLECTION	£ 1,088.00	£ 547.70		£ 1,635.70
GOVERNANCE AND PROFESSIONAL COST EQUIPMENTS		£ 35.00		£ 35.00
SALARY/ VOLUNTEER EXPENSES AND NI	£ 553.07	£ 1,106.25		£ 1,659.32
MISCELLANEOUS	£ 1,489.00	£ -		£ 1,489.00
		£ 310.99		£ 310.99
	£ 8,602.18	£ 25,354.85	£ -	£ 33,957.03
NET INCOME BEFORE TRANSFERS	£ 16,252.66	£ 5,218.49		£ 21,471.15
TRANSFER IN			£ 4,000.00	£ 4,000.00
TRANSFER OUT	£ 4,000.00			£ 4,000.00
NET INCOME AFTER TRANSFERS				
BALANCE BROUGHT FORWARD AT 1st APRIL 2024	£ 1,004.60	£ 1,991.83	£ -	£ 2,996.43
BALANCE CARRIED FORWARD AT 31 MARCH 2025	£ 13,257.26	£ 7,210.32	£ 4,000.00	£ 24,467.58

APPROVED BY EXECUTIVE COMMITTEE ON 3RD JULY 2025



Ms Doreen Joan Wray-Niles
CHAIR

AFRICAN CULTURAL ASSOCIATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE FINANCIAL STATEMENT OF AFRICAN CULTURAL ASSOCIATION FOR THE YEAR ENDED 31 MARCH 2025

I report on the financial statement of the Charity for the year ended 31 March 2025, which are set out on page 1.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the financial statement under section 43 of the 1993 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 43(7)(b) of the 1993 Act; and
- to 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 financial statement presented with those records. It also includes consideration of any unusual items or disclosures in the financial statement, 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 financial statement 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 41 of the 1993 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act

have 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.



Mrs Angela Maselino
191 Bocket Way, Chigwell, Essex.
8th July 2025

AFRICAN CULTURAL ASSOCIATION
FINANCIAL STATEMENT 1ST APRIL 2024 TO 31ST MARCH 2025

<u>INCOME</u>	<u>DEBIT</u>	<u>CREDIT</u>
GRANTS		£ 30,573.34
CONTRACT		£ 20,796.00
VOLUNTARY CONTRIBUTIONS & DONATIONS		£ 4,058.84
REFUND		£ -
TOTAL		£ 55,428.18

EXPENDITURE

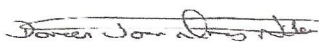
INSURANCE	£ 696.70
EVENTS AND PROJECT COSTS	£ 20,866.36
MAINTENANCE/ REPAIRS AND REFURBISHMENT	£ -
PRINTING, POSTAGE AND STATIONERY	£ 1,058.89
TELEPHONE, FAX, EMAIL AND WEBSITE	£ 1,107.48
PREMISES/ HALL HIRE AND OVERHEADS	£ 3,344.95
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APPROVED BY EXECUTIVE COMMITTEE ON 3RD JULY 2025



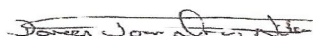
Ms Doreen Joan Wray-Niles

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APPROVED BY EXECUTIVE COMMITTEE ON 3RD JULY 2025



Ms Doreen Joan Wray-Niles
CHAIR