



TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31ST MARCH 2023

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1. Reference and Administrative Details

Precious Gems

Charity registration No.1160917

Address

59 Bridgeman Place
Bolton
BL2 1DW

Patron

Cllr Linda Thomas

Trustees

Tony Shepherd
Dr Oboh. C. Achioyamen
Susan C. Riley

Chairman/Treasurer
Founder/Director of Development and Networking
Secretary/Coordinator of Precious Gems Kearsley

Operational Team

Domina Achioyamen
Sr Petronille Mukamunana
Dr Nosa Akpede

Co-Founder/Chief Executive
Chair Precious Gems Rwanda
Director of Precious Gems Foundation Nigeria (PGF)

Dr Elohor Onoge
Bar Christine Eziamaka
Ann Hargreaves
Jean Nicholson & Janet Duckett
Makai Sadiq
Ghosia Jabeen
Mabel Akhigbe
Sarah Many
Daniel Asogun
Kikelomo Folashade
Dr Gift Oputteh

Director of Policies
Secretary, Precious Gems Foundation Nigeria (PGF)
Coordinator Dementia Group
Coordinators of Knitting Group
Coordinator of Skills For Life Group
Coordinator of Active Groups
Coordinator, Youth program
Coordinator, Northern Nigeria (PGF).
Coordinator, Precious Gems media.
Coordinator, Public Health and Social Media
Precious Gems Rural Projects (PGF)

Bank

Santander
Bridle Road
Bootle,
L30 4GB

2. Objectives and Activities

Precious Gems supports women and girls who are socially and economically disadvantaged to realise and utilise their potential to better meet their needs, stay resilient, develop themselves and their communities, and improve their health and wellbeing.

We achieve these using Asset Based Community Development approach.

In planning activities for the year, trustees kept in mind the charity commission's guidance on public benefit.

The main activities of Precious Gems fall into the following categories:

a. Improving health and wellbeing

Our programmes support women and girls to improve their wellbeing. We support them in staying connected with members of the community and staying active both physically and mentally while enhancing their skills and talents. Our programmes also help them to improve confidence and self-esteem and to overcome social isolation and loneliness. We also support women and girls with counselling sessions, advocacy, information and mentorship.

b. Economic Empowerment

Our economic empowerment programmes support women and girls in raising and increasing their income, being financially independent, and managing their finances. We help them train on skills they require to get employment or do business, focusing on their skills, talents and passions. We also support them with short courses that enrich their curriculum vitae (CV) to increase their employment opportunities, giving them better income.

c. Community Involvement

Our community involvement programmes encourage women and girls to get involved in developing their communities by participating in decision-making concerning their community, meeting the needs or just giving back to their community using their skills and talents. We support them with information and mentorship.

3. Achievement and Performance

3.1 Arts and Culture Projects

3.1.1 Arts and Crafts

Members of this project come from different cultures and backgrounds. They handcrafted different items to use in their own homes, which helped them learn and improve skills. They also did different arts that represented their cultures. Questions were asked and answered while making those arts that represented cultures. These increased the understanding of cultures and religions, increased connectivity, and contributed to their health and wellbeing. Our members often said that the project activities were therapeutic and helped them to relieve stress and improve their mental wellbeing



3.1.2 Artefacts Project

We did this project in collaboration with Bolton Library and Museum Services. Our members were able to view items that have been collected from all over the world and identify them. They always looked happy to see the items that represented their cultures and told stories about those items. Members of the project enjoyed finding out information about other people's cultures, which contributed to their health and wellbeing. During Artefacts project sessions, members also made connections and made friends with people from different cultures and improved wellbeing. At the end of the projects, members had a party and brought items from their homes that represented their cultures to share with other members of the community. There were exhibitions in Bolton Museum, which shared these items with the wider community of Bolton. Our members were so happy to see the items representing their cultures displayed and viewed by the wider community.



3.1.3 Heritage Project

The older African and Asian women we work with said that they were concerned that they were getting old and their traditions were getting lost. They were also concerned that their future generation has no reference to learning their tradition. Not many books tell stories and experiences of their culture that the younger generations could learn from. This year, we started the oral history project, funded by The National Lottery Heritage Fund. The purpose of the project is to gather personal experiences and memories on the rite of passage of women from the Black Minority and Asian (BAME) community and then keep those stories online and in Bolton Museum's archives. Our team had been trained by professional trainers and consultants on how to do oral history. They have also been trained on filmmaking. Our team has been raising awareness of the project in different communities based in Bolton and with existing members of Precious Gems. Those who heard about the project were so happy and looking forward to sharing their stories in the coming year.



3.2 Coping with the Cost of Living

3.2.1 Warm Space

The cost of living increased this year, and many members of the community were affected and struggled with feeding. Some elderly people we support said they no longer put the heaters on in their homes because they can't afford the heating bills. We offered them to join our warm space. We also had new people who were not members of Precious Gems. They made friends with our existing members and joined Precious Gems activities.

3.2.2 Cooking on Budget Program

We held Cooking on Budget sessions where we helped women struggling with their finances spend less on food and energy. Our team did cooking sessions showing them how to manage finances by spending less on food ingredients and also using pressure cookers or air fryers. Our members were happy with the ideas they learnt in those sessions, and most of them said that they have purchased air fryers to help them cut down on energy costs and eat healthily.



3.3 Capacity Development Programme

3.3.1 Upgrade seminar

The seminar aimed to inspire women to believe in themselves regardless of the challenges of the cost of living they were facing. Speakers on this programme spoke on Mental health, goal setting and money management with testimonies of their personal experiences of tools used to overcome mental health and financial challenges and achieve their goals. 90% of women who attended the event testified that they were inspired to set and pursue their goals without being put off by the obstacles of life



3.3.2 English Classes

Refugees and asylum seekers we support told us they wanted to work and earn their own income, but the English language was a problem. They regularly asked us to give them paid jobs or to help them find jobs. We supported them with English lessons and also supported them with job searches. And because of our support, nine ladies have been able to get jobs and are earning income for themselves and their families.



3.3.3 Skills for Life

Women learnt different skills in this project. They did arts, sewing, cooking, knitting and embroidering. They made items for their own homes. Members of this project are young mothers with little children who are not able to go to work due to childcare responsibilities. They took the opportunity to attend our project where they learnt skills to improve their capacity and homes. They also told us that they used the learnt skills to save finances by making items needed in their homes.



3.3.4 Personal Development and Leadership

We celebrated International Women's Day, focusing on developing the capacity of women. We had a guest speaker who spoke on handling issues around mental health, overcoming personal barriers, and women in leadership. At the end of the event, we received feedback from women telling us how they learnt so much on that day and how they enjoyed the event and were looking forward to attending the same event in the coming year.



3.4 Combating isolation and loneliness

3.4.1 Knitting Groups

We continued to run our over 50s groups that support elderly women to overcome social isolation and loneliness. Our groups bring them together where they meet other ladies to talk with each other, and make friends. In these groups, women knit items for the homeless, elderly people in care homes and children in hospitals. These elderly women also knit items for themselves and their families. This group doesn't only support elderly women to overcome social isolation and loneliness but also to learn and improve their knitting skills. They enjoy knitting items for people in need because they see it as a way of giving back to the community which contributes to their wellbeing. In these groups, we also provide lunch for the elderly ladies because they said that they do not cook so much cooking in their homes. They said that they enjoy having meals with others.



3.4.2 Day Trips

The elderly people we support also said that they used to travel a lot, but they no longer travel so much because they are on their own and do not enjoy travelling long distances alone. We organised day trips where they visited different places and told us they enjoyed those trips.



3.4.3 Keep Fit groups

We continue to run the Zumba Gold and Chair Exercises program for elderly people to help them improve their balance and minimise falls. It's always lovely to see the ladies singing along with laughter during those exercises. These contribute to their wellbeing, and they always say that the exercises and music help them to relieve stress and feel better.



3.4.4 Dementia Group

We support people living with dementia and their carers to meet together in a safe environment where they are supported and understood without being judged. A member from Bolton Carer Support is always present to give support and information to the carers. Members of this project make friends amongst themselves, and our trained volunteers are always present to make them feel welcome and supported. They share lunch, play dominoes, jigsaw puzzles and do gentle circle dances together.

This group is very important to the community. We have had carers who used to bring their family members to the dementia program but lost those family members through death but continued to attend the dementia program because they said that the group is part of their lives and helped their family members they lost through dementia. We continued to see many people visiting our group to learn from our group because they said that there are very few groups in the County that support people living with dementia in the way we support them.



3.5 Community Involvement Activities

3.5.1 Queen's Platinum Jubilee

Members of Precious Gems joined the whole of Britain to celebrate Queen Elizabeth II's Platinum Jubilee. They became so creative in preparing that jubilee. They imprinted pictures of the Queen visiting the commonwealth countries, used recycled material to make the queen's hat while protecting their planet, and embroidered the queen's face, royal do, knitted crown, Knitted twiddle muffs for people living with dementia in Union Jack colours in celebration of her majesty's Platinum Jubilee. On the day of celebration, they were so happy to celebrate their queen. They danced, ate together, dressed in Union Jack colours, sang British songs, and felt proud to have the queen as their leader. Learning about the life of Queen Elizabeth II made the British members feel proud but also gave them a deep understanding of the life of the queen members of the migrant community. This celebration united the members of different backgrounds, helped them to learn and improve their skills, and improved their wellbeing. The fabric with imprinted pictures of Queen Elizabeth II, The embroidered face and other items used for decorating the hall for the Queen's Platinum Jubilee have been donated to Bolton Museum's archives and can be viewed on request.



3.5.2 Festival of Public Health

Precious Gems Participated in the Festival of Public Health 2023, hosted by the University of Manchester. Our Team gave a presentation on the issues that are affecting global health. Precious Gems also gave volunteering opportunities to some students who attended the event.



3.5.3 Guest speaker

We had councillors of Kearsley visit our Kearsley project to give information on benefits and the local community. A member of Age UK visited our group to talk about the services that were provided by Age UK. A member of Bolton NHs visited the group to give information on diabetes and how to prevent it. All these guests had one-on-one support, which contributed to our member's wellbeing and made them feel like part of their community.



3.5.4 Precious Gems Team at Mayor's Parlour

Precious Gems staff and volunteers went to the mayor's parlour, where they were told the story of Bolton, shown around the Bolton Council building, and were taught how the council works. Our team members were so happy to be part of the visiting team. They said that they were born and bred in Bolton, but they never had a chance to see the parlour. If they were not members of the Precious Gems team, they probably wouldn't have visited the Mayor and known what they know today.



3.5.5 Hosting The Chief Constable, High Sheriff and Lord Lieutenant

In collaboration with the African Council and the African Israeli Partnership, Precious Gems hosted the Chief Constable, High Sheriff, and Lord lieutenants, who spoke about their roles in the community, answered people's questions and had one-to-one support with members of the community. Our members also had a great time networking and listening to different leaders of the communities.



4. Precious International

4.1 Farming Projects

Our farming projects continued in Rwanda, Zimbabwe, and Nigeria, where we support Women and girls to raise income through farming activities. They continued working in our Pineapple plantation in Rwanda, continued their herbs plantation and Christmas butter beans in Zimbabwe with bee farming. Members of our farming projects have been able to raise income and been able to feed themselves and sent their children to school. They told us that before getting involved in our projects it was a struggle for them to feed themselves and their families. Their kids were unable to go to school as they were not able to pay their school fees. We also continued the chicken farming in Nigeria where women have been able to raise income to support themselves by selling broilers, eggs and chicken manure. They told us that they have also made some friends with people in the community.



4.2 Career Talk Program

Our Precious Gems Nigeria team employed teachers to teach science subjects in schools, in rural areas lacking teachers teaching these subjects. Also, we regularly organised career days with the students to enlighten them about the various professions available and guide them in making these choices based on their interests. So far, we have reached out to several schools in Nigeria. We are working towards reaching out to more schools. Also, we help support students from poor backgrounds through our scholarship scheme. We have reached out to students from high school to university levels. Currently, we are running a scholarship campaign to get more partners to help support these students to make a huge difference in their lives.



4.3 Sleepers, Straw Hats and Baskets Making

We continue to support women in Ghana who are struggling financially to support themselves using their skills, especially weaving Bolga baskets and slippers. Women are incredibly grateful to be financially supported to learn skills and make baskets that are sold to generate income. They also make slippers and sell them to generate income.



4.4 Medical Outreach

Precious Gems' medical team carries out rural medical outreach. These outreaches give opportunities for members of rural communities to have access to medical professionals so they can attend to their health needs. Most of the residents in these villages don't have the financial capacity to go to the hospital, which might be far from them most of the time. Through the help of our medical volunteers, these outreaches have been making a difference in the lives of rural residents.



4.5 Youth Empowerment

Precious Gems is actively involved in organising health awareness outreaches for young people in Tanzania. These outreaches focus on various topics that affect young people from sexual abuse to economic empowerment. These outreaches are carried out in collaboration with the Pink Box Initiative based in Tanzania.



4.6 Volunteers Training

The Precious Gems team organise regular training and capacity building sessions for community engagement volunteers. After their training, these volunteers serve as the workforce we utilise for our rural community awareness outreaches and data collection for research.



5. Thanks

The board of trustees of Precious Gems would like to thank all our staff and volunteers for their time and contribution to the success of Precious Gems. We would not be where we are without your support. Those who work in administration at the strategic level and those who work in the community, we are very thankful for all the time and sacrifice you make for the success of Precious Gems. We know the work you do is not always convenient, but you sacrifice your time to support Precious Gems.

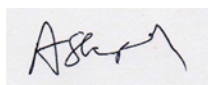
The board of trustees also would like to thank all our partners and friends of Precious Gems. Those who support us with funding and other facilities, those who speak on behalf of Precious Gems and those who do join projects with Precious Gems to support vulnerable people, we really appreciate all your support.

The Annual Report was approved by the board of trustees

Date: 30/12/2023

T Shepherd Chair and Trustee

On behalf of the trustees



6. Financial Report

INCOME (A)	2022/2023			
	£ Restricted Funds	£ Unrestricted Funds	Total Funds	Total Funds 2021/2022
			2022/2023	
Grants	98,495.96	1400	99,895.96	97779.5
Donations		200.00	200.00	3769.45
TOTAL INCOME (A)	98,495.96	1,600.00	100,095.96	101548.95
EXPENDITURE (B)			0.00	
Rent and Rates	6,873.60		6,873.60	4670
Programme management and support	41,889.41		41,889.41	17000
Sessional workers fees	15010.18	£450.00	15,460.18	14530
Room hire	£768.99	200	968.99	3900
Workshops	5,225.68		5,225.68	10380
Equipment and Asset	£2,625.60		2,625.60	900
Training	£3,000.00		3,000.00	8000
Arts and Wellbeing	£5,413.08		5,413.08	6080
Volunteers' expenses	£3,869.00		3,869.00	2760
Sports and Keep Fit activities	£1,432.84		1,432.84	800
Tutor fees and artist fees	£2,800.00		2,800.00	4920
Miscellaneous expenses and general running costs	£7,118.54		7,118.54	2709.45
Queen's Jubilee Celebrations	£0.00	0.00	0.00	2400
Consultancy	1000	880.00	1,880.00	4800
Overseas project and Website/ Social Media	1200	65.00	1,265.00	1000
TOTAL EXPENDITURE	98,226.92	1,595.00	99,821.92	84849.45
NET INCOME/EXPENDITURE	269.04	5.00	274.04	16699.5
TRANSFERS BETWEEN FUNDS	-	-		
NET MOVEMENT IN FUNDS FOR YEAR	269.04	5.00	274.04	16699.5
TOTAL FUNDS AT START OF YEAR	17,680.05	491.45	18,171.50	1472
TOTAL FUNDS AT END OF YEAR	17,949.09	496.45	18,445.54	18171.5

	2022	2023
Current assets:	Previous year	Current year
Cash	16,699.50	1,600.00
Investments	-	-
Inventories	-	-
Accounts receivable	-	16,199.94
Pre-paid expenses	-	-
Other	-	-
Total current assets	16,699.50	17,799.94
Fixed assets:	Previous year	Current year
Property and equipment	10,000.00	10,625.60
Leasehold improvements	-	-
Equity and other investments	-	-
Less accumulated depreciation	-	-
Total fixed assets	10,000.00	10,625.60
Other assets:	Previous year	Current year
Goodwill	-	-
Total other assets	-	-
Total assets	26,699.50	28,425.54

Liabilities and owner's equity

Current liabilities:	Previous year	Current year
Accounts payable	8,528.00	9,980.00
Accrued wages	-	-
Accrued compensation	-	-
Income tax payable	-	-
Unearned revenue	-	-
Other	-	-
Total current liabilities	8,528.00	9,980.00

Long-term liabilities:	Previous year	Current year
Mortgage payable	-	-
Total long-term liabilities	-	-

Owner's equity:	Previous year	Current year
Investment capital	-	-
Accumulated retained earnings	-	-
Total owner's equity	-	-

Total liabilities and owner's equity	8,528.00	9,980.00
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	Balance	18,171.50	18,445.54
Restricted		17680.5	17949.09
Unrestricted		491.45	496.45

7. INDEPENDENT EXAMINER REPORT TO THE TRUSTEES FOR THE YEAR ENDED 31st March 2023

I report to the trustees on my examination of the accounts of the above charity for the year ended 31st March 2023.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiners' statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in, any material respect:

- 1) the accounting records were not kept in accordance with section 130 of the Charities Act; or
- 2) the accounts did not accord with the accounting records; or
- 3) the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Toya Berenger Mbitchi



BSc(Hons) Accounting and Finance
Let's Bloom Together
Suite 20
St James's House Pendleton Way M65FW
Salford
Date 19/06/2023.

8. NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31st MARCH 2023

1. Accounting policies

(a) Basis of accounting

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention with the exception of Investments which are included at market value, as modified by the revaluation of certain assets.

(b) Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

(c) Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).

(d) Expenditures

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.

(e) Taxation

The charity is exempt from tax on its charitable activities.

(f) Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

(g) Creditors

The Charity has creditors which are measured at settlement amounts less any trade discounts.

(h) Tangible fixed assets

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life as follows:

Office Equipment's : 3 years straight line

Computer Equipment's : 3 years straight line

(i) Transactions with Trustees and related parties

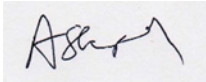
In the year, none of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity but they were informed that they could claim reasonable out-of-pocket expenses for travel expenses to attend meetings.

The Financial Report was approved by the board of trustees

Date: 30/12/2023

T Shepherd Chair and Trustee

On behalf of the trustees



9. Support Precious Gems

Make a Donation

We rely on your support to keep improving people's wellbeing. Any donation no matter how small is greatly appreciated

Volunteer for us

We rely on volunteers to run our community groups. We wouldn't have been where we are without the help of volunteers. Any time you can spare for us even if is one hour a week will go a long way

Partner with us

As precious Gems, we believe in partnership and collaboration.
We could do a project together
You could raise donations for us

For any more information on how you can get involved, please contact us on

Precious Gems
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59 Bridgeman Place
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BL2 1DW

+447963500069

enquiry@preciousgems.org.uk

Visit our website on www.preciousgems.org.uk

Facebook [@preciousgems2013](https://www.facebook.com/preciousgems2013)

Twitter [@PrecGems](https://twitter.com/PrecGems)