

ASHAR (BRINGING HOPE)

England & Wales · Charity number 1163732

Details

Other names ASHAR

Status Registered

Legal form CIO

Registered 2015-09-25

Register [View on the Charity Commission register](#)

Contact

Address St Thomas's Church
St Thomas Vicarage
80 Devonshire Road
FY3 8AE

Phone 07531391812

Email office@ashar.org.uk

Website www.ashar.org.uk

Activities

Objects: TO PROMOTE AND PRESERVE GOOD MENTAL HEALTH BY PROVIDING THERAPEUTIC COUNSELLING SERVICES TO GROUPS AND INDIVIDUALS WITHIN THE SHROPSHIRE AND MID WALES REGIONS.

Activities: To promote and preserve good mental health by providing therapeutic counselling and psychological well-being services exploring emotional, psychological and spiritual well-being to groups and individuals within the Lancashire, Shropshire and Mid Wales regions.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Gwynedd
- Lancashire
- Powys
- Shropshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£31,705	£32,921	-	-
2024-03-31	£46,442	£52,413	-	-
2023-03-31	£9,959	£38,783	-	-
2022-03-31	£50,194	£14,152	-	-
2021-03-31	£13,793	£9,997	-	-

Trustees

Name	Role	Appointed
KEITH FANTHAM	Chair	2015-09-25
Helen Hotchkiss		2020-08-31
Lisa Haskett		2023-09-12

ASHAR (BRINGING HOPE)

England & Wales - Charity number 1163732

Accounts

Ashar (Bringing Hope)

Accounts

For The Year Ended 31 March 2025

Ashar (Bringing Hope)
Reference and Administrative Details

Charity Name	Ashar (Bringing Hope)
Accounts	1163732
Principal Address	80 Denonshire Road Blackpool FY3 8AE
Trustee's	Keith Fantham Lisa Haskett Helen Hotchkiss
Accountant	Community Accounting Services Ltd 7 Napoleon Drive Shrewsbury SY3 5PH

**Trustees' Report
of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2025**

The trustees present their annual report and financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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 2019).

Structure, Governance and Management

The charity is registered with the Charity Commission and is run in accordance with the Constitution adopted on 25 September 2015.

Trustee selection methods

The Trustees are appointed by the Committee.

Objectives and Activities

To promote and preserve good mental health by providing therapeutic counselling services to groups and individuals within the Shropshire and Mid Wales regions.

Achievements and Performance in the year

Ashar continues to offer our services supporting local communities across Lancashire and Shropshire Counselling 1:1, online and face to face, bespoke retreats, training workshops, and consultancy.

We continue to develop excellent support networks, building our reputation and accessibility across Lancashire and Shropshire. Developing our volunteer network, CPD and Training to sustain excellence. We have also been able to place an emotional health practitioner/counsellor on a 3year contract to support through therapeutic interventions and sign posting to a local project in Lancashire 'Comfort Café' who provide food for over 90 individuals who use their service on a Tuesday throughout the year. Mental Health support and signposting have now become an integral part of their service because of Ashar.

We have supported over 500 individuals through counselling, well-being appointments, bereavement groups, drop-in sessions, art therapy sessions, retreat days.

We appreciate our counsellors, well-being practitioners two of our therapists have trained as clinical supervisors, congratulations and well done. Supervision and supervision y input for our counsellors and well being practitioners is and integral part of Ashar ministry to ensure the quaintly and well being of our team. All our counsellors now have individual supervision rather than group supervision.

Resource for other charities and organisations

Ashar continues to support a local rehabilitation care farm in Shropshire primarily offering mental health support and supervision for their staff and consultancy.

We continue to support a local Drop In 'Brew & Chat' on Monday afternoon for community which provides a listening service as well as access to a qualified counsellor for 1:1 standalone appointment. We also continue to have the privilege to support an orphanage project in Tanga, Tanzania which has now been officially recognised and registered, named Tesifa, they have and are now developing how they become more self sustaining, which is a joy to see how this has developed over the past three years.

**Trustees' Report
of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2025**

Reserves Policy

The Trustees aim to maintain free reserves at a level sufficient to supplement the day to day running of the Charity.

The restricted funds are made up of grants and are spent according to the grant requirements which assist the Charity in meeting its objectives. Any money left over at the year end is kept in reserves to be spent in the following year.

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Keith Fantham
Chairman

Date

**Independent Examiner's Report to the
Management Committee of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2025**

Basis of independent examiner's report

We report on the accounts of Ashar (Bringing Hope) for the year ended 31 March 2025.

The Group's officers are responsible for the preparation of the accounts. The Group's officers consider that an audit is not required for this year and that an independent examination is needed.

It is our responsibility to:

- examine the accounts
- to follow the general directions for the conduct of an independent examination
- to state whether particular matters have come to our attention.

Basis of independent examiner's statement

Our examination was carried out in accordance with general directions for an independent examination. An examination includes a review of the accounting records kept by the committee 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 a committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in, any material respect, the requirements
 - to keep appropriate accounting records; and
 - to prepare accounts which accord with the accounting records and comply with applicable financial reporting standardshave not been met; or
2. to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Community Accounting Services

**Community Accounting Services Ltd
7 Napoleon Drive
Shrewsbury
SY3 5PH**

Date: 27/01/2026

Ashar (Bringing Hope)
Income & Expenditure Accounts
for the Year Ended 31 March 2025

	Note	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income					
Counselling fees		3,265	-	3,265	4,780
Grants		-	15,600	15,600	25,000
Donations		12,840	-	12,840	16,662
Total Income		<u>16,105</u>	<u>15,600</u>	<u>31,705</u>	<u>46,442</u>
Expenditure					
Running costs					
Counselling		-	6,284	6,284	13,789
Supervision		2,820	4,250	7,070	2,723
Support staff		-	9,036	9,036	22,603
Room hire		-	-	-	500
Training		-	-	-	336
Travel & subsistence		50	-	50	176
Materials		37	-	37	1,020
Accountancy		390	-	390	390
Insurance		-	-	-	168
Computer costs		205	-	205	350
Printing, postage & stationery		96	-	96	288
Subscriptions		196	-	196	96
Telephone		148	-	148	166
Repairs		29	-	29	155
Website & marketing		488	-	488	172
Depreciation		140	-	140	140
Donations		8,739	-	8,739	9,093
Bank charges		13	-	13	10
Miscellaneous		-	-	-	238
Total Expenses		<u>13,351</u>	<u>19,570</u>	<u>32,921</u>	<u>52,413</u>
Net Incoming Resources Before Transfers		2,754	(3,970)	(1,216)	(5,971)
Transfer Between Funds		-	-	-	-
Net Incoming Resources		<u>2,754</u>	<u>(3,970)</u>	<u>(1,216)</u>	<u>(5,971)</u>
Fund balance brought forward at 1 April 2024		2,084	3,970	6,054	12,025
Fund Balance Carried Forward at 31 March 2025		<u>4,838</u>	<u>-</u>	<u>4,838</u>	<u>6,054</u>

The statement of financial activities includes all gains and losses recognised in the year. All incoming resources and resources expended derive from continuing activities.

Ashar (Bringing Hope)
Balance Sheet
as at 31 March 2025

Note	2025		2024	
	£	£	£	£
Non-Current Assets				
Office Equipment		421		421
Current Assets				
Current Account	4,417		4,184	
Petty Cash	-		70	
PayPal	-		1,379	
	4,417		5,633	
Net Assets		4,838		6,054
 Represented by Funds				
Unrestricted fund		4,838		2,084
Restricted fund		-		3,970
		4,838		6,054

The Trustees approve the accounts which comprise of the SOFA, the Balance Sheet and the related notes and acknowledge their responsibility for the accounts, including the appropriateness of the applicable financial reporting framework, and for providing Community Accounting Services Ltd with all information and explanations necessary for their compilation.

Keith Fantham
Chairman

Date

ASHAR (BRINGING HOPE)

England & Wales - Charity number 1163732

Accounts

Ashar (Bringing Hope)

Accounts

For The Year Ended 31 March 2024

Ashar (Bringing Hope)
Reference and Administrative Details

Charity Name	Ashar (Bringing Hope)
Accounts	1163732
Principal Address	80 Denonshire Road Blackpool FY3 8AE
Trustee's	Keith Fantham Lisa Haskett Helen Hotchkiss
Accountant	Community Accounting Services Ltd 7 Napoleon Drive Shrewsbury SY3 5PH

**Trustees' Report
of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2024**

The trustees present their annual report and financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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 2019).

Structure, Governance and Management

The charity is registered with the Charity Commission and is run in accordance with the Constitution adopted on 25 September 2015.

Trustee selection methods

The Trustees are appointed by the Committee.

Objectives and Activities

To promote and preserve good mental health by providing therapeutic counselling services to groups and individuals within the Shropshire and Mid Wales regions.

Achievements and Performance in the year

Ashar continues to offer: Counselling 1:1 session both online and face to face, our on-line work is increasing which enables our service to be accessed by a wider cliental.

Our Well-Being Courses are still being run quarterly and our Well-Being Groups are now running weekly, Brew & Chat and a Bereavement Group and a well being practitioner is working alongside our comfort café which provides food to our local community currently supporting 90 service users we provide emotional support, sign posting and counselling provision to those who would otherwise would not easily access mental health provision.

Ashar continues building a good network across Lancashire and Shropshire working to support local churches, Blackburn Diocese, Willowdene Rehabilitation Centre.

We continue to support low cost and funded places for therapy and emotional well-being appointments alongside bespoke workshops at churches request such as ladies' days and emotional well being course.

Our team of counsellors, well-being practitioners and workshop leaders continue to grow, we would like to say a huge thank you to our amazing team of growing volunteers.

One of our continued main achievements has been providing a qualified counsellor to be available to work alongside a local food provider, supporting and promoting emotional well-being, good mental health, some of the feedback has been 'the time spent was life-saving', we have also been able to put another practitioner into a church in Burnley that supports two groups, Ketamine Support Group and a Drop In alongside opportunities for 1:1 sessions.

Invitation to teach workshops to church leaders in Blackburn Diocese at Whalley Abbey

'Impact of working with Trauma Safely'

Self Care and Well-Being for those in Ordained Ministry.

Phone Line Prayer Support

We continue to offer a Prayer Line which is manned by a group of trained volunteers and holds a recorded message.

Overseas

We continue to have the privilege to support the 'Period Poverty Project and a local Orphanage project in Tanzania, 'Tesifa' Making a Difference. Chris took a team of 7 out in September 2024 where they led two conferences in local churches in Tanga and supported Rachel and the team spending time with the children, story led teaching, well-being, and self care resources.

**Trustees' Report
of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2024**

Reserves Policy

The Trustees aim to maintain free reserves at a level sufficient to supplement the day to day running of the Charity.

The restricted funds are made up of grants and are spent according to the grant requirements which assist the Charity in meeting its objectives. Any money left over at the year end is kept in reserves to be spent in the following year.

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

**Keith Fantham
Chairman**

Date

**Independent Examiner's Report to the
Management Committee of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2024**

Basis of independent examiner's report

We report on the accounts of Ashar (Bringing Hope) for the year ended 31 March 2024.

The Group's officers are responsible for the preparation of the accounts. The Group's officers consider that an audit is not required for this year and that an independent examination is needed.

It is our responsibility to:

- examine the accounts
- to follow the general directions for the conduct of an independent examination
- to state whether particular matters have come to our attention.

Basis of independent examiner's statement

Our examination was carried out in accordance with general directions for an independent examination. An examination includes a review of the accounting records kept by the committee 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 a committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in, any material respect, the requirements
 - to keep appropriate accounting records; and
 - to prepare accounts which accord with the accounting records and comply with applicable financial reporting standardshave not been met; or
2. to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Community Accounting Services

**Community Accounting Services Ltd
7 Napoleon Drive
Shrewsbury
SY3 5PH**

Date: 28/01/2025

Ashar (Bringing Hope)
Income & Expenditure Accounts
for the Year Ended 31 March 2024

	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	<i>Total Funds 2023 £</i>
Income					
Counselling fees		4,780	-	4,780	5,118
Grants		-	25,000	25,000	-
Donations		16,662	-	16,662	4,833
Fundraising		-	-	-	8
Total Income		<u>21,442</u>	<u>25,000</u>	<u>46,442</u>	<u>9,959</u>
Expenditure					
Running costs					
Counselling		4,885	8,904	13,789	7,195
Supervision		-	2,723	2,723	2,228
Support staff		-	22,603	22,603	26,530
Room hire		500	-	500	-
Speakers		-	-	-	140
Training		336	-	336	-
Travel & subsistence		176	-	176	244
Materials		1,020	-	1,020	409
Accountancy		390	-	390	390
Insurance		168	-	168	168
Computer costs		350	-	350	249
Printing, postage & stationery		288	-	288	232
Subscriptions		96	-	96	56
Telephone		166	-	166	123
Repairs		155	-	155	116
Website & marketing		172	-	172	309
Depreciation		140	-	140	187
Donations		9,093	-	9,093	-
Bank charges		10	-	10	-
Miscellaneous		238	-	238	207
Total Expenses		<u>18,183</u>	<u>34,230</u>	<u>52,413</u>	<u>38,783</u>
Net Incoming Resources Before Transfers		3,259	(9,230)	(5,971)	(28,824)
Transfer Between Funds		-	-	-	-
Net Incoming Resources		<u>3,259</u>	<u>(9,230)</u>	<u>(5,971)</u>	<u>(28,824)</u>
Fund balance brought forward at 1 April 2023		(1,175)	13,200	12,025	40,849
Fund Balance Carried Forward at 31 March 2024		<u>2,084</u>	<u>3,970</u>	<u>6,054</u>	<u>12,025</u>

The statement of financial activities includes all gains and losses recognised in the year. All incoming resources and resources expended derive from continuing activities.

Ashar (Bringing Hope)
Balance Sheet
as at 31 March 2024

Note	2024		2023	
	£	£	£	£
Non-Current Assets				
Office Equipment		421		561
Current Assets				
Current Account	4,184		11,416	
Petty Cash	70		40	
PayPal	1,379		8	
		5,633		11,464
Net Assets		6,054		12,025
 Represented by Funds				
Unrestricted fund		2,084		(1,175)
Restricted fund		3,970		13,200
		6,054		12,025

The Trustees approve the accounts which comprise of the SOFA, the Balance Sheet and the related notes and acknowledge their responsibility for the accounts, including the appropriateness of the applicable financial reporting framework, and for providing Community Accounting Services Ltd with all information and explanations necessary for their compilation.

Keith Fantham
Chairman

Date

ASHAR (BRINGING HOPE)

England & Wales - Charity number 1163732

Accounts

Ashar (Bringing Hope)

Accounts

For The Year Ended 31 March 2023

Ashar (Bringing Hope)
Reference and Administrative Details

Charity Name	Ashar (Bringing Hope)
Accounts	1163732
Principal Address	80 Denonshire Road Blackpool FY3 8AE
Trustee's	Keith Fantham Lisa Haskett Helen Hotchkiss
Accountant	Community Accounting Services Ltd 7 Napoleon Drive Shrewsbury SY3 5PH

**Trustees' Report
of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2023**

The trustees present their annual report and financial statements of the charity for the year ended 31 March 2023. The financial statements have been prepared in accordance with the Charities Act 1993 and the Statement of Recommended Practice: Accounting and Reporting by Charities published in 2005.

Structure, Governance and Management

The charity is registered with the Charity Commission and is run in accordance with the Constitution adopted on 25 September 2015.

Trustee selection methods

The Trustees are appointed by the Committee.

Objectives and Activities

To promote and preserve good mental health by providing therapeutic counselling services to groups and individuals within the Shropshire and Mid Wales regions.

Achievements and Performance in the year

Ashar continues to offer: Counselling 1:1 sessions both online and face to face, our on-line work is increasing which enables our service to be accessed by a wider cliental.

Our Well-Being Courses run quarterly and our Well-Being Groups are now running weekly.

Ashar continues building a good network across Lancashire and Shropshire and holds an excellent reputation across third party agencies and individual recommending our services.

We continue to support low cost and funded places for therapy and emotional well-being workshops which is a huge achievement in this current climate and raising cost of living. Our team of counsellors, well-being practitioners, workshop leaders and supervisors continues to grow and we want to say a huge thank you as they continue to work on line alongside integrating how we return and introduce face to face safely.

One of our main achievements has been providing a qualified counsellor to be available to work alongside a local food parcel provider, supporting and promoting emotional well-being and good mental health, some of the feedback has been ' the time spent was life-saving'.

Resource for other charities and organisations

Ashar continues to offer counselling and support regarding workshops to promote well-being, continuing to support a rehabilitation care farm in Shropshire, local churches across Shropshire and Lancashire as well as referrals from Blackburn Diocese, and Comfort Café a local food parcel and lunch provider. We also continue to offer Active Listening Skills and many other workshops and courses such as Art Therapy Groups, Bereavement Group and Drop-In, Brew and Chat with access to one off counselling appointment if someone needs additional support, we also offer a 24hr phone line for safe space to chat and hear or be prayed for.

We continue to have the privilege to support the 'Period Poverty Project and a local Orphanage project in Tanzania and are looking forward to planning our next trip in Feb 2024.

Reserves Policy

The Trustees aim to maintain free reserves at a level sufficient to supplement the day to day running of the Charity.

The restricted funds are made up of grants and are spent according to the grant requirements which assist the Charity in meeting its objectives. Any money left over at the year end is kept in reserves to be spent in the following year.

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

**Keith Fantham
Chairman**

Date

**Independent Examiner's Report to the
Management Committee of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2023**

Basis of independent examiner's report

We report on the accounts of Ashar (Bringing Hope) for the year ended 31 March 2023.

The Group's officers are responsible for the preparation of the accounts. The Group's officers consider that an audit is not required for this year and that an independent examination is needed.

It is our responsibility to:

- examine the accounts
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Basis of independent examiner's statement

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Independent examiner's statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in, any material respect, the requirements
 - to keep appropriate accounting records; and
 - to prepare accounts which accord with the accounting records and comply with applicable financial reporting standardshave not been met; or
2. to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Community Accounting Services

**Community Accounting Services Ltd
7 Napoleon Drive
Shrewsbury
SY3 5PH**

Date: 26/01/2024

Ashar (Bringing Hope)
Income & Expenditure Accounts
for the Year Ended 31 March 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Income					
Counselling fees		5,118	-	5,118	4,720
Gift Aid		-	-	-	-
Grants		-	-	-	37,200
Donations		4,833	-	4,833	8,060
Fundraising		8	-	8	214
Total Income		9,959	-	9,959	50,194
Expenditure					
Running costs					
Counselling		7,195		7,195	1,100
Supervision		2,228		2,228	1,440
Support staff		2,530	24,000	26,530	3,762
Retreat hire		-		-	1,584
Speakers		140		140	-
Training		-		-	813
Travel & subsistence		244		244	206
Materials		409		409	387
Accountancy		390		390	390
Insurance		168		168	168
Computer costs		249		249	304
Printing, postage & stationery		232		232	554
Subscriptions		56		56	60
Telephone		123		123	151
Repairs		116		116	120
Website & marketing		309		309	474
Depreciation		187		187	249
Donations		-		-	2,139
Bank charges		-		-	42
Miscellaneous		207		207	209
Total Expenses		14,783	24,000	38,783	14,152
Net Incoming Resources Before Transfers		(4,824)	(24,000)	(28,824)	36,042
Transfer Between Funds		-	-	-	-
Net Incoming Resources		(4,824)	(24,000)	(28,824)	36,042
Fund balance brought forward at 1 April 2022		3,649	37,200	40,849	4,807
Fund Balance Carried Forward at 31 March 2023		(1,175)	13,200	12,025	40,849

The statement of financial activities includes all gains and losses recognised in the year. All incoming resources and resources expended derive from continuing activities.

Ashar (Bringing Hope)
Balance Sheet
as at 31 March 2023

Note	2023		2022	
	£	£	£	£
Non-Current Assets				
Office Equipment		561		747
Current Assets				
Current Account	11,416		40,038	
Petty Cash	40		-	
PayPal	8		64	
	11,464		40,102	
Net Assets		12,025		40,849
 Represented by Funds				
Unrestricted fund		(1,175)		3,649
Restricted fund		13,200		37,200
		12,025		40,849

The Trustees approve the accounts which comprise of the SOFA, the Balance Sheet and the related notes and acknowledge their responsibility for the accounts, including the appropriateness of the applicable financial reporting framework, and for providing Community Accounting Services Ltd with all information and explanations necessary for their compilation.

Keith Fantham
Chairman

Date

ASHAR (BRINGING HOPE)

England & Wales - Charity number 1163732

Accounts

Ashar (Bringing Hope)

Accounts

For The Year Ended 31 March 2022

Ashar (Bringing Hope)
Reference and Administrative Details

Charity Name	Ashar (Bringing Hope)
Accounts	1163732
Principal Address	80 Denonshire Road Blackpool FY3 8AE
Trustee's	Hugh O'Donnell Susan O'Donnell Keith Fantham Helen Hotchkiss
Accountant	Community Accounting Services Ltd 7 Napoleon Drive Shrewsbury SY3 5PH

**Trustees' Report
of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2022**

The trustees present their annual report and financial statements of the charity for the year ended 31 March 2022. The financial statements have been prepared in accordance with the Charities Act 1993 and the Statement of Recommended Practice: Accounting and Reporting by Charities published in 2005.

Structure, Governance and Management

The charity is registered with the Charity Commission and is run in accordance with the Constitution adopted on 25 September 2015.

Trustee selection methods

The Trustees are appointed by the Committee.

Objectives and Activities

To promote and preserve good mental health by providing therapeutic counselling services to groups and individuals within the Shropshire and Mid Wales regions.

Achievements and Performance in the year

Ashar continues to offer our services of: Counselling 1:1 sessions both online and face to face.

On- line Emotional & Spiritual Well-Being course run over six weeks, which we have run successfully twice, using an on-line platform as well as Active Listening and Suicide Prevention course online designed bespoke for their Mental Health Think Tank group.

Ashar has continued building a good network of support across Lancashire and Shropshire however due to the pandemic the demand for our on-line working has increased especially making our service more accessible as location doesn't matter. However we have needed to ensure all our counsellors and clients are able to work safely with trauma using on-line working, ensuring grounding techniques and assessments are undertaken to ensure safe working practice, otherwise we ask the person to undertake appointments face to face especially initially.

We have now supported over 300 individuals through counselling, well-being appointments and groups.

Emotional & Spiritual Well-Being course has continued to run alongside our Monday Evening zoom (on-line) support meetings where we average 12 -15 people each Monday from across Lancashire, Shropshire and now the North East.

It has been an achievement to be able to change to working on line using zoom and Microsoft Teams.

A huge well done to our counsellors and well-being practitioners especially learning to work on-line, all our supervision is now on line and each counsellor now has individual supervision rather than group supervision; this increases our cost for supervision but ensures the quality of supervisory input for our counsellors.

Resource for other charities and organisations

Ashar continues to support local rehabilitation care farm in Shropshire and local churches across Shropshire and now in Lancashire working more closely with St Matthews in Burnley and St Thomas's here in Blackpool. Ashar supports a local Drop In 'Brew & Chat' on Monday afternoon for community which provides a safe warm space, a listening service as well as access to a qualified counsellor for 1:1 standalone sessions to support those needing more than our listening service.

We continue to have the privilege to support the period poverty and orphanage project in Tanga, Tanzania.

Reserves Policy

The Trustees aim to maintain free reserves at a level sufficient to supplement the day to day running of the Charity.

The restricted funds are made up of grants and are spent according to the grant requirements which assist the Charity in meeting its objectives. Any money left over at the year end is kept in reserves to be spent in the following year.

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Keith Fantham
Chairman

Date

**Independent Examiner's Report to the
Management Committee of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2022**

Basis of independent examiner's report

We report on the accounts of Ashar (Bringing Hope) for the year ended 31 March 2022.

The Group's officers are responsible for the preparation of the accounts. The Group's officers consider that an audit is not required for this year and that an independent examination is needed.

It is our responsibility to:

- examine the accounts
- to follow the general directions for the conduct of an independent examination
- to state whether particular matters have come to our attention.

Basis of independent examiner's statement

Our examination was carried out in accordance with general directions for an independent examination. An examination includes a review of the accounting records kept by the committee 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 a committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in, any material respect, the requirements
 - to keep appropriate accounting records; and
 - to prepare accounts which accord with the accounting records and comply with applicable financial reporting standardshave not been met; or
2. to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Community Accounting Services

**Community Accounting Services Ltd
7 Napoleon Drive
Shrewsbury
SY3 5PH**

Date: 25/01/2023

Ashar (Bringing Hope)
Income & Expenditure Accounts
for the Year Ended 31 March 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	<i>Total Funds 2021 £</i>
Income					
Counselling fees		4,720	-	4,720	5,120
Gift Aid		-	-	-	579
Grants			37,200	37,200	-
Donations		8,060	-	8,060	8,094
Fundraising		214	-	214	-
Total Income		12,994	37,200	50,194	13,793
Expenditure					
Running costs					
Counselling		1,100	-	1,100	698
Supervision		1,440	-	1,440	1,690
Support staff		3,762		3,762	2,470
Retreat hire		1,584	-	1,584	-
Training		813	-	813	38
Travel & subsistence		206		206	4
Materials		387		387	275
Accountancy		390		390	440
Insurance		168		168	168
Computer costs		304		304	168
Printing, postage & stationery		554		554	295
Subscriptions		60	-	60	-
Telephone		151		151	108
Rent		-		-	500
Repairs		120		120	87
Website		474		474	299
Depreciation		249		249	33
Donations		450	1,689	2,139	2,650
Bank charges		42		42	-
Miscellaneous		209		209	74
Total Expenses		12,463	1,689	14,152	9,997
Net Incoming Resources Before Transfers		531	35,511	36,042	3,796
Transfer Between Funds		-	-	-	-
Net Incoming Resources		531	35,511	36,042	3,796
Fund balance brought forward at 1 April 2021		3,118	1,689	4,807	1,011
Fund Balance Carried Forward at 31 March 2022		3,649	37,200	40,849	4,807

The statement of financial activities includes all gains and losses recognised in the year. All incoming resources and resources expended derive from continuing activities.

Ashar (Bringing Hope)
Balance Sheet
as at 31 March 2022

Note	2022		2021	
	£	£	£	£
Non-Current Assets				
Office Equipment		747		98
Current Assets				
Current Account	40,038		4,709	
PayPal	<u>64</u>		<u> </u>	
		40,102		4,709
Net Assets		<u><u>40,849</u></u>		<u><u>4,807</u></u>
 Represented by Funds				
Unrestricted fund		3,649		3,118
Restricted fund		37,200		1,689
		<u><u>40,849</u></u>		<u><u>4,807</u></u>

The Trustees approve the accounts which comprise of the SOFA, the Balance Sheet and the related notes and acknowledge their responsibility for the accounts, including the appropriateness of the applicable financial reporting framework, and for providing Community Accounting Services Ltd with all information and explanations necessary for their compilation.

Keith Fantham
Chairman

Date

ASHAR (BRINGING HOPE)

England & Wales - Charity number 1163732

Accounts

Ashar (Bringing Hope)

Accounts

For The Year Ended 31 March 2021

Ashar (Bringing Hope)
Reference and Administrative Details

Charity Name	Ashar (Bringing Hope)
Accounts	1163732
Principal Address	80 Denonshire Road Blackpool FY3 8AE
Trustee's	Hugh O'Donnell Viictoria Bentley Susan O'Donnell Keith Fantham Helen Hotchkiss
Accountant	Community Accounting Services Ltd 7 Napoleon Drive Shrewsbury SY3 5PH

**Trustees' Report
of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2021**

The trustees present their annual report and financial statements of the charity for the year ended 31 March 2021. The financial statements have been prepared in accordance with the Charities Act 1993 and the Statement of Recommended Practice: Accounting and Reporting by Charities published in 2005.

Structure, Governance and Management

The charity is registered with the Charity Commission and is run in accordance with the Constitution adopted on 25 September 2015.

Trustee selection methods

The Trustees are appointed by the Committee.

Objectives and Activities

To promote and preserve good mental health by providing therapeutic counselling services to groups and individuals within the Shropshire and Mid Wales regions.

Achievements and Performance in the year

Ashar continues to offer our services of: Counselling 1:1 sessions, Psychological & Emotional Well-Being sessions as well as Workshops and Events.

Ashar has continued building a good network of support across Lancashire and Shropshire we have supported over 250 individual clients, and 4 groups of 2 many of which are low fee paying or funded places for individuals who otherwise would be unable to access counselling or psychological wellbeing help and support.

Emotional & Spiritual Health course has continued to run and we have the addition of an Active Listening Skills Course via Zoom enabling a wider network of individuals to access 'Listening Skills' across Lancashire and Shropshire.

It has been an achievement to be able to change to working on line using zoom in these strange times. A huge well done to our counsellors and well-being practitioners! Some clients were able to do the transition to zoom and others preferred to wait to see their counsellor face to face, so holding the client or ending has been how we have handled it well. However all our trustee meetings have been moved to on-line and they are working really we put some therapy on line as well as use zoom as a medium to reframe how we share the support groups/emotional well-being.

Resource for other charities and organisations

Ashar continues to support local rehabilitation care farm, local church groups such as a Drop In for community here in Blackpool which provides a listening service and the development of the North West team which is growing slowly.

We continue to have the privilege to support the period poverty and orphanage project in Tanga through ring fenced donations for this project.

Reserves Policy

The Trustees aim to maintain free reserves at a level sufficient to supplement the day to day running of the Charity.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

**Keith Fantham
Chairman**

Date

**Independent Examiner's Report to the
Management Committee of Ashar (Bringing Hope)
on the Accounts for the Year Ended 31 March 2021**

Basis of independent examiner's report

We report on the accounts of Ashar (Bringing Hope) for the year ended 31 March 2021.

The Group's officers are responsible for the preparation of the accounts. The Group's officers consider that an audit is not required for this year and that an independent examination is needed.

It is our responsibility to:

- examine the accounts
- to follow the general directions for the conduct of an independent examination
- to state whether particular matters have come to our attention.

Basis of independent examiner's statement

Our examination was carried out in accordance with general directions for an independent examination. An examination includes a review of the accounting records kept by the committee 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 a committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in, any material respect, the requirements
 - to keep appropriate accounting records; and
 - to prepare accounts which accord with the accounting records and comply with applicable financial reporting standardshave not been met; or
2. to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Community Accounting Services

**Community Accounting Services Ltd
7 Napoleon Drive
Shrewsbury
SY3 5PH**

Date: 07/01/2022

Ashar (Bringing Hope)
Income & Expenditure Accounts
for the Year Ended 31 March 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2021 £
Income					
Counselling fees		5,120	-	5,120	9,879
Gift Aid		579	-	579	-
Donations		3,655	4,439	8,094	3,315
Total Income		9,354	4,439	13,793	13,194
Expenditure					
Running costs					
Counselling		698	-	698	1,750
Supervision		1,690	-	1,690	2,688
Support staff		2,470	-	2,470	8,794
Training		38	-	38	-
Travel & subsistence		4	-	4	363
Materials		275	-	275	110
Accountancy		440	-	440	390
Insurance		168	-	168	168
Computer costs		24	144	168	-
Printing, postage & stationery		295	-	295	182
Subscriptions		-	-	-	263
Telephone		108	-	108	276
Rent		500	-	500	-
Repairs		87	-	87	49
Website		299	-	299	70
Depreciation		33	-	33	43
Donations		50	2,600	2,650	730
Miscellaneous		74	-	74	316
Total Expenses		7,253	2,744	9,997	16,192
Net Incoming Resources Before Transfers		2,101	1,695	3,796	(2,998)
Transfer Between Funds		6	(6)	-	-
Net Incoming Resources		2,107	1,689	3,796	(2,998)
Fund balance brought forward at 1 April 2020		1,011	-	1,011	4,009
Fund Balance Carried Forward at 31 March 2021		3,118	1,689	4,807	1,011

The statement of financial activities includes all gains and losses recognised in the year. All incoming resources and resources expended derive from continuing activities.

Ashar (Bringing Hope)
Balance Sheet
as at 31 March 2021

Note	£	2021	£	£	2020	£
Non-Current Assets						
Office Equipment			98			130
Current Assets						
Current Account		4,709			881	
		4,709			881	
Net Assets			4,807			1,011
 Represented by Funds						
Unrestricted fund			3,112			1,011
Restricted fund			1,695			
			4,807			1,011

The Trustees approve the accounts which comprise of the SOFA, the Balance Sheet and the related notes and acknowledge their responsibility for the accounts, including the appropriateness of the applicable financial reporting framework, and for providing Community Accounting Services Ltd with all information and explanations necessary for their compilation.

Keith Fantham
Chairman

Date
