

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 £	Total Funds 2021 £
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	64			
	<u>40,102</u>		<u>4,709</u>	
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
