

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
- 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: 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
	<u>11,464</u>	<u>40,102</u>
Net Assets	<u><u>12,025</u></u>	<u><u>40,849</u></u>
Represented by Funds		
Unrestricted fund	(1,175)	3,649
Restricted fund	13,200	37,200
	<u><u>12,025</u></u>	<u><u>40,849</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
