

DISABLED ASIAN WOMEN'S NETWORK

England & Wales · Charity number 1163929

Details

Other names DAWN

Status Registered

Legal form CIO

Registered 2015-10-09

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

Contact

Address Disabled Asian Women Network
Cardinal Heenan Centre
326 High Road
Ilford
IG1 1QP

Phone 02036094088

Email dawn326@hotmail.co.uk

Activities

Objects: THE OBJECT OF DAWN IS TO RELIEVE DISABLED ASIAN WOMEN AND THEIR CARERS IN THE LONDON BOROUGH OF REDBRIDGE WHO ARE IN NEED BY PROVIDING THEM WITH INFORMATION, SUPPORT AND ACCESS TO ACTIVITIES AND OPPORTUNITIES TO DEVELOP THEIR SOCIAL NETWORKS.

Activities: to provide services for the elderly and disabled in terms of entertainment , get together , have lunches , get yoga teachers to come to teach , organise outdoor tours and activities

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Elderly/old People, People With Disabilities

Geography

- Redbridge

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-04	£86,293	£48,252	-	-
2024-04-04	£24,395	£46,343	-	-
2023-04-04	£32,949	£38,778	-	-
2022-04-04	£33,000	£23,478	-	-
2021-04-04	£35,718	£20,990	-	-

Trustees

Name	Role	Appointed
HARSHA POPAT	Chair	2017-10-05
Balwir Kaur		2018-10-03
Manjit Dhamrat		2018-10-03

DISABLED ASIAN WOMEN'S NETWORK

England & Wales - Charity number 1163929

Accounts



DISABLED ASIAN WOMEN'S NETWORK

Report

For Year Ended 31 March 2025



**Cardinal Heenan Centre,
326 High Road,
Ilford, Essex.
IG1 1QP
Tel: 0203 609 4088**

Reg. Charity No. 1163929

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Reference and Administrative Information

Charity Name: Disabled Asian Women's Network

Charity registration number: 1163929

Registered Office and
operational address: Cardinal Heenan Centre,
326 High Road,
Ilford,
IG1 1QP

Management Committee

Mrs H Popat Chairperson

Mrs B. Kaur Secretary

Mrs. H. Bhachu/
Mrs. Manjula Patel Treasurer

Committee Members

Mrs A. Patel
Mrs. S. Sharma
Mrs. Mrs. M. Raut
Mrs. J. Sunnerd
Mrs. S. Bhatnagar
Mrs. M. Dhamrat

Senior Management Team

Mrs N Pahl Project Manager

Independent Examiner – Sukhraj Singh Hanspal , S.S.H. Accountancy Services Ltd-
101 Wanstead Park Road, Ilford, Essex, IG1 3TH

Bankers – Royal Bank of Scotland – Drummond House (BG) Branch, Po Box 1727,
Edinburgh, EH12 9RH

Mission Statement

DAWN exists to provide free, good quality support, information/advice service and recreational facilities for Disabled Asian Women, living in the London Borough of Redbridge.

Our objectives are to:

- Eliminate isolation & develop a social network.
- Support disabled women to lead more independent lives by empowering them with knowledge and advice.
- Build confidence.
- Provide a regular meeting place.

DAWN Core values are as follows:

- To actively seek to involve local Disabled Asian Women in the management and running of our services.
- Take in consideration the views of our users to help shape and influence what services we provide and how they are delivered.
- Our services will be open to all Disabled Asian Women who qualify to use them.

Background

Disabled Asian Women's Network was set up in December 1993 to cater for physical, emotional and mental well-being of disabled Asian women. It was designed to improve the quality of life for the elderly and help them to manage their lives with more comfort and ease which will give them a sense of being part of the community. It also provides a forum for free exchange of information, beliefs and ideas about gender, race and disability.

Attendance and what we provide

We run a weekly **Well-being club** on Tuesday and Wednesday. Currently DAWN provides a service for over 87 members. Members can take part in a variety of activities, learn new skills, find out about health-related issues and take part in gentle exercise. These include:

- Culturally appropriate activities such as singing and celebrating traditional festivals.
- Talks on health-related issues, helping members understand what they can do to look after themselves better.
- Exercise and yoga classes
- Regular health related clinics/workshops where one can access cheap or free alternative therapies, e.g. massage and reflexology, health checks, mobile opticians, etc.
- We encourage befriending and social interaction among our members

Other activities include:

- Trips to the seaside, picnics or walk around the park
- Visiting the cinema or going for a meal.
- Other interest-related excursions both local and abroad

We offer **support** and **independent living**

- We provide support and information whether it is about care or filling in forms about benefit entitlements, etc.
- We offer advice on health and social care
- We sign-post those who need to be directed to the right agencies for extra support, learn new skills and remain independent longer.

We offer Support and **Outreach** visits to those who are unable to attend the Centre for various reasons like:

- Those members who are unable to attend due to poor health
- Those who have recently been discharged from hospital
- Those who are isolated
- Those who are housebound or not mobile

Funding Arrangements

As you know we have always been funded by the London Borough of Redbridge but sadly this year, we have been notified (along with other various groups) by the Council that our funding with them will be terminated as from Jan 1925. This is due the political issue with the Government insisting on cutting back on local funding, hence no future funding. As you can see this has had a drastic effect to organisations like ours that have previously relied heavily on them for funding.

We are still in talks with the Council with regard to future funding, which we hope, will be reinstated soon, otherwise DAWN will have no choice but to apply elsewhere and

hope we can continue the valuable work in the Community which is sincerely needed.

DAWN maintains tight grips on monitoring financial spend across the board and regular reports are presented to the Committee and the Council. This allows opportunity to identify under/over spends in given budget heads and taking remedial action.

Finally, it can be said that DAWN provides value for its money. Staff and the Management Committee work extremely hard to provide a valuable service with limited funding relieving the burden of the already stretched Social Care Services. Being a unique group it provides a specialist service to Disabled Asian Women of all cultures and communities across the London Borough of Redbridge.

Governing Document

The charity is operated as a Charity Incorporated Organisation (CIO).

Overall management of the charity is the responsibility of trustees who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by paid staff and volunteers.

Recruitment and appointment of management committee

As a CIO the members of the management committee are elected from DAWN'S members and other Trustees with appropriate skills and experience may be appointed to benefit DAWN'S cause.

At the AGM Trustees are appointed or reappointed as laid out in our constitution.

Due to the nature of its work the charity inevitably focuses on elderly Disabled Asian women. The Management Committee ensures the needs of this group are appropriately reflected through the different cultural backgrounds and any disabilities that they may have.

All members of the Management Committee give their time voluntarily and receive no benefits from the charity.

Organisational Structure

DAWN has a Management Committee of up to 12 members who meet quarterly and are responsible for the running of the organisation. Some elected members may volunteer to attend on both days (Tuesday and Wednesday) to volunteer their time when the day centre is in operation.

Duties are put in place and day to day responsibility for the provision of the services rest with the Project Manager along with the Chairperson. The Chairperson is

responsible for ensuring the charity delivers the services specified and that key performance indicators are met. The Project Manager has responsibility for the day to day operational management of the centre.

Risk Statement

The Charity has considered a range of risks to which it could be exposed and the Trustees regularly review the policies and procedures which aim to minimise those risks, ensuring that these are adequate, appropriate and complied with fully.

Who uses and benefits from our services?

The charity benefits members of the public by providing a drop-in session every Tuesday and Wednesday for Disabled Asian Women living in Redbridge who are isolated and frail, who enjoy coming to the centre to socialise, gain confidence, make friends and gain knowledge and awareness.

We also work with other organisations to gain training, fundraising, networking and for educational, health and Social awareness.

Summary of main achievements during the period

- Created history (showcased at the Redbridge Museum) as one of the oldest voluntary organisations running in Redbridge.
- Successfully completed 4 taxi card applications
- Successfully completed 4 dial-a-ride form applications
- Successfully completed 2 PIP applications
- Successfully helped to find sheltered accommodation for 2 clients
- Referred 2 clients to Social Services for safe-guarding
- Made 28 outreach visits and offered support.
- Made 10 hospital discharge visits

CHAIRPERSON'S REPORT

In May the Council's extra funding on mental health spurred us all to welcome new members with mental health problems. Staff and Committee members were encouraged to go on training set up by Community Action Redbridge and we were happily creating space for new members to join us, working out activities that would be suitable to their needs.

However, without any warning, we received an email in Nov. 24 informing us that the Council would be unable to renew our contracts as from Jan. 25 as they were in a critical process of reviewing their financial situation due to the Government's decreased funding to the Borough. This meant that all groups, including us, currently receiving funding from them, would now cease to get any more funding from them from Jan 25 onwards.

Once the shock wave had settled down, the Committee rallied round and after holding several meetings we rallied all the leaders of groups who had been affected and decided to stage a protest outside the Town Hall. I, along with Neelam (Project Manager) attended many meetings with the Council, various local organisations who could support us and also the local Trade Union. A decision was made to raise a petition and hold a protest outside the Town Hall. As a result we managed to mobilise over 200 people who came out in the rain and cold weather to protest in January 2025. This was covered by the local press (Ilford Recorder) and the local Radio Station (Nu Sound Radio). A petition with 1,000 names was also submitted to the Leader of the Council on that day.

In February we were invited to a meeting held by the Leader of the Council, Kam Rai, Cllr. Santos (Head of Health & Well-being) and Elaine Redding (Corporate Director of People) to discuss the way forward. They sympathised with our plight and agreed to work with us initially by looking for new premises where we could all move into in order to cut rent/rate costs. We have agreed to move forward with a positive frame of mind and hope this is a beginning to future funding once again.

In the mean time we have started to apply for funding elsewhere in the interim and hope I am able to report in a more positive way this time next year.

HARSHA POPAT (CHAIRPERSON)

STAFF REPORT

This year has been very unsettling in that one minute I am organising training for members of the committee and myself on mental health and ensuring that we are well equipped to manage the new influx of members attending the Centre. Prior to this I had just organised the Diwali Party at Tabla Restaurant, printed out leaflets, etc. and was in the process of organising the Christmas Party for all our existing DAWN members when this email landed in our computer. There was no warning, no word or phone call from the Council and suddenly the email which clearly related that DAWN's funding was being cut from Jan 2025!

The Christmas break gave everyone time to think and in Jan 2025 I was in the middle of arranging meetings with the Trustees, meetings with the Council, meetings with the local Trade Unions and other local organisations for support and advice.

As a result, Members and Committee decided to hold a protest against this sudden cutting of the Contract. This culminated in me organising and collating the petition, placards for the protest outside the Town Hall. Along with my Chairperson I arranged several meetings and communicated with other local groups who were also affected and managed to mobilise them to attend the protest. Talking to the members about DAWN and explaining the impact this might have on the future of DAWN was the hardest thing to do.

I participated in a lot of further networking and I interacted with various local organisations for support and advice until the Council contacted us for a meeting to prepare for the worst.

At present I am applying for other funding with the support of CAR (Community Action Redbridge) who have offered to help us and I hope to secure similar funding relevant to DAWN's needs in the future.

Neelam Pahl (Project Manager)

ACTIVITIES

All our charitable activities focus on benefitting Disabled Asian Women and providing them a space to learn, grow and socialise. Our activities deliver public benefit by the main activities we have described below. Activities this year have included the following:

Yoga and Exercise

Classes take place regularly at both Tuesday and Wednesday sessions. At present Yoga is carried out by qualified sessional workers. At intervals Keep fit exercises are also offered via Redbridge Community Volunteer Services (CVS). These are enjoyed by all our members and gentle exercises are sometimes carried out by individual members in their absence so that they are given a chance to lead in order to empower and gain confidence.

Health & well-being

Health checks have been carried out by the local P.S. Chemists who have overseen several sessions where members' sugar levels, height & weight checks have been carried out, and advice offered.

Eye clinic – Heparan Mobile Opticians hold a clinic on a yearly basis, over 3 weeks and offer eye checks and spectacles service.

Weekly Walk in the Park – In partnership with Vision, DAWN enables its members to access the weekly Thursday walk in Valentines Park. This gives members not only a chance to participate in the walk and enhance their emotional and physical wellbeing but also gives many an opportunity to socialise and befriend others.

Talks (formal)

- Safeguarding Adults Policy, what it means – Social Services
- Cooking with beneficial oils – S. Kaur, Satt Caterers
- Staying Safe at Cash Machines - M. Anwar, RREC
- Mobile Fraud – Police, Ilford Town Ward

- Making a Will – Robinson Rovani & Co Solicitors
- History of Ilford – R. Gerrard, Redbridge Museum
- Digital Support Service – Age UK
- Diabetes – Dr. S. Raza, NHS
- Power of Attorney – M. Gill, Robinson Ravani Solicitors

Talks (informal)

- Seasonal Health Disorders
- Latest Scam Awareness – members' experience
- Grooming and feeling good
- Growing up in England – members' thoughts
- Importance of spending time with grandchildren
- Staying well in Winter
- Meaning of Sharad in Hinduism

Discussions

- What the Papers say
- Meaning of 'Sraavan' Month in Hindu Calendar
- Latest telephone scams
- Benefit Cuts and its effect
- How to stop children being converted to other religions

Other Activities

- Spiritual Story-telling
- Sharing memories of holiday visits
- Laughter session
- Memory Games
- Family Fortune Game
- Quiz
- Bhajans and hymns

- Sing-along
- Joke session
- Kirtan and Shabad
- Bingo
- Antakshari
- Card Games

Festivals

- Diwali
- Christmas
- Gur Pur (Guru Nanak's birthday)

Other Celebrations

- Navratri – 9 days devoted to Goddess Laxmi
- Lodi
- Mahashivratri – birth of Lord Shiva
- Teeyan (Celebrating Women)
- India Republic Day
- International Women's Day
- Holi (Day of Colours)
- Janmashtami – birth of Lord Krishna
- Vaisakhi (harvest festival)
- Ganpati Puja (offerings to Lord Ganesh)
- International Women's Day

Trips

- Leicester
- Margate
- 4 Cinema trips

Fundraising

- Food/Snacks Sale
- Raffle

FUTURE PLANS

Preparing for the future

In the light of the uncertainty where funding is concerned it is imperative to do further research and look for funding that is relevant to the running of DAWN and activities.

DAWN will, therefore, work with CAR and other relevant bodies to help and seek funding to continue its work and running of DAWN.

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EVALUATION

An evaluation of the services provided was carried out including the type of members that were accessing this service. Out of **80** questionnaires given out, **47** were received, duly completed. The result with questions asked and answers received were as follows:

Q1. How do you find coming to the Centre? Answer: (useful, very useful, not useful)

35 replied very useful, **12** replied useful and **0** replied not useful.

This proved that the members definitely gained by attending our Centre.

Q2. Do you enjoy the activities that are provided at the Centre? Answer: (very much, alright, not much)

40 replied very much **7** replied alright and **0** replied not much.

This proved that the activities provided were appropriate to the needs of the members. The 7 who replied 'alright' were satisfied and had no complaints.

Q3. What activities would you like to see more of? Answer: (Exercise, Cinema, Educational, Celebrations, Cultural talks, Art & Craft, Talks on health issues, Talks/discussions on well-being, Traditional singing/dancing, Religious or Spiritual discourse, Other)

44 replied exercise, **29** replied cinema, **22** replied educational, **40** replied celebrations, **35** replied cultural, **16** replied art & craft, **40** replied health issues, **31** replied talks/discussions on well-being, **36** replied traditional singing/dancing, **31** replied religious or spiritual discourse and **1** replied Other offering suggestions of more park walks, swimming, restaurant visits.

The result showed that exercising and talks on health issues were of the most importance, thus valuing regular attendance at the Centre. Cultural celebrations along with traditional singing and dancing made members feel more at home and the spiritual discourse helped to identify morally to the Asian culture. Art and craft brought out creativity and relieved mental stress.

Q4. As a result of attending the Centre how has this affected your daily lives?

Answer: (Feel happier, increased social circle, gained knowledge, gained confidence, Other)

Members were asked to tick more than 1 box if they wished. **42** replied Feel happier, **35** replied increased social circle, **25** replied gained knowledge, **27** replied gained confidence.

Q5. How long have you been coming to the Centre? Answer: (6 months, 1 year, 2 years, 3 years, 4 years, 5 years or longer)

5 replied up to 1 year, **3** replied 2 years, **5** replied 3 years, **2** replied 4 years and **32** replied 5 years or longer.

It was noted that newly registered members would have been with the Organisation for a short time only and this reflected in the numbers in the up to 1 year period.

As DAWN has been running over 20 years, many members have been attending for a long time and this was reflected in the over 5 year period. This proved that the majority of the members wished to stay long-term members and were happy attending the Centre on a regular basis.

Q6 How would you rate the services provided by DAWN? Answer: (Excellent, Good, Poor)

27 replied excellent, **20** replied good and **0** replied poor

Q7. If you have had any problems, were these resolved to your satisfaction? Answer: (Yes, No, Not sure, No problems)

15 replied yes, **0** replied no, **3** replied not sure, **29** replied no problems

Q8a What health problems or physical/hidden disabilities do you have?

A separate evaluation on health/disability revealed the following:

Acidity (**2**), Anxiety (**2**), Arthritis (**22**), Asthma (**6**), B12 deficiency (**4**), Back pain/problems (**14**), Bladder issues (**4**), Bronchial Disease (**1**), Cancer (**1**), Cataract (**2**), Cellulitis (**1**), Deafness (**2**), Depression (**9**), Diabetes (**23**), Dizziness (**3**), Eye Problems (**33**), Fear (**1**), Fibromyalgia (**1**), Frail/Elderly (**17**), Frail & Wheel-chair user (**1**), Gastritis (**1**), Glaucoma (**3**), Hearing problems (**16**), Heart Condition (**11**), Head injury (**1**), High cholesterol (**11**), High BP (**8**), Hip replacement (**1**), Head related (**1**), Incontinence (**10**), Kidney/Dialysis (**4**), Knee replacement/problems (**10**), Leg pain (**8**), Low BP (**3**), low mood (**1**), Lung condition (**1**), Lupus (**1**), Memory loss/dementia (**1**), Migraine (**1**), Mobility problems (**3**), Osteoarthritis (**9**), Osteomalacia (**1**), Osteoporosis (**11**), Pace maker (**4**), Painful feet/joints (**3**), Poor mobility (**3**), Polyarthritis (**1**), Rheumatoid arthritis (**1**), Shoulder pain/injury (**4**), Stress (**1**), Stroke related (**1**), Thyroid (**2**), Vertigo (**1**), Walking with aid (**26**), Wheelchair (**1**).

Please note that the majority of members have limited knowledge of English and medical terminology. Therefore, some of the answers look vague on paper. However, all members' proper disabilities and health problems are assessed individually and records kept on file.

Q8b. Are you also incontinent or have any bladder issues? Answer: (Yes, No)

10 replied yes and 37 replied no

Q8c. Do you wear a hearing aid or glasses? Answer: (Hearing Aid, Glasses)

17 replied hearing aid and 33 replied glasses

Q8d. Do you use any of the following: Answer: (Walking Stick, Wheel Chair, Frame, Other)

20 replied walking stick, 1 replied wheel chair, 6 replied frame and 2 replied other: walker & scooter

Q9. What age range do you fall into? Answer: (40-50 years, 50-60 years, 60-70 years, 70-80 years, 80-90 years, 90-100 years)

0 replied 40-50 years, 1 replied 50-60 years, 11 replied 60-70 years, 21 replied 70-80 years, 13 replied 80-90 years, 1 replied 90-100 years

DAWN is aware that our regular members are ageing now and we need to address this issue by being more supportive of their needs. Many have multiple health issues and are being supported by regular telephone calls, health & benefit checks, contact with other statutory bodies e.g. Age UK, Social Services, etc.

Q10. What language do you speak? Answer: (Punjabi, Gujarati, Hindi, Urdu, Other)

31 replied Punjabi, 10 replied Gujarati, 20 replied Hindi, 7 replied Urdu, 7 replied English with Hindi/Punjabi and 1 replied Sindhi

Q11. Are you a Carer? Answer: (Yes, No)

8 replied yes and 39 replied no

Those who replied yes mostly look after their ageing husbands who have health or mobility problems

Q12. Do you live: Alone, With Family, Sheltered/Residential accommodation?

12 replied alone, 34 replied with family and 1 replied Sheltered accommodation

Q13. Have you received a home visit from us? (Yes, No)

42 replied Yes and **5** replied No

If Yes, were you happy with the visit? (Yes, No)

42 replied Yes and **0** said No

Did it meet your needs? Answer: Yes, Not sure

42 said Yes and **5** said Not sure

The **5** who said not sure had unfinished work that was on-going.

Q14. Any other comments you would like to make?

3 replied - enjoy coming to the Centre

1 replied - enjoy helping at the Centre

1 replied - very happy

Disabled Asian Women's Network

Charity No: 1163929

**Financial Statements
For the Year Ended 31 March 2025**

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DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025

2024

INCOME

	restricted Funds	unrestricted Funds	total
16,085 Grants	78171		78,171
- Fund Raising & donations		3201	3,201
1,200 NHS Fed		1000	1,000
3,385 Membership			-
- Refund			-
2,880 Donation		3,024	3,024
845 Interest		897	897
Compensation			
24,395	78,171	8,122	86,293

LESS EXPENDITURE

	restricted Funds	Unrestricted Funds	TOTAL
28,415 staff salary	29,040		29,040
- employers nic			-
7,160 rent/hall/utilty & hire of office	7,300		7,300
- NHS Funding	610		610
444 Social activities			-
- consultancy			-
- training			-
625 Insurances	694		694
436 Telephones	473		473
- Outdoor trips/social activities	1,000	138	1,138
- Staff travel			-
- First Aid			-
285 Sundries/disposable cups/plates/spoons/gifts	93	223	316
40 Subscriptions	40		40
186 Printing , stationary & photocopying/postages	208	15	223
- Computer Consumables			-
5,654 Hospitality/refreshments/festivals	6,000	468	6,468
1,430 Transport			-
390 Charity			-
180 Payroll services	180		180
18 Legal Staff			-
1,080 Independent examiner	1,440		1,440
- Donatitions/Queens Jubilee			-
- Disclosure Service	90		90
- Depreciation	240		240
46,343	47,408	844	48252

Surplus /deficit /for the year

- 21,948

Net Outflow(deficit)

153,248 Total Funds Brought Forward

131,300

DISABLED ASIAN WOMEN'S NETWORK
BALANCE SHEET AS AT 31 MARCH 2025

31/03/2025

31/03/2024

Fixed assets	Cost	Cost
Board games etc	1,555	1,555
computer	1,278	1,278
Assets/addition	440	440
Less depreciation	2,555	2,315
	<u>718</u>	<u>958</u>
Current assets		
Debtors Redbridge Council	-	-
Bank current account	107,572	70,073
Reserve account	64,626	63,729
Cash in hand	74	100
	<u>172,272</u>	<u>133,902</u>
Total fixed and current assets	<u>172,990</u>	<u>134,860</u>
Less current liabilities		
Payroll Services	180	180
independent examiner fees	1,440	1080
PAYE	306	0
wages	1,723	2,300
	<u>3,649</u>	<u>3,560</u>
Net assets	<u>169,341</u>	<u>131,300</u>
Represented by		
ACCUMULATED FUND		
Balance brought forward	131,300	153,248
Add surplus/deficit/ for the year	38,041	- 21,948
	<u>169,341</u>	<u>131,300</u>

We approve the above accounts and confirm that we have made available all the records information and explanation necessary for their preparation

TREASURER

Date

12/09/2025

Mrs Balwir Kaur

Secretary *Balwir Kaur*

Mrs Harsha Popat

Chairperson *H. Popat*

Mrs Manjula Patel

treasurer *M.C. Patel*

Disabled Asian Women's Network

Noted to the Accounts for the year ended 31 March 2025

1. Accounting Policies

These accounts have been prepared under the historical cost convention using the accruals basis.

Fixed assets have been depreciated at 25% on a straight line basis.

2. Creditors

	2025	2024
	£	£
Accrued Wages-paye	1,723	2,300
photocopying charges		
Payroll Charges	180	180
PAYE	306	
Independent Examination	1,440	1,080

3. There has been an decrease in funding from the london Borough of Redbridge

for the year ending 31/03/2025 compared with previous year

4. Statement of Trustees' Responsibilities

The trustee's are required under the Charities Act 1993 to prepare statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- i) select suitable accounting policies and apply them consistently;
- ii) make judgements and estimates that are reasonable and prudent
- iii) state where applicable accounting standards and statements of recommended practices and have been followed, subject to any departures disclosed and explained in the financial statements
- iv) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy charity and which enable them to ensure that the financial statements comply with applicable law and regulations. They are also responsible for safeguarding the assets if the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31-03-2025

	2025		2024
EXPENDITURE			
Wages (for 4 employers nic	29,040	(4 EMPLOYEES)	28415
Rent/room hire	7,300	HIRE OF HALL (LONDON BOROUGH OF REDBRIDGE)	7160
First Aid		First Aid	
Sessional staff		Sessional staff	
Insurances	694	Insurances	625
Telephone and postage	473	Telephone and postage	436
Outdoor trips/social activities	1,138	OUTDOOR TRIPS-CINEMAS-RESTAURANTS	444
Management Cost		MANAGEMENT COST	
Training		TRAINING	
Computer Consumables		COMPUTER CONSUMABLES	
Sundries		Sundries	
Sundries/disposable cups/plates/spoons/gifts	316	Sundries/disposable cups/plates/spoons/gifts	285
Subscriptions	40	Subscriptions	40
Printing and stationary	223	PRINTING -STATIONARY	186
Transport		TRANSPORT	
Hospitality & refreshments	6,468	Hospitality & refreshments	5654
Payroll services	180	Payroll services	180
Donation/Tukey Relief		Donation/Tukey Relief	390
Independent examiner	1,440	Independent examiner	1080
Depreciation	240	Depriciation	320

Independent examiner's report on the accounts

Section A	Independent Examiner's Report
Report to the trustees/members of	DISABLED ASIAN WOMEN'S NETWORK
On accounts for the year ended	31st March 2025 Charity no (if any) 1163929
Set out on pages	2 to 4
Respective responsibilities of trustees' and examiner	The charity's trustees are responsible for the preparation for the accounts. The charity's trustees' consider that an audit is not required for the 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: <ul style="list-style-type: none">*examine the accounts 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 statement	My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. In our opinion, the accounts present a true and fair view of the Charity and it's financial affairs
Independent examiner's statement	In connection with my examination, no matter has come to my attention (other than that disclosed below * 1. which gives me reasonable cause to believe that in any material respect, the requirements:<ul style="list-style-type: none">• to keep accounting records in accordance with section 41 of the 1993 Act; and• to prepare accounts which accord the accounting records and comply with the accounting requirements of the 1993 Act have not been met; or2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

Date: 12/09/2025

Name: **JAGDEEP WALIA**

Jagdeep S Wallia

Relevant professional qualifications(s)

CHARTERED TAX ADVISOR, CTA, ATT (FELLOW), FFTA (Membership No 88968)

Address:

**6 St. Georges Avenue, Southall
Middlesex UB1 1PZ**

DISABLED ASIAN WOMEN'S NETWORK

England & Wales - Charity number 1163929

Accounts



DISABLED ASIAN WOMEN'S NETWORK

Report

For Year Ended 31 March 2024



**Cardinal Heenan Centre,
326 High Road,
Ilford, Essex.
IG1 1QP
Tel: 0203 609 4088**

Reg. Charity No. 1163929

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- **Governing Document**
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8. Activities

- **Future Plans**
- **Evaluation**
- **Accounts (attached)**

Reference and Administrative Information

Charity Name: Disabled Asian Women's Network

Charity registration number: 1163929

Registered Office and
operational address: Cardinal Heenan Centre,
326 High Road,
Ilford,
IG1 1QP

Management Committee

Mrs H Popat Chairperson

Mrs B. Kaur Secretary

Mrs. H. Bhachu/
Mrs. Manjula Patel Treasurer

Committee Members

Mrs A. Patel
Mrs. S. Sharma
Mrs. Mrs. M. Raut
Mrs. J. Sunnerd
Mrs. S. Bhatnagar
Mrs. M. Dhamrat

Senior Management Team

Mrs N Pahl Project Manager

Independent Examiner – Sukhraj Singh Hanspal , S.S.H. Accountancy Services Ltd-
101 Wanstead Park Road, Ilford, Essex, IG1 3TH

Bankers – Royal Bank of Scotland – Drummond House (BG) Branch, Po Box 1727,
Edinburgh, EH12 9RH

Mission Statement

DAWN exists to provide free, good quality support, information/advice service and recreational facilities for Disabled Asian Women, living in the London Borough of Redbridge.

Our objectives are to:

- Eliminate isolation & develop a social network.
- Support disabled women to lead more independent lives by empowering them with knowledge and advice.
- Build confidence.
- Provide a regular meeting place.

DAWN Core values are as follows:

- To actively seek to involve local Disabled Asian Women in the management and running of our services.
- Take in consideration the views of our users to help shape and influence what services we provide and how they are delivered.
- Our services will be open to all Disabled Asian Women who qualify to use them.

Background

Disabled Asian Women's Network was set up in December 1993 to cater for physical, emotional and mental well-being of disabled Asian women. It was designed to improve the quality of life for the elderly and help them to manage their lives with more comfort and ease which will give them a sense of being part of the community. It also provides a forum for free exchange of information, beliefs and ideas about gender, race and disability.

Attendance and what we provide

We run a weekly **Well-being club** on Tuesday and Wednesday. Currently DAWN provides a service for over 87 members. Members can take part in a variety of activities, learn new skills, find out about health-related issues and take part in gentle exercise. These include:

- Culturally appropriate activities such as singing and celebrating traditional festivals.
- Talks on health-related issues, helping members understand what they can do to look after themselves better.
- Exercise and yoga classes
- Regular health related clinics/workshops where one can access cheap or free alternative therapies, e.g. massage and reflexology, health checks, mobile opticians, etc.
- We encourage befriending and social interaction among our members

Other activities include:

- Trips to the seaside, picnics or walk around the park
- Visiting the cinema or going for a meal.
- Other interest-related excursions both local and abroad

We offer **support** and **independent living**

- We provide support and information whether it is about care or filling in forms about benefit entitlements, etc.
- We offer advice on health and social care
- We sign-post those who need to be directed to the right agencies for extra support, learn new skills and remain independent longer.

We offer Support and **Outreach** visits to those who are unable to attend the Centre for various reasons like:

- Those members who are unable to attend due to poor health
- Those who have recently been discharged from hospital
- Those who are isolated
- Those who are housebound or not mobile

Funding Arrangements

At the time of printing DAWN has a contract with the **London Borough of Redbridge** and we look forward to again securing this funding for the following year. In addition to this DAWN is constantly applying to other funders for their short-term projects.

DAWN maintains tight grips on monitoring financial spend across the board and regular reports are presented to the Committee and the Council. This allows opportunity to identify under/over spends in given budget heads and taking remedial action.

Finally, it can be said that DAWN provides value for its money. Staff and the Management Committee work extremely hard to provide a valuable service with limited funding relieving the burden of the already stretched Social Care Services. Being a unique group it provides a specialist service to Disabled Asian Women of all cultures and communities across the London Borough of Redbridge.

Governing Document

The charity is operated as a Charity Incorporated Organisation (CIO).

Overall management of the charity is the responsibility of trustees who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by paid staff and volunteers.

Recruitment and appointment of management committee

As a CIO the members of the management committee are elected from DAWN'S members and other Trustees with appropriate skills and experience may be appointed to benefit DAWN'S cause.

At the AGM Trustees are appointed or reappointed as laid out in our constitution.

Due to the nature of its work the charity inevitably focuses on elderly Disabled Asian women. The Management Committee ensures the needs of this group are appropriately reflected through the different cultural backgrounds and any disabilities that they may have.

All members of the Management Committee give their time voluntarily and receive no benefits from the charity.

Organisational Structure

DAWN has a Management Committee of up to 12 members who meet quarterly and are responsible for the running of the organisation. Some elected members may volunteer to attend on both days (Tuesday and Wednesday) to volunteer their time when the day centre is in operation.

Duties are put in place and day to day responsibility for the provision of the services rest with the Project Manager along with the Chairperson. The Chairperson is responsible for ensuring the charity delivers the services specified and that key performance indicators are met. The Project Manager has responsibility for the day to day operational management of the centre.

Risk Statement

The Charity has considered a range of risks to which it could be exposed and the Trustees regularly review the policies and procedures which aim to minimise those risks, ensuring that these are adequate, appropriate and complied with fully.

Who uses and benefits from our services?

The charity benefits members of the public by providing a drop-in session every Tuesday and Wednesday for Disabled Asian Women living in Redbridge who are isolated and frail, who enjoy coming to the centre to socialise, gain confidence, make friends and gain knowledge and awareness.

We also work with other organisations to gain training, fundraising, networking and for educational, health and Social awareness.

Summary of main achievements during the period

- Successfully gained 4 Community Awards
- Successfully completed 6 taxi card applications
- Successfully completed 5 dial-a-ride form applications
- Successfully completed 2 PIP applications
- Successfully helped to find sheltered accommodation for 1 client
- Referred 2 clients to Social Services for safe-guarding
- Made 35 outreach visits and offered support.
- Made 10 hospital discharge visits
- Successfully gained funding for Mental Health Group to run along with Dawn

CHAIRPERSON'S REPORT

I am so proud to announce the tremendous accolades DAWN has received this year for the sheer hard work put back into bringing the group up to par since Covid and, at the same time, exceed its expectations by winning 4 awards consecutively:

Mayor's Community Award 2023

Mayor's Life-time Award 2023

Coronation Champions Award 2023

Rotary Stratford East London Community Heroes Award – for outstanding initiative in health & well-being.

We should all be proud of these achievements as it shows the breadth of sheer hard work and initiatives DAWN committee and staff have dedicated themselves to - to be recognised in such a way and that also speaks volumes for the kind of work that we do at DAWN.

This year despite the threat of our funding being decreased we have gained by getting another funding to set up a mental health group to run along with DAWN. Although it is early stages I am sure our members, who are already vulnerable and come under this umbrella will benefit from the extra support this funding will bring.

The trip to Eastbourne and Great Yarmouth were a huge success with coaches fully booked on both occasions. Diwali celebrated at Tabla's and Christmas Party held at the Asiatic Restaurant were equally popular with our members.

I believe that DAWN is flourishing as never before and members' appreciation of the work that we do speaks volumes. I am very lucky to have a good team and staff who are not only dedicated but also go out of their way to support and help me whenever I have asked for their assistance. I would, therefore, like to take this opportunity to thank them all and hope they continue to give me the support for as long as I am in office.

Harsha Popat

Disabled Asian Women's Network

STAFF REPORT

This year has been a celebratory kind of year when DAWN members participated in creating art and craft to make buntings and flags to commemorate the King and Queen's Coronation. They also took part in the King and Queen's quiz and the party that followed with the local MP in attendance. Arranging all this fell on my shoulders and my time was spent with contacting caterers, art & craft tutor services and MP office to ensure his attendance along with other local community groups who were attending, including the local press.

I have been busy applying for funding to make up the shortfall of the current funding which we were told, would be reduced due to cutbacks. As a result, I was successful in getting funding for mental health services for another year. This means DAWN members who are vulnerable and have mental health issues could also benefit from the grant.

Since DAWN became a partner of the steering group of Redbridge Volunteering Services this year it has participated in the Health Inequalities Community Engagement Programme dealing with cardiovascular disease in Redbridge. Whilst attending meetings, facilitating talks and translating at the Centre explaining the project to members I have helped to fill in the 22-page questionnaire with each member that was the requirement for research purposes. This was a mammoth task because of translation problems but I was able to achieve this over 2 weeks with the help of committee members and Chair. This would have not been possible without their help.

Having received the Mayor's life-time achievement award, the Coronation Champion's Award and the Stratford Rotary Club Community Hero of the Year Award was the highlight of my career working for DAWN. Although this has been a long time awaiting, I wish to thank the Management Committee, especially the Chair who has been instrumental in making this come true by applying and getting me these awards on behalf of DAWN. I really appreciate this opportunity to showcase my life's work and dedication to DAWN. Thank you.

Neelam Pahl (Project Manager)

ACTIVITIES

All our charitable activities focus on benefitting Disabled Asian Women and providing them a space to learn, grow and socialise. Our activities deliver public benefit by the main activities we have described below. Activities this year have included the following:

Yoga and Exercise

Classes take place regularly at both Tuesday and Wednesday sessions. At present Yoga is carried out by qualified sessional workers. At intervals Keep fit exercises are also offered via Redbridge Community Volunteer Services (CVS). These are enjoyed by all our members and gentle exercises are sometimes carried out by individual members in their absence so that they are given a chance to lead in order to empower and gain confidence.

Health & well-being

Health checks have been carried out by the local P.S. Chemists who have overseen several sessions where members' sugar levels, height & weight checks have been carried out, and advice offered.

Eye clinic – Heparan Mobile Opticians hold a clinic on a yearly basis, over 3 weeks and offer eye checks and spectacles service.

Weekly Walk in the Park – In partnership with Vision, DAWN enables its members to access the weekly Thursday walk in Valentines Park. This gives members not only a chance to participate in the walk and enhance their emotional and physical wellbeing but also gives many an opportunity to socialise and befriend others.

Talks (formal)

- Healthy Eating, CVS
- Long Covid and its effects – Archana Samals, CVS
- Oral Health – Kerry Whitsmore, NHS
- Awareness of Newham Diabetes Club – Manor Park Library
- Redbridge Race Equalities Services – Cecelia Rufus, RREC
- What is Cardio-vascular disease – Dr. S. Ali, NHS
- Health Watch Awareness – Rafat Kiani, CVS

- Nail Cutting Provision – Age UK
- Digital Support Service – Age UK
- Understanding ‘3 Conversations’ Model of Social Services – D. Mustando, LBR
- Power of Attorney and Will making – M. Gill, Robinson Ravani Solicitors
- Mental Health and Well-being – S. Sindhu, MediPro Care Agency
- Rituals & benefits of Puja in ‘Purushotam’ month – Pandit Harishbhai, VHP Temple

Talks (informal)

- Staying well in Winter
- Latest Scam Awareness – members’ experience
- Safety on buses
- Growing up in England – members’ thoughts
- Blue moon and its importance in astrology
- Relationship between physics and spirituality i.e. positive/negative forces
- Staying well in Winter
- How to stop a thief from taking advantage of you

Discussions

- Is ‘etiquette’ still relevant in our society today
- Meaning of ‘Sravan’ Month in Hindu Calendar
- Protecting yourself from telephone scams
- Ageing Today

Other Activities

- Spiritual Story-telling
- Sharing memories of holiday visits
- Laughter session
- Memory Games
- Family Fortune Game
- Quiz
- Bhajans and hymns
- Sing-along
- Joke session
- Kirtan and Shabad
- Bingo
- Antakshari
- Card Games

Festivals

- Diwali
- Christmas
- Gur Pur (Guru Nanak's birthday)

Other Celebrations

- Navratri – 9 days devoted to Goddess Laxmi
- Lodi
- Mahashivratri – birth of Lord Shiva
- Teeyan (Celebrating Women)
- India Republic Day
- International Women's Day
- Holi (Day of Colours)

- Janmashtami – birth of Lord Krishna
- Vaisakhi (harvest festival)
- Ganpati Puja (offerings to Lord Ganesh)
- International Women's Day

Trips

- Great Yarmouth
- Leicester
- 4 Cinema trips

Fundraising

- Food/Snacks Sale
- Raffle
- Turkey Earthquake

FUTURE PLANS

Preparing for the future

In this climate of uncertainty and a threat of war, conflict and food shortages, cost of living crisis, debt, terror attacks, etc. it is time to look at how we can contribute to strengthening resilience to shocks and chronic stresses. DAWN needs to start preparing a constructive future plan by networking locally and supporting not only our members but also those who might come knocking on our doors in the future who may have different beliefs and faith. Local support will be vital at this point so many organisations, charities, etc. will need to come together and work together. DAWN will be seeking to network to get other organisations involved in future planning to prepare more effectively, not only to support our members, but also to prepare to help and support others affected in Redbridge.

Mental Health Project

Mental health is becoming recognised more openly, even among older people. Some new members joining in have mental health issues that need addressing. Since acquiring funding and foreseeing more members reaching out in the future it is important that staff and committee members become more confident to support them. DAWN will be looking to send staff and committee members for further training in mental health.

.....

EVALUATION

An evaluation of the services provided was carried out including the type of members that were accessing this service. Out of **80** questionnaires given out, **47** were

received, duly completed. The result with questions asked and answers received were as follows:

Q1. How do you find coming to the Centre? Answer: (useful, very useful, not useful)

35 replied very useful, **12** replied useful and **0** replied not useful.

This proved that the members definitely gained by attending our Centre.

Q2. Do you enjoy the activities that are provided at the Centre? Answer: (very much, alright, not much)

40 replied very much **7** replied alright and **0** replied not much.

This proved that the activities provided were appropriate to the needs of the members. The 7 who replied 'alright' were satisfied and had no complaints.

Q3. What activities would you like to see more of? Answer: (Exercise, Cinema, Educational, Celebrations, Cultural talks, Art & Craft, Talks on health issues, Talks/discussions on well-being, Traditional singing/dancing, Religious or Spiritual discourse, Other)

44 replied exercise, **29** replied cinema, **22** replied educational, **40** replied celebrations, **35** replied cultural, **16** replied art & craft, **40** replied health issues, **31** replied talks/discussions on well-being, **36** replied traditional singing/dancing, **31** replied religious or spiritual discourse and **1** replied Other offering suggestions of more park walks, swimming, restaurant visits.

The result showed that exercising and talks on health issues were of the most importance, thus valuing regular attendance at the Centre. Cultural celebrations along with traditional singing and dancing made members feel more at home and the spiritual discourse helped to identify morally to the Asian culture. Art and craft brought out creativity and relieved mental stress.

Q4. As a result of attending the Centre how has this affected your daily lives? Answer: (Feel happier, increased social circle, gained knowledge, gained confidence, Other)

Members were asked to tick more than 1 box if they wished. **42** replied Feel happier, **35** replied increased social circle, **25** replied gained knowledge, **27** replied gained confidence.

Q5. How long have you been coming to the Centre? Answer: (6 months, 1 year, 2 years, 3 years, 4 years, 5 years or longer)

5 replied up to 1 year, **3** replied 2 years, **5** replied 3 years, **2** replied 4 years and **32** replied 5 years or longer.

It was noted that newly registered members would have been with the Organisation for a short time only and this reflected in the numbers in the up to 1 year period.

As DAWN has been running over 20 years, many members have been attending for a long time and this was reflected in the over 5 year period. This proved that the majority of the members wished to stay long-term members and were happy attending the Centre on a regular basis.

Q6 How would you rate the services provided by DAWN? Answer: (Excellent, Good, Poor)

27 replied excellent, 20 replied good and 0 replied poor

Q7. If you have had any problems, were these resolved to your satisfaction? Answer: (Yes, No, Not sure, No problems)

15 replied yes, 0 replied no, 3 replied not sure, 29 replied no problems

Q8a What health problems or physical/hidden disabilities do you have?

A separate evaluation on health/disability revealed the following:

Acidity (2), Anxiety (2), Arthritis (22), Asthma (6), B12 deficiency (4), Back pain/problems (14), Bladder issues (4), Bronchial Disease (1), Cancer (1), Cataract (2), Cellulitis (1), Deafness (2), Depression (9), Diabetes (23), Dizziness (3), Eye Problems (33), Fear (1), Fibromyalgia (1), Frail/Elderly (17), Frail & Wheel-chair user (1), Gastritis (1), Glaucoma (3), Hearing problems (16), Heart Condition (11), Head injury (1), High cholesterol (11), High BP (8), Hip replacement (1), Head related (1), Incontinence (10), Kidney/Dialysis (4), Knee replacement/problems (10), Leg pain (8), Low BP (3), low mood (1), Lung condition (1), Lupus (1), Memory loss/dementia (1), Migraine (1), Mobility problems (3), Osteoarthritis (9), Osteomalacia (1), Osteoporosis (11), Pace maker (4), Painful feet/joints (3), Poor mobility (3), Polyarthritis (1), Rheumatoid arthritis (1), Shoulder pain/injury (4), Stress (1), Stroke related (1), Thyroid (2), Vertigo (1), Walking with aid (26), Wheelchair (1).

Please note that the majority of members have limited knowledge of English and medical terminology. Therefore, some of the answers look vague on paper. However, all members' proper disabilities and health problems are assessed individually and records kept on file.

Q8b. Are you also incontinent or have any bladder issues? Answer: (Yes, No)

10 replied yes and 37 replied no

Q8c. Do you wear a hearing aid or glasses? Answer: (Hearing Aid, Glasses)

17 replied hearing aid and 33 replied glasses

Q8d. Do you use any of the following: Answer: (Walking Stick, Wheel Chair, Frame, Other)

20 replied walking stick, **1** replied wheel chair, **6** replied frame and **2** replied other: walker & scooter

Q9. What age range do you fall into? Answer: (40-50 years, 50-60 years, 60-70 years, 70-80 years, 80-90 years, 90-100 years)

0 replied 40-50 years, **1** replied 50-60 years, **11** replied 60-70 years, **21** replied 70-80 years, **13** replied 80-90 years, **1** replied 90-100 years

DAWN is aware that our regular members are ageing now and we need to address this issue by being more supportive of their needs. Many have multiple health issues and are being supported by regular telephone calls, health & benefit checks, contact with other statutory bodies e.g. Age UK, Social Services, etc.

Q10. What language do you speak? Answer: (Punjabi, Gujarati, Hindi, Urdu, Other)

31 replied Punjabi, **10** replied Gujarati, **20** replied Hindi, **7** replied Urdu, **7** replied English with Hindi/Punjabi and **1** replied Sindhi

Q11. Are you a Carer? Answer: (Yes, No)

8 replied yes and **39** replied no

Those who replied yes mostly look after their ageing husbands who have health or mobility problems

Q12. Do you live: Alone, With Family, Sheltered/Residential accommodation?

12 replied alone, **34** replied with family and **1** replied Sheltered accommodation

Q13. Have you received a home visit from us? (Yes, No)

42 replied Yes and **5** replied No

If Yes, were you happy with the visit? (Yes, No)

42 replied Yes and **0** said No

Did it meet your needs? Answer: Yes, Not sure

42 said Yes and **5** said Not sure

The **5** who said not sure had unfinished work that was on-going.

Q14. Any other comments you would like to make?

3 replied - enjoy coming to the Centre

1 replied - enjoy helping at the Centre

1 replied - very happy

Disabled Asian Women's Network

Charity No: 1163929

Financial Statements

For the Year Ended 31 March 2024

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DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2024

2023

INCOME

	restricted Funds	unrestricted Funds	total
27,666 Grants	16085		16,085
4,908 Fund Raising & donations			-
- NHS Fed		1200	1,200
- Membership		6265	6,265
- Refund			-
- Donation			-
275 Interest		845	845
100 Compensation			
32,949	16,085	8,310	24,395

LESS EXPENDITURE

	restricted Funds	Unrestricted Funds	TOTAL
21,527 staff salary	8,925	19,490	28,415
- employers nic			-
7,015 rent/hall/utility & hire of office	7,160		7,160
504 Sessional staff			-
- Social activities		444	444
- consultancy			-
- training			-
504 Insurances		625	625
469 Telephones		436	436
1,177 Outdoor trips/social activities			-
- Staff travel			-
- First Aid			-
49 Sundries/disposable cups/plates/spoons/gifts		285	285
40 Subscriptions		40	40
245 Printing , stationary & photocopying/postages		186	186
90 Computer Consumables			-
4,835 Hospitality/refreshments/festivals		5,654	5,654
650 Transport		1,430	1,430
- Charity		390	390
110 Payroll services		180	180
18 Legal Staff		18	18
1,080 Independent examiner		1,080	1,080
146 Donatitions/Queens Jubilee			-
- Disclosure Service			-
320 Depreciation			
38,778	16,085	30,258	46343
Surplus /deficit /for the year			
- 5,829			
Net Outflow(deficit)	-	-	21,948
			21,948

159,077 Total Funds Brought Forward

153,248

DISABLED ASIAN WOMEN'S NETWORK**BALANCE SHEET AS AT 31 MARCH 2023****31/03/2024****31/03/2023**

Fixed assets	Cost	Cost
Board games etc	1,555	1,555
computer	1,278	1,278
Assets/addition	440	440
<u>Less depreciation</u>	<u>2,315</u>	<u>2,315</u>
	<u>958</u>	<u>958</u>
Current assets		
Debtors Redbridge Council	-	-
Bank current account	70,073	92,724
Reserve account	63,729	62,884
Cash in hand	100	18
	<u>133,902</u>	<u>155,626</u>
Total fixed and current assets	<u>134,860</u>	<u>156,584</u>
Less current liabilities		
Payroll Services	180	
independent examiner fees	1,080	1080
PAYE	-	346
wages	2,300	1,910
	<u>3,560</u>	<u>3,336</u>
Net assets	<u>131,300</u>	<u>153,248</u>
Represented by		
ACCUMULATED FUND		
Balance brought forward	153,248	159,077
Add surplus/deficit/ for the year	- 21,948	- 5,829
	<u>131,300</u>	<u>153,248</u>

We approve the above accounts and confirm that we have made available all the records information and explanation necessary for their preparation

TREASURER

Mrs Charula Pajwani

Date

08/08/2024

Mrs Balwir Kaur

Secretary

Mrs Harsha Popat

Chairperson

Disabled Asian Women's Network

Noted to the Accounts for the year ended 31 March 2024

1. Accounting Policies

These accounts have been prepared under the historical cost convention using the accruals basis.

Fixed assets have been depreciated at 25% on a straight line basis.

2. Creditors

	2024	2023
	£	£
Accrued Wages-paye	2,300	2,256
photocopying charges		
Payroll Charges	180	
Rent		
Independent Examination	1,080	1,080

3. There has been an decrease in funding from the london Borough of Redbridge

for the year ending 31/03/2024 compared with previous year

4. Statement of Trustees' Responsibilities

The trustee's are required under the Charities Act 1993 to prepare statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- i) select suitable accounting policies and apply them consistently;
- ii) make judgements and estimates that are reasonable and prudent
- iii) state where applicable accounting standards and statements of recommended practices and have been followed, subject to any departures disclosed and explained in the financial statements
- iv) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy charity and which enable them to ensure that the financial statements comply with applicable law and regulations. They are also responsible for safeguarding the assets if the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31-03-2024

	2024		2023
EXPENDITURE			
Wages (for 3) employers nic	28,415	(2 EMPLOYEES)	21527
Rent/room hire	7,160	HIRE OF HALL (LONDON BOROUGH OF REDBRIDGE)	7015
First Aid		First Aid	
Sessional staff		Sessional staff	522
Insurances	625	Insurances	504
Telephone and postage	436	Telephone and postage	469
Outdoor trips/social activities	444	OUTDOOR TRIPS-CINEMAS-RESTAURANTS	1177
Management Cost		MANAGEMENT COST	
Training		TRAINING	
Computer Consumables		COMPUTER CONSUMABLES	90
Sundries		Sundries	49
Sundries/disposable cups/plates/spoons/gifts	285	Sundries/disposable cups/plates/spoons/gifts	
Subscriptions	40	Subscriptions	40
Printing and stationary	186	PRINTING -STATIONARY	245
Transport		TRANSPORT	
Hospitality & refreshments	5,654	Hospitality & refreshments	4835
Payroll services	180	Payroll services	110
Donation/Tukey Relief	390	Donation/Tukey Relief	146
Independent examiner	1,080	Independent examiner	1080
Depreciation	320	Depriciation	320

DISABLED ASIAN WOMEN'S NETWORK

England & Wales - Charity number 1163929

Accounts



DISABLED ASIAN WOMEN'S NETWORK

Report

For Year Ended 31 March 2023



**Cardinal Heenan Centre,
326 High Road,
Ilford, Essex.
IG1 1QP
Tel: 0203 609 4088**

Reg. Charity No. 1163929

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- 9. Evaluation**
- 10. Accounts**

Mission Statement

DAWN exists to provide free, good quality support, information/advice service and recreational facilities for Disabled Asian Women, living in the London Borough of Redbridge.

Our objectives are to:

- Eliminate isolation & develop a social network.
- Support disabled women to lead more independent lives by empowering them with knowledge and advice.
- Build confidence.
- Provide a regular meeting place.

DAWN Core values are as follows:

- To actively seek to involve local Disabled Asian Women in the management and running of our services.
- Take in consideration the views of our users to help shape and influence what services we provide and how they are delivered.
- Our services will be open to all Disabled Asian Women who qualify to use them.

Background

Disabled Asian Women's Network was set up in December 1993 to cater for physical, emotional and mental well-being of disabled Asian women. It was designed to improve the quality of life for the elderly and help them to manage their lives with more comfort and ease which will give them a sense of being part of the community. It also provides a forum for free exchange of information, beliefs and ideas about gender, race and disability.

Attendance and what we provide

We run a weekly **Well-being club** on Tuesday and Wednesday. Currently DAWN provides a service for over 85 members. Members can take part in a variety of activities, learn new skills, find out about health-related issues and take part in gentle exercise. These include:

- Culturally appropriate activities such as singing and celebrating traditional festivals.
- Talks on health-related issues, helping members understand what they can do to look after themselves better.
- Exercise and yoga classes

- Regular health related clinics/workshops where one can access cheap or free alternative therapies, e.g. massage and reflexology, health checks, mobile opticians, etc.
- We encourage befriending and social interaction among our members

Other activities include:

- Trips to the seaside, picnics or walk around the park
- Visiting the cinema or going for a meal.
- Other interest-related excursions both local and abroad

We offer **support** and **independent living**

- We provide support and information whether it is about care or filling in forms about benefit entitlements, etc.
- We offer advice on health and social care
- We sign-post those who need to be directed to the right agencies for extra support, learn new skills and remain independent longer.

We offer Support and **Outreach** visits to those who are unable to attend the Centre for various reasons like:

- Those members who are unable to attend due to poor health
- Those who have recently been discharged from hospital
- Those who are isolated
- Those who are housebound or not mobile

Funding Arrangements

At the time of printing DAWN has a contract with the **London Borough of Redbridge** and we look forward to again securing this funding for the following year. In addition to this DAWN is constantly applying to other funders for their short-term projects.

DAWN maintains tight grips on monitoring financial spend across the board and regular reports are presented to the Committee and the Council. This allows opportunity to identify under/over spends in given budget heads and taking remedial action.

Finally, it can be said that DAWN provides value for its money. Staff and the Management Committee work extremely hard to provide a valuable service with limited funding relieving the burden of the already stretched Social Care Services. Being a unique group it provides a specialist service to Disabled Asian Women of all cultures and communities across the London Borough of Redbridge.

CHAIRPERSON'S REPORT

After a lot of trial and tribulations I am pleased to report that DAWN is finally up and running. Despite the Coronavirus closedown in 2020 our members have slowly but surely filtered in, mostly reassured after a few brave ones first ventured back into our fold. Many of those who returned were still recovering from the after-shock of what they had gone through and everyone had a sad story to tell.

As a result, members became closer and started to interact more with each other and we saw lots of friendships flourishing. It was a time for reflection and grieving and also for being grateful to have come out through the other end safely.

I am pleased to know that over 60 members have now benefitted from the Group therapy sessions that we managed to set up for them through the NHS Talking Therapies.

Celebrating the late Queen's Platinum Jubilee was the highlight when everyone got together and created two garden boxes fit for the Queen, one with herb based plants and one with general plants decorated with bunting and flags. These were displayed in the Town Shopping Centre and many had a chance to take pictures with the local Mayor. This was followed by the fundraising event at the Centre where members rallied round to sell plants, food snacks and other memorabilia. It was very uplifting to see all our members participating and enjoying themselves.

I believe that DAWN is flourishing as never before and members' appreciation of the work that we do speaks volumes. I am very lucky to have a good team and staff who are not only dedicated but also go out of their way to support and help me whenever I have asked for their assistance. I would, therefore, like to take this opportunity to thank them all and hope they continue to give me the support for as long as I am in office.

Harsha Popat

Disabled Asian Women's Network

SECRETARY'S REPORT

I first became a member as a carer for my mother-in-law who had dementia. I had no idea how she would be managed and be supported at DAWN. However, over time I noticed how dedicated and caring members were to each other and the help they got with form-filling, advice and dial-a-ride bookings. This made me feel included and supported. Slowly, I realised how easy it was to talk to staff or get any advice or information that I needed.

My mother-in-law has since passed away but I have now dedicated my services to DAWN. I attend every week and I help with everything that I am capable of. This year is my first year as Secretary and I am thoroughly enjoying every minute of it. Not only has it built my confidence but it has got me closer to many members who I am now meeting socially.

At DAWN I am attending meetings, helping to organise trips to the sea-side, cinemas and communicating with and interacting with other local groups so I can bring fresh ideas and ways of working here.

I also supporting with activities, serving refreshments, and at the same time, help with decision making at committee level.

I hope my contribution to DAWN is worthy of appreciation.

Balwir Kaur
Secretary

STAFF REPORT

To ensure all members felt safe and secure indoors, my first priority has been to follow the post-covid risk assessment policy for the safety of all members attending the Day Centres. This was carried out by offering awareness talks, always informing members what was at risk and implementing measures to combat especially hygiene at meal-times and not sitting too closely together.

Members had been traumatised with the impact of the Coronavirus outbreak in 2020 and many had lost relatives during that time. There were cases where they could not say their goodbyes to them, some died in isolation in hospitals and some could not travel back to their homeland to be with relatives, etc. With a lot of networking and hard work I managed to arrange for the NHS Talking therapies to attend and offer group sessions to our members. Overall 20 sessions took place which I facilitated and I am pleased to report that over 60 members benefitted from this scheme.

DAWN celebrated the late Queen's Platinum Jubilee by joining a competition organised by the Community Ilford Exchange Shopping Centre decorating two garden boxes with herbal plants and general indoor plants. Two projects were set up and each group had to plan, buy their own compost and plants and come up with innovative ideas for decorating their boxes. These were finally submitted and displayed with other entries from the community where they would be judged for a prize from the Mayor. Although DAWN did not win, everyone who participated, had a good time getting their hands dirty, being creative, and this lifted their spirits a little. This was followed by DAWN fundraising on that day with stalls selling snacks, plants and other items and everyone had a good time.

The Christmas party was another event that was enjoyed by all members. This was arranged at the local Asiatique Indian Restaurant. A lot of hard work went into arranging this event and nearly 70 members attended on that day. Members danced away with the Mayor in tow and everyone went home in good spirits.

Neelam Pahl

Project Manager

ACTIVITIES

All our charitable activities focus on benefitting Disabled Asian Women and providing them a space to learn, grow and socialise. Our activities deliver public benefit by the main activities we have described below. Activities this year have included the following:

Yoga and Exercise

Classes take place regularly at both Tuesday and Wednesday sessions. At present Yoga is carried out by qualified sessional workers. At intervals Keep fit exercises are also offered via Redbridge Community Volunteer Services (CVS). These are enjoyed by all our members and gentle exercises are sometimes carried out by individual members in their absence so that they are given a chance to lead in order to empower and gain confidence.

Health & well-being

Health checks have been carried out by the local P.S. Chemists who have overseen several sessions where members' sugar levels, height & weight checks have been carried out, and advice offered.

Eye clinic – Heparan Mobile Opticians hold a clinic on a yearly basis, over 3 weeks and offer eye checks and spectacles service.

Weekly Walk in the Park – In partnership with Vision, DAWN enables its members to access the weekly Thursday walk in Valentines Park. This gives members not only a chance to participate in the walk and enhance their emotional and physical wellbeing but also gives many an opportunity to socialise and befriend others.

Talks (formal)

- Group counselling Sessions – NHS Talking Therapies
- Healthy Eating, CVS

Talks (informal)

- SPF Awareness
- Keeping Cool and Hydrated
- Latest Scam Awareness – members' experience

- Safety on buses
- Staying well in Winter

Discussions

- Was Jalaram a real Deity?
- Meaning of 'Sraavan' Month in Hindu Calendar
- On-going Riots in Leicester between Hindus & Muslims
- Ageing Today

Other Activities

- Spiritual Story-telling
- Sharing memories of a holiday visits
- Laughter session
- Memory Games
- Family Fortune Game
- Quiz
- Bhajans and hymns
- Sing-along
- Joke session
- Kirtan and Shabad
- Bingo
- Antakshari
- Card Game

Festivals

- Diwali
- Christmas
- Gur Pur (Guru Nanak's birthday)

Other Celebrations

- Navratri
- Lodi
- Mahashivratri
- Queen's Platinum Jubilee
- Teeyan (Celebrating Women)
- India Republic Day
- International Women's Day
- Holi (Day of Colours)

Trips

- Greenford, Southall

Fundraising

- Food/Snacks Sale
- Raffle
- Turkey Earthquake

FUTURE PLANS

Marketing and Advertising

DAWN has decided that it was again time to start advertising our services in the local community and build members' confidence to return and enjoy the activities provided. It was also hoped that networking along with some poster distribution in the local GP surgeries, local organisations, etc. and a range of activities planned in the future may also encourage new membership also.

Trips

DAWN has been approached by many members who are elderly to arrange some trips abroad. It is difficult for them to travel with their families or they feel they want to see the world without being a burden on them. To take them abroad DAWN will need to consider risk assessments, insurance, appropriate accommodation and destinations which they will be able to enjoy. DAWN will look into this as a future plan.

.....

EVALUATION

An evaluation of the services provided was carried out including the type of members that were accessing this service. Out of **82** questionnaires given out, **51** were received, duly completed. The result with questions asked and answers received were as follows:

Q1. How do you find coming to the Centre? Answer: (useful, very useful, not useful)

30 replied very useful, **21** replied useful and **0** replied not useful.

This proved that the members definitely gained by attending our Centre.

Q2. Do you enjoy the activities that are provided at the Centre? Answer: (very much, alright, not much)

28 replied very much **23** replied alright and **0** replied not much.

This proved that the activities provided were appropriate to the needs of the members. The 23 who replied 'alright' were satisfied and had no complaints.

Q3. What activities would you like to see more of? Answer: (Exercise, Cinema, Educational, Celebrations, Cultural talks, Art & Craft, Talks on health issues, Talks/discussions on well-being, Traditional singing/dancing, Religious or Spiritual discourse, Other)

50 replied exercise, **33** replied cinema, **23** replied educational, **35** replied celebrations, **35** replied cultural, **19** replied art & craft, **42** replied health issues, **27** replied talks/discussions on well-being, **37** replied traditional singing/dancing, **31** replied religious or spiritual discourse and **1** replied Other offering suggestions of more park walks, swimming, restaurant visits.

The result showed that exercising and talks on health issues were of the most importance, thus valuing regular attendance at the Centre. Cultural celebrations along with traditional singing and dancing made members feel more at home and the spiritual discourse helped to identify morally to the Asian culture. Art and craft brought out creativity and relieved mental stress.

Q4. As a result of attending the Centre how has this affected your daily lives?

Answer: (Feel happier, increased social circle, gained knowledge, gained confidence, Other)

Members were asked to tick more than 1 box if they wished. **42** replied Feel happier, **32** replied increased social circle, **25** replied gained knowledge, **31** replied gained confidence and **3** replied made new friends, less lonely, felt included.

Q5. How long have you been coming to the Centre? Answer: (6 months, 1 year, 2 years, 3 years, 4 years, 5 years or longer)

3 replied 6 months, **1** replied 1 year, **2** replied 2 years, **3** replied 3 years, **3** replied 4 years and **39** replied 5 years or longer.

It was noted that newly registered members would have been with the Organisation for a short time only and this reflected in the numbers in the 6 months and 1 year period.

As DAWN has been running over 10 years, many members have been attending for a long time and this was reflected in the over 5 year period. This proved that the majority of the members wished to stay long-term members and were happy attending the Centre on a regular basis.

Q6 How would you rate the services provided by DAWN? Answer: (Excellent, Good, Poor)

29 replied excellent, **22** replied good and **0** replied poor

Q7. If you have had any problems, were these resolved to your satisfaction? Answer: (Yes, No, Not sure, No problems)

20 replied yes, **0** replied no, **10** replied not sure, **17** replied no problems

Q8. What age range do you fall into? Answer: (40-50 years, 50-60 years, 60-70 years, 70-80 years, 80-90 years, 90-100 years)

0 replied 40-50 years, **2** replied 50-60 years, **17** replied 60-70 years, **18** replied 70-80 years, **14** replied 80-90 years, **0** replied 90-100 years

DAWN is aware that our regular members are ageing now and we need to address this issue by being more supportive of their needs. Many have multiple health issues and are being supported by regular telephone calls, health & benefit checks, contact with other statutory bodies e.g. Age Concern, Social Services, etc.

Q9. What language do you speak? Answer: (Punjabi, Gujarati, Hindi, Urdu, Other)

35 replied Punjabi, **18** replied Gujarati, **30** replied Hindi, **7** replied Urdu, **7** replied English with Hindi/Punjabi and **1** replied Sindhi

Q10. Are you a Carer? Answer: (Yes, No)

9 replied yes and **38** replied no

Those who replied yes mostly look after their ageing husbands who have health or mobility problems

.

Q11. Do you live: Alone, With Family, Sheltered/Residential accommodation?

14 replied alone, **35** replied with family and **2** replied Sheltered accommodation

Q12. Have you received a home visit from us? (Yes, No)

20 replied Yes and **27** replied No

If Yes, were you happy with the visit? (Yes, No)

20 replied Yes and **0** said No

Did it meet your needs? Answer: Yes, Not sure

20 said Yes and **2** said Not sure

The **2** who said not sure had unfinished work that was on-going.

Q12 Any other comments you would like to make?

No comments were received.

Disabled Asian Women's Network

Charity No: 1163929

Financial Statements

For the Year Ended 31 March 2023

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Income and Expenditure Account	2
Balance Sheet	3
Notes to the Accounts	4

DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2021

2022

INCOME

	restricted Funds	unrestricted Funds	total
33,000 Grants	27666		27,666
- 2,084 Fund Raising & donations		4908	4,908
1,015 Job Retention Scheme			-
- Membership			-
- Refund			-
- Donation			-
6 Interest			275
- Compensation			100
31,937	27,666	4,908	32,949

LESS EXPENDITURE

	restricted Funds	Unrestricted Funds	TOTAL
12,233 staff salary	21,527		21,527
- employers nic			-
6,162 rent/hall/utility & hire of office	7,015		7,015
- Sessional staff	504		504
- Social activities			-
- consultancy			-
- training			-
444 Insurances	504		504
477 Telephones	320	149	469
- Outdoor trips/social activities	650	527	1,177
- Staff travel			-
74 First Aid			-
71 Sundries/disposable cups/plates/spoons/gifts		49	49
40 Subscriptions		40	40
525 Printing , stationary & photocopying/postages	180	65	245
- Computer Consumables		90	90
1,428 Hospitality/refreshments/festivals	3,888	947	4,835
- Transport	500	150	650
460 Charity			-
205 Payroll services	110		110
- Legal Staff		18	18
1,080 Independent examiner			1,080
- Donatitions/Queens Jubilee	146		146
- Disclosure Service			-
280 Depreciation			320
23,478	35,342	2,036	38778
Surplus /deficit /for the year			
8,459			
Net Outflow(deficit)	- 7,676	2,872	- 5,829

150,618 Total Funds Brought Forward

159,077

DISABLED ASIAN WOMEN'S NETWORK**BALANCE SHEET AS AT 31 MARCH 2023****31/03/2023****31/03/2022**

Fixed assets	Cost	Cost
Board games etc	1,555	1,555
computer	1,278	1,278
Assets/addition	440	0
<u>Less depreciation</u>	<u>2,315</u>	<u>1,995</u>
	<u>958</u>	<u>838</u>
Current assets		
Debtors Redbridge Council	-	-
Bank current account	92,724	97,497
Reserve account	62,884	62,609
Cash in hand	18	49
	<u>155,626</u>	<u>160,155</u>
Total fixed and current assets	<u>156,584</u>	<u>160,993</u>
Less current liabilities		
PAYE/NIC		
independent examiner fees	1080	1080
PAYE	346	155
wages	1,910	680
	<u>3,336</u>	<u>1,915</u>
Net assets	<u>153,248</u>	<u>159,078</u>

Represented by

ACCUMULATED FUND

Balance brought forward	159,077	150,618
Add surplus/deficit/ for the year	- 5,829	8,459
	<u>153,248</u>	<u>159,077</u>

We approve the above accounts and confirm that we have made available all the records information and explanation necessary for their preparation

TREASURER

Mrs Charula Pajwani

Date

22/08/2023

Mrs Balwir Kaur

Secretary

Mrs Harsha Popat

Chairperson

Disabled Asian Women's Network

Noted to the Accounts for the year ended 31 March 2023

1. Accounting Policies

These accounts have been prepared under the historical cost convention using the accruals basis.

Fixed assets have been depreciated at 25% on a straight line basis.

2. Creditors

	2023	2022
	£	£
Accrued Wages-paye	2,256	835
photocopying charges		
Payroll Charges		
Rent		
Independent Examination	1,080	1,080

3. There has been an decrease in funding from the london Borough of Redbridge

for the year ending 31/03/2023 compared with previous year

4. Statement of Trustees' Responsibilities

The trustee's are required under the Charities Act 1993 to prepare statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- i) select suitable accounting policies and apply them consistently;
- ii) make judgements and estimates that are reasonable and prudent
- iii) state where applicable accounting standards and statements of recommended practices and have been followed, subject to any departures disclosed and explained in the financial statements
- iv) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy charity and which enable them to ensure that the financial statements comply with applicable law and regulations. They are also responsible for safeguarding the assets if the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31-03-2023

	2023		2022
EXPENDITURE			
Wages (for 3) employers nic	21,527	(2 EMPLOYEES)	12233
Rent/room hire	7,015	HIRE OF HALL (LONDON BOROUGH OF REDBRIDGE)	6162
First Aid		First Aid	74
Sessional staff	522	Sessional staff	
Insurances	504	Insurances	444
Telephone and postage	469	Telephone and postage	477
Outdoor trips/social activities	1,177	OUTDOOR TRIPS-CINEMAS-RESTAURANTS	
Management Cost		MANAGEMENT COST	
Training		TRAINING	
Computer Consumables	90	COMPUTER CONSUMABLES	0
Sundries	49	Sundries	3
Sundries/disposable cups/plates/spoons/gifts		Sundries/disposable cups/plates/spoons/gifts	68
Subscriptions	40	Subscriptions	40
Printing and stationary	245	PRINTING -STATIONARY	525
Transport	650	TRANSPORT	
Hospitality & refreshments	4,835	Hospitality & refreshments	1428
Payroll services	110	Payroll services	205
Donation/Queen's Jubilee	146	Donation/Queen's Jubilee	460
Independent examiner	1,080	Independent examiner	1080
Depreciation	320	ON BOARD GAMES & computer	280

Independent examiner's report on the accounts

Section A Independent Examiner's Report
Report to the trustees/members of DISABLED ASIAN WOMEN'S NETWORK

On accounts for the year ended 31st March 2023 Charity no (if any) 1163929

Set out on pages 2 to 4

Respective responsibilities of trustees' and examiner The charity's trustees are responsible for the preparation for the accounts.
The charity's trustees' consider that an audit is not required for the 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 accounts 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 My examination was carried out in accordance with

examiner's statement general Directions given by the Charity Commission.
An examination includes a review of the presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. In our opinion, the accounts present a true and fair view of the Charity and its financial affairs

Independent examiner's In connection with my examination, no matter has
statement come to my attention (other than that disclosed below *

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 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.

Signed:

Name: JAGDEEP SINGH WALIA

Relevant professional qualifications(s)

Address: 6 St. Georges Avenue
Southall UB1 1PZ

Date: 22/08/2023

Jagdeep S Walia

CHARTERED TAX ADVISOR, CTA, ATT (FELLOW), FFTA
(Membership No 88968)

6 St. Georges Avenue, Southall
Middlesex UB1 1PZ

DISABLED ASIAN WOMEN'S NETWORK

England & Wales - Charity number 1163929

Accounts



DISABLED ASIAN WOMEN'S NETWORK

Report

For Year Ended 31 March 2022



**Cardinal Heenan Centre,
326 High Road,
Ilford, Essex.
IG1 1QP
Tel: 0203 609 4088**

Reg. Charity No. 1163929

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4. Mission Statement

5. Background

5. Funding Arrangements

6. Chair's Report

7. Secretary's Report

8. Staff Report

9. Governing Document

10. Activities

16. Future Plans

17. Evaluation

18. Accounts

Reference and Administrative Information

Charity Name: Disabled Asian Women's Network

Charity registration number: 1163929

Registered Office and
operational address: Cardinal Heenan Centre,
326 High Road,
Ilford,
IG1 1QP

Management Committee

Mrs H Popat	Chairperson
Mrs R Atkar	Vice-chair
Mrs H Bhachu	Secretary
Ms N Chakraborty	Treasurer
Mrs M Pandya	
Mrs M Sohanpal	
Mrs J Ahluwalia	
Mrs S Patel	
Mrs B Kaur	
Mrs M Dhamrat	

Senior Management Team

Mrs N Pahl Project Manager

Independent Examiner – Sukhraj Singh Hanspal , S.S.H. Accountancy Services Ltd-
101 Wanstead Park Road, Ilford, Essex, IG1 3TH

Bankers – Royal Bank of Scotland – Drummond House (BG) Branch, Po Box 1727,
Edinburgh, EH12 9RH

Mission Statement

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Our objectives are to:

- Eliminate isolation & develop a social network.
- Support disabled women to lead more independent lives by empowering them with knowledge and advice.
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- Talks on health-related issues, helping members understand what they can do to look after themselves better.
- Exercise and yoga classes
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Finally, it can be said that DAWN provides value for its money. Staff and the Management Committee work extremely hard to provide a valuable service with limited funding relieving the burden of the already stretched Social Care Services.

Being a unique group it provides a specialist service to Disabled Asian Women of all cultures and communities across the London Borough of Redbridge.

Governing Document

The charity is operated as a Charity Incorporated Organisation (CIO).

Overall management of the charity is the responsibility of trustees who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by paid staff and volunteers.

Recruitment and appointment of management committee

As a CIO the members of the management committee are elected from DAWN'S members and other Trustees with appropriate skills and experience may be appointed to benefit DAWN'S cause.

At the AGM Trustees are appointed or reappointed as laid out in our constitution.

Due to the nature of its work the charity inevitably focuses on elderly Disabled Asian women. The Management Committee ensures the needs of this group are appropriately reflected through the different cultural backgrounds and any disabilities that they may have.

All members of the Management Committee give their time voluntarily and receive no benefits from the charity.

Organisational Structure

DAWN has a Management Committee of up to 12 members who meet quarterly and are responsible for the running of the organisation. Some elected members may volunteer to attend on both days (Tuesday and Wednesday) to volunteer their time when the day centre is in operation.

Duties are put in place and day to day responsibility for the provision of the services rest with the Project Manager along with the Chairperson. The Chairperson is responsible for ensuring the charity delivers the services specified and that key performance indicators are met. The Project Manager has responsibility for the day to day operational management of the centre.

Risk Statement

The Charity has considered a range of risks to which it could be exposed and the Trustees regularly review the policies and procedures which aim to minimise those risks, ensuring that these are adequate, appropriate and complied with fully.

Who uses and benefits from our services?

The charity benefits members of the public by providing a drop-in session every Tuesday and Wednesday for Disabled Asian Women living in Redbridge who are isolated and frail, who enjoy coming to the centre to socialise, gain confidence, make friends and gain knowledge and awareness.

We also work with other organisations to gain training, fundraising, networking and for educational awareness.

Summary of main achievements during the period

- Successfully keeping contact with all members via telephone
- Successfully offering support and advise to members and their families via a telephone link.
- Made 10 outreach visits (in between lockdown ease) and offered support.
- Kept on-going support to families via telephone and visits (in between lockdown ease). They were emotionally distressed due to their loved ones being admitted into hospital or who had died.
- Successfully completed the risk management of all members returning to DAWN.

CHAIRPERSON'S REPORT

Yes! As predicted we survived the lockdown and emerged victorious in opening our doors 6 months later to all our members on 5th October 2021. No doubt it has been a horrendous journey for our members - some locked away in their homes and unable to go out and some felt stifled by families keeping them indoors on a 'tight reign' and those who did manage to venture out were checked upon by their children on their outings, scared they might bring in the coronavirus.

However, it was not all doom and gloom – many members found their way into the local parks and I received many reports that they had befriended other like-minded people who had made little walking groups and were happy to see each other on a regular basis. One or two even reported meeting in a local café for a cup of tea which was very enlightening.

The committee, myself and staff have also kept in touch with each other via the telephone and now many were calling each other quite regularly and catching up with the latest gossip. This was all very encouraging and I thank all our members for participating and keeping each other's spirits high.

With regard to opening up again, a lot of work has been done by staff working on the risk assessments, posting individual letters to members and follow-up phone calls to get the group up and running again and for that I wish to thank Neelam for all her hard work and the Committee for their input and support.

Ending my report on a happy note I want to share that 1 member who we nearly lost during the lockdown has finally had her fatal tumour operated on and is recovering well at home. We wish her a speedy recovery and hope to see her at the Centre soon.

Harsha Popat

Disabled Asian Women's Network

SECRETARY'S REPORT

I am so glad that DAWN has re-opened its doors once again. I am a member first and a Secretary second and, believe me, Covid has had a great impact on my well-being. I live alone with my grandson and unable to go out earlier on, I was one depressed and lonely person. However, I thank God for all the friends that I have made at DAWN over the years that I am able to talk about this. I just want to take this opportunity to thank them all for keeping my spirits up via the telephone including some outdoor visits. I also want to thank the Chair and other Committee members who also made an effort to keep me cheered up. I hope I have done the same for all our members.

For the first 6 months most of the work I have carried out with the Management Committee has mainly been through our regular Zoom meetings and any limited decisions have been in consent with the Chairperson.

Overall it has been a long learning experience for us all. It has been a difficult task enticing old members to return to the Centre and it will take some time to build everyone's confidence again but we hope this Covid related experience will eventually make us more resilient and able to cope better in future.

Harminder Bhachu
Secretary

STAFF REPORT

I returned to the office in April 2021 (having worked from home until then) and worked in isolation catching up with office based work. When I realised that we could look into opening in Sept/October, I started working on the risk assessment and related paperwork. With the help of the Chairperson, we formulated a covering letter informing all our members about our decision to open and letting them know of the ensuing changes that would take place. This was followed with individual phone calls to all our members and then receiving paperwork back which needed recording, etc. A new register was collated for all those members who wished to re-attend and, those, who wished to attend at a later date. All this was very time consuming but I am happy that the members have slowly trickled back despite the rigorous checks at every visit.

Unfortunately, the pre-arranged Diwali and Christmas events, which I had worked so hard to organise had to be cancelled due to the Omicron virus threat but our members didn't mind these being brought forward to a later date when they could all attend and participate in and have fun.

I have focused on regularly calling some members to check on their well-being - helping the most vulnerable to accept change and working to optimise their health, eating well, exercising and having their medication on a daily basis. In between the lockdown I have managed to do some home visits to see the very sick, had family-based discussions and offered support and advice to all of them.

I have been attending Zoom meetings with the Chair and Management Committee and dealing with any admin based queries, updating policies and procedures, data base and related queries.

Neelam Pahl

Project Manager

ACTIVITIES

All our charitable activities focus on benefitting Disabled Asian Women and providing them a space to learn, grow and socialise. Our activities deliver public benefit by the main activities we have described below. **The following are a record of DAWN being in operation for only 6 months of the year (Oct. 2021 – Mar 2022) and bearing in mind that no official outdoor activities could take place during Spring and Summer in order to safeguard our members from the threat of Covid infections:**

Activities this year have included the following:

Yoga and Exercise

On this occasion, DAWN members doubled up to offer exercises at these sessions with support from each other.

Talks (formal)

- Covid virus – its impact in the Community and safeguarding yourselves.
- Covid rules update
- Dial-a-Ride – New rules updated
- Remembrance Day – commiserating Covid victims of DAWN
- Rules and checks to keep Covid outbreak at bay
- Safeguarding yourself against Covid at home and outside
- Omicron virus awareness

Talks (informal)

- Building up your immune system

- What does 'Mahashivratri' mean
- Why Hindus celebrate Holi – its spiritual meaning

Discussions

- Latest scams Update – members' experience
- Mobile scams Update – members' experience
- Tribute to Lata Mangeshkar
- Ukraine Crisis and fundraising
- Protection against burglaries
- Benefits of Methi Seeds

Other Activities

- Bhajans and hymns
- Sing-along
- Joke session
- Kirtan and Shabad
- Bingo
- Antakshari
- Card Game

Festivals

- Diwali
- Christmas

Other Celebrations

- Navratri
- Gur Pur
- Mahashivratri

FUTURE PLANS

Marketing and Advertising

DAWN has decided that it was again time to start advertising our services in the local community and build members' confidence to return and enjoy the activities provided. It was also hoped that networking along with some poster distribution in the local GP surgeries, local organisations, etc. and a range of activities planned in the future may also encourage new membership also.

Counselling Services

On listening to some members' terrible experiences of dealing with illness, death and bereavement over the Covid lockdown period it was now imperative to offer some kind of Counselling service to those in need. For this reason, DAWN will be talking to the relevant professionals to help set up some sessions for the benefit of these members.

.....

Annual Evaluation

Unfortunately, due to the Coronavirus Pandemic followed by the Omicron virus, attendance at the day Centres were remarkably reduced. (Members attended for only 6 months of the year (from October 2021 – Mar 2022). This was expected as most of our members are elderly and few who did attend did not attend regularly. A proper evaluation was, therefore, impossible to make. Overall, those who attended were really happy to be back and enjoying the activities being provided.

The Committee decided against the evaluation until the following year as it did not reflect a proper picture of members' input.

Disabled Asian Women's Network

Charity No: 1163929

**Financial Statements
For the Year Ended 31 March 2022**

Contents	Page
Independent Examiner's Report	1
Income and Expenditure Account	2
Balance Sheet	3
Notes to the Accounts	4

Independent examiner's report on the accounts

Section A Independent Examiner's Report
Report to the trustees/members of DISABLED ASIAN WOMEN'S NETWORK

On accounts for the year ended 31st March 2022 Charity no (if any) 1163929

Set out on pages 2 to 4

Respective responsibilities of trustees' and examiner The charity's trustees are responsible for the preparation for the accounts.
The charity's trustees' consider that an audit is not required for the 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 accounts 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 My examination was carried out in accordance with

examiner's statement general Directions given by the Charity Commission.
An examination includes a review of the presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. In our opinion, the accounts present a true and fair view of the Charity and its financial affairs

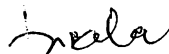
Independent examiner's In connection with my examination, no matter has
statement come to my attention (other than that disclosed below *

1. which gives me reasonable cause to believe that in any material respect, the requirements:

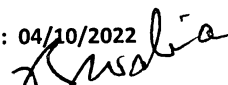
- to keep accounting records in accordance with section 41 of the 1993 Act; and
- to prepare accounts which accord the accounting records and comply with the accounting requirements of the 1993 Act have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 04/10/2022



Name:

Jagdeep S Walia

Relevant professional qualifications(s)

CHARTERED TAX ADVISOR, CTA, ATT (FELLOW), FFTA
(Membership No 88968)

Address:

6 St. Georges Avenue, Southall
Middlesex UB1 1PZ

DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2021

2021

INCOME

	restricted Funds	unrestricted Funds	total
33,628 Grants	33000		33,000
- Fund Raising & donations	-2084	-	2,084
2,064 Job Retention Scheme		1015	1,015
- Membership			-
- Refund			-
- Donation			-
25 Interest			6
- accounts fees written back			-
35,718	30,916	1,015	31,937

LESS EXPENDITURE

	restricted Funds	Unrestricted Funds	TOTAL
14,289 staff salary	12,233		12,233
- employers nic			-
3,789 rent/hall/utility & hire of office	6,162		6,162
28 Sessional staff			-
- Social activities			-
- consultancy			-
- training			-
437 Insurances	444		444
705 Telephones	477		477
- Outdoor trips/social activities			-
- Staff travel			-
- First Aid		74	74
14 Sundries/disposable cups/plates/spoons/gifts	3	68	71
40 Subscriptions	40		40
- Printing , stationary & photocopying/postages	400	125	525
103 Computer Consumables			-
190 Hospitality/refreshments/festivals	1,428		1,428
- Transport			-
- Charity		460	460
315 Payroll services	205		205
- Legal Staff			-
1,080 Independent examiner	1,080		1,080
- Donations			-
- Disclosure Service			-
372 Depreciation			280
21,362	22,471	727	23478
Surplus /deficit /for the year			
14,356			
Net Outflow(deficit)	8,445	288	8,459

136,262 Total Funds Brought Forward

150,618

DISABLED ASIAN WOMEN'S NETWORK

BALANCE SHEET AS AT 31 MARCH 2021

	<u>31/03/2022</u>	<u>31/03/2021</u>
Fixed assets	Cost	Cost
Board games etc	1,555	588
computer	1,278	1,278
Assets/addition	0	967
<u>Less depreciation</u>	<u>1,995</u>	<u>1,715</u>
	<u>838</u>	<u>1,118</u>
Current assets		
Debtors Redbridge Council		-
Bank current account	97,497	89,689
Reserve account	62,609	62,602
Cash in hand	49	55
	<u>160,155</u>	<u>152,346</u>
Total fixed and current assets	<u>160,993</u>	<u>153,464</u>
Less current liabilities		
PAYE/NIC		
independent examiner fees	1080	1080
PAYE	155	5
wages	680	1,761
	<u>1,916</u>	<u>2,846</u>
Net assets	<u>159,077</u>	<u>150,618</u>
Represented by		
ACCUMULATED FUND		
Balance brought forward	150,618	136,262
Add surplus/deficit/ for the year	8,459	14,356
	<u>159,077</u>	<u>150,618</u>

We approve the above accounts and confirm that we have made available all the records information and explanation necessary for their preparation

TREASURER

Ms Nikki Chakrobarti



Date

04/10/2022

Mrs Harminder Bachu

Secretary



4.10.22

Mrs Harsha Popat

Chairperson



4/10/22

Disabled Asian Women's Network

Noted to the Accounts for the year ended 31 March 2022

1. Accounting Policies

These accounts have been prepared under the historical cost convention using the accruals basis.

Fixed assets have been depreciated at 25% on a straight line basis.

2. Creditors

	2022	2021
	£	£
Accrued Wages-paye	835	1,766
photocopying charges		
Payroll Charges		
Rent		
Independent Examination	1,080	1,080

3. There has been an decrease in funding from the london Borough of Redbridge

for the year ending 31/03/2022 compared with previous year

4. Statement of Trustees' Responsibilities

The trustee's are required under the Charities Act 1993 to prepare statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- i) select suitable accounting policies and apply them consistently;
- ii) make judgements and estimates that are reasonable and prudent
- iii) state where applicable accounting standards and statements of recommended practices and have been followed, subject to any departures disclosed and explained in the financial statements
- iv) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy charity and which enable them to ensure that the financial statements comply with applicable law and regulations. They are also responsible for safeguarding the assets if the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31-03-2022

	2022		2021
EXPENDITURE			
Wages (for 3) employers nic	12233	(2 EMPLOYEES)	14289
Rent/room hire	6162	HIRE OF HALL (LONDON BOROUGH OF REDBRIDGE)	3789
First Aid	74		
Sessional staff		CARERS / YOGA CLASSES	28
Insurances	444	CONTENTS-PUBLIC -EMPLOYEE LIABILITY	437
Telephone and postage	477	PHONE BILLS /STAMPS/POSTAGE	705
Outdoor trips/social activities		OUTDOOR TRIPS-CINEMAS-RESTAURANTS	
Management Cost		MANAGEMENT COST	
Training		TRAINING	
Computer Consumables	0	COMPUTER CONSUMABLES	103
Sundries	3		
Sundries/disposable cups/plates/spoons/gifts	68	Sundries/disposable cups/plates/spoons/gifts	14
Subscriptions	40	Subscriptions	40
Printing and stationary	525	PRINTING -STATIONARY	
Transport		TRANSPORT	
Hospitality & refreshments	1428	Hospitality & refreshments	190
Payroll services	205	Payroll services	315
Donation	460	Donation	
Independent examiner	1080	Independent examiner	1080
Depreciation	280	ON BOARD GAMES & computer	372

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/members of

DISABLED ASIAN WOMEN'S NETWORK

On accounts for the year ended

31st March 2022 Charity no (if any) 1163929

Set out on pages

2 to 4

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- *to state whether particular matters have come to my attention.

Basis of independent

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examiner's statement

general Directions given by the Charity Commission.
An examination includes a review of the presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. In our opinion, the accounts present a true and fair view of the Charity and its financial affairs

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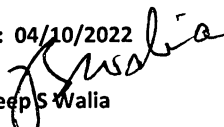
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Signed:



Date: 04/10/2022



Name:

Jagdeep S Walia

Relevant professional qualifications(s)

CHARTERED TAX ADVISOR, CTA, ATT (FELLOW), FFTA
(Membership No 88968)

Address:

6 St. Georges Avenue, Southall
Middlesex UB1 1PZ

DISABLED ASIAN WOMEN'S NETWORK

England & Wales - Charity number 1163929

Accounts



DISABLED ASIAN WOMEN'S NETWORK

Report

For Year Ended 31 March 2021



**Cardinal Heenan Centre,
326 High Road,
Ilford, Essex.
IG1 1QP
Tel: 0203 609 4088**

Reg. Charity No. 1163929

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- 2. Mission Statement**
- 3. Background**
- 4. Funding Arrangements**
- 5. Governing Document**
- 6. Chair's Report**
- 7. Secretary's Report**
- 8. Staff Report**
- 9. Activities**
- 10. Evaluation**
- 11. Future Plans**

Reference and Administrative Information

Charity Name: Disabled Asian Women's Network

Charity registration number: 1163929

Registered Office and
operational address: Cardinal Heenan Centre,
326 High Road,
Ilford,
IG1 1QP

Management Committee

Mrs H Popat	Chairperson
Mrs R Atkar	Vice-chair
Mrs H Bhachu	Secretary
Ms N Chakrobarty	Treasurer
Mrs M Pandya	
Mrs M Sohanpal	
Mrs J Ahluwalia	
Mrs S Patel	
Mrs B Kaur	
Mrs M Dhamrat	

Senior Management Team

Mrs N Pahl Project Manager

Independent Examiner – Jagdeep Singh Walia (CTA), 6 St. Georges Avenue,
Southall, Middlesex, UB1 1PZ

Bankers – Royal Bank of Scotland – Drummond House (BG) Branch, Po Box 1727,
Edinburgh, EH12 9RH

Mission Statement

DAWN exists to provide free, good quality support, information/advice service and recreational facilities for Disabled Asian Women, living in the London Borough of Redbridge.

Our objectives are to:

- Eliminate isolation & develop a social network.
- Support them to lead more independent lives by empowering them with knowledge and advice.
- Build confidence.
- Provide a regular meeting place.

DAWN Core values are as follows:

- To actively seek to involve local Disabled Asian Women in the management and running of our services.
- Take in consideration the views of our users to help shape and influence what services we provide and how they are delivered.
- Our services will be open to all Disabled Asian Women who qualify to use them.

Background

Disabled Asian Women's Network was set up in December 1993 to cater for physical, emotional and mental well-being of disabled Asian women. It was designed to improve the quality of life for the elderly and help them to manage their lives with more comfort and ease which will give them a sense of being part of the community. It also provides a forum for free exchange of information, beliefs and ideas about gender, race and disability.

Attendance and what we provide

We run a weekly **Well-being club** on Tuesday and Wednesday. Currently DAWN provides a service for over 140 members. Members can take part in a variety of activities, learn new skills, find out about health-related issues and take part in gentle exercise. These include:

- Culturally appropriate activities such as singing and celebrating traditional festivals.
- Talks on health-related issues, helping members understand what they can do to look after themselves better.
- Exercise and yoga classes
- Regular health related clinics/workshops where one can access cheap or free alternative therapies, e.g. massage and reflexology, health checks, mobile opticians, etc.
- We encourage befriending and social interaction among our members

Other activities include:

- Trips to the seaside, picnics or walks around the park
- Visiting the cinema or going for a meal.
- Other interest- related excursions both local and abroad

We offer **support** and **independent living**

- We provide support and information whether it is about care or filling in forms about benefit entitlements, etc.
- We offer advice on health and social care.
- We sign-post those who need to be directed to the right agencies for extra support, learn new skills and remain independent longer.

We offer Support and **Outreach** visits to those who are unable to attend the Centre for various reasons like:

- Those members who are unable to attend due to poor health.
- Those who have recently been discharged from hospital.
- Those who are isolated.
- Those who are housebound or not mobile.

Funding Arrangements

At the time of printing DAWN has a contract with the **London Borough of Redbridge** and we look forward to again securing this funding for the following year. In addition to this DAWN is constantly applying to other funders for their short-term projects.

DAWN maintains tight grips on monitoring financial spend across the board and regular reports are presented to the Committee and the Council. This allows opportunity to identify under/over spends in given budget heads and taking remedial action.

Finally, it can be said that DAWN provides value for its money. Staff and the Management Committee work extremely hard to provide a valuable service with limited funding relieving the burden of the already stretched Social Care Services. Being a unique group it provides a specialist service to Disabled Asian Women of all cultures and communities across the London Borough of Redbridge.

Governing Document

The charity is operated as a Charity Incorporated Organisation (CIO).

Overall management of the charity is the responsibility of trustees who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by paid staff and volunteers.

Recruitment and appointment of management committee

As a CIO the members of the management committee are elected from DAWN'S members and other Trustees with appropriate skills and experience may be appointed to benefit DAWN'S cause.

At the AGM Trustees are appointed or reappointed as laid out in our constitution.

Due to the nature of its work the charity inevitably focuses on elderly Disabled Asian women. The Management Committee ensures the needs of this group are appropriately reflected through the different cultural backgrounds and any disabilities that they may have.

All members of the Management Committee give their time voluntarily and receive no benefits from the charity.

Organisational Structure

DAWN has a Management Committee of up to 12 members who meet quarterly and are responsible for the running of the organisation. Some elected members may volunteer to attend on both days (Tuesday and Wednesday) to volunteer their time when the day centre is in operation.

Duties are put in place and day to day responsibility for the provision of the services rest with the Project Manager along with the Chairperson. The Chairperson is responsible for ensuring the charity delivers the services specified and that key performance indicators are met. The Project Manager has responsibility for the day to day operational management of the centre.

Risk Statement

The Charity has considered a range of risks to which it could be exposed and the Trustees regularly review the policies and procedures which aim to minimise those risks, ensuring that these are adequate, appropriate and complied with fully.

Who uses and benefits from our services?

The charity benefits members of the public by providing a drop-in session every Tuesday and Wednesday for Disabled Asian Women living in Redbridge who are isolated and frail, who enjoy coming to the centre to socialise, gain confidence, make friends and gain knowledge and awareness.

We also work with other organisations to gain training, fundraising, networking and for educational awareness.

Summary of main achievements during the period

- Successfully keeping contact with all members via telephone
- Successfully offering support and advise to members and their families via a telephone link.
- Referred 2 clients to Social Services for more support
- Kept on-going support to families who were suffering from anxiety and stress due to their loved ones being admitted into hospital or who had died.
- Updated on-line services compatible with our new computers and working from home.

CHAIRPERSON'S REPORT

It has been a strange year. On 20th March 2020 a decision was taken by the Management Committee to adhere to the coronavirus situation and allow complete shutdown of all operations by DAWN thereafter. This difficult decision took place after consulting with the Building Manager and similar local organisations who fell in the same category of working with the elderly, disabled and most at risk of catching coronavirus. As a result, our funders, the Local Council, were informed of our decision to close the centre. All our members, thereafter, were individually contacted via telephone to inform them of our decision.

However, throughout the year, we have kept the telephone link with all our members. Staff, Management Committee and including myself have taken in turns to keep in touch with all our members, checking on their health and well-being and, along the way, lifting their spirits and encouraging them to continue exercising. We also encouraged them to make their own little groups of 'phone buddies' who they can contact on a regular basis to chat with.

I am glad to report that most members' families have come out in flying colours to help and support them by tending to their needs like cooking and cleaning for them and keeping up with GP and hospital contact whenever required. No doubt families and carers alike have also reported some stress and effect on their well-being for coping with the on-going caring and meeting their needs at home.

I am also sad and sorry to report that we have lost 9 of our members over this period ranging from coronavirus, cancer, fall and heart problems. Many members have also reported losing a relative(s) to coronavirus, either here or abroad, or were admitted to hospital. As a result, anxiety has reached a much higher peak than before and it has been a struggle supporting such cases along with their families knowing what they must be going through. Those families who had a member that died are still struggling to cope with the psychological and mental trauma of not being able to say their 'goodbye' properly and not being able to hug or touch their dying relatives. Sad as it may be, DAWN will stand by them and, no doubt, offer our on-going support to them whenever they reach out to us. I just thank God that we have all survived this awful year to tell the tale!

Harsha Popat

Disabled Asian Women's Network

SECRETARY'S REPORT

I started the year with a very serious flu-like illness but, thankfully, this was not confirmed as me having the dreaded coronavirus. However, hearing about some of our members passing away did have a great impact on me psychologically and I hope and pray they are all well and being looked after by God wherever they may be.

Keeping in touch with members via telephone and filling their 'gaps' with a little chit chat has not only kept them happy but has also helped me to keep my spirits up. I feel they are not far away and look forward to meeting up at the Centre once again.

Most of the work I have carried out with the Management Committee has mainly been through our regular Zoom meetings and any limited decisions have been in consent with the Chairperson.

My role this year has been mainly to keep the members' spirits uplifted and I feel I have done this to the best of my capacity.

I look forward to coming to the Centre and offering my services once it resumes operations again.

Harminder Bhachu
Secretary

STAFF REPORT

After 25 years in the job, this is the strangest year of working at DAWN. I had to shift to working from home mostly and I thought it would be a dream come true until I started working from home! The daily interruptions of other family members working from home, doors knocking at odd times, pampering to husband's needs and telephone ringing constantly – I found it impossible to work from home. This was until I got myself in a routine, closed my bedroom door and set my 'office' up for a few hours a day forbidding anyone to dare walk into my 'territory'.

I have focused on regularly calling some members to check on their well-being, helping the most vulnerable to accept change and work on their health – eating well, exercising and having their medication on a daily basis. Two members were referred to Social Services as they were living alone and needed more care. In between the lockdown I have managed to do some home visits to see the very sick, had family-based discussions and offered support and advice to all of them.

Many members had relatives who had sadly either succumbed to the Coronavirus or were distressed as they were being treated in hospital. The toll this was taking on their wellbeing had to be addressed and I took over the role of supporting them through this by doing my best to be a good listener, counsellor and advisor. I kept a special on-going telephone link for those relatives who had lost a relative who used to attend the Day Centre and were still affected by the demise of a loved one.

I have been attending Zoom meetings with the Chair and Management Committee and dealing with any admin based queries, updating policies and procedures, data base and related queries.

Although mostly working from home, I have had to visit the office on many occasions to check for any post, filing and admin work. I have managed to keep the quarterly monitoring returns up-to-date for our funders and worked on compiling the Annual Report. This included liaising with DAWN's accountants (along with the Treasurer) on a regular basis for the preparation of the Annual Accounts before sending off the report.

Neelam Pahl
Project Manager

ACTIVITIES

All our charitable activities focus on benefitting Disabled Asian Women and providing them a space to learn, grow and socialise. Our activities deliver public benefit by the main activities we have described below.

Unfortunately, due to the Coronavirus Pandemic, no activities took place this year.

Annual Evaluation

Unfortunately, due to the Coronavirus Pandemic, it was not possible to do an evaluation this year

Future Plans

1. Trauma and Counselling Service

The after effect of the Coronavirus has highlighted many issues in the community. Members who had lost a loved one during this time, whether because of the coronavirus directly or other health problems had to cope with the situations alone. Some were even not able to hold their beloved's hand as they slipped away, some were not able to say goodbye properly and some relatives who were not allowed to attend a funeral service due to the lockdown restrictions. There were some cases where relatives were stuck abroad and not able to travel back in time before the lockdown and the stress and anxiety this had caused to those awaiting their return was tremendous. Some are still reeling with the trauma of processing this in their minds despite having tried. Although we have tried to support those who were affected, we believe DAWN can help by seeking funding to further provide a more professional based trauma and counselling service that would further help to support those most affected.

2. Training

As there is more and more demand on IT based services, DAWN staff and the Management Committee need to update themselves and improve on IT and accounting skills. DAWN will be making a plan to implement this in the coming year.

Disabled Asian Women's Network

Charity No: 1163929

**Financial Statements
For the Year Ended 31 March 2021**

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DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2021

2020

INCOME

	restricted Funds	unrestricted Funds	total
51,629 Grants	33000	628	33,628
- Fund Raising & donations			-
- Job Retention Scheme		2064.02	2,064
- Membership			-
- Refund			-
5,430 Donation			-
126 Interest		25	25
268 accounts fees written back			-
57,453	33,000	2,718	35,718

LESS EXPENDITURE

	restricted Funds	Unrestricted Funds	TOTAL
19,895 staff salary	14,289		14,289
- employers nic			-
6,133 rent/hall/utility & hire of office	3,789		3,789
528 Sessional staff	28		28
- Social activities			-
- consultancy			-
132 training			-
513 Insurances	437		437
668 Telephones	705		705
2,240 Outdoor trips/social activities			-
- Staff travel			-
- Pension Plan			-
134 Sundries/disposable cups/plates/spoons/gifts		14	14
- Subscriptions		40	40
332 Printing , stationary & photocopying/postages			-
- Computer Consumables		103	103
4,025 Hospitality/refreshments/festivals	120	70	190
2,760 Transport			-
- International Trip			-
- Payroll services	315		315
- Legal Staff			-
1,200 Independent examiner	1,080		1,080
20 Donatitions			-
- Disclosure Service			-
210 Depreciation			372
38,789	20,763	227	21362
Surplus /deficit /for the year			
18,664			
Net Outflow(deficit)	12,237	2,491	14,356
117,598 Total Funds Brought Forward	136,262		

DISABLED ASIAN WOMEN'S NETWORK**BALANCE SHEET AS AT 31 MARCH 2021****31/03/2021****31/03/2020**

	Cost	Cost
Fixed assets		
Board games etc	588	588
computer	1,278	1,278
Assets/addition	967	967
<u>Less depreciation</u>	<u>1,715</u>	<u>1,342</u>
	<u>1,118</u>	<u>1,491</u>
Current assets		
Debtors Redbridge Council		-
Bank current account	89,689	75,905
Reserve account	62,602	62,577
Cash in hand	55	55
	<u>152,346</u>	<u>138,536</u>
Total fixed and current assets	<u>153,464</u>	<u>140,028</u>
Less current liabilities		
PAYE/NIC		
independent examiner fees	1080	1200
PAYE	5	32.8
wages	1761	2,533
	<u>2,846</u>	<u>3,766</u>
Net assets	<u>150,618</u>	<u>136,262</u>
Represented by		
ACCUMULATED FUND		
Balance brought forward	136,262	117,598
Add surplus/deficit/ for the year	14,356	18,664
	<u>150,618</u>	<u>136,262</u>

We approve the above accounts and confirm that we have made available all the records information and explanation necessary for their preparation

TREASURER

Ms Nikki Chakrobarti

Date

08/07/2021

Mrs Harminder Bachu

Secretary

Mrs Harsha Popat

Chairperson

Disabled Asian Women's Network

Noted to the Accounts for the year ended 31 March 2021

1. Accounting Policies

These accounts have been prepared under the historical cost convention using the accruals basis.

Fixed assets have been depreciated at 25% on a straight line basis.

2. Creditors

	2021	2020
	£	£
Accrued Wages-paye	1,766	2,566
photocopying charges		
Payroll Charges		
Rent		
Independent Examination	1,080	1,200

3. There has been an decrease in funding from the london Borough of Redbridge

for the year ending 31/03/2021 compared with previous year

4. Statement of Trustees' Responsibilities

The trustee's are required under the Charities Act 1993 to prepare statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- i) select suitable accounting policies and apply them consistently;
- ii) make judgements and estimates that are reasonable and prudent
- iii) state where applicable accounting standards and statements of recommended practices and have been followed, subject to any departures disclosed and explained in the financial statements
- iv) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy charity and which enable them to ensure that the financial statements comply with applicable law and regulations. They are also responsible for safeguarding the assets if the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISABLED ASIAN WOMEN'S NETWORK
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31-03-2021

	2021		2020
EXPENDITURE			
Wages (for 2) employers nic	14289	(2 EMPLOYEES)	19895
Rent/room hire	3789	HIRE OF HALL (LONDON BOROUGH OF REDBRIDGE)	6133
Sessional staff	28	CARERS / YOGA CLASSES	528
Insurances	437	CONTENTS-PUBLIC -EMPLOYEE LIABILITY	513
Telephone and postage	705	PHONE BILLS /STAMPS/POSTAGE	668
Outdoor trips/social activities		OUTDOOR TRIPS-CINEMAS-RESTAURANTS	2240
Management costs		MANAGEMENT TRAVELLING COSTS	
TRAINING		TRAINING	132
COMPUTER CONSUMABLES	103	COMPUTER CONSUMABLES	
Sundries/disposable cups/plates/spoons/gifts	14	Sundries/disposable cups/plates/spoons/gifts	134
Subscriptions	40	FOR RACIAL EQUALITY	
Printing and stationary		PRINTING -STATIONARY	332
Transport		TRANSPORT	2760
Hospitality & refreshments	190	Hospitality & refreshments	4025
Payroll services	315	Payroll services	
Donation		Donation	20
Independent examiner	1080	Independent examiner	1200
Depreciation	372	ON BOARD GAMES & computer	210

