

DISABLED ASIAN WOMEN'S NETWORK

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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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

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 74 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 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.

Harinder 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**

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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
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:

- 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

restricted unresrticted total
Funds Funds

2021

INCOME

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	12,233		12,233
-			-
3,789	6,162		6,162
28			-
-			-
-			-
-			-
437	444		444
705	477		477
-			-
-			-
-		74	74
14	3	68	71
40	40		40
-	400	125	525
103			-
190	1,428		1,428
-			-
-		460	460
315	205		205
-			-
1,080	1,080		1,080
-			-
-			-
372			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****31/03/2022****31/03/2021**

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

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Basis of independent

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Independent examiner's
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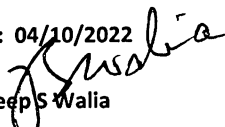
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of the accounts to be reached.

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