

DISABLED ASIAN WOMEN'S NETWORK

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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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 'Sravan' 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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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
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: 22/08/2023

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

2022

INCOME

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/utlity & 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

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Basis of independent

My examination was carried out in accordance with

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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
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of the accounts to be reached.

Signed:

Date: 22/08/2023

Name: JAGDEEP SINGH WALIA

Jagdeep S Walia

Relevant professional qualifications(s)

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

Address: 6 St. Georges Avenue
Southall UB1 1PZ

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Middlesex UB1 1PZ