

# DISABLED ASIAN WOMEN'S NETWORK

**For Year Ended 31 March 2024**

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

**Reg. Charity No. 1163929**

# **Contents**

- **Reference and Administrative Information**
- **Mission Statement**
- **Background**
- **Funding Arrangements**
- **Governing Document**
- **Chair's Report**
- **Staff Report**

## **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**

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

**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 2024      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: 08/08/2024**

**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 2024**

2023

**INCOME**

	restricted Funds	unresrticted 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			
<b>32,949</b>	<b>16,085</b>	<b>8,310</b>	<b>24,395</b>

**LESS EXPENDITURE**

	restricted Funds	Unrestricted Funds	TOTAL
21,527 staff salary	8,925	19,490	28,415
- employers nic			-
7,015 rent/hall/utilty & 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			
<b>38,778</b>	<b>16,085</b>	<b>30,258</b>	<b>46343</b>
Surplus /deficit /for the year			
<b>- 5,829</b>			
Net Outflow(deficit)	-	-	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
<b>EXPENDITURE</b>			
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 Sessional staff		First Aid 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