

FIGHTBACK (SOCIETY FOR DISABLED REFUGEES AND ASYLUM SEEKERS)

England & Wales · Charity number 1168874

Details

Status Registered

Legal form Other

Registered 2016-08-23

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

Contact

Address Units 4-6
Eagle Building
High Street East
Sunderland
SR1 2AX

Phone 01915652707

Email Dianalambton@hotmail.com

Activities

Objects: THE CHARITY'S OBJECTS ('THE OBJECTS') ARE:(I) "TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY". FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY)."(II) "TO RELIEVE POVERTY AND FINANCIAL HARDSHIP AMONG THESE USER GROUPS BY PROVIDING A RANGE OF FREE SERVICES INCLUDING":A) PROVIDE FOOD PARCELS ON A WEEKLY BASIS TO FAILED ASYLUM SEEKERS, HOMELESS AND DESTITUTE INDIVIDUALS WHO HAVE NO OTHER MEANS OF SUPPORT.B) PROVIDE MONTHLY ESSENTIAL TOILETTRIES FOR MAINTAINING HYGIENE (FUNDS PERMITTING).C) PROVIDE OCCASIONAL MONITARY SUPPORT FOR LOCAL TRAVEL COSTS

Activities: Fightback provides mediation, advocacy and representation to the disabled, refugees, asylum seeker, BME groups, the homeless and destitute. We provide a weekly coffee morning, befriending and drop in service, use of phones, computers, form filling, various health related classes, CV writing, updating U/C journals and food parcels.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** People With Disabilities

Geography

- Sunderland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-02	£72,953	£114,471	-	-
2024-04-02	£99,951	£96,932	-	-
2023-04-02	£78,732	£73,329	-	-
2022-04-02	£103,136	£93,832	-	-
2021-04-02	£154,757	£87,017	-	-

Trustees

Name	Role	Appointed
Diana Lambton	Chair	2016-07-18
ALI MIRZAEI		2016-08-23
CLAUDIA CONTEH		2016-08-23
DANIEL PEARCE		2016-08-23
JANET NALWEYISO		2016-08-23
MAHMOOD SHARIF RAHIM		2016-08-23
MONIQUE GORVEL		2016-08-23
SABINA BAIN		2016-08-23

FIGHTBACK (SOCIETY FOR DISABLED REFUGEES AND ASYLUM SEEKERS)

England & Wales - Charity number 1168874

Accounts



Fightback Charity

Society of Disabled Refugees and Asylum Seekers

Annual Report and Accounts

April 2025

Trustees' Annual Report for the Year 2024/2025

Overview

Fightback was formed in Sunderland in 2004 as a multicultural, one-stop, holistic, user-led, not-for-profit organisation. Fightback continues to be one of only a few projects that works with people who experience multiple disadvantages arising out of intrinsic factors, such as, disability, race, ethnicity, language, cultural barriers and immigration status.

Fightback charity provides a range of practical, social and educational services and activities to refugees, asylum seekers, failed asylum seekers and other BME and marginalised groups.

Fightback's holistic approach aims to improve the mental health and well-being of our clients by involving, supporting and engaging marginalised and disadvantaged individuals, facilitating autonomy, building confidence, reducing social isolation, and promoting integration into the wider community and community cohesion.

Practical Services

Drop-in Service

Our twice-weekly Drop-in service provides a wide range of practical support, offering clients advice and assistance with everyday challenges. From reading and replying to letters to making appointments, paying bills, dealing with utilities, and navigating complex systems like housing, benefits, or job applications, we're here to help. Fightback takes a holistic approach, advocating for, and supporting clients while also empowering them



with the skills and understanding needed to tackle these issues independently. Many clients tell us that these everyday tasks are a significant source of stress due to their complexity, but knowing they have access to help in a welcoming, non-judgmental environment makes a big difference.

By reducing anxiety and providing practical tools and guidance, we aim to increase resilience, build autonomy, and enhance life chances for those who we serve. We also provide access to phones, the internet, the use of a laptop and a printer.

Year	2023/2024	2024/2025
Advice	1,008 clients	1,039
Advocacy and Mediation	225 clients	241

Client Feedback

- I split up from my husband, and I don't have an income and had to go to court because of debts. Fightback helped me apply for Universal Credit, set up a repayment plan and cancelled the court. I was in so much stress, you can't believe how much this helped me. (Deborah)
- Fightback helped my daughter who is autistic get DLA after she was refused twice, anytime I have benefits forms to fill in or renew, I always come here. (Eileen Cowen)
- When I have problems, I can get help here (Deepak)

Form Filling

Our service is an absolute lifeline for many clients who face challenges with language, reading, writing, or understanding complex forms that are required to access essential support. Fightback provides hands-on assistance by writing letters and completing forms on behalf of clients with language or cognitive difficulties. These forms include housing applications, housing and council tax benefits, PIP, DLA, Universal Credit, ESA medical questionnaires, driving licenses, passports, and more. Between April 2023 and April 2024, we have successfully filled out 211 forms, ensuring our clients can access the services and benefits they need, while alleviating stress and providing essential support to navigate these often-complicated processes.

Year	2023/2024	2024/2025
Forms filled	211	221

Client Feedback

- I struggle with reading and writing. The girls at Fightback help me with forms, benefits and reading letters, so I know when my appointments are, and it keeps me out of trouble. (Sean)

- I came to Fightback for help with applying for PIP, and they also helped me get a disabled persons bus and metro pass, which I didn't even know I could get. I'm so happy because I need to use buses to get around and it was expensive, but now its free. (Mr. Duggen)

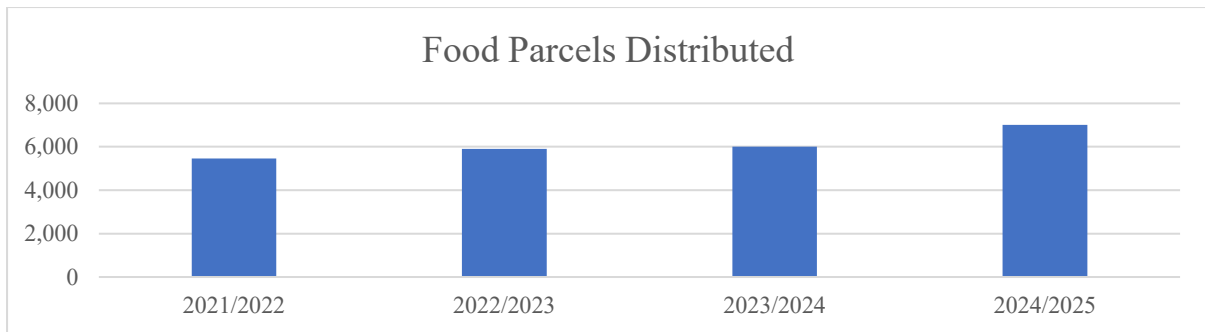
Provision of Food Parcels

The increase in demand for food support which Fightback experienced during the start of the cost-of-living crisis, has not abated. As financial pressures on families and individuals continues, demand for our services has also continued to increase. UK households continue to feel the after effects of the cost-of-living crisis, with around 90% of households reporting noticeably higher food bills on an ongoing basis. Prices have continued to grow, and people's incomes have never caught up. Staples such as, eggs, bread, milk, oil, meat, rice, potatoes, cheese, pasta, vegetables and fruit, remain unaffordable for many households. Essential costs have remained disproportionately burdensome for low-income families: millions of low-income households reported cutting back or skipping meals, going without heating, or borrowing to pay for basic essentials, reflecting persistent hardship even as headline inflation fell from the peak in 2022.



The demand for food support at Fightback continues to increase weekly and extends across the community, and includes groups such as refugees, asylum seekers and failed asylum seekers, members of other BME groups, the elderly, people with disabilities, students, benefits claimants, and low-income working families. Fightback continues to receive referrals from other agencies, such as CAB, churches, Sunderland City Council and other charities.

Year	2023/2024	2024/2025
Food parcels distributed	6,002	7,012



Client Feedback

- I get universal credit, after ive paid my rent, and bills I have nothing left. If it wasn't for the regular food parcels, I don't know what I would do (Anon)
- The fruit and veg help my family a lot, I have 4 children and fresh food is very expensive. (Usman)
- The food bank is a life saver, they helped me so much when I had no income at all for 5 weeks. (Sarah)



Provision of Hygiene Products

Many people who are locked in poverty or those who find themselves in times of crisis often experience severely restricted options. This leaves them caught between being able to heat their home, pay their rent, buy food or keep clean. Hygiene poverty can be shaming, humiliating and excluding and can result in social isolation. Hygiene poverty can lead to a lack of confidence and can negatively affect good health, mental health well-being and social interaction. At Fightback we provide hygiene products to clients on a regular basis throughout the year, both to alleviate financial pressures, but also to directly support the wellbeing of our clients.



Year	2023/2024	2024/2025
Hygiene parcels distributed	1,575	1,645

Client Feedback

- Getting help with toiletries really helps, washing power, shampoo, and handwash etc are all expensive. (Fred)
- Toiletries are essential but they are so expensive, especially for us women because we have added costs because we need sanitary products every month. I really appreciate the help I get with these, it helps me a lot. (Anonymous)

Social Services and Activities

Fightback holds a twice weekly **Coffee Morning and Befriending Service**. These social activities enable people to come together and enjoy a selection of refreshments in a safe and welcoming environment. Our aim is to reduce social isolation and loneliness, while promoting social inclusion and good mental health wellbeing amongst our user groups. Many families and single parents with children attended our coffee morning illustrating that



people needed to socialize. This service is vitally important, as the heightened divisive political and media rhetoric surrounding immigration has increased polarisation and hatred in the UK. Fightback’s social and befriending services brings people from diverse communities together to create safe spaces for interaction and dialogue, ultimately nurturing understanding, trust, and reducing isolation. This serves to support and strengthen community resilience at a time of increased division and uncertainty. Ongoing feedback from our clients highlights how much they appreciate being able to get out, connect with others and socialise in a safe and relaxed atmosphere.

Year	2023/2024	2024/2025
Refreshments provided at coffee mornings	8,580	9020

Fightback’s **Chat Club** gives people the opportunity to engage with others, make positive social connections and break down barriers. We provide a safe, friendly, relaxed environment where clients can talk about everyday life, their hopes, fears, plans for the future, and mental health worries without being judged. They can share experiences, information, and strategies for coping with life’s ups and downs, connect with others who understand what they are going through, and be heard. This service is designed to build self-esteem, self-worth, and self-awareness, promote autonomy and increase motivation.



Client Feedback

- I love coming to Fightback, its safe, friendly, I meet friends here, we have a chat, coffee and something to eat. (Ken)
- I like the coffee morning, I can talk to people, get food, and it’s free. (Youbi)
- We have been coming to fightback for years, we have met so many people from all over the world, its good to see everyone just talking and making friends. (Fiona and Eddy)
- I like the atmosphere here, it doesn’t matter who you are or where your from, your welcome. (Shoban)
- I’ve made some lovely friends here, my friend taught me how to make a real biryani and curry at home, and I showed her how to make Yorkshire puddings and dumplings. (Ashley. D)

- I like the chat club, and the coffee morning and befriending service. I have learned a lot about other people and the different places they come from. We really have more in common than we realise. I think this is great for breaking down barriers and stereotypes, the people I meet are so lovely and very caring. (Viv)
- I like the coffee morning and befriending group, it's not just old women sitting around talking, it's a real mixed bag, the elderly, adults, teenagers, kiddies from all different countries. It's amazing meeting and making friends from so many different places. (Doreen)

Tabletop Days

Fightback takes in donations of previously loved items and then redistributes them free of charge to anyone in need at our tabletop days. Items include clothing, toys and household items. This helps vulnerable individuals access everyday essentials, which can often be expensive and unaffordable for many people, builds community support, and benefits the environment by reducing waste and promoting reuse, creating a positive impact on society and also demonstrating Fightback's commitment to sustainability.

Client Feedback

- I look forward to the tabletop, you never know what there will be, and if there is something I really need, I can ask the staff and they will put it aside if someone donates it. (Anon)

Job Skill Support

Fightback provides advice on how to look for jobs and apply for them online, creating and updating CVs, advice on approaching an employer for the first time, or where to find advertised vacancies. We also provide guidance on updating Universal Credit journals and fulfilling job search requirements. This service increases skills, promotes autonomy, enables clients to take advantage of employment opportunities when they arise, prevents clients who are already economically and socially disadvantaged from being sanctioned by the DWP, and increases positive life chances.

Client Feedback

- Fightback helped me to appeal my benefits sanction and got my benefit re-instated, without them I would have been sanctioned for 6 weeks. (Anne)
- I can't use a computer, Diana set up a universal credit journal for me, and she looks at the messages for me and answer any questions for me. I wouldn't be able to do it on

my own. (George)

- I got help to apply for attendance allowance for my husband because he has dementia and needs more care. We got it first time with no problems. (Cathy and Jim)
- I had been out of work for 6 years after an accident. Matti made me an online journal for universal credit and a CV for applying for jobs, she also gave me a reference as well. Now, I have a part time job in a food factory and im waiting to see if they will take me full time. (Annon)
- I got help transferring over to universal credit from ESA, I didn't know what to do, and it was stressing me out, but they did it very quickly. (Daniel)

Volunteers and Volunteering Opportunities

We have 20 dedicated volunteers on rotation who organise and run our weekly coffee morning, befriending service, chat club, and drop-in services, as well as collecting, packing, distributing and delivering food parcels. Fightback is a continuously evolving user led project that actively encourages user participation at every level and to take up various roles within the project, such as, acting as trustees and using their skills and competencies for the benefit of the whole project. Whether they give their time to help organise and run coffee mornings, our befriending service, chat clubs or drop-in services, contribute clerical and IT skills, use bilingual or multilingual abilities to support interpretation, help assemble and distribute food parcels, or offer free haircuts, this support is highly valued and deeply appreciated. User participation through volunteering is essential as it helps us to continue to provide a wide range of services that are responsive to the needs of the users themselves. Providing our clients/users with volunteering opportunities helps them to gain new skills or enhance transferable skills which they can then use to secure paid employment or go on to enrol on college or university courses. Fightback is always happy to provide volunteers with references and letters of support.

Volunteer Feedback

- I've been running the food bank for years now, I like organising things, being useful and helping other people. (Monique)
- I love volunteering with Fightback, it gets me out of the house, and I meet lots of people. (Tina)

- I volunteer in the foodbank every Thursday, I really enjoy working with the other volunteers, we have a good relationship and laugh and chat while we work. (Carine)
- I volunteer for the coffee morning and befriending service. I really like it, I talk to many people and I feel good helping people. I am trained in hairdressing and beauty, and I cut women's hair here for free, which helps them feel good. (Fatemeh)
- I do lots of things volunteering, making food parcels, stock rotation, interpreting for different languages, and make sure people are okay when it is very busy. (Abdullah)
- I am a qualified Barber and I give free hair cuts to men and boys (Mahmood)

Two of volunteers were finalists in the VCAS Sunderland Awards this year, Monique Gorvel in the BME Champion category, and Hannah Lambton in the Young Volunteers award. At the ceremony in Sunderland Minster, Monique won the BME Champion Award.



Other Services

Free Hair Cuts

Many of our clients face numerous challenges, with low self-esteem being a common hurdle. Something as simple as a haircut can have a profound impact, offering a real boost to their confidence and helping them feel good about themselves. Recognizing this, we have continued to provide free haircuts for our clients, ensuring they experience this small but meaningful gesture of care and support. More recently, we now have a female hairdresser, who provides free haircuts for women.



Client Feedback

- I don't have any money, come here every 4 weeks for a haircut for free, its very good. (Mark)
- My husband and children come here and get their hair cut. My children look clean and good for school. (Isla)
- I get my hair and face shaved for free (Carl)
- My boys get their hair cut here (Shanaz)
- Fatemeh cut and dyed my hair for me a few times, she did a really good job. (Anon)



Christmas Hampers

Each year, Fightback looks to give our clients, a little something at Christmas. In December 2024, we provided Christmas Food Hampers to our clients. This heartfelt initiative aimed to bring joy and warmth to those facing challenges during the holiday season, ensuring that they could experience the spirit of Christmas. We also made the holidays special for the children of our clients by providing each of them with a thoughtful gift, ensuring that the magic of the season reached the younger members of the community as well.



Client Feedback

- I think everyone who comes to Fightback looks forward to Christmas, the staff put a lot of work in to spread a little joy around. (Caroline and Peter)
- The staff try to make Christmas special, especially for the kids. (Esme, C)
- We are adults and we are not christian but we like the decorations, tree and presents and we even get excited when we come here at Christmas. Our children love Christmas. Its very important to share cultures, traditions, celebrations and happiness. (Mohammed)

Funding

The National Lottery Community Fund – Reaching Communities

In Nov 2021, The National Lottery Community Fund – Reaching Communities, kindly donated funding for five years to cover the costs of our accommodation rental, salary of our existing part-time manager and accountancy charges.

Household Support Fund

In August and September 2024, Fightback once again acted on behalf of Sunderland City Council to distribute Household Support Fund grants to families and individuals in need. Fightback distributed £4,050 of grants.

Medical Placement

Fightback continues working with Sunderland University Medical School, offering to host 2nd Year medical students as part of their community placements. The students have visited our organisation on a few occasions and observed our activities, interacted with volunteers, did some background research and interviewed Fightback Charity's staff. The students also spoke to other clients/ service users, to gain insight into the experiences of refugees, asylum seekers and minority ethnic groups, the disabled, elderly and those experiencing economic hardship to gain an understanding of the struggles they faced within the community. While they were with us, the students got involved and assisted Fightback's team of volunteers in delivering our services.



Online Charity Shop

In November 2024, Fightback launched its online charity shop, using eBay to sell donated items, which might otherwise have gone to landfill. These items are now being given new homes right across the UK, all while raising funding to support Fightback's other activities.

Fundraising 2024-2025

- Jill and Norman Franklin Trust
- City of Sunderland Council
- University of Sunderland
- Online Charity Shop
- Cash Philanthropy Donation
- Fightback is currently being supported by Sunderland City Council with Fareshare donations which help us to provide a wide range of food products in our food parcels.

Thank You for your Support

- To all our funders for their kind generosity
- Greggs (Union Street Sunderland), who provides unsold pastries for our coffee mornings.
- Sunderland City Council for financially supporting us with Fareshare food contributions towards our weekly food bank.
- SVP Charity for their kind donations
- Sunderland Police Constabulary Community Officers.
- Northumbria Fire Brigade.
- Chris Howson, Sunderland University Chaplin
- Fightback charity trustees, staff and volunteers.

Business Information

Committee Members

Chairperson: Diana Lambton

Treasurer: David Lowther

Committee Member: Monique Gorvel

Committee Member: Claudia Conteh

Committee Member: Sabina Bain

Committee Member: Mahmood Sharif Rahim

Committee Member: Janet Nalweysio

Committee Member: Daniel Pearce

Committee Member: Ali Mirzaei

Accountants

Accountability

3 Cuthbert House, Tower Road, Glover Ind Est, Washington, Tyne & Wear, NE37 2SH.

Bankers

Unity Trust: 4 Brindley Pl, Birmingham B1 2JB

Address

Fightback (Society for Disabled Refugees and Asylum Seekers)

Registered Charity; Charity number: 1168874

Units 4-6. Eagle Building High Street East Sunderland SR1 2AX.

Phone: 0191 565 2707

Fightback

Approval statement

I approve these accounts which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

A handwritten signature in black ink, appearing to read 'Diana Lambton', written in a cursive style.

Diana Lambton

9 January 2025

Fightback

Accountants' report to the members on the unaudited accounts to Fightback

You have approved the accounts for the year ended 31 March 2025 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. In accordance with your instructions, we have compiled these unaudited accounts from the accounting records and information and explanations supplied to us.



Accountability
Accountants

3 Cuthbert House
Tower Road
Glover Industrial Estate
Washington
NE37 2SH

9 January 2025

**Fightback
Income and Expenditure Account
for the year ended 31 March 2025**

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Income Resources	21,022	51,931	72,953	99,951
Resources Expended				
Wages, salaries and other staff costs	-	21,173	21,173	21,158
Travel, volunteer expenses & consumables	8,660	-	8,660	6,825
Rent, rates, power and insurance costs	4,528	16,625	21,153	10,318
Telephone, fax, stationery and other office costs	2,626	72	2,698	1,902
Food parcels	34,385	18,000	52,385	47,010
Household Support Fund (HSF)	-	4,050	4,050	5,630
Bank, credit card and other finance charges	28	78	106	189
Accountancy, legal and other professional fees	-	670	670	2,842
Other business expenses	3,299	277	3,576	1,058
	<u>53,526</u>	<u>60,945</u>	<u>114,471</u>	<u>96,932</u>
(Deficit)/surplus	<u>(32,504)</u>	<u>(9,014)</u>	<u>(41,518)</u>	<u>3,019</u>
Balance brought forward	80,059	9,015	89,074	86,055
Balance carried forward	47,555	1	47,556	89,074

**Fightback
Balance Sheet
as at 31 March 2025**

	Notes	2025 £	2024 £
Current assets			
Bank/building society balances		51,489	98,478
Cash in hand		52	171
		<u>51,541</u>	<u>98,649</u>
Current liabilities			
Trade creditors		<u>3,985</u>	<u>9,575</u>
Net current assets		47,556	89,074
Net assets		<u>47,556</u>	<u>89,074</u>
Accumulated fund			
Balance at start of period		80,059	9,015
Net (deficit)/surplus	3	(32,504)	(9,014)
		<u>47,555</u>	<u>1</u>
		<u>47,556</u>	<u>89,074</u>

Fightback
Notes to the Accounts
for the year ended 31 March 2025

1 Accounting basis

The accounts have been compiled on a basis that enables surpluses to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return if necessary.

2 Income and Expenditure account analysis

	Unrestricted Funds £	Restricted Funds £	2025 £	2024 £
Incoming resources				
Fundraising	21,022	51,931	72,953	99,951
Wages, salaries and other staff costs				
Wages and salaries	-	10,338	10,338	9,910
Pensions	-	1,333	1,333	1,333
PAYE & NI	-	9,502	9,502	9,915
Training & Development & Networking	-	-	-	-
Building Capabilities	-	21,173	21,173	21,158
Travel, volunteer expenses and consumables				
Volunteer general expenses	8,660	-	8,660	6,825
Rent, rates, power and insurance costs				
Rent	3,752	16,229	19,981	8,863
Rates	-	396	396	372
Property insurance	451	-	451	439
Water rates	325	-	325	644
	4,528	16,625	21,153	10,318
Telephone, fax, stationery and other office costs				
Telephone and fax & stationery	1,682	-	1,682	761
Stationery and printing	250	-	250	374
Software	694	72	766	767
	2,626	72	2,698	1,902
Food parcels				
Food parcels	30,557	18,000	48,557	44,665
Toiletries for failed asylum seekers	3,828	-	3,828	2,345
	34,385	18,000	52,385	47,010
Household Support Fund		4,050	4,050	5,630
Household Support Fund	-	4,050	4,050	5,630
Bank, credit card and other finance charges				
Bank charges	28	78	106	189
	28	78	106	189
Accountancy, legal and other professional fees				
Accountants fees	-	670	670	708
Other legal and professional	-	-	-	26
Organisational Development	-	-	-	2,108
	-	670	670	2,842
Other business expenses				
Other sundry costs	3,282	-	3,282	1,058
Charity shop	17	277	294	-
	3,299	277	3,576	1,058

Fightback
Notes to the Accounts
for the year ended 31 March 2025

3 Restricted funds

	Balance as at 1 April 2023 £	Incoming £	Transfer Between Funds £	Outgoing £	Balance as at 31 March 2024 £
The National Lottery Community Fund – Reaching Communities	9,099	29,796	-	38,895	-
Jill Franklin Trust	-	18,000	-	18,000	-
Community Foundation	-	-	-	-	-
HSF4 Fund	(84)	4,135	-	4,050	1
Groundwork UK -Tesco	-	-	-	-	-
	<u>9,015</u>	<u>51,931</u>	<u>-</u>	<u>60,945</u>	<u>1</u>

FIGHTBACK (SOCIETY FOR DISABLED REFUGEES AND ASYLUM SEEKERS)

England & Wales - Charity number 1168874

Accounts



Fightback Charity

Society of Disabled Refugees and Asylum Seekers

Annual Accounts and Reports

April 2024

Trustees' Annual Report for the Year 2023/2024

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Fightback charity provides a range of practical, social and educational services and activities to refugees, asylum seekers, failed asylum seekers and other BME and marginalised groups.

Fightback's holistic approach aims to improve the mental health and well-being of our clients by involving, supporting and engaging marginalised and disadvantaged individuals, facilitating autonomy, building confidence, reducing social isolation, and promoting integration into the wider community and community cohesion.

Practical Services

Drop-in Service

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By reducing anxiety and providing practical tools and guidance, we aim to increase resilience, build autonomy, and enhance life chances for those who we serve. We also provide access to phones, the internet, the use of a laptop and a printer.

From April 2023 to April 2024, we provided Advice to 1,008 clients and Advocacy/Mediation on behalf of 225 clients.

Form Filling

Our service is an absolute lifeline for many clients who face challenges with language, reading, writing, or understanding complex forms that are required to access essential support.

Fightback provides hands-on assistance by writing letters and completing forms on behalf of clients with language or cognitive difficulties. These forms include housing applications, housing and council tax benefits, PIP, DLA, Universal Credit, ESA medical questionnaires, driving licenses, passports, and more. Between April 2023 and April 2024, we have successfully filled out 211 forms, ensuring our clients can access the services and benefits they need, while alleviating stress and providing essential support to navigate these often-complicated processes.



Provision of Food Parcels

The demand for food support at Fightback continues to increase weekly and extends beyond our usual user groups, such as, refugees, asylum seekers and failed asylum seekers, to other BME groups, the elderly, disabled, students, benefits claimants, and low-income working families. In recent months we have had increasing numbers of people requesting support and accessing our services from Ukraine, Afghanistan, Sudan and some South American countries.

Although utility prices have fallen over the past year, according to National Energy Action (NEA, 2024) around 6 million people are still struggling to pay gas and electricity charges, with over 5.3 million in debt to their energy suppliers, as prices remain significantly higher than the pre-cost-of-living crisis. In October 2024 the inflation rate for food prices was 1.9%, compared to the record high of 19.1% in March 2023. However, the prices of food products have not fallen back to their pre cost of living crisis levels, making staples such as, Eggs, Bread, Milk, Oil, Meat, Rice, Potatoes, Cheese, Pasta, Vegetables and fruit, unaffordable for

many households. The high costs of food and utilities are massively impacting millions of people as they struggle with debt, and forcing them to choose between warmth, food, and juggling other household and living expenses. Fightback continues to receive referrals from other agencies, such as CAB, churches, Sunderland City Council and other charities.

From April 2023 till April 2024, we provided 6,002 food parcels to single people and families with children.



Provision of Hygiene Products

Many people who are locked in poverty or those who find themselves in times of crisis often experience severely restricted options. This leaves them caught between being able to heat their home, pay their rent, buy food or keep clean. Hygiene poverty can be shaming, humiliating

and excluding and can result in social isolation. Hygiene poverty can lead to a lack of confidence and can negatively affect good health, mental well-being and social interaction.

At Fightback we provide hygiene products to clients. From April 2023 to April 2024, we gave out 1,575 hygiene items.



Social Services and Activities

Fightback holds a twice weekly '**Coffee Morning**' and '**Befriending Service**'. These social activities enable people to come together and enjoy a selection of refreshments in a safe and welcoming environment. Our aim is to reduce social isolation and loneliness, while promoting social inclusion and good mental health wellbeing amongst our user groups. Many families and single parents with children attended our coffee morning illustrating that people needed to socialize. We have received positive feedback from our clients who are so happy to be able to get out and socialize in safe and relaxed atmosphere.

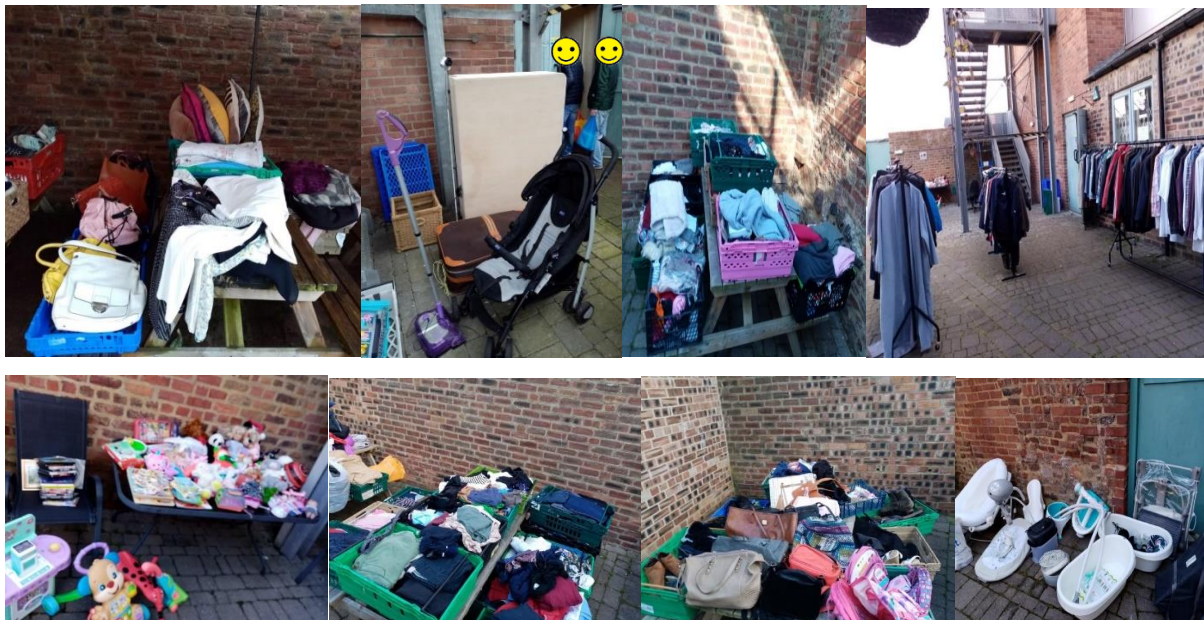
From April 2023 to April 2024, we have provided refreshments to 8,580 people.

The **Chat Club**: gives people the opportunity to engage with others, make positive social connections and break down barriers. We provide a safe, friendly, relaxed environment where

clients can talk about everyday life, their hopes, fears, plans for the future, and mental health worries without being judged. They can share experiences, information, and strategies for coping with life's ups and downs, connect with others who understand what they are going through, and be heard. This service is designed to build self-esteem, self-worth, and self-awareness, promote autonomy and increase motivation.

Tabletop Day

Fightback takes in donations of previously loved items and then redistributes them free of charge to anyone in need at our tabletop days. Items include clothing, toys and household items. This helps vulnerable individuals access everyday essentials, which can often be expensive and unaffordable for many people, fosters community support, and benefits the environment by reducing waste and promoting reuse, creating a positive impact on society and sustainability.



Job Skill Support

Fightback provides advice on how to look for jobs and apply for them online, creating and updating CV's, advice on approaching an employer with you CV or where to look for advertised vacancies. We also provide guidance on updating Universal Credit journals and fulfilling job search requirements. This service increases skills, promotes autonomy, enables clients to take advantage of employment opportunities when they arise, prevents clients who are already economically and socially disadvantaged from being sanctioned by the DWP, and increases positive life chances.

Volunteers and Volunteering Opportunities

We have 20 dedicated volunteers on rotation who organise and run our weekly coffee morning, befriending service and drop-in services, collecting, packing, distributing and delivering food parcels. Fightback is a continuously evolving user led project that actively encourages user participation at every level and to take up various roles within the project, such as, acting as trustees and using their skills and competencies for the benefit of the whole project.

Whether it is simply giving their time to help organise and run the coffee morning, befriending, or drop-in service, provide or enhance their clerical skills and IT support, use their bilingual or multilingual skills to act as an interpreter or assemble and distribute food parcels, or providing free haircuts, this support is valuable and appreciated. User participation through volunteering is essential as it helps us to continue to provide a wide range of services that are responsive to the needs of the users themselves. Providing our clients/users with volunteering opportunities helps them to gain new skills or enhance transferable skills which they can then use to secure paid employment or go on to enrol on college or university courses. Fightback is always happy to provide volunteers with references and letters of support.

Other Services

Free Hair Cuts

Many of our clients face numerous challenges, with low self-esteem being a common hurdle. Something as simple as a haircut can have a profound impact, offering a real boost to their confidence and helping them feel good about themselves. Recognizing this, we have continued to provide free haircuts for our clients, ensuring they experience this small but meaningful gesture of care and support. More recently, we now have a female hairdresser, who provides free haircuts for women.



Christmas Hampers

In December 2023, we provided Christmas Food Hampers to family and single people in need. This heartfelt initiative aimed to bring joy and warmth to those facing challenges during the holiday season, ensuring that they could experience the spirit of Christmas. We also made the holidays special for the children of our clients by providing each of them with a thoughtful gift, ensuring that the magic of the season reached the younger members of the community as well.



Coronation Honor for Our Charity

Our manager was deeply honoured to attend the Coronation at Westminster Abbey, a historic and momentous occasion. Representing our charity, city and region, at such a prestigious event was a privilege and a testament to the impact of our work within the community

Sunderland charity boss 'honoured' to have attended Coronation

8 May 2023



Coronation of King Charles III



Mahtab "Matt" Morovat said it had been an honour to represent the North East at the Coronation

Medical Placement Partnership with Sunderland University

Fightback Charity has teamed up with Sunderland University to host medical students as part of their community placements. The students have observed our activities, interacted with volunteers, and gained valuable insights by speaking to clients, staff, and learning about their diverse experiences. At the end of the placement, the students provided informative posters about our services.

Sunderland University Business School

In addition, business students externally reviewed our services and provided detailed recommendations to help improve our operations and impact.

FIGHTBACK CHARITY
SIMRIN PATEL

WHO ARE WE AND WHAT DO WE DO?

Fightback is a charity that was founded in 2005, that supports a range of users with multiple problems, to overcome hurdles of daily living by providing them with the necessary skills and assistance to improve their living situation

- Asylum seekers
- People of BME community
- Those with mental health conditions
- Individuals with disabilities
- Individuals for whom language is a barrier
- People facing issues with their housing situation

WHAT DOES THE SERVICE PROVIDE?

- Supplies users with weekly food parcels, personal hygiene items, clothes, shoes and a free hair-cutting service
- Coffee mornings on Mondays and Thursdays where people can socialise, have something to eat and have a warm environment to relax in
- During Christmas, additional food parcels are prepared along with hampers for children

Administration support:

- Assistance with making important phone calls, writing emails to the council and solicitors
- Help with filling out applications (especially for individuals less familiar with English)
- Document signing including DLA and PIP forms

WHAT IS THE NEED?

- A lot of families are facing food poverty with the ever increasing cost of living crisis and finding it difficult to provide for their families
- Asylum seekers are often unable to work and so have no source of income
- Some individuals don't get to leave their house much due to disability so this is an opportunity for them to leave the house and meet new people

WHAT DO WE AIM TO DO?

- Support people with their finances
- Help people integrate into society
- Signpost people to other relevant support and services they may require
- Support individuals who are not as fluent with English or new to the country
- Give people a space to socialise
- Allow people to gain more confidence and become more self-sufficient
- Help individuals trying to look for employment with interview practice and CV writing

FUTURE PLANS

- Increase publicity
- Secure more stable funding
- Support more individuals amid the rising cost of living
- Increase the quantity and volume of food parcels
- Recruit more volunteers
- Open for more days of the week

ROLE IN THE COMMUNITY

- Closely associated with local supermarkets and cafes which help to provide the food for coffee mornings and food parcels
- Close association with local schools, council, social services and housing companies
- Receives funding from generous donations and the national lottery
- Relies on the work of volunteers from the community

KEY TO FIND OUT MORE

Telephone: 0191 565 2707
07930 288 977
Email: matmoroval@fightbackcharity.co.uk
Visit our Facebook page:
<https://www.facebook.com/people/FightbackCharity/100064991790119>
Alternatively, visit us
Address: Eagle House, Sunnyside, Sunderland SR1 2AX
We look forward to meeting you!

REFERENCES

FIGHTBACK CHARITY (INTERNET). FIGHTBACK CHARITY | SUNDERLAND INFORMATION POINT. (2023) [2023MARCH]. AVAILABLE FROM <https://www.sunderland.gov.uk/information-point/council-services/food-parcels-and-coffee-mornings> [ACCESS 20TH MARCH 2023].
<https://www.facebook.com/people/FightbackCharity/100064991790119> [ACCESS 20TH MARCH 2023].
 SUNDERLAND CITY COUNCIL. (2023) [2023MARCH]. AVAILABLE FROM <https://www.sunderland.gov.uk/information-point/council-services/food-parcels-and-coffee-mornings> [ACCESS 20TH MARCH 2023].
 SUNDERLAND CITY COUNCIL. (2023) [2023MARCH]. AVAILABLE FROM <https://www.sunderland.gov.uk/information-point/council-services/food-parcels-and-coffee-mornings> [ACCESS 20TH MARCH 2023].
 SUNDERLAND CITY COUNCIL. (2023) [2023MARCH]. AVAILABLE FROM <https://www.sunderland.gov.uk/information-point/council-services/food-parcels-and-coffee-mornings> [ACCESS 20TH MARCH 2023].
 SUNDERLAND CITY COUNCIL. (2023) [2023MARCH]. AVAILABLE FROM <https://www.sunderland.gov.uk/information-point/council-services/food-parcels-and-coffee-mornings> [ACCESS 20TH MARCH 2023].

Funding

National Lottery Community Fund

In Nov 2021, the, The National Lottery Community Fund – Reaching Communities, kindly donated funding for five years to cover the costs of our accommodation, rental, salary of our existing part-time manager and accountancy charges.

Household Support Fund

Between November 2023 and March 2024, Fightback acted on behalf of Sunderland City Council to distribute Household Support Fund grants to families and individuals in need. Fightback distributed £5,630 of grants.

Fundraising 2023-2024

- Jill and Norman Franklin Trust
- City of Sunderland Council

- Barbour Trust
- Community Foundation
- Groundwork
- Cash Philanthropy Donation
- Fightback is currently being supported by Sunderland City Council with Fareshare donations which help us to provide a wide range of food products in our food parcels.

Thank You for your Support

- To all our funders for their kind generosity
- Greggs (Union Street Sunderland), who provides unsold pastries for our coffee mornings.
- Sunderland City Council for financially supporting us with Food share contributions towards our weekly food bank.
- SVP Charity for their kind donations
- Sunderland Police Constabulary Community Officers.
- Northumbria Fire Brigade.
- Chris Howson, Sunderland University Chaplin
- Fightback charity trustees, staff and volunteers.

Business Information

Committee Members

Chairperson: Diana Lambton

Treasurer: David Lowther

Committee Member: Monique Gorvel

Committee Member: Claudia Conteh

Committee Member: Sabina Bain

Committee Member: Mahmood Sharif Rahim

Committee Member: Janet Nalweysio

Committee Member: Daniel Pearce

Committee Member: Ali Mirzaei

Accountants

Accountability

Nautilus House, Durham Rd, Birtley, Chester-le-Street, DH3 2PA

Bankers

Unity Trust: 4 Brindley Pl, Birmingham B1 2JB

Address

Fightback (Society for Disabled Refugees and Asylum Seekers)

Registered Charity; Charity number: 1168874

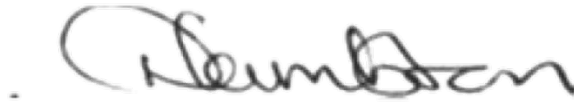
Units 4-6. Eagle Building High Street East Sunderland SR1 2AX.

Phone: 01915652707

Fightback

Approval statement

I approve these accounts which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

A handwritten signature in black ink, appearing to read "Diana Lambton". The signature is written in a cursive style with a large initial 'D'.

Diana Lambton

10 January 2025

Fightback

Accountants' report to the members on the unaudited accounts to Fightback

You have approved the accounts for the year ended 31 March 2024 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. In accordance with your instructions, we have compiled these unaudited accounts from the accounting records and information and explanations supplied to us.



Accountability
Accountants

Nautilus House
Durham Road
Birtley
County Durham
DH3 2PA

10 January 2025

**Fightback
Income and Expenditure Account
for the year ended 31 March 2024**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Incoming resources	48,673	51,278	99,951	78,732
Resources expended				
Wages, salaries and other staff costs	-	21,158	21,158	18,715
Travel, volunteer expenses & consumables	6,825	-	6,825	6,920
Rent, rates, power and insurance costs	644	9,674	10,318	9,295
Telephone, fax, stationery and other office costs	1,902	-	1,902	2,906
Food parcels	29,364	17,646	47,010	33,121
Household Support Fund	-	5,630	5,630	-
Bank, credit card and other finance charges	143	46	189	193
Accountancy, legal and other professional fees	634	2,208	2,842	640
Other business expenses	1,058	-	1,058	1,539
	<u>40,570</u>	<u>56,362</u>	<u>96,932</u>	<u>73,329</u>
Surplus	<u>8,103</u>	<u>(5,084)</u>	<u>3,019</u>	<u>5,403</u>
Balance brought forward	71,956	14,099	86,055	80,652
Balance carried forward	80,059	9,015	89,074	86,055

**Fightback
Balance Sheet
as at 31 March 2024**

	Notes	2024 £	2023 £
Current assets			
Bank/building society balances		98,478	86,665
Cash in hand		171	49
		<u>98,649</u>	<u>86,714</u>
Current liabilities			
Trade creditors		<u>9,575</u>	<u>659</u>
Net current assets		89,074	86,055
Net assets		<u>89,074</u>	<u>86,055</u>
Accumulated fund			
	Unrestricted	Restricted	
Balance at start of period	71,956	14,099	86,055
Net surplus	3 8,103	(5,084)	3,019
	<u>80,059</u>	<u>9,015</u>	<u>86,055</u>

Fightback
Notes to the Accounts
for the year ended 31 March 2024

1 Accounting basis

The accounts have been compiled on a basis that enables surpluses to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return if necessary.

2 Income and Expenditure account analysis

	Unrestricted Funds	Restricted Funds	2024	2023
	£	£	£	£
Incoming resources				
Fundraising	48,673	51,278	99,951	78,732
Wages, salaries and other staff costs				
Wages and salaries	-	9,910	9,910	13,549
Pensions	-	1,333	1,333	1,359
PAYE & NI	-	9,915	9,915	3,807
	-	21,158	21,158	18,715
Travel, volunteer expenses and consumables				
Volunteer general expenses	6,825	-	6,825	6,920
Rent, rates, power and insurance costs				
Rent	-	8,863	8,863	8,619
Rates	-	372	372	412
Property insurance	-	439	439	264
Water rates	644	-	644	-
	644	9,674	10,318	9,295
Telephone, fax, stationery and other office costs				
Telephone and fax & stationery	761	-	761	766
Stationery and printing	374	-	374	1,017
Software	767	-	767	1,123
	1,902	-	1,902	2,906
Food parcels				
Food parcels	27,019	17,646	44,665	29,732
Household Support Fund	-	-	-	-
Toiletries for failed asylum seekers	2,345	-	2,345	3,389
	29,364	17,646	47,010	33,121
Household Support Fund		5,630	5,630	-
Household Support Fund	-	5,630	5,630	-
Bank, credit card and other finance charges				
Bank charges	143	46	189	193
	143	46	189	193
Accountancy, legal and other professional fees				
Accountants fees	-	708	708	578
Other legal and professional	26	-	26	26
Interpreter	-	-	-	36
Organisational Development	608	1,500	2,108	-
	634	2,208	2,842	640
Other business expenses				
Other sundry costs	1,058	-	1,058	1,416
Christmas Celebrations	-	-	-	123
	1,058	-	1,058	1,539

Fightback
Notes to the Accounts
for the year ended 31 March 2024

3 Restricted funds

	Balance as at 1 April 2023 £	Incoming £	Transfer Between Funds £	Outgoing £	Balance as at 31 March 2024 £
The National Lottery Community Fund – Reaching Communities	13,987	28,199	-	33,087	9,099
Jill Franklin Trust	-	17,160	-	17,160	-
Community Foundation	111	-	-	111	-
HSF4 Fund	-	5,545	-	5,629	(84)
Groundwork UK -Tesco	-	375	-	375	-
	<u>14,098</u>	<u>51,279</u>	<u>-</u>	<u>56,362</u>	<u>9,015</u>



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Fightback

On accounts for the year
ended

30/04/2024

Charity no
(if any)

1168874

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 / 04 / 2024.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

30/01/2025

Name:

Miss Darna Leng MAAT

Relevant professional
qualification(s) or body
(if any):

Association of Accounting Technicians

Address:

46 Fordlance Place

Sunderland

SR4 6UR

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Empty box for disclosure details.

FIGHTBACK (SOCIETY FOR DISABLED REFUGEES AND ASYLUM SEEKERS)

England & Wales - Charity number 1168874

Accounts



Fightback Charity

Society of Disabled Refugees and Asylum Seekers

Annual Accounts and Reports

April 2023

Trustees' Annual Report for the Year 2022/2023

Overview

Fightback was formed in Sunderland in 2004 as a multicultural, one-stop, holistic, user-led, not-for-profit organisation. Fightback continues to be one of only a few projects that works with people who experience multiple disadvantages arising out of intrinsic factors, such as, disability, race, ethnicity, language, cultural barriers and immigration status.

Fightback charity provided a range of practical, social and educational services and activities to refugees, asylum seekers, failed asylum seekers and other BME and marginalised groups.

Fightback's holistic approach aims to improve the mental health and well-being of our clients by involving, supporting and engaging marginalised and disadvantaged individuals, facilitating autonomy, building confidence, reducing social isolation, and promoting integration into the wider community and community cohesion.

The 'Cost of Living Crisis', the massive increases in fuel, utilities, food, and other commodities, have significantly increased the demand for our services.

Practical Services

Drop-in Service

Our twice-weekly Drop-in service offers a comprehensive range of everyday practical support. Clients can come by for advice and information.

Fightback's holistic approach aims to reduce or remove this anxiety by engaging with, supporting, advocating, mediating and representing clients while also providing practical information, advice, facilitating and enabling clients to deal with everyday practical issues, such as reading, writing and replying to letters, making appointments, paying bills, dealing with utilities, doctors, solicitors, hospitals, schools, social services, debt agencies and other service providers, applying for bank accounts, housing, driving licences, college courses, benefits, and jobs etc.

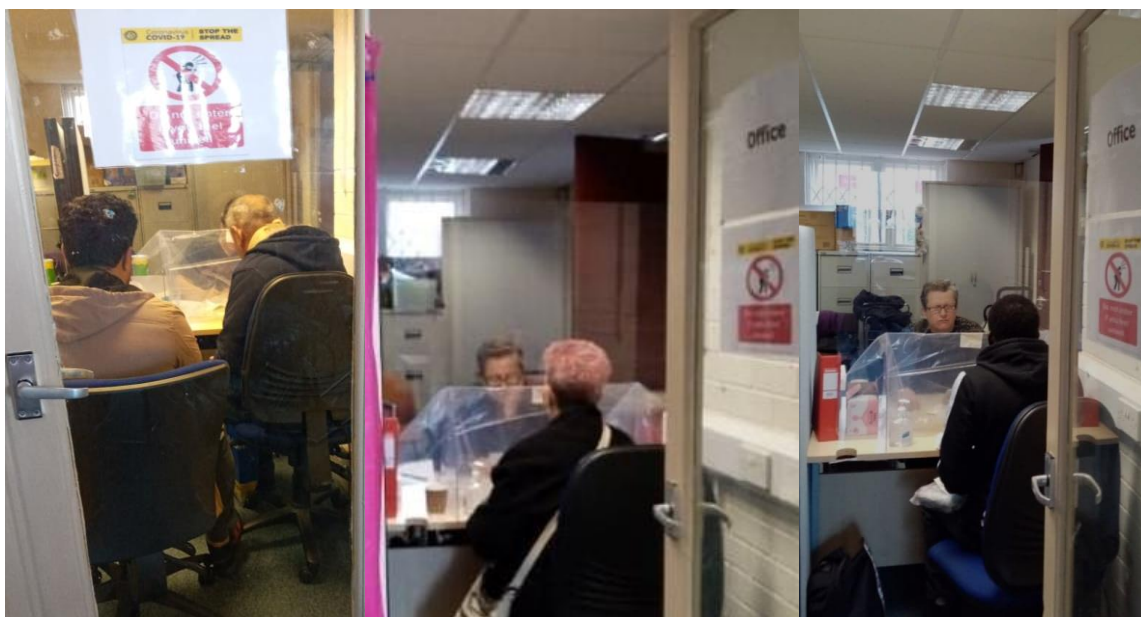
Clients often tell us that dealing with these practical everyday issues causes them the most stress in their lives because the processes, forms and criteria can be so complicated and confusing. However, feedback from our beneficiaries has indicated that knowing they can access help with working through these practical issues in a welcoming, non-threatening, non-judgemental atmosphere really helps. It not only reduces stress and anxiety but provides them

with understanding, skills, and autonomy to be able to cope with the everyday issues and processes that affect their lives and improves resilience and life chances.

We also provide access to phones, the internet, the use of a laptop and a printer.

The Table below shows the amount of people we have helped since our drop in was reinstated from April 2022 to April 2023

Advice	Advocacy and Mediation	Signposting
1255	267	150



Form Filling

It is an absolute lifeline for so many of our clients who have difficulties with language, reading and writing, levels of understanding or other difficulties understanding the forms the need to complete to access support.

Fightback Charity reads and write letters on behalf of clients with language or cognitive difficulties and fills in a variety of forms including Housing application forms, housing benefit and council tax benefit, PIP, DLA, Universal Credit, ESA forms including medical questionnaire forms, driving licence, Passports, etc. Since April 2022 until April 2023, we have filled in 203 forms.

Provision of Food Parcels

Covid 19 created exceptional circumstances, and highlighted the issue of food poverty in Sunderland, increasing the demand for food parcels and hygienic products from 34 to 100+ parcels a week. This has increased again due to the 'Cost of Living Crisis', the massive rises in the cost of fuel, utilities, food, and other commodities, making everyday living expenses less affordable.

We continue to distribute much needed food parcels each week to refugees, asylum seekers, failed asylum seekers, BME groups, the destitute, and local elderly and disabled residents who have no family or friends to support them, families on low income or universal credit.

A standard Food parcel will have a mixed selection of basic meal base makers, such as, Rice, Pasta and Potatoes, a selection of difference fresh vegetables and fruit, tinned foods such as tuna, ham, corned beef, beans and tomatoes, and every day essentials, such as, eggs, milk, bread, teabags etc, with food parcels varying in size according to the size of the family, to ensure that people have enough food for at least one nutritious cooked meal per day.





Since April 2022 to April 2023 we have provided 5,905 Food Parcels to single people and families with children.

Food Parcels Referrals

Fightback continues to receive referrals from other agencies, such as CAB, Churches, Sunderland City Council and Charities.

Provision of Hygiene Products

Many people who are locked in poverty or those who find themselves in times of crisis often experience severely restricted options. This leaves them caught between being able to heat their home, pay their rent, buy food or keep clean. Hygiene poverty can be shaming, humiliating and excluding and can result in social isolation. Hygiene poverty can lead to a lack of confidence and can negatively affect good health, mental well-being and social interaction. At Fightback we provide hygiene products to clients. Since April 2022 until April 2023 we have provided 1,550 hygienic products to our clients.



The Social Services

Fightback holds a twice weekly '**Coffee Morning**' and '**Befriending Service**'. These social activities enable people to come together and enjoy a selection of refreshments in a safe and welcoming environment. Our aim is reducing loneliness and social isolation promoting social inclusion and promoting mental health wellbeing amongst our user groups. Many families and single parents with children attended our coffee morning illustrating that people needed to socialize.





We have received positive feedback from our clients who are so happy to be able to get out again in a safe and relaxed atmosphere.



The **Chat Club:** gives people the opportunity to engage with others, make positive social connections and break down barriers.

We provide a safe, friendly, relaxed environment where clients can talk about everyday life, their hopes, fears, plans for the future and mental health without being judged. They can share experiences, information, and strategies for coping with life's ups and downs, connect with others who understand what they are going through, and be heard. This service is designed to build self-esteem, self-worth, and self-awareness, promote autonomy and increase motivation.

Tabletop Day

Fightback takes in donations of previously loved items and then redistributes them free of charge to anyone in need at our tabletop days. Items include clothing, toys and household items.



Educational Services

Job Skill Support

Fightback provides advice on how to look for jobs and apply for them online, creating and updating CV's, advice on approaching an employer with you CV or where to look for advertised vacancies. We also provide guidance on updating Universal Credit journals and fulfilling job search requirements. This service increases skills, promotes autonomy, enables clients to take advantage of employment opportunities when they arise, prevents clients who are already economically and socially disadvantaged from being sanctioned by the DWP, and increases positive life chances.

Volunteers and Volunteering Opportunities

We have 20 dedicated volunteers on rotation who organise and run our weekly coffee morning, befriending service and drop-in services, collecting, packing, distributing and delivering food parcels. Fightback is a continuously evolving user led project that actively encourages user

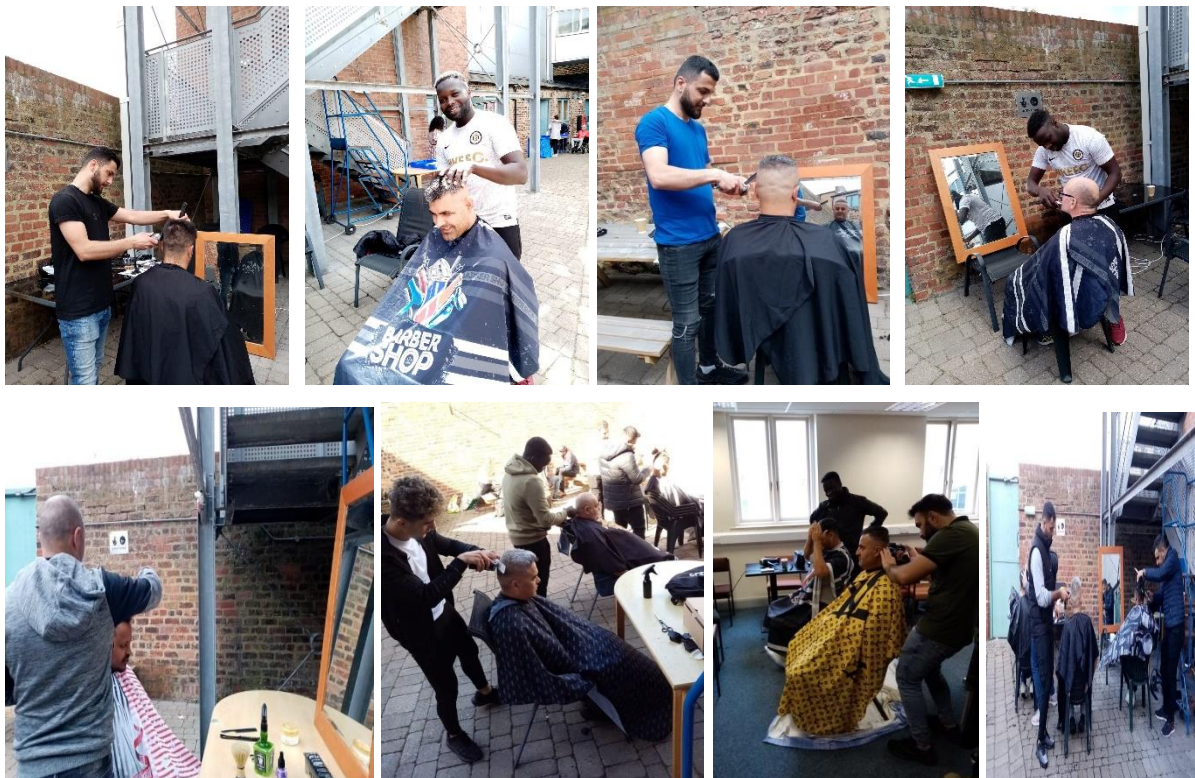
participation at every level and to take up various roles within the project, such as, acting as trustees and using their skills and competencies for the benefit of the whole project.

Whether it is simply giving their time to help organise and run the coffee morning, befriending, or drop-in service, provide or enhance their clerical skills and IT support, use their bilingual or multilingual skills to act as an interpreter or assemble and distribute food parcels. User participation through volunteering is essential as it helps us to continue to provide a wide range of services that are responsive to the needs of the users themselves. Also, providing our clients/users with volunteering opportunities also helps them to gain new or enhance transferable skills which they can then use to secure paid employment, college or university courses and Fightback is always happy to provide volunteers with references.

Other Services

Free Hair Cuts

As our clients have many challenges to face, one of them often being low self-esteem. A haircut can have a great effect on someone's self-esteem, by giving them a real boost and feel good about themselves. We continued to provide free haircuts for our clients.



As part of 'Refugee Week' Fightback extended its usual Thursday coffee morning and provided Lunch for our clients.

Thank you to all of our volunteers, Dominos Pizza in Sunderland who provided the food, and all those who attended. The weather was glorious and the children and adults alike really enjoyed their ice creams afterwards.



Christmas Hampers

In December 2022, we provided 170 Christmas Food Hamper to family and single in need. This heartfelt initiative aimed to bring joy and warmth to those facing challenges during the holiday season, ensuring that they could experience the spirit of Christmas. We also made the holidays special for 168 children by providing each of them with a thoughtful gift, ensuring that the magic of the season reached the younger members of the community as well.





Working in Partnership

Although many other organisations closed down to the general public and their clients during Covid-19, Fightback maintained contact with these agencies and engaged in regular updates,

urgent case referrals and collaborations behind the scenes via Zoom and Teams meetings. Many of these other organisations have now reopened and we continue to work closely with various charities, organisations and agencies, such as, NERS and the wider Connect network, MEARS, FODI, City of Sanctuary, ICOS, Action Foundation and Sunderland City Council.

Medical Placement

Fightback has been working with Sunderland University and have had three year 6 medical students assigned to our Charity as part of their community placements.

The students have visited our organisation on a few occasions and observed our activities, interacted with volunteers, did some background research and interviewed Fightback Charity's staff.

The students also spoke to other clients/ service users, to gain insight into the experiences of refugees, asylum seekers and minority ethnic groups.

Funding

National Lottery Community Fund

In Nov 2021, the, National Lottery Community Fund kindly donated funding for five years to cover the costs of our accommodation, rental, salary of our existing part-time manager and accountancy charges.

Fundraising 2021-2022

- Jill Franklin Trust
- City of Sunderland Council
- Barbour Trust
- Community Foundation
- Groundwork
- Souter Charitable Trust
- Cash Philanthropy Donation
- Lloyds Bank Foundation
- Fightback is currently being supported by Sunderland City Council with Fareshare donations which help us to provide a wide range of food products in our food parcels.

Thank You for your Support

- To all of our funders for their kind generosity
- Greggs (Union street Sunderland), who provides unsold pastries for our coffee mornings.
- Tesco for donating unsold food.
- Sunderland City Council for financially supporting us with Food share contributions towards our weekly food bank.
- SVP Charity for their kind donations
- Sunderland Police Constabulary Community Officers.
- Northumbria Fire Brigade.
- Chris Howson, Sunderland University Chaplin
- Fightback charity trustees, staff and volunteers.
- Sunderland University for their kind donations of food, toiletries and cleaning products.

Business Information

Committee Members

Chairperson: Diana Lambton

Secretary: Sabina Bain

Treasurer: Claudia Conteh

Committee Member: Monique Gorvel

Committee Member: Naghey Amine Masola

Committee Member: Mohammad Azizi

Committee Member: Mahmood Sharif Rahim

Committee Member: Janet Nalweysio

Committee Member: Daniel Pearce

Committee Member: Ali Mirzaei

Accountants

Accountability

Nautilus House, Durham Rd, Birtley, Chester-le-Street DH3 2PA

Bankers

4 Brindley Pl, Birmingham B1 2JB

Address

Fightback (Society for Disabled Refugees and Asylum Seekers)

Registered Charity; Charity number: 1168874

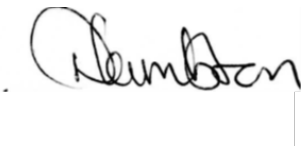
Units 4-6. Eagle Building High Street East Sunderland SR1 2AX.

Phone: 01915652707

Fightback

Approval statement

I approve these accounts which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

A handwritten signature in black ink, appearing to read 'Diana Lambton', is written over a faint horizontal line.

Diana Lambton

19 December 2023

Fightback

Accountants' report to the members on the unaudited accounts to Fightback

You have approved the accounts for the year ended 31 March 2023 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. In accordance with your instructions, we have compiled these unaudited accounts from the accounting records and information and explanations supplied to us.

Accountability
Accountants

Nautilus House
Durham Road
Birtley
County Durham
DH3 2PA

A handwritten signature in black ink, appearing to read 'J. Murray', is positioned to the right of the accountants' contact information.

19 December 2023

**Fightback
Income and Expenditure Account
for the year ended 31 March 2023**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Incoming resources	15,588	63,144	78,732	103,136
Resources expended				
Wages, salaries and other staff costs	-	18,715	18,715	29,313
Travel, volunteer expenses & consumables	5,920	1,000	6,920	7,490
Rent, rates, power and insurance costs	909	8,386	9,295	8,906
Telephone, fax, stationery and other office costs	2,906	-	2,906	2,621
Food parcels	2,112	31,009	33,121	41,156
Bank, credit card and other finance charges	104	89	193	153
Accountancy, legal and other professional fees	62	578	640	505
Other business expenses	1,168	371	1,539	3,688
	<u>13,181</u>	<u>60,148</u>	<u>73,329</u>	<u>93,832</u>
Surplus	<u>2,407</u>	<u>2,996</u>	<u>5,403</u>	<u>9,304</u>
Balance brought forward	69,549	11,103	80,652	71,348
Balance carried forward	71,956	14,099	86,055	80,652

**Fightback
Balance Sheet
as at 31 March 2023**

	Notes	2023 £	2022 £
Current assets			
Bank/building society balances		86,665	81,225
Cash in hand		49	-
		<u>86,714</u>	<u>81,225</u>
Current liabilities			
Trade creditors		<u>659</u>	<u>573</u>
Net current assets		86,055	80,652
Net assets		<u>86,055</u>	<u>80,652</u>
Accumulated fund			
	Unrestricted	Restricted	
Balance at start of period	69,549	11,103	80,652
Net surplus	3 2,407	2,996	71,348
	<u>71,956</u>	<u>14,099</u>	<u>86,055</u>
			<u>80,652</u>

Fightback
Notes to the Accounts
for the year ended 31 March 2023

1 Accounting basis

The accounts have been compiled on a basis that enables surpluses to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return if necessary.

2 Income and Expenditure account analysis

	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
Incoming resources				
Fundraising	15,588	63,144	<u>78,732</u>	<u>103,136</u>
Wages, salaries and other staff costs				
Wages and salaries	-	13,549	13,549	19,601
Pensions	-	1,359	1,359	2,027
PAYE & NI	-	3,807	3,807	7,685
Building Capabilities				
	-	18,715	<u>18,715</u>	<u>29,313</u>
Travel, volunteer expenses and consumables				
Volunteer general expenses	5,920	1,000	<u>6,920</u>	<u>7,490</u>
Rent, rates, power and insurance costs				
Rent	909	7,710	8,619	7,805
Rates	-	412	412	276
Property insurance	-	264	264	825
	<u>909</u>	<u>8,386</u>	<u>9,295</u>	<u>8,906</u>
Telephone, fax, stationery and other office costs				
Telephone and fax & stationery	766	-	766	568
Stationery and printing	1,017	-	1,017	722
Software	1,123	-	1,123	1,331
	<u>2,906</u>	<u>-</u>	<u>2,906</u>	<u>2,621</u>
Food parcels				
Food parcels	2,112	27,620	29,732	39,213
Toiletries for failed asylum seekers	-	3,389	3,389	1,943
	<u>2,112</u>	<u>31,009</u>	<u>33,121</u>	<u>41,156</u>
Bank, credit card and other finance charges				
Bank charges	104	89	<u>193</u>	<u>153</u>
Accountancy, legal and other professional fees				
Accountants fees	-	578	578	505
Other legal and professional	26	-	26	-
Interpreter	36	-	36	-
	<u>62</u>	<u>578</u>	<u>640</u>	<u>505</u>
Other business expenses				
Other sundry costs	1,045	371	1,416	2,066
Christmas Celebrations	123	-	123	1,622
	<u>1,168</u>	<u>371</u>	<u>1,539</u>	<u>3,688</u>

Fightback
Notes to the Accounts
for the year ended 31 March 2023

3 Restricted funds

	Balance as at 1 April 2022	Incoming	Transfer Between Funds	Outgoing	Balance as at 31 March 2023
	£	£	£	£	£
Big Lottery Fund Grant	7,337	34,419	-	27,768	13,988
Greatham Hospital	-	-	-	-	-
Jill Franklin Trust	3,395	15,600	-	18,995	-
Community Foundation	-	7,000	-	7,000	-
Community Foundation	-	3,500	-	3,389	111
Community Foundation	-	1,000	-	1,000	-
Together For Children	371	-	-	371	-
Groundwork UK -On	-	500	-	500	-
Groundwork UK -Te	-	1,125	-	1,125	-
	<u>11,103</u>	<u>63,144</u>	<u>-</u>	<u>60,148</u>	<u>14,099</u>



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Fightback

On accounts for the year
ended

30/04/2023

Charity no
(if any)

1168874

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 / 04 / 2022.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

31/01/2024

Name:

Miss Darna Leng MAAT

Relevant professional
qualification(s) or body
(if any):

Association of Accounting Technicians

Address:

46 Fordlance Place

Sunderland

SR4 6UR

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

[Empty box for disclosure details]

FIGHTBACK (SOCIETY FOR DISABLED REFUGEES AND ASYLUM SEEKERS)

England & Wales - Charity number 1168874

Accounts



Fightback Charity

Society of Disabled Refugees and Asylum Seekers

Annual Accounts and Reports

April 2022

Trustees' Annual Report for year 2021/2022

Overview

Fightback was formed in Sunderland in 2004 as a multicultural, one-stop, holistic, user-led, not-for-profit organisation. Fightback continues to be one of the only a few projects that works with people who experience multiple disadvantages arising out of intrinsic factors, such as, disability, race, ethnicity, language, cultural barriers and immigration status.

Fightback charity provided a range of practical, social and educational services and activities to refugees, asylum seekers, failed asylum seekers and other BME and marginalised groups.

Fightback's holistic approach aims to improve the mental health and the well-being of our clients by involving, supporting and engaging marginalized and disadvantaged individuals, facilitating autonomy, building confidence, reducing social isolation, and promoting integration into the wider community and community cohesion.

In March 2020, it was clear that the Covid19 pandemic was now a significant threat to public health. On 17/ 03/ 2020, Fightback held a committee meeting and decided that as our clients have complex physical and mental health issues and are therefore considered to be vulnerable, it was necessary to temporarily suspend our coffee morning, befriending service, and drop-in to minimise the risk of transmitting the virus.

However, as all the other partner organisations within the refugee network were closing their doors, we did not feel that it was in the best interest of our clients who are already some of the most vulnerable sections of society to close our doors and leave our clients cut off, isolated and without the help and support they need. Fightback Charity stepped up to become a frontline service provider by providing essential food supplies to our existing clients, while also supporting the disabled and elderly in the local community who are having to isolate or shield due to the Corona Virus. We adapted our services in the following ways:

Practical Services

Drop in Service

In July 2020, Fightback was one of only a few organisations to reinstate our face-to-face services to provide practical help, advice and support they needed.

Fightback's holistic approach aims to reduce or remove this anxiety by engaging with, supporting, advocating, mediating and representing clients, while also providing practical information, advice, facilitating and enabling clients to deal with everyday practical issues, such as, reading, writing and

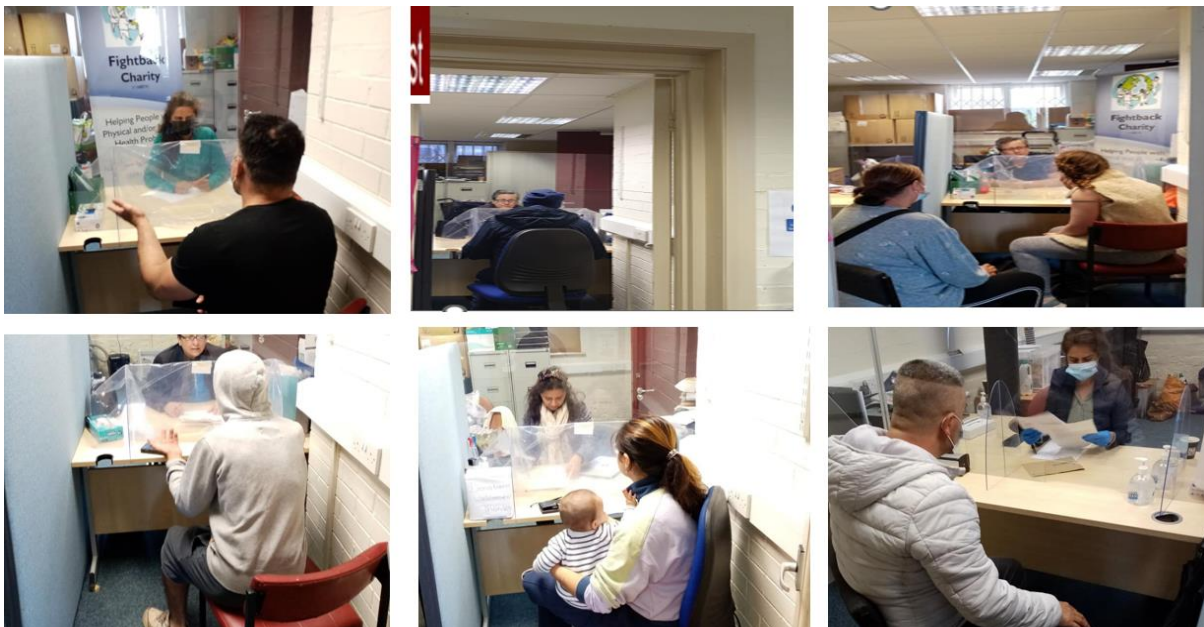
replying to letters, making appointments, paying bills, dealing with utilities, doctors, solicitors, hospitals, schools, social services, debt agencies and other service providers, applying for bank accounts, housing, driving licences, college courses, benefits, and jobs etc.

Clients often tell us that dealing with these practical everyday issues causes them the most stress in their lives because the processes, forms and criteria can be so complicated and confusing.

However, feedback from our beneficiaries has indicated that knowing they can access help with working through these practical issues, in a welcoming, non-threatening, non-judgemental atmosphere really helps. It not only reduces stress and anxiety, but provides them with understanding, skills, and autonomy to be able to cope with the everyday issues and processes that effect their lives and improves resilience and life chances.

The Table below shows the amount of people we have helped from **April 2021 to April 2022**.

Drop-in	Advice	Advocacy and Mediation	Signposting
845	782	262	50



Form Filling

Fightback Charity reads and write letters on behalf of clients with language or cognitive difficulties and fills in a variety of forms including Housing application forms, housing benefit and council tax benefit, PIP, DLA, Universal Credit, ESA forms including medical questionnaire forms, driving licence, Passports, etc. **Since April 2021 until April 2022, we have filled in 199 forms.**

Provision of Food Parcels

Covid 19 created exceptional circumstances, and highlighted the issue of food poverty in Sunderland, increasing the demand for food parcels and hygienic products from 34 to 100+ parcels a week. This has increased again due to the increase in food prices and utility costs, making everyday living expenses less affordable.

We continue to distribute much needed food parcels each week to refugees, asylum seekers, failed asylum seekers, BME groups, the destitute, and local elderly and disabled residents who have no family or friends to support them, families on low income or universal credit.

A standard Food parcel will have a mixed selection of basic meal base makers, such as, Rice, Pasta and Potatoes, a selection of different fresh vegetables and fruit, tinned foods such as tuna, ham, corned beef, beans and tomatoes, and every day essentials, such as, eggs, milk, bread, teabags etc, with food parcels varying in size according to the size of the family, to ensure that people have enough food for at least one nutritious cooked meal per day.

People struggled to get supplies for various reasons, such as:

- Some of our clients are homeless, destitute, have no recourse to public funds or are on the most basic of incomes.
- A number of the elderly, disabled and vulnerable people in the local tower blocks have been forced to isolate or shield and have no families or friends to help and support them at this time, therefore Fightback is helping to provide them with food.
- Asylum seekers cannot order food online as they cannot use their Aspen cards.
- The majority of our clients have either no means of support at all or have a basic income of around £39 pounds per week.
- The prices of food and utilities has increased.
- Many of our clients have complex physical and/or mental health issues and remain wary of Corona Virus.
- Families with children on low incomes, universal credit, furloughed, or became unemployed were also struggling to buy food.

Since April 2021 to April 2022, we have provided 5,466 Food Parcels to single people and families with children.

The following photos illustrate the work we are doing and the wide range of single people and families we help, including deliveries to the disabled, elderly, those who are shielding or live on the outskirts of Sunderland and are unable to travel on public transport due to the virus or lack of funds to

do so. We currently have clients throughout Sunderland and some clients in Gateshead, Newcastle, Washington, Fence Houses, Houghton-le-Spring, Hebburn, Murton and South Shields.



Food Parcels Referrals

Fightback continues to receive referral from other agencies, such as, the Red Cross, CAB, Churches, Sunderland City Council and Charities.

Provision of Hygiene Products

Many people who are locked in poverty or those who find themselves in times of crisis often experience severely restricted options. This leaves them caught between being able to heat their home, pay their rent, buy food or keep clean. Hygiene poverty can be shaming, humiliating and excluding and can result in social isolation. Hygiene poverty can lead to a lack of confidence and can negatively affect good health and mental well-being and social interaction. At Fightback we provide hygiene products every month to over 70 clients

Since April 2021 until April 2022 we have provided 772 hygienic products to our clients.



Remote Practical Services

Fightback charity continued to maintain contact and provide advice, support, help and reassurance where possible remotely on a daily basis even during weekends. As a result, we were able to continue to:

- Fill in paper and online forms, including, Housing applications, housing and council tax benefits, PIP, DLA, Universal Credit, ESA forms, including medical questionnaire forms, school transfer forms, child benefit forms, PIP, Mandatory reconsiderations, Gentoo home application forms, update HC1/2 forms, driving licences, immigration forms, residence permits, references, passports and updated universal credit journals etc.
- Contact different agencies on behalf of clients, including Councils, other Charities, Solicitors, Schools, Migrant Help, utility providers etc.
- Read and create letters and send them to various places on behalf of clients remotely.
- Kept in contact and provided information, support, and advice on a range of subjects and reassurance to clients via Phone, Text, WhatsApp, video calls and Facebook.
- Deal with other issues that have arisen due to covid-19, such as, ensuring asylum children could access Free School Meals and arranging essential travel for biometric purposes.
- Signpost clients onto other services where necessary.
- Responded to texts and requests for chats to let our clients know they have someone to turn to, even if it's only to hear another voice on the other side of the phone. (This is very important for clients who have anxiety or mental health issues)

Since April 2021 until April 2022, we have dealt with 824 enquiries.

Tabletop Day

Fightback takes in donations of previously loved items and then redistributes them free of charge to anyone in need at our tabletop days. Items include clothing, toys and household items.



Social Provisions

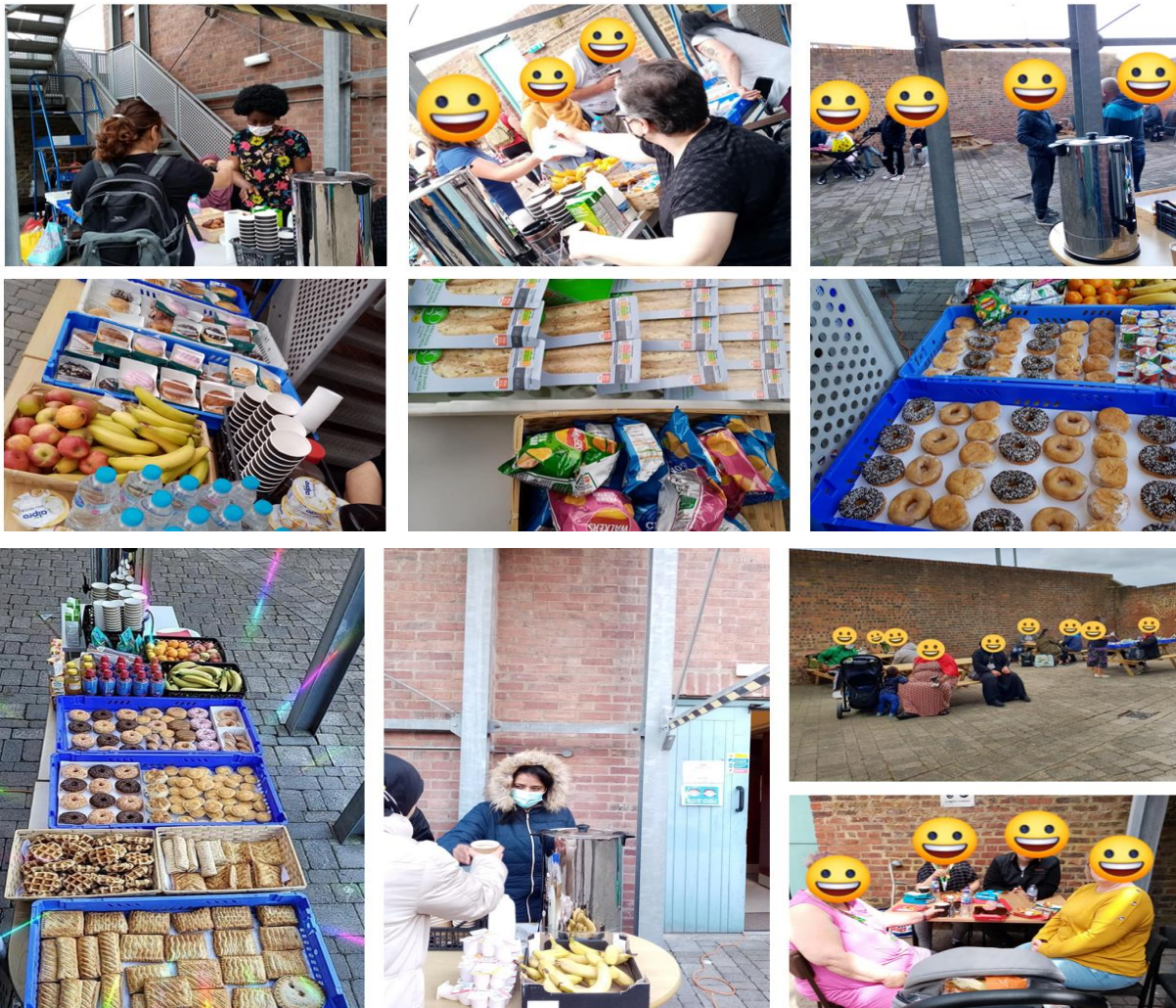
Coffee Morning and Befriending Services

As lock down was clearly having a negative impact on the mental health wellbeing of many of our clients we sort permission to use the large courtyard outside in July 2020 in order to reinstate our coffee morning to help to try and in-still a sense of normality to promote mental health wellbeing amongst our user groups.

This was vitally important as the aim of the coffee morning is to reduce social isolation and promote social inclusion. It also enables our clients to enjoy a range of hot and cold refreshments, such as, tea, coffee, drinking chocolate, dilute juice, fresh fruit, sandwiches, cheese and crackers, cakes, crisps, nuts, biscuits, toast, and soups, ensuring that some of our isolated clients can have hot food as this maybe the only hot food they have that day.

Throughout the summer and winter months our activities have remained outside to ensure we minimised the impact of spreading covid infections. Many families and single parents with children attended our coffee morning illustrating that people needed to socialize.

We have received positive feedback from our clients who are so happy to be able to get out again in a safe and relaxed atmosphere.



Remote Befriending

Fightback adapted its befriending service to maintain contact through remote means to provide ongoing help, support, and reassurance via, phone, text, WhatsApp, Facebook, Messenger and Zoom.

- Keep contact with the clients who had a Covid19 to provide them firstly with reassurance and moral support, but also advice on breathing techniques, eating, drinking and medications that help them to recover quickly.
- Responded to texts and requests for chats to let our clients know they have someone to turn to, even if it's only to hear another voice on the other side of the phone. (This is very important for clients who have anxiety or mental health issues)
- Deliver food parcels and hygienic product to clients who were shielding or isolating due to Covid19.
- Visited our elderly clients from behind the window or at a distance to give them food parcels and make sure they were okay.
- Help clients with getting their prescriptions.

Chat Club

Our 'Community Chat Club' gives people the opportunity to engage with other people, make positive social connections, make friends, have refreshments and breakdown barriers.

We provide a safe, friendly, relaxed environment where clients can talk about everyday life, their hopes, fears, plans for the future and mental health without being judged. They can share experiences, information, and strategies for coping with life's ups and downs, connect with others who understand what they are going through, and be heard. This service is designed to build self-esteem, self-worth, and self-awareness, promote autonomy, and increase motivation.

Educational Services

Job Skill Support

Fightback provides advice on how to look for jobs and apply for them online, creating and updating CV's, advice on approaching an employer with you CV or where to look for advertised vacancies.

We also provide guidance on updating Universal Credit journals and fulfilling job search requirements. This service increases skills, promotes autonomy, enables clients to take advantage of employment opportunities when they arise, prevents clients who are already economically and socially disadvantaged from being sanctioned by the DWP, and increases positive life chances.

Volunteers and Volunteering Opportunities

We have 15 dedicated volunteers on rotation who organise and run our weekly coffee morning, befriending service and drop-in services, collecting, packing, distributing and delivering food parcels. Fightback is a continuously evolving user led project that actively encourages user participation at every level and to take up various roles within the project, such as, acting as trustees and using their skills and competencies for the benefit of the whole project.

Whether it is simply giving their time to help organise and run the coffee morning, befriending, or drop-in service, provide or enhance their clerical skills and IT support, use their bilingual or multilingual skills to act as an interpreter or assemble and distribute food parcels. User participation through volunteering is essential as it helps us to continue to provide a wide range of services that are responsive to the needs of the users themselves. Also, providing our clients/users with volunteering opportunities also helps them to gain new or enhance transferable skills which they can then use to secure paid employment, college or university courses and Fightback is always happy to provide volunteers with references.

Other Services

Free Hair Cuts

As our clients have many challenges to face, one of them often being low self-esteem. A haircut can have a great effect on someone's self-esteem, by giving them a real boost and feel good about themselves. We continued to provide free haircuts for our clients.



Holiday Activity and Food (HAF) and Christmas party

In December 2021 Fightback held two family fun days in conjunction with Sunderland Council and the Education Authority (out of school meals) to provide children with activities and a hot meal. 165 children and their families attended. Additionally, each child engaged in fun educational activities, got to see Santa, and received a present. While the parents were provided with 12 days of Christmas Food Hamper, providing enough fresh fruit, veg and other foods to make a breakfast, and main meal for a family of 4 for 12 days. We have been asked to provide similar events during the summer or in the winter break, illustrating our success at being able to support families with children with out of school activities.





Working in Partnership

Although many other organisations closed down to the general public and their clients during Covid-19, Fightback maintained contact with these agencies and engaged in regular updates, urgent case referrals and collaborations behind the scenes via Zoom and Teams meetings. Many of these other organisations have now reopened and we continue to work closely with various charities, organisations and agencies, such as, NERS and the wider Connect network, MEARS, FODI, City of Sanctuary, ICOS, Action Foundation and Sunderland City Council.

Medical Placement

Fightback has been working with Sunderland University and have had three year 6 medical students assigned to our Charity as part of their community placements.

The students have visited our organisation on a few occasions and observed our activities, interacted with volunteers, did some background research and interviewed Fightback Charity's staff.

The students also spoke to other clients/ service users, to gain insight into the experiences of refugees, asylum seekers and minority ethnic groups.

British Empire Medal

In June 2021 Fightback charity received the fantastic news that our manager Matti had been awarded a BEM for charitable service in Sunderland, Tyne and Wear. Matti said: "It's been team work though - without our team of fantastic volunteers, our trustees, our funders, we wouldn't have been able to provide support during the pandemic and beyond.

Royal honour for Sunderland charity worker's service during covid pandemic

A Sunderland charity worker has been honoured by the Queen for her work during the Covid pandemic.



Funding

National Lottery Community Fund

In Nov 2021, the, National Lottery Community Fund kindly donated funding for five years to cover the costs of our accommodation, rental, salary of our existing part-time manager and accountancy charges.

Fundraising 2021-2022

- National Lottery Grant Uplift
- Jill Franklin trust
- City of Sunderland Council
- Barbour Trust donated
- Souter Charitable Trust
- Community Foundation the Watkin Family Fund
- Community Foundation P&G
- Community Foundation Grigor McClelland
- Cash Philanthropy Donation
- PayPal Philanthropy Donation
- Sunderland police constabulary for providing outdoor heaters and gazebos to help keep out coffee morning clients dry during the winter months.
- Sunderland City Council provided Fightback with £600 Tesco Care Package Vouchers for the purchase of hygiene products to distribute to our clients.
- Fightback is currently being supported by Sunderland City Council with Fareshare donations which help us to provide a wide range of food products in our food parcels.
- In kind direct has gifted Fightback clothes, which we redistribute amongst the local community.

Thank You for your Support.

- To all of our funders for their kind generosity
- Greggs (Union street Sunderland), who provides unsold pastries for our coffee mornings.
- Tesco for donating unsold food.
- Sunderland City Council for financially supporting us with Food share contributions towards our weekly food bank.
- SVP Charity for their kind donations
- Sunderland Police Constabulary Community Officers.
- Northumbria Fire Brigade.
- Chris Howson, Sunderland University Chaplin
- Fightback charity trustees, staff and volunteers.

Business Information

Committee Members

Chairperson: Diana Lambton

Secretary: Sabina Bain

Treasure: Claudia Conteh

Committee Member: Monique Gorvel

Committee Member: Naghey Amine Masola

Committee Member: Mohammad Azizi

Committee Member: Mahmood Sharif Rahim

Committee Member: Janet Nalweysio

Committee Member: Daniel Pearce

Committee Member: Ali Mirzaei

Accountants

Accountability

Nautilus House, Durham Rd, Birtley, Chester-le-Street DH3 2PA

Bankers

4 Brindley Pl, Birmingham B1 2JB

Address

Fightback (Society for Disabled Refugees and Asylum Seekers)

Registered Charity; Charity number: 1168874

Units 4-6. Eagle Building High Street East Sunderland SR1 2AX.

Phone: 01915652707

Fightback

Approval statement

I approve these accounts which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

A handwritten signature in black ink, appearing to read 'D Lambton', written in a cursive style.

Diana Lambton

30 September 2022

Fightback

Accountants' report to the members on the unaudited accounts to Fightback

You have approved the accounts for the year ended 31 March 2022 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. In accordance with your instructions, we have compiled these unaudited accounts from the accounting records and information and explanations supplied to us.



Accountability
Accountants

Nautilus House
Durham Road
Birtley
County Durham
DH3 2PA

30 September 2022

**Fightback
Income and Expenditure Account
for the year ended 31 March 2022**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Incoming resources	29,883	73,253	103,136	154,757
Resources expended				
Wages, salaries and other staff costs	-	29,313	29,313	23,171
Travel, volunteer expenses & consumables	475	7,015	7,490	7,376
Rent, rates, power and insurance costs	-	8,906	8,906	8,403
Telephone, fax, stationery and other office costs	2,100	521	2,621	2,650
Food parcels	1,226	39,930	41,156	41,524
Bank, credit card and other finance charges	60	93	153	144
Accountancy, legal and other professional fees	-	505	505	558
Other business expenses	1,617	2,071	3,688	3,191
	<u>5,478</u>	<u>88,354</u>	<u>93,832</u>	<u>87,017</u>
Surplus	<u>24,405</u>	<u>(15,101)</u>	<u>9,304</u>	<u>67,740</u>
Balance brought forward	45,144	26,204	71,348	3,608
Balance carried forward	69,549	11,103	80,652	71,348

**Fightback
Balance Sheet
as at 31 March 2022**

	Notes	2022 £	2021 £
Current assets			
Bank/building society balances		81,225	71,269
Cash in hand		-	79
		<u>81,225</u>	<u>71,348</u>
Net current assets		80,652	71,348
Net assets		<u>80,652</u>	<u>71,348</u>
Accumulated fund			
Balance at start of period		71,348	3,608
Net surplus	3	9,304	67,740
		<u>69,549</u>	<u>11,103</u>
		<u>80,652</u>	<u>71,348</u>

Fightback
Notes to the Accounts
for the year ended 31 March 2022

1 Accounting basis

The accounts have been compiled on a basis that enables surpluses to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return if necessary.

2 Income and Expenditure account analysis

	Unrestricted Funds £	Restricted Funds £	2022 £	2021 £
Incoming resources				
Fundraising	29,883	73,253	<u>103,136</u>	<u>154,757</u>
Wages, salaries and other staff costs				
Wages and salaries	-	19,601	19,601	15,036
Pensions	-	2,027	2,027	1,750
PAYE & NI	-	7,685	7,685	6,313
Building Capabilities				
Training & Development & Networking	-	-	-	72
	-	29,313	<u>29,313</u>	<u>23,171</u>
Travel, volunteer expenses and consumables				
Consumables for citizenship classes	-	-	-	-
Volunteer expenses for classes	-	-	-	-
Volunteer teacher expenses	-	-	-	-
Volunteer general expenses	475	7,015	<u>7,490</u>	<u>7,376</u>
Rent, rates, power and insurance costs				
Rent	-	7,805	7,805	6,175
Rates	-	276	276	276
Property insurance	-	825	825	318
Expensed equipment	-	-	-	1,634
	-	8,906	<u>8,906</u>	<u>8,403</u>
Telephone, fax, stationery and other office costs				
Telephone and fax & stationery	381	187	568	1,040
Stationery and printing	388	334	722	512
Software	1,331	-	1,331	1,098
	2,100	521	<u>2,621</u>	<u>2,650</u>
Food parcels				
Food parcels	79	39,134	39,213	36,298
Cash donations to failed asylum seekers	-	-	-	20
Toiletries for failed asylum seekers	1,147	796	1,943	5,206
	1,226	39,930	<u>41,156</u>	<u>41,524</u>
Bank, credit card and other finance charges				
Bank charges	60	93	<u>153</u>	<u>144</u>
Accountancy, legal and other professional fees				
Accountants fees	-	505	<u>505</u>	<u>558</u>
Other business expenses				
Other sundry costs	1,140	926	2,066	65
COVID-19 Related costs	-	-	-	2,131
Christmas Celebrations	477	1,145	1,622	995
	1,617	2,071	<u>3,688</u>	<u>3,191</u>

Fightback
Notes to the Accounts
for the year ended 31 March 2022

3 Restricted funds

	Balance as at 1 April 2021 £	Incoming £	Transfer Between Funds £	Outgoing £	Balance as at 31 March 2022 £
Big Lottery Fund Grant	6,187	31,032	-	29,882	7,337
Greatham Hospital	-	1,000	-	1,000	-
Jill Franklin Trust	1,771	24,000	-	22,376	3,395
James Knott Trust	-	5,000	-	5,000	-
Groundwork (One Stop Bag Levy)	-	1,000	-	1,000	-
Postcode	17,233	-	-	17,233	-
Together For Children	-	9,721	-	9,350	371
Disability Action	1,013	1,500	-	2,513	-
	<u>26,204</u>	<u>73,253</u>	<u>-</u>	<u>88,354</u>	<u>11,103</u>



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Fightback

**On accounts for the year
ended**

30/04/2022

**Charity no
(if any)**

1168874

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 / 04 / 2022.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

24/01/2023

Name:

Mr Christopher Younger MAAT

**Relevant professional
qualification(s) or body
(if any):**

Association of Accounting Technicians

Address:

1 Burnway, Albany

Washington

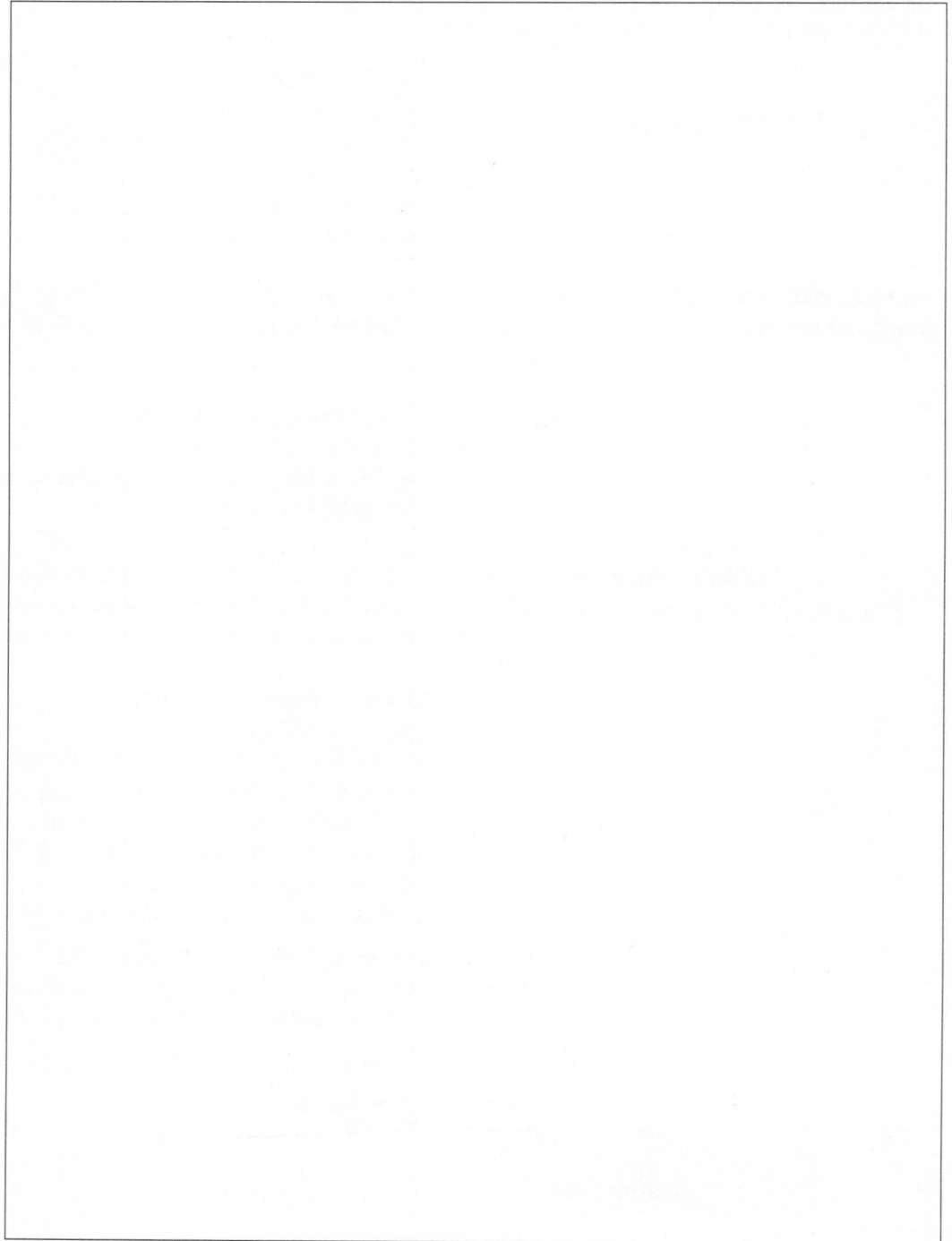
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Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



FIGHTBACK (SOCIETY FOR DISABLED REFUGEES AND ASYLUM SEEKERS)

England & Wales - Charity number 1168874

Accounts



Fightback Charity

Society of Disabled Refugees and Asylum Seekers

Accounts

April 2021

Trustees' Annual Report for year 2020/2021

Overview

Fightback was formed in Sunderland in 2004 as a multicultural, one-stop, holistic, user-led, not-for-profit organisation. Fightback continues to be one the only a few projects that works with people who experience multiple disadvantages arising out of intrinsic factors, such as, disability, race, ethnicity, language, cultural barriers and immigration status.

Fightback charity provided a range of practical, social and educational services and activities to refugees, asylum seekers, failed asylum seekers and other BME and marginalised groups.

Fightback's holistic approach aims to improve the mental health and the well-being of our clients by involving, supporting and engaging marginalized and disadvantaged individuals, facilitating autonomy, building confidence, reducing social isolation, and promoting integration into the wider community and community cohesion.

Pre-Covid19 Practical and Social Activities and Services

Drop-in Service

Fightback provides practical support in the form of advice, information, advocacy, mediation and representation on behalf of clients, with a wide range of businesses, companies and organisations, such as, Asylum Support, Immigration Help, Mears, Hospitals, GP's, Social Services, Immigration, Solicitors, DWP (job centres and benefits, PIP, ESA, CB), Housing providers, DVLA, Schools, Councils, Utilities, Debt agencies, Schools, Colleges, Universities, Employment Agencies and the Police etc.

Form Filling

Fightback Charity reads and write letters on behalf of clients with language or cognitive difficulties and fills in a variety of forms including: Housing application forms, housing benefit and council tax benefit, PIP, DLA, Universal Credit, ESA forms including medical questionnaire forms, driving licence, Passports, etc.

Additionally, clients have access to phones, computers, photocopying, reading and writing letters with the use of interpreters where required. Creating CV's, Job Searches, applying for Jobs, college and university courses, Universal Credit and other welfare benefit applications and updates.

As the majority of our clients struggle with language, social, physical or mental health issues and often arrive in an agitated or anxious state. These practical services provide clients with information, increase their knowledge and understanding, reduce stress and anxiety, improve educational and employment opportunities and overall increase their autonomy, self-esteem and mental health wellbeing. Our clients often say that knowing they can access the help they need in a friendly and welcoming environment, quickly and confidentially.

Practical Transition (Move On) Support

Fightback has continued to help asylum seekers through the transition period from being granted refugee status to becoming a British Citizen. We have worked closely with Sunderland Council on understanding their new housing guidelines and continue to work closely with the Gentoo Housing group on the registering of new clients requiring accommodation. Gentoo Housing association attended our drop in on a regular basis to help clients who were experiencing difficulties with their tenancies and to support new refugees to register for homes, including applying for housing benefit. Fightback continued to help clients with the transition from the NASS support system to apply for either, college courses, university courses, employment, or ESA, JSA and Universal credit, updating Universal Credit Journals, creating CV's, and job searches. Fightback also helped clients navigate a range of other everyday requirements, such as, utility companies, council benefits, school registrations for their children, driving licenses and pass ports to sourcing furniture.

Befriending Service

Fightback provides a weekly befriending service where allow people to come together from all communities to make friends. It also enables people to connect with others from their own ethnic communities who can offer support, advice and reassurance which is especially important for new arrivals here who often feel isolated. Our clients can access social support, free tea and hot coffee, hot and cold snacks, and access to IT services in safe and welcoming environment.

Coffee Morning

Fightback's coffee morning provides a range of hot and cold snacks at the coffee morning, such as, tea, coffee, drinking chocolate, dilute juice, fresh fruit, sandwiches, cheese and crackers, cakes, crisps, nuts, biscuits, toast and soups, ensuring that some of our isolated clients can have hot food.

The aim of these activities is to reduce social isolation and disadvantage, promote social inclusion, integration and healthier lifestyles amongst these user groups by engaging, supporting, building confidence, facilitating autonomy, increasing knowledge and life skills, and promoting community cohesion through the provision of information and education. Clients report that the coffee morning, befriending service and drop-in service provide are a life-line, often the only social interaction they have each week and state that they feel it is a safe, warm, welcoming environment where they can meet people, make friends, share experiences and also access help.

Educational Services

Fightback also provided a range of small classes and one to one sessions and discussions on issues, such as, HIV, Hep B, TB, Diabetes Awareness, Healthy Eating, creating CV's and helping with Job Searches. These sessions serve to educate, increasing knowledge, and improve life chances and skills.

Food Parcels

Fightback also provide weekly high protein food parcels, to failed asylum seekers, the destitute, and low-income families.

Our food parcels vary from week to week and often include, Rice, pasta, tinned: tomatoes, beans, kidney beans, spinach, potatoes, soups, peas, oil, tuna, sardines, pilchards, corned beef, assorted fruit, sugar, tea bags etc. These provisions are a lifeline to many of our clients and each food parcel contains enough food for at least one good meal per day.

Additionally, when funds allow, we also distributed a range of hygiene products each month which has proved to be very popular with families.

Operationally

Fightback collects and collates a range of qualitative and quantitative data relating to all areas of our work, including client feedback forms, questionnaires and attendance records relating to the numbers of people accessing each of our services. This enables us to assess if our clients are happy with the service, and how it can be improved etc. We hold regular meetings to review client's needs, time management, utilization of staff and volunteers, finances, and the relevance and sustainability of our services to maximize the benefits to our users and the project.

Working in Partnership

Fightback promotes its activities and services on our website and Facebook page, and provides leaflets in English, French, Kurdish, Arabic and Farsi, to other community projects, doctor's surgeries, hospitals, churches, the council, housing office and social services.

Fightback continues to work in partnership with other local projects, organisations, institutions and agencies and is part of the larger Connect and BME networks. Fightback actively engages with other organisations, such as, Gentoo Housing Association, Young Asian Voices, Friends of the Drop In, Police, Fire Brigade, ICOS (International Community of Sunderland), Body Positive NE, International Centre, local health and mental health services, City of Sanctuary, Bethany Church at Bede Tower, other churches, Tyne and Wear Fire services, etc. This is important as we get the opportunity to promote our services, take referrals, share information and areas of good practice.

Our clients often find out about Fightback via asylum literature or are often referred to us by other community and BME groups, local hostels, social services and doctors who feel that the client is experiencing difficulties accessing the help they need. However, most of our clients are directed to our services by current or previous clients (word of mouth) illustrating that our clients are confident of our ability to help others and are happy to promote our service.

Covid19 Pandemic

Lock Down Plan and Action

In March 2020, it was clear that the Covid19 pandemic was now a significant threat to public health. On 17/03/2020, Fightback held a committee meeting and decided that as our clients have complex physical and mental health issues and are therefore considered to be vulnerable, it was necessary to temporarily suspend our coffee morning, befriending service and drop-in to minimise the risk of transmitting the virus.

However, as all the other partner organisations within the refugee network were closing their doors, we did not feel that it was in the best interest of our clients who are already some of the most vulnerable sections of society to close our doors and leave our clients cut off, isolated and without the help and support they need. Fightback Charity stepped up to become a frontline service provider by providing essential food supplies to our existing clients, while also supporting the disabled and elderly in the local community who are having to isolate or shield due to the Corona Virus. We adapted our services in the following ways:

Provision of Food Parcels and Hygiene Products

We continue to distribute and deliver much needed food parcels each week including (fresh, ambient, frozen, dried and tinned foods) to refugees, asylum seekers, failed asylum seekers, BME groups, the destitute, and local elderly and disabled residents who have no family or friends to support them, families on low income or universal credit.

Food Bank Logistics

Since the start of Covid-19 lock down, Fightback staff and volunteers have been working tirelessly Monday to Friday to ensure we have adequate supplies of food to provide our clients. This has included contacting various large supermarket chains to see if they can supply the amount of food we needed given that they placed restrictions on the amount of food due to panic buying. For the first 3 months it was impossible to get more than between 3 or 6 items of each product. As a result, our volunteers were constantly going between ASDA, ALDI, LIDL, Morrison's, Tesco's and Sainsbury's on a daily basis to buy the maximum amounts of food we needed for our food parcels. In recent months we have secured regular supplies in large quantities of different foods through Sainsbury's. Sunderland Council are also kindly supporting our foodbank by paying for additional food supplies via Fare share.

Food Parcel Collections and Deliveries

Covid 19 has created exceptional circumstances, as since the outbreak the demand for food parcels and hygienic products has increased from 34 to 100+ parcels a week. A standard Food parcel will have a mixed selection of basic meal base makers, such as, Rice, Pasta and Potatoes, a selection of different fresh vegetables and fruit, tinned foods such as tuna, ham, corned beef, beans and tomatoes, and every day essentials, such as, eggs, milk, bread, teabags etc, with food parcels varying in size according to the size of the family, to ensure that people have enough food for at least one nutritious cooked meal per day. People struggled to get supplies for various reasons, such as:

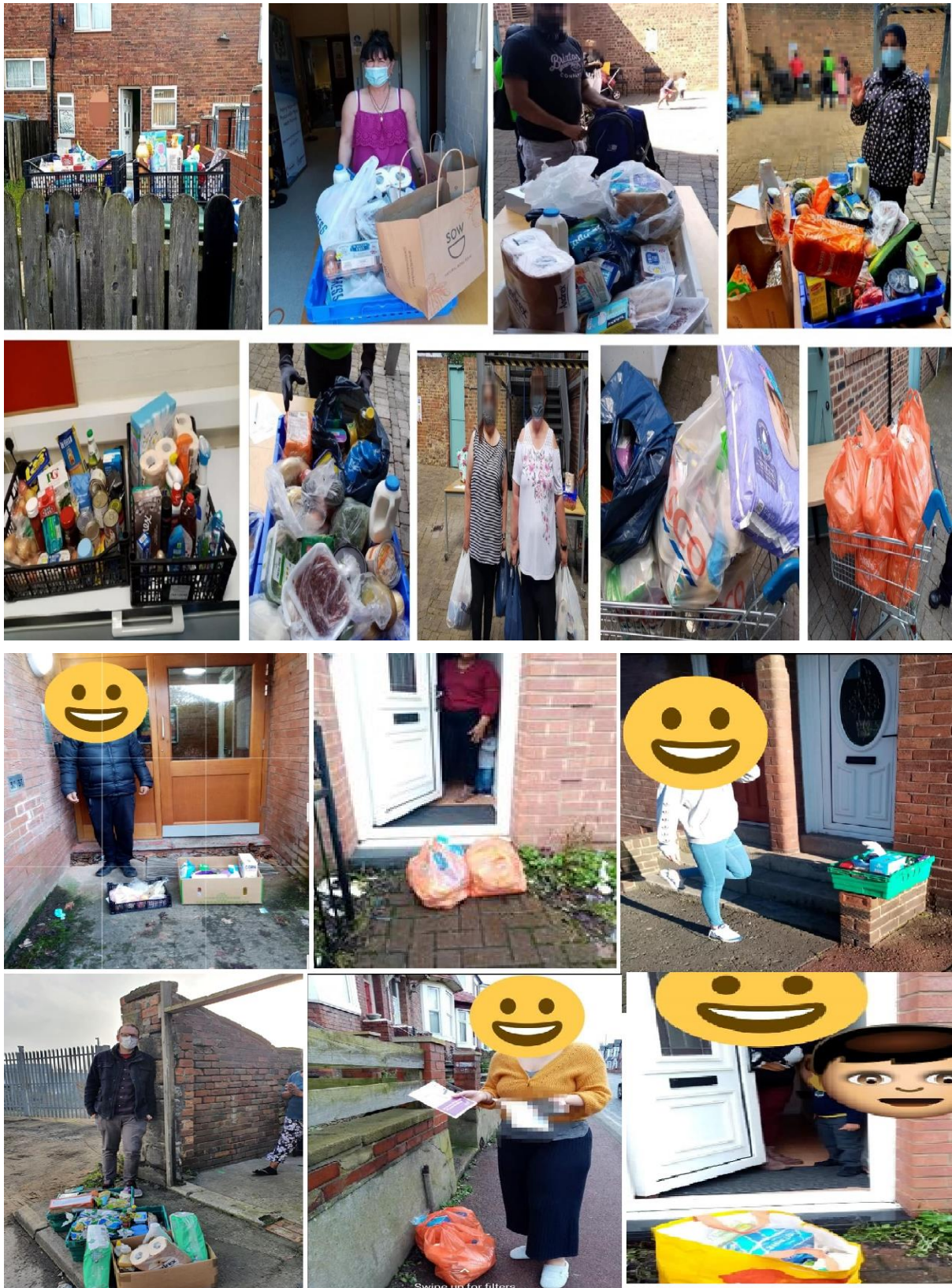
- Other drop-in centres in Sunderland have suspended their services during this crisis and people who would normally attend and had refreshments a couple of times per week can no longer access those services.

- Many of our clients are homeless, destitute, have no recourse to public funds or are on the most basic of incomes, and often have no bank accounts or bank cards and are therefore unable to buy cheaper food on line, further reducing their buying capacity.
- A number of the elderly, disabled and vulnerable people in the local tower blocks have been forced to isolate or shield and have no families or friends to help and support them at this time, therefore Fightback is helping to provide them with food.
- Asylum seekers cannot order food online as they cannot use their Aspen cards.
- The majority of our clients have either no means of support at all or have a basic income of around £37/39 pounds per week.
- The prices of the foods have also increased due to many people panic buying and supermarkets increasing their prices which is also further reducing their buying capacity.
- Many of our clients have complex physical and/or mental health issues and have to self-isolate to protect themselves from getting the Corona Virus.
- Families with children on low incomes, universal credit, furloughed, or became unemployed were also struggling to buy food.

Since the outbreak until April 2021, we have provided 4,776 Food Parcels to Single people and Families with children.

The following photos illustrate the work we are doing and the wide range of single people and families we help, including deliveries to the disabled, elderly, those who are shielding or live on the outskirts of Sunderland and are unable to travel on public transport due to the virus or lack of funds to do so. We currently have clients throughout Sunderland and some clients in Gateshead, Newcastle, Washington, Fence Houses, Houghton-le-Spring, Hebburn, Murton and South Shields.





Food Parcels Referrals

Fightback continues to receive referral from other agencies, such as, the Red Cross, FODI, Churches, Sunderland City of Sanctuary, Council and Charities.

Remote Practical Services

In March 2020, all clients were contacted and provided with various remote options for contacting Fightback to maintain contact and access advice, support, help and reassurance during this time to help them through this isolation period where possible remotely on a daily basis even during weekends. Some urgent issues have to be dealt with face to face, in these cases an appointment is made and clients are seen with all government safety measures in place.

As a result, we were able to continue to:

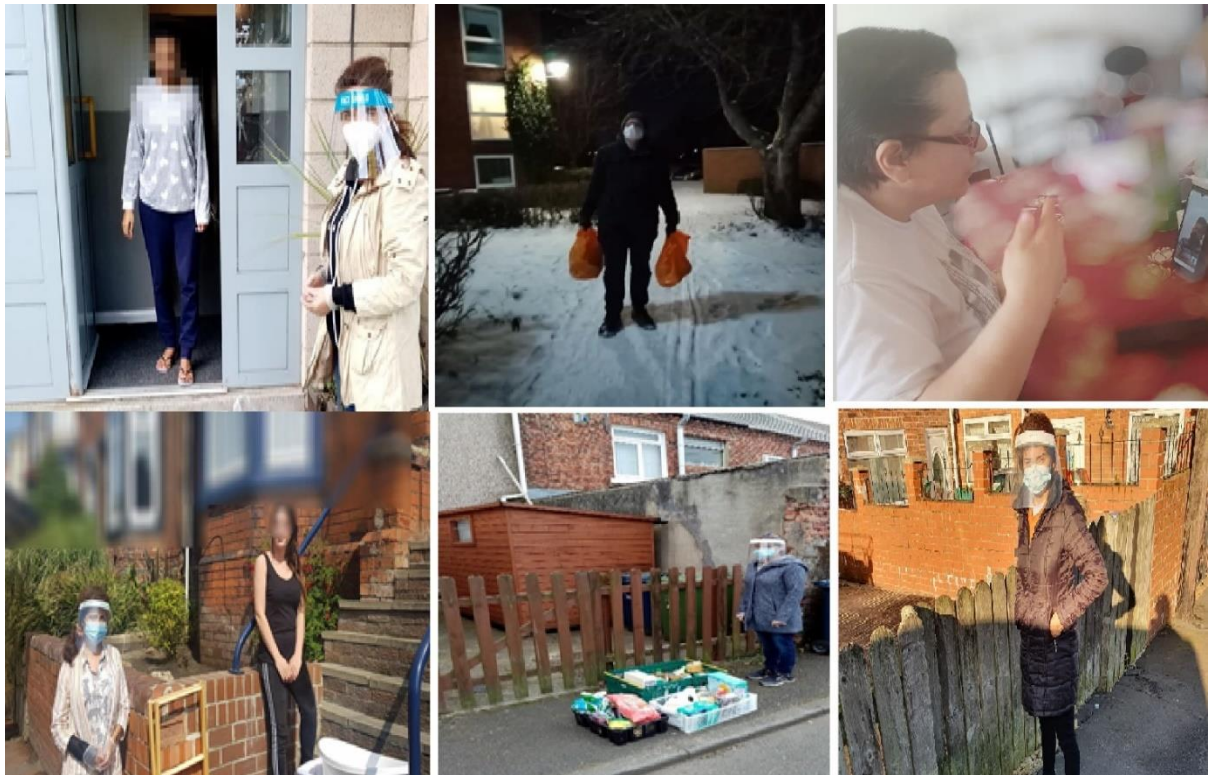
- Filled in paper and online forms, including: Housing applications, housing and council tax benefits, PIP, DLA, Universal Credit, ESA forms, including medical questionnaire forms, school transfer forms, child benefit forms, PIP, Mandatory reconsiderations, Gattoo home application forms, update HC1/2 forms, driving licences, immigration forms, residence permits, references, passports and updated universal credit journals etc.
- Contact different agencies on behalf of clients, including Councils, Social Services, other Charities, Homeless referrals, Solicitors, Schools, Migrant Help, utility providers etc.
- Read and create letters and send them to various places on behalf of clients remotely.
- Kept in contact and provided advice on a range of subjects and reassurance to clients via Phone, Text, Whatsapp, video calls and Facebook.
- Dealt with other issues that have arisen due to covid-19, such as, ensuring asylum children could access Free School Meals and arranging essential travel for biometric purposes.
- Provide information and advice on a range of issues.
- Signpost clients onto other services where necessary.
- Deal with urgent immigration issues, client's cases and emergency accommodation.
- Provide support and reassurance via these formats.
- Dealt with other issues that have arisen due to covid-19, such as, ensuring asylum children could access Free School Meals and arranging essential travel for biometric purposes.
- Maintained vital support via Zoom and Whatsapp Video for clients who had COVID-19 on a daily to make sure they were alright or needed further urgent medical support.

- Responded to texts and requests for chats to let our clients know they have someone to turn to, even if it's only to hear another voice on the other side of the phone. (this is very important for clients who have anxiety or mental health issues)
- Send out regular updates via text and Facebook to let our clients know that the provision of food parcels was continuing during these trying times
- Since the first lock down in March 2020 until April 2021 we have dealt with 1,218 enquiries.

Remote Befriending

Fightback adapted its befriending service to maintain contact through remote means to provide ongoing help, support and reassurance via, phone, text, Whatsapp, Facebook, Messenger and Zoom.

- Keep contact with the clients who had a Covid19 to provide them firstly with reassurance and moral support, but also advice on breathing techniques, eating, drinking and medications that help them to recover quickly.
- Responded to texts and requests for chats to let our clients know they have someone to turn to, even if it's only to hear another voice on the other side of the phone. (this is very important for clients who have anxiety or mental health issues)
- Send out regular updates via text and Facebook to let our clients know that the provision of food parcels was continuing during these trying times.
- Deliver food parcels and hygienic product to clients who were shielding or isolating due to Covid19.
- Visited our elderly clients from behind the window or at a distance to give them food parcels and make sure they were okay.
- Help clients with getting their prescriptions.



Reinstating our face-to-face services

Drop

In July 2020, it became apparent that the lockdown was having devastating effects on the mental health of our clients. With this in mind Fightback responded by reinstating our face to face services (by appointment only) in line with Government and Public Health Guidelines to ensure that clients could receive the practical help, advice and support they needed. However, our number one priority remained the safety and well-being of all our clients, staff and volunteers, therefore, we ensured that all necessary precautions were in place, such as, social distancing measures, protective Perspex desk barriers, face masks, face shields, rubber gloves and hand sanitizers for staff, volunteers and clients.

The Table below shows the amount of people we have helped since our drop in was reinstated from 13/7/20 to 02/04/2021.

Drop_in	Advice	Advocacy and Mediation	Form Filling	Signposting
458	306	117	63	51



Coffee Morning

As lock down was clearly having a negative impact on the mental health wellbeing of many of our clients we sort permission to use the large courtyard outside in July 2020 in order to reinstate our coffee morning to help to try and in-still a sense of normality to promote mental health wellbeing amongst our user groups.

Fightback initially adapted its coffee morning by holding it outside in the courtyard, to ensure that safe distancing measures were maintained. This was vitally important as the aim of the coffee morning is to reduce social isolation and promote social inclusion. It also enables our clients to enjoy a range of hot and cold refreshments, such as, tea, coffee, drinking chocolate, dilute juice, fresh fruit, sandwiches, cheese and crackers, cakes, crisps, nuts, biscuits, toast and soups, ensuring that some of our isolated clients can have hot food as this maybe the only hot food they have that day.

Many families and single parents with children attended our coffee morning illustrating that people needed to socialize. (35 to 40 people attended per week, staggered through the day to avoid people congregating).

We have received positive feedback from our clients who are so happy to be able to get out again in a safe and relaxed atmosphere.



Unfortunately, further lock down restrictions prevented anyone from gathering and forced us to adapt the service again. Fightback responded by providing refreshments on a takeaway basis.



Free Hair Cuts

Since 30th July one of our volunteers has provided free haircuts for our clients in the courtyard outside our premises in line with Government and Public Health guidelines. Our clients have

many challenges to face, one of them often being low self-esteem. A haircut can have a great effect on someone's self-esteem, by giving them a real boost and feel good about themselves.



Volunteers and Volunteering Opportunities

We have 15 committed volunteers on rotation who organise and run our weekly coffee morning, befriending service and drop-in services, collecting, packing, distributing and delivering food parcels. Fightback is a continuously evolving user led project that actively encourages user participation at every level and to take up various roles within the project, such as, acting as trustees and using their skills and competencies for the benefit of the whole project. Whether it is simply giving their time to help organise and run the coffee morning, befriending or drop-in service, provide or enhance their clerical skills and IT support, use their bilingual or multilingual skills to act as an interpreter or assemble and distribute food parcels. User participation through volunteering is essential as it helps us to continue to provide a wide range of services that are responsive to the needs of the users themselves. Also, providing our clients/users with volunteering opportunities also helps them to gain new or enhance transferable skills which they can then use to secure paid employment, college or university courses and Fightback is always happy to provide volunteers with references.

Refugees Got Talent 2020

Unfortunately, in 2020, due to the Covid19 Pandemic, Fightback's contribution to 'Refugee Week' activities, 'Refugees Got Talent' sadly had to be cancelled. This collaborative event has proven to be hugely popular, attracting a massive 250 people from 33 different countries

in 2019. However, Fightback participated in the walk that was organised by 'City of Sanctuary' around Sunderland's landmarks with 2 metres distancing in place.

Christmas Party 2020

Fightback's Christmas Party was also unable to go ahead, however, in anticipation of a radically different Christmas experience Covid19 had inflicted on the nation, Fightback worked hard to secure funding and donations to enable us to provide family sized food hampers with extra festive items, such as chocolates, biscuits and puddings etc. We also ensured that families with children received presents for each child which included a pair of pyjamas, a toy and chocolates, and for older children a hoody, toiletry set and chocolates. (for 70+ children).



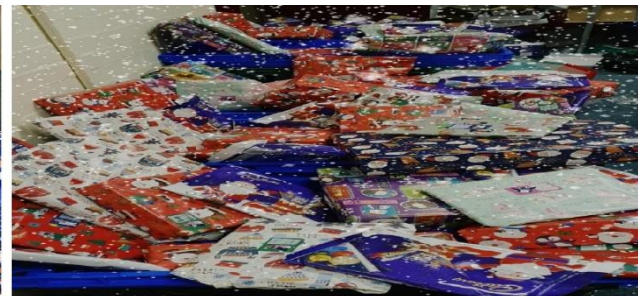




Table Top Day

We held a clothing, toys and house hold items morning for anyone in need. With everyone attending adhering to distancing rules, wearing of masks and gloves.



Working in Partnership

Although many other organisations have closed down to the general public and their clients due to Covid-19, Fightback has maintained contact with these agencies and engages in regular updates, urgent case referrals and collaborations behind the scenes via Zoom and Teams meetings with various charities, organisations and agencies, such as, NERS and the wider Connect network, MEARS, FODI, City of Sanctuary, ICOS, Action Foundation and Sunderland City Council.

Medical Placement:

Fightback has been working with Sunderland University and have three year 2 medical students assigned to our Charity as part of their community placements.

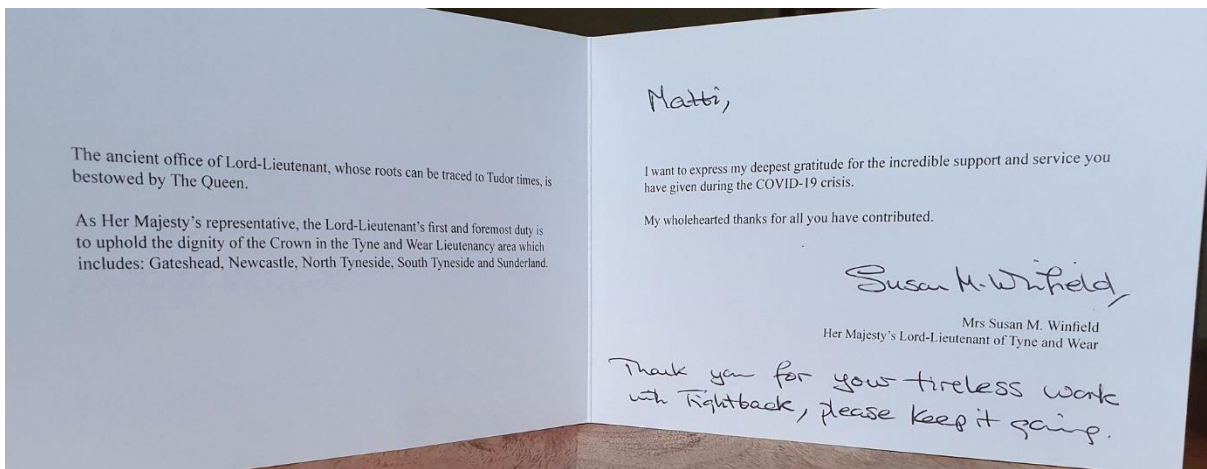
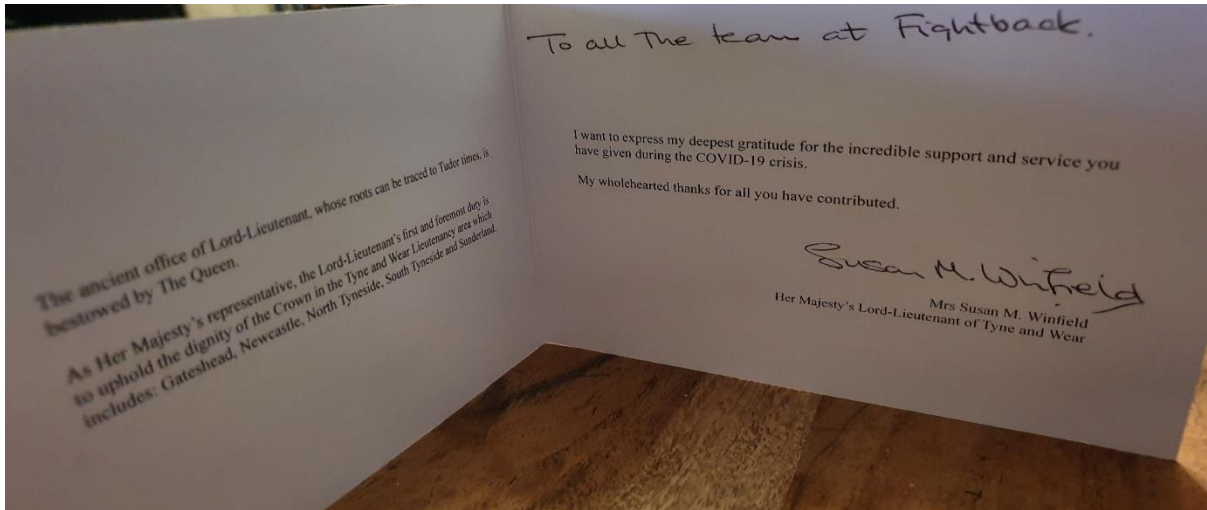
The students have visited our organisation on a few occasions and observed our activities, interacted with volunteers, did some background research and Interviewed Fightback Charity Chairperson.

The students also spoke to 3 three of your clients/ service users, to gain insight into the experiences of refugees, asylum seekers and minority ethnic groups. They used this experience and learning and write a reflective assignment.

Formal Recognition

In July 2020 and October 2020 Fightback received formal recognition of its hard work during the lockdown from Mrs. Susan M. Winifield, Her Majesty's Lord Lieutenant.





Funding

National Lottery Community Fund

In Nov 2016, National Lottery Community Fund kindly donated £125.770 in funding from the National Lottery Community Fund. This five-year grant was given to part fund the project for the salary of our existing part-time manager and accommodation rental and accountancy. This grant ends in November 2021.

Grant Uplift

In March/April we saw a substantial increase in demand for the food parcels to both our regular clients and other elderly and vulnerable local residents and we do not turn anyone in need away.

Most of our clients are unable to access food from the Sunderland food bank because their clients are referred by social services, the CAB or they have to be issued with a voucher by the council.

Our funding officer Clair Docherty contacted us to discuss the possibility of uplifting our grant with the National Lottery to support our 'Lockdown' initiatives/activities for which were kindly granted £12,000. This was secured to be able to increase our storage facilities, such as, the purchase of a large capacity freezer and large capacity larder/fridge, as well as further funding for more food parcels which enabled us to buy ambient, fresh and frozen foods, such as milk, butter, eggs, vegetables and meats for our clients. Additionally, we were also able to provide much needed items included toiletries/hygiene products for our client's and Safety Wear for staff and volunteers.

Gaining this uplift funding enabled us to continue to deliver vital support and helped us to make a real difference to our clients and the local community during these unprecedented times, by ensuring that anyone who came forward requesting support was helped.

Fundraising 2020-2021

- National Lottery Grant Uplift
- Jill Franklin trust
- Postcode Neighbourhood Trust
- City of Sunderland Council
- City of Sunderland Council Crowdfund Sunderland
- Barbour Trust donated
- Cadburys
- Hilden Charitable Trust
- Souter Charitable Trust
- Community Foundation Giving Network
- Community Foundation P&G
- Community Foundation Grigor McClelland
- Community Foundation P&G
- Community Foundation, Covid
- Disability Action
- Hilden Charitable Trust
- The Edward Gosling Trust

- Groundwork (Tesco Covid help)
- CAF
- Crowdfunder Ltd
- Cash Philanthropy Donation
- PayPal Philanthropy Donation
- Sunderland City Council provided Fightback with £600 Tesco Care Package Vouchers for the purchase of hygiene products to distribute to our clients.
- Sunderland City Council also provided Fightback with 100 resilience and 100 gift cards which were distributed amongst families with limited resources and single people with no recourse to public funds.
- Fightback is currently being supported by Sunderland City Council with Fareshare donations which help us to provide a wide range of food products in our food parcels.
- The SVP in Newcastle have also provided Fightback with a range of food, pre-used clothes, toys, and household goods which we redistribute amongst the local community.
- In kind direct #commUNITY has gifted Fightback £200 credit towards online purchases, which been spent on hygiene products.

March 2021 and Beyond

Fightback was created in 2004, as a holistic, one-stop, user-led, multicultural project that provides a range of support services and activities to some of the most disadvantaged sections of society. The National Lottery has been an avid supporter of the Fightback Charity for nine years now. Fightback is a small charity that is making a ‘Huge’ impact on people’s lives as we are one of the most responsive and best value for money charities in the North East Region. Earlier this year Covid-19 presented the world with an unknown virus with the potential of being the deadliest pandemic since 1918. As a result, the UK was plunged into what can only be described as emergency lockdown measures, with millions of elderly, disabled and vulnerable people being forced to shield. With the vast majority of other charities, organisations and community groups closing their doors, the initial thought was to follow suit. However, after discussing the prospect with the management committee, it was decided that the impact of closing would far more damaging to those who rely on our services in terms of their physical, emotional, psychological wellbeing and ability to obtain adequate food supplies. With this in

mind, Fightback staff and volunteers decided to remain open, adapt its services where possible with government safeguarding measures in place, effectively becoming a front-line service. However, as our services were focused on responding to the needs of people due to the pandemic, other initiatives have had to be put on hold, while our ability to respond has afforded us other opportunities.

- Fightback planned to open a charity shop to help us generate an income, however, this plan has been put on hold until it is economically and safely viable to do so.
- Fightback employed a variety of media/online applications to be able to support its clients via Phone, Text, Whatsapp, Facebook, Messenger and Email, and will continue to do so in the future.
- Fightback has increased its presence by opening a Facebook page which has proved to be very popular with clients and supporters alike, as it keeps them up to date with new information about our activities etc.
- Along with this Facebook page we have promoted an online giving page which has already generated some donations.
- Fightback was approached by Sunderland City Council regarding the prospect of providing an outreach for Refugees/Asylum seekers on the outskirts of Sunderland/Washington. (talks will resume once the Covid-19 situation has resolved)
- Our funding with the National Lottery expires in November 2021. However, as our plans to become more self-sufficient have been adversely affected by the need to respond to the Covid-19 situation as a priority. We are hoping that the National Lottery will look favourably upon our efforts, and ability to rise to the challenge of becoming a front-line service provider during this time and would consider a further funding application to enable us to continue our valuable work.

Thank You for your Support.

- To all of our funders for their kind generosity
- Greggs (Union street Sunderland), who provides unsold pastries for our coffee mornings.
- Tesco for donating unsold food.
- Sunderland City Council for financially supporting us with Food share contributions towards our weekly food bank.
- SVP Charity for their kind donations
- Sunderland Police Constabulary Community Officers.
- Northumbria Fire Brigade.
- Chris Howson, Sunderland University Chaplin
- Daniel Alcock at Bethany Church (Bede Tower)
- Fightback charity trustees, staff and volunteers.

Business Information

Committee Members

Chairperson: Diana Lambton

Secretary: Sabina Bain

Treasure: Claudia Conteh

Committee Member: Monique Gorvel

Committee Member: Naghey Amine Masola

Committee Member: Mohammad Azizi

Committee Member: Mahmood Sharif Rahim

Committee Member: Janet Nalweysio

Committee Member: Daniel Pearce

Committee Member: Ali Mirzaei

Accountants

Accountability

Nautilus House, Durham Rd, Birtley, Chester-le-Street DH3 2PA

Bankers

4 Brindley Pl, Birmingham B1 2JB

Address

Fightback (Society for Disabled Refugees and Asylum Seekers)

Registered Charity; Charity number: 1168874

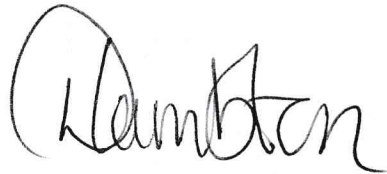
Units 4-6. Eagle Building High Street East Sunderland SR1 2AX.

Phone: 01915652707

Fightback

Approval statement

I approve these accounts which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the accounting basis as set out in note 1, and for providing all the information and explanations necessary for their compilation.

A handwritten signature in black ink, appearing to read 'Diana Lambton'. The signature is written in a cursive style with a large initial 'D'.

Diana Lambton

27 September 2021

Fightback

Accountants' report to the members on the unaudited accounts to Fightback

You have approved the accounts for the year ended 31 March 2021 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes. In accordance with your instructions, we have compiled these unaudited accounts from the accounting records and information and explanations supplied to us.



Accountability
Accountants

Nautilus House
Durham Road
Birtley
County Durham
DH3 2PA

27 September 2021

**Fightback
Income and Expenditure Account
for the year ended 31 March 2021**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Incoming resources	46,777	107,980	154,757	40,517
Resources expended				
Wages, salaries and other staff costs	72	23,099	23,171	16,819
Travel, volunteer expenses & consumables	-	7,376	7,376	6,173
Rent, rates, power and insurance costs	276	8,127	8,403	5,633
Telephone, fax, stationery and other office costs	826	1,824	2,650	1,199
Food parcels	811	40,713	41,524	8,039
Bank, credit card and other finance charges	52	92	144	144
Accountancy, legal and other professional fees	-	558	558	577
Other business expenses	1,130	2,061	3,191	1,161
	<u>3,167</u>	<u>83,850</u>	<u>87,017</u>	<u>39,745</u>
Surplus	<u>43,610</u>	<u>24,130</u>	<u>67,740</u>	<u>772</u>
Balance brought forward	1,534	2,074	3,608	2,836
Balance carried forward	45,144	26,204	71,348	3,608

**Fightback
Balance Sheet
as at 31 March 2021**

	Notes	2021 £	2020 £
Current assets			
Bank/building society balances		71,269	3,555
Cash in hand		79	53
		<u>71,348</u>	<u>3,608</u>
Net current assets		71,348	3,608
Net assets		<u>71,348</u>	<u>3,608</u>
Accumulated fund			
Balance at start of period		3,608	2,836
Net surplus	3	67,740	772
		<u>71,348</u>	<u>3,608</u>
		45,144	26,204

Fightback
Notes to the Accounts
for the year ended 31 March 2021

1 Accounting basis

The accounts have been compiled on a basis that enables surpluses to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return if necessary.

2 Income and Expenditure account analysis

	Unrestricted Funds £	Restricted Funds £	2021 £	2020 £
Incoming resources				
Fundraising	46,777	107,980	154,757	40,517
	46,777	107,980	<u>154,757</u>	<u>40,517</u>
Wages, salaries and other staff costs				
Wages and salaries	-	15,036	15,036	11,275
Pensions	-	1,750	1,750	1,460
PAYE & NI	-	6,313	6,313	4,084
Building Capabilities				
Training & Development & Networking	72	-	72	-
	72	23,099	<u>23,171</u>	<u>16,819</u>
Travel, volunteer expenses and consumables				
Consumables for coffee mornings	-	-	-	2,087
Volunteer general expenses	-	7,376	7,376	4,086
	-	7,376	<u>7,376</u>	<u>6,173</u>
Rent, rates, power and insurance costs				
Rent	-	6,175	6,175	5,043
Rates	276	-	276	318
Property insurance	-	318	318	272
Expensed equipment	-	1,634	1,634	-
	276	8,127	<u>8,403</u>	<u>5,633</u>
Telephone, fax, stationery and other office costs				
Telephone and fax & stationery	358	682	1,040	463
Stationery and printing	298	214	512	736
Software	170	928	1,098	-
	826	1,824	<u>2,650</u>	<u>1,199</u>
Food parcels				
Food parcels	-	36,298	36,298	7,108
Cash donations to failed asylum seekers	-	20	20	426
Toiletries for failed asylum seekers	811	4,395	5,206	505
	811	40,713	<u>41,524</u>	<u>8,039</u>
Bank, credit card and other finance charges				
Bank charges	52	92	144	144
	52	92	<u>144</u>	<u>144</u>
Accountancy, legal and other professional fees				
Accountants fees	-	558	558	527
Other legal and professional	-	-	-	50
	-	558	<u>558</u>	<u>577</u>
Other business expenses				
Other sundry costs	-	65	65	196
COVID-19 Related costs	135	1,996	2,131	-
Christmas Celebrations	995	-	995	965
	1,130	2,061	<u>3,191</u>	<u>1,161</u>

Fightback
Notes to the Accounts
for the year ended 31 March 2021

3 Restricted funds

	Balance as at 1 April 2019 £	Incoming £	Transfer Between Funds £	Outgoing £	Balance as at 31 March 2020 £
Big Lottery Fund Grant	1,212	23,180	-	18,205	6,187
National Lottery Uplift	-	12,000	-	12,000	-
Jill Franklin Trust	-	18,000	-	16,229	1,771
Community Foundation-Grigor McClelland Fund	-	5,000	-	5,000	-
Community Foundation-Covid	-	10,000	-	10,000	-
Postcode	-	20,000	-	2,767	17,233
Groundwork (tesco Bag of help)	-	500	-	500	-
Neighbourly	-	400	-	400	-
The Edward Gostlin	-	2,500	-	2,500	-
Community Foundation-Northumbrian Water	862	-	-	862	-
Community Foundation P&G	-	1,900	-	1,900	-
Disability Action	-	4,500	-	3,487	1,013
Cadburys	-	10,000	-	10,000	-
	<u>2,074</u>	<u>107,980</u>	<u>-</u>	<u>83,850</u>	<u>26,204</u>



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Fightback

On accounts for the year ended

30/04/2021

Charity no (if any)

1168874

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 / 04 / 2021.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Erika Younger

Date:

28/09/2021

Name:

Mrs Erika Younger M.A.A.T

Relevant professional qualification(s) or body (if any):

Association of Accounting Technicians

Address:

208 CHESTER ROAD
SUNDERLAND



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Fightback

On accounts for the year ended

30/04/2021

Charity no (if any)

1168874

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 / 04 / 2021.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

E. Younger

Date:

28/09/2021

Name:

Mrs Erika Younger M.A.A.T

Relevant professional qualification(s) or body (if any):

Association of Accounting Technicians

Address:

208 CHESTER ROAD
SUNDERLAND