

THUMHARA CENTRE C.I.O.

THUMHARA CENTRE C.I.O.

REPORT & FINANCIAL STATEMENTS

YEAR ENDED 31ST MARCH 2024

REG. CHARITY NO. 1173013

RICHMOND BROOKS LTD
CHARTERED CERTIFIED ACCOUNTANTS
242 MARTON ROAD
MIDDLESBROUGH
TS4 2EZ

THUMHARA CENTRE C.I.O.

THUMHARA CENTRE C.I.O.

YEAR ENDED 31ST March 2024

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THUMHARA CENTRE C.I.O
Key Management Personnel and Trustees

Chief Executive: - Shagufta Akhtar

Trustees: - Peter Middleton

Inaam Ul Haq Basit

Shabana Gahlib

Address: - The Robert Atkinson Centre
Thorntree Road
Thornaby
TS17 8AP

THUMHARA CENTRE C.I.O

Report of the Trustees for the year-ending 31st March 2024

THUMHARA CENTRE C.I.O.

Report of the Trustees for the year-ending 31st March 2024

The trustees are pleased to present their annual report together with the financial statements of the charity for the year ending 31st March 2024. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities' Statement of Recommended Practice applicable to preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (effective 1st January 2015)

Structure Governance and Management

Thumhara Centre is a charitable incorporated organisation (C.I.O.) governed by its constitution dated 9th May 2017. It is registered with the Charity Commission.

The C.I.O. shall have a Board of Trustees comprising at least three persons. New trustees may be recruited to the Board at any time by the Trustees. The Trustees may from time to time elect such officers as they see fit. The only voting members are the Trustees. Decisions at any meetings shall be decided by a majority of votes; each Trustee having one vote on any matter to be decided. In the case of an equality of votes, the chair of the meeting shall have a second or casting vote. None of the trustees receive remuneration or other benefit from their work with the charity. A must declare the nature and extent of any interest which he or she has in a proposed transaction or arrangement entered into by the C.I.O. which has not previously been declared. The Trustees have implemented a robust system which has all the policies and procedures up to date and regularly reviewed and dated covering; -

- Safeguarding
- Risk Assessments
- Health & Safety
- Whistle Blowing
- General Data Protection Regulation

- HR Policies
- Quality Care Systems

The Trustees have implemented a grant making policy which consists of three criteria: -

- Grant Making Principles
- Grant Making Criteria
- Grant Making Process

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The C.I.O. has the relevant qualified volunteers to carry out all the relevant charity activities. The C.I.O. has the relevant bi-lingual staff in place to carry out the charity's activities. All staff are DBS checked and clearance is granted before they come into contact with vulnerable adults.

Our Purposes and Activities

The objects of the C.I.O. are -

- The relief of sickness and the preservation of health among people residing permanently or temporarily in Tees Valley.
- To advance the education of the public in all areas relating to mental health.

During the year the C.I.O carried out the following activities in relation to its objects; -

Summary of Activities, Achievements and Impact

Activities Undertaken During the Year

During the year, Thumhara Centre undertook a range of activities supported with its charitable aims and objectives to support the BAME community across Teesside:

- *We directly supported 30 elderly women and 5 men from the BAME community across Teesside, continuing a programme similar to the previous year.*
- *The focus of the programme was to:*
 - *Deliver learning sessions to promote well-being.*
 - *Implement safeguarding strategies to protect vulnerable adults.*
 - *Improve access to our services for members of the BAME community who are isolated or not engaged with the wider community.*
 - *Maintain and sustain engagement with participants already involved in our programmes.*

- *Promote independence by building confidence, life skills, and self-reliance through tailored activities such as sewing classes, healthy cooking, well-being sessions, and exercise classes that encourage physical strength and mobility.*
- *Reduce isolation and loneliness by encouraging attendance at group activities.*
- *Embed diversity across all programmes, encouraging respect for the varied backgrounds of participants and fostering a more inclusive environment.*
- *Organise cultural events to promote equality and diversity.*
- *Work in partnership with local authorities and other organisations to maximise positive outcomes.*

Achievements and Performance

Despite the challenges faced by our community—particularly those related to isolation and financial hardship due to the rising cost of living—the organisation made significant progress. Some of the key achievements included:

- *Hosting publicity events to raise awareness of our services and community offer.*
 - *Recognition at the **November 2022 BAME Awards**, where we were named **Community Organisation of the Year**. Additionally, our Director was shortlisted for the **Woman of the Year** award.*
 - *In 2024 during the **2024 BAME Awards**, Thumhara Centre was shortlisted for the **Community Organisation Award**, and the CEO, **R.M. Shagufta Akhtar**, was shortlisted for a **Woman of the Year** award.*
 - *In 2024, the organisation's **CQC rating was upgraded to 'Good'**, reflecting clear and ongoing improvement in the quality of services provided.*
 - ***Thumhara Centre also implemented a new system called Access Group**, designed to streamline operations across the organisation. The system supports scheduling, audits, compliance, and workforce management, helping to improve efficiency and the quality of service provided.*
 - *85% of participants reported improved well-being since joining the programme.*
 - *We received 100% positive feedback on our impact, particularly in relation to improved mental health.*
-
- *Delivered a range of activities, including:*
 1. ***Cooking with Little Sprouts** programme.*
 2. ***Knitting blankets** as a social and creative outlet.*
 3. ***Organised walks** for men along the River Tees Barrage.*
 4. ***Weekend trips** to nearby cities to reduce feelings of isolation.*
 5. ***Pre-wedding social gatherings** to strengthen community ties.*
 6. ***Sewing classes** – delivered by **self taught tailors from the community**, who teach them how to make traditional clothing to wear to save cost, providing participants with a creative outlet, practical skills, and an opportunity to connect socially in a supportive environment.*
***Exercise activities**– delivered by **Nurr Fitness**, supporting the mental and physical well-being.*
 7. ***Social gatherings to celebrate the end of Ramadan**, supporting cultural inclusion and social interaction.*

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8. ***Yoga sessions every Tuesday, delivered AMALAwellness CIC by which have significantly improved flexibility and supported physical well-being through guided stretching and movement.***
9. ***Eid parties held during the Eid ceremony, bringing together the community in a spirit of celebration and inclusion.***

The Trustees are responsible for keeping proper accounting records that disclose, with reasonable accuracy at any time, the financial position of the charity. They are responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included in the charity's website.

By order of the Board of Trustees

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Inaam Ul Haq Basit

Chair

23/04/2025

Date 24/04/2025.....

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Statement of financial Activities

For the year ending 31st March 2024

				31/03/2 024 Total Funds £	31/03/2 023 Total Funds £
	Unrestricted Funds £	Restricted Funds £	Endowment Funds £		
<u>Income and Endowments from: -</u>					
Donations	-	-	-	-	-
Charitable Activities	-	863,519	-	863,519	695,815
Other Trading Activities	-	-	-	-	-
Investments	-	-	-	-	-
Other	-	-	-	-	-
Total	0	863519	0	863519	695815
<u>Expenditure on:</u>					
Raising Funds		-	-	-	-
Charitable Activities			-	758,814	645,305
Other		-	-	-	-
Total	0	0	0	758814	645305
Net Income/(Expenditure)	-		-	104,705	50,510
Transfer between Funds	-	-	-	-	-
Other recognised gains/(losses)	-	-	-	-	-
Gains/(losses) on revaluation of fixed assets	-	-	-	-	-
Gains/(losses) on defined benefit pension schemes	-	-	-	-	-
Net Movement of Funds	0	0	0	104705	50510
<u>Reconciliation of Funds</u>					
Total Funds b/f	-		-	184,516	134,006
Total Funds c/f	-		-	289,221	184,516


The Statement of Financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

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Balance Sheet as at 31st March 2024

	31/03/2023	31/03/2024	
	£	£	
<u>Fixed Assets</u>	-	-	
Intangible Assets			
Tangible Assets	23,885	20,900	
Heritage Assets	-	-	
Investments	-	-	
Total Fixed Assets	23,886	20,900	
<u>Current Assets</u>			
<u>Current Assets</u>			
Stocks	-	-	
Debtors	109,869	196,919	
Investments	-	-	
Cash at hand & in bank	129,236	147,695	note 1
Total Current Assets	239,105	344,614	
Liabilities: amounts within 1 year	30,072	33,906	note 2
<u>Net Current Assets/(Liabilities)</u>	209,033	310,708	
Creditors: Amounts falling due after more than 1 year	48,403	42,387	
Provisions for Liabilities	-	-	
<u>Net Assets/(Liabilities) excluding pension asset liability</u>	184,516	289,221	
Defined benefit pension	-	-	
<u>Total Net Assets/(Liabilities)</u>	184,516	289,221	

Signed



Name

Inaam Ul Haq Basit

Chair of Trustees on behalf of the Trustees

23-Apr-25

THUMHARA CENTRE C.I.O.

Approved by the Trustees on

.....23/4/25.....

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The Funds of the Charity

		31/03/2023	31/03/2024
		£	£
Note			
1	Restricted Income funds		
	Santander a/c No1	48,296	53,499
	Santander a/c No2	71,730	87,682
	Santander a/c No3	9,210	6,514
	Unrestricted Funds	-	-
	Endowment Funds	-	-
	Revaluation Reserve	-	-
	Pension Reserve	-	-
	Total Restricted Funds	129,236	147,695
	Total Unrestricted Funds	-	-
	Total Charity Funds	129,236	147,695

Note			
2	Liabilities: amounts within 1 year		
	PAYE/NIC	580	964
	Trade Creditors	29,492	29,492
		30,072	30,456

Note				
3	Tangible Fixed Assets	Motor Vehicle	Computer Equipment	Total
	Cost	48,000	6,906	54,906
	Additions		703	703
	As at 31 March 2022	48,000	7,609	55,609
	Depreciation	28,380	2,641	31,021
	Charge for year	2,943	745	3,688
	As at 31 March 2022	31,323	3,386	34,709
	Net Book Value			
	As at 1 April 2023	19,620	4,265	23,885
	As at 31 March 2024	16,677	4,223	20,900

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Receipts and Payments Account

for the year ending 31st March 2023

		<u>31/03/2023</u>	<u>31/03/2024</u>
		<u>£</u>	<u>£</u>
<u>Receipts</u>	Restricted Fund	695,815	863,519
	Unrestricted Fund	-	-
	<u>Total Receipts</u>	<u>695,815</u>	<u>863,519</u>
 <u>Payments</u>	Accountancy	2,194	3,450
	Advertising	778	0
	Telephone	616	1,564
	Catering & Food	-	0
	Rates	6,242	463
	Donations	-	0
	Insurance	6,266	4,446
	Other Services	11,160	15,651
	Postage & Stationary	-	288
	Professional Fees	6431	9,109
	Room Hire & Facilities	212,459	49,326
	Software Support	1,092	17,894
	Subcontractors	23,664	127,600
	Subscriptions	11,255	10,463
	Sundry Expenses	-	5,438
	Bank Loan Interest	1082	1,819
	Travel and Transport	4,375	23,709
	Wages & National Insurance	346,710	483,907
	Depreciation	10,981	3,688
	<u>Total Payments</u>	<u>645,305</u>	<u>758,815</u>
 <u>Net excess of Receipts over Payments</u>		<u>50,510</u>	<u>104,704</u>

Notes to the Accounts 1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows: -

- **Basis of preparation**
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to Charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015.) Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.
- **Income Recognition Policy**
Items of income are recognised and included in the accounts when all of the following criteria are met; -
 - The charity has entitlement to the funds
 - Any performance conditions attached to the item of income have been met or are fully within the control of the charity
 - There is sufficient certainty that receipt of the income is considered probable, and -
The amount can be measured reliably and has been received by the charity.
- **Fund Accounting**
Unrestricted funds are available to spend on activities that further any of the purposes of the charity.
Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.
- **Expenditure and irrecoverable VAT**
Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party and payment has been made.
- **Cash at bank and in hand**
Cash at bank and in hand includes actual cash held and amounts on deposit accounts held at the charity's bank.

2. Legal Status of the Charity

The charity is a Charitable Incorporated Organisation (C.I.O). In the event of the charity being wound up, the members of the C.I.O. have no liability to contribute to its assets and no personal responsibilities for its debts and liabilities.

3. Tangible Fixed Assets

Individual fixed assets costing £1000 or more are capitalised at cost and are depreciated over their estimated useful economic life on a straight-line basis as follows: -

Motor Vehicles	15%p.a.
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THUMHARA CENTRE C.I.O.
Independent Examiner's Report

To the Trustees of Thumhara Centre C.I.O. on the accounts for the year-ended 31/03/2024 set out in pages 1-10.

Respective Responsibilities of trustees and examiners

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under S.144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to; -

- Examine the accounts under S.145 of the charities Act
- To follow the procedure laid down in the general Directions given by the Charity Commission (under S.145 (5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts provide a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect; -

- Accounting records were not kept in accordance with S.130 of the Charities Act or ➤
The accounts do not accord with the accounting records.

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

Signed  Date 23/04/2025

M Rashid FCCA
Richmond Brooks Ltd
242 Marton Road
Middlesbrough
TS4 2EZ