

**THUMHARA CENTRE  
TRUSTEES' REPORT AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025**

## Thumhara Centre Contents

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# Thumhara Centre

## Trustees' Report For The Year Ended 31 March 2025

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The trustees present their report and the financial statements for the year ended 31 March 2025.

### Objectives and Activities

#### Aims and Objectives

The objectives 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.

#### Significant Activities

##### 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 participant 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.

#### Grant Making

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

##### Grant Making

The Trustees have implemented a grant-making policy setting out principles, criteria, and processes to guide any future grant activity. No grants were issued during the reporting period.

#### Volunteers

THUMHARA CENTRE C.I.O.

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.

### Achievements and Performance

#### Main Achievements

Trustees' Annual Report  
Thumhara Centre  
For the year ended 31 March 2025  
Chair's Statement

On behalf of the trustees, I am pleased to present the Trustees' Annual Report for Thumhara Centre for the year ended 31 March 2025.

This year marked a period of consolidation, growth, and strengthened governance. Thumhara Centre continued to support older people and vulnerable adults from Black, Asian and Minority Ethnic (BAME) communities across Teesside through culturally appropriate, person-centred services that promote independence, dignity, and wellbeing.

Trustees focused on safeguarding, service quality, financial sustainability, and workforce stability. Significant progress was made through expanded Day Care provision, strengthened digital systems, and improved continuity of care. These developments enhanced accountability, oversight, and outcomes for beneficiaries.

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**Thumhara Centre  
Trustees' Report (continued)  
For The Year Ended 31 March 2025**

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**Main Achievements - continued**

The trustees thank staff, volunteers, partners, funders, and service users for their continued trust and commitment. Trustees remain committed to continuous improvement and extending the charity's reach.

Shabana Galib

Chair of Trustees

1. Reference and Administrative Details

Charity name: Thumhara Centre

Legal status: Charitable Incorporated Organisation (CIO)

Registered address: The Robert Atkinson Centre, Thorntree Rd, Thornaby TS17 8AP

Trustees:

Shabana Galib – Chair

Peter Middleton – Trustee

Inaam Basit – Trustee

CEO:

Shagufta Akhtar

2. Structure, Governance and Management

Thumhara Centre is governed by its Articles of Association. Trustees are appointed in accordance with the governing document and receive induction covering safeguarding responsibilities, financial oversight, regulatory compliance, and the charity's objects and key policies.

Trustees meet regularly to review performance, compliance, financial position, and strategic direction. Decisions are taken collectively and formally minuted.

Trustees actively manage key risks including safeguarding and quality of care, financial controls and sustainability, regulatory and CQC compliance, and workforce stability. Risk mitigation measures are reviewed regularly.

Safeguarding Assurance

Safeguarding is central to the charity's work. Robust safeguarding policies, procedures, and training are in place and reviewed regularly. The trustees confirm that no serious safeguarding incidents requiring reporting to the Charity Commission occurred during the reporting period.

Financial Review

The trustees have reviewed the charity's financial position and are satisfied that Thumhara Centre remains financially stable and well managed. Income is derived from a combination of grant funding, commissioned services, and community programmes, providing a diversified funding base. Trustees receive regular financial reports and consider reserves to be adequate. Full details are provided in the accompanying accounts.

3. Objects and Public Benefit

The charity's objects are to promote the health, wellbeing, independence, and social inclusion of older people and vulnerable adults from BAME communities across Teesside.

Trustees confirm they have had due regard to the Charity Commission's guidance on public benefit. Trustees regularly review how activities deliver public benefit and ensure services remain accessible, inclusive, and responsive to community needs.

4. Activities, Achievements and Impact

During the year, Thumhara Centre supported 50 older people through Day Care and community-based services across Middlesbrough, Stockton, and the wider Teesside area. Across all programmes, including Day Care and community-based services, the charity supported approximately 50 older people during the reporting year.

Activities included learning, health and wellbeing sessions; creative activities; healthy cooking and nutrition programmes; physical activity and exercise sessions; community outings; and cultural and religious events designed to reduce isolation and promote inclusion.

Key programmes included Little Sprouts (healthy cooking), AMALA Wellness (men's yoga), Nurr Fitness (chair-based exercise), and supported community outings and meals.

Key achievements during the year included securing Big Lottery and public sector funding, expanding Day Care capacity, completing a digital transformation through care management systems and mobile devices, expanding social inclusion through supported outings, and establishing a stable long-term overseas workforce to improve continuity of care.

Trustees are satisfied that these activities delivered significant public benefit, including reduced loneliness, improved physical and mental wellbeing, increased independence and confidence, stronger community cohesion, and improved quality, compliance, and sustainability of services.

5. Plans for Future Periods

Trustees aim to continue expanding culturally appropriate Day Care provision, strengthen governance and digital systems, develop additional health and wellbeing programmes, maintain high safeguarding and CQC standards, and secure additional funding to expand outreach to the wider BAME community across Teesside.

**Structure, Governance and Management**

**Governing Document**

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.

**Thumhara Centre  
Trustees' Report (continued)  
For The Year Ended 31 March 2025**

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**Trustee Selection Methods**

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 trustee 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 and Safety
- Whistleblowing
- General Data Protection Regulation
- HR Policies
- Quality Care Systems

**Reference and Administrative Details**

**Trustees**

Mrs Shabana Gahlib  
Mr Inaam Ul Haq Basit  
Mr Peter Middleton

**Charity Number**

1173013

**Principal Address**

The Robert Atkinson Centre  
Thorntree Road  
Thornaby  
TS17 8AP

**Independent Examiner**

Richmond Brooks Limited ACCA  
Richmond Brooks Limited  
ACCA  
242 Marton Road  
Middlesbrough  
Cleveland  
TS4 2EZ

**Thumhara Centre  
Trustees' Report (continued)  
For The Year Ended 31 March 2025**

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**Statement of Trustees' Responsibilities**

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing the financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed; subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at anytime the financial position of the charity and to enable them to ensure that the accounts comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for 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 on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' report was approved by the board of trustees and signed on its behalf by:

Mr Peter Middleton

Trustee  
30th January 2026

**Thumhara Centre**  
**Independent Examiner's Report to the Trustees of Thumhara Centre**  
**For The Year Ended 31 March 2025**

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I report to the trustees on my examination of the accounts of Thumhara Centre (the Trust) for the year ended 31 March 2025.

**Responsibilities and Basis of Report**

As the charity trustees of the Trust 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent Examiner's Statement**

Since the Trust's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and contents 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.

Richmond Brooks Limited ACCA  
30th January 2026  
242 Marton Road  
Middlesbrough  
Cleveland  
TS4 2EZ

**Thumhara Centre**  
**Statement of Financial Activities**  
**For The Year Ended 31 March 2025**

		2025	2024
		Unrestricted funds	Unrestricted funds
	Notes	£	£
<b>INCOME AND ENDOWMENTS FROM:</b>			
Charitable activities:			
Raising Funds		981,816	863,519
<b>EXPENDITURE ON:</b>			
Raising funds	4	(4,053)	-
Charitable activities:	4		
Raising Funds		(909,777)	(758,815)
		(913,830)	(758,815)
<b>NET INCOME</b>		67,986	104,704
<b>NET MOVEMENT IN FUNDS</b>		67,986	104,704
<b>RECONCILIATION OF FUNDS:</b>			
Total funds brought forward		289,219	184,515
<b>TOTAL FUNDS CARRIED FORWARD</b>	14	357,205	289,219

The notes on pages 9 to 13 form part of these financial statements.



**Thumhara Centre**  
**Statement of Financial Position**  
**As At 31 March 2025**

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
<b>FIXED ASSETS</b>					
Tangible Assets	8	24,106	-	24,106	20,900
		<u>24,106</u>	<u>-</u>	<u>24,106</u>	<u>20,900</u>
<b>CURRENT ASSETS</b>					
Debtors	9	216,319	-	216,319	196,919
Cash at bank and in hand		186,382	-	186,382	147,696
		<u>402,701</u>	<u>-</u>	<u>402,701</u>	<u>344,615</u>
<b>Creditors: Amounts Falling Due Within One Year</b>	10	(33,906)	-	(33,906)	(33,907)
		<u>368,795</u>	<u>-</u>	<u>368,795</u>	<u>310,708</u>
<b>NET CURRENT ASSETS (LIABILITIES)</b>					
		<u>392,901</u>	<u>-</u>	<u>392,901</u>	<u>331,608</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>392,901</u>	<u>-</u>	<u>392,901</u>	<u>331,608</u>
<b>Creditors: Amounts Falling Due After More Than One Year</b>	11	(35,696)	-	(35,696)	(42,389)
		<u>357,205</u>	<u>-</u>	<u>357,205</u>	<u>289,219</u>
<b>NET ASSETS</b>					
		<u>357,205</u>	<u>-</u>	<u>357,205</u>	<u>289,219</u>
<b>FUNDS OF THE CHARITY</b>					
Unrestricted Funds				357,205	289,219
<b>TOTAL FUNDS</b>	14			<u>357,205</u>	<u>289,219</u>

On behalf of the board

Mr Peter Middleton

Trustee

30th January 2026

The notes on pages 9 to 13 form part of these financial statements.

**Thumhara Centre**  
**Statement of Cash Flows**  
**For The Year Ended 31 March 2025**

		2025	2024
	Notes	£	£
<b>Cash flows from operating activities</b>			
Net cash generated from/(used in) operations	1	53,608	(52,800)
Interest paid		(969)	(1,820)
Net cash generated from/(used in) operating activities		52,639	(54,620)
<b>Cash flows from investing activities</b>			
Purchase of tangible assets		(7,260)	(703)
<b>Cash flows from financing activities</b>			
Proceeds from new bank borrowings		-	42,389
Repayment of bank borrowings		(6,693)	-
Net cash (used in)/generated from financing activities		(6,693)	42,389
Increase/(decrease) in cash and cash equivalents		38,686	(12,934)
Cash and cash equivalents at beginning of year	2	147,696	-
Cash and cash equivalents at end of year	2	186,382	(12,934)

**Thumhara Centre**  
**Notes to the Statement of Cash Flows**  
**For The Year Ended 31 March 2025**

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**1. Reconciliation of income to cash generated from/(used in) operations**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Net income	67,986	104,704
<i>Adjustments for:</i>		
Interest expense	969	1,820
Depreciation of tangible assets	4,054	3,688
<i>Movements in working capital:</i>		
Increase in trade and other debtors	(19,400)	(196,919)
(Decrease)/increase in trade and other creditors	(1)	33,907
Net cash generated from/(used in) operations	<u>53,608</u>	<u>(52,800)</u>

**2. Cash and cash equivalents**

Cash and cash equivalents, as stated in the Statement of Cash Flows, relates to the following items in the Balance Sheet:

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Cash at bank and in hand	<u>186,382</u>	<u>147,696</u>

**3. Analysis of changes in net funds**

	<b>As at 1 April 2024</b>	<b>Cash flows</b>	<b>As at 31 March 2025</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Cash at bank and in hand	147,696	38,686	186,382
Debts falling due after more than one year	(42,389)	6,693	(35,696)
	<u>105,307</u>	<u>45,379</u>	<u>150,686</u>

## 1. General Information

## 2. Accounting Policies

### 2.1. Basis of Preparation of Financial Statements

The charity is a Public Benefit Entity as defined by FRS 102.

## 2.2. Tangible Fixed Assets and Depreciation

Plant & Machinery	15% reducing balance
Motor Vehicles	15% reducing balance
Computer Equipment	15% reducing balance

### 2.3. Cash and Cash Equivalents

### 3. Net Income/(Expenditure)

The net income is stated after charging/(crediting):

2025	2024
£	£
4,054	3,688

#### 4. Analysis of Expenditure

	2025
	Support costs (see note 5)
	£
Raising funds	4,053
Raising Funds	909,777
	913,830
	2024
	Support costs (see note 5)
	£
Raising Funds	758,815

**Thumhara Centre**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 31 March 2025**

**5. Support Costs**

	<b>Raising funds</b>	<b>Raising Funds</b>	<b>2025</b>
	<b>£</b>	<b>£</b>	<b>Total</b>
			<b>£</b>
Employee costs	-	751,300	751,300
Premises expenses	-	40,836	40,836
General administration	(1)	116,672	116,671
Depreciation	4,054	-	4,054
Interest payable	-	969	969
	<u>4,053</u>	<u>909,777</u>	<u>913,830</u>

  

	<b>2024</b>
	<b>Raising Funds</b>
	<b>£</b>
Employee costs	635,217
Premises expenses	49,789
General administration	68,301
Depreciation	3,688
Interest payable	1,820
	<u>758,815</u>

**6. Staff Costs**

Staff costs were as follows:

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Wages and salaries	595,974	480,500
Social security costs	-	3,141
Other pension costs	1,753	266
	<u>597,727</u>	<u>483,907</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

**7. Average Number of Employees**

Average number of employees during the year was: 64 (2024: 62)

**8. Tangible Assets**

	<b>Motor Vehicles</b>	<b>Computer Equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
As at 1 April 2024	48,000	7,609	55,609
Additions	5,000	2,260	7,260
As at 31 March 2025	<u>53,000</u>	<u>9,869</u>	<u>62,869</u>

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**Thumhara Centre**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 31 March 2025**

**Depreciation**

As at 1 April 2024	31,323	3,386	34,709
Provided during the period	3,252	802	4,054
As at 31 March 2025	34,575	4,188	38,763

**Net Book Value**

As at 31 March 2025	18,425	5,681	24,106
As at 1 April 2024	16,677	4,223	20,900

**9. Debtors**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Due within one year</b>		
Other debtors	216,319	196,919

**10. Creditors: Amounts Falling Due Within One Year**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Trade creditors	29,492	29,493
Taxation and social security	964	964
Accruals and deferred income	3,450	3,450
	33,906	33,907

**11. Creditors: Amounts Falling Due After More Than One Year**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Bank loans	35,696	42,389

**12. Loans**

An analysis of the maturity of loans is given below:

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Amounts falling due between one and five years:		
Bank loans	35,696	42,389

**13. Pension Commitments**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £1,753 (2024: £266).

At the statement of financial position date contributions of £NIL were due to the fund and are included in creditors.

**Thumhara Centre**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 31 March 2025**

**14. Movement in Funds**

	As at 1 April 2024	Income	Expenditure	As at 31 March 2025
	£	£	£	£
<b>Unrestricted funds</b>				
General:				
General unrestricted fund	289,219	981,816	(913,830)	357,205
<b>Total funds</b>	<u>289,219</u>	<u>981,816</u>	<u>(913,830)</u>	<u>357,205</u>
	As at 1 April 2023	Income	Expenditure	As at 31 March 2024
	£	£	£	£
<b>Unrestricted funds</b>				
General:				
General unrestricted fund	184,515	863,519	(758,815)	289,219
<b>Total funds</b>	<u>184,515</u>	<u>863,519</u>	<u>(758,815)</u>	<u>289,219</u>

**15. Transactions with Trustees**

During the year the expenses reimbursed to the trustees or paid directly to third parties were as follows:

2025	2024
£	£
<u>          </u>	<u>          </u>

**16. Related Party Disclosures**

**Thumhara Centre**  
**Detailed Statement of Financial Activities**  
**For The Year Ended 31 March 2025**

	<b>2025</b>	<b>2024</b>
	<b>Total funds</b>	<b>Total funds</b>
	<b>£</b>	<b>£</b>
<b>INCOME AND ENDOWMENTS FROM:</b>		
<b>Charitable Activities:</b>		
<b>Raising Funds</b>		
Income from charitable activities	981,816	863,519
	<u>981,816</u>	<u>863,519</u>
	981,816	863,519
<b>EXPENDITURE ON:</b>		
<b>Raising funds</b>		
Sundry expenses	1	-
Depreciation of motor vehicles	(3,252)	-
Depreciation of computer equipment	(802)	-
	<u>(4,053)</u>	<u>-</u>
<b>Charitable Activities:</b>		
<b>Raising Funds</b>		
Wages and salaries	(595,974)	(480,500)
Employers NI	-	(3,141)
Employers pensions - defined contributions scheme	(1,753)	(266)
Subcontractor costs	(73,144)	(127,600)
Staff training	(58,500)	-
Travel expenses	(21,929)	(23,710)
Rent	(40,836)	(49,326)
Rates	-	(463)
Computer software, consumables and maintenance	-	(17,894)
Insurance	(15,355)	(4,446)
Printing, postage and stationery	(653)	(288)
Telecommunications	(749)	(1,564)
Accountancy fees	(240)	(3,450)
Professional fees	(66,087)	(9,109)
Other services	(12,677)	(15,649)
Subscriptions	-	(10,463)
Sundry expenses	(20,911)	(5,438)
Depreciation of motor vehicles	-	(2,943)
Depreciation of computer equipment	-	(745)
Bank loan interest	(969)	(1,820)
	<u>(909,777)</u>	<u>(758,815)</u>
	(913,830)	(758,815)
<b>NET INCOME</b>	<u>67,986</u>	<u>104,704</u>