

# THE FLOWHESION FOUNDATION

England & Wales - Charity number 1175170

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2017-10-16

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

## Contact

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**Address** The Church Of All Souls  
Astley Street  
Bolton  
BL1 8EY

**Phone** 01204275106

**Email** [admin@flowhessionfoundation.org.uk](mailto:admin@flowhessionfoundation.org.uk)

**Website** [www.flowhessionfoundation.org.uk](http://www.flowhessionfoundation.org.uk)

## Activities

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**Objects:** 1) THE PROMOTION OF RELIGIOUS HARMONY FOR THE BENEFIT OF THE PUBLIC BY: A) EDUCATING THE PUBLIC IN DIFFERENT RELIGIOUS BELIEFS INCLUDING AN AWARENESS OF THEIR DISTINCTIVE FEATURES AND THEIR COMMON GROUND TO PROMOTE GOOD RELATIONS BETWEEN PERSONS OF DIFFERENT FAITHS;B) PROMOTING KNOWLEDGE AND MUTUAL UNDERSTANDING AND RESPECT OF THE BELIEFS AND PRACTICES OF DIFFERENT RELIGIOUS FAITHS.2) THE PROMOTION OF SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AMONG MIGRANTS, INCLUDING REFUGEES AND ASYLUM SEEKERS, WHO ARE SOCIALLY EXCLUDED ON THE GROUNDS OF THEIR SOCIAL AND ECONOMIC POSITION ("THE BENEFICIARIES") IN PARTICULAR BUT NOT EXCLUSIVELY BY: A) IDENTIFYING NEEDS AND WHERE NECESSARY PROVIDING SUPPORT FOR BENEFICIARIES TO ADVANCE THEIR EDUCATION AND PROMOTE THEIR HEALTH AND WELL-BEING; B) OFFERING SUPPORT, SERVICES AND ASSISTANCE TO BENEFICIARIES TO ENCOURAGE AND ENABLE THEM TO PARTICIPATE MORE EFFECTIVELY WITHIN THE WIDER COMMUNITY.

**Activities:** Build community cohesion and promote the rule of law, democracy, individual liberty and tolerance. To this end manage projects, advise public sector, deliver training, undertake research on a regional and national level.

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Bolton
- Lancashire
- Manchester City
- Oldham
- Rochdale
- Salford City
- Trafford

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£448,471	£377,049	-	-
2024-03-31	£455,032	£284,926	-	-
2023-03-31	£463,631	£287,067	-	-
2022-03-31	£455,200	£241,138	-	-
2021-03-31	£329,751	£104,899	-	-

## Trustees

Name	Role	Appointed
ABOOBAKER CASSIM MAKKI		2016-12-01
Donna Hussain		2018-03-28
Dr SHAHID IMRAN		2020-10-31
Imam Salim Jogi		2019-11-08
Maryam Bib i		2023-12-11

**THE FLOWHESION FOUNDATION**

England & Wales - Charity number 1175170

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# Accounts

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Charity no : 1175170

## **The Flowhesion Foundation**

**Trustees' Report and Financial Statements  
For the year ended 31 March 2025**

# **The Flowhession Foundation**

**Trustees' Report and Financial Statements**  
**For the year ended 31 March 2025**

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**Trustees' Report and Financial Statements  
For the year ended 31 March 2025**

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**Reference and administrative details**

The Flowhession Foundation was registered on 16 October 2017 as a charity (Charity registration number : 1175170).

**Trading name**

The Flowhession Foundation

**Registered office**

The Church of All Souls  
Astley Street  
Bolton  
Lancashire  
BL1 8EY

**Trustees**

The Trustees of the charity who served during the period and were:

Imam Salim Jogi  
Maryam Bibi  
Donna Hussain  
Aboobaker Cassim Makki  
Dr Shahid Imran

**Secretary**

Donna Hussain

**Chair**

Imam Salim Jogi

**Banking**

Lloyds Bank  
9-13 Hotel Street  
Bolton  
BL1 4AP

**Accountants**

HMA Accountants Ltd  
Chorley New Road  
Bolton  
BL1 4AP

**Web-site**

[The Flowhession Foundation](#)

Trustees' Report and Financial Statements  
For the year ended 31 March 2025

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**Report of the trustees for the period ended 31 March 2025**

The Trustees have pleasure in presenting their report for the period ended 31 March 2025. This report is prepared in accordance with the Statement of Recommended Practice - Accounting and reporting by the Charities and complies with applicable law.

**Status and administration**

The charity started its operations in 2017 and is constituted under a 2017 constitution and registered with The Charity Commissioners under charity number 1175170.

Trustees are appointed by the Board of Trustees. The Board of Trustees comprises members from a variety of backgrounds. The procedure to appoint or withdraw a trustee is in accordance with the constitution. There are informal procedures in place for the induction and

The Board of Trustees are responsible for the management of the risks faced by the charity. Risks are identified, assessed and controls established throughout the year.

**Background**

At Flowhession we simply want all communities to live better, feel better and achieve more. Our vision is one of vibrant, balanced communities where everyone feels they belong. Areas that value each other's cultures and contributions. Localities that have high aspirations for themselves and others and places where people who want to build strong, social foundations.

Our spectrum of bilingual, culturally appropriate services cover health, wellbeing, substance misuse, community empowerment, resilience, education, employability, leadership and criminal justice. Our programmes reflect our strategic priorities which are:

- Empowering minority communities
- Promoting social responsibility
- Tackling health inequalities
- Enabling system thinking.

**Working holistically**

Our interventions are holistic in nature. We understand that individuals are part of wider social units. In order for meaningful change to occur with the individual we work, where we can, with the whole social unit. Our range of interoperable services allow us to do this comfortably. We allow personalisation of our delivery pathways for beneficiaries that take in to account their individual needs. We are proud of our connections, reach in to CERI (Communities experiencing racial inequalities) communities. We partner with our statutory and third-sector partners, leveraging our networks in disadvantaged areas to bring meaningful social outcomes to our beneficiaries.

**Summary of charitable activities**

In this year of financial reporting, we continue to make a positive impact across the towns and cities where we operate. Namely, Bolton, Salford, North Manchester, Oldham, Tameside and East Lancashire. In total during the reporting period The Foundation has delivered 76 projects and programmes across these areas and engaged with over 2,418 people from CERI communities. Below are highlights of key programmes we have delivered aligned to the localities we have delivered in.

**Bolton**

The Foundation continued to deliver a range of essential services across Bolton during the reporting period.

The Spark Mentoring Programme supported young people aged 11–18 working with 46 young people, providing personalised mentoring and utilising the Flowhession ecosystem of sports and youth activities. The programme has already demonstrated strong outcomes in achieving tangible reductions in anti-social behaviour, raising aspirations around career choices, and promoting positive role modelling through themed workshops, reflective discussions and one-to-one coaching.

The Halliwell Girls Sports Hub engaged 166 girls from South Asian, Arab and Somali diaspora communities. Participants were encouraged to challenge perceived limitations and broaden their experiences through activities including horse riding, rock climbing, canoeing, boxing, archery and skiing. The programme promoted sport and physical activity as a long-term lifestyle choice rather than isolated experiences. The Sports Hub was shortlisted for and won Sport England Community Sports Project of the Year 2024 at the Sporting Equals Annual Sports Awards, providing a significant confidence boost for staff, volunteers and participants alike. The Foundation is grateful to continue this work through investment from the Sport England Movement Fund.

**Trustees' Report and Financial Statements  
For the year ended 31 March 2025**

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Empowerment and confidence-building for marginalised women remained a key priority. During the reporting period, the Foundation delivered the Aspire and Inspire Programme, funded by GMCA and WEA. A total of 136 sessions were delivered, engaging 97 participants, of whom 74 also registered with our Health Hub. The programme provided two levels of learning tailored to beneficiaries' needs, using a blended learning model combining health and wellbeing provision with learning circles, role play, outings and bilingual materials. This holistic approach emphasised literacy, mindset change and preparation for further education, including ESOL and literacy courses.

The Health and Wellbeing Hub also played a vital role in strengthening peer connections and reinforcing the importance of balancing physical and mental wellbeing alongside learning. This approach supported participants' progress in both literacy and wider life skills.

Additionally, 18 women from the Health Hub completed a Level 1 First Aid Certificate through investment from the Resuscitation Council UK.

Through investment from the Greater Manchester Walking and Wheeling Fund, the Foundation established the "Mams, Prams and Nans" walking group, engaging 35 South Asian Pakistani women aged 35+ who also attend Tots sessions. The initiative aimed to promote healthier lifestyles through guided group walks.

The Foundation remained acutely aware of the ongoing cost-of-living crisis. Investment received from Bolton Council and Bolton CVS via the Household Support Fund Rounds 5 and 6 enabled support for over 212 households in the Halliwell area. Assistance included financial support towards utility bills, essential items, housing costs and access to advice services. Many beneficiaries were existing Flowhession service users.

The Foundation also continued delivery of the New Horizons Programme across six Greater Manchester Approved Premises (APs). Volunteer Prison Chaplains supported 122 offenders with services designed to improve their transition back into the community.

**Salford**

The Foundation maintained a strong and impactful presence in Salford. The Eccles Bamer Health Hub delivered 88 Tots sessions and 54 culturally appropriate yoga and fitness sessions, engaging 72 children and 106 CER1 women. Sessions were delivered bilingually to ensure accessibility.

The Foundation continued to utilise Guardian Groups, comprising service users, to co-design and co-produce services. As a result, the Eccles Bamer Health Hub offer was expanded to include Pilates, walking groups and IT literacy sessions.

The Healthy Cooking Programme engaged 20 female parents aged 25–35 living in Eccles, supporting them to prepare affordable and culturally appropriate meals.

**North Manchester**

The 'Our Sisters Our Space sessions' in Cheetham Hill continued throughout the reporting period, engaging over 221 Pakistani, Indian, Bengali and Arab women. Sessions provided opportunities to learn new crafts, socialise, improve IT, literacy and numeracy skills, and plan group outings.

The Foundation continued to provide bilingual support and advocacy. During the reporting period, our staff, volunteers completed 622 hours of direct beneficiary support. This included 95 welfare and benefit-related applications, attendance at 47 advocacy meetings, 51 referrals to the Umeed Counselling Service, and 29 successful appeals.

**Oldham**

The Wellbeing Hub in Oldham engaged 32 South Asian women, delivering bilingual counselling alongside chat, chai and yoga sessions. The Holiday Activities and Food (HAF) programme continued to grow, engaging over 66 young people during the reporting period. The Flowhession Counselling Service received 18 referrals from the town.

**Tameside**

The Ashton Health Hub continued to thrive, supported by investment from the Family Hubs Programme. The Foundation expanded provision to benefit 44 mothers and toddlers, delivering Tots sessions, yoga, counselling and chat, chai activities. The Umeed Counselling Service received 26 referrals from Tameside.

The Foundation also strengthened relationships with statutory services, resulting in increased referrals for IT skills support. Developing an IT Hub in the town remains a strategic priority, reflecting the growing shift of government, welfare and support services to online platforms.

## Trustees' Report and Financial Statements For the year ended 31 March 2025

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### **East Lancashire**

In Burnley, the Foundation delivered a 24-week Mind, Body, Soul Programme funded by The Christal Foundation. The programme supported 24 Pashtun women, providing culturally appropriate skills and strategies to improve self-management of mental health.

The Foundation maintains a strong mentoring presence with young Pashtun men. During the reporting period, bilingual youth workers engaged 68 young men through one-to-one mentoring, workshops and sports activities.

### **Sustainable Delivery Model (SDM)**

#### **All Souls, Bolton**

The Board of Trustees recognises the importance of self-generated income in supporting core costs and sustainable service delivery in a competitive grants landscape. As part of its Sustainable Delivery Model trustees have aspired to self-generating upto forty percent of The Foundation's income. With this priority in mind The Foundation entered into an agreement in August 2024 to manage All Souls Church, Bolton, the site from which the Foundation has historically operated. The building is under the care of the Churches Conservation Trust; a national charity protecting historic churches at risk.

The agreement enables Flowhession to manage the site, permanently deliver services from it and provides realistic opportunities for sustainable income generation. The Foundation has made significant investment to modernise the tenanted and hireable spaces, as well as to upgrade IT infrastructure that had not been renewed for over a decade. Work is ongoing to adapt the site to contemporary requirements, including hourly meeting use, business activities, and hybrid working models. This agreement has also alleviated staffing and financial pressures that had previously placed a considerable burden on The Churches Conservation Trust.

During the reporting period, the Foundation invested over £68,000 in All Souls, Bolton. We are committed to ensuring that All Souls reaches its full potential and will continue our trusted relationship with the CCT to make this a reality.

#### **System working and value alignment**

Since appointing a new System Working Lead, the Foundation has delivered 12 programmes in partnership with reputable organisations across Bolton and Greater Manchester. We will continue to develop our system working, partnership, and sponsorship model, ensuring we align with organisations and events that reflect the Foundation's core values.

#### **Final Commendations**

The Trustees wish to place on record their sincere thanks to the Foundation's dedicated staff and volunteers for their commitment and hard work throughout the year. The Board also acknowledges the leadership of the Trustees and the Founder and CEO, Imam Abdul Hafeez Siddique.

The Foundation extends heartfelt appreciation to its public and third-sector funders. Without their investment and confidence, the impact achieved during this reporting period would not have been possible.

Finally, the Trustees thank The Churches Conservation Trust for its continued support, mentoring and counsel as both organisations work collaboratively in the long-term to realise the full potential of the All-Souls site.

Trustees' Report and Financial Statements  
For the year ended 31 March 2025

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**Statement of trustees' responsibilities**

The Trustees are responsible for preparing the Trustees' Annual Report and 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, the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material 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 that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the charity (Accounts and Reports) Regulations 2008. 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 financial statements comply with current statutory requirements and the Charities SORP.

The Trustees report was approved and was signed on behalf of the Trustees by :

Imam Salim Jogi

Chair 

Date : 28/1/26

Aboobaker Casim Makki

Treasurer 

Date: 28.1.26

**Independent Examiner's Report to the Trustees of The Flowhession Foundation  
For the year ended 31 March 2025**

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I report on the financial statements of the charity for the period ended 31 March 2025 as set out on pages 7 to 8.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of financial statements. The trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 (the '2011 Act') and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under section 145 of the 2011 Act and is eligible for independent examination, it is my responsibility to:

- examine the financial statements under Section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state where particular matters have come to my attention.

**Basis of Independent examiner's report**

My examination was carried out in accordance with the 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

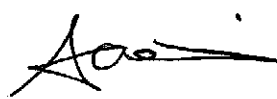
In connection with my examination, no matter has come to my attention:

- a) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Statement of Recommended Practice: Accounting and Reporting by Charities
- b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

**Use of my report**

This report is made solely to the charity's trustees, as a body, in accordance with Section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

HMA Accountants Ltd  
26 Chorley New Road  
Bolton  
BL1 4AP

Date: 28/01/26  
Abdul Hussain  


Statement of Financial Activities  
(including Income and Expenditure Account)  
For the year ended 31 March 2025

Page 7

	Note	2025			2024		
		Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
		£	£	£	£	£	£
<b>INCOME</b>							
Donations and legacies	3	136,187	312,284	448,471	116,789	338,243	455,032
<b>Total incoming resources</b>		<b>136,187</b>	<b>312,284</b>	<b>448,471</b>	<b>116,789</b>	<b>338,243</b>	<b>455,032</b>
<b>EXPENDITURE</b>							
Expenditure on charitable activities	4	-	345,881	345,881	-	284,926	284,926
Support Costs	5	31,167	-	31,167	22,065	10,313	32,378
<b>Total expenditure</b>		<b>31,167</b>	<b>345,881</b>	<b>377,049</b>	<b>22,065</b>	<b>295,239</b>	<b>317,304</b>
<b>Net income (expenditure) and movement in funds</b>		<b>105,020</b>	<b>(33,597)</b>	<b>71,422</b>	<b>94,724</b>	<b>43,004</b>	<b>137,728</b>
Fund brought forward		311,438	475,048	786,486	216,714	432,044	648,758
<b>Fund balance at 31 March 2025</b>		<b>416,458</b>	<b>441,451</b>	<b>857,908</b>	<b>311,438</b>	<b>475,048</b>	<b>786,486</b>

The statement of financial activities includes all gains and losses in the year.

All income and expenditure derive from continuing activities.

Balance Sheet  
As at 31 March 2025

	Note	2025			2024		
		Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
		£	£	£	£	£	£
<b>Fixed assets</b>							
Tangible assets	9	-	-	-	940	-	940
<b>Total Fixed Assets</b>		-	-	-	940	-	940
<b>Current assets</b>							
Debtors	10	-	-	-	-	-	-
Cash & bank balances		419,498	452,155	871,653	313,138	494,116	807,254
<b>Total Current Assets</b>		419,498	452,155	871,653	313,138	494,116	807,254
<b>Creditors : amounts falling due within one year</b>	11	3,040	10,704	13,744	2,640	19,068	21,708
<b>Net current assets</b>		416,458	441,451	857,909	310,498	475,048	785,546
<b>Net assets</b>		416,458	441,451	857,909	311,438	475,048	786,486
<b>FUNDS</b>							
Restricted funds		-	441,451	441,451	-	475,048	475,048
Unrestricted funds		416,458	-	416,458	311,438	-	311,438
<b>Total Funds</b>		416,458	441,451	857,908	311,438	475,048	786,486

The financial statements on pages 7 to 8 were approved by the Board of Trustees and signed on its behalf by:

Imam Salim Jogi 

Date : 28/1/26

Notes to the Financial Statements  
For the year ended 31 March 2025

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**1 General information**

The Flowhesion is a registered charity in the United Kingdom. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Charities Act 2011, and UK Generally Accepted Accounting Practice.

**2 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**

These financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in the functional currency of the Charity.

**Income**

All income is recognised once the charity has entitlement to the funds, it is certain that the resources will be received and the monetary value can be measured with sufficient reliability.

Income received in advance of a specified service is deferred until the criteria for income recognition are met.

Interest on funds held is included when receivable and the amount can be measured reliably which is normally on notification of the amount by the bank.

**Expenditure**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis.

Expenditure on charitable activities comprise the costs incurred by the charity where the primary aim is the delivery of activities and services within the objects of the charity.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the costs linked to the strategic management of the charity.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**Tax**

The Charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charity for UK corporation tax purposes.



Notes to the Financial Statements  
For the year ended 31 March 2025

3 Donations and legacies	2025			2024		
	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	£	£	£	£	£	£
Project Donations	-	312,294	312,294	-	338,243	338,243
Training Fees	136,187	-	136,187	116,789	-	116,789
<b>Total</b>	<b>136,187</b>	<b>312,294</b>	<b>448,481</b>	<b>116,789</b>	<b>338,243</b>	<b>455,032</b>

4 Charitable activities	2025			2024		
	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	£	£	£	£	£	£
Sessional Workers	-	223,019	223,019	-	209,995	209,995
Project costs	-	44,242	44,242	-	15,417	15,417
Salaries	-	69,715	69,715	-	45,845	45,845
Printing and Stationery	-	4,288	4,288	-	1,027	1,027
Rent	-	4,454	4,454	-	12,643	12,643
	-	345,717	345,717	-	284,926	284,926

5 Support Costs	2025			2024		
	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	£	£	£	£	£	£
Accountancy Charges	3,752	-	3,752	3,040	-	3,040
Depreciation	940	-	940	4,640	-	4,640
Donations	-	-	-	-	1,000	1,000
Sundry Expenses	1,298	-	1,298	638	-	638
Volunteer	-	-	-	3,218	-	3,218
Project costs	-	-	-	-	5,198	5,198
Insurance	1,546	-	1,546	1,597	-	1,597
Travelling Expenses	18,904	-	18,904	10,404	-	10,404
IT Support	4,891	-	4,891	125	2,518	2,643
	<b>31,331</b>	<b>-</b>	<b>31,331</b>	<b>23,662</b>	<b>8,716</b>	<b>32,378</b>

6 Governance costs	2025	2024
	£	£
Accountancy fees	3,752	3,040
	<b>3,752</b>	<b>3,040</b>

7 Trustee remuneration and expenses

No remuneration has been paid to the trustees during this period. Travel expenses have been re-imbursed.

Notes to the Financial Statements  
For the year ended 31 March 2025

8 Tangible fixed assets	<i>Office equipment</i>	<i>TOTAL</i>
	£	£
<b>Cost</b>		
At 1 April 2024	13,920	13,920
Additions	-	-
Disposals	-	-
At 31 March 2025	13,920	13,920
<b>Depreciation</b>		
At 1 April 2024	12,980	12,980
Charge for the year	940	940
Disposals	-	-
At 31 March 2025	13,920	13,920
<b>Net book value</b>		
At 31 March 2025	-	-
At 31 March 2024	940	940

9 Creditors : amounts falling due within one year

	2025			2024		
	Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds £	Restricted funds £	Total £
Accruals	3,040	-	3,040	2,640	-	2,640
Other Creditors	-	10,058	10,058	-	14,330	14,330
Other taxes and social security costs	-	646	646	-	4,738	4,738
	<b>3,040</b>	<b>10,704</b>	<b>13,744</b>	<b>2,640</b>	<b>19,068</b>	<b>21,708</b>

**THE FLOWHESION FOUNDATION**

England & Wales - Charity number 1175170

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# Accounts

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Charity no : 1175170

## **The Flowhesion Foundation**

Trustees' Report and Financial Statements  
For the year ended 31 March 2024

# The Flowhesion Foundation

Trustees' Report and Financial Statements  
For the year ended 31 March 2024

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## Reference and administrative details

The Flowhesion Foundation was registered on 16 October 2017 as a charity (Charity registration number : 1175170).

## Trading name

The Flowhesion Foundation

## Registered office

The Church of All Souls  
Astley Street  
Bolton  
Lancashire  
BL1 8EY

## Trustees

The Trustees of the charity who served during the period and were:

Imam Salim Jogi  
Maryam Bibi — appointed 11/12/2023  
Donna Hussain  
Aboobaker Cassim Makki  
Dr Shahid Imran

## Chair

Imam Salim Jogi

## Banking

Lloyds Bank.  
9-13 Hotel Street  
Bolton  
BL1 4AP

## Accountants

HMA Accountants Ltd  
Chorley New Road  
Bolton  
BL1 4AP

## Web-site

[The Flowhesion Foundation](#)

**Report of the trustees for the period ended 31 March 2024**

The Trustees have pleasure in presenting their report for the period ended 31 March 2024. This report is prepared in accordance with the Statement of Recommended Practice - Accounting and reporting by the Charities and complies with applicable law.

**Status and administration**

The charity started its operations in 2017 and is constituted under a 2017 constitution and registered with The Charity Commissioners under charity number 1175170.

Trustees are appointed by the Board of Trustees. The Board of Trustees comprises members from a variety of backgrounds. The procedure to appoint or withdraw a trustee is in accordance with the constitution. There are informal procedures in place for the induction and training of new trustees.

The Board of Trustees are responsible for the management of the risks faced by the charity. Risks are identified, assessed and controls established throughout the year.

**Background**

At Flowhesion we simply want all communities to live better, feel better and achieve more. Our vision is one of vibrant, balanced communities where everyone feels they belong. We see areas that value each other's cultures and contributions, localities that have high aspirations for themselves, others and places where people strive to build strong, social foundations.

Our spectrum of bilingual, culturally appropriate services cover health, wellbeing, substance misuse, community empowerment, resilience, education, employability, leadership and criminal justice. Our programmes reflect our strategic priorities which are:

- Empowering minority communities
- Promoting social responsibility
- Tackling health inequalities
- Enabling system thinking.

*Working holistically*

Our interventions are holistic in nature. We understand that individuals are part of wider social units. For meaningful change to occur with the individuals we engage with, we must strive to work with their wider social unit when we can. Our range of interoperable services allow us to do this seamlessly. We allow for our beneficiaries to personalise the support we deliver to them so it can meet their individual needs. We are proud of our connections and reach into CERl (Communities experiencing racial inequalities) communities. We will continue to collaborate with statutory and third-sector partners, leveraging our networks in disadvantaged areas to bring meaningful social outcomes.

**Summary of charitable activities**

In this year of financial reporting, we continue to make a positive impact across the towns and cities where we operate. Namely, Bolton, Salford, North Manchester, Oldham, Tameside and East Lancashire. In total during the reporting period The Foundation has delivered 81 projects and programmes across these areas and engaged with over 2,733 people from CERl communities. Below are highlights of key programmes we have delivered aligned to the localities we have delivered in.

### **Bolton**

In Bolton we continued with our warm space offer at our All-Souls site in Halliwell. This provides 250 local people per month a place to have a hot drink, access free-wifi and bilingual health and welfare support from our team. Statutory and third sector organisations also hold drop-in sessions to support clients. Our early years offer has matured during this reporting period. Two of our staff have completed The Solihull approach to parenting training programme. They have used these skills to deliver parenting sessions in partnership with The Bolton Together consortium to 40 parents that focus on developing nurturing, supportive relationships between children and carers. Our parent and toddler stay and play sessions have continued to be popular and we have engaged over 166 parents and toddlers during the reporting period. Many of the parents on these sessions have accessed our specialist bilingual Umeed counselling service, as well as health hub. We feel this is a good example of holistic working as beneficiaries who initially attended to enhance their child's development, were able to access several of our services to better their own mental, physical health.

The Halliwell Health Hub that operates from our All-Souls site engaged with 188 elderly south-asian men and women providing them with a range of physical activities such as yoga, chair-based exercise and walks. They also took part in a range of literacy, numeracy and IT sessions in a relaxed chat and chai setting. Our bilingual youth workers engaged with 76 CERi young people aged 11-17 from the Halliwell area of Bolton as part of 'Our Youth Our Future'. This programme delivers structured activities, mentoring, reflection, workshops, volunteering and outings for young people. It aims to increase educational attainment, discipline, wellbeing and stability during periods of transition in their lives.

The Foundation is a listening organisation. The feedback of our beneficiaries matters to us. Young people in Bolton told us through our regular Guardian Group meetings that they wanted the hours they put in to attending activities on our programmes to count towards a qualification. We listened to them and during this reporting period received investment from The Duke of Edinburgh's access without limits fund to complete the required steps to register as a provider for The Duke of Edinburgh Award. Young people are delighted that they can now count their activity hours towards the Duke of Edinburgh Bronze Award. We recognise the positive impact this will have on our young people and will be rolling out this opportunity to young people across Greater Manchester. The Foundation has a strong track record engaging with young people on alcohol and substance misuse awareness. We were able to further develop our offer this year. We received an investment from The Achieve Asset Recovery Fund allowing us to establish a culturally appropriate substance misuse drop-in and mentoring service in Bolton. The service employed mentors, a professional bi-lingual Mental health social worker and BACP registered counsellors. In total we engaged with 138 service users, we provided 638 hours of mentoring, 62 beneficiaries also completed our mind, body, soul programme. Learning from this programme has allowed us to model an offer that will be delivered in another Greater Manchester town in 2025.

### **Salford**

Through a generous investment from The Salford Impact Fund, The Foundation established The Eccles Bamer Health Hub for CERi women. Over a 12-month period it ran 98 Tots sessions and 62 culturally appropriate yoga and fitness sessions. In total we engaged 89 children and 117 CERi women.

A further 12-month investment from The Salford CVS wellbeing Matters programme allowed us to expand our social prescribing offer in Eccles. This investment has run for 3 months during the reporting period. It has so far delivered an additional 41 social sessions, engaging an additional 34 service users.

### **North Manchester**

The impact of The CoL (Cost of living crisis) is still being felt by communities. This has been more difficult for CERi (communities experiencing racial inequalities) as many may have low-level literacy and IT skills. This impedes them gaining the correct welfare and CoL financial information and support. In response to this The Foundation worked closely with Manchester city council and other partners in North Manchester to distribute financial assistance to over 150 south-asian Pakistani families resident in deprived wards including Cheetham and Crumpsall. These are wards where The Foundation holds a strong delivery footprint.

We continued our sisters our space sessions in Cheetham Hill engaging with over 112 Pakistani, Indian, Bengali and Arab women over the course of the reporting period. The sessions provide a forum for women to learn new crafts, socialise, improve their IT, literacy and numeracy skills, plan outings.

The service was optimised at the request of beneficiaries, so they could receive bilingual support for benefits, advocacy and other CoL issues. Our CoL worker completed 516 hours of work with beneficiaries; 104 welfare and benefit applications were completed, 38 advocacy meetings attended, 22 referrals were made to our Umeed counselling service and 18 appeals were won.

**Oldham**

Our wellbeing hub in Oldham has engaged with 44 south-asian women delivering bi-lingual counselling, chat, chai and yoga sessions. Our HAF offer has continued to flourish and we engaged with over 80 young people during the reporting period.

**Tameside**

The Foundation is keen to expand successful programmes that have demonstrated strong outcomes. During the reporting period we have established a Health Hub in Ashton-under-Lyne. This is based on our learning and successful delivery of Health hubs in North Manchester, Bolton, Salford and Oldham. The current hub is catering for 30 mothers and toddlers, delivering tots sessions, yoga, counselling and chat, chai. The intention is to broaden our offer in the coming months based on beneficiary consultations.

**East Lancashire**

In East Lancashire we have continued to deliver DV work, counselling and support to both pashtoon men and women through our long-standing relationship with The Office of the Police Crime Commissioner. During the reporting period we also delivered a successful numeracy skills programme to 98 pashtoon men and women in Burnley through The GMCA's Multiply programme.

**Criminal Justice work across Greater Manchester**

The Foundation has been working in the offender reintegration space for several years. We have an established offer that engages with CERI residents of 6 Greater Manchester Approved Premises. These are premises approved under Section 13 of the Offender Management Act 2007 providing intensive supervision for those who present high or very high risks of serious harm. The New Horizon's Programme offers counselling, buddying, welfare/advocacy amongst other interventions. During the reporting period our Chaplains delivered 766 hours of interventions with 188 residents of Approved Premises.

**Looking to the future****Impact**

We understand the importance of demonstrating the Impact of the work we do. For this reason, during the reporting period we have welcomed new staff who are highly experienced in Impact and analysis. They are working closely with our Senior Leadership Team and staff on the ground to ensure that our measurement tools are fit for purpose and can demonstrate multiple positive outcomes. The Foundation is working to showcase on its website the impact numerous key programmes have had over the past six years. This will give further confidence to funders, commissioners and beneficiaries.

**System working**

We aspire to be an organisation that works well within the wider health, education, welfare and social systems within which we operate. Where there is overlap between our offer and other providers, we want to compliment not compete. To realise this aspiration, we welcomed to the Flowhession family a new system working service lead. He is working with our Senior Leadership Team and ground teams to ensure our services are best positioned in delivery and referral ecosystems to ensure maximum impact. He is looking at current and potential relationships with other providers, advising how we can work together for mutual benefit and stronger outcomes.

**Sustainable delivery model**

The funding landscape has become more challenging as the impact of the Cost of Living and COVID-19 continue to be felt across communities. This has increased financial pressure on funders and commissioners upstream and on investment seeking organisations downstream. In this arena The Foundation understands more than ever the importance of self-generated income to support the sustainability of our workstreams. For this reason, in 2025 we will be reviewing financial investment opportunities to increase our self-generated income streams.

Trustees' Report and Financial Statements  
For the year ended 31 March 2024

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**Representation, training and lectures**

The Foundation remains a key strategic partner across Greater Manchester and East Lancashire. During this reporting period we attended 18 local and regional meetings with council, third sector and policy forums. We have used these forums to advocate for our service users.

The Foundation's trainers have delivered 22 workshops for local authorities; third sector partners aimed at better understanding the barriers associated with engaging CERl communities.

We would like to thank our dedicated, sincere and passionate team of staff, volunteers for all their hard work. Our board of trustees and Founder/CEO; Imam Abdul Hafeez Siddique who have all shown considerable resolve in the face of testing times for our communities this year.

Finally, we would like to wholeheartedly show appreciation to our funders from the public and third sector. without your investment and the confidence in our work, we simply could not have had the impact we did during this reporting period.

**Statement of trustees' responsibilities**

The Trustees are responsible for preparing the Trustees' Annual Report and 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, the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material 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 that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the charity (Accounts and Reports) Regulations 2008. 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 financial statements comply with current statutory requirements and the Charities SORP.

The Trustees report was approved and was signed on behalf of the Trustees by :

Imam Salim Jogi

Chair



Date :

29/1/25

Aboobaker Casim Makki

Treasurer



Date:

29.1.25

Independent Examiner's Report to the Trustees of The Flowhession Foundation  
For the year ended 31 March 2024

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I report on the financial statements of the charity for the period ended 31 March 2024 as set out on pages 6 to 7.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of financial statements. The trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 (the '2011 Act') and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under section 145 of the 2011 Act and is eligible for independent examination, it is my responsibility to:

- examine the financial statements under Section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state where particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present 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 matter has come to my attention:

- a) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Statement of Recommended Practice: Accounting and Reporting by Charities
- b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

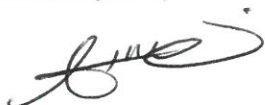
**Use of my report**

This report is made solely to the charity's trustees, as a body, in accordance with Section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

HMA Accountants Ltd  
Chorley New Road  
Bolton  
BL1 4AP

Date:

29/01/25



Abdul Hussain

	Note	2024			2023		
		Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds £	Restricted funds £	Total £
<b>INCOME</b>							
Donations and legacies	3	116,789	338,243	455,032	60,105	403,526	463,631
<b>Total incoming resources</b>		<b>116,789</b>	<b>338,243</b>	<b>455,032</b>	<b>60,105</b>	<b>403,526</b>	<b>463,631</b>
<b>EXPENDITURE</b>							
Expenditure on charitable activities	4	-	284,926	284,926	-	287,067	287,067
Support Costs	5	22,065	10,313	32,378	17,062	14,079	31,141
<b>Total expenditure</b>		<b>22,065</b>	<b>295,239</b>	<b>317,304</b>	<b>17,062</b>	<b>301,146</b>	<b>318,208</b>
<b>Net income (expenditure) and movement in funds</b>		<b>94,724</b>	<b>43,004</b>	<b>137,728</b>	<b>43,043</b>	<b>102,380</b>	<b>145,423</b>
Fund brought forward		216,714	432,044	648,758	173,671	329,664	503,335
<b>Fund balance at 31 March 2024</b>		<b>311,438</b>	<b>475,048</b>	<b>786,486</b>	<b>216,714</b>	<b>432,044</b>	<b>648,758</b>

The statement of financial activities includes all gains and losses in the year.

All income and expenditure derive from continuing activities.

Balance Sheet  
As at 31 March 2024

	Note	2024		Total	Restated 2023		Total
		Unrestricted funds £	Restricted funds £		Unrestricted funds £	Restricted funds £	
<b>Fixed assets</b>							
Tangible assets	8	940	-	940	5,580	-	5,580
<b>Total Fixed Assets</b>		<b>940</b>	<b>-</b>	<b>940</b>	<b>5,580</b>	<b>-</b>	<b>5,580</b>
<b>Current assets</b>							
Debtors		-	-	-	150	-	150
Cash & bank balances		313,138	494,116	807,254	213,624	432,935	646,559
<b>Total Current Assets</b>		<b>313,138</b>	<b>494,116</b>	<b>807,254</b>	<b>213,774</b>	<b>432,935</b>	<b>646,709</b>
<b>Creditors : amounts falling due within one year</b>	9	<b>2,640</b>	<b>19,068</b>	<b>21,708</b>	<b>2,640</b>	<b>891</b>	<b>3,531</b>
<b>Net current assets</b>		<b>310,498</b>	<b>475,048</b>	<b>785,546</b>	<b>211,134</b>	<b>432,044</b>	<b>643,178</b>
<b>Net assets</b>		<b>311,438</b>	<b>475,048</b>	<b>786,486</b>	<b>216,714</b>	<b>432,044</b>	<b>648,758</b>
<b>FUNDS</b>							
Restricted funds		-	475,048	475,048	-	432,044	432,044
Unrestricted funds		311,438	-	311,438	216,714	-	216,714
<b>Total Funds</b>		<b>311,438</b>	<b>475,048</b>	<b>786,486</b>	<b>216,714</b>	<b>432,044</b>	<b>648,758</b>

The financial statements on pages 7 to 8 were approved by the Board of Trustees and signed on its behalf by:

Imam Salim Jogi

Date : 21/1/25

**1 General information**

The Flowhession is a registered charity in the United Kingdom. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Charities Act 2011, and UK Generally Accepted Accounting Practice.

**2 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**

These financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in the functional currency of the Charity.

**Income**

All income is recognised once the charity has entitlement to the funds, it is certain that the resources will be received and the monetary value can be measured with sufficient reliability.

Income received in advance of a specified service is deferred until the criteria for income recognition are met.

Interest on funds held is included when receivable and the amount can be measured reliably which is normally on notification of the amount by the bank.

**Expenditure**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis.

Expenditure on charitable activities comprise the costs incurred by the charity where the primary aim is the delivery of activities and services within the objects of the charity.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the costs linked to the strategic management of the charity.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**Tax**

The Charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charity for UK corporation tax purposes.



Notes to the Financial Statements  
For the year ended 31 March 2024

3 Donations and legacies	2024			2023		
	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	£	£	£	£	£	£
Project Donations	-	338,243	338,243	-	403,526	403,526
Training Fees	116,789	-	116,789	60,105	-	60,105
<b>Total</b>	<b>116,789</b>	<b>338,243</b>	<b>455,032</b>	<b>60,105</b>	<b>403,526</b>	<b>463,631</b>

4 Charitable activities	2024			2023		
	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	£	£	£	£	£	£
Sessional Workers	-	209,995	209,995	-	180,554	180,554
Project costs	-	15,417	15,417	-	63,388	63,388
Salaries	-	45,845	45,845	-	31,964	31,964
Printing and Stationery	-	1,027	1,027	-	2,045	2,045
Rent	-	12,643	12,643	-	9,116	9,116
	-	284,926	284,926	-	287,067	287,067

5 Support Costs	2024			2023		
	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	£	£	£	£	£	£
Accountancy Charges	3,040	-	3,040	2,640	-	2,640
Depreciation	4,640	-	4,640	4,594	-	4,594
Donations	-	1,000	1,000	-	-	-
Sundry Expenses	638	-	638	948	843	1,791
Volunteer	3,218	-	3,218	-	-	-
Project costs	-	5,198	5,198	-	6,896	6,896
Insurance	-	1,597	1,597	220	6,340	6,560
Travelling Expenses	10,404	-	10,404	8,660	-	8,660
IT Support	125	2,518	2,643	-	-	-
	22,065	10,313	32,378	17,062	14,079	31,141

6 Governance costs	2024	2023
	£	£
Accountancy fees	3,040	2,640
	<b>3,040</b>	<b>2,640</b>

7 Trustee remuneration and expenses

No remuneration has been paid to the trustees during this period. Travel expenses have been re-imbursed.

**8 Tangible fixed assets**

	<i>Office equipment</i>	<i>TOTAL</i>
	<i>£</i>	<i>£</i>
<b>Cost</b>		
At 1 April 2023	13,920	13,920
Additions	-	-
Disposals	-	-
At 31 March 2024	13,920	13,920
<b>Depreciation</b>		
At 1 April 2023	8,340	8,340
Charge for the year	4,640	4,640
Disposals	-	-
At 31 March 2024	12,980	12,980
<b>Net book value</b>		
<b>At 31 March 2024</b>	<b>940</b>	<b>940</b>
At 31 March 2023	5,580	5,580

**9 Creditors : amounts falling due within one year**

	2024			2023		
	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	£	£	£	£	£	£
Accruals	2,640	-	2,640	2,640	891	3,531
Other Creditors	-	14,330	14,330	-	-	-
Other taxes and social security costs	-	4,738	4,738	-	-	-
	<b>2,640</b>	<b>19,068</b>	<b>21,708</b>	2,640	891	3,531

**10 Prior year restatement**

The charity have made a prior year restatement to re-categorise the balance between restricted and unrestricted funds in balance sheet which were previously misstated.

The impact of this on the balance sheet is as follows:

- Opening balance at 1 April 2023, increase in restricted funds of £50,596 and decrease in unrestricted funds of £50,596 with overall nil movement in the total funds (page 8).

**THE FLOWHESION FOUNDATION**

England & Wales - Charity number 1175170

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# Accounts

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Charity no : 1175170

## The Flowhession Foundation

Trustees' Report and Financial Statements  
For the year ended 31 March 2023

# The Flowhesion Foundation

Trustees' Report and Financial Statements  
For the year ended 31 March 2023

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## Trustees' Report and Financial Statements For the year ended 31 March 2023

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### Reference and administrative details

The Flowhesion Foundation was registered on 16 October 2017 as a charity (Charity registration number : 1175170).

### Trading name

The Flowhesion Foundation

### Registered office

The Church of All Souls  
Astley Street  
Bolton  
Lancashire  
BL1 8EY

### Trustees

The Trustees of the charity who served during the period and were:

Imam Salim Jogi  
Rukhsana Bibi - resigned 23/03/2023  
Maryam Bibi — appointed 11/12/2023  
Donna Hussain  
Aboobaker Cassim Makki  
Dr Shahid Imran

### Chair

Imam Salim Jogi

### Accountants

HMA Accountants Ltd  
Chorley New Road  
Bolton  
BL1 4AP

### Web-site

[The Flowhesion Foundation](#)

## Report of the trustees for the period ended 31 March 2023

The Trustees have pleasure in presenting their report for the period ended 31 March 2023. This report is prepared in accordance with the Statement of Recommended Practice - Accounting and reporting by the Charities and complies with applicable law.

### Status and administration

The charity started its operations in 2017 and is constituted under a 2017 constitution and registered with The Charity Commissioners under charity number 1175170.

Trustees are appointed by the Board of Trustees. The Board of Trustees comprises members from a variety of backgrounds. The procedure to appoint or withdraw a trustee is in accordance with the constitution. There are informal procedures in place for the induction and The Board of Trustees are responsible for the management of the risks faced by the charity. Risks are identified, assessed and controls established throughout the year.

### The objectives of the charity are:

- a) Advance community cohesion of the general public.
- b) Promote sustainable development of community cohesion to meet the needs of the general public at present without compromising the abilities of future generations to meet their own community needs.
- c) Relieve community tensions through interfaith work i.e., promotion of good relations between members of faith, no faith, promote British values i.e., democracy, rule of law, tolerance, mutual respect, individual liberty.
- d) To advance education through the provision of training, employment workshops, research, events, conferences of establishments and the general public.
- e) Relieve people in need, hardship or distress through the provision of material assistance i.e., counselling, advice and advocacy.
- f) Promote health and wellbeing within communities in line with the social reforms, social welfare and cultural/faith sensitivities.

### Activities and Achievements

In this year of financial reporting the Foundation has continued to deliver high quality, co-produced, community programmes and services across Greater Manchester and East Lancashire. We all experienced the cost-of-living crises during the reporting period. This led to higher levels of poverty, in particular, amongst bamer communities. Our response was to establish a Maddad 'assistance' programme across Greater Manchester. It successfully engaged with over 380 bamer women. It provided a warm space and drop-in service with bi-lingual support, internet devices and Wi-Fi connectivity to assist service users applying for relevant grants and benefits. We also delivered themed monthly workshops that assisted them to better understand and navigate the benefits system as well as access wider support and localised offers.

Food poverty was high on our priority list this year and we responded by working with our partners in Salford to deliver approximately 877 hot culturally appropriate meals to bamer families from July – September 2022.

Our award-winning Umeed counselling service has continued to be a vital service assisting bamer people across Greater Manchester who have language barriers to access bilingual, flexible, support. Counselling is provided for anxiety, stress, depression, loss and bereavement. In this reporting period the service engaged with 402 service users.

Our commitment to young people this year remained unwavering. We continued to deliver our HAF provision in Bolton, Oldham and Salford. We provided fun, engaging activities and hot meals to 250 young people from deprived areas during the Easter, Winter and summer holidays.

In Bolton we engaged with 50 bamer young people through our 'one queen, one nation' programme that explored through a series of workshops the contribution the late queen made not only to British life but as patron to dozens of charities and as a figurehead of the commonwealth. The programme culminated in a Jubilee event where local councillors, representatives from organisations, faith leaders and the DL for Greater Manchester celebrated her dedication to public service.

Our sport and physical activity footprint have grown this year and we were delighted to engage over 286 young people from bamer communities in our boys and girls sports hubs operating in Bolton and Salford. The hub has offered a wide-range of activities agreed by our young people's council (YPC) including; netball, boxing, karate, archery and badminton. We were delighted to add rock climbing and swimming to this list.

The Foundation is passionate about tackling key social issues. This year we established a 'Just say No!' drugs campaign in Bolton funded by the local authority through Bolton's fund. This is a grass-roots, community-led initiative. We are raising awareness of the issue with young people through workshops and advice. In total over 26 workshops, have been delivered to over 1,800 young people in out of school settings. A parents' conference has also been held. The success of the programme has led the Foundation becoming a founding member of Next steps, a Bolton-based network that empowers people to make positive changes to their relationship with drugs or alcohol. Plans are in train to establish substance misuse support sessions and 1-1 mentoring.

The Foundation remains a key strategic partner across the Greater Manchester and East Lancashire system. During this reporting period we attended 26 local and regional meetings with local council, third sector and policy forums. We advocated for our service users.

Trustees' Report and Financial Statements  
For the year ended 31 March 2023

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We have developed a strong reputation and track record as a 'trusted voice' and consultation partner within the towns/cities where we operate. For instance, in this reporting period we were funded by Manchester University NHS foundation trust to consult with bamer women in North Manchester. The series of consultations engaged with over 250 women to understand the barriers they experience and the types of services they wish to see delivered at new community diagnostic centres (CDCs). A number of bilingual videos were also created by our media team to explain the role of CDCs.

The Foundation's trainers have delivered 28 workshops for local authorities; third sector partners aimed at better understanding the barriers associated with engaging minority communities. Our CEO has guest lectured at 4 British Universities. In particular, he has been working closely with social work students to better understand culture and complex safeguarding issues.

We were delighted to be awarded this year; The Bolton Mark for Inclusion, Spirit of Salford, Action together Award for Quality in Action and We stand together affiliate award for outstanding contribution and commitment to bringing communities together.

We would like to thank our dedicated, sincere and passionate team of staff, volunteers for all their hard work. Our board of trustees and Founder/CEO; Imam Abdul Hafeez Siddique have all show considerable resolve in the face of challenging times for our communities this year.

Finally, we would like to wholeheartedly show appreciation to our funders from the public and third sector without whom we simply could not have the impact we have had over the course of the year.

**Statement of trustees' responsibilities**

The Trustees are responsible for preparing the Trustees' Annual Report and 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, the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material 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 that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the charity (Accounts and Reports) Regulations 2008. 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 financial statements comply with current statutory requirements and the Charities SORP.

The Trustees report was approved and was signed on behalf of the Trustees by :

Imam Salim Jogi  
Chair



Date : 19/12/23

**Independent Examiner's Report to the Trustees of The Flowhession Foundation  
For the year ended 31 March 2023**

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I report on the financial statements of the charity for the period ended 31 March 2023 as set out on pages 6 to 7.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of financial statements. The trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 (the '2011 Act') and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under section 145 of the 2011 Act and is eligible for independent examination, it is my responsibility to:

- examine the financial statements under Section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state where particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present 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 matter has come to my attention:

- a) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Statement of Recommended Practice: Accounting and Reporting by Charities
- b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

**Use of my report**

This report is made solely to the charity's trustees, as a body, in accordance with Section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

HMA Accountants Ltd  
Chorley New Road  
Bolton  
BL1 4AP

Date: 20/12/2023



Abdul Hussain

	Note	2023			2022		
		Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
		£	£	£	£	£	£
<b>INCOME</b>							
Donations and legacies	3	60,105	403,526	463,631	76,121	379,079	455,200
<b>Total incoming resources</b>		<b>60,105</b>	<b>403,526</b>	<b>463,631</b>	<b>76,121</b>	<b>379,079</b>	<b>455,200</b>
<b>EXPENDITURE</b>							
Expenditure on charitable activities	4	-	287,067	287,067	-	224,495	224,495
Support Costs	5	8,402	22,739	31,141	6,385	10,258	16,643
<b>Total expenditure</b>		<b>8,402</b>	<b>309,806</b>	<b>318,208</b>	<b>6,385</b>	<b>234,753</b>	<b>241,138</b>
<b>Net income (expenditure) and movement in funds</b>		<b>51,703</b>	<b>93,720</b>	<b>145,423</b>	<b>69,736</b>	<b>144,326</b>	<b>214,062</b>
Fund brought forward		173,671	329,664	503,335	103,935	185,338	289,273
<b>Total Funds Carried Forward</b>		<b>225,374</b>	<b>423,384</b>	<b>648,758</b>	<b>173,671</b>	<b>329,664</b>	<b>503,335</b>

The statement of financial activities includes all gains and losses in the year.

All income and expenditure derive from continuing activities.

## The Flowhession Foundation


Page 6

Balance Sheet  
As at 31 March 2023

	Note	Unrestricted funds £	2023 Restricted funds £	Total £	Unrestricted funds £	2022 Restricted funds £	Total £
<b>Fixed assets</b>							
Tangible assets	9	5,580	-	5,580	9,582	-	9,582
<b>Total Fixed Assets</b>		<b>5,580</b>	<b>-</b>	<b>5,580</b>	<b>9,582</b>	<b>-</b>	<b>9,582</b>
<b>Current assets</b>							
Debtors	10	150	-	150	150	-	150
Cash & bank balances		221,817	424,742	646,559	165,439	330,555	495,994
<b>Total Current Assets</b>		<b>221,967</b>	<b>424,742</b>	<b>646,709</b>	<b>165,589</b>	<b>330,555</b>	<b>496,144</b>
<b>Creditors : amounts falling due within one year</b>	11	<b>2,640</b>	<b>891</b>	<b>3,531</b>	<b>1,500</b>	<b>891</b>	<b>2,391</b>
<b>Net current assets</b>		<b>219,327</b>	<b>423,851</b>	<b>643,178</b>	<b>164,089</b>	<b>329,664</b>	<b>493,753</b>
<b>Net assets</b>		<b>224,907</b>	<b>423,851</b>	<b>648,758</b>	<b>173,671</b>	<b>329,664</b>	<b>503,335</b>
<b>FUNDS</b>							
Restricted funds		-	381,448	381,448	-	329,664	329,664
Unrestricted funds		267,310	-	267,310	173,671	-	173,671
<b>Total Funds</b>		<b>267,310</b>	<b>381,448</b>	<b>648,758</b>	<b>173,671</b>	<b>329,664</b>	<b>503,335</b>

The financial statements on pages 5 to 6 were approved by the Board of Trustees and signed on its behalf by:

Imam Salim Jogi

  
Date: 19/12/23

Notes to the Financial Statements  
For the year ended 31 March 2023

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**1 General information**

The Flowhession is a registered charity in the United Kingdom. The address of the registered office is given in the charity information on page 1 of these financial statements.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Charities Act 2011, and UK Generally Accepted Accounting Practice.

**2 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**

These financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in the functional currency of the Charity.

**Income**

All income is recognised once the charity has entitlement to the funds, it is certain that the resources will be received and the monetary value can be measured with sufficient reliability.

Income received in advance of a specified service is deferred until the criteria for income recognition are met.

Interest on funds held is included when receivable and the amount can be measured reliably which is normally on notification of the amount by the bank.

**Expenditure**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis.

Expenditure on charitable activities comprise the costs incurred by the charity where the primary aim is the delivery of activities and services within the objects of the charity.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the costs linked to the strategic management of the charity.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**Tax**

The Charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charity for UK corporation tax purposes.

**Tangible fixed assets and depreciation**

Tangible fixed assets are stated at cost less accumulated depreciation and accumulated impairment losses.

Fixed assets are depreciated so as to write off the cost or valuation, less anticipated residual value, over their anticipated useful lives, subject to annual review, as follows:

Office equipment 33.3% straight line

Depreciation methods, useful lives and residual values are reviewed if there is an indication of a significant change since the last annual reporting date.

Residual value is based on prices prevailing at the date of acquisition or subsequent valuation. Where, because of high estimated residual value, depreciation is immaterial, no depreciation is charged but an annual review for impairment is performed. Both residual values and useful lives are reviewed and adjusted, if appropriate, at each financial year end.

The carrying amounts of the charity's assets are reviewed for impairment when events or changes in circumstances indicate that the carrying amount of the fixed asset may not be recoverable. If any such indication exists, the asset's recoverable amount is estimated.

**Fund accounting**

Unrestricted funds comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds are funds which have been given for a particular purpose.

Designated funds comprise those funds which the trustees periodically set aside for specific projects including future projects and property refurbishments.

**Debtors**

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

**Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in a transfer of funds to a third party and the amount can be measured or estimated reliably. Creditors and provisions are normally measured at their settlement amount.

**Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recorded at transaction value and subsequently measured at their settlement value.

**Going concern**

The financial statements have been prepared on a going concern basis as the Trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the Charity to be able to continue as a going concern.

Notes to the Financial Statements  
For the year ended 31 March 2023

3	Donations and legacies	2023			2022		
		Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds £	Restricted funds £	Total £
	Project Donations	-	403,526	403,526	-	379,079	379,079
	Training Fees	60,105	-	60,105	76,121	-	76,121
	<b>Total</b>	<b>60,105</b>	<b>403,526</b>	<b>463,631</b>	<b>76,121</b>	<b>379,079</b>	<b>455,200</b>
4	Charitable activities	2023			2022		
		Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds £	Restricted funds £	Total £
	Sessional Workers	-	180,554	180,554	-	167,651	167,651
	Project costs	-	63,388	63,388	-	-	-
	Salaries	-	31,964	31,964	-	28,261	28,261
	Printing and Stationery	-	2,045	2,045	-	2,459	2,459
	Rent	-	9,116	9,116	-	10,499	10,499
	Training Expenses	-	-	-	-	15,625	15,625
	<b>Total</b>	<b>-</b>	<b>287,067</b>	<b>287,067</b>	<b>-</b>	<b>224,495</b>	<b>224,495</b>
5	Support Costs	2023			2022		
		Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds £	Restricted funds £	Total £
	Accountancy Charges	2,640	-	2,640	1,500	-	1,500
	Depreciation	4,594	-	4,594	2,666	-	2,666
	Donations	-	-	-	-	-	-
	Sundry Expenses	948	840	1,788	174	1,024	1,198
	Entertaining	-	6,896	6,896	-	411	411
	PAYE Late Payment Interest	-	-	-	-	-	-
	Bank charges	-	3	3	2	-	2
	Telephone charges	-	-	-	-	185	185
	Internet costs	-	-	-	2,043	-	2,043
	Insurance	220	6,340	6,560	-	1,175	1,175
	Travelling Expenses	-	8,660	8,660	-	7,463	7,463
	<b>Total</b>	<b>8,402</b>	<b>22,739</b>	<b>31,141</b>	<b>6,385</b>	<b>10,258</b>	<b>16,643</b>
6	Governance costs	2023		2022			
		£	£	£	£		
	Accountancy fees	-	-	2,640	1,500		
	Legal and professional fees	-	-	-	-		
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>2,640</b>	<b>1,500</b>		
7	Trustee remuneration and expenses	2023		2022			
		£	£	£	£		
		-	-	-	-		

No remuneration has been paid to the trustees during this period. Travel expenses have been re-imbursed.

Notes to the Financial Statements  
For the year ended 31 March 2023

8 Tangible fixed assets

	<i>Office equipment</i>	<i>TOTAL</i>
	£	£
<b>Cost</b>		
At 1 April 2022	13,328	13,328
Additions	592	592
Disposals	-	-
At 31 March 2023	13,920	13,920
<b>Depreciation</b>		
At 1 April 2022	3,746	3,746
Charge for the year	4,594	4,594
Disposals	-	-
At 31 March 2023	8,340	8,340
<b>Net book value</b>		
At 31 March 2023	5,580	5,580
At 31 March 2022	9,582	9,582

9 Creditors : amounts falling due within one year

	2023			2022		
	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	£	£	£	£	£	£
Accruals	2,640	891	3,531	1,500	891	2,391
	<b>2,640</b>	<b>891</b>	<b>3,531</b>	<b>1,500</b>	<b>891</b>	<b>2,391</b>

**THE FLOWHESION FOUNDATION**

England & Wales - Charity number 1175170

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# Accounts

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**Charity number: 1175170**

**The Flowhession Foundation  
Trustees' report and financial statements  
for the period ended 31 March 2022**

## The Flowhesion Foundation

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Statement of financial activities	5
Balance sheet	6
Notes to the financial statements	7 - 9

## The Flowhession Foundation

### Legal and administrative information

Charity number	1175170
Address	The Church of All Souls Astley Street Bolton Lancashire BL1 8EY
Trustees	Imam Salim Jogi Donna Hussain Aboobaker Cassim Makki Zakiyyah Siddique – Resigned 02/06/2022 Dr Shahid Imran – Appointed 31/10/2020 Rukhsana Bibi – Appointed 06/06/2022
Secretary	Donna Hussain
Chair	Rukhsana Bibi
Accountants	Limbada Associates Limited Accountants 10 St. Georges Street Bolton Lancashire BL1 2EN
Bankers	Lloyds Bank Plc 396 – 398 Halliwell Road Bolton Lancashire BL1 8AN

## Report of the trustees for the period ended 31 March 2022

The Trustees have pleasure in presenting their report for the period ended 31 March 2022. This report is prepared in accordance with the Statement of Recommended Practice - Accounting and reporting by the Charities and complies with applicable law.

### Status and administration

The charity started its operations in 2017 and is constituted under a 2017 constitution and registered with The Charity Commissioners under charity number 1175170.

Trustees are appointed by the Board of Trustees. The Board of Trustees comprises members from a variety of backgrounds. The procedure to appoint or withdraw a trustee is in accordance with the constitution. There are informal procedures in place for the induction and training of new trustees.

The Board of Trustees are responsible for the management of the risks faced by the charity. Risks are identified, assessed and controls established throughout the year.

### The objectives of the charity are:

- a) Advance community cohesion of the general public.
- b) Promote sustainable development of community cohesion to meet the needs of the general public at present without compromising the abilities of future generations to meet their own community needs.
- c) Relieve community tensions through interfaith work i.e., promotion of good relations between members of faith, no faith, promote British values i.e., democracy, rule of law, tolerance, mutual respect, individual liberty.
- d) To advance education through the provision of training, employment workshops, research, events, conferences of establishments and the general public.
- e) To relieve people in need, hardship or distress through the provision of material assistance i.e., counselling, advice and advocacy.
- f) Promote health and wellbeing within communities in line with the social reforms, social welfare and cultural/faith sensitivities.

### Activities and Achievements

In this year of financial reporting the Foundation has continued to expand its counselling offer. For instance, we have worked in Salford to deliver a specialist bamer counselling service to 85 Pakistani women aged 30-70. In total the women received over 326 sessions of counselling from our BACP qualified counsellors.

The Foundation is always engaging with many young bamer mothers whose first language is not English. In this year of financial reporting, we upskilled 4 of our staff who became PIMH (perinatal and infant Mental health) champions to teach mothers about the importance of early years development in dedicated mother and toddler sessions across locations in Greater Manchester. A total of 188 mothers have benefited from this provision. We were pleased to receive multi-year funding from reaching communities for 'Our Youth, Our Future' programme. The aim of this programme is to provide an early package of tailored support, mentoring and intervention ensuring that vulnerable young bamer people from disadvantaged backgrounds can reach their potential. We aim to engage with young people, providing wrap around, holistic support during 'difficult periods of transitions' i.e., from primary to secondary school, secondary to college, from childhood to adolescence, from dependence to independence. Our offer includes connecting bamer young people to the many free Flowhesion activities already taking place within the Flowhesion eco-system of services in Bolton. This includes Football, Karate, boxing, homework clubs, outings, workshops on topical issues such as knife crime, gangs etc. We aim to engage with 60 bamer young people per year aged 10-17 via our funded male and female bilingual youth workers. The grant has also funded the purchase of a 16-seater minibus with disabled wheelchair access and lift.

Our summer, winter and Easter HAF provision this year saw over 450 young bamer people take part in enrichment activities during school holidays and an estimated 10,800 hot meals delivered over the HAF programme. Sessions ran in Oldham, Bolton, Rochdale and Salford. This was a huge logistical exercise for which we are grateful for the dedication and commitment our staff and volunteers have shown.

We expanded our work with the national probation service via our New Horizon's programme and team of qualified, experienced chaplains. We engaged with bamer prisoners across all 15 North west approved premises and provided 409 approved premises residents with 510 services including; community/faith links, representation/advocacy, setting up

bank accounts, driving licences applications, post hostel release 'buddy' service, support to register with statutory and public sector agencies.

The Foundation also offers a wide range of CPD, training and development packages to the public sector. In this financial year of reporting; we delivered 26 such training programmes to 438 frontline professionals. The Training included community cohesion, DV, FM, hate crime, knife crime, understanding unaccompanied minor trauma as well as other bespoke packages that look at issues affecting bamer communities.

The Foundation CEO has also guest lectured at 6 British universities to youth and social work students. The lectures have focused on cultural sensitivity and safeguarding in respect of engaging with bamer communities.

Finally, we want to thank our small group of dedicated staff, volunteers and well-wishers, led by our CEO without whom achieving these outcomes would not be possible.

### **Risk Management**

The current account funds are held with a leading bank to minimise disruption to activities and reduce risk.

All investment decisions are made to achieve a reasonable return from acceptable sources according to Islamic Jurisprudence whilst minimising the risk.

### **Trustees' Responsibilities**

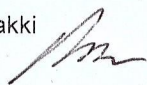
Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements the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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP to make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material 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 operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial portion of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. 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.

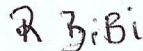
On behalf of the board

Aboobaker Cassim Makki

 24.1.23

Rukhsana Bibi

Chair



Date:

24/1/23

## **Independent Examiner's Report for the period ended 31 March 2022**

**Independent examiner's report to the trustees of The Flowhession Foundation charity number 1175170 on the accounts for the period ended 31<sup>st</sup> March 2022 as set out on pages 5 to 9.**

### **Responsibilities and basis of report**

I report to the trustees on my examination of the accounts of the above charity for the period ended 31 March 2022.

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.

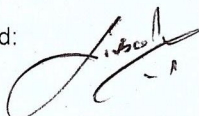
### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination 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 the 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.

Signed:



Limbada Associates Limited Accountants  
10 St. Georges Street  
Bolton  
Lancashire  
BL1 2EN

Date:

## Statement of Financial Activities for the period ended 31st March 2022

	Notes	Unrestricted funds £	Restricted income funds £	2022 Total £	2021 Total £
<b><u>Incoming resources</u></b>					
<b>Incoming resources from generated funds</b>					
Voluntary Income	3	76,121	379,079	455,200	329,751
<b>Total incoming resources</b>		<b>76,121</b>	<b>379,079</b>	<b>455,200</b>	<b>329,751</b>
<b><u>Resources expended</u></b>					
Charitable Activities	4	0	224,495	224,495	95,934
Support Costs	5	6,385	10,258	16,643	8,965
<b>Total resources expended</b>		<b>6,385</b>	<b>234,753</b>	<b>241,138</b>	<b>104,899</b>
<b>Net Incoming Resources before Transfers</b>		<b>69,736</b>	<b>144,326</b>	<b>214,062</b>	<b>224,852</b>
<b>Net Movement in Funds</b>		<b>69,736</b>	<b>144,326</b>	<b>214,062</b>	<b>224,852</b>
<b>Total Funds Brought Forward</b>		<b>103,935</b>	<b>185,338</b>	<b>289,273</b>	<b>64,421</b>
<b>Total Funds Carried Forward</b>		<b>173,671</b>	<b>329,664</b>	<b>503,335</b>	<b>289,273</b>

## Balance Sheet as at 31st March 2022

	Notes	Unrestricted funds £	Restricted income funds £	2022 Total £	2021 Total £
<b><u>Fixed Assets</u></b>					
Tangible assets	7	9,582		9,582	2,188
<b>Total Fixed Assets</b>		9,582	0	9,582	2,188
<b><u>Current Assets</u></b>					
Cash at bank and in hand		165,439	330,555	495,994	289,668
Debtors		150	0	150	0
<b>Total Current Assets</b>		165,589	330,555	496,144	289,668
<b>Creditors: amounts falling due within one year</b>	8	1,500	891	2,391	2,583
<b>Net Current Assets</b>		164,089	329,664	493,753	287,085
<b>Net Assets</b>		173,671	329,664	503,335	289,273
<b><u>Funds of the Charity</u></b>					
Restricted funds	9		329,664	329,664	185,338
Unrestricted funds		173,671		173,671	103,935
<b>Total Funds</b>		173,671	329,664	503,335	289,273

Signed by two of the trustees on behalf of all the trustees:

Signature

Name

Date of approval

Aboobaker Cassim Makki

*Am* 24.1.23

Rukhsana Bibi

*R B: Bi* 24/1/23

## Notes forming part of the financial statements for the period ended 31st March 2022

### 1. Principal Accounting Policies

#### (a) Basis of accounting

These accounts have been prepared on the basis of historical cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities - Statement of Recommended Practice (SORP 2005);
- and with Accounting Standards or Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

#### (b) Change in basis of accounting

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

#### (c) Changes to previous accounts

No changes have been made to accounts for previous years.

### 2. Accounting policies

#### INCOMING RESOURCES

**Recognition of incoming resources** These are included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to the resources;

- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

**Incoming resources with related expenditure** Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

**Grants and donations** Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

**Tax reclaims on donations and gifts** Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

**Gifts in kind** Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

**Donated services and facilities** These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

**Volunteer help** The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

**Investment income** This is included in the accounts when receivable.

**Investment gains and losses** This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

#### EXPENDITURE AND LIABILITIES

**Liability recognition** Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

**Governance costs** Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

**Support costs** Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

3. Voluntary income	Unrestricted	Restricted	2022	2021
	funds	income funds	Total	Total
	£	£	£	£
Project Donations		379,079	379,079	273,386
Training Fees	76,121		76,121	56,365
	<u>76,121</u>	<u>379,079</u>	<u>455,200</u>	<u>329,751</u>
4. Charitable activities	Unrestricted	Restricted	2022	2021
	£	£	Total	Total
	£	£	£	£
Sessional Workers		167,651	167,651	58,094
Salaries		28,261	28,261	18,908
Printing and Stationery		2,459	2,459	5,606
Rent		10,499	10,499	2,795
Training Expenses		15,625	15,625	10,531
	<u>0</u>	<u>224,495</u>	<u>224,495</u>	<u>95,934</u>
5. Support Costs	Unrestricted	Restricted	2022	2021
	£	£	Total	Total
	£	£	£	£
Accountancy Charges	1,500		1,500	1,000
Depreciation	2,666		2,666	647
Donations			0	1,000
Sundry Expenses	154	1,024	1,178	169
Entertaining		411	411	88
PAYE Late Payment Interest	20		20	
Bank Charges	2		2	2
Telephone Charges		185	185	
Internet costs	2,043		2,043	1,716
Insurance		1,175	1,175	129
Travelling Expenses		7,463	7,463	4,214
	<u>6,385</u>	<u>10,258</u>	<u>16,643</u>	<u>8,965</u>

#### 6. Details of certain items of expenditure

##### 5.1 Trustee expenses

Trustees are not remunerated for their services but their out of pocket expenses were not paid this year.

##### 5.2 Fees for the independent examination of the accounts

	2022	2021
	£	£
Independent examination's fees for reporting on the accounts	1,500	600
Other fees paid to the independent examiner or auditor	0	0
	<u>1,500</u>	<u>600</u>

7. **Tangible fixed assets**

	Office Equipment £	Office Equipment £	Total £
<b>Cost</b>			
At 1 April 2021	3,268		3,268
Additions	2,060	8,000	10,060
At 31 March 2022	<u>5,328</u>	<u>8,000</u>	<u>13,328</u>
<b>Depreciation</b>			
At 1 April 2021	1,080		1,080
Additions	1,066	1,600	2,666
At 31 March 2022	<u>2,146</u>	<u>1,600</u>	<u>3,746</u>
<b>Net book value</b>			
At 31 March 2022	<u>3,182</u>	<u>6,400</u>	<u>9,582</u>
At 31 March 2021	<u>2,188</u>	<u>0</u>	<u>2,188</u>

8. **Creditors: amounts falling due within one year**

	Unrestricted £	Restricted £	2022 Total £	2021 Total £
Accruals	1,500	891	2,391	2,583
	<u>1,500</u>	<u>891</u>	<u>2,391</u>	<u>2,583</u>

9. **Restricted funds**

Restricted funds comprises of donations given by the funders for the sole purpose of specific projects and training.



**THE FLOWHESION FOUNDATION**

England & Wales - Charity number 1175170

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# Accounts

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**Charity number: 1175170**

**The Flowhesion Foundation**  
**Trustees' report and financial statements**  
**for the period ended 31 March 2021**

## The Flowhession Foundation

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Balance sheet	6
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## The Flowhesion Foundation

### Legal and administrative information

Charity number	1175170
Address	The Church of All Souls Astley Street Bolton Lancashire BL1 8EY
Trustees	Imam Salim Jogi Donna Hussain Aboobaker Cassim Makki Zakiyyah Siddique
Secretary	Donna Hussain
Chair	Zakiyyah Siddique
Accountants	Limbada Associates Limited Accountants 10 St. Georges Street Bolton Lancashire BL1 2EN
Bankers	Lloyds Bank Plc 396 – 398 Halliwell Road Bolton Lancashire BL1 8AN

## Report of the trustees for the period ended 31 March 2021

The Trustees have pleasure in presenting their report for the period ended 31 March 2021. This report is prepared in accordance with the Statement of Recommended Practice - Accounting and reporting by the Charities and complies with applicable law.

### Status and administration

The charity started its operations in 2017 and is constituted under a 2017 constitution and registered with The Charity Commissioners under charity number 1175170.

Trustees are appointed by the Board of Trustees. The Board of Trustees comprises members from a variety of backgrounds. The procedure to appoint or withdraw a trustee is in accordance with the constitution. There are informal procedures in place for the induction and training of new trustees.

The Board of Trustees are responsible for the management of the risks faced by the charity. Risks are identified, assessed and controls established throughout the year.

### The objectives of the charity are:

- a) Advance community cohesion of the general public.
- b) Promote sustainable development of community cohesion to meet the needs of the general public at present without compromising the abilities of future generations to meet their own community needs.
- c) Relieve community tensions through interfaith work i.e. promotion of good relations between members of faith, no faith, promote British values i.e. democracy, rule of law, tolerance, mutual respect, individual liberty.
- d) To advance education through the provision of training, employment workshops, research, events, conferences of establishments and the general public.
- e) To relieve people in need, hardship or distress through the provision of material assistance i.e., counselling, advice and advocacy.
- f) Promote health and wellbeing within communities in line with the social reforms, social welfare and cultural/faith sensitivities.

### Activities and Achievements

In this year of financial reporting the Foundation has exponentially grown its delivery footprint across the Greater Manchester system. We have established a strong and trusted footprint in bamer communities. As a result, we engaged over 1,684 bamer service users. Our service users have engaged with our programmes and research across Bolton, Oldham, Rochdale, Salford, North Manchester and East Lancashire. We have successfully delivered over 47 unique projects and programmes this year.

The Covid19 pandemic presented a number of challenges, changing our delivery landscape as we swiftly moved to reprofile and prioritise service users need. This meant that we had to strengthen the IT literacy of many of our non-speaking service users. In Bolton this led to us loaning sim-enabled tablets to over 58 bamer women so we could continue to deliver our services to them online. On a wider GM scale, the Foundation established a 'COVID19 support hub' during the early days of lockdown in the areas it operated in and delivered 388 hot meals, 542 bi-lingual counselling sessions, 287 medication and shopping related pick-ups and drop offs.

Health has remained a central theme of our work this year, for example In Bolton the foundation worked with a large number of bamer girls through our healthy-heroiners programme to encourage their participation in physical activities and wider civic society. A number of grants have allowed the foundation to strengthen its specialist 'Umeed' counselling service seeing over 458 clients over the reporting period.

A large number of programmes have focused on advice, guidance, welfare support and advocacy in Bolton, North Manchester and Rochdale. This was a direct result of the unfolding pandemic and resulting disadvantage and need we sought to address. For instance, in Bolton we engaged 156 Punjabi and afro-Caribbean women on welfare, advocacy, debt advice and support who were refugee and asylum seekers. Through a dedicated grant in East Lancashire from OPCC the Foundation provided specialist DV advice, counselling and phone support to over 50 hard-to-reach pashtoon women.

For the first time, the pandemic allowed us to extend the reach of our work to marginalised bamer prisoners. Our work with the National probation service during this period saw us delivering bespoke 1-1 support to bamer prisoners on release via our unique New Horizon's programme. The programme has worked with 8 Greater Manchester approved premises to give vital support to residents.

Evidence-based practice remains important to the way we work. Therefore, we undertook a number of small research pieces which aimed to give us a better understanding of the needs, barriers and challenges facing bamer population. For example, our research piece 'The impact of covid19 and bereavement particularly on bamer communities in Bolton' shone a light on the cultural, religious processes that are central to how many communities grieve. The research piece has allowed for the strengthening of bereavement pathway support in a number of healthcare settings.

The trustees would like to take this opportunity to thank the Flowhesion CEO, core, sessional staff and volunteers for working tirelessly and committing themselves through a very challenging year.

## **Risk Management**

The current account funds are held with a leading bank to minimise disruption to activities and reduce risk.

All investment decisions are made to achieve a reasonable return from acceptable sources according to Islamic Jurisprudence whilst minimising the risk.

## **Trustees' Responsibilities**

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 charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP to make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material 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 operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. 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.

On behalf of the board

Aboobaker Cassim Makki

  
Zakiyyah Siddique  
Chair

Date: 10/03/2022

## **Independent Examiner's Report for the period ended 31 March 2021**

**Independent examinaer's report to the trustees of The Flowhesion Foundation charity number 1175170 on the accounts for the period ended 31<sup>st</sup> March 2021 as set out on pages 5 to 9.**

### **Responsibilities and basis of report**

I report to the trustees on my examination of the accounts of the above charity for the period ended 31 March 2020.

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.

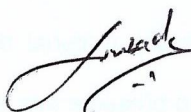
### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination 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 the 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.

Signed:



Limbada Associates Limited Accountants  
10 St. Georges Street  
Bolton  
Lancashire  
BL1 2EN

Date: 10/03/2022

## Statement of Financial Activities for the period ended 31st March 2021

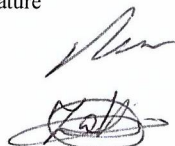
	Notes	Unrestricted funds £	Restricted income funds £	2021 Total £	2020 Total £
<b><u>Incoming resources</u></b>					
<b>Incoming resources from generated funds</b>					
Voluntary Income	3	56,365	273,386	329,751	76,323
<b>Total incoming resources</b>		<b>56,365</b>	<b>273,386</b>	<b>329,751</b>	<b>76,323</b>
<b><u>Resources expended</u></b>					
Charitable Activities	4	0	95,934	95,934	37,078
Support Costs	5	4,534	4,431	8,965	8,874
<b>Total resources expended</b>		<b>4,534</b>	<b>100,365</b>	<b>104,899</b>	<b>45,952</b>
<b>Net Incoming Resources before Transfers</b>		<b>51,831</b>	<b>173,021</b>	<b>224,852</b>	<b>30,371</b>
<b>Net Movement in Funds</b>		<b>51,831</b>	<b>173,021</b>	<b>224,852</b>	<b>30,371</b>
<b>Total Funds Brought Forward</b>		<b>52,104</b>	<b>12,317</b>	<b>64,421</b>	<b>34,050</b>
<b>Total Funds Carried Forward</b>		<b>103,935</b>	<b>185,338</b>	<b>289,273</b>	<b>64,421</b>

## Balance Sheet as at 31st March 2021

	Notes	Unrestricted funds £	Restricted income funds £	2021 Total £	2020 Total £
<b><u>Fixed Assets</u></b>					
Tangible assets	7	2,188		2,188	876
<b>Total Fixed Assets</b>		<b>2,188</b>	<b>0</b>	<b>2,188</b>	<b>876</b>
<b><u>Current Assets</u></b>					
Cash at bank and in hand		102,897	186,771	289,668	64,145
<b>Total Current Assets</b>		<b>102,897</b>	<b>186,771</b>	<b>289,668</b>	<b>64,145</b>
<b>Creditors: amounts falling due within one year</b>	8	1,150	1,433	2,583	600
<b>Net Current Assets</b>		<b>101,747</b>	<b>185,338</b>	<b>287,085</b>	<b>63,545</b>
<b>Net Assets</b>		<b>103,935</b>	<b>185,338</b>	<b>289,273</b>	<b>64,421</b>
<b><u>Funds of the Charity</u></b>					
Restricted funds	9		185,338	185,338	12,317
Unrestricted funds		103,935		103,935	52,104
<b>Total Funds</b>		<b>103,935</b>	<b>185,338</b>	<b>289,273</b>	<b>64,421</b>

**Signed by two of the trustees on behalf of all the trustees:**

Signature



Name

Aboobaker Cassim Makki

Zakiyyah Siddique

Date of approval

10.3.22.

10.3.22.

# Notes forming part of the financial statements for the period ended 31st March 2021

## 1. Principal Accounting Policies

### (a) Basis of accounting

These accounts have been prepared on the basis of historical cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities - Statement of Recommended Practice (SORP 2005);
- and with Accounting Standards or Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

### (b) Change in basis of accounting

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

### (c) Changes to previous accounts

No changes have been made to accounts for previous years.

## 2. Accounting policies

### INCOMING RESOURCES

**Recognition of incoming resources** These are included in the Statement of Financial Activities (SoFA) when: -  
the charity becomes entitled to the resources;

- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

**Incoming resources with related expenditure** Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

**Grants and donations** Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

**Tax reclaims on donations and gifts** Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

**Gifts in kind** Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

**Donated services and facilities** These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

**Volunteer help** The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

**Investment income** This is included in the accounts when receivable.

**Investment gains and losses** This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

### EXPENDITURE AND LIABILITIES

**Liability recognition** Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

**Governance costs** Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

**Support costs** Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

**3. Voluntary income**

	Unrestricted funds £	Restricted income funds £	2021 Total £	2020 Total £
Project Donations		273,386	273,386	53,711
Training Fees	56,365		56,365	22,612
	56,365	273,386	329,751	76,323

**4. Charitable activities**

	Unrestricted £	Restricted £	2021 Total £	2020 Total £
Sessional Workers		58,094	58,094	21,703
Salaries		18,908	18,908	
Printing and Stationery		5,606	5,606	3,395
Rent		2,795	2,795	5,568
Training Expenses		10,531	10,531	6,412
	0	95,934	95,934	37,078

**5. Support Costs**

	Unrestricted £	Restricted £	2021 Total £	2020 Total £
Accountancy Charges	1,000		1,000	450
Depreciation	647		647	118
Donations	1,000		1,000	0
Sundry Expenses	169		169	0
Entertaining		88	88	1,600
Subsistence			0	2,189
Bank Charges	2		2	0
Internet costs	1,716		1,716	1,337
Insurance		129	129	129
Travelling Expenses		4,214	4,214	3,051
	4,534	4,431	8,965	8,874

**6. Details of certain items of expenditure****5.1 Trustee expenses**

Trustees are not remunerated for their services but their out of pocket expenses were not paid this year.

**5.2 Fees for the independent examination of the accounts**

	2021 £	2020 £
Independent examination's fees for reporting on the accounts	1,150	600
Other fees paid to the independent examiner or auditor	0	0
	1,150	600

7. **Tangible fixed assets**

	Office Equipment £
<b>Cost</b>	
At 1 April 2020	1,309
Additions	1,959
At 31 March 2021	<u>3,268</u>
<b>Depreciation</b>	
At 1 April 2020	433
Additions	647
At 31 March 2021	<u>1,080</u>
<b>Net book value</b>	
At 31 March 2021	<u>2,188</u>
At 31 March 2020	<u>876</u>

8. **Creditors: amounts falling due within one year**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>	<b>Total</b>	<b>Total</b>
			<b>£</b>	<b>£</b>
Accruals	1,150	1,433	2,583	600
	<u>1,150</u>	<u>1,433</u>	<u>2,583</u>	<u>600</u>

9. **Restricted funds**

Restricted funds comprises of donations given by the funders for the sole purpose of specific projects and training.

