

Charity number: 1175170

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

The Flowhesion Foundation

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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
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-heroines 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 Flowhession 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 Flowhession Foundation charity number 1175170 on the accounts for the period ended 31st 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.

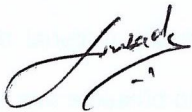
Independent examiner's statement

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

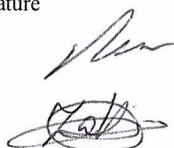
	Notes	Unrestricted funds £	Restricted income funds £	2021 Total £	2020 Total £
<u>Incoming resources</u>					
Incoming resources from generated funds					
Voluntary Income	3	56,365	273,386	329,751	76,323
Total incoming resources		56,365	273,386	329,751	76,323
<u>Resources expended</u>					
Charitable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

Balance Sheet as at 31st March 2021

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

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

Signature



Name

Aboobaker Cassim Makki

Date of approval

10.3.22.

Zakiyyah Siddique

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
	<u>56,365</u>	<u>273,386</u>	<u>329,751</u>	<u>76,323</u>

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
	<u>0</u>	<u>95,934</u>	<u>95,934</u>	<u>37,078</u>

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
	<u>4,534</u>	<u>4,431</u>	<u>8,965</u>	<u>8,874</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

	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
	<u>1,150</u>	<u>600</u>

7. Tangible fixed assets

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

8. Creditors: amounts falling due within one year

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
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.

