

**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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## **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**

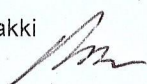
Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements the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

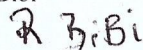
On behalf of the board

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.

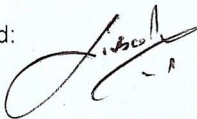
### **Independent examiner's statement**

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>					
Incoming resources from generated funds					
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>		<b>9,582</b>	<b>0</b>	<b>9,582</b>	<b>2,188</b>
<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>		<b>165,589</b>	<b>330,555</b>	<b>496,144</b>	<b>289,668</b>
<b>Creditors: amounts falling due within one year</b>	8	1,500	891	2,391	2,583
<b>Net Current Assets</b>		<b>164,089</b>	<b>329,664</b>	<b>493,753</b>	<b>287,085</b>
<b>Net Assets</b>		<b>173,671</b>	<b>329,664</b>	<b>503,335</b>	<b>289,273</b>
<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>		<b>173,671</b>	<b>329,664</b>	<b>503,335</b>	<b>289,273</b>

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 funds £	Restricted income funds £	2022 Total £	2021 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 Total £	2021 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 Total £	2021 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**

			2022	2021
	Unrestricted £	Restricted £	Total £	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.

