

Charity no : 1175170

The Flowhession Foundation

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

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CONTENTS

	Page
Reference and administrative details	1
Trustees' report	2
Independent examiner's report	6
Statement of financial activities	7
Balance sheet	8
Accounting policies	9 - 10
Notes to the financial statements	11 - 12

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

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](https://www.flowhesionfoundation.org/)

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 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. 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 complement 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

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

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:

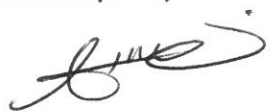
- a) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare financial statements which accord with the accounting records and to comply with the accounting requirements 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:

29/11/25

Abdul Hussain

	Note	2024			2023		
		Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds £	Restricted funds £	Total £
INCOME							
Donations and legacies	3	116,789	338,243	455,032	60,105	403,526	463,631
Total incoming resources		116,789	338,243	455,032	60,105	403,526	463,631
EXPENDITURE							
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
Total expenditure		22,065	295,239	317,304	17,062	301,146	318,208
Net income (expenditure) and movement in funds		94,724	43,004	137,728	43,043	102,380	145,423
Fund brought forward		216,714	432,044	648,758	173,671	329,664	503,335
Fund balance at 31 March 2024		311,438	475,048	786,486	216,714	432,044	648,758

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

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.

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
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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 2024

3 Donations and legacies

	Unrestricted funds	2024 Restricted funds	Total	Unrestricted funds	2023 Restricted funds	Total
	£	£	£	£	£	£
Project Donations	-	338,243	338,243	-	403,526	403,526
Training Fees	116,789	-	116,789	60,105	-	60,105
Total	116,789	338,243	455,032	60,105	403,526	463,631

4 Charitable activities

	Unrestricted funds	2024 Restricted funds	Total	Unrestricted funds	2023 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

	Unrestricted funds	2024 Restricted funds	Total	Unrestricted funds	2023 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
	3,040	2,640

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 2024

8 Tangible fixed assets

	Office equipment £	TOTAL £
Cost		
At 1 April 2023	13,920	13,920
Additions	-	-
Disposals	-	-
At 31 March 2024	13,920	13,920
Depreciation		
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
Net book value		
At 31 March 2024	940	940
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	-	-	-
	2,640	19,068	21,708	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).