

Charity no : 1175170

The Flowhession Foundation

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

The Flowhession Foundation

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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
Notes to the financial statements	11

The Flowhession Foundation

Page 1

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

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**

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**

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 CERI 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

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 up to 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**

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**

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 £
INCOME							
Donations and legacies	3	136,187	312,284	448,471	116,789	338,243	455,032
Total incoming resources		136,187	312,284	448,471	116,789	338,243	455,032
EXPENDITURE							
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
Total expenditure		31,167	345,881	377,049	22,065	295,239	317,304
Net income (expenditure) and movement in funds		105,020	(33,597)	71,422	94,724	43,004	137,728
Fund brought forward		311,438	475,048	786,486	216,714	432,044	648,758
Fund balance at 31 March 2025		416,458	441,451	857,908	311,438	475,048	786,486

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

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.

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.

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

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.

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.

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 2025

3 Donations and legacies

	Unrestricted funds	2025 Restricted funds	Total	Unrestricted funds	2024 Restricted funds	Total
	£	£	£	£	£	£
Project Donations	-	312,294	312,294	-	338,243	338,243
Training Fees	136,187	-	136,187	116,789	-	116,789
Total	136,187	312,294	448,481	116,789	338,243	455,032

4 Charitable activities

	Unrestricted funds	2025 Restricted funds	Total	Unrestricted funds	2024 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

	Unrestricted funds	2025 Restricted funds	Total	Unrestricted funds	2024 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
	31,331	-	31,331	23,662	8,716	32,378

6 Governance costs

	2025	2024
	£	£
Accountancy fees	3,752	3,040
	3,752	3,040

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

	Office equipment £	TOTAL £
Cost		
At 1 April 2024	13,920	13,920
Additions	-	-
Disposals	-	-
At 31 March 2025	13,920	13,920
Depreciation		
At 1 April 2024	12,980	12,980
Charge for the year	940	940
Disposals	-	-
At 31 March 2025	13,920	13,920
Net book value		
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
	3,040	10,704	13,744	2,640	19,068	21,708