

## **KSCA Annual Progress Report - 2024**

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The year 2024 marked a period of growth, transition, and community-building for the Kent Sikh Community Association (KSCA). Despite encountering several challenges, the Association continued to deliver meaningful events and services that fostered a strong sense of belonging and wellbeing among members.

#### **Organisational Development**

A key milestone this year was the amendment of the KSCA constitution, which introduced the addition of two new members to the-. This was aimed at enhancing governance and increasing the breadth of experience within the leadership.

The Annual General Meeting (AGM) in June saw the election of a new committee, reflecting the democratic principles of the Association and a renewed mandate to carry its work forward.

However, the transition brought some challenges. There were difficulties in retrieving IT equipment from the previous committee, which affected operational efficiency. Additionally, delays in forming the new management committee impacted the timely receipt of funds from Kent Alive.

KSCA successfully delivered a wide range of seminars and social events designed to educate, engage, and bring joy to the community:

#### **Seminars**

1. Wills and Trusts (March) - Delivered by Wilson Trust & Co, this seminar focused on estate planning and protecting family assets.
2. Understanding Dementia (August) - Facilitated by ADDS, this event raised awareness and offered practical support for families.
3. Exercise and Diet (November) - Led by Balbir Kaur, this session highlighted the importance of physical health and nutrition for long-term wellbeing.
4. Wellbeing and Self-Care - Also presented by Balbir Kaur, offering practical strategies for emotional resilience.

#### **Weekly Activities**

- Yoga Classes continued throughout the year, supported by funding from Kent Alive. These sessions have been beneficial to many members. However, the

Association encourages greater participation to help maintain eligibility for future grant support.

### **Social and Cultural Events**

- The Association part-funded four well-attended social events that included dinners, which were immensely enjoyed by members.

- A Diwali celebration was co-organised with the Asian Women's Group and hosted by Sunny Sandhar from the Equality Commission. Although attendance was modest, the event was appreciated by those who took part.

- A holiday trip to Antalya, Turkey, was organised, offering members the opportunity to travel together. They enjoyed a 7-night all-inclusive stay at a 5-star hotel, benefitting from discounted travel - a highlight of the year for many.

- A Chai and Samosa event in the lead-up to Christmas welcomed both members and non-members. It was well-attended and warmly received, and led to a noticeable increase in membership.

### **Venue and Religious Activity**

In July, the venue for regular meetings changed from the Church Hall on London Road to the Wellbeing Centre at the Gurdwara, offering a more culturally and practically suitable environment.

In May, the committee discussed holding a Sukhmani Sahib Path, which received majority support. However, due to disagreements following the AGM and the transition of the new committee, this was not progressed further.

### **Conclusion**

KSCA closes 2024 with pride in its achievements and gratitude to its members. The year was marked by challenges, but also by a strong spirit of community and progress.

We extend our sincere thanks to all committee members and association members for their cooperation and support throughout the year. With this continued commitment, KSCA is confident in its ability to grow and serve the community even more effectively in 2025.

# KENT SENIOR CITIZEN ASSOCIATION

Unity for Community

UK Registered Charity Number 1183429

## **ANNUAL RETURN ENDING YEAR 31.12.2024**

<u>ITEM</u>	<u>INCOME</u>	<u>EXPENDITURE</u>	<u>BALANCE</u>
Opening Balance 01.01.2023			4221.08
Members Donation	480		4701.08
Public Liability Insurance		182	4519.08
Yoga (Hall Hire & Instructure Fees)		1795	2724.08
Venu (Seminar & Refreshments)		2010	714.08
Equipment		94.05	620.03
Grant	5750		6370.03
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Closing Balance	6230	4081.05	6370.03
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