

**REGISTERED CHARITY NUMBER: 1184050**  
**REGISTERED COMPANY NUMBER:11902309 (England and Wales)**

Report of the Trustees and  
Unaudited Financial Statements for the Year ended 31 March 2022  
for

Aishah Help

## **AISHAH HELP**

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**AISHAH HELP**  
**Report of the Trustees**  
**For the year ended 31 March 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The board of trustees are satisfied with the performance of the charity during the year and the position at 31st March 2022 and consider that the charity is in a strong position to continue its activities during the coming year, and that the charity's assets are adequate to fulfil its obligations.

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Aishah Help is a UK-based women-led charity. Aishah Help works with individuals and families who are in the greatest need, suffering hardship, disadvantaged, isolated or marginalised from society and help them become independent. We are responding to the needs of the community with the following services :

- Information and advice
- Outreach and engagement
- Multilingual helpline
- Digital inclusion
- Employability and enterprise programme
- Befriending programme
- Health and wellbeing
- Hardship fund

Our management committee meet on a regular basis to ensure compliance and financial control. The meetings take place with the trustees and volunteers to ensure that the aims and objectives of the charity are constantly being met with systematic and regular monitoring and evaluation. Day-to-day running is managed by the trustees with the support from volunteers.

The last 12 months have shown that Aishah Help's work is needed more than ever. Like so many other organisations, we have been navigating the challenges as a result of the coronavirus pandemic and cost-of-living crisis.

We especially like to thank our funders, consultants and volunteers for the way they have responded to the crisis and for their determination, resilience and commitment.

**AISHAH HELP**  
**Report of the Trustees**  
**For the year ended 31 March 2022**

**Public benefit**

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The directors of the company are also trustees of the charity. Eligibility for membership of the charity, and membership of the board of trustees is governed by the memorandum and articles of association. There are no restrictions in the governing document on the operation of the charity or on its investment powers, other than those imposed by general charity law.

**Recruitment and appointment of new trustees**

When new or additional trustees are required then beneficiaries and client organisations are invited to submit nominations and subject to their compliance with the Memorandum and Articles of Association they are considered by the governing body of trustees for election.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**AISHAH HELP**  
**Report of the Trustees**  
**For the year ended 31 March 2022**

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**  
**11902309 (England and Wales)**

**Registered Charity Number**  
1184050

**Registered office**  
16 Queensberry Place  
London  
E12 6UN

**Trustees**  
Fatima Wahid  
Khadija Khanom  
Salma Khanam

**Independent Examiner**  
Anwar F Chowdhury FCCA  
ACN Accountants  
Chartered Certified Accountants  
41 Orsett Road  
Grays  
RM17 5DS

This report has been prepared in accordance with the special provisions of Part 15 of Companies Act 2006 relating to small companies.

Report of the trustees, approved by order of the board of trustees, as the company directors, on 11 November 2022 and signed on the board's behalf by:



Fatima Wahid - Trustee

## **Independent Examiner's Report to the Trustees of Aishah Help**

### **Independent examiner's report to the trustees of Aishah Help ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

#### **Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

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

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Anwar F Chowdhury FCCA  
ACN Accountants  
Chartered Certified Accountants  
41 Orsett Road  
Grays  
RM17 5DS

11 November 2022

**AISHAH HELP**  
**Statement of Financial Activities**  
**for the year ended 31 March 2022**

	Unrestricted Fund £	Restricted Fund £	<b>31.3.22</b> Total Funds £	<b>31.3.21</b> Total Funds £
<b>INCOME AND ENDOWMENTS FROM</b>				
Grants and Donations	11,779	149,903	161,682	121,568
<b>EXPENDITURE ON</b>				
Raising funds	(2,399)	(34,286)	(36,685)	(18,486)
Charitable activities	-	(100,370)	(100,370)	(95,431)
<b>NET INCOME</b>	9,380	15,247	24,627	7,651
<b>Total funds</b>	9,380	15,247	24,627	7,651
<b>TOTAL FUNDS CARRIED FORWARD</b>	9,380	15,247	24,627	7,651

**AISHAH HELP**  
**Balance Sheet**  
**as at 31 March 2022**

	Notes	31.3.22 £	31.3.21 £
<b>Fixed assets</b>			
Equipment, Fixture & Fittings	5	1,919	-
<b>Current assets</b>			
Debtors	6	3,398	-
Cash at bank and in hand		30,054	10,644
Creditors: amounts falling due within one year	7	(800)	(700)
		<u>32,652</u>	
<b>Net current assets</b>		<u>34,571</u>	<u>9,944</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		34,571	9,944
<b>Net Assets</b>		<u>34,571</u>	<u>9,944</u>
<b>Unrestricted</b>		9,380	-
<b>Restricted funds</b>		25,191	9,944
		<u>34,571</u>	<u>9,944</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees on 11 November 2022 and were signed on its behalf by:

Fatima Wahid-Trustee





**AISHAH HELP**  
**Notes to the Accounts**  
**for the year ended 31 March 2022**

**1 Accounting policies**

***Basis of preparing the financial statements***

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2011. The financial statements have been prepared under the historical cost convention.

**2 Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**3 Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**4 Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Equipment, Fixture & Fittings	25% straight line
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**5 Tangible fixed assets**

	Equipment, Fixture & Fitting £
<b>Cost</b>	
At 1 April 2021	-
Additions	2,399
Disposals	-
At 31 March 2022	<u>2,399</u>
<b>Depreciation</b>	
At 1 April 2021	-
Charge for the year	480
On disposals	-
At 31 March 2022	<u>480</u>
<b>Net book value</b>	
At 31 March 2022	<u>1919</u>
At 31 March 2021	-

	31.3.22	31.3.21
	£	£
<b>6 Debtors</b>		
Accrued Income	3000	-
Prepayments	398	-
	<u>3398</u>	<u>-</u>
<b>Creditors: amounts falling due within one year</b>		
Accruals	<u>800</u>	<u>700</u>

**AISHAH HELP**  
**Notes to the Accounts**  
**for the year ended 31 March 2022**

**8 Taxation**

The charity is exempt from corporation tax on its charitable activities.

**9 Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**10 TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2022.

**11 Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2022.

**12 STAFF COSTS**

There were no employee for the year ended 31 March 2022.

**13 RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2022.

**14 Acknowledgement**

We would like to acknowledge and thank the following organisations for their in kind and financial assistance during the year 2021/2022;

1. Independent Food Aid Network
2. Virgin Media
3. Comic Relief
4. Mayor's Covid Recovery Fund
5. Global Majority Fund
6. Education and Skills Funding Agency
7. Aston Mansfield Seed Grant
8. Faith and Belief Forum

**AISHAH HELP****Detailed profit and loss account  
for the year ended 31 March 2022***This schedule does not form part of the statutory accounts*

	<b>31.3.22</b>	<b>31.3.21</b>
	<b>£</b>	<b>£</b>
<b>Donations and legacies</b>		
Grants and Donations	161,682	121,568
<b>Total incoming resource</b>	<b>161,682</b>	<b>121,568</b>
<b>EXPENDITURE</b>		
<b>Support costs Management</b>		
Employee costs:		
Temporary staff and recruitment	4,800	2,396
Staff training and welfare	326	-
Travel and subsistence	4,939	1,564
Motor expenses	426	1,592
	<b>10,491</b>	<b>5,552</b>
General administrative expenses:		
Telephone and fax	594	518
Postage	525	561
Stationery and printing	1,424	2,677
Courier services	-	125
Information and publications	1,016	534
Subscriptions	914	527
Bank charges	389	252
Insurance	230	-
Equipment expensed	1,239	3,296
Software	911	95
Depreciation	480	-
Charitable Activities	100,370	95,431
	<b>108,092</b>	<b>104,016</b>
Legal and professional costs:		
Accountancy fees	800	700
Consultancy fees	7,800	-
Advertising and PR	8,359	3,636
Other legal and professional	1,513	13
	<b>18,472</b>	<b>4,349</b>
<b>Total resources expended</b>	<b>137,055</b>	<b>113,917</b>
<b>Net income</b>	<b>24,627</b>	<b>7,651</b>