

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 2023
for
Aishah Help

AISHAH HELP

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AISHAH HELP
Report of the Trustees
For the year ended 31 March 2023

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 2023. 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 2023 and considers 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, a charitable organisation led by women in the UK, focuses on supporting individuals and families experiencing extreme need, enduring hardships, facing disadvantages, or being marginalised and isolated from society. The mission is to guide them towards independence and empower them to overcome their challenges. We address the community's requirements through the provision of the following services:

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

Operating throughout Greater London, we specifically concentrate on the London boroughs of Tower Hamlets, Newham, and Hackney. Our extensive experience collaborating with the communities we serve has underscored the uniqueness of each situation. Our approach involves open engagement, where service users, volunteers, and key stakeholders actively participate in the design and implementation of projects.

To tailor our projects to the specific needs of the target group, we establish a steering group. This group plays a crucial role in learning, developing, designing, reviewing, and evaluating projects, ultimately shaping the service to better serve the community. Through a co-design approach, we gain valuable insights into beneficiaries' perspectives on the best outcomes and how to achieve them.

AISHAH HELP
Report of the Trustees
For the year ended 31 March 2023

Our aim is to foster a sense of ownership, shared purpose and accomplishment in our projects, enabling us to gather valuable insights on how to successfully attain the intended outcomes.

Throughout the year, we persevered in providing a range of services, including befriending services, community support advocacy and advice, employment and social enterprise, and therapeutic services aimed at alleviating social isolation. Additionally, we extended our efforts to deliver specialised services catering to the unique needs of the elderly, families facing hardships, and women experiencing multiple disadvantages.

Our commitment also extended to the continuous provision of our specialised Befriending service. Over a span of 24 months, in collaboration with partner organisations across Greater London, we supported 54 senior individuals and provided training for over 54 young people. This concerted effort played a pivotal role in aiding the elderly members of our community in recovering from the impact of the COVID-19 pandemic.

Furthermore, Aishah Help is dedicated to empowering women of black and minority ethnic communities in London through the Worktop to Desktop program. With a focus on skills development and confidence-building, our holistic approach aids women in returning to work or launching their own businesses. The Business Enterprise and Employment workshops provide essential insights and information, addressing inequalities faced by BAME communities. Over a span of 24 months this programme supported 64 women in tackling barriers like schooling disparities and cultural challenges, all from the convenience of the participants' homes.

Our management committee convenes regularly to uphold compliance and exercise financial control. These meetings involve trustees and volunteers, ensuring the continuous alignment with the charity's aims and objectives through systematic and regular monitoring and evaluation. The day-to-day operations are overseen by the trustees, with valuable support from dedicated volunteers.

The past 12 months have underscored the increasing necessity of Aishah Help's work. Like many organisations, we've faced challenges due to the cost-of-living crisis. In navigating these difficulties, we extend our heartfelt appreciation to our funders, consultants, and volunteers. Their response to the crisis, along with their unwavering determination, resilience, and commitment, has been truly commendable.

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Report of the Trustees
For the year ended 31 March 2023

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 2023

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 (Resigned on 17 September 2023)
Colsum Ara Akanjee-Khan (Appointed on 17 September 2023)

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

FINANCIAL REVIEW

The charity received income of £115,463 (2022: £161,682) during the year. After outgoing expenses of £114,050 (2022: £137,055), the charity was left with a surplus of £1,413 (2022: £24,627) for the year.

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

Report of the trustees, approved by order of the board of trustees, as the company directors, on 30 December 2023 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 2023.

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

30 December 2023

AISHAH HELP
Statement of Financial Activities
for the year ended 31 March 2023

	Unrestricted Fund £	Restricted Fund £	31.3.23 Total Funds £	31.3.22 Total Funds £
INCOME AND ENDOWMENTS FROM				
Grants and Donations	21,573	93,890	115,463	161,682
EXPENDITURE ON				
Raising funds	(20,160)	(8,189)	(28,349)	(36,685)
Charitable activities	-	(85,701)	(85,701)	(100,370)
NET INCOME	1,413	-	1,413	24,627
Reconciliation of funds :				
Total funds brought forward	9,380	25,191	34,571	24,627
TOTAL FUNDS CARRIED FORWARD	<u>10,793</u>	<u>25,191</u>	<u>35,984</u>	<u>24,627</u>

AISHAH HELP
Balance Sheet
as at 31 March 2023

	Notes	31.3.23 £	31.3.22 £
Fixed assets			
Equipment, Fixture & Fittings	5	1,535	1,919
Current assets			
Debtors	6	3,546	3,398
Cash at bank and in hand		31,943	30,054
		-	
Creditors: amounts falling due within one year	7	(1,040)	(800)
Net current assets		<u>35,984</u>	<u>34,571</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		35,984	34,571
Net Assets		<u>35,984</u>	<u>34,571</u>
Unrestricted		1,413	9,380
Restricted funds		34,571	25,191
		<u>35,984</u>	<u>34,571</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 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 30 December 2023 and were signed on its behalf by:

Fatima Wahid-Trustee

AISHAH HELP
Notes to the Accounts
for the year ended 31 March 2023

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
	£
Cost	
At 1 April 2022	2,399
Additions	-
Disposals	-
At 31 March 2023	<u>2,399</u>
Depreciation	
At 1 April 2022	480
Charge for the year	384
On disposals	-
At 31 March 2023	<u>864</u>
Net book value	
At 31 March 2023	<u>1,535</u>
At 31 March 2022	<u>1,919</u>

	31.3.23	31.3.22
6 Debtors	£	£
Accrued Income	3,546	3,000
Prepayments	-	398
	<u>-</u>	<u>3,398</u>

Creditors: amounts falling due

7 within one year		
Accruals	(1,040)	(800)

AISHAH HELP
Notes to the Accounts
for the year ended 31 March 2023

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 2023.

11 Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023.

12 STAFF COSTS

There were no employee for the year ended 31 March 2023.

13 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

14 Acknowledgement

We would like to acknowledge and thank the following organisations for their in kind and financial assistance during the year 2022/2023;

1. National Lottery-Platinum Jubilee
2. Ground Work
3. Muslim Charities Forum
4. East End Community Foundation
5. The Neighbourly Foundation
6. London Community Foundation

AISHAH HELP**Detailed profit and loss account
for the year ended 31 March 2023***This schedule does not form part of the statutory accounts*

	31.3.23	31.3.22
	£	£
Donations and legacies		
Grants and Donations	115,463	161,682
Total incoming resource	115,463	161,682
EXPENDITURE		
Support costs Management		
Employee costs:		
Wages and salaries	6,400	-
Temporary staff and recruitment	1,779	4,800
Staff training and welfare	1,926	326
Travel and subsistence	269	4,939
Motor expenses	-	426
	10,374	10,491
General administrative expenses:		
Telephone and fax	431	594
Postage	572	525
Stationery and printing	1,142	1,424
Information and publications	240	1,016
Subscriptions	1,182	914
Bank charges	211	389
Insurance	281	230
Equipment expensed	516	1,239
Software	2,113	911
Depreciation	384	480
Charitable Activities	85,701	100,370
	92,773	108,092
Legal and professional costs:		
Accountancy fees	1,200	800
Consultancy fees	6,607	7,800
Management fees	141	-
Advertising and PR	2,942	8,359
Other legal and professional	13	1,513
	10,903	18,472
Total resources expended	114,050	137,055
Net income	1,413	24,627