

Registered number
11902309

AISHAH HELP

Accounts

31 March 2025

AISHAH HELP
Report and accounts
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for the Year Ended 31 March 2025

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AISHAH HELP

Report of the Trustees

For the year ended 31 March 2025

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report together with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) 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 trustees are satisfied with the performance of the charity during the year and with its financial position at 31 March 2025. They consider that the charity is in a strong position to continue its activities in the foreseeable future and that the charity's assets are adequate to meet its obligations as they fall due.

Objectives and Activities

Aishah Help is a women-led charitable organisation based in the UK, established to support individuals and families experiencing extreme need, hardship, disadvantage, isolation, or social exclusion. The charity's mission is to empower people to overcome barriers, improve wellbeing, and progress towards independence.

The charity delivers support through the following core activities:

- Information and advice
- Outreach and engagement
- Multilingual helpline
- Digital inclusion support
- Befriending services
- Employability and enterprise programmes
- Hardship and emergency support
- Health, wellbeing, and therapeutic services
- Tackling Pensioner Poverty

The charity operates across Greater London, with a particular focus on the London boroughs of Tower Hamlets, Newham, and Hackney.

Approach and Delivery

Aishah Help recognises that each individual and family faces unique challenges. Our approach is rooted in co-design and community engagement, ensuring that beneficiaries, volunteers, and key stakeholders are actively involved in shaping services.

Where appropriate, steering groups are established to inform the learning, design, delivery, review, and evaluation of projects. This approach enables the charity to tailor services effectively and ensures that programmes are responsive to real community needs. By fostering shared ownership and collective purpose, Aishah Help strengthens outcomes and long-term impact.

Activities and Achievements

During the year ended 31 March 2025, Aishah Help continued to deliver and expand a range of vital services in response to ongoing community need, particularly in the context of the cost-of-living crisis and increasing social isolation.

Key areas of activity included:

- Befriending and community support services, supporting older people and vulnerable adults to reduce loneliness and improve wellbeing
- Advice, advocacy, and outreach, assisting individuals and families facing financial hardship and social exclusion
- Digital inclusion programmes, supporting people with limited digital skills to access essential online services
- Employability and enterprise support, with a focus on women facing multiple disadvantages
- Health, wellbeing, and therapeutic interventions, delivered in partnership with specialist organisations

The charity continued its specialist Befriending services, working with local authorities and community partners to support older people, particularly those affected by poverty, isolation, and reduced mobility.

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Key Funded Programmes

During the reporting period, Aishah Help delivered programmes supported by the following funders:

- Islamic Relief – UK Programme, supporting community welfare and hardship interventions and skills development .
- GlaxoSmithKline (GSK), funding health promotion activities
- East End Community Foundation, supporting work to tackle pensioner poverty
- The McCarthy Stone Foundation, contributing towards core organisational costs
- Mayor's Programme (Elevate), supporting employability and skills development
- Good Things Foundation, supporting digital inclusion initiatives
- Newham Council, funding befriending events and community engagement under the *Mind the Gap* programme
- Tower Hamlets Council, supporting community events

These programmes enabled the charity to respond directly to priority needs, including digital exclusion, pensioner poverty, health inequalities, and barriers to employment.

Women's Empowerment and Digital Inclusion

Aishah Help remained committed to empowering women from Black and Minority Ethnic (BME) communities through its Worktop to Desktop digital inclusion and employability programme. This initiative focuses on building digital skills, confidence, and pathways into employment or self-employment, helping to address inequalities linked to education, access, and cultural barriers.

PUBLIC BENEFIT

The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and when planning and delivering activities during the year. The trustees believe that all activities undertaken by the charity during the period provided clear public benefit.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its Memorandum and Articles of Association and is a company limited by guarantee, incorporated under the Companies Act 2006. The directors of the company are also trustees for the purposes of charity law. 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.

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Report of the Trustees
For the year ended 31 March 2025

Trustees

Eligibility for membership of the board of trustees is governed by the Memorandum and Articles of Association.

Recruitment and Appointment of Trustees

When new trustees are required, nominations may be sought from beneficiaries, partner organisations, or the wider community. All appointments are subject to compliance with the governing documents and approval by the board of trustees.

Management and Operations

The trustees meet regularly to provide strategic oversight, ensure compliance with legal and regulatory requirements, and maintain effective financial controls. Day-to-day operations are overseen by the trustees, supported by staff and volunteers.

Reserves Policy

The trustees aim to maintain a level of unrestricted reserves that ensures the charity can continue operating and manage unforeseen financial challenges. The target level of reserves is typically 1–3 months of core operating costs, reviewed annually. At year-end, unrestricted reserves were £16,223, which the trustees consider appropriate for the size and nature of the charity.

Going Concern Statement

The trustees have reviewed the charity's financial position, cash flow, and future income expectations. Based on this review, they are satisfied that the charity has adequate resources to continue its activities for the foreseeable future. The financial statements have therefore been prepared on a going concern basis.

Risk Management

The trustees regularly review the key risks facing the charity. The main areas of focus include:

- **Financial risk** – ensuring strong financial controls, regular monitoring, and diversified income.
- **Safeguarding risk** – maintaining appropriate policies, training, and reporting procedures.
- **Operational risk** – ensuring projects are delivered safely, effectively, and within capacity.
- **Data protection risk** – complying with GDPR through secure data handling and staff awareness.

The trustees are satisfied that appropriate systems and procedures are in place to mitigate these risks.

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Report of the Trustees
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FUTURE PLANS

The trustees anticipate continued demand for the charity's services and intend to build on existing programmes, strengthen partnerships, and further develop sustainable funding streams to ensure long-term impact.

FINANCIAL REVIEW

The charity received income of £86,372 (2024: £233,685) during the year. After outgoing expenses of £66,113 (2024: £226,755), the charity was left with a surplus of £20,259 (2024: £6,931) for the year.

During the year ended 31 March 2025, the charity's total income decreased compared to the previous year. This primarily reflects the completion of certain one-off or time-limited funding streams received in the prior period, as well as the timing of new grant awards. During the year, the charity prioritised the delivery and consolidation of its existing charitable activities, with a particular focus on developing and embedding its Tackling Pensioner Poverty projects, which required significant programme design, partnership working, and operational delivery. In parallel, the charity invested time and resources in establishing the systems, infrastructure, and delivery capacity required for the Worktop to Desktop digital inclusion programme, ensuring readiness to deliver charitable outcomes at scale in future periods. In addition, the charity undertook organisational restructuring and capacity-building to strengthen governance, service delivery, and long-term sustainability for the benefit of its beneficiaries.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number: 11902309 (England and Wales)

Registered Charity Number: 1184050

Registered office

124 City Road, London, England, EC1V 2NX

Trustees

Colsum Ara Akanjee-Khan

Khadija Khanom

Fabiha Hussain (Appointed on 27 November 2024)

Independent Examiner

Abdullah Al-Mamun

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 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 2025 and signed on the board's behalf by:

Khadija Khanom-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 2025.

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.

Abdullah Al-Mamun FCCA
ACN Accountants
Chartered Certified Accountants
41 Orsett Road
Grays
RM17 5DS

30 December 2025

AISHAH HELP
Statement of Financial Activities
for the year ended 31 March 2025

	Unrestricted Fund £	Restricted Fund £	31.3.25 Total Funds £	31.3.24 Total Funds £
INCOME AND ENDOWMENTS FROM				
Grants and Donations	37,722	48,650	86,372	233,686
EXPENDITURE ON				
Raising funds	(29,785)	(3,310)	(33,095)	(47,020)
Charitable activities	(7,937)	(25,081)	(33,018)	(179,735)
NET INCOME	-	20,259	20,259	6,931
Reconciliation of funds :				
Total funds brought forward	16,223	26,692	42,915	35,984
TOTAL FUNDS CARRIED FORWARD	16,223	46,951	63,174	42,915

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Balance Sheet
as at 31 March 2025

	Notes	2025 £	2024 £
Fixed assets	5	1,425	1,900
Current assets		69,016	45,695
Creditors: amounts falling due within one year	6	(5,827)	(3,360)
Net current assets		63,189	42,335
Total assets less current liabilities		64,614	44,235
Accruals and deferred income	6	(1,440)	(1,320)
Net assets		63,174	42,915
Total Funds		63,174	42,915

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 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 2025 and were signed on its behalf by:

Khadija Khanom-Trustee

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Notes to the Accounts
for the year ended 31 March 2025

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 2006. 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 2024	3,398
Additions	-
Disposals	-
At 31 March 2025	<u>3,398</u>
Depreciation	
At 1 April 2024	1498
Charge for the year	475
On disposals	-
At 31 March 2025	<u>1,973</u>
Net book value	
At 31 March 2025	<u>1,425</u>
At 31 March 2024	<u>1,900</u>

	31.3.25	31.3.24
Creditors: amounts falling due		
6 within one year	£	£
Other creditors	5,827	3,360
Accruals	1440	1,320
Total creditors	7,267	4,680

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Notes to the Accounts
for the year ended 31 March 2025

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 of the trustees.

Restricted Funds Movement (Summary)

Opening balance 1 April 2024: £26,692

Income received during the year: £48,650

Expenditure applied: (£28,391)

Closing balance 31 March 2025: £46,951

10 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025.

11 Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025.

12 STAFF COSTS

The average monthly number of employees during the year was as follows:

31.3.25	31.3.24
<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

13 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

AISHAH HELP**Detailed Statement of Financial Activities
for the year ended 31 March 2025***This schedule does not form part of the statutory accounts*

	2025 £	2024 £
INCOME AND ENDOWMENTS FROM		
Grants and Donations	<u>86,372</u>	<u>233,686</u>
Staff costs		
Wages and salaries	22,672	16,000
Temporary staff and recruitment	600	7,916
Staff training and welfare	-	1,643
Travel and subsistence	<u>1,739</u>	<u>847</u>
	<u>25,011</u>	<u>26,406</u>
Depreciation and other amounts written off assets		
Depreciation	<u>475</u>	<u>634</u>
Other charges		
General administrative expenses:		
Telephone and internet	368	349
Postage	-	68
Stationery and printing	94	1,456
Information and publications	471	5,989
Subscriptions	750	671
Bank charges	199	189
Insurance	328	282
Equipment expensed	309	1,010
Software	1,334	1,296
Sundry expenses	<u>33,121</u>	<u>180,983</u>
	<u>36,974</u>	<u>192,293</u>
Legal and professional costs:		
Accountancy fees	1,440	1,480
Consultancy fees	125	2,050
Management fees	-	412
Advertising and PR	1,073	3,467
Other legal and professional	<u>1,014</u>	<u>13</u>
	<u>3,652</u>	<u>7,422</u>
	<u>40,626</u>	<u>199,715</u>