



Trustee Annual Report

From 05th April 2022 - 04 April 2023

Legal charity Name: Soora Association

Charity number: 1185315

Operational address: 17-19 wednesbury road, Walsall, West Midlands, WS1 3RU.

Trustees: Trustees who served during the period from formation and up to the date of this report were as follows:

Farhan Mohamed Chairperson

Garad Baaw Secretary

Hassan Egeh Deputy chair

Introduction

Soora Association is a non-governmental non-profit making charity organisation founded on 17th January 2018 in Walsall, United Kingdom, and legally registered from the UK Charity Commission as a CIO Foundation on 16th September 2019. Soora values the local existing potential and resources from the communities and aims strengthening of the community cohesion, improving community development and self-reliance to achieve better life for all. Our vision targeted the diversity of people's different backgrounds and cultures to have similar life opportunities. The organisation as set up to relieve the needs of the community in UK & Somaliland who are in need by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances, in particular but not exclusively those who are from immigrant and refugee communities, by:

- The relief of financial hardship, Isolation and disadvantaged persons in the community
- The relief of unemployment for the benefit of the public in such ways as may be thought fit, including assistance to find employment and self-reliance.
- The advancement of education and training of those in the community who are in

need thereof so as to advance them in life and assist them to adapt within the wider community.

- Reduction of crimes, violence and anti-social behavior in the community.
- The preservation and protection of good physical and mental health
- The provision of facilities for recreation or other leisure-time occupation with the object of improving conditions of life.

Aims and objectives review

Soora Association Trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period from 05th April 2022 – 4th April 2023. Soora Association reports the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the Soora Association Trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes. The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set. the trustees adhered the health and safety guidelines particularly this pandemic time.

Achievements and performance.

In this year, the organisation carried out and delivered valuable charitable projects. We successfully carried out a significant contribution to the lives of many adults and young people in Birmingham & surroundings, as well positioned to deepen our impact over the next twelve months. Soora Association continues to grow and is making a significant contribution to the lives of many disadvantaged adults and young people across West Midlands. This period Soora successfully achieved 2 charitable goals which was main for our communities. The four charitable activities were undertaken as following; -

1. Welfare & Work Support (pilot)

This part of the relief of financial hardship, Isolation and disadvantaged persons in the community: the welfare and work pilot project continued, this project improved financial stability and self-sufficiency for the vulnerable individuals and families of the community in need who are struggling with everyday problems associated with their living. We supported low-income families and individuals affected current living cries,

navigating the welfare benefits system and the threat of debt. We provided mentoring support sessions to those want to make online employment applications, accessing Job search pages etc.

This charitable project strengthened and enhanced financial stability for the vulnerable people visit our community centre in Birmingham east (Small heath and surroundings) who are struggling with everyday problems associated with living on low income, navigating the welfare benefits system and the threat of debt in addition introduced and updated the government reforms to the benefits system such as Universal credit, Bedroom tax or PIP. provided mentoring support sessions to those wish to make online employment applications or accessing Job search pages. delivered extensive support using IT to the low-income individuals who do not have access to the Internet at home. presented advice and guidance to clients who are being affected by the complexities of the Benefits system and are being impacted by Government Welfare reforms. We allocated professional community support-workers who experienced the method of filling forms, medical advising for booked to attend medical assessments, disability Living Allowance or Employment Support Allowance for the Small heath community. produced a booklet specifying essential designating information written in English, Arabic & Somali languages for many new arrivals that came our Community Centre for help. This booklet included a section describing how to access free resources such as Where to learn English, secure a NI number, free interpreting, homeless support to those want seek housing in the "Social" & private rented sector, register with NHS, find a school place for children. This project enhanced the lives of many adults and youth in small heath residents. Soora is committed to continue this benefitable project since the living crises increased and still on.

2. Mental Health awareness raising and referral support

This fits our organisation's objectives which coming under (The preservation and protection of good physical and mental health). The aim of this project to engage and empower disadvantaged community groups from target areas including people experienced mental health conditions, elderly people who are feeling isolated, disadvantaged families in overcrowded accommodations in high rise flats, long term unemployed people, disabled people, physically inactive groups, vulnerable people with history of mental health issues and those struggling with issues living crises.

Firstly, we have provided services to the children and adolescents with mental health disorder experiences through referrals obtained from different parts of the community., charity organisations and housing associations in Birmingham and Walsall. Before we support the people with mental health conditions risk assessment forms has been completed, this form make easy to understand the situation and what kind of support could be given, the mental health levels are divided in to three levels. level 1, low, level 2 medium and level 3 which is high, we only supported level 1 and 2 and level 3 referred to the professional mental support organisations such as Forward-Thinking Birmingham or Better Pathways. Secondly, we provided Mental wellbeing sessions for the community active members and volunteers to provide appropriate services to the community, we used different methods to deliver the sessions like workshop models to share information, build resilience of service users, promote positive socialisations and reduce isolations. The delivered sessions included:

1. Social connections: we promoted social connections of the community or connecting with other people that important for everyone in the community to reduce loneliness or isolation. Good relationships and social connection for mental wellbeing are numerous such as lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships.
2. Speak up and idea sharing, this aim is to normalise talking about mental health and inspire the target groups to seek support at early stage, and hence this promoted to encourage early interventions, reduced the stigma and cultural stereotype around mental health and encouraged community to speak and seek a support when they need to it.
3. Learned new skills: we taught the participants new skills, these skills allowed the participants to become active and improves confident, the sessions explored the hobbies and hopes of the participants, what they need to know, challenges and solutions, the participants shared with us their wishes and the skills they need to help, Soora explained the current support and courses available in our center, there are several skills available in our centre such as Employability skills, IT literacy, internet access & English literacy
4. Eat healthy stay healthy: brain-healthy diet supports and make strong mental

health, this session focused the link between diet and mental health linked, the participants learned how health nutrients improved mental wellbeing of the person, the best food for those medical conditions, tips help to know the relationship between what you eat and you how they feel.

5. referral session: the project promoted referrals and increased accessibility of disadvantaged community groups especially ethnic minority community on local mental health provisions, Soora has positive working relationship with other services providers in in West Midlands such as Forward-Thinking Birmingham, Black Country Mental health and Better Pathways. this project gave opportunity to the most marginalised community groups to access mental health services, there were some culture barriers preventing the people to visit the Mental health service providers, we successfully break some of those barriers, we show the people that (Mental Service providers are healing not harming). Second of this was physical mental support, these physical sessions delivered at local green spaces in Birmingham particularly small heath park, the aim of this activity was to inspire the people to use community assets like parks to boost their mental wellbeing. We promoted the people to walk or cycle, this has positive externalities to the environment and reduce carbon emissions and air pollution which are problem in deprived areas, this also resulted to connect people to people and people to nature, we helped the community to exercise simple physical activities like walking, jogging, jumping or cycling to improve their physical, emotional and mental wellbeing,

Public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties. The public benefit of the Charity's activities is the support and enablement of vulnerable and disadvantaged adults and young people and these are achieved principally by the award and monitoring of activities.

Statement of Trustees' responsibilities

Law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of

the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements giving a true and fair view. The Soora 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. 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.

Responsibilities of trustees

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. The trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations.

This report was approved by the board and signed on its behalf by:

Chairperson:
Farhan Mohamed

Date: 20/01/2024



Independent examiner's report

For the year ended 04 April 2023

I report on the accounts of the charity for the year ended 04 April 2023, which are set out on pages 8 to 13.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of accounts. The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 43 of the 1993 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 43(7)(b) of the 1993 Act; and
- to state whether particular matters have come to my attention.

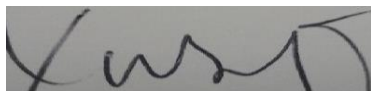
Basis of independent examiner's report

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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, 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 accounts 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, which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met;



Hassan Ali (Accountant)
Aflah Accounting Solutions
Unit 8, 122-126 Coldharbour Lane
Hayes, Middlesex UB3 3HL

Date: 20/01/2024

SOCIAL ORIENTATION & RELIEF ASSOCIATION (SOORA ASSOCIATION)

Statement of Financial Activities

For the year ending 4 April 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total £	2022 Total £
<i>Incoming resources</i>					
From charitable activities	2	6,519	10,115	16,634	40,297
Investment income	2		-	-	-
Total incoming resources		6,519	10,115	16,634	40,297
<i>Resources expended</i>					
Charitable activities	3	5,708	6,648	12,356	30,745
Governance costs	4	300	-	300	300
Other resources expended					-
Total Resources Expended		6,008	6,648	12,656	31,045
Net resources for the year		512	3,467	3,979	9,253
Fund balances at 5 April 2022		244	16,060	16,304	7,051
Fund balances at 04 April 2023		756	19,527	20,283	16,304

SOCIAL ORIENTATION & RELIEF ASSOCIATION (SOORA ASSOCIATION)

Balance Sheet

For the year ending 4 April 2023

	Notes	£	2023 £	£	2022 £
<i>Fixed assets</i>					
Tangible	5		<u>2,357</u>		<u>3,143</u>
			2,357		3,143
Current Assets:					
Cash at bank and in hand			<u>18,226</u>	<u>13,461</u>	
			18,226	13,461	
Creditors: amounts falling					
due within one year	6		<u>(300)</u>	<u>(300)</u>	
Net Current Assets			<u>17,926</u>	<u>13,161</u>	
Total Assets less current liabilities			<u><u>20,283</u></u>	<u><u>16,304</u></u>	
Funds of the charity:					
Balance for the year			3,979	9,253	
Balance brought forward			<u>16,304</u>	<u>7,051</u>	
			<u><u>20,283</u></u>	<u><u>16,304</u></u>	

For the financial year ended 04 April 2023, the Charity's trustees consider that an audit is not required under section 144 of the Charities Act 2011 (2011 Act).

The trustees acknowledge their responsibilities for ensuring that they keep charity's accounting records in accordance with s130 of the 2011 Act and preparing accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act.

The financial statements on pages 7 to 12 were approved by the trustees and signed on their behalf by:



Mr Farhan Mohamed
Chairperson

Date: 20 January 2024

SOCIAL ORIENTATION & RELIEF ASSOCIATION (SOORA ASSOCIATION)

Notes to the Accounts

For the year ending 4 April 2023

1 Accounting Policies

1.1 Basis of accounting

The financial statements have been prepared under the historical cost convention, and have been prepared in accordance with the Statement of Recommended Practice, *Accounting and Reporting by Charities* (Revised SORP 2005) and the Financial Reporting Standard for Smaller Entities.

1.2 Incoming Resources

Grants and donations are recognised on accruals basis.

Incoming resources are reported gross.

1.3 Resources Expended

Resources expended are included in the Statement of Financial Activities on accruals basis, inclusive of any VAT that cannot be recovered.

Expenditure that is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of those resources.

1.4 Depreciation

Tangible fixed assets are stated at cost less depreciation.

Provision for depreciation of tangible fixed assets held by the charity is made at an annual rate of 25% on straight line basis.

SOCIAL ORIENTATION & RELIEF ASSOCIATION (SOORA ASSOCIATION)

Notes to the Accounts

For the year ending 4 April 2023

2. Grants and Donations

	Unrestricted Funds £	Restricted Funds 2023	Total 2023 £	Total 2022 £
Walsall Council	-	-	-	1,750
J. A. C. Trust	-	-	-	28,569
National Lottery	-	9,034	9,034	8,478
Everson Grant	500	-	500	-
Tesco Community Grant	3,919	1,081	5,000	-
Ground Tesco	-	-	-	500
Fund Raising	610	-	610	700
Donations from members & the public	1,490	-	1,490	300
	<u>6,519</u>	<u>10,115</u>	<u>16,634</u>	<u>40,297</u>

2. Investment Income

	Unrestricted Funds £	Restricted Funds 2023	Total 2023 £	Total 2022 £
Interest receivable	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total Incoming Resources	<u>6,519</u>	<u>10,115</u>	<u>16,634</u>	<u>40,297</u>

SOCIAL ORIENTATION & RELIEF ASSOCIATION (SOORA ASSOCIATION)

Notes to the Accounts

For the year ending 4 April 2023

3a. Direct Charitable Expenditure

	Unrestricted Funds £	Restricted Funds	2023 Total £	2022 Total £
Premises	-	2400	2,400	3,600
Staff cost	-	1,445	1,445	6,122
Operational/Activity Cost	-	2,803	2,803	10,556
Utilities	1,024	-	1,024	866
Food bank for Covid-19	-	-	-	4,420
Printing & Publication	910	-	910	355
Volunteer Expenses	700	-	700	1,040
Training	500	-	500	1,543
Telephone & Internet	260	-	260	450
Publicity	878	-	878	745
Travel Expenses	-	-	-	-
Charitable activities	-	-	-	-
	<u>4,272</u>	<u>6,648</u>	<u>10,920</u>	<u>29,697</u>

3b. Support Costs

	Unrestricted Funds £	Restricted Funds	2023 Total £	2022 Total £
Insurance	650	-	650	-
Repairs and Maintenance	-	-	-	-
General Administration	-	-	-	-
Depreciation	786	-	786	1,048
	<u>1,436</u>	<u>-</u>	<u>1,436</u>	<u>1,048</u>
Total Charitable Activities	<u>5,708</u>	<u>6,648</u>	<u>12,356</u>	<u>30,745</u>

4. Governance

	Unrestricted Funds £	Restricted Funds	2023 Total £	2022 Total £
Audit and Accountancy	300	-	300	300
Professional Fees	-	-	-	-
	<u>300</u>	<u>-</u>	<u>300</u>	<u>300</u>
Total Resources Expended	<u>6,008</u>	<u>6,648</u>	<u>12,656</u>	<u>31,045</u>

SOCIAL ORIENTATION & RELIEF ASSOCIATION (SOORA ASSOCIATION)

Notes to the Accounts

For the year ending 4 April 2023

5	Tangible fixed assets	Office Equipment	Total
	Cost	£	£
	At 05 April 2022	4,904	4,904
	Additions	-	-
		<u>4,904</u>	<u>4,904</u>
	Depreciation		
	At 05 April 2022	1,762	1,762
	Charge for period	786	786
	At 04 April 2023	<u>2,548</u>	<u>2,548</u>
	Net book values		
	At 04 April 2023	<u>2,357</u>	<u>2,357</u>
	At 04 April 2022	<u>3,143</u>	<u>3,143</u>
6	Creditors: amount falling due within one year	2023 £	2022 £
		-	-
	Accountancy fee for 2022/23	300	300
		<u>300</u>	<u>300</u>