

Annual report 2021

HEMMAH GB

HEMMAH GB has been serving the community since 2018. It was registered in 2020.

This is the second set of accounts shared with the charity commission.

In 2020 the covid 19 pandemic had impacted many charities and HEMMAH GB was newly registered. The expected funding was greatly reduced. The office relocated and it's volunteers worked online. In 2021 there were 3 online trustee meetings.

HEMMAH GB has no assets

HEMMAH GB has no loans.

HEMMAHGB has not taken any loans against any assets

HEMMAH GB is run by volunteers.

Background

HEMMAH GB relieves sickness and poverty of beneficiaries in Swindon, United Kingdom and at the Trustees discretion other parts of the World. HEMMAH GB also preserves health. HEMMAH GB provides counseling and other services. In particular it addresses the mental health needs of the Global and British community but it is not exclusively for Muslims, rather it has also helped non-Muslims 3 years in a row with mental health and support. HEMMAH GB provides racial and religious harmony by fostering dialogue and hopes to provide a library of Abrahamic literature and mental health literature in Semitic languages. HEMMAH GB wishes to promote good relationships between various faiths through discourse of mental health support discussions and promoting understanding in Swindon, UK and at the trustee's discretion, other parts of the World...So as to promote good relationships between people with different cultures, languages and faiths. Finally, it wishes to relieve distress, hardship and suffering in ways which are exclusively charitable under the Laws of England and Wales as the Trustees shall decide.

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Primary Bank

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Activities

HEMMAH has a virtual mental health department, a goodwill department and a literacy department. Beneficiaries will access the appropriate department to relieve mental health, hunger, poverty or receive some literacy support depending on their need. It has allowed HEMMAH to help more people despite the decrease in operational hours.

HEMMAH GB has forwarded information helpful to beneficiaries who are sign posted to other local organizations who can provide for needs, such as food bank access, and breakfast at local charities in the Swindon area.

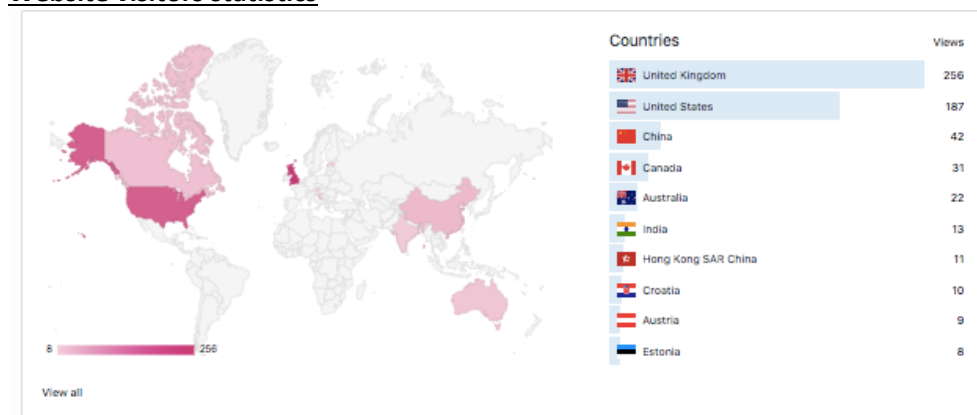
The goodwill department helped vulnerable women secure external donations from UK charities. The literacy department helped translate CVs for job seeking women and coached some Arabic women to practice English for prospective work.

The mental health department purchased some resources for supporting the mental health of victims of trauma, stress and separation.

HEMMAH GB has had beneficiaries from the Gulf Arabian descent, Wisconsin, Illinois, North America and the United Kingdom. It's website has given mental health information to viewers from 10 different countries. It has focused on free counseling during Ramadan 2021 and 2022. It's secondary benefits have positively impacted Non-Muslim and vulnerable new Muslims. As the mental health is improved in the lives of many, non-Muslims have the support of a happier, healthier support system. HEMMAH GB engages in radio interviews pertaining to the month of Ramadan and it's impact on mental health, it helps different cultures build positive and affable relationships.

HEMMAH GB volunteers also completed training with the NCVO and continues to benefit from their online resources.

Website visitors statistics



Our website received 358 visitors

Total clients supported voluntarily 30

We gave free counseling in Ramadan April 2021

We gave paid serviced counseling 3 to 4 times a month

We helped 12 applicants allocate financial help through national financial charities

We supported young couples through divorce, domestic violence and childhood parenting skills

We were contacted by numerous individuals through Social Media and word of mouth.

Created connections with VAS, also Sister's domestic violence groups, NCVO and local Foodbanks to help beneficiaries get the advice and support they need.

HEMMAH GB was given a donation of 750 pounds. The purpose of this was to meet the costs for the program of counseling individuals face to face and online following location change. Many individuals

struggling with stress, depression, suicidal ideations and isolation due to the COVID lockdown was supported with free and low cost counseling. Many individuals received free counseling from our voluntary counselor.

HEMMAH GB receives high volume of requests for counseling. Counseling has been provided primarily during evenings and some weekends. Counseling was delivered at a higher volume the month of April, due to Ramadan, volunteers being more readily available. Beneficiaries have included children and parents on the poverty line who are fasting and abstaining from meals who need extra emotional support to build resilience and to be able to meet the emotional needs of their children and domestic duties. HEMMAHGB has also reached out to other local cultural and Asian centers helping reach out to the communities on a grassroots level thus increasing it's exposure to the British public.

Project in October 2021

There was also a donation given to Afghani refugees who had arrived to Swindon, HEMMAHGB donated shoes and also developed some short videos educating basic literacy and reading in English full refugees online.

HEMMAH GB has reduced the stigma around mental health advocacy within the Arabian, Black and minority ethnic communities. This is also felt by more males coming forward from these groups for free or low cost support. Clients are seeking longer term support than the year of 2020. HEMMAH GB has helped improve relationships for Arabian and Asian single fathers through mental support.

Financial Statement Accounts 2021-2022

Funding

Donations	750
Income from counseling services	85
Total	835

Costs

Equipment/repairs	180
Room Hire	150
Printing.	70
Stationary	20
Postage packaging.	28
Training	55
Total costs.	503

Total	332 GBP
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