

Registered charity number
1203567

Lantern of Light
Report and Accounts
31 March 2024

Lantern of Light
Registered charity number:1203567
Trustees' annual report

The trustees present their report and accounts for the period ended 31 March 2024.

Principal address

The company's principal address is 52 Manor way, HA2 6BY.

Objectives and activities

Charitable Objects are to advance the Islamic faith in accordance with Al Quran and the Sunnah of the Prophet Muhammed (peace be upon him) and following the Shia Ithna Asheri teachings and traditions for the public benefit, mainly but not exclusively by:

- provision of Islamic religious education, producing and/distributing material, holding events about the Islamic religion
- the promotion of good mental health and spiritual wellbeing but not exclusively for Muslim women.
- the promotion of multicultural and religious harmony between Muslim and non-Muslim in order to foster mutual understanding and toleration.
- prevention or relief of poverty by providing grants, to individuals in need and/or charities, or other organisations working to prevent or relive poverty.

Trustees

The following persons served as trustees during the period:

Adil Abbasbhai Kachwala	(Appointed 15 June 2023)
Mohamed Hassanali Kanji	(Appointed 15 June 2023)
Nasimbanu Mohamed Husein Pirmohamed Hyderali	(Appointed 15 June 2023)
Sabira Mohamed Kanji	(Appointed 15 June 2023)
Shenaz Sajjan	(Appointed 15 June 2023)

Governance and management

The charity is operated under the rules of its CIO Association adopted 15 June 2023.

The charity operates with a very small team of volunteers who help to implement the charity's activities. The Trustees meet four times a year to review the charity's progress and plan for future activities.

Trustees are appointed based on their experience, skills, and commitment to the charity's mission. New Trustees receive an induction process, which includes an overview of the charity's governance, financial position, and activities. Trustees also participate in training to ensure they are well-informed and equipped to fulfil their responsibilities

Public Benefit Statement

In accordance with the Charities Act 2011, the Trustees confirm that the charity has operated for the public benefit throughout the financial year and continues to do so.

The Trustees have considered the public benefit requirements set out in the Charities Act 2011 and the Charity Commission's guidance. In particular, we have ensured that our charitable activities are carried out with the aim of benefiting the public or a sufficient section of the public, and that access to these benefits is not unduly restricted.

The Trustees are satisfied that the charity continues to meet the public benefit requirement, and we will continue to monitor and assess the impact of our work to ensure we fulfil our charitable purposes.

Activities Undertaken to Achieve the Charity's Objectives

During the year, the charity undertook the following activities to fulfil its charitable objects:

Summary of the main activities undertaken for the public benefit

- **Islamic Religious Education:**

The charity organised a series of online lectures, classes, and workshops on various aspects of the Islamic faith, including the Quran, the Sunnah, and Shia Ithna Asheri traditions.

The charity delivered online content, to reach a wider audience. Additionally, Islamic teachings were shared through events at local community level with public talks, community-based seminars, and educational webinars.

Sponsored a large Quran competition with 700 attendees, promoting community unity and spiritual growth. This was a very enriching and fruitful event that involved families together in connecting with the sacred book, our holy book Qur'an.

- **Mental Health and Spiritual Wellbeing:**

The charity established several initiatives aimed at promoting mental health and spiritual well-being, especially for women. This included hosting mental wellness workshops and delivering talks on balancing spirituality and mental health. Key events focused on the importance of self-care, dealing with anxiety, addressing mental health challenges, destigmatize discussions around emotional well-being and managing stress in accordance with Islamic teachings.

- **Multicultural and Religious Harmony:**

The charity worked towards fostering greater understanding and tolerance between Muslim and non-Muslim communities by hosting interfaith dialogue events and community-building activities. These events brought together individuals from diverse backgrounds to discuss shared values, promote peace, and build stronger relationships based on mutual respect. The charity collaborated with Al Abbas Islamic Centre to hold joint events of other faiths, which helped in nurturing intercultural respect and religious harmony.

- **Poverty Relief:**

The charity would like to expand its scope worldwide to support other organisations dedicated to poverty alleviation both locally and worldwide particularly to fund emergency relief efforts in areas affected by natural disasters, ensuring that those in desperate need are supported in times of crisis.

Achievements and Performance

Overview of Achievements

- We hosted Islamic and well-being webinars, online weekly Quranic reflection classes, spiritual circles, and forums to encourage spiritual and emotional development. More than 45 weekly participants joined us in spiritual education programs and fostering a deeper understanding of faith.
- The mental health and well-being initiatives supported 23 women, offering guidance and practical tools for improving their emotional and spiritual health.

The charity hosted a serenity retreats covering Intensive wellness programs combining mindfulness, real conversations, spirituality, and group therapy.

Mental Health Workshops: Covering topics such as resilience, family dynamics, and managing stress. Reached 245 individuals through workshops and retreats over the reporting period.

- Monthly Healing Circles

So far, we have been able to support women through the healing circles, each attended by an average of 30 to 40 women, providing a safe space for emotional sharing and support and

sharing their stories.

- Warm-Up Workshop: "Navigating Challenges in Family Relationships"

Lantern of Light Collaborated with KSIMC Birmingham Ladies and Adult Islamic Education committee to deliver a workshop addressing toxic relationships from an Islamic perspective.

Impact of Activities

Feedback from service users and event participants has been overwhelmingly positive, with many individuals expressing greater confidence in their religious practices, mental well-being, and ability to engage with people of other faiths. Key outcomes include:

- 80% of attendees reported feeling a stronger sense of connection to their faith and community.
- 90% women participants in mental health workshops and retreat expressed feeling more empowered to address their mental well-being issues.
- 75% participants in interfaith events reported a greater understanding of Islamic teachings and a reduction in misconceptions about Islam.
- Youth Engagement

The charity is also intending to focus more on empowering youth through leadership opportunities, volunteer programs, and educational support.

Volunteering Impact

Engaged over 10 youth volunteers in community service and administration roles.

Safeguarding Policies

The charity has a robust safeguarding framework to ensure the safety and well-being of all beneficiaries, particularly vulnerable adults and children. All staff and volunteers undergo regular training to uphold these standards.

Management and Capacity

Lantern of Light operates with a combination of professional consultants, including therapists and workshop facilitators, supported by a very small, dedicated group of volunteers.

Financial Review

Financial Summary

The charity's total income for the year was £15,795, with the primary sources of income coming from donations and retreat income. The charity's total expenditure for the year amounted to £11,025, which was allocated to its core activities and retreat expenditure, including religious education, mental health and well-being initiatives, and poverty relief. The financial statements provide a detailed breakdown of income and expenditure.

Reserves Policy

The charity's reserves policy aims to ensure that sufficient funds are maintained to cover at least three months of core operational expenses, allowing for continued service provision in the event of unforeseen circumstances. As of 31 March 2024, the charity holds reserves of £4,077, which is in line with this policy.

Plans for the Future

Looking ahead, the charity intends to:

- Expand its educational programs by offering additional courses and materials on Islamic teachings, with a special focus on young people and women.
- Develop more mental health support initiatives, particularly for women and young adults, addressing the unique challenges faced by these groups.
- Strengthen interfaith and multicultural dialogue through more collaborative events with other faith-based and cultural organisations.

- Increase the charity's impact in poverty relief by broadening the scope of grant assistance and exploring new partnerships with local and international organisations.

Conclusion

The Trustees are pleased with the progress made by the charity in the period to 31 March 2024, particularly in the areas of religious education, mental health support, and fostering multicultural and religious harmony. The charity remains committed to its mission and looks forward to continuing to serve the community in the year ahead.

Signed on behalf of the charity's trustees:



Sabira Kanji **MBA FCMA**

Chair of Trustees

25 January 2024

Lantern of Light – Charity Number: 1203567
Income and expenditure account
for the period ending 31 March 2024

	2024
	£
Income	
Donations	5,670
Quran Competition	1,100
Retreat	7,265
ILM Programs & Others	1,760
	<hr/> 15,795 <hr/>
 Direct costs	 9,069 <hr/> 9,069 <hr/>
 Other Expenditure	
Subscriptions	156
Website	445
Printing, Postage and Stationery	317
Bank Charges	38
Donation to Charity - Birmingham KSIMC (LFQC)	1,000
	<hr/> 1,956 <hr/>
	<hr/> 11,025 <hr/>
 Net surplus for the period	 <hr/> 4,770 <hr/>

Lantern of Light
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Statement of Assets and Liabilities
as at 31 March 2024

	Notes	2024 £
Current assets		
Current Bank Account	14,254	
	<u>14,254</u>	
Creditors: amounts falling due within one year	3 (9,484)	
Net current assets		<u>4,770</u>
Reserves for the period		<u>4,770</u>

Lantern of Light

Notes to the Accounts for the period for period ending to 31 March 2024

1 Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during a period and a list of assets and liabilities at the end of the period. Usually, cash received, and cash spent will include transactions through bank accounts and cash in hand.

2	Donation to KSMIC Birmingham (Quran Competition)	2024 £
		1,000
		<hr/>
3	Creditors: amounts falling due within one-year	2024 £
	Accruals & Deferred Income	9,484
		<hr/>
		9,484
		<hr/>

4 Trustees' Remuneration

Trustees received no expenses, remuneration or benefits in this period.