

Company Number: 01710669
Charity Number: 287819



Trustee Report and Financial Statements For the year ending 31 March 2022



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MESSAGE FROM THE CHAIR

This year, Nafsiyat Intercultural Therapy Centre saw significant growth with increased turnover, new contracts, and recruitment of staff. Nafsiyat continued to provide therapy in a range of languages, within appropriate cultural frameworks in North London but, due to the pandemic, services, both training and therapy, have been provided virtually. This has increased the geographical reach of Nafsiyat to include provision far outside London.

The relevance and the importance of the services that Nafsiyat provides have continued to be shown through the ongoing issue of inequality. Individuals and families from black or minority ethnic backgrounds were disproportionately impacted by Covid, both physically and mentally, with many dying, many experiencing trauma. The pandemic highlighted inequalities within society, and also highlighted inequalities within organisations, where people from black and ethnic minority groups are often in frontline, rather than senior, positions.

The hostile environment towards asylum seekers and migrants, which many families and communities are experiencing, including racism, has meant that there is the need for intercultural work both in the provision of therapy, but also through training. Wars across the globe have also shown the ongoing need for intercultural therapy, as individuals and families deal with trauma and loss. We have seen an increase in demand for therapy and support for individuals and families assimilating to life in the UK. These individuals so often face barriers, such as stigma, discrimination, and racism.

The Nafsiyat board recruited new Trustees whose skills, knowledge and expertise reflect the needs of the organisation in providing accessible, appropriate, and effective services. The new Trustees also improved the governance that is required in the effective running of the charity, through the reviewing of systems, staff structure, and staff support. Trustees also helped develop policies, using their specialist knowledge and expertise in legal, clinical, human resources and academic areas. Ongoing regular Trustee meetings, away days and topic focused work have been held, as we build the team of Trustees and utilize the knowledge, skills, and expertise to improve service delivery. A skills audit will be undertaken to identify not only the skills that are provided by the current trustees but also gaps. Enabling us to recruit to fill specific roles. We are also looking to increase the number of Patrons to help grow Nafsiyat's public profile.

We recognize the demand for the services of Nafsiyat Intercultural Therapy Centre continues to increase and are responding to the immediate demand, but also considering the longer term, as individuals, families, providers, and institutions continue to address and manage the impact of inequalities in society, the impact of Covid, wars, forced migration and racism.

Jane Cook
Chair of the Board of Trustees

TRUSTEES' REPORT

The Trustees who are also directors of the charity for the purposes of the Companies Act, present their report and the financial statements for the year ended 31 March 2021 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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) (second edition - October 2019) - (Charity SORP (FRS 102) Revised).



OBJECTIVES & ACTIVITIES

Vision

All mental health services should be professionally delivered and sensitive to the needs of diverse cultural and ethnic populations, with every therapist culturally competent.

Mission

Nafsiyat provides an Intercultural Psychoanalytic Psychotherapy and counselling service, develops and advances knowledge in this area, and champions good practice.

Public benefit

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives of the charity.

Core values

In all its actions, Nafsiyat will:

- Put its clients first, seeking so far as possible to be accessible to anyone with mental health problems irrespective of their cultural background, perceived ethnic origin, religion or linguistic competence
- Value diversity, making it central to the practice of counselling and psychotherapy, and ensuring that our organisation reflects this value
- Be open, accessible and inclusive, responsive to the social realities lived by clients seeking therapy and their unique experiences
- Act with integrity and transparency, while safeguarding client confidentiality
- To benefit clients and the wider community, contributing to a more functional society
- Promote an awareness of the multi layered identities and positions of clients and how these positions interact in complex ways that must be acknowledged and addressed

Strategic objectives

- Be central to the delivery of quality Intercultural Therapy
- Evidence and research the benefits of intercultural Therapy
- Be the authority on Intercultural Therapy, take the practice and concept into mainstream practice, and advance the dialogue on intercultural issues in the therapeutic setting
- Increase the number of minority-ethnic and culturally-aware people trained and working in therapeutic roles
- Continue as an independent, well managed, financially and environmentally sustainable, Nafsiyat

Objectives for the year

- Maintain the highest standards in our clinical work
- Make Intercultural Therapy available to more people
- Increase the prevalence of culturally accessible counselling services
- Support those who have been affected by Covid-19, including health and social care workers
- Maintain existing contracts, and develop new projects and partnerships
- Improve staffing structures and support
- Highlight the need for widely available, culturally accessible mental health support

ACHIEVEMENTS AND PERFORMANCE

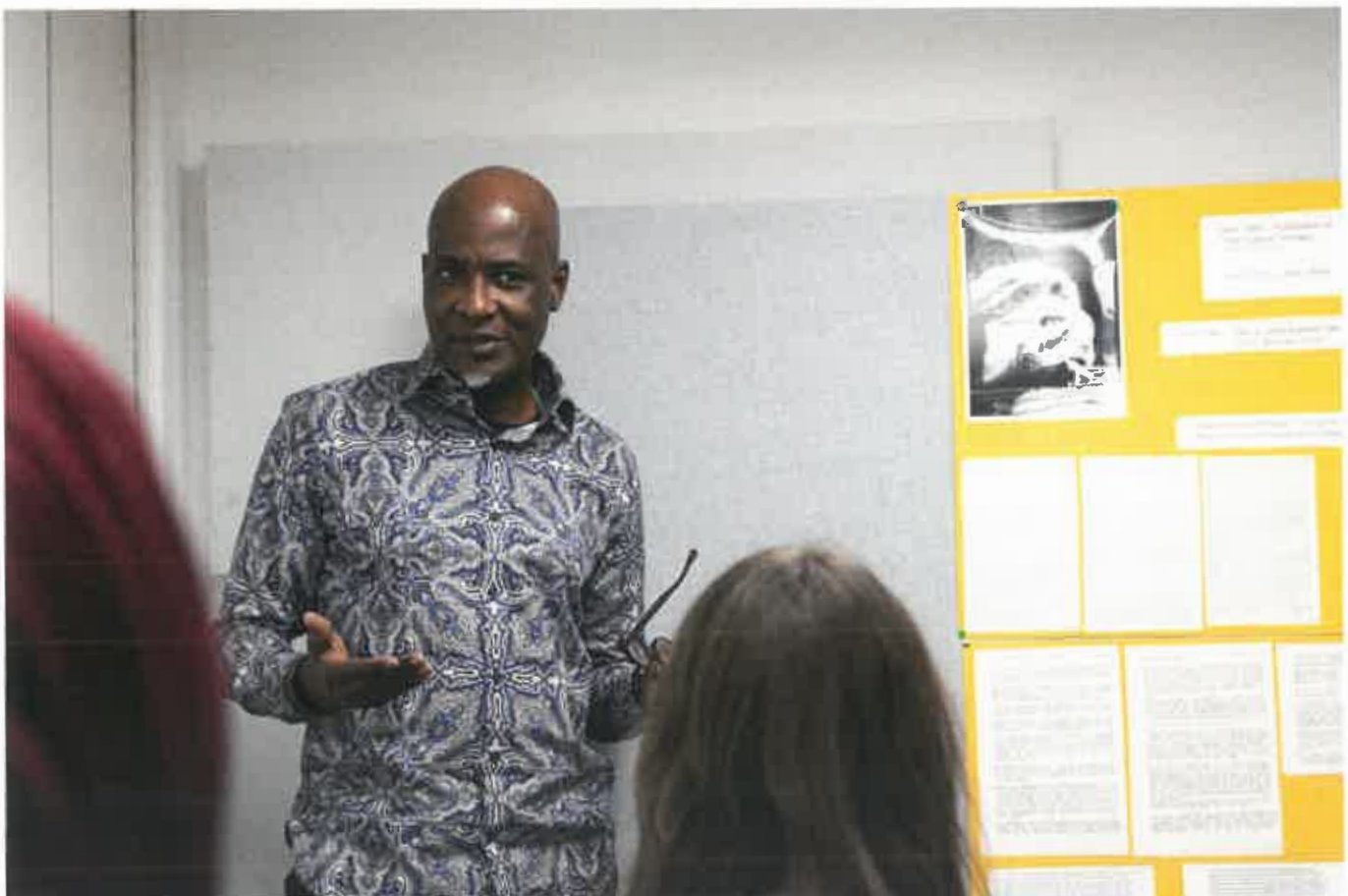
Beneficiaries

The overall number of direct beneficiaries Nafsiyat supported continued to rise significantly in 2021/22. The total number being 1207, a 40% increase from the record 860 the previous year, which itself was more than double 415 from the year before that, 356 in 2019/20, 326 in 2017/18 and 242 in 2016/17.

A large portion (461) received short to medium term individual or group intercultural therapy. This number increased from 365 the previous year due to temporary increases in our statutory provisions in Haringey and Camden, and new project work supporting healthcare workers and the Bengali community.

The growth we saw in demand for our training last year also continued. The number of people who received training from us, mostly in the form of a one-day Cultural Competence workshop, almost doubled to 545 in 2021/22, from 300 in 2020/21. As well as delivering workshops to university counselling services around the UK, we worked with NHS Trusts, organisations involved in criminal justice and other charities to improve their intercultural professional competence.

- Total direct beneficiaries: 1207
- Beneficiaries who received therapy: 461
- Beneficiaries who received training: 545
- Other beneficiaries (bereavement support, group members, reflective sessions): 201



Clinical Work

The psychoanalyst, Tummala Narra's quote raises important intercultural contextual questions. She poses the question: "In what ways do racial, cultural identifications and social realities shape one's psychic reality?" This report situates itself within the dynamic impact of the global pandemic and its afterlife (virtual and hybrid therapy), the invasion of Ukraine by Russia in February 2022. This section addresses the questions: How have the consequences been experienced at Nafsiyat? What latent processes would have been activated? For clients (and therapists) whose arrival in the UK was precipitated by persecution in other climes – what might the pandemic and this Ukraine invasion signal? A heightened sense of precarity? For the contented segments of the population, might these stirrings evoke a sense of no longer being at ease? We must therefore consider how the relationships between the marginalised, minoritised, racialised (global majority) intersecting across lines of class, gender, sexuality, racial and disabilities have been shaped by these seismic shifts.

The work of psychotherapy has its conventions and rules, designed to protect and hold the important threads of the therapeutic work, which traditionally to a large extent, has been in-person engagements in consulting rooms. The pandemic presented therapy organisations, therapists with challenges and opportunities to transpose in-person meetings to virtual/online work.

Nafsiyat undertook an audit of its service offers and staff interactions: individual, group therapy, psychoeducational group, workshops, community link worker support, clinical supervision, referral, screening, allocation, assessment team (RSAAT) meetings and monthly clinical meetings, etc.

The considerations which have been kept under review during this period are the following:

1. **Boundaries** – this relates to space: having a private area in one's home to conduct the therapy safely; To ensure appointments are kept punctually. Space and time in the home connotes access to resources – this cannot be assumed as a given for staff and therapists and indeed clients at Nafsiyat.
2. **Confidentiality** – flows from the previous point on boundaries. However, it extends from the therapist ensuring their own privacy to supporting the client maintain their own private space. Confidentiality, in the virtual arena, presents with issues around data storage and security, calling on the organisation to bolster its systems, provide training, induction and admin support.
3. Nafsiyat is no longer a training psychotherapy organisation but plays an important role in supporting the training of counsellors and psychotherapists through offering placements in, specifically, intercultural therapy. Providing a containing, holding environment within the virtual space for new therapists require care and attention. For example, supporting new trainee colleagues to implement and understand principles such as cancellation policies and adherence to rules with regards to time and space. The following threads have held trainees and facilitated their developmental processes: clinical supervision, RSAAT (Referral, Screening, Allocation, Assessment Team), admin support, policies and practitioner clinical handbook. These spaces enabled trainees and the clinical team process and reflect on client material evoked in the interconnected categories of race, disability, sexual orientation, class, and gender. It advanced during the virtual period an apprenticeship of work on the intercultural axis conducted in the intersections of reinforcing positions of disadvantage and power.
4. The group meetings have acted as arterial pathways for the intercultural therapeutic engagements to continue and more importantly, to hold the sense of community within a diverse staff team (mixed roles, cultures and racial identities) within the organisation. RSAAT

is a dynamic small work group – its function is to screen new referrals, discuss assessment/consultation reports, cases and discuss suitable allocations. The monthly clinical meetings provided opportunities in the virtual space for staff members without the constriction of experience and rank to present cases and generate discussion.

5. Therapists were offered trainings and workshops on virtual therapy work.
6. We will now turn to anecdotal observations made by therapists in the intermediate lockdown period. Some therapists initially felt deskilled, in their teletherapy work with clients. Therapists felt they had no access to the 'whole' being of clients and data such as body language was missing. Other therapists noticed an increased capacity from clients to engage with difficult material by phone – a dynamic termed 'disinhibition effect'. A client said using a phone was akin to being on the couch and that it facilitated better engagement with unconscious processes and communication. A therapist colleague commented on the advantage of teletherapy for some clients, for example Asylum seekers with no recourse to public funds who would have struggled with finding the weekly bus fare to attend therapy at Nafsiyat's office. Clients might not always be forthcoming with regards to confidentiality and space. For example, clients might take a teletherapy call in the supermarket. Therapists in such instances, make the appropriate intervention, that is to explore the availability of a secure space or bring the call to an end in the absence of an alternate secure space. This is, of course, explored in the subsequent session –as it might be linked to difficulties in the client's home. Group work continued via Zoom – such groups were important during the lockdown. Amongst other functions, it acted as an information sharing space. For example, a client kept their windows closed for weeks acting on the assumption that the Covid-19 virus could be contracted if windows were left opened; this fear in the group was discussed, clarified and anxieties assuaged. These virtual group spaces facilitated peer interaction, much quicker in contrast to the dynamics of in-person group work. A therapist flagged up risk assessment as an area of difficulty via teletherapy and Zoom. She gave the example of being in a room with a client – whose leg started shaking. Further exploration revealed high risk issues linked to non-compliance with medication and suicidality, prompting remedial action. This therapist would not have observed the shaking leg had the therapy been conducted via telephone or Zoom.

The liminal period of April 2021 to March 2022 in the UK was uncertain; experienced as a time of stops and starts (the alternating toughening and easing of lockdown rules in the contextual vagaries of infection rates). Community cohesion was tested during this period of social isolation, indoor work and fear. However, Al-Omouh cites community cohesion and collaboration as foundational in building resilience and adapting to the risks and changes presented by covid-19. Group work at Nafsiyat in the time of the recent plague as cited served a vital function in various ways. There is much work by way of a focused study yet to be carried out to understand the ways in which an organisation such as Nafsiyat weathered the storms of the pandemic. As well as the foundational grinding inequities this period unveiled, which cannot be unseen nor forgotten. The implications are still being processed and understanding it may well create new pathways of insight into how we adapt the intercultural model of therapy in the coming years.

References:

Tummala-Narra, P. (2004). Dynamics of Race and Culture in the Supervisory Encounter. *Psychoanalytic Psychology*, 21(2), 300–311. <https://doi.org/10.1037/0736-9735.21.2.300>

Al-Omouh et al. The role of sense of community in harnessing the wisdom of crowds and creating collaborative knowledge during the COVID-19 pandemic. (2020). *Journal of Business Research*. [online] <https://doi:10.1016/j.jbusres.2020.10.056>



KeepingWell NCL partnership

KeepingWell NCL is a staff mental health and wellbeing project that provides support for all health and social care staff who live or work in North Central London (Camden, Islington, Barnet, Enfield & Haringey). Nafsiyat is contracted to provide a significant amount of 1-1 intercultural therapy support, intercultural awareness training workshops, and consultancy support.

Bengali intercultural therapy service

In April 2021, with funding from a National Lottery Reaching Communities Development grant, we commenced a partnership with the Islington Bangladesh Association to support Bengali communities. The concept was to create a direct link between our specialist mental health service and a community organisation which serves a community with high need but low take-up of existing provisions of mental health support. We built trust in the community through group work and close partnership, which helped alleviate the stigma of accessing mental health support. Community members were then able to access native language, culturally appropriate support that wasn't hampered by some of the constraints in the statutory provision, such as waiting lists and limited sessions. We hope to extend this approach to also support other "hard to reach" communities.

Whittington Health NHS Trust partnership

Nafsiyat continued to provide black, Asian and minority ethnic staff of Whittington Health NHS Trust with a bespoke culturally diverse wellbeing and rehabilitation programme. This included facilitating reflective groups and offering our intercultural therapy service to individual staff members.

Barnet Council

Nafsiyat continued to provide individual therapy and reflective groups to staff at Barnet Council. Some reflective groups were themed and others open. Themes included islamophobia, micro-aggressions and antisemitism.

North East, Yorkshire and Humberside Region NHS

Nafsiyat continued offer therapy to all Black, Asian, African, and ethnic minority staff working within the NHS in the North East, Yorkshire and Humberside region.

Arabic, Amharic and Tigrinya speaking womens' group

Nafsiyat has been running this weekly psycho-social group (including online/ via phone during the pandemic) for over 10 years. The group enables around 40 women from these communities to gather in safe, shared space each week to participate in professionally led group therapy sessions. This sensitive and innovative intercultural therapy supports women who have experienced often unimaginable and sometimes ongoing hardship and trauma, including domestic violence. All share the experience of living in a country that is foreign to them, separated from family, and experiencing a range of challenges including poverty, isolation, and language barriers.

The group, currently funded by the National Lottery, brings these women together to discuss their experiences with others who can understand and empathize, receive professional support and guidance, develop coping strategies, and create friendships that help them to feel less isolated. Sessions focus on managing psychological challenges, as well as practical support in areas such as English language learning, computer literacy, physical and mental health awareness, creative activities and general chat and socialising.

Haringey primary mothers' self-esteem groups

This People's Health Trust funded two-year project focussed on working with multiple groups of mothers of primary school aged children within Haringey. The pandemic/lockdown related challenges to group work continued, but the project facilitator was able to adapt the work, including setting up partnerships with other charities, so that the outcomes could be met.

Bereavement support

Nafsiyat continued to deliver culturally tailored bereavement support to Black, Asian and Minority Ethnic adults living in England who have been affected by the death of a loved one due to Covid-19. This initiative, the BAMEStream Bereavement Support Service, was made possible with the support of The National Lottery Community Fund, The Ubele Initiative, and the Majonzi Fund.

Hibiscus partnership

Jointly with The Maya Centre, Nafsiyat provided counselling support to foreign nationals and black, minority ethnic and refugee individuals involved in the UK criminal justice system. The partnership was successful, but the funding came to an end, and we haven't yet secured funding to continue the work.

University College London agreement

Nafsiyat established an agreement with the University College London (UCL) student counselling service whereby they can refer clients to us that they feel would benefit from culturally appropriate and accessible therapy.

Statutory contracts

Nafsiyat successfully delivered on all our four statutory contracts in the four boroughs of Islington, Camden, Haringey, and Enfield.

Nafsiyat is the Lead Provider in the Accept Consortium, which is an Islington based partnership between Nafsiyat, The Maya Centre and Camden City Islington & Westminster Bereavement Service.

Nafsiyat is a member of the Camden Psychological Therapies Partnership, which deliver the Improving Access to Psychological Therapies (IAPT) programme in the borough. Other partners are iCope, Women & Health, Age UK Camden, and the Camden City Islington & Westminster Bereavement Service. In 2021/22 the number of clients we were contracted to see increased by 50%.

In Haringey, in response to demand, on top of our Clinical Commissioning Group (CCG) contract, were directly contracted by Whittington Health NHS Trust to see clients under their Let's Talk Haringey IAPT (Improving Access to Psychological Therapies) service.

Along with several other voluntary sector organisations, Enfield Saheli, Alpha Care Specialists, and Precious Moments and Health, Nafsiyat is sub-contracted by Mind in Enfield to provide IAPT services.

Nafsiyat is contracted by Homes for Haringey – Hearthstone to provide short-term counselling to victims of domestic violence. The service is delivered in partnership with The Maya Centre. Nafsiyat also provide supervision to Homes for Haringey and Hearthstone staff. We have received positive feedback and the contract has been extended.

Grants

The National Lottery, Peoples Health Trust, The Cara Delevingne Foundation, The Ubele Initiative, and the Majonzi Fund supported our work during the year, for which we are most grateful.

Choice

Our Choice 'private' service remained paused during this period, as we focussed our capacity to meeting the demand from new contracts. We continued to see existing Choice clients.

Professional members

Nafsiyat is accredited as a membership listing organisation of the UK Council for Psychotherapy (UKCP). We have eighteen professional members who graduated with a Masters in Intercultural Therapy degree run by Nafsiyat staff and Psychotherapists at University College London. Nafsiyat accredits these members annually, and there is a re-accreditation process every five years. This year we started facilitating peer support group meetings as a form of continuing professional development to share experiences and discuss current/emerging topics in Intercultural therapy.

Communications

Our goal with Nafsiyat communications is to inform people of the work Nafsiyat does, promote Nafsiyat's values, and ensure that any interaction Nafsiyat has with the public is smooth, in both personal interactions, like emails, and more removed interactions, such as the website or social media.

Social Media

Our objectives included, increasing engagement to build community and allow us access to a greater audience when fundraising or promoting our services; Promote messages around anti-racism, equality and reducing mental health stigma; and highlighting issues that our communities' face.

We have increased engagement both in the number of likes and in the number of our followers:

- Facebook: 850+ followers
- Twitter: 750+ followers
- Instagram: 650+ followers
- LinkedIn: 300+ followers

Other activity

- We participated in the Community Mental Health Summit in November to shape new neighbourhood services in Barnet, Camden, Enfield, Haringey and Islington.
- Senior Counsellor, Segah Habtom, presented on 'Examples of Services for Refugees' at the Migrant Mental Health Community of Experience workshop in February run by the National Institute for Health's Applied Research Collaboration in Kent, Surrey and Sussex.
- Two of our clinicians featured on podcasts. In February, Rabeya Khatun explored the impact COVID-19 continues to have on people from black and minority ethnic groups. In May, Ali Donat spoke about Nafsiyat and Intercultural Therapy on the Mental Health Monday podcast.
- In March, in partnership with Keeping Well NCL, our Clinical Lead, Baffour Ababio, hosted a webinar on 'Racism, Stigma, and Fear' for Black History Month.
- We are redesigning Nafsiyat's website, will relaunch a newsletter, and are actively reaching out to influential figures to promote Nafsiyat's work to a wider audience.

Staffing

During a year of growth, Nafsiyat recruited to expand its clinical, link work, and administrative support teams, we also added several new posts including Executive Assistant and Communications Officer. All staff completed training on safeguarding, data protection, and suicide. Nafsiyat implemented additional employee benefits to ensure staff wellbeing and is considering others.

Return to centre

After making appropriate adjustments, and developing protocols for staff and clients, the Nafsiyat Centre in Archway reopened in November 2021 after closing due to the pandemic. Unfortunately, this was short lived as we closed again in December following government 'work from home' advice. However, in January we were again able to open and see clients for face-to-face work 5 days a week.



Community link work

Nafsiyat's Community Link Workers support our clients with practical needs that are preventing them engaging with therapy. During the year we recruited to increase the team from one to two. They work with clients from across our whole service. In the last year they supported 79 cases from 64 clients. Housing problems were repeatedly raised by clients. This is due to overcrowding, conflicts with spouses and/or in-laws, problems with temporary and insecure accommodations, ongoing repair issues, problems with landlords, and disputes with neighbours. Financial hardship caused by benefit cap and inadequate state support was also a major concern for our clients. The rest of referrals included immigration problems, debt, unemployment, education as well as physical and mental health concerns.

Some of these problems are exacerbated by the continues changes to services and our client's lack of knowledge of the system, language barrier, etc. Our Community Link Workers support, encourage and empower clients to access and benefit from all available services.

Community Link Worker Case Example

RO is a 49-year-old single mother of 3 young boys. She was referred to our Link Workers as she was experiencing financial hardship and had accumulated debt. Following discussions, we discovered that RO was also worried about her children's safety. She explained that her children are at risk of being harmed by gangs in her area. She added that one of her children survived a stabbing, but he still is under threat of being harmed. We checked that the appropriate authorities in the borough were aware of the problems she and her children experienced. RO confirmed that the police and social services have been involved previously and are aware of the difficulties her children were experiencing. We suggested that moving out of the area might be a good idea. RO said that it would be difficult for her children to settle in a different area as they are used and love their current place, but reluctantly accepted the suggestion.

Following that, NCLW provided the following support:

- Referred RO to an organisation which could help her with securing alternative accommodation through communicating with the council and/or helping her join the mutual exchange scheme.
- Linked RO with Youth and Family Services in her borough.
- Referred RO to a debt advice organisation which took the case immediately, negotiated and managed to reduce the amount by 30% and arranged an affordable payment plan.

RO was happy with the support she received.

Outcome measurement

We averaged a Reliable Improvement of 53% in depression and anxiety, from the PHQ9 and GAD7 outcome measurement questionnaires.

Given the options of: 'at all times', 'most of the time', 'sometimes', 'rarely', or 'never'; clients:

- Felt staff listened to them and treat their concerns seriously: 97% at all times; 3% most of the time.
- Felt the service helped them to better understand and address their difficulties: 76% at all times; 19% most of the time; 4% sometimes.
- Felt involved in making choices about their treatment and care: 86% at all times; 11% most of the time.
- Felt they got the help that mattered to them: 78% at all times; 15% most of the time; 5% sometimes.
- Had confidence in their therapist and his/her skills and techniques: 93% at all times; 7% most of the time.
- For those who were working, felt that they received the employment help that they required. 97% at all times, 3% most of the time.



Client feedback*

"Therapy has helped me to understand a lot about myself, as well as my past and how it's influenced my current behaviour/life."

"I am able to speak openly. I felt like I unburdened myself and spoke about my inner turmoil and worries. That helped me."

"I developed an awareness about myself, looking into myself, understanding myself. I have come to the point that the key is within me. My understanding of myself will help me to continue working on my issues. Since I started therapy, I began to not postpone the things that I need to do. I began to take time for myself, to do things that I like to do. Thank you very much."

"Talking with the therapist about my issues gives me some relieve. I feel more relax now, feel better. I was able to express myself better and directly without using an interpreter. This was very helpful for me to express myself confidently."

"Talking in therapy with someone who understands my cultural background, belief system, and standing in the community, was very important for me. I wish I could have had more sessions, especially at this time of my life. I will talk with my doctor and ask to be referred to Nafsiyat again."

"My therapist was very helpful, and I felt comfortable talking to them openly. The advice they gave was very effective and I appreciate their efforts greatly."

"I felt heard and understood by my therapist. They helped me in my worst time. I feel like I could not have done without their help. Thank you very much for your help."

Feedback from participants of Reflective Sessions*

"Great session – provided us with a safe space to talk openly about our feelings and or experiences of Islamophobia."

"It was great to have a space to just discuss shared experiences."

"A particular colleague felt they could do with some support. I feel that having a peer discussion, which was a bit like an action learning set, was supportive. It meant that they were not left worrying about how to broach this alone."

"The session was respectfully and sensitively run. Thank you for creating the time."

"It created a space for people that wanted to talk about their sensitive experiences freely and with people that may have had similar experiences. It was inspiring to see the way the group provided support and guidance to a fellow participant who was dealing with a challenging EDI related situation."

**lightly edited for grammar*

Case Study One

K.M. is a north African woman, in her late forties. She came to the UK to join her husband (who she is no longer with). She was subjected to physical, emotional, financial, and sexual abuse. During her assessment she presented with symptoms of Post-Traumatic Stress Disorder, loss, grief, depression, anxiety, alienation, and loneliness. She disclosed being used as a slave. Her ex-husband she said, married her so she could work for him.

The initial recommended intervention at Nafsiyat was individual counselling. She was fearful, anxious, helpless, despairing and seemed overwhelmed with grief and sadness. She said that she had no hope and said, *"my problem cannot be solved by talking"*. She was apprehensive about going out, fearful of encountering her ex-husband. K.M. complained of headaches, back pain and was unable to carry out day-to-day practical duties. In the counselling, she appeared unmotivated, reluctant to engage, and sat flat and silent. Her silence was loud, and I felt her profound pain. My therapeutic position was to pace the sessions and to wait for her trust to be built, my job at that stage was to hold an empathic therapeutic space. I did not offer challenging interventions, I strongly felt the therapeutic relationship, trust and respect was what was vital at this stage for K.M.

I recall asking K.M. how she was feeling. Her response was that this was the first time in her life she had been asked about her feelings. K.M.'s trust in me increased, enabling her to share her traumatic story in the therapy. However, I felt this was just one a step towards her recovery. After she completed individual counselling sessions, I referred her to Nafsiyat's women group. She did not attend for two weeks and tentatively attended thereafter but did not engage with other members. She did not smile, chat, or share anything. Then, I began to observe shifts in her behaviour. She struck up friendships with a few women. She changed the way she dressed from dark colours to brighter ones. K.M. now is less isolated, hopeful, able to smile, and share her feelings in the group. She values and feels a part of the group.



Case Study Two

Shahana is a woman in her 30s from a South Asian origin who came to the UK on a spouse visa in 2003. While in Bangladesh, she finished her college course and soon after that entered into an arranged marriage. Shahana is the middle of ten children.

Shahana was referred to Nafsiyat Intercultural Therapy Centre by her GP who felt that she would benefit from talking to someone. Shahana was experiencing stress due to being a full-time carer for her two daughters 8 and 16, who were diagnosed with learning difficulties. Shahana mentioned that from the beginning of her marriage, her husband has experienced mental health issues, and spends time withdrawn from her and the family. This leaves her feeling alone and that nobody is there to help.

Shahana attended Nafsiyat for assessment and was then allocated for ongoing sessions. She presented with physical pain, depression and anxiety linked in part to her strained relationship with her husband as well difficulties in managing her children. Shahana's father died of a stroke, made worse by the fact that she was unable to talk to him before he died, due her own health issues, she was informed about his death later.

Initial sessions with Shahana were challenging as she spoke very quickly almost without pausing for breath, which felt as if she had never had the space to recount her story. Our sessions were conducted via video call. What emerged during therapy were various cultural pressures. Her father encouraged Shahana and her mother to study, this was unusual in their cultural setting at that time. Shahana's mother was very young when she married. Her father was of the view that people should stay in marriage regardless of the state and quality of the union. Shahana's father held her to this standard regarding her marriage.

Shahana was unhappy in her marriage due to lack of support from her husband who was also grappling with mental health issues. He did not offer any practical help in the home and did little in looking after the children. Shahana was expected to take care of everything. In addition, her husband would not allow her to study which was in contradiction to the encouragement she had received from her father.

She felt more isolated as a lone carer and as a result of the community not understanding her children's behaviours. Their behaviour was deemed as destructive and viewed by some sections of the community as indicative of evil spirit possession. This lack of understanding evoked shame and isolation in Shahana contributing to depression. We discussed the possibility of a link between the stresses and aspects of her chronic pain.

Discussions around her children's disability were informed by my own experience of belonging to the same community yet rather than feeling shame and judgement, she felt acceptance and understanding which enabled her to talk freely about her situation. From a Eurocentric perspective Shahana's reactions and thought processes could have been construed as avoidance and a resistance to engaging with her inner processes. Our work unveiled the extent to which cultural perspectives of disability and ascribed roles for women had adversely impacted her.

The ability to discuss and explore her issues in her mother tongue was beneficial, as it would have been difficult in English to communicate concepts such as culture, disability, and gender roles in an accessible way to Shahana. Shahana's experience of connecting with someone from her own community and in her own language without the burden of stigma, shame, or judgement, enabled her to access new adaptive ways of dealing with her situation.

Shahana has found the experience of therapy to be liberating. She no longer speaks anxiously but can relax and speak openly without fear of shame or judgement. She has also found it of great help to have someone who understands her culture and some of the pressures that she was grappling with. For example, she was able to speak to a Bengali speaking therapist about the cultural context which facilitated her marriage at a very young age. The intercultural approach allowed us make sense of how her internal processes were being affected by external pressures. This approach tends to differ from other interventions which would largely focus on the client's internal world to explain external behaviour.

FINANCIAL REVIEW

Nafsiyat's income rose again, up 13% to £618,136. Expenditure also increased, up 27% to £586,492, resulting in another surplus which strengthen our reserves position further. The main increase in expenditure was due to staff recruitment to meet the increased demand for Nafsiyat's services. Nafsiyat will continue to invest in supporting staff through improving systems, policies, and employee benefits, as well as investing in new technologies and resources to further strengthen the charity. Nafsiyat is well placed to continue supporting the communities who rely on its services.

The demand for training continued to make a big impact to the income during the year and as such now has a dedicated team to manage our training offering. The majority of Nafsiyat's funds are still sourced from contracts and grants, the competition for which remains increasingly tough. Nafsiyat is planning to explore new opportunities afforded by the remote working model and from renewed interest in providing culturally appropriate therapy services.

RESERVES POLICY

Nafsiyat's reserve policy is to have free reserves to ensure that all costs are covered for a minimum of three months. The target range is from £167k to £278k to cover three to five months' worth of costs. This would allow Nafsiyat to continue its crucial therapeutic work if a crisis was to occur. These figures are based on the current budget forecast for 2022-23.

Nafsiyat would like to grow to maintain the free reserves so that there is an appropriate level of funds to cover the above situation and any of the following were to happen:

1. Temporary loss in income.
2. Unforeseen costs that were unexpected and not covered by existing funds.
3. To provide a buffer to cover other risks/contingencies and allow time for Nafsiyat to adjust to these unexpected cases.
4. In the highly unlikely event that Nafsiyat becomes insolvent, it will be able to safely meet its existing contractual agreements with organisation and individuals, including staff.

General reserves also allow us to implement new strategic priorities, invest in technology and retain members of the strong team to achieve the strategic aims of the charity. Any funds received that can only be lawfully used for a specific charitable purpose will be held as restricted funds.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governance

Nafsiyat is registered as a company limited by guarantee (without share capital) and as a charity. Its governing instrument is its Memorandum and Articles of Association, last revised on 27th September 2017. All Trustees are also Directors of the Charitable Company for the purposes of the Companies Act.

Trustees' appointment recruitment and induction

All Trustees are unremunerated and are voluntary. Trustees are appointed by resolution of the Trustees. At each Annual General Meeting one-third of the Trustees are subject to retirement by rotation but may offer themselves for re-election. Trustees may serve a maximum of three consecutive terms of three years. The Trustees may at any time co-opt any person duly qualified to be a Trustee.

Trustee vacancies are advertised online through appropriate recruitment sites following the identification of gaps in the trustee board in terms of skills, knowledge, etc. Short-listed applicants are interviewed by the Chair, the Managing Director and another Trustee where possible. All existing Trustees are consulted on the final selection before appointment and references are checked. There is a defined procedure for the induction of Trustees, which includes the provision of an information pack upon each appointment. This includes an introduction to fellow Trustees and senior staff through biographies and an organisation chart; Memorandum and Articles of Association; the history of the organisation, its objectives and policies; the latest audited Trustees Report and Financial Statements; information on the role and responsibilities of a Trustee. All Trustees are offered the opportunity to complete a 'duties of a Trustee' training course. Trustees must follow the Nafsiyat Code of Conduct for Trustees.

Organisation structure and decision making

Trustees meet for bi-monthly meetings. They also gather for away-days when required. The Chair has monthly meeting with the Managing Director. These meetings are reported back to the trustees. The Clinical Subcommittee meets quarterly. These meetings are reported back to the trustees.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 01710669

Charity No. 287819

Registered office

Unit 4 Lysander Mews

Lysander Grove

London

N19 3QP

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law. The following Directors and Trustees served during the year:

J. Cook (Chair)

Y. Wright

G. Patel

A. Sigalas (resigned 27 September 2022)

J. Calabrese

M. Butterworth (appointed 25 May 2021)

H. Jawaid (appointed 25 May 2021)

R. Lawrence (appointed 25 May 2021)

Company Secretary

A. Weatherhead

Independent Examiner

Chanter, Browne & Curry

1 Plato Place

72-74 St Dionis Road

London

SW6 4TU

Bankers

Nat West Bank Plc

490 Holloway Road

London

N7 6HN

Solicitors

Russell Cooke LLP

2 Putney Hill

London

SW15 6AB

Trustees' responsibilities

Company and charity law require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the surplus or deficit of the charitable company for that period. In preparing those financial statements, the trustees are required to:

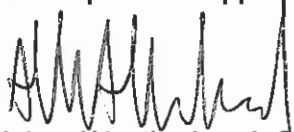
- 1) Select suitable accounting policies and then apply them consistently.
- 2) Make judgements and estimates that are reasonable and prudent.
- 3) Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities Act 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company exemptions

This report has been prepared and delivered in accordance with the provisions in Part 15 of Companies Act 2006 applicable to companies subject to the small companies' regime.

This report was approved by the board and signed on their behalf.



Adam Weatherhead, Company Secretary

23rd November 2022

INDEPENDENT EXAMINER'S REPORT

I report to the charity's trustees on my examination of the financial statements of Nafsiyat ("the Company") for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes on pages 27 to 35.

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 financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements 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 the Company's financial statements 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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- 2) the financial statements do not accord with those records; or
- 3) the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- 4) the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and 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 financial statements to be reached.



P.G. Browne FCA CTA
23rd November 2022

Chanter, Browne & Curry
Chartered Accountants
1 Plato Place
71-74 St. Dionis Road
London, SW6 4TU

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 March 2022

Summary income and expenditure account

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:					
Donations and legacies	2	9,973	-	9,973	4,819
Charitable activities	3	391,713	173,001	564,714	522,812
Investments	4	11	-	11	16
Other	5	43,438	-	43,438	19,563
Total		445,135	173,001	618,136	547,210
Expenditure on:					
Raising funds	6	10,300	-	10,300	12,508
Charitable activities	7	383,249	192,701	575,950	448,940
Other	8	242	-	242	1,992
Total		393,791	192,701	586,492	463,440
Net gains on investments		-	-	-	-
Net income/(expenditure)	9	51,344	(19,700)	31,644	83,770
Transfers between funds		(58)	58	-	-
Net income/(expenditure) before other gains/(losses)		51,286	(19,642)	31,644	83,770
Other gains and losses:		-	-	-	-
Net movement in funds		51,286	(19,642)	31,644	83,770
Reconciliation of funds:					
Total funds brought forward		181,422	19,172	200,594	116,824
Total funds carried forward		232,708	(470)	232,238	200,594

The Statement of Financial Activities includes all gains and losses in the year. All income and expenditure derive from continuing activities.

BALANCE SHEET

As at 31 March 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	11	-	242
Current assets			
Debtors	12	178,996	74,962
Cash at bank and in hand		295,330	193,658
		<u>474,326</u>	<u>268,620</u>
Creditors: Amount falling due within one year	13	(228,144)	(68,268)
Net current assets		246,182	200,352
Creditors: Amount falling due after more than one year	14	(13,944)	-
Total net assets		<u>232,238</u>	<u>200,594</u>
The funds of the charity			
Restricted funds			
Restricted income funds	15	(470)	19,172
Unrestricted funds			
General funds	15	232,708	181,422
Total funds		<u>232,238</u>	<u>200,594</u>

For the year ended 31 March 2022 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Approved by the board on 23rd November 2022 and signed on its behalf by:



Jane Cook, Chair of the Board of Trustees
23rd November 2022

Company Registration number: 01710669

STATEMENT OF CASH FLOWS

For the year ended 31 March 2022

	2022 £	2021 £
Cash flows from operating activities		
Net income per Statement of Financial Activities	31,644	83,770
Adjustments for:		
Depreciation of property, plant and equipment	240	1,992
Bank interest received	(11)	(16)
Increase in trade and other receivables	(104,034)	(25,176)
Increase/(Decrease) in trade and other payables	173,822	32,991
Net cash provided by operating activities	101,661	93,561
Cash flows from investing activities		
Bank interest received	11	16
Net cash from investing activities	11	16
Net cash from financing activities	-	-
Net increase in cash and cash equivalents	101,672	93,577
Cash and cash equivalents at the beginning of the year	193,658	100,081
Cash and cash equivalents at the end of the year	295,330	193,658
Components of cash and cash equivalents		
Cash and bank balances	295,330	193,658
	295,330	193,658

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

NOTES TO THE FINANCIAL STATEMENTS

Nafsiyat is a UK registered charity incorporated as a company limited by guarantee. The address of the registered office is given in the charity information on page 21. The nature of the charity's operations and principal activities are directed at providing an intercultural psychotherapy and counselling service, developing and advancing knowledge in this area, and championing good practice.

The charity constitutes a public benefit entity as defined by FRS 102.

1. Accounting policies

Basis of preparation

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2019, and the Companies Act 2006.

These financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these financial statements.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
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Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
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Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.
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Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
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Income with related expenditure	Where income has related expenditure the income and related expenditure are reported gross in the SoFA.
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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the financial statements.
Investment income	This is included in the accounts when receivable.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants made	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost on a straight line basis over the expected useful lives, as follows:

Plant and machinery - 25% on the reducing balance

Leasehold improvements – 25% on the reducing balance

Fixtures and equipment – 25% on the reducing balance

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts.

In the balance sheet, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

2. Income from donations and legacies

	Unrestricted 2022 £	Total 2022 £	Total 2021 £
Donations	8,363	8,363	3,539
Membership Fees	1,610	1,610	1,280
	<u>9,973</u>	<u>9,973</u>	<u>4,819</u>

3. Income from charitable activities

	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £	Total 2021 £
Contract Income	273,821	173,001	446,822	447,704
Nafsiyat Choice	3,820	-	3,820	11,705
Bespoke Contract Income	114,072	-	114,072	63,403
	<u>391,713</u>	<u>173,001</u>	<u>564,714</u>	<u>522,812</u>

4. Income from investments

	Unrestricted £	Total 2022 £	Total 2021 £
Bank interest receivable	11	11	16
	<u>11</u>	<u>11</u>	<u>16</u>

5. Other income

	Unrestricted £	Total 2022 £	Total 2021 £
Training income	39,164	39,164	14,191
Supervision Fees	3,385	3,385	3,030
Room Hire	325	325	-
Misc Income	564	564	2,042
	<u>43,438</u>	<u>43,438</u>	<u>19,563</u>

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

6. Expenditure on raising funds

	Unrestricted 2022 £	Total 2022 £	Total 2021 £
<i>Costs of generating voluntary income</i>			
Donations	10,300	10,300	12,508
	<u>10,300</u>	<u>10,300</u>	<u>12,508</u>

7. Expenditure on charitable activities

	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £	Total 2021 £
<i>Expenditure on charitable activities</i>				
Salaries and other costs	255,777	34,574	290,351	179,649
Office costs	88,293	840	89,133	89,153
Professional fees and legal	35,600	8,161	43,761	25,254
Subscriptions	1,521	-	1,521	2,029
Payments to partners	-	149,126	149,126	141,128
<i>Governance costs</i>				
Trustee meeting costs	-	-	-	29
Independent examiner's fees and other costs	1,550	-	1,550	1,550
Companies House filing fee	13	-	13	13
Professional fees	495	-	495	10,135
	<u>383,249</u>	<u>192,702</u>	<u>575,950</u>	<u>448,940</u>

8. Other expenditure

	Unrestricted £	Total 2022 £	Total 2021 £
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	242	242	1,992

9. Net income/(expenditure)

	2022 £	2021 £
This is stated after charging:		
Depreciation of owned fixed assets	242	1,992

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

10. Staff and trustees' costs

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

No trustee received any remuneration, benefits in kind or reimbursement of expenses (2021: £Nil).

The average number of staff (full-time equivalent) employed by the charity during the financial year:

	2022	2021
	10.20	5.54

11. Tangible fixed assets

	Plant & Machinery £	Leasehold Improvements £	Fixtures & Equipment £	Total £
Cost				
At 1 April 2021	38,988	54,143	9,327	102,458
At 31 March 2022	38,988	54,143	9,327	102,458
Depreciation and impairment				
At 1 April 2021	38,748	54,143	9,326	102,218
Depreciation charge for the year	240	1	1	242
At 31 March 2022	38,988	54,143	9,327	102,458
Net book values				
At 31 March 2022	-	-	-	-
At 31 March 2021	240	-	-	240

12. Debtors

	2022 £	2021 £
Trade debtors	166,452	59,686
Other debtors	11,021	13,539
Prepayments and accrued income	1,523	1,737
	178,996	74,962

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

13. Creditors:

amounts falling due within one year

	2022	2021
	£	£
Trade creditors	40,699	38,984
Other creditors – Prepayments, PAYE	172,801	12,382
Income Accruals	14,645	16,902
	<u>228,145</u>	<u>68,268</u>

14. Creditors:

amounts falling due after more than one year

	2022	2021
	£	£
Other creditors	13,944	-
	<u>13,944</u>	<u>-</u>

15. Movement in funds

	At 1 April 2021	Incoming Resources (including other gains/losses) £	Resources Expended £	Gross Transfer s £	At 31 March 2022 £
Restricted funds:					
Restricted income funds:					
London Borough of Islington	-	126,392	(126,392)	-	-
City Bridge Trust	7,137	-	(9,488)	2,351	-
National Lottery Community Fund: Development Grant	-	20,036	(24,674)	-	(4,638)
Lloyds Bank Foundation	2,293	-	-	(2,293)	-
National Lottery - Awards for All	6,865	-	(6,865)	-	-
People's Health Trust	2,077	11,603	(8,210)	-	5,470
Hearthstone Domestic Violence	800	14,971	(17,072)	-	(1,301)
Total	<u>19,172</u>	<u>173,001</u>	<u>(192,701)</u>	<u>58</u>	<u>(470)</u>
Unrestricted funds:					
General funds	181,422	445,135	(393,791)	(58)	232,708
Total funds	<u>200,594</u>	<u>618,136</u>	<u>(586,492)</u>	<u>-</u>	<u>232,238</u>

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

Purposes and restrictions in relation to the funds

Restricted funds:

London Borough of Islington	As Lead Provider, funds are restricted to subcontract our partners in the Accept Consortium
National Lottery Community Fund: Development Grant	For project partnering with Islington Bangladeshi Association to support the Bengali community with their mental health
Lloyds Bank Foundation	Developing fundraising capacity
National Lottery - Awards for All	Arabic, Amharic and Tigrinya Speaking Women's Group
People's Health Trust	Self-esteem group for primary-school mothers in Haringey
Hearthstone DV	As Lead Provider, funds are restricted to subcontract The Maya Centre
City Bridge Trust	Salary of the Community Link Worker and a contribution towards the salaries of language-specific therapists and rent

16. Analysis of net assets between funds

	Total	Restricted funds	Unrestricted funds
	£	£	£
Current assets	474,326	70,479	403,847
Creditors: amounts falling due within one year	(228,144)	(70,949)	(157,195)
Creditors: amounts falling due after more than one year	(13,944)	-	(13,944)
	<u>232,708</u>	<u>(470)</u>	<u>232,238</u>

17. CommitmentsOperating lease commitments

The total of future minimum lease payments under non-cancellable operating leases are as follows:

	2022 Land and buildings £	2022 Other £	2021 Land and buildings £	2021 Other £
Not later than one year	44,000	-	44,000	-
Later than one year and not later than five years	132,000	-	176,000	-
	<u>176,000</u>	<u>-</u>	<u>220,000</u>	<u>-</u>

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

18. Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

The liability of members is limited. Every member promises that if the Company is dissolved while they are a member or within twelve months of ceasing to be a member, they will contribute such sum, not exceeding £10, that may be demanded, towards payments of the debts and liability of the Company incurred before they ceased to be a member.