

ASIAN FAMILY COUNSELLING SERVICE

England & Wales · Charity number 517595

Details

Other names AFCS

Status Registered

Legal form Other

Registered 1986-05-27

Register [View on the Charity Commission register](#)

Contact

Address F1
Unit 4
Triangle Centre
399
Uxbridge Road

Phone 07710545552

Email admin@asianfamily.co.uk

Website www.asianfamilycounselling.org

Activities

Objects: (I) TO ADVANCE EDUCATION AMONG PERSONS OF ASIAN ORIGIN AND PARTICULARLY AMONG SUCH PERSONS RESIDENT IN THE UNITED KINGDOM ABOUT ALL ASPECTS OF MARRIAGE AND FAMILY RELATIONSHIPS WITH A VIEW TO DEVELOPING PERSONAL RESPONSIBILITIES AND ENRICHING FAMILY LIFE AND (II) TO SAFEGAURD AND PROTECT THE GOOD HEALTH, BOTH MENTAL AND PHYSICAL, OF ADULTS AND CHILDREN OF ASIAN ORIGIN AND PARTICULARLY OF SUCH PERSONS RESIDENT IN THE UNITED KINGDOM AND TO PREVENT HARDSHIP AND DISTRESS CAUSED BY THE BREAKDOWN OF MARRIAGE AND FAMILY RELATIONSHIPS.

Activities: Provides marital, family and individual counselling to the Asian community

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** NATIONAL
- Throughout England And Wales

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-03-31 | £93,582 | £139,759 | - | - |
| 2024-03-31 | £76,597 | £161,687 | - | - |
| 2023-03-31 | £185,190 | £133,504 | - | - |
| 2022-03-31 | £168,158 | £140,137 | - | - |
| 2021-03-31 | £190,957 | £157,126 | - | - |

Trustees

| Name | Role | Appointed |
|----------------|------|------------|
| Fawzia Samad | | 2013-12-09 |
| NINA TOLLER JP | | |
| RASHIDA PUNJA | | |

ASIAN FAMILY COUNSELLING SERVICE

England & Wales - Charity number 517595

Accounts



ASIAN FAMILY COUNSELLING SERVICE

F1 UNIT 4, TRIANGLE CENTRE, 399 UXBRIDGE ROAD, SOUTHALL,
LONDON UB1 3EJ

Annual Report 2024-25

A Word from Our Chair

Welcome to the Asian Family Counselling Service (AFCS) Annual Review for 2024–25. AFCS is a specialist counselling service dedicated to supporting members of Britain’s Asian communities. Our focus is on working with couples and families experiencing relationship difficulties, as well as individuals managing mild to moderate mental health concerns.

Founded in 1985 as an independent counselling service, AFCS was the first organisation in Britain established specifically to meet the needs of Asian families. Over the past 39 years, we have expanded our remit to reflect the evolving challenges faced by Asian communities, while remaining steadfast in our commitment to providing a vital, high-quality, and confidential service.

What makes AFCS unique is our ability to serve across generations. Our counsellors and volunteers speak a range of Asian languages, ensuring that clients—whether fluent in English or not—can access support. This linguistic and cultural understanding allows us to bridge the gap between traditional Asian parents and their children, offering counselling that is both accessible and culturally sensitive.



This year, AFCS successfully completed the Harborne Parish Land Charity project, delivering counselling and support to the Asian community in its parish area. The Maitri Project at the Sangam Centre in North London has also built on its success from the last year, with referrals beginning to come in. We are grateful to both these organisations for their continued support.

Finding other sources of funding to support AFCS has been difficult, especially due to lack of support from Central government, and we are redoubling our efforts to raise funds to meet the needs of our communities.

I would like to take this opportunity to express my heartfelt gratitude to our dedicated staff and volunteers in both our London and Birmingham offices. Despite increasingly limited resources, many of our staff members have continued to show exceptional commitment to their work. Their hard work and commitment ensure that AFCS continues to provide a service that is valued and trusted. I would also like to thank my fellow Management Committee members for their guidance and support throughout the year.

Fawzia Samad

Chairperson

Who We Are

For more than four decades, the Asian Family Counselling Service (AFCS) has been a trusted lifeline for South Asian families across Britain. Founded in 1986, our charity was created in response to a simple but powerful truth: many people in our communities were struggling in silence, unable to access support that truly understood their cultural values, family structures, or lived experiences.

Today, AFCS continues to meet that need by offering affordable, confidential, and culturally sensitive counselling in five South Asian languages. Our counsellors are not only BACP-accredited and professionally trained—they are people who share the cultural backgrounds of the clients they serve. Coming from Hindu, Muslim, and Sikh traditions and speaking Urdu, Hindi, Gujarati,

Punjabi, and English, they reflect the same diversity that defines Britain's South Asian communities.

The individuals, couples, and families who come to us bring with them a wide range of concerns—relationship breakdown, trauma, intergenerational conflict, anxiety, and much more. Yet beneath these issues often lies something deeper: the fear of being misunderstood. Some clients tell us that mainstream services feel out of reach. For many, the barrier is language. Older clients may not read or write, and even those who manage well in English often find they can only express complex emotions or painful memories in their mother tongue. For others, it is the cultural context—trying to explain family duty, honour, migration experiences, or community expectations to someone who has never lived them can feel impossible.

This is where AFCS makes the difference. Our counsellors understand the subtleties of South Asian family life—the expectations, the pressures, the unspoken norms. This shared understanding builds trust from the very first session. It allows clients to speak freely, without fear of judgment or cultural misunderstanding. And it means the therapy itself can go deeper, move faster, and make a more meaningful impact.

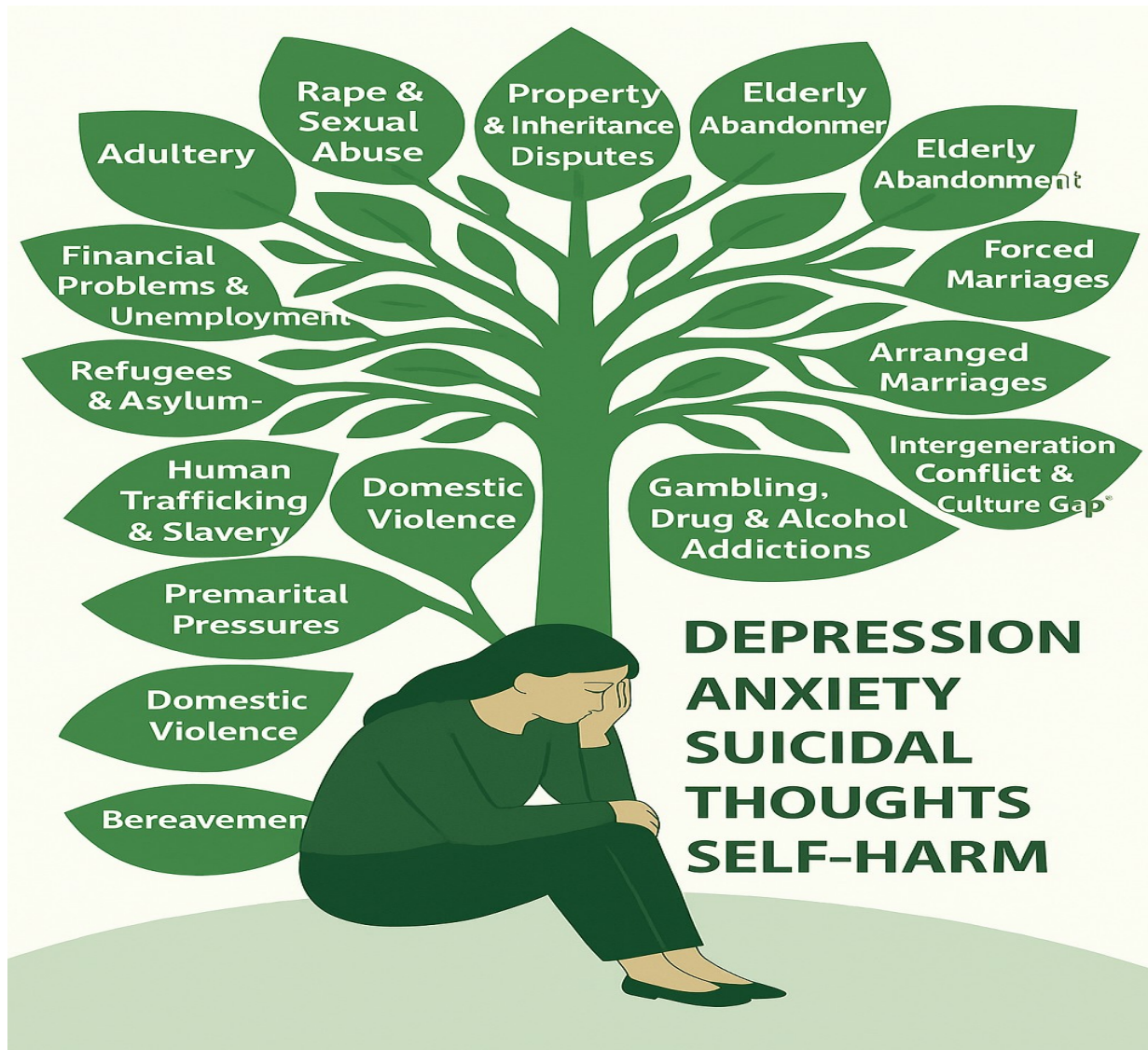
At its heart, AFCS is about giving people a place where their stories make sense. A place where they are heard, in the language of their choice and understood in the culture that shaped them.

Our Objectives

1. To advance awareness among people of South Asian origin resident in the UK about the benefits of marriage and relationship counselling, with the aim of developing a sense of personal responsibility and enriching family life.
2. To safeguard and protect the good health, both mental and physical, of adults and children of South Asian origin resident in the UK and to ameliorate the hardship and distress caused by the breakdown of marriage.
3. To educate the public as well as statutory and voluntary organisations about the particular issues faced by the South Asian population.

Issues We Deal With

While our clients come to us with conditions that are common enough in the field of mental health such as depression and anxiety, the underlying causes are usually due to culturally specific factors and situations.



Mental Health in England

Recent research highlights significant challenges regarding mental health in the UK's Asian community, driven by intersecting factors such as cultural stigma, social determinants, and systemic barriers.

Cultural Stigma and Access to Care: Mental health stigma remains a critical barrier in many Asian communities, often preventing individuals from seeking professional support. Traditional beliefs and the fear of social

judgment can discourage open discussions about mental health. Addressing stigma through culturally sensitive education and services is essential to increasing access to care.

Impact of Racism and Discrimination: Experiencing racism and microaggressions contributes to higher stress levels, anxiety, depression, and other mental health challenges in minority communities. Internalized racism, particularly among mixed-race individuals, adds complexity to mental health outcomes.

Social Determinants: Economic challenges, immigration stress, and linguistic barriers often compound mental health struggles within the Asian population. Research underscores the importance of tackling broader social determinants, such as financial instability and housing insecurity, which disproportionately affect mental health.

Youth and Identity: Younger generations often navigate dual cultural expectations, leading to identity conflicts that exacerbate mental health challenges. Young individuals also face distinct pressures in education and peer environments

Efforts to improve mental health support in our communities include government strategies emphasizing individual care, tackling stigma, and addressing systemic inequalities. The NHS and other specialised services are advocating for more inclusive and culturally competent mental health services to meet the needs of these communities. AFCS is one such organisation doing its level best to provide a culturally appropriate service to the Asian community in the UK.



Arranged Marriages

British Asians often experience pressures to conform to social customs rooted in traditions from the subcontinent. One of the most significant of these is the expectation to enter into arranged marriages, with partners selected on the basis of shared religious denomination, caste, and socio-economic background. For many young people raised in a Western cultural environment that values individual choice and independence, such expectations can be a source of considerable distress.

Girls and young women are particularly affected, as family structures often remain shaped by patriarchal norms. They may feel compelled to prioritise marriage and childbearing over higher education or career aspirations, while also assuming responsibilities for domestic work and elder care within “joint family” households. In addition, the enduring preference for male children in many South Asian families can leave women feeling guilty or inadequate if they are unable to produce male heirs.

In recent years, the search for potential suitors has increasingly shifted online, as families in the UK often lack the extended social networks that once facilitated matchmaking in the subcontinent. While this offers new opportunities, it also carries risks. The absence of traditional vetting by trusted relatives and community members can lead to greater vulnerability to misrepresentation and fraud, and in some cases contributes to the breakdown of marriages.



Generation and Culture Gap, and Racism

A significant challenge faced by young people of South Asian heritage in Britain is the generation and culture gap. Born and raised in England, many second-generation immigrants often struggle to reconcile the social and religious traditions of their parents and extended families with the values of the society in which they live. This tension can lead to accusations of “losing touch with their roots,” creating feelings of conflict and disconnection.

At the same time, these young people are vulnerable to the effects of racism and discrimination within British society—pressures that have intensified in the wake of Brexit. Race-baiting by political leaders and public figures has increasingly shaped public discourse, shifting the boundaries of what is considered acceptable behaviour. Such developments have profound consequences for minority communities.

The Royal College of Psychiatrists has recognised the disproportionate impact of racism on the life chances and mental health of people from Black, Asian, and minority ethnic backgrounds. Racism can inflict deep pain, humiliation, and exclusion, often leading to despair. The Equality and Human Rights Commission has further highlighted that individuals from these communities are more likely to experience poverty, poorer educational outcomes,

unemployment, and contact with the criminal justice system—all of which are risk factors for mental illness.

Compounding these challenges, access to care is often unequal. Patients from minority backgrounds may encounter racism within the NHS itself, resulting in disparities across psychiatric services, including crisis care, admissions, detentions, pathways into treatment, readmissions, and the use of seclusion. These inequities underscore the urgent need for systemic change to ensure fair and compassionate care for all.

Inter-faith Relationships

Inter-faith relationships and marriages remain a sensitive issue within many South Asian communities, often leading to family conflict and, in some cases, estrangement. Such rifts can be deeply painful and difficult to heal. Professional group counselling has proven to be an effective means of mediation in these situations. AFCS has supported families in reconciling with children who were previously disowned for marrying outside their faith, demonstrating that dialogue and structured support can foster understanding and repair fractured relationships.

Domestic Violence and Abuse

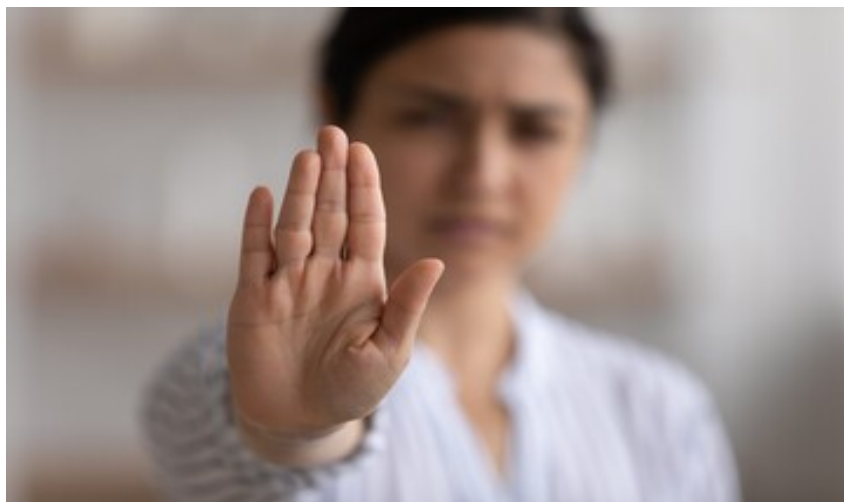
Domestic violence and abuse—whether physical or emotional—remain deeply taboo subjects within many South Asian families. Cultural concerns about honour, or *izzat*, often prevent victims from seeking external help, for fear of bringing shame upon the family. Research highlighted by *The Guardian* in 2015 revealed that sexual and domestic violence is significantly under-reported in South Asian communities due to this “pervasive culture of shame.” Alarming, the study also found widespread lack of awareness that rape within marriage constitutes a criminal offence.

Women and girls face particular barriers to disclosure, especially when abuse is perpetrated by close relatives on whom they are financially dependent. Young brides brought from the subcontinent are especially vulnerable: socially isolated, often unable to speak English, and reliant on their in-laws, some have been subjected to exploitation and coercion. In certain cases, they have been treated as forced domestic labour, monitored constantly, denied

freedom of movement, and prevented from making phone calls or leaving the house unsupervised.

The stigma surrounding separation and divorce within South Asian communities compounds these challenges, trapping women in abusive relationships for extended periods. Children often bear the brunt of these dysfunctional family dynamics, suffering long-term emotional and psychological harm.

There is an urgent need for systemic action. More refuges and shelters must be established to provide safe spaces for victims of domestic violence. Increased investment in culturally sensitive counselling and outreach programmes is essential to break the silence around abuse, empower women to seek help, and protect children from harm. Policymakers, funders, and community leaders must recognise that without sustained resources and targeted interventions, many victims will remain invisible, unsupported, and at risk.



Forced Marriage and Stranded Spouses

AFCS continues to encounter cases of forced marriage, an issue we have worked to highlight for decades. Our efforts date back to 1986, when we organised a seminar in Bradford on “Runaway Asian Girls,” and to the early 2000s, when we seconded a counsellor to the Foreign and Commonwealth Office to provide specialised counselling and advice. Despite increased awareness, the problem persists.

We have seen cases where young women were taken abroad, coerced into marriage, and abandoned. Disturbingly, many of these women were subjected to rape, impregnated, and then returned to the UK to sponsor visas for their

husbands. In response, the UK government has introduced measures allowing victims of forced marriage to testify anonymously against their spouses during immigration hearings. While this represents progress, much more needs to be done.

We urge the government to extend its recognition and support to **stranded spouses**—South Asian women married to British nationals, often under exploitative circumstances involving dowry extraction. Many are subsequently taken back to the subcontinent, abandoned, and in some cases, forcibly separated from their children. These women currently have no legal status or rights in the UK, leaving them unable to seek justice or child custody.



AFCS has frequently gone beyond its remit to support such individuals, including finding host families in the UK to sponsor visas so they can return and pursue legal action. However, systemic change is urgently required. We have long appealed for abandoned spouses to be granted asylum-

seeker status. Without access to public funds, secure housing, or stable immigration status, they face immense barriers to securing child custody and rebuilding their lives.

Refugees and Asylum-seekers

AFCS frequently supports refugees and asylum-seekers, many of whom face unique and profound challenges. Asylum-seekers are particularly vulnerable, often enduring prolonged periods of uncertainty while their applications are under review. During this time, they are unable to seek employment and frequently experience extreme social isolation, compounded by the trauma of separation from loved ones left behind in their countries of origin.

These circumstances place asylum-seekers among our most at-risk clients, requiring sustained counselling and emotional support over extended periods. Our work with them is not only about addressing immediate psychological

needs but also about fostering resilience, hope, and a sense of belonging in the face of systemic barriers.

Our Approach

At AFCS, our work is grounded in empathy, respect, and non-judgement. We provide a safe and supportive space where clients can step back from their circumstances, reflect on their challenges, and gain a clearer understanding of how these issues affect them as individuals, couples, families, and—where relevant—as parents.

When communication has broken down within families or the pressures of daily life have caused problems to be overlooked, we create a therapeutic environment that restores structure and balance. Each person is given the opportunity to speak and be heard—whether by a partner, sibling, parent, or relative. AFCS does not prescribe specific courses of action; instead, it empowers clients to make their own choices and support them in whatever path they decide to take. Its approach is flexible, adapting to the needs of each case—for example, moving from individual counselling to couple or family sessions when appropriate.

Every client begins with an initial assessment, allowing AFCS to determine whether its service is the most suitable for their needs. Where necessary, it signposts individuals to other organisations better placed to provide specialist support. It takes a holistic view of well-being, recognising that mental health is intricately linked to wider life circumstances. Alongside counselling, it provides information and guidance on issues that impact peace of mind and stability, including:

- Accessing NHS services
- Support groups for drug and alcohol addiction
- Financial advice and legal aid
- English language learning opportunities

Through this integrated approach, AFCS seeks not only to address immediate emotional needs but also to strengthen the foundations of long-term resilience and well-being.

2024-25: The Year in Review

AFCS has seen a surge of demand which has meant longer waiting times for new clients. This causes frustration among the new clients and is not an ideal situation for AFCS to be in. More resources would mean that AFCS could employ more counsellors, and the clients would not need to wait so long.

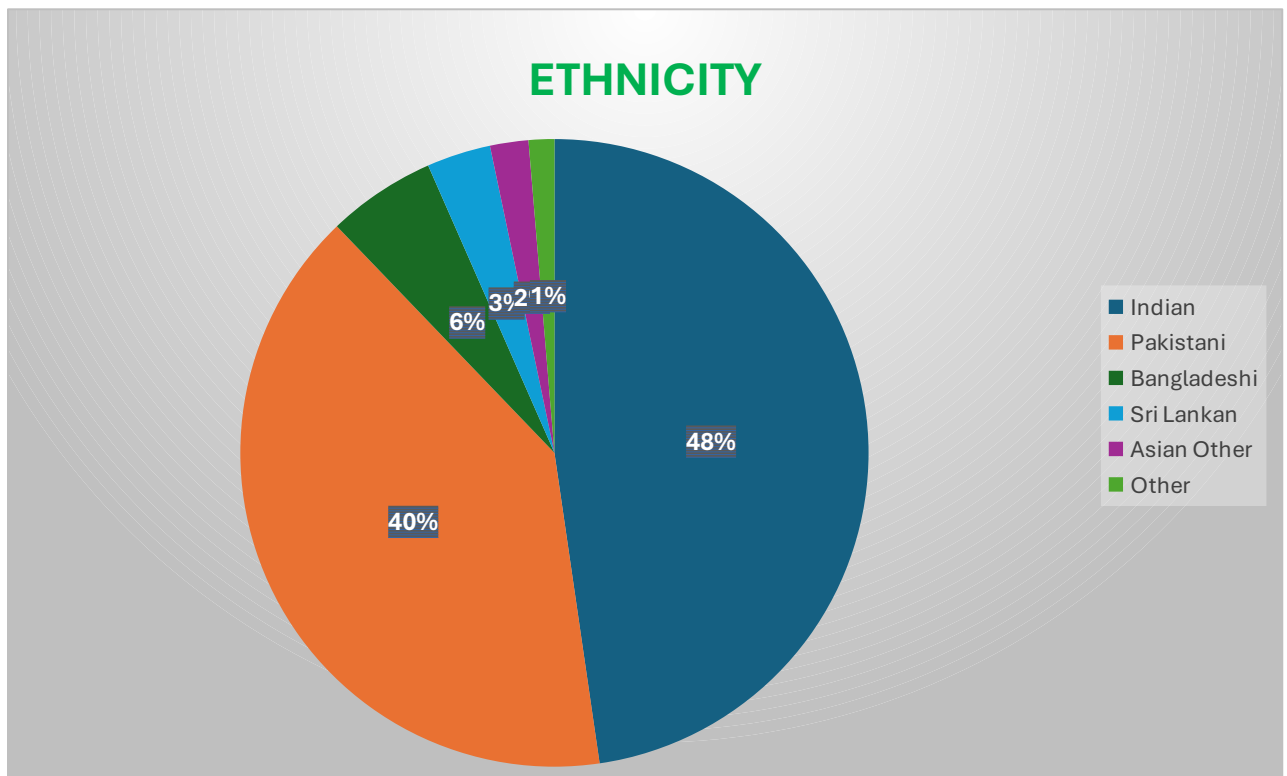
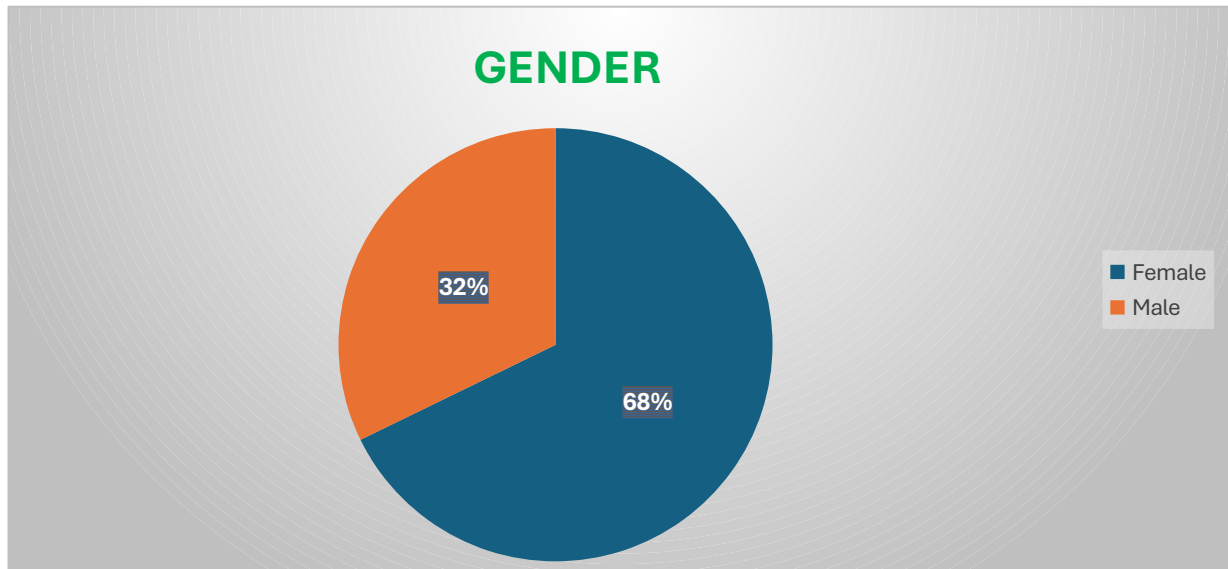
AFCS has been providing a hybrid service ever since COVID times. Those clients who want a face-to-face service have been able to come to the office, while others who were reluctant to come to the office were still offered a service over Zoom/Teams/WhatsApp video and the telephone. This offered the clients flexibility and services were provided online Monday to Saturday. We are grateful for the flexibility our counsellors have shown in this regard and for agreeing to hold sessions as per the convenience of the clients.

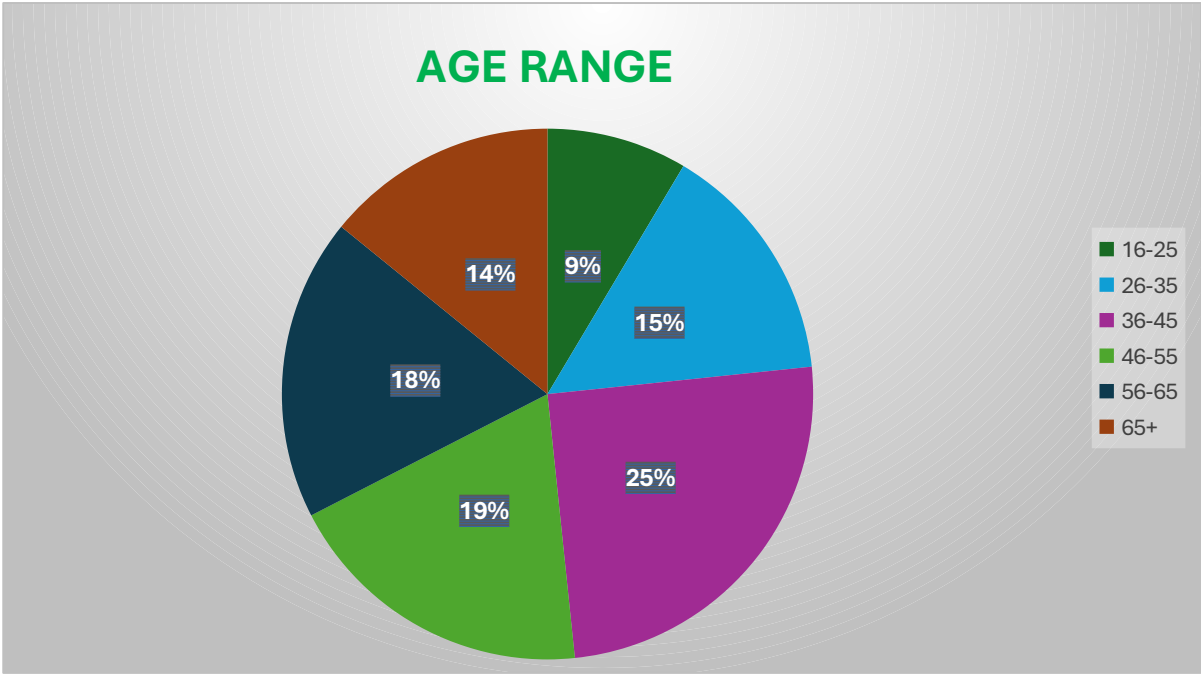
We are continuing to supplement our capacity with the help of volunteer counsellors. These are qualified counsellors who need to record a minimum of 450 hours of counselling before they can be accredited by the BACP. While our most complex cases are still assigned to the more experienced and BACP-accredited staff, the volunteer counsellors help alleviate the caseload within tighter budgetary constraints.

In 2024-25, we held 2031 counselling sessions with 304 clients. Most of our clients (over 68%) were women. 52% of our clients were unemployed and this meant that in many cases we had to waive the fee altogether or charge reduced or nominal fee. This has implications for the service as it then needs to raise even more funds to keep the service running efficiently.

The charts below show the composition of clients by gender, age and ethnicity/nationality of origin. This year 25% of the clients we saw were in the 36-45 age group, followed by 15% in the 26-35 and 19% in the 46-55 age group. Most were of Indian origin (48%) followed by those of Pakistani origin

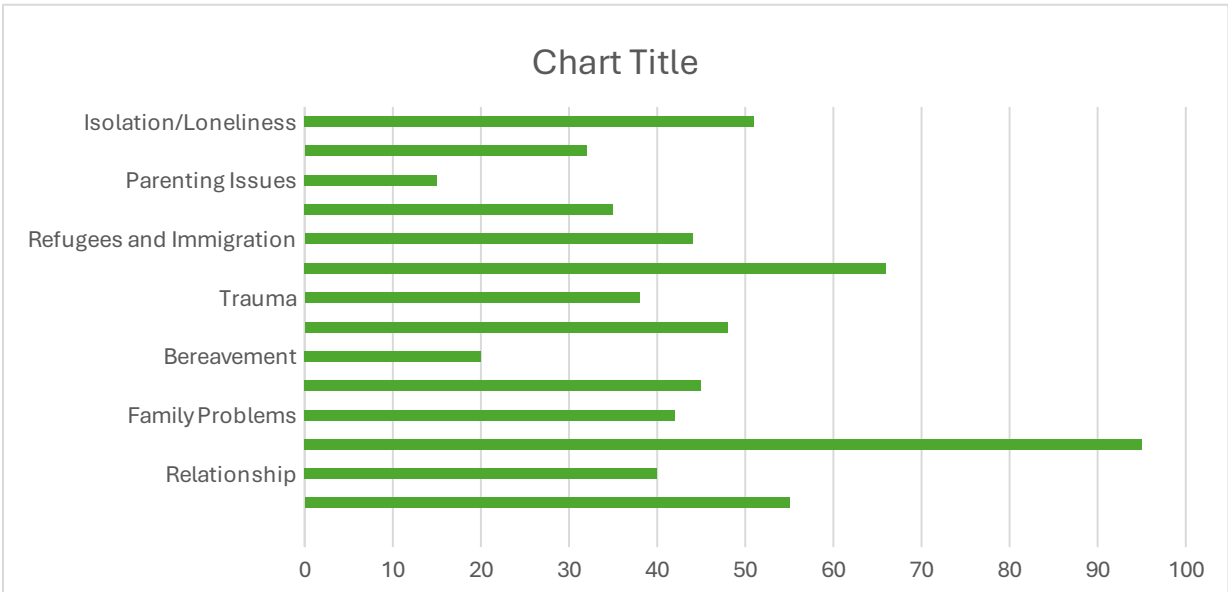
(40%). Punjabi was the language requested by 34% of our clients, followed by Urdu at 25% and Hindi at 16%.





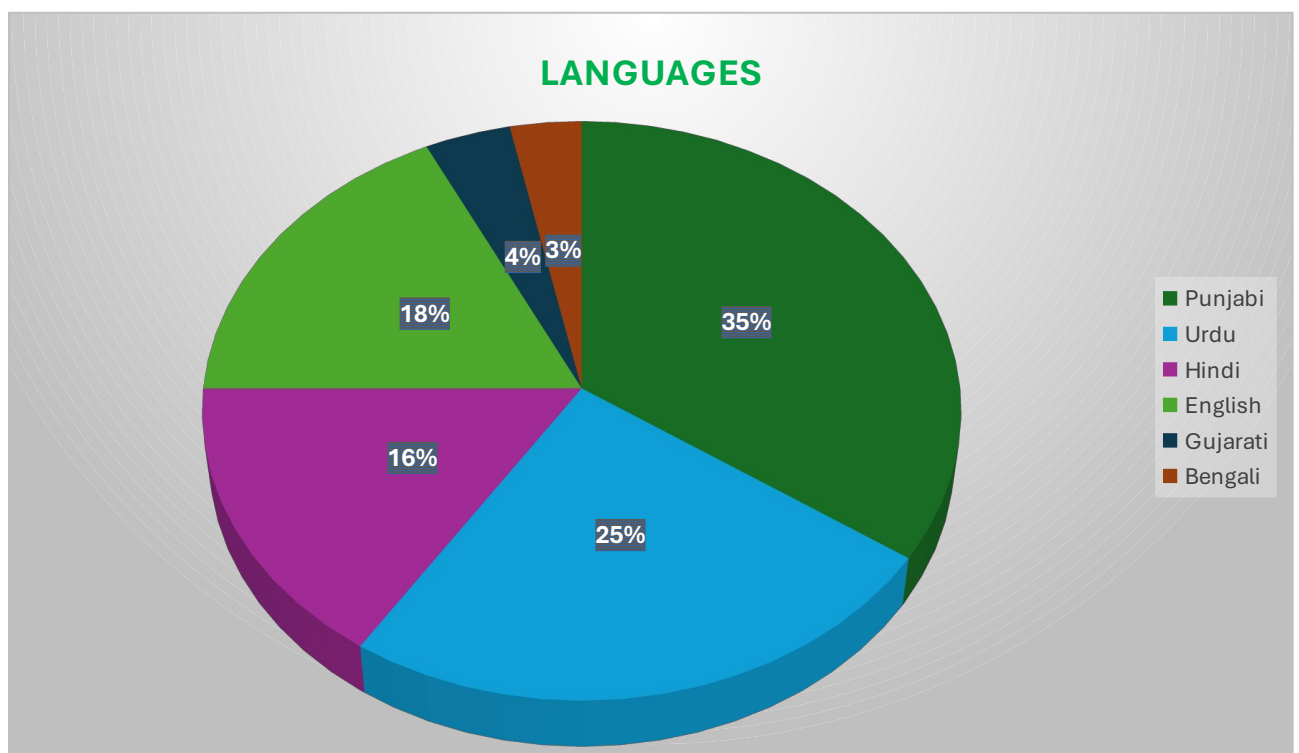
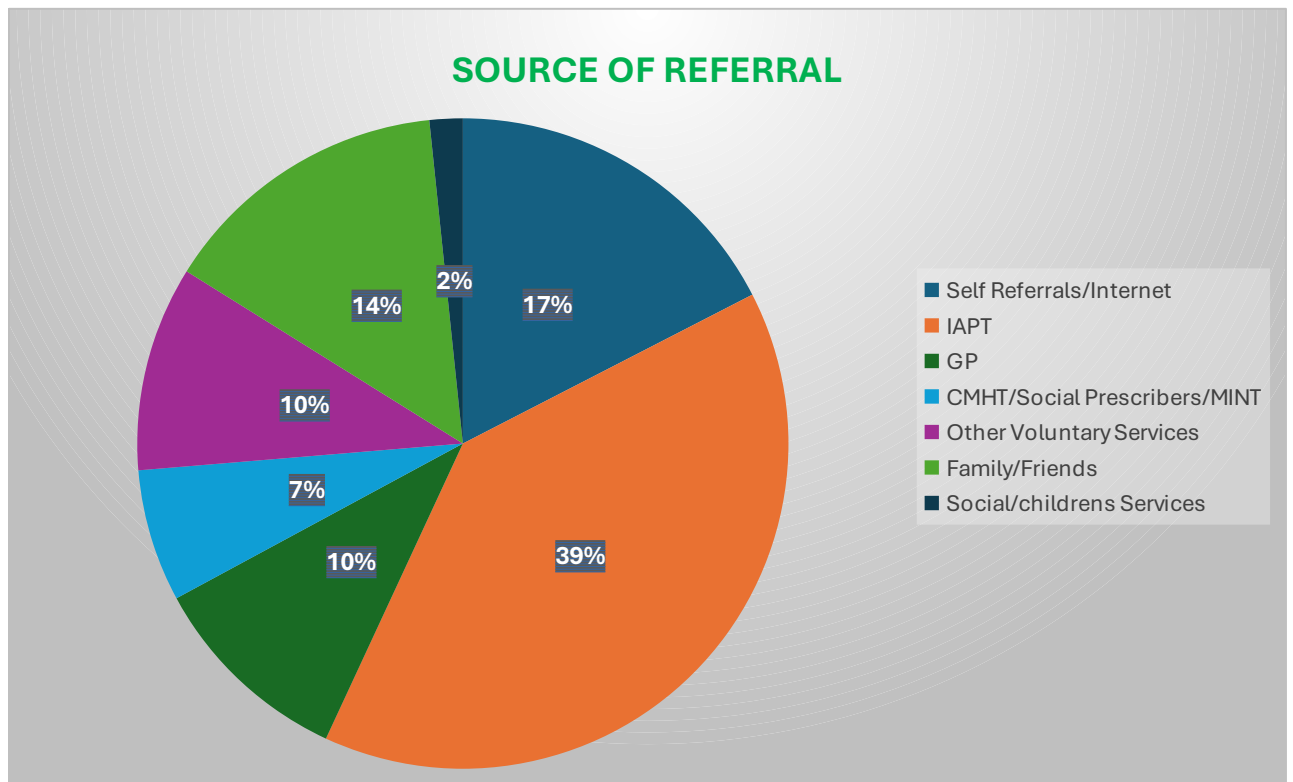
Our clients came to us with a wide range of issues, but depression, anxiety and relationship issues dominated. Below is the break-up of clients by the issue they presented with. Please note some clients presented with multiple issues so there are instances of double counting.

ISSUES



Demand for our service has come through self-referrals, voluntary sector organisations, the Talking Therapies services, counselling psychologists,

psychiatrists, word-of-mouth, online search engines, along with signposting from General Practitioners, Health Visitors, Social Services and other agencies.



Stories of Change

Every counselling journey is unique. For many of our clients, it represents the first time they have felt truly heard and supported. The stories below illustrate how counselling can bring hope, resilience, and transformation during times of deep personal crisis.

M's Story

M, a 29-year-old man from Pakistan, came to the UK to complete his Master's degree and was thrilled to be offered a job that matched his qualifications soon after graduating. He relocated from London to the Midlands, full of hope for the future. However, just three days into his new role, he was informed that the company could no longer support his visa application.

The news was devastating. M had already rented a flat and was bound by a six-month contract. Suddenly, he faced unemployment, financial hardship, and the fear of losing the life he had worked so hard to build. Overwhelmed by anxiety and despair, he reached out for counselling support.

Through regular sessions, M was able to express his distress in a safe and compassionate space. Counselling helped him to regain perspective, rebuild confidence, and find the strength to take practical steps forward. With ongoing encouragement from the counsellor, M secured a new job within two months.

He now feels far more positive about his life in the UK and describes himself as stronger and more resilient. What began as a time of crisis has become, with support, a period of growth and renewed hope.

B's Story

B is a 45-year-old woman who had had an arranged marriage 20 years ago and has two children, aged 15 and 6. Her life changed dramatically when, quite by chance, she discovered through her husband's open laptop that he had been unfaithful to her for most of their marriage. She found detailed records of his affairs and multiple false identities he had used to deceive and manipulate several women. The discovery left her shocked and heartbroken.

Throughout their marriage, B's husband had claimed to be impotent and had shown little intimacy towards her. Their youngest child was conceived through IVF, and she had accepted his explanation without question. Learning the truth shattered her trust and sense of stability. Feeling deeply betrayed, she asked him to leave the family home.

B came to counselling at a time of profound emotional pain. She spoke of feeling as though the past 20 years of her life had been built on lies. Through counselling, she found a space where she could express her grief, anger, and disbelief without judgment. Over time, she began to process the enormity of what had happened and to start rebuilding her sense of self.

With her family living in India, ongoing support from the counsellor has been vital. B continues to make steady progress as she adjusts to her new reality, finding strength, clarity, and a growing sense of independence as she moves forward with her life.

Measuring Impact and Client Outcomes

AFCS is committed to ensuring that our counselling interventions are both effective and responsive to client needs. To evaluate impact, we employ recognised outcome measures including **CORE-10**, **PHQ-9**, and **GAD-7**. These tools are administered prior to counselling to establish baseline scores and again following counselling to assess progress. Together, they provide valuable insights into levels of depression, anxiety, and overall mental well-being among our clients. ENRICH is used with couples.

We acknowledge that many of our clients face challenges in completing written assessments due to limited literacy in English. In such cases, verbal feedback is gathered at the conclusion of counselling sessions to ensure their experiences are captured. Clients who are able to do so also complete written feedback forms, which provide further evidence of satisfaction with our services.

The feedback received has been consistently positive. Clients report meaningful improvements in their emotional well-being, express satisfaction with the support provided, and affirm that they would recommend AFCS to friends or family members. These outcomes demonstrate both the effectiveness of our interventions and the trust placed in our organisation by the communities we serve.

We received our funding this year from Ealing Council, Hounslow Council and Harborne Parish Lands Charity.

Project 1: Maitri Project at Sangam funded by Women's India Association

AFCS has successfully completed the second year of the Maitri Project at Sangam, in partnership with the Women's India Association.

Currently, the project employs one counsellor, who delivers sessions at Sangam one day a week. As demand increases, AFCS is prepared to expand the provision to accommodate more clients. In its second year, the project delivered a total of 164 counselling sessions. AFCS took on 2 volunteer counsellors to see clients for the Maitri project from January 2025 onwards.

The majority of clients referred to the Maitri Project are still women, many of whom have experienced trauma, often stemming from domestic violence or abuse by family members. In addition to trauma, many clients also face financial difficulties, stress, and mental health challenges. Key issues identified during counselling include, family and marital problems, anxiety and depression, domestic violence and sexual abuse and childhood trauma. AFCS is seeing many clients with complex issues.

Given the severity of these issues, many clients require long-term counselling to achieve meaningful progress. However, to prevent long waiting lists, the project currently limits counselling to a maximum of 21 sessions per client. Clients who require additional support can re-register for counselling after a 12-week break.

For clients unable to attend in-person sessions at Sangam, AFCS operates a hybrid service providing online and telephone counselling options which ensure accessibility and flexibility. Since February 2025, AFCS also sees clients from this project at the Southall branch.

The project is growing at pace as demand for counselling services is steadily increasing. Plans are underway to expand the provision in the coming year to better meet the needs of the community. A new project involving Northwick Park hospital is due to be launched at Sangam and it is envisaged that referrals from that project will increase AFCS's clientele too.

The Maitri Project has proven to be a vital resource for women (and a few men) facing domestic violence, trauma, and other challenges, offering them a safe and supportive environment to begin their healing journey. As we continue to raise awareness and expand our capacity, we remain committed to providing culturally sensitive, high-quality counselling to those who need it most.

Project 2: Harborne Parish Lands Charity

AFCS was once again able to access funding from the Harborne Parish Lands Charity to provide counselling for the elderly experiencing isolation and those experiencing financial problems in the Harborne Parish area. The project started in July 2024 and will end in June 2025.

Since it has run this project before, AFCS was able to hit the ground running. Leaflets and posters were refreshed and circulated and referrals started coming in. We found that there is a lot of isolation and loneliness being experienced by the elderly as they do not have the same sort of community that they had access to in the Indian subcontinent.

Research has shown that COVID19 had affected our communities disproportionately. That, coupled with the cost-of-living crisis, brought on by rising energy and food prices has left many families destitute. 67 clients were seen between July 2024 and March 2025. This support has been invaluable for the community in Birmingham, especially since the Birmingham City Council has been declared bankrupt and services for the Asian community in the area are few and far between.

Future Plans & Conclusion

As mentioned above, AFCS is preparing to extend its services in North London through its partnership at Sangam, following the launch of the Northwick Park Hospital project in late 2025. As part of this initiative, the hospital will establish an antenatal clinic at the Sangam premises, serving residents across North London. AFCS will collaborate with midwives to provide counselling and emotional support to clients experiencing relationship or personal challenges.

We would like to acknowledge the dedication as well as thank our staff and volunteers, whose commitment has been instrumental in delivering this vital service at a time of unprecedented demand.

The ongoing cost-of-living crisis and rising unemployment have intensified the need for accessible counselling. AFCS remains committed to offering support at low or no cost to those most in need. However, with government funding for marriage and relationship support programmes—previously available to organisations such as AFCS and Relate—no longer available, we face significant financial challenges.

In response, we are redoubling our fundraising efforts to expand our services and reduce waiting times, which remain considerable. With the continued support of our community, AFCS aims to meet the growing demand and ensure that individuals and families receive the counselling and support they deserve.

As we conclude this Annual Review, AFCS reaffirms its unwavering commitment to supporting Asian families across the UK with compassion, cultural sensitivity, and professional excellence. For nearly four decades, we have stood alongside individuals, couples, and families as they navigate complex challenges, offering not only counselling but also hope, resilience, and a sense of belonging.

The demand for our services continues to rise, driven by social, economic, and cultural pressures that disproportionately affect our communities. Meeting this demand requires more than dedication—it requires sustained investment, collaboration, and advocacy. We call upon policymakers, funders, and community leaders to recognise the vital role AFCS plays in bridging cultural divides, addressing mental health needs, and safeguarding vulnerable families.

With the continued support of our staff, volunteers, and partners, AFCS will expand its reach, strengthen its impact, and ensure that no one is left

without the care and support they deserve. Together, we can build a future where every family has access to the support they need to thrive.

Kulbir Randhawa
Director

FEEDBACK FROM CLIENTS

'Counselling has helped me enormously. I feel much better. Thank you'

'Staff are caring and compassionate. Explored options that I had not even thought about'

'Being referred to AFCS was a godsend. I did not have to do much explaining and felt understood by the counsellor. Thank you'

'The waiting time was a bit long. Once I started the sessions, I felt comfortable at the service and was able to work through my issues'

'Talking with the Counsellor opened new avenues for me. I am so grateful'

'I was depressed and anxious about my situation. Counselling has helped me to overcome these feelings'

'My husband and I were on the brink of a divorce. AFCS has helped us to work through our issues and we are still together'

'Thank you for a great service. We were unsure of how counselling works, but our counsellor was very patient with us and helped us through our family issues.'

Staff Information

London

Kulbir Randhawa (Director)

Nafees Khan (Administrator)

Balbir Bansi (Counsellor)

Farhana Moussa (Counsellor)

Narinder Bains (Counsellor)

Anica Govil (Counsellor)

Jasbir Aujla (Counsellor)

Surabhi Narendranath (Volunteer)

Nehar Bird (Volunteer Counsellor)

Gagandeep Singh (Volunteer Counsellor)

Jasdeep Kaur (Volunteer Counsellor)

Monica Malhotra (Volunteer Counsellor)

Tanjit Panesar (Volunteer Counsellor)

Sadeka Khan (Volunteer Counsellor)

Birmingham

Gurbaksh Johal (Manager)

Dippica Mistry (Counsellor)

Kulwinder Panesar (Project Manager)

Shazia Qayum (Volunteer Counsellor)

Financial Statements for the year ended 31st March 2025

for

**Asian Family Counselling Service
REG CHARITY NO. 517595**

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595

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for the Year Ended 31 March 2025**

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Asian Family Counselling Service
Registered Charity No. 517595
Year End 31.03.25
Receipts and Payments for the year to 31st March 2025

| Note | RESTRICTED TOTAL | UNRESTRICTED TOTAL | Total 31.03.25 | Total 31.03.24 |
|---|---------------------|-----------------------|-----------------|-----------------|
| Incoming Resources | | | | |
| 5 | 69,000 | 11,303 | 80,303 | 68,137 |
| Donations, legacies | 0 | 2,237 | 2,237 | 2,899 |
| Investment Income - bank interest | 0 | 11,042 | 11,042 | 5,561 |
| Other Incoming resources | | | | |
| Total Incoming Resources | 69,000 | 24,582 | 93,582 | 76,597 |
| Resources expended | | | | |
| Costs of Generating funds | | | | |
| 2 | 5,000 | | 5,000 | 5,000 |
| Salaries | 0 | | 0 | 0 |
| Pension | 0 | | 0 | 200 |
| Adverts | | 0 | | |
| | 5,000 | 0 | 5,000 | 5,200 |
| Charitable expenditure: | | | | |
| Costs for Charitable Objectives | | | | |
| 2 | 40,141 | 21,925 | 62,066 | 82,945 |
| Salaries | 2,811 | 0 | 2,811 | 4,040 |
| Pension | 0 | | 0 | 0 |
| Charitable Expenditure | 169 | | 169 | 122 |
| Travelling | 28,666 | 780 | 29,446 | 25,161 |
| Session workers, counsellors, interpreters & Superv | 287 | 40 | 327 | 482 |
| Post & Stationery | 688 | | 688 | 619 |
| Telephone | 713 | | 713 | 507 |
| IT Software and Consumables | 287 | | 287 | 494 |
| Insurance | 379 | | 379 | 0 |
| Repairs & Renewals | 33 | 585 | 618 | 184 |
| Cleaning | 30 | | 30 | 18 |
| Training | 128 | | 128 | 203 |
| Staff & Client Welfare | 216 | 1,199 | 1,415 | 1,522 |
| Subscriptions & Evaluations | 114 | | 114 | 0 |
| Sundry Expenses | 0 | | 0 | 0 |
| Professional & Legal Costs | 22,322 | 1,612 | 23,934 | 27,314 |
| Rent, Rates & Service | 1,352 | | 1,352 | 3,137 |
| Light & Heat | 0 | | 0 | 0 |
| Depreciation | 0 | | 0 | 0 |
| F&F | 0 | | 0 | 0 |
| Off Equip | | | | |
| | 98,336 | 26,141 | 124,477 | 146,749 |
| Management and Administration | | | | |
| 2 | 7,000 | | 7,000 | 7,000 |
| Salaries | 0 | | 0 | 0 |
| Pension | 0 | | 0 | 0 |
| Telephone | 2,000 | | 2,000 | 2,000 |
| Accountancy Fee | 670 | | 670 | 670 |
| Payroll | 0 | 612 | 612 | 68 |
| Bank charges | | | | |
| | 9,670 | 612 | 10,282 | 9,738 |
| Total Resources expended | 113,006 | 26,753 | 139,759 | 161,687 |
| Net incoming resources before transfers | (44,006) | (2,171) | (46,177) | (85,090) |
| <i>Gross transfers between funds</i> | 0 | 0 | 0 | 0 |
| <i>Purchase of Fixed Asset</i> | 0 | 0 | 0 | 0 |
| Net incoming resources after transfers | (44,006) | (2,171) | (46,177) | (85,090) |
| Total funds brought forward | 44,006 | 73,789 | 117,795 | 202,885 |
| Total funds carried forward | 0 | 71,618 | 71,618 | 117,795 |

Approved Fawzia Samad Date 10/12/2025
Fawzia Samad (Dec 10, 2025 22:36:59 GMT)

Approved Nina Toller Date 10/12/2025

Asian Family Counselling Service

Registered Charity No. 517595

Year End 31.03.25

Statement of assets and liabilities for the Year Ended 31 March 2025

| | Note | Unrestricted funds £ | Restricted income funds £ | Total 31.03.25 £ | Total 31.03.24 £ |
|---|------|----------------------------|---------------------------------|------------------------|------------------------|
| <u>Fixed assets</u> | | | | | |
| Tangible assets | 4 | 3,674 | 0 | 3,674 | 3,674 |
| Total fixed assets | | 3,674 | 0 | 3,674 | 3,674 |
| <u>Current assets</u> | | | | | |
| Other Debtors | | 4,652 | 0 | 4,652 | 4,652 |
| Cash at bank and in hand | | 63,292 | 14,116 | 77,408 | 123,585 |
| Total current assets | | 67,944 | 14,116 | 82,061 | 128,237 |
| Creditors: amounts falling due within one year | | 0 | 14,116 | 14,116 | 14,116 |
| Net assets | | 71,618 | 1 | 71,618 | 117,795 |
| <u>Income funds</u> | | | | | |
| Balance brought forward | | 73,789 | 44,006 | 117,795 | 202,885 |
| Restricted funds | | | (44,006) | (44,006) | (93,494) |
| Unrestricted funds | | (2,171) | | (2,171) | 8,404 |
| Total funds | | 71,618 | (0) | 71,618 | 117,795 |

Approved *Fawzia Samad*
Fawzia Samad (Dec 10, 2025 22:36:59 GMT)

Date 10/12/2025

Approved *Nina Toller*

Date 10/12/2025

Note 1

General Notes

Accounting policies

| | |
|---------------------------|---|
| Basis of accounting | These accounts have been prepared by summarising all money received and paid out by the charity in the financial year, and a statement giving details of its assets and liabilities at the end of the year. |
| Change in basis | The charity has prepared these accounts on a receipts and payments basis. |
| Changes to previous years | No changes have been made to accounts for previous years. |

Note 2

Expenditure

| | | This year £ | Last year £ |
|---------------------------------|---|----------------|----------------|
| Fees for examining the accounts | Independent examiner's fees for reporting on the accounts | 2,000 | 2,000 |
| | Other fees paid to the Independent examiner | 670 | 670 |

Analysis of resources expended

| | | This year £ | Last year £ |
|---------------------------|----------------------|----------------|----------------|
| Costs of generating funds | Salaries | 5,000 | 5,000 |
| | Pension | 0 | 0 |
| | Adverts /Photocopier | 0 | 200 |
| | Total | 5,000 | 5,200 |

Costs for Charitable Objectives

| | | | |
|---------------------------------|--|---------|--------|
| Costs for Charitable Objectives | Salaries | 62,066 | 82,945 |
| | Pension | 2,811 | 4,040 |
| | Charitable Expenditure | 0 | 0 |
| | Travelling | 169 | 122 |
| | Session workers, counsellors & Support | 29,446 | 25,161 |
| | Post & Stationery | 327 | 482 |
| | Telephone | 688 | 619 |
| | Internet Services | 713 | 507 |
| | Insurance | 287 | 494 |
| | Repairs & Renewals | 379 | 0 |
| | Cleaning | 618 | 184 |
| | Training | 30 | 18 |
| | Staff & Client Welfare | 128 | 203 |
| | Subscriptions & Evaluations | 1,415 | 1,522 |
| | Sundry Expenses | 114 | 0 |
| | Professional & Legal Costs | 0 | 0 |
| | Rent, Rates & Service | 23,934 | 27,314 |
| | Light & Heat | 1,352 | 3,137 |
| | Depreciation F&F | 0 | 0 |
| Depreciation Off Equip | 0 | 0 | |
| Total | 124,477 | 146,749 | |

| | | | |
|-------------------------------------|-----------------|---------------|--------------|
| Management and Administration costs | Salaries | 7,000 | 7,000 |
| | Pension | 0 | 0 |
| | Telephone | 0 | 0 |
| | Accountancy Fee | 2,000 | 2,000 |
| | Payroll | 670 | 670 |
| | Bank charges | 612 | 68 |
| | Total | 10,282 | 9,738 |

Note 3

Paid Employees

| | This year £ | Last year £ |
|---|----------------|----------------|
| Gross wages & salaries | 73,690 | 93,273 |
| Employers NI | 376 | 1,672 |
| Pension Contributions | 2,811 | 4,040 |
| Total Staff costs | 76,877 | 98,985 |
| Ave. number of employees in the year | 4 | 4 |

Details of employees engaged in following activities:

| | | |
|--|------------|------------|
| Costs of generating funds | 0.5 | 0.5 |
| Activities in furtherance of charity's objectives | 2.5 | 2.5 |
| Management & Admin | 1.0 | 1.0 |
| Other | 0.0 | 0.0 |
| Total | 4.0 | 4.0 |

No employees have emoluments over £50,000

Note 4

Tangible Fixed Assets

| | <u>Fixtures & Fittings</u> | <u>Office Equipment</u> | <u>Total</u> |
|----------------------------|------------------------------------|-----------------------------|--------------|
| COST: | | | |
| At 1 April 2024 | 10,741 | 30,518 | 41,259 |
| Additions | | | 0 |
| At 31 March 2025 | 10,741 | 30,518 | 41,259 |
| DEPRECIATION : | | | |
| At 1 April 2024 | 10,714 | 26,871 | 37,585 |
| Additions | | | 0 |
| At 31 March 2025 | 10,714 | 26,871 | 37,585 |
| NET BOOK VALUE: | | | |
| At 31 March 2025 | 27 | 3,647 | 3,674 |
| At 31 March 2024 | 27 | 3,647 | 3,674 |

Note 5**Restricted funds**

| Fund name | Type | Purpose and Restictions | Amount |
|--|------|--|---------|
| Department of Works & Pensions (via Tavistock Relationships) | R | Improving outcomes for children, young people and families | £0 |
| London Borough Ealing Joint Commissioning | R | Providing counselling for the Asian community in Ealing | £24,000 |
| Harborne Parish Land 's Charity | R | Provide counselling to members of the Asian community having financial issues as well as isolated elderly Asians | £15,000 |
| London Borough Hounslow Kinara Project | R | To provide counselling to the Asian community in Hounslow | £20,000 |
| Women's India Association Maitri project | R | Provide counselling at Sangam, North London and at Southall, West London | £10,000 |

Note 6**Declarations**

| | |
|---|---|
| Adequacy of assets to meet fund restrictions | Sufficient resources are held in an appropriate form to enable each fund to be applied in accordance with restrictions imposed. |
| Branches | The charity has one branch. |
| Change in year end | The trustees have not changed the year end date nor the length of the charity's financial year. |
| Designated funds | The charity does not have any designated funds. |
| Discontinued, continuing and acquired operations | All the charities operations are continuing operations and there were no operations discontinued or acquired during the year. |
| Fund in deficit | No funds (unrestricted or restricted) are in deficit at the balance sheet date. |
| Inalienable or historic assets | The charity had no assets at the balance sheet date classed as inalienable or historic. |
| Intangible assets | The charity has no intangible assets. |
| Inter-fund loans | There were no inter-fund loans outstanding at the balance sheet date. |
| Revaluations | None of the charity's functional fixed assets have been revalued during the year and the charity does not have a policy of revaluation of these assets. |
| Subsidiaries | The charity has no subsidiary companies. |
| Uncapitalised fixed assets | The charity has no material fixed assets which have not been capitalised and included on the balance sheet. |
| Reserves | The use of unrestricted reserves are determined by the Trustees. |

Note 7

Accounting policies

Incoming Resources

Donations, legacies and similar incoming resources

These are included in the Receipts and Payments (R&P) schedule when:

- the charity receives the donation or similar income and any conditions for receipt are met;

Tax reclaims on donations and gifts

Incoming resources from tax claims are included on the R&P when received.

Incoming resources from fund-raising

These are reported gross in the R&P.

Gifts in kind for sale or distribution

These are not included in R&P accounts.

Gifts in kind for use by the charity

These are not included in R&P accounts.

Intangible income (eg donated facilities)

This is only included in incoming resources (with an equivalent amount in resources expended) where another party is bearing the financial cost of the resources supplied and the benefit is quantifiable, receivable and material. Intangible income is valued at the lower of the cost borne by the party bearing the cost and a reasonable estimate of the value of the donation to the charity.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the annual report.

Investment income

This and any associated tax credits are included in the accounts when receivable.

Expenditure and Liabilities

Liability recognition

Generally liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure.

There are liabilities outstanding at the year end for British Telecom and Rent. These have not been included in the accounts as they are prepared on a Receipts and Payments basis.

Assets

Tangible fixed assets for use by charity

These are capitalised if they can be used for more than one year, and cost at least £250. They are valued at cost or a reasonable value on receipt. The charity does not have a policy of revaluation.

LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name Asian Family Counselling Service

Any other name the charity is known by AFCS

Charity Commission registered number 517595

For the financial year beginning on 01.04.24

For the financial year ending on 31.03.25

Charity's principal address F1, Unit 4, Triangle Centre
399 Uxbridge Road
Southall
Middx.
UB1 3EJ

Description of the charity's trusts

Governing document AFCS was constituted in August 1985.
It is registered as a charity.

Objects of the charity

- 1 To advance education among persons of Asian origin and in particular, among such persons resident in the UK, about all aspects of marriage and family relationships, with a view to developing personal responsibilities and enriching family life.
- 2 To safeguard and protect the good health, both mental and physical of adults and children of Asian origin in the UK, and to prevent the hardship and distress caused by the breakdown of marriage.

Specific Investment powers None

TRUSTEES AND GOVERNANCE

Names of trustees

| Name of Trustee | Dates during which the named trustees acted if not for the whole period of this report | Names of directors of any corporate charity trustee at the date of this report | Name of person (or body) entitled to appoint any charity trustee. |
|-----------------|--|--|---|
| Nina Toller | | | |
| Rashida Punja | | | |
| Fawzia Samad | | | |

Trustee selection method Trustees are elected at the annual general meeting.

Names of the charity's custodian trustees None

ACTIVITIES AND ACHIEVEMENTS

Charity's activities and achievements during the year AFCS has set up an office in Birmingham. It has provided family, marital and individual counselling to 304 new clients and provided 2031 sessions of counselling during the year.

Charity's organisational structure The management committee of AFCS is responsible for overseeing

the work of the organisation. The Director is responsible for the day to day running. It has 4 employees and 7 sessional staff and 7 volunteers.

Significant changes, development and future plans

AFCS has provided family, marital and individual counselling to the Asian community resident in the UK. It has been at the forefront of work done around the issue of forced marriages and abandoned spouses. It also deals with mild to moderate mental health conditions.

Any related parties, charities or other organistaions with which the charity co-operates in its work

The contribution of volunteers

AFCS provides counselling in the various asian languages and is dependent on volunteer counsellors to provide counselling in some of the Asian languages. Online and telephone counselling etc. is provided to those persons unable to attend in person.

The effectiveness of fund-raising activities

AFCS is dependent on the Government for grants to provide its services. It also charges for reports for courts.

POLICIES

There is no grant making or investment selection policy.

Major risks are reviewed at the Management Committee Meetings.

SIGNATURE AND DECLARATION

Declaration I declare, in my capacity of charity trustee, that:
- the trustees have approved the report above; and
- have authorised me to sign it on their behalf.

Signature *Fawzia Samad*
Fawzia Samad (Dec 10, 2025 22:36:59 GMT)

Full name Fawzia Samad

Position (eg Secretary, Chair, etc) Chair

Date 10/12/2025

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Independent Examiner's Report on the Accounts

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2025

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

In connection with our examination , no matter has come to our attention:

- 1 which gives us reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed


Anjani Boparai (Dec 15, 2025 09:25:38 GMT)

Date

10/12/2025

Mrs Anjani Boparai FCCA
Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

Financial Statements for the year ended 31st March 2025

for

**Asian Family Counselling Service
(NATIONAL BRANCH) REG CHARITY NO. 517595**

Asian Family Counselling Service

NATIONAL BRANCH

Income and Expenditure Account for the year ended 31.3.2025

| | <u>31.3.2025</u> | <u>31.3.2024</u> |
|---------------------------------------|------------------|------------------|
| <u>GRANTS</u> | | |
| Home Office | | |
| Goldsmith Charity | | |
| <u>OTHER INCOME</u> | | |
| Training Fees | | |
| Miscellaneous | | |
| Bank Interest Received | | |
| <u>EXPENSES</u> | | |
| Wages | | |
| Pensions | | |
| Rents.Rates and Service Charges | | |
| Light & Heat | | |
| Repairs | | |
| Consultancy Costs | | |
| Telephone | | |
| Accountancy | | |
| Equipment Rental | | |
| Bank Interest & Charges | | |
| Travelling | | |
| Sundries | | |
| Adverts,Print,Postage & Stationery | | |
| Subscriptions | | |
| AGM Expenses | | |
| <u>NET SURPLUS/(DEFICIT) FOR YEAR</u> | | |
| Income Reserve Brought Forward | <u>3449</u> | <u>3449</u> |
| Income Reserve Carried Forward | <u>3449</u> | <u>3449</u> |

Asian Family Counselling Service

NATIONAL BRANCH

Balance Sheet as at 31st March 2025

| | 31.3.2025 | | 31.3.2024 | |
|-----------------------------------|-------------|-------------|-------------|-------------|
| | £ | £ | £ | £ |
| <u>FIXED ASSETS</u> | | | | |
| Fixtures and Fittings | | | | |
| <u>CURRENT ASSETS</u> | | | | |
| Bank Deposit Account | | | | |
| Bank & Cash in Hand | | | | |
| Debtor - London Branch | 3449 | | 3449 | |
| Prepayments | | | | |
| | <u>3449</u> | | <u>3449</u> | |
| <u>CURRENT LIABILITIES</u> | | | | |
| Accruals | | | | |
| Bank Overdraft | | | | |
| | | | | |
| | | 3449 | | 3449 |
| <u>NET ASSETS</u> | | <u>3449</u> | | <u>3449</u> |
| Represented By:- | | | | |
| <u>CAPITAL ACCOUNT</u> | | | | |
| Income Reserve | | <u>3449</u> | | <u>3449</u> |

Approved By

Fawzia Samad
Fawzia Samad (Dec 10, 2025 22:36:59 GMT)

Date

10/12/2025

Approved By


Nina Toller

Date

10/12/2025

**Asian Family Counselling Service
(NATIONAL BRANCH) REG.CHARITY No 517595**

We have examined the attached financial statements in accordance with recommended Charities Act.


Anjani Boparai (Dec 15, 2025 09:25:38 GMT)

Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

Date 10/12/2025

Clients Approval Certificate

We approve the financial statements and confirm that we have made available all relevant records and information for their preparation.


Fawzia Samad (Dec 10, 2025 22:36:59 GMT)

Date 10/12/2025


Nina Toller

Date 10/12/2025

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Independent Examiner's Report on the Accounts

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2025

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

In connection with our examination, no matter has come to our attention:

- 1 which gives us reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed


Anjani Boparai (Dec 15, 2025 09:25:38 GMT)

Date

10/12/2025

Mrs Anjani Boparai FCCA
Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

ASIAN FAMILY COUNSELLING SERVICE

England & Wales - Charity number 517595

Accounts



ASIAN FAMILY COUNSELLING SERVICE

F1 UNIT 4, TRIANGLE CENTRE, 399 UXBRIDGE ROAD, SOUTHALL,
LONDON UB1 3EJ

ANNUAL REPORT 2023-2024



A Word from Our Chair

Welcome to the Asian Family Counselling Service (AFCS) 2023-24 Annual Review. Established in 1985 as a national, independent counselling service, AFCS was the first organisation in Britain dedicated to addressing the unique counselling needs of Asian families. Over the past 39 years, we have grown and evolved to meet the changing needs of the Asian communities settled in Britain, continuing to provide a vital, high-quality, and confidential service despite numerous challenges.

Today, our work focuses on supporting couples and families experiencing marital and family issues, as well as individuals managing mild to moderate mental health conditions. Over the past year, we successfully completed the Harborne Parish Land Charity project in Birmingham and launched a satellite service at the Sangam Centre in North London to serve the local Asian community. These initiatives reflect our ongoing commitment to making our services accessible to Asian families across the country.

What makes AFCS truly unique is our ability to cater to Asian communities across generations. Our counsellors possess lived experience of Asian culture and are fluent in a range of Asian languages, which makes our services highly accessible to individuals who may not speak English. This year, 32% of our counselling sessions were conducted in Punjabi, 30% in Urdu, 19% in English, 16% in Hindi, and 3% in Gujarati.

The withdrawal of government funding for marriage and relationship support since 2022 has created significant challenges for us. Despite these difficulties, our dedicated staff and volunteers have worked tirelessly to secure alternative funding to ensure that our vital work can continue. Moving forward, we remain resolute in our mission to serve the community, even as we anticipate a more challenging financial landscape.

I want to take this opportunity to express my heartfelt gratitude to our incredible staff and volunteers at both the London and Birmingham offices for their unwavering dedication. I would also like to thank my fellow Management Committee members for their invaluable support and guidance throughout the year. Finally, a special thanks goes to our funders—without their generosity, it would be extremely difficult for AFCS to continue providing the services that so many individuals and families rely on.

We look forward to building on our successes in the year ahead.

Fawzia Samad

Chairperson

Who We Are

The Asian Family Counselling Service (AFCS) is a national charity that has been providing low-cost, confidential, and culturally sensitive mental health and relationship counselling services to South Asian communities in Britain since 1983. Our counsellors are BACP-accredited, professionally trained, and supervised therapists. Reflecting the diversity of the South Asian communities we serve, they come from Hindu, Muslim, and Sikh backgrounds and offer counselling in Urdu, Hindi, Gujarati, Punjabi, and English.

We cater to the growing demand from British Asian individuals, couples, and families seeking help for a wide range of personal and interpersonal issues. Many of our clients are hesitant to access mainstream counselling services due to language and cultural barriers. Some older clients may have never received formal education and are unable to read or write. Even among those proficient in English, many feel more at ease discussing complex emotional issues or trauma in their native language.

For others, challenges arise in articulating problems rooted in a specific cultural context to Western practitioners. Because our counsellors have lived experience of South Asian cultural norms, traditions, and customs, they are uniquely positioned to provide nuanced and empathetic support. This reduces the risk of miscommunication and ensures counselling sessions are conducted with greater sensitivity and effectiveness.

At AFCS, we are committed to breaking down barriers to mental health and relationship support, offering services that truly resonate with the needs of the South Asian community.

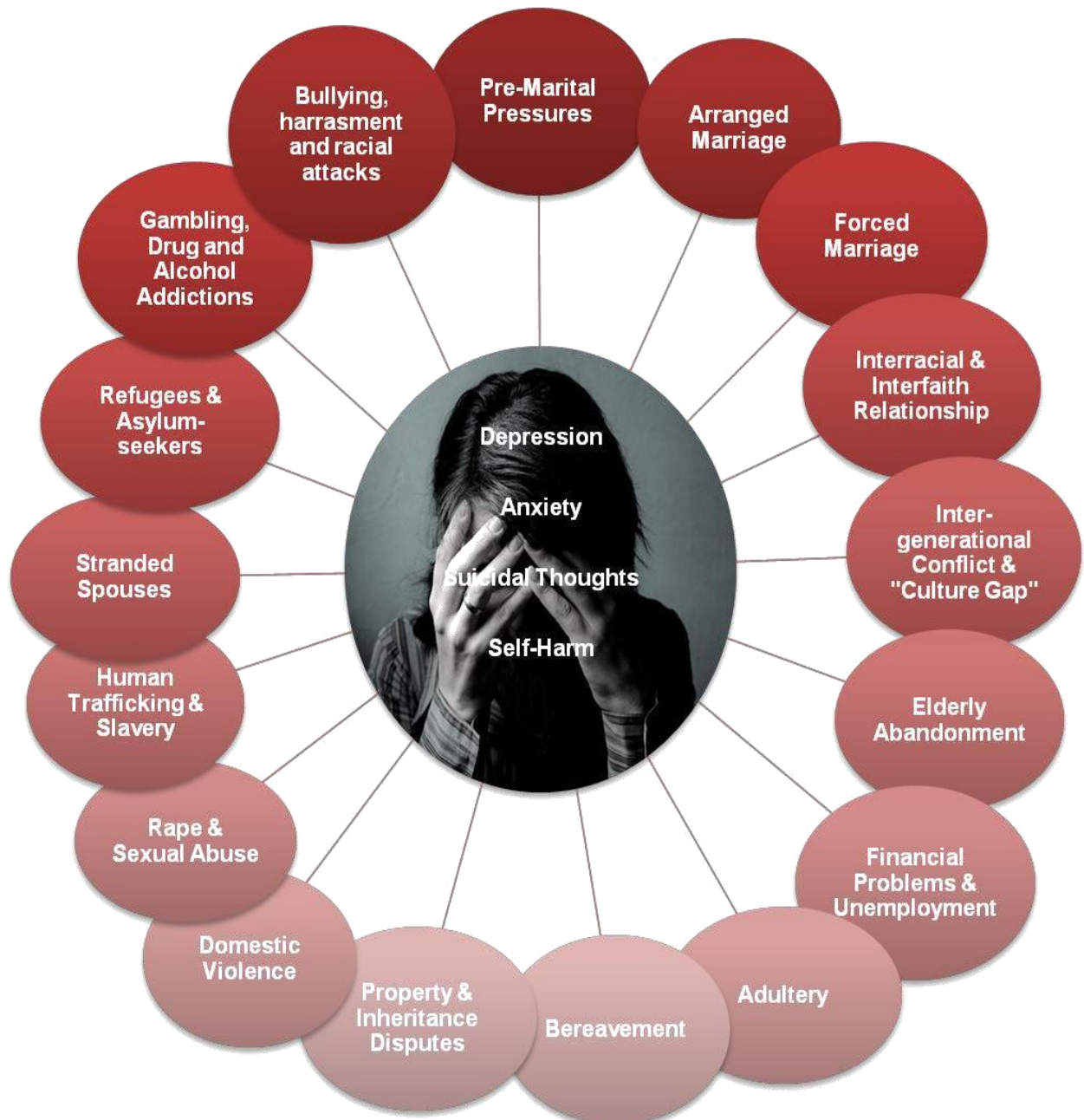
Our Objectives

1. To advance awareness among people of South Asian origin resident in the UK about the benefits of marriage and relationship counselling, with the aim of developing a sense of personal responsibility and enriching family life;
2. To safeguard and protect the good health, both mental and physical, of adults and children of South Asian origin resident in the UK and to ameliorate the hardship and distress caused by the breakdown of marriage;

3. To educate the public as well as statutory and voluntary organisations about the particular issues faced by the South Asian population.

Issues We Deal With

While our clients come to us with conditions that are common enough in the



field of mental health such as depression and anxiety, the underlying causes are usually due to culturally specific factors and situations.

Arranged Marriages

British Asians often navigate the intersection of traditional social customs from the subcontinent and the individualistic cultural norms prevalent in Western society. One prominent tradition is the expectation of arranged marriages, where parents play a significant role in selecting a partner. These matches are frequently based on shared religious beliefs, caste affiliations, and socio-economic compatibility.

For young people raised in the UK, these expectations can become a source of tension and distress, particularly as they reconcile traditional values with Western ideals of independence and personal choice. This cultural conflict is especially pronounced for women, who often bear the brunt of patriarchal norms within familial structures. Many are pressured to prioritize early marriage over higher education or career aspirations. Additionally, women in "joint family" living arrangements are often expected to assume primary responsibility for caregiving and household duties, perpetuating gender-based inequalities.

A preference for male children remains pervasive in some South Asian families, creating added pressure for women to produce male heirs. This cultural expectation can result in feelings of inadequacy and guilt, particularly for those unable to meet these gendered demands.



With diminished access to the extended social networks traditionally used for matchmaking in the subcontinent, many families now turn to online platforms to find potential suitors. While this modern approach has broadened the search for partners, it has also introduced new challenges. The lack of a community-driven vetting process increases the risks of mismatched expectations, misrepresentation, and even fraud. Consequently, marriages

arranged through such methods may face a higher likelihood of breakdown due to a lack of shared values or insufficient compatibility checks.

This evolving dynamic highlights the need for better support systems and open dialogue to help individuals navigate these complex cultural and societal expectations, ensuring mental well-being and personal fulfilment in the process.

Generation/Culture Gap and Racism

Young people born and raised in England to parents of South Asian origin often face a pronounced generation and culture gap. As second-generation immigrants, they navigate a complex identity, balancing the expectations of their elders with the cultural realities of modern British society. Many struggle to align with the social and religious norms upheld by their families, leading to accusations of "losing touch with their roots." This generational divide can result in internal conflict and strained family relationships, further compounded by the pressures of cultural duality.

Simultaneously, these individuals frequently encounter feelings of alienation and anxiety stemming from racism in British society. Racial tensions have escalated in recent years, particularly in the aftermath of Brexit, which has fostered an environment where race-baiting by political figures is increasingly normalized. This has profound implications for societal attitudes, creating a ripple effect on what is deemed acceptable behaviour in public discourse.

Inter-faith Relationships

Inter-faith relationships and marriages remain a sensitive issue within South Asian communities, often leading to familial conflict and long-standing estrangements. These unions challenge deeply rooted cultural and religious norms, which emphasize preserving heritage and religious identity. As a result, individuals who enter inter-faith relationships frequently face emotional distress, rejection, or even disownment by their families.

Such conflicts can create rifts that are difficult to mend, with years of estrangement leaving lasting scars for all involved. However, professional intervention through group or family counselling has proven to be a valuable tool in mediating these situations. By facilitating open dialogue in a neutral, supportive environment, counselling sessions can help families navigate their differences, fostering understanding and empathy.

In our experience, we have witnessed cases where families have reconciled with children who were once disowned for marrying into a different faith. These reconciliations often come after prolonged periods of estrangement but demonstrate the potential for healing when professional support is utilized. Mediation encourages both parties to reflect on their values and priorities, helping families rebuild trust and relationships.

Community awareness and education about the benefits of counselling and mediation are crucial in reducing stigma and resistance to seeking help. Promoting a culture of acceptance and open communication can further empower families to address inter-faith dynamics constructively, fostering harmony within South Asian communities.

Domestic Violence and Abuse

Domestic violence and abuse, whether physical, emotional, or sexual, remain deeply stigmatized within South Asian communities, often framed as taboo topics that threaten the family's reputation or *izzat*. This pervasive culture of shame discourages victims from seeking help, perpetuating cycles of abuse. A 2015 study, as reported by *The Guardian*, highlighted the severe underreporting of sexual and domestic violence in these communities, driven by fears of dishonour and lack of awareness about legal protections. Notably, the study found that many individuals were unaware that marital rape constitutes a criminal offense in the UK.

Asian women and girls face distinct challenges in disclosing abuse, particularly when the perpetrators are close relatives or when financial dependence creates barriers to seeking help. Young brides brought to the UK from the subcontinent are especially at risk. Socially isolated, unfamiliar with local languages, and without independent support systems, they often endure abuse and exploitation. Cases of these women being treated as forced domestic labour, closely monitored, and denied basic freedoms such as unsupervised phone calls or leaving the house, underscore the urgent need for targeted interventions.



The stigma surrounding separation and divorce further exacerbates the problem, as many women feel pressured to remain in abusive relationships for fear of community judgment. In these cases, children often suffer significantly, enduring the effects of living in a dysfunctional and unsafe environment.

Forced Marriage and Stranded Spouses

The stories we encounter are often harrowing. Many young women are coerced into marriages abroad, deprived of autonomy, and subjected to abuse. Some are abandoned overseas, stranded without resources or recourse. Others return to the UK only to face further exploitation. In numerous cases, women forced into marriage report being raped and impregnated, subsequently coerced into sponsoring spousal visas for their abusers.

Recognizing the severity of the issue, the UK government has introduced measures such as allowing victims to testify anonymously against their spouses during immigration hearings. While these steps are encouraging, much more remains to be done to address the broader consequences of forced marriage.

Equally troubling is the situation of *stranded spouses*—South Asian women married to British nationals, often for dowry extraction. These women are frequently taken to the subcontinent and abandoned, sometimes forcibly separated from their children. They face insurmountable challenges due to a lack of legal status or rights in the UK.

Many of these women, despite enduring abuse and exploitation, cannot access public funds, secure housing, or legal support. This precarious situation makes it nearly impossible for them to seek justice or custody of their children.

Our organization has gone to extraordinary lengths to assist stranded spouses, including finding host families to sponsor their visas, enabling them to return to the UK and fight legal battles. However, systemic change is urgently needed.

We have consistently appealed for these abandoned spouses to be granted asylum-seeker status. This would provide them access to public funds and a stable foundation to seek justice and rebuild their lives. Without this crucial step, they remain trapped in a cycle of vulnerability, unable to advocate effectively for their rights or their children's welfare.

Refugees and Asylum-seekers

We also frequently deal with refugees and asylum-seekers. The latter are especially vulnerable because they often face prolonged periods of uncertainty during which their applications are under consideration. Unable to seek employment and often experiencing extreme social isolation as well as the

trauma of being separated from loved ones left behind in their countries of origin, these are some of our most at-risk cases who need counselling over long periods of time.



Our Approach

At AFCS, we place a strong emphasis on listening with empathy and without judgment, creating a safe and supportive environment where clients can take a step back from their circumstances. This enables them to gain a clearer understanding of their issues and how these challenges impact them as individuals, couples, families, and, when relevant, as parents.

In cases where communication has broken down among family members or the pressures of daily life have caused issues to be overlooked, we provide a therapeutic and structured environment. This structure allows every individual - whether a partner, sibling, parent, or relative - to feel heard and respected. Rather than prescribing specific solutions, we empower our clients to make their own decisions, supporting them in whatever choices they make.

Our approach is inherently flexible, adapting to the needs of our clients. For instance, we can transition seamlessly from individual counselling to couple or family group counselling as required, ensuring that the support provided is always tailored to their unique situation.

When clients first approach AFCS, we conduct an initial assessment to determine whether our service is the best fit for their needs. If not, we refer them to other organisations better suited to support them. Our holistic approach ensures that we address not only our clients' mental health concerns but also the broader factors affecting their well-being and peace of mind.

For example, we provide information and referrals to services such as:

- The NHS for healthcare support.
- Support groups for drug and alcohol addiction.
- Financial advice, legal aid, and immigration services.
- Agencies that offer English language training and job coaching, including assistance with applications and interviews.

By addressing these interrelated factors, we aim to create a comprehensive support system that fosters resilience, empowerment, and long-term well-being for our clients.

2023-24: The Year in Review

AFCS has continued to provide counselling services online through Zoom, Teams, WhatsApp, and telephone. Although the lockdowns are a thing of the past, many clients remain hesitant to attend face-to-face sessions. The convenience of accessing counselling from the comfort of their homes - without the need to travel or find parking - has made online options highly popular. However, the office fully re-opened for face-to-face counselling in June 2023, offering flexibility for those who prefer in-person support.

The transition to online and telephone counselling was made possible by emergency funding and new protocols established during the pandemic. This enabled us to equip staff with the necessary technology for remote delivery. Our dedicated team of counsellors and administrative staff adapted admirably, ensuring a seamless transition that maintained high standards of service. The response from clients has been overwhelmingly positive and remains so today.

For clients who prefer face-to-face counselling, appointments are available at our offices. For those still reluctant to attend in person, we continue to offer flexible remote services from Monday to Saturday. We are grateful to our counsellors for accommodating client preferences and adapting to this hybrid model of delivery.

Although COVID-19 itself has largely subsided, its impact lingers for many of our clients. Some struggle with anxieties about re-entering the outside world, others are grappling with long COVID, and some have suffered the loss of loved ones during the pandemic. By offering remote counselling, AFCS has expanded its reach, enabling clients to access our services regardless of their location.

The shift to online services has led to a surge in demand, resulting in longer waiting times for new clients. To address this, we have supplemented our

capacity with volunteer counsellors. These qualified counsellors, who need to log a minimum of 450 counselling hours to achieve BACP accreditation, provide valuable support while working under the guidance of our experienced staff. Complex cases continue to be handled by our BACP-accredited counsellors, while volunteers help reduce caseload pressures within budgetary constraints.

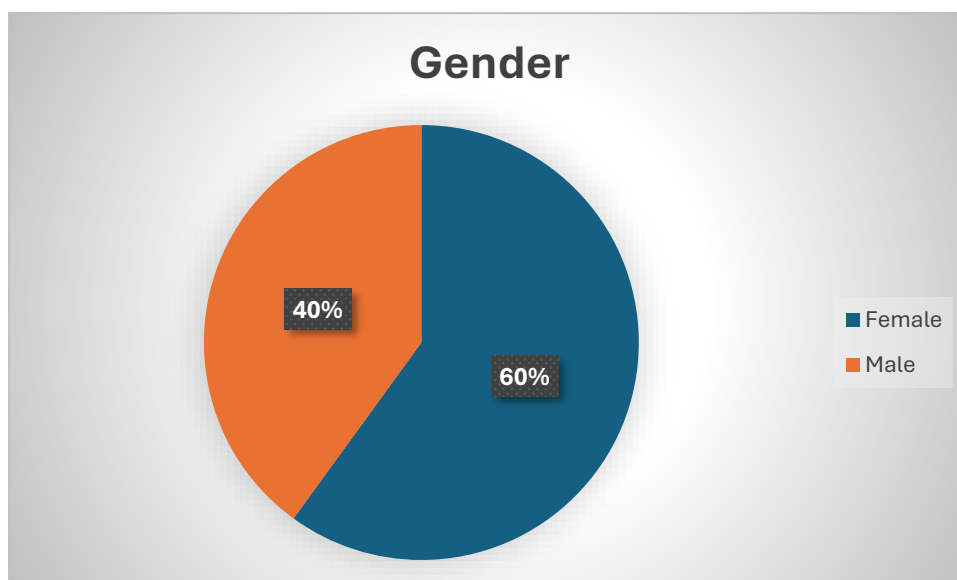
In 2023-24, AFCS conducted 1,976 counselling sessions with 248 clients. Over 60% of our clients were women, and 56% were unemployed. For those facing financial hardship, we waived fees altogether or charged a reduced, nominal fee. While this ensures that our services remain accessible to those in need, it also increases our reliance on fundraising to sustain operations.

Client Demographics

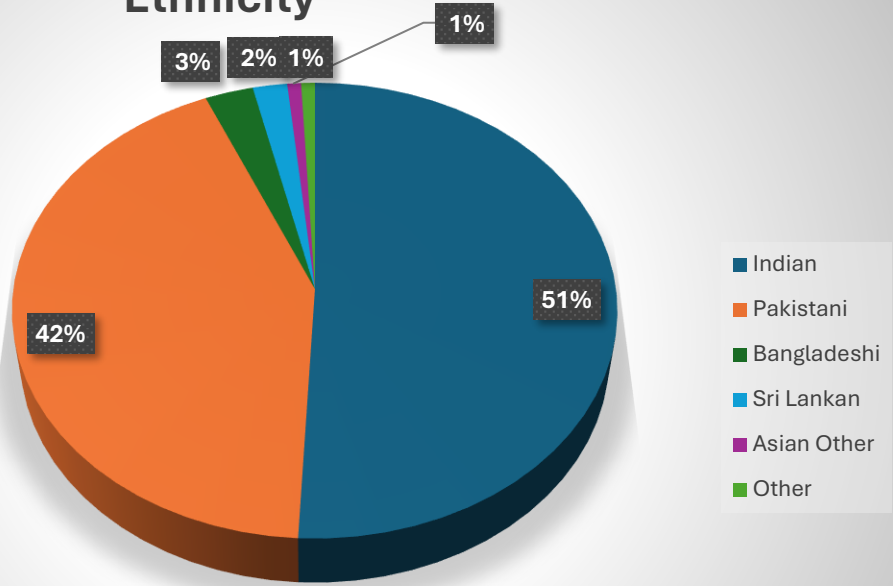
The charts below highlight the composition of our clients by gender, age, and ethnicity/nationality of origin:

- Age: The largest group (35%) was aged 36-45, followed by 19% aged 46-55, and 17% aged 26-35.
- Ethnicity/Nationality of Origin: Most clients were of Indian origin (50%), followed by those of Pakistani origin (46%).

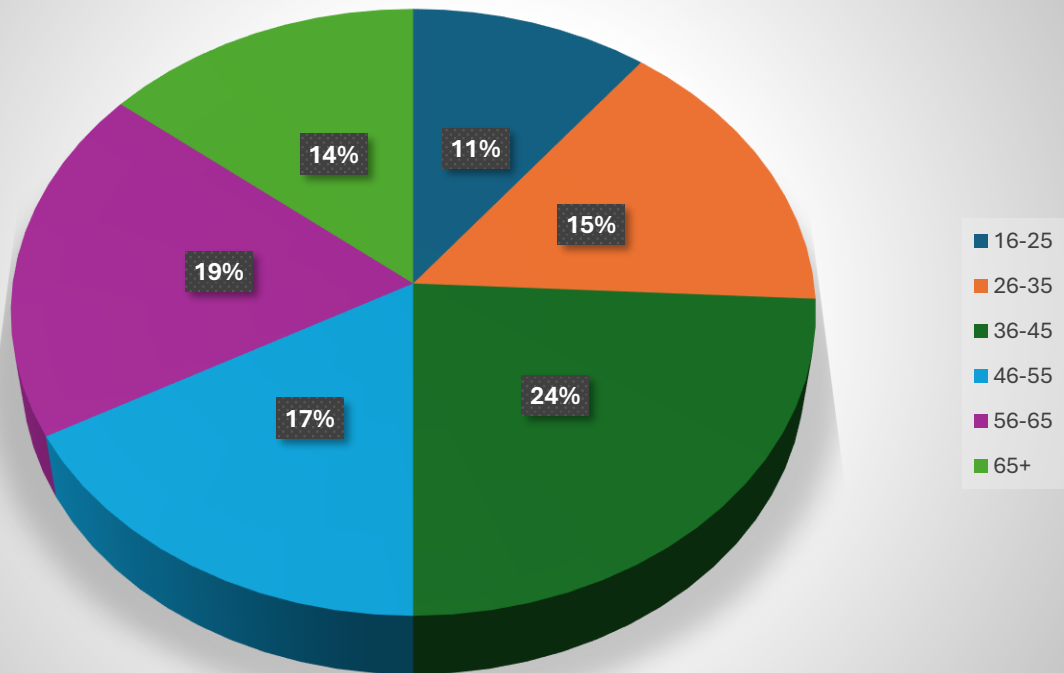
Our commitment to serving the South Asian community remains unwavering, and we continue to adapt to meet the evolving needs of our clients in a way that is compassionate, accessible, and culturally sensitive.



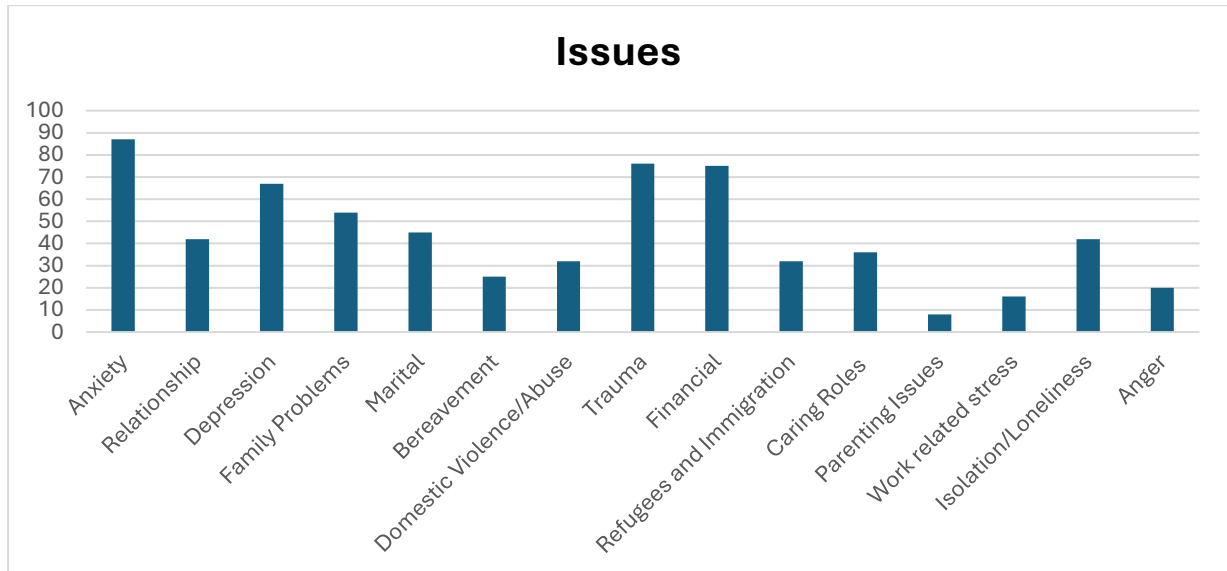
Ethnicity



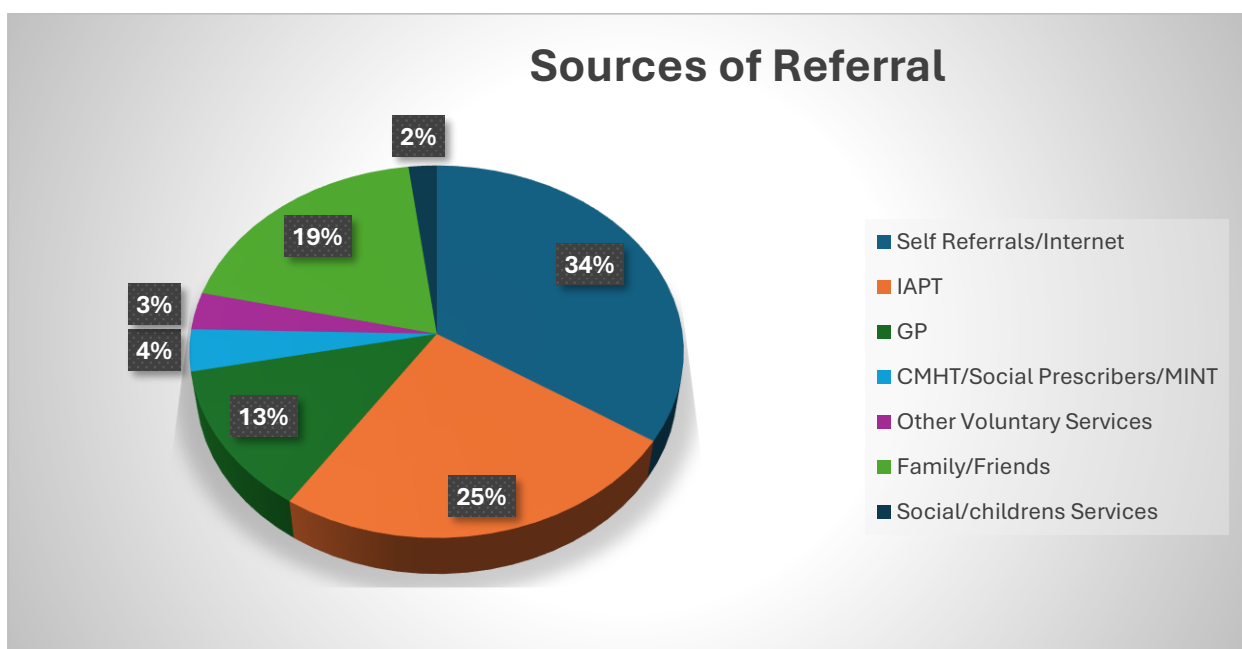
Age Range



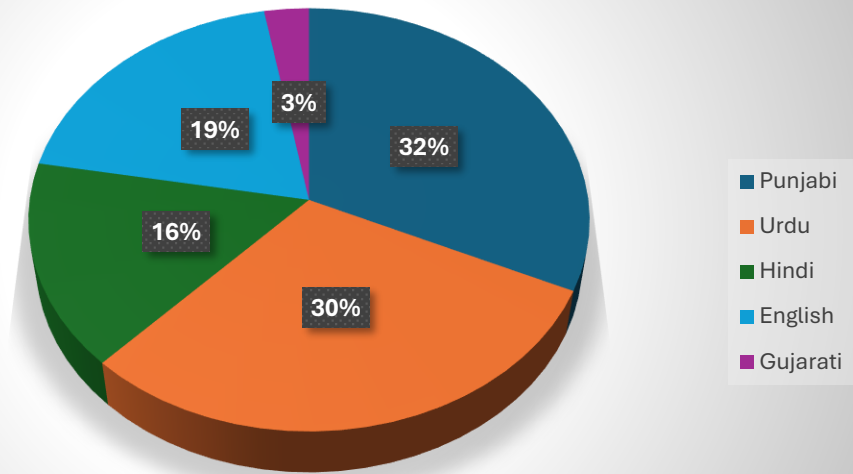
Our clients came to us with a wide range of issues, but anxiety, depression, trauma, financial issues dominated. Below is the break-up of clients by the issue they presented with. Please note some clients presented with multiple issues so there are instances of double counting.



Demand for our service has come through self-referrals, friends and family, voluntary sector organisations, IAPT services, counselling psychologists, psychiatrists, word-of-mouth, online search engines, General Practitioners, Health Visitors, Community Mental Health Services, MINT, Social Services and other agencies.



Languages Service Provided in



AFCS uses CORE 10, PHQ 9 and GAD 7 outcome measures to evaluate the impact of our interventions. These are administered pre-counselling to establish baseline scores and then post-counselling to measure the change. These questionnaires measure the level of depression, anxiety and mental well-being in the clients.

Many of our clients do not read or write English and so have difficulty in filling in these forms. Such clients typically provide verbal feedback at the end of counselling. The clients who can, also fill in a feedback form at the end of their counselling sessions, and that gives us an indication of the level of client satisfaction. Overall, our clients were satisfied with our service and said that they would recommend it to a friend or family member.



We received our funding this year from Ealing Council, Harborne Parish Lands Charity, Women's India Association and Hounslow Council (for 2024-25).

Project 1: Harborne Parish Lands Charity

Thanks to funding from the Harborne Parish Lands Charity, AFCS was able to provide counselling services to the elderly experiencing isolation and those struggling with financial problems in the Harborne Parish area. The project, which began in January 2023 and concluded in January 2024, targeted the growing needs of vulnerable individuals within this community.

To promote the project, leaflets and posters were distributed across the area, resulting in a steady flow of referrals. Early findings revealed a significant prevalence of isolation and loneliness among the elderly, who often lacked the sense of community they once enjoyed in the Indian subcontinent. Additionally, the financial aftershocks of COVID-19 and the ongoing cost-of-living crisis have left many Asian families in Birmingham in distress.

Under this project, AFCS supported 81 clients:

- 52 clients cited debt or financial issues as their primary concern.
- 29 clients were older individuals grappling with feelings of loneliness and isolation.

Many clients faced multiple interrelated issues; for example, financial hardship often triggered marital conflicts, anxiety, depression, and a sense of helplessness. Through this project, clients were able to regain stability and a sense of hope for the future.

The project's benefits extended beyond individual clients, with a cascade effect impacting approximately 324 people, including family members who also benefited from improved well-being within their households.

The changing structure of Asian families in the UK has had a significant impact on older generations. Traditionally, extended families provided support and a central role for elders, who were valued for their advice and guidance. However, the shift to nuclear families - influenced by Western culture - has left many elderly individuals feeling disconnected. Language barriers and unfamiliarity with the way of life in the UK further compound their challenges, making them more dependent on external support.

Environmental factors also play a role. In the Indian subcontinent, warm weather facilitates outdoor interaction, fostering a sense of community. Conversely, the cold and rainy climate in the UK limits outdoor socialization, leaving the elderly more isolated.

At AFCS, we understand the unique barriers faced by this demographic. Our services, including culturally sensitive counselling and referrals to community groups, aim to fill the gap left by mainstream services. Many of the elderly clients were connected to places of worship where they could meet others and build a support network.

The cost-of-living crisis has disproportionately affected many clients, particularly those with mortgages, utility bills, and other financial commitments:

- Some clients, whose low-interest mortgage deals had ended, were suddenly faced with significantly higher rates. Our counsellors worked closely with mortgage brokers to help clients secure better rates.
- Many clients struggled to balance basic needs, facing the difficult choice of “eating or heating.”
- Counsellors provided practical support, such as budgeting advice, negotiating repayment plans with creditors, and connecting clients with specialist financial services.

For clients seeking employment, AFCS counsellors signposted or offered help with CV preparation, job applications, and interview coaching. Clients with immigration or housing issues were referred to appropriate community organisations.

In two instances, counsellors assisted elderly clients in obtaining e-visas, as they lacked computer literacy and were unable to navigate online systems independently.

Using outcome measures, AFCS evaluated the progress of all clients in this project. Results showed improved well-being across the board, with clients reporting increased confidence and stability. Many expressed gratitude for the service and indicated that they would be happy to recommend AFCS to their friends and families.

This project demonstrated the profound impact of culturally competent counselling on addressing interconnected challenges such as isolation, financial distress, and mental health issues, reaffirming AFCS’s commitment to serving the diverse needs of the South Asian community.

2. Project Maitri at Sangam

AFCS has successfully completed the first year of the Maitri Project at Sangam, in partnership with the Women’s India Association. To raise awareness of the service, publicity materials were created and distributed to community centres and GP surgeries in the initial months. Over the course of the year, the project received 28 referrals, of which 19 clients were deemed suitable for counselling.

Currently, the project employs one counsellor, who delivers sessions at Sangam one day a week. As demand increases, AFCS is prepared to expand

the provision to accommodate more clients. In its first year, the project delivered a total of 172 counselling sessions.

The majority of clients referred to the Maitri Project are women who have experienced trauma, often stemming from domestic violence or abuse by family members. In addition to trauma, many clients also face financial difficulties, stress, and mental health challenges. Key issues identified during counselling include:

- Family and marital problems
- Anxiety and depression
- Domestic violence
- Trauma

Given the severity of these issues, many clients require long-term counselling to achieve meaningful progress. However, to prevent long waiting lists, the project currently limits counselling to a maximum of 21 sessions per client. Clients who require additional support can re-register for counselling after a 12-week break.

For clients unable to attend in-person sessions at Sangam, online and telephone counselling options are available, ensuring accessibility and flexibility.

Although the project had a slow start, awareness is growing, and demand for counselling services at Sangam is steadily increasing. Plans are underway to expand the provision in the coming year to better meet the needs of the community.

The Maitri Project has proven to be a vital resource for women facing domestic violence, trauma, and other challenges, offering them a safe and supportive environment to begin their healing journey. As we continue to raise awareness and expand our capacity, we remain committed to providing culturally sensitive, high-quality counselling to those who need it most.

Future Plans

We are actively negotiating a partnership with Northwick Park Hospital to strengthen our work at Sangam, specifically addressing the needs of women experiencing antenatal and postnatal depression. As part of this collaboration, we anticipate that the hospital will conduct its antenatal and postnatal clinics at Sangam, referring clients in need of counselling to AFCS.

This partnership will enable us to provide tailored, culturally sensitive support during critical stages of maternal mental health.

Amid the ongoing cost-of-living crisis and rising unemployment, the need for accessible mental health support is greater than ever. We are committed to continuing our mission of offering counselling services at low or no cost to those who need them most. However, securing funding has become increasingly challenging, particularly as governmental support for relationship services has been withdrawn over the past two years. The government does need to rethink its policy – organisations such as AFCS do much needed preventative work, thereby lessening the burden on the statutory services. Despite these hurdles, we remain determined to raise the necessary funds to expand our services and meet the growing demand in our community.

We extend our heartfelt gratitude to our incredible staff and volunteers, whose dedication has been vital in delivering these much-needed services. Without their hard work, we would not have been able to support so many individuals and families during such a critical time.

Finally, we would like to express our sincere thanks to our funders - Ealing Council, Harborne Parish Land's Charity, and the Women's India Association - for their continued support. Their generosity allows us to make a meaningful difference in the lives of those we serve, and we are truly grateful.

Kulbir Randhawa
Director

FEEDBACK FROM CLIENTS

'The support from Asian Family Counselling Service has helped me with my anxiety issues.'

'I was really happy to be able to talk to my counsellor in Punjabi as my English is not good. I had found it difficult to discuss my issues with the CAB, so this was a relief.'

'Thank you very much for this service, it was so helpful for me, and all staff were very supportive.'

'I was depressed because I had lost my job, and my finances were all messed up. The counsellor helped me to get back on my feet. Thank you'

'I felt safe to discuss my issues with the counsellor, who was immensely helpful in getting me to think outside the box'

Very good organisation. I have really benefitted from coming here.

'Felt good to talk with the counsellor – we explored so many options to deal with my issues. I would thoroughly recommend this service.'

Excellent service. Immensely likeable and professional counsellors. Very prompt scheduling. Admin lady on the ball and very polite.

Staff Information

London

Kulbir Randhawa (Director)

Nafees Khan (Administrator)

Balbir Bansi (Counsellor)

Baksho Johal (Counsellor)

Farhana Moussa (Counsellor)

Narinder Bains (Counsellor)

Anica Govil (Counsellor)

Jasbir Aujla (Counsellor)

Surabhi Narendranath (Volunteer)

Nehar Bird (Volunteer Counsellor)

Gagandeep Singh (Volunteer Counsellor)

Raman Mann (Volunteer Counsellor)

Aazan Khan (Volunteer IT)

Birmingham

Gurbaksh Johal (Manager)

Dippica Mistry (Counsellor)

Kulwinder Panesar (Project Manager)

Shazia Qayum (Volunteer Counsellor)

Rita Ram (Volunteer Counsellor)

Financial Statements for the year ended 31st March 2024

for

Asian Family Counselling Service
REG CHARITY NO. 517595

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595

**Contents of the Financial Statements
for the Year Ended 31 March 2024**

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| Balance Sheet | 2 |
| Notes to the Accounts | 3 |
| Trustees Report | 7 |
| Independent Examiner's Report | 9 |

Asian Family Counselling Service
Registered Charity No. 517595
Year End 31.03.24
Receipts and Payments for the year to 31st March 2024

| Note | RESTRICTED TOTAL | UNRESTRICTED TOTAL | 3 Total 31.03.24 | Total 31.03.23 |
|---|---------------------|-----------------------|---------------------|----------------|
| Incoming Resources | | | | |
| 5 | 68,125 | 12 | 68,137 | 23,250 |
| Donations, legacies | 0 | 2,899 | 2,899 | 528 |
| Investment Income - bank interest | 0 | 5,561 | 5,561 | 161,412 |
| Other Incoming resources | | | | |
| Total Incoming Resources | 68,125 | 8,472 | 76,597 | 185,190 |
| Resources expended | | | | |
| Costs of Generating funds | | | | |
| 2 | 5,000 | | 5,000 | 0 |
| Salaries | 0 | | 0 | 0 |
| Pension | 200 | | 200 | 0 |
| Adverts | 5,200 | 0 | 5,200 | 0 |
| Charitable expenditure: | | | | |
| Costs for Charitable Objectives | | | | |
| 2 | 82,945 | | 82,945 | 67,492 |
| Salaries | 4,040 | | 4,040 | 2,787 |
| Pension | 0 | | 0 | 0 |
| Charitable Expenditure | 122 | | 122 | 21 |
| Travelling | 25,161 | | 25,161 | 30,673 |
| Session workers, counsellors, interpreters & Superv | 482 | | 482 | 389 |
| Post & Stationery | 619 | | 619 | 487 |
| Telephone | 507 | | 507 | 905 |
| IT Software and Consumables | 494 | | 494 | 468 |
| Insurance | 0 | | 0 | 0 |
| Repairs & Renewals | 184 | | 184 | 0 |
| Cleaning | 18 | | 18 | 0 |
| Training | 203 | | 203 | 13 |
| Staff & Client Welfare | 1,522 | | 1,522 | 681 |
| Subscriptions & Evaluations | 0 | | 0 | 185 |
| Sundry Expenses | 0 | | 0 | 0 |
| Professional & Legal Costs | 27,314 | | 27,314 | 24,409 |
| Rent, Rates & Service | 3,137 | | 3,137 | 2,253 |
| Light & Heat | 0 | | 0 | 0 |
| Depreciation | 0 | | 0 | 0 |
| F&F | 0 | | 0 | 0 |
| Off Equip | 146,749 | 0 | 146,749 | 130,764 |
| Management and Administration | | | | |
| 2 | 7,000 | | 7,000 | 0 |
| Salaries | 0 | | 0 | 0 |
| Pension | 0 | | 0 | 0 |
| Telephone | 2,000 | | 2,000 | 2,000 |
| Accountancy Fee | 670 | | 670 | 670 |
| Payroll | 0 | 68 | 68 | 69 |
| Bank charges | 9,670 | 68 | 9,738 | 2,739 |
| Total Resources expended | 161,619 | 68 | 161,687 | 133,504 |
| Net incoming resources before transfers | (93,494) | 8,404 | (85,090) | 51,686 |
| <i>Gross transfers between funds</i> | 0 | 0 | 0 | 0 |
| <i>Purchase of Fixed Asset</i> | 0 | 0 | 0 | 0 |
| Net incoming resources after transfers | (93,494) | 8,404 | (85,090) | 51,686 |
| Total funds brought forward | 137,500 | 65,385 | 202,885 | 151,199 |
| Total funds carried forward | 44,006 | 73,789 | 117,795 | 202,885 |

Approved Fawzia Samad Date 12/12/2024
Fawzia Samad (Dec 12, 2024 17:18 GMT)

Approved Nina Toller Date 12/12/2024

Asian Family Counselling Service

Registered Charity No. 517595

Year End 31.03.24

Statement of assets and liabilities for the Year Ended 31 March 2024

| | Note | Unrestricted funds £ | Restricted income funds £ | Total 31.03.24 £ | Total 31.03.23 £ |
|---|------|----------------------------|---------------------------------|------------------------|------------------------|
| Fixed assets | | | | | |
| Tangible assets | 4 | 3,674 | 0 | 3,674 | 3,674 |
| Total fixed assets | | 3,674 | 0 | 3,674 | 3,674 |
| Current assets | | | | | |
| Other Debtors | | 4,652 | 0 | 4,652 | 4,652 |
| Cash at bank and in hand | | 65,464 | 58,122 | 123,585 | 208,675 |
| Total current assets | | 70,115 | 58,122 | 128,237 | 213,327 |
| Creditors: amounts falling due within one year | | 0 | 14,116 | 14,116 | 14,116 |
| Net assets | | 73,789 | 44,006 | 117,795 | 202,885 |
| Income funds | | | | | |
| Balance brought forward | | 65,385 | 137,500 | 202,885 | 151,199 |
| Restricted funds | | | (93,494) | (93,494) | 47,272 |
| Unrestricted funds | | 8,404 | | 8,404 | 4,414 |
| Total funds | | 73,789 | 44,006 | 117,795 | 202,885 |

Approved *Fawzia Samad*
Fawzia Samad (Dec 12, 2024 17:18 GMT)

Date 12/12/2024

Approved *Nina Toller*

Date 12/12/2024

Note 1

General Notes

Accounting policies

| | |
|---------------------------|---|
| Basis of accounting | These accounts have been prepared by summarising all money received and paid out by the charity in the financial year, and a statement giving details of its assets and liabilities at the end of the year. |
| Change in basis | The charity has prepared these accounts on a receipts and payments basis. |
| Changes to previous years | No changes have been made to accounts for previous years. |

Note 2

Expenditure

| | | This year £ | Last year £ |
|---------------------------------|---|----------------|----------------|
| Fees for examining the accounts | Independent examiner's fees for reporting on the accounts | 2,000 | 2,000 |
| | Other fees paid to the Independent examiner | 670 | 670 |

Analysis of resources expended

| | | This year £ | Last year £ |
|---------------------------|----------------------|----------------|----------------|
| Costs of generating funds | Salaries | 5,000 | 0 |
| | Pension | 0 | 0 |
| | Adverts /Photocopier | 200 | 0 |
| | Total | 5,200 | 0 |

Costs for Charitable Objectives

| | | | |
|--|--|---------|---------|
| | Salaries | 82,945 | 67,492 |
| | Pension | 4,040 | 2,787 |
| | Charitable Expenditure | 0 | 0 |
| | Travelling | 122 | 21 |
| | Session workers, counsellors & Support workers | 25,161 | 30,673 |
| | Post & Stationery | 482 | 389 |
| | Telephone | 619 | 487 |
| | Internet Services | 507 | 905 |
| | Insurance | 494 | 468 |
| | Repairs & Renewals | 0 | 0 |
| | Cleaning | 184 | 0 |
| | Training | 18 | 0 |
| | Staff & Client Welfare | 203 | 13 |
| | Subscriptions & Evaluations | 1,522 | 681 |
| | Sundry Expenses | 0 | 185 |
| | Professional & Legal Costs | 0 | 0 |
| | Rent, Rates & Service | 27,314 | 24,409 |
| | Light & Heat | 3,137 | 2,253 |
| | Depreciation F&F | 0 | 0 |
| | Depreciation Off Equip | 0 | 0 |
| | Total | 146,749 | 130,764 |

| | | | |
|--|-----------------|-------|-------|
| Management and Administration costs | Salaries | 7,000 | 0 |
| | Pension | 0 | 0 |
| | Telephone | 0 | 0 |
| | Accountancy Fee | 2,000 | 2,000 |
| | Payroll | 670 | 670 |
| | Bank charges | 68 | 69 |
| | Total | 9,738 | 2,739 |

Note 3

Paid Employees

| | This year £ | Last year £ |
|---|----------------|----------------|
| Gross wages & salaries | 93,273 | 65,527 |
| Employers NI | 1,672 | 1,965 |
| Pension Contributions | 4,040 | 1,462 |
| Total Staff costs | 98,986 | 68,954 |
| Ave. number of employees in the year | 4 | 2 |

Details of employees engaged in following activities:

| | | |
|--|-----|-----|
| Costs of generating funds | 0.5 | 0.0 |
| Activities in furtherance of charity's objectives | 2.5 | 2.0 |
| Management & Admin | 1.0 | 0.0 |
| Other | 0.0 | 0.0 |
| Total | 4.0 | 2.0 |

No employees have emoluments over £50,000

Note 4

Tangible Fixed Assets

| | <u>Fixtures & Fittings</u> | <u>Office Equipment</u> | <u>Total</u> |
|------------------------|------------------------------------|-----------------------------|--------------|
| COST: | | | |
| At 1 April 2023 | 10,741 | 30,518 | 41,259 |
| Additions | | | 0 |
| At 31 March 2024 | 10,741 | 30,518 | 41,259 |
| DEPRECIATION : | | | |
| At 1 April 2023 | 10,714 | 26,871 | 37,585 |
| Additions | | | 0 |
| At 31 March 2024 | 10,714 | 26,871 | 37,585 |
| NET BOOK VALUE: | | | |
| At 31 March 2024 | 27 | 3,647 | 3,674 |
| At 31 March 2023 | 27 | 3,647 | 3,674 |

Note 5**Restricted funds**

| Fund name | Type | Purpose and Restictions | Amount |
|--|------|--|---------|
| Department of Works & Pensions (via Tavistock Relationships) | R | Improving outcomes for children, young people and families | £0 |
| London Borough Ealing Joint Commissioning | R | Providing counselling for the Asian community in Ealing | £21,125 |
| Harborne Parish Land 's Charity | R | Provide counselling for isolated elderly Asian | £15,000 |
| London Borough Hounslow Kinara Project | R | To provide counselling to the Asian community in Hounslow | £20,000 |
| Women's India Association Maitri project | R | Provide counselling at Sangam, North London | £12,000 |

Note 6**Declarations**

| | |
|---|---|
| Adequacy of assets to meet fund restrictions | Sufficient resources are held in an appropriate form to enable each fund to be applied in accordance with restrictions imposed. |
| Branches | The charity has one branch. |
| Change in year end | The trustees have not changed the year end date nor the length of the charity's financial year. |
| Designated funds | The charity does not have any designated funds. |
| Discontinued, continuing and acquired operations | All the charities operations are continuing operations and there were no operations discontinued or acquired during the year. |
| Fund in deficit | No funds (unrestricted or restricted) are in deficit at the balance sheet date. |
| Inalienable or historic assets | The charity had no assets at the balance sheet date classed as inalienable or historic. |
| Intangible assets | The charity has no intangible assets. |
| Inter-fund loans | There were no inter-fund loans outstanding at the balance sheet date. |
| Revaluations | None of the charity's functional fixed assets have been revalued during the year and the charity does not have a policy of revaluation of these assets. |
| Subsidiaries | The charity has no subsidiary companies. |
| Uncapitalised fixed assets | The charity has no material fixed assets which have not been capitalised and included on the balance sheet. |
| Reserves | The use of unrestricted reserves are determined by the Trustees. |

Note 7

Accounting policies

Incoming Resources

Donations, legacies and similar incoming resources

These are included in the Receipts and Payments (R&P) schedule when:

- the charity receives the donation or similar income and any conditions for receipt are met;

Tax reclaims on donations and gifts

Incoming resources from tax claims are included on the R&P when received.

Incoming resources from fund-raising

These are reported gross in the R&P.

Gifts in kind for sale or distribution

These are not included in R&P accounts.

Gifts in kind for use by the charity

These are not included in R&P accounts.

Intangible income (eg donated facilities)

This is only included in incoming resources (with an equivalent amount in resources expended) where another party is bearing the financial cost of the resources supplied and the benefit is quantifiable, receivable and material. Intangible income is valued at the lower of the cost borne by the party bearing the cost and a reasonable estimate of the value of the donation to the charity.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the annual report.

Investment income

This and any associated tax credits are included in the accounts when receivable.

Expenditure and Liabilities

Liability recognition

Generally liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure.

There are liabilities outstanding at the year end for British Telecom and Rent. These have not been included in the accounts as they are prepared on a Receipts and Payments basis.

Assets

Tangible fixed assets for use by charity

These are capitalised if they can be used for more than one year, and cost at least £250. They are valued at cost or a reasonable value on receipt. The charity does not have a policy of revaluation.

LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name Asian Family Counselling Service

Any other name the charity is known by AFCS

Charity Commission registered number 517595

For the financial year beginning on 01.04.23

For the financial year ending on 31.03.24

Charity's principal address F1, Unit 4, Triangle Centre
399 Uxbridge Road
Southall
Middx.
UB1 3EJ

Description of the charity's trusts

Governing document AFCS was constituted in August 1985. It is registered as a charity.

Objects of the charity

- 1 To advance education among persons of Asian origin and in particular, among such persons resident in the UK, about all aspects of marriage and family relationships, with a view to developing personal responsibilities and enriching family life.
- 2 To safeguard and protect the good health, both mental and physical of adults and children of Asian origin in the UK, and to prevent the hardship and distress caused by the breakdown of marriage.

Specific Investment powers None

TRUSTEES AND GOVERNANCE

Names of trustees

| Name of Trustee | Dates during which the named trustees acted if not for the whole period of this report | Names of directors of any corporate charity trustee at the date of this report | Name of person (or body) entitled to appoint any charity trustee. |
|-----------------|--|--|---|
| Nina Toller | | | |
| Rashida Punja | | | |
| Fawzia Samad | | | |

Trustee selection method Trustees are elected at the annual general meeting.

Names of the charity's custodian trustees None

ACTIVITIES AND ACHIEVEMENTS

Charity's activities and achievements during the year AFCS has set up an office in Birmingham. It has provided family, marital and individual counselling to 248 new clients and provided 1976 sessions of counselling during the year.

| | |
|---|---|
| Charity's organisational structure | The management committee of AFCS is responsible for overseeing the work of the organisation. The Director is responsible for the day to day running. It has 4 employees and 7 sessional staff and 7 volunteers. |
| Significant changes, development and future plans | AFCS has provided family, marital and individual counselling to the Asian community resident in the UK. It has been at the forefront of work done around the issue of forced marriages and abandoned spouses. It also deals with mild to moderate mental health conditions. |
| Any related parties, charities or other organistaions with which the charity co-operates in its work | |
| The contribution of volunteers | AFCS provides counselling in the various asian languages and is dependent on volunteer counsellors to provide counselling in some of the Asian languages. Online and telephone counselling etc. is provided to those persons unable to attend in person. |
| The effectiveness of fund-raising activities | AFCS is dependent on the Government for grants to provide its services. It also charges for reports for courts. |

POLICIES

There is no grant making or investment selection policy.

Major risks are reviewed at the Management Committee Meetings.

SIGNATURE AND DECLARATION

Declaration I declare, in my capacity of charity trustee, that:
- the trustees have approved the report above; and
- have authorised me to sign it on their behalf.

Signature *Fawzia Samad*
Fawzia Samad (Dec 12, 2024 17:18 GMT)

Full name Fawzia Samad

Position (eg Secretary, Chair, etc) Chair

Date 12/12/2024

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Independent Examiner's Report on the Accounts

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2024

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

In connection with our examination , no matter has come to our attention:

- 1 which gives us reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed


Anjani Boparai (Dec 17, 2024 10:23 GMT)

Date

12/12/2024

Mrs Anjani Boparai FCCA
Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

Financial Statements for the year ended 31st March 2024

for

**Asian Family Counselling Service
(NATIONAL BRANCH) REG CHARITY NO. 517595**

Asian Family Counselling Service

NATIONAL BRANCH

Income and Expenditure Account for the year ended 31.3.2024

| | <u>31.3.2024</u> | <u>31.3.2023</u> |
|---------------------------------------|------------------|------------------|
| <u>GRANTS</u> | | |
| Home Office | | |
| Goldsmith Charity | | |
| <u>OTHER INCOME</u> | | |
| Training Fees | | |
| Miscellaneous | | |
| Bank Interest Received | | |
| <u>EXPENSES</u> | | |
| Wages | | |
| Pensions | | |
| Rents.Rates and Service Charges | | |
| Light & Heat | | |
| Repairs | | |
| Consultancy Costs | | |
| Telephone | | |
| Accountancy | | |
| Equipment Rental | | |
| Bank Interest & Charges | | |
| Travelling | | |
| Sundries | | |
| Adverts,Print,Postage & Stationery | | |
| Subscriptions | | |
| AGM Expenses | | |
| <u>NET SURPLUS/(DEFICIT) FOR YEAR</u> | | |
| Income Reserve Brought Forward | <u>3449</u> | <u>3449</u> |
| Income Reserve Carried Forward | <u>3449</u> | <u>3449</u> |

Asian Family Counselling Service

NATIONAL BRANCH

Balance Sheet as at 31st March 2024

| | 31.3.2024 | | 31.3.2023 | |
|-----------------------------------|-------------|-------------|-------------|-------------|
| | £ | £ | £ | £ |
| <u>FIXED ASSETS</u> | | | | |
| Fixtures and Fittings | | | | |
| <u>CURRENT ASSETS</u> | | | | |
| Bank Deposit Account | | | | |
| Bank & Cash in Hand | | | | |
| Debtor - London Branch | 3449 | | 3449 | |
| Prepayments | | | | |
| | <u>3449</u> | | <u>3449</u> | |
| <u>CURRENT LIABILITIES</u> | | | | |
| Accruals | | | | |
| Bank Overdraft | | | | |
| | | | | |
| | | 3449 | | 3449 |
| NET ASSETS | | <u>3449</u> | | <u>3449</u> |
| Represented By:- | | | | |
| <u>CAPITAL ACCOUNT</u> | | | | |
| Income Reserve | | 3449 | | 3449 |

Approved By

Fawzia Samad

Fawzia Samad (Dec 12, 2024 17:18 GMT)

Date

12/12/2024

Approved By

Nina Toller

Date

12/12/2024

**Asian Family Counselling Service
(NATIONAL BRANCH) REG.CHARITY No 517595**

We have examined the attached financial statements in accordance with recommended Charities Act.


Anjani Boparai (Dec 17, 2024 10:23 GMT)

Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

Date 12/12/2024

Clients Approval Certificate

We approve the financial statements and confirm that we have made available all relevant records and information for their preparation.


Fawzia Samad (Dec 12, 2024 17:18 GMT)

Date 12/12/2024



Date 12/12/2024

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Independent Examiner's Report on the Accounts

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2024

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

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 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed


Anjani Boparai (Dec 17, 2024 10:23 GMT)

Date

12/12/2024

Mrs Anjani Boparai FCCA
Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

ASIAN FAMILY COUNSELLING SERVICE

England & Wales - Charity number 517595

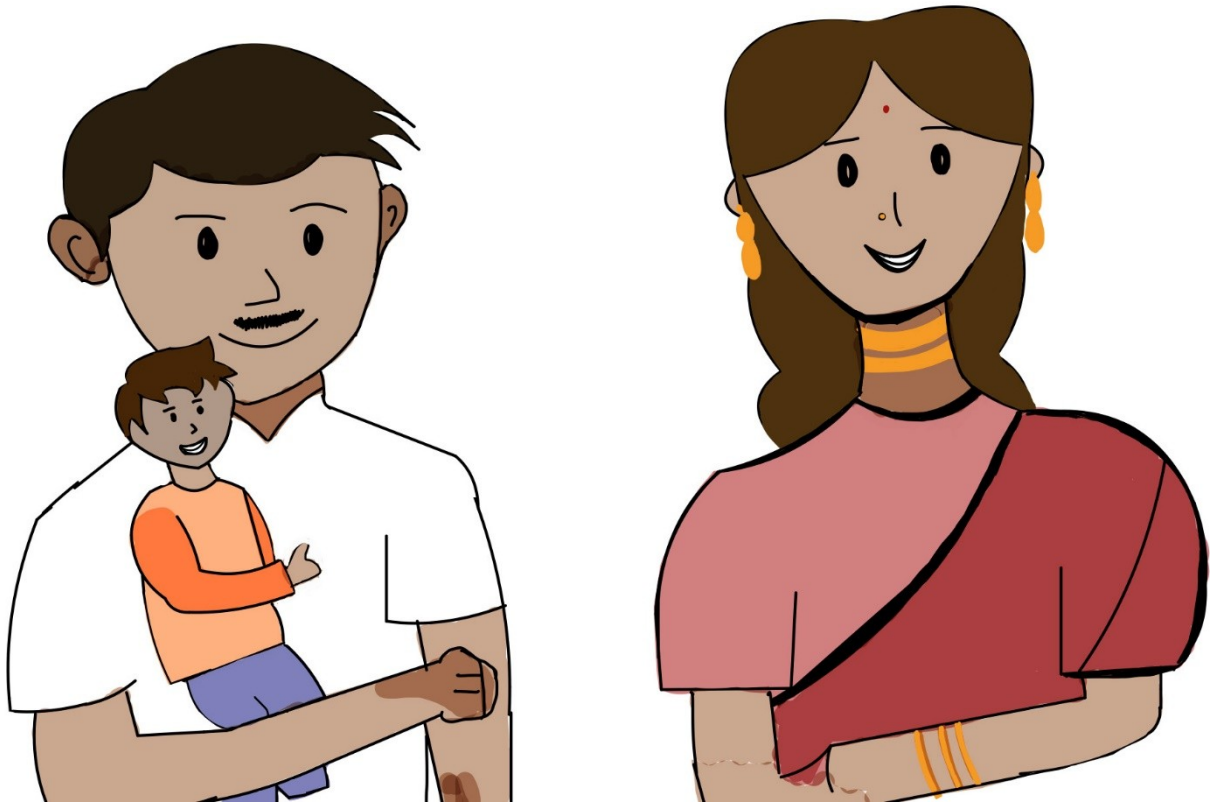
Accounts



ASIAN FAMILY COUNSELLING SERVICE

F1 UNIT 4, TRIANGLE CENTRE, 399 UXBRIDGE ROAD, SOUTHALL,
LONDON UB1 3EJ

Annual Report 2022-23



A Word from our Chair

Welcome to the Asian Family Counselling Service (AFCS) 2022-23 Annual Review. AFCS is a specialist counselling service for members of the Asian communities settled in Britain. The focus of the service is to work with couples and families undergoing marriage and family problems, as well as those who have mild to moderate mental health conditions.

AFCS was registered in 1985 as an independent counselling service. At that time there was no other counselling service in Britain serving the needs of the Asian families. Over the years it has expanded and enlarged its remit to encompass the changing needs of the Asian families settled in Britain. It has continued to provide a vital, high quality and confidential service for the Asian community for the past 38 years.

Our organisation is unique in that we provide a counselling service for the Asian community across the generations. Our counsellors speak various Asian languages and employing counsellors and volunteers who can speak Asian languages all members of the community, whether they speak English or not, are able to access a service especially as most mainstream organisations are inaccessible to them. We aim to help bridge a gap between

traditional Asian parents and their children as we understand the cultural backgrounds of our clients.

During this year, AFCS successfully completed the DWP funded Reducing Parental Conflict Programme and received funding from the Harborne Parish Land Charity, to carry out a project in its parish area. We look forward to establishing a satellite service at the Sangam Centre in North London next year, to serve the local Asian community in that area.

I would like to take this opportunity to thank all our staff and volunteers at both the London and Birmingham offices who work so hard to ensure that we continue providing a high-quality service that is valued by all those who use our service. I would also like to thank my fellow Management committee members for their input and support during this year.

Fawzia Samad

Chairperson

Who We Are

The Asian Family Counselling Service (AFCS) is a national charity which has been providing low-cost, confidential and culturally sensitive mental health and relationship counselling services in five languages to South Asian communities in Britain since 1983. Our counsellors are BACP-accredited, professionally trained and supervised therapists. They come from Hindu, Muslim and Sikh backgrounds and speak Urdu, Hindi, Gujarati, Punjabi and English, thus representing the diversity in the South Asian communities they serve.

We face an ever-increasing demand from British Asian individuals, couples and families who come to us seeking help for a wide variety of issues. They

are reluctant to access mainstream counselling services either because of language or cultural barriers. Some of our older clients have never received a formal education and cannot read or write. Even among those who are conversational in English, we find that many are far more comfortable talking about complex emotional issues and trauma in their native language. Then there are those who might be fluent in English but find it difficult to explain problems, which have a specific cultural context, to Western practitioners. Because our counsellors have lived experience of South Asian cultural norms and customs, there are fewer risks of issues being misunderstood or lost in translation. Thus, the counselling sessions are conducted more efficiently and sensitively.

Our Objectives

1. To advance awareness among people of South Asian origin resident in the UK about the benefits of marriage and relationship counselling, with the aim of developing a sense of personal responsibility and enriching family life;
2. To safeguard and protect the good health, both mental and physical, of adults and children of South Asian origin resident in the UK and to ameliorate the hardship and distress caused by the breakdown of marriage;
3. To educate the public as well as statutory and voluntary organisations about the particular issues faced by the South Asian population.

Mental Health in England

Black, Asian and minority ethnic people experience longer waiting times, and are less likely to be in recovery after treatment, when accessing NHS mental health services compared with their white counterparts, a report by NHS England has found.

The research looked at 10 years' worth of anonymised patient data from NHS Talking Therapies, formerly known as Improving Access to Psychological Therapies – an NHS programme that launched in 2008 to improve patient access to NHS mental health services. A total of 1.2 million people accessed NHS Talking Therapies services in 2021-22, and by 2024 the programme aims to help 1.9 million people in England with anxiety or depression to access treatment.

The report, *Ethnic Inequalities in Improving Access to Psychological Therapies*, commissioned by the NHS Race and Health Observatory and undertaken by the National Collaborating Centre for Mental Health, found that people from black and minority ethnic backgrounds were less likely to go on to have at least one treatment session, despite having been referred by their GP, than their white counterparts.

NHS England People from minority ethnic backgrounds were also more likely to have worse outcomes after treatment, meaning that they had lower rates of recovery. These poorer outcomes were most experienced by people from a south Asian background. For example, in 2021-22, while 51% people from white British backgrounds were in recovery after treatment, the figure was only 43% for people from a Pakistani background.

The research also found that people from minority ethnic backgrounds experienced longer waiting times for an initial assessment and between treatments and were less likely to be referred for treatment after being assessed.

The inequalities found within the programme were also linked to people from these backgrounds living in areas with higher levels of deprivation and with higher rates of unemployment.

Dr Lade Smith, the president of the Royal College of Psychiatrists, said: “For far too long we have known that people from minoritised ethnic groups don’t get the mental healthcare they need. This review confirms, despite some improvements, it remains that access, experience and outcomes of talking therapies absolutely must get better, especially for Bangladeshi people.

Satwinder Kaur, 55, who also worked on the report as a lived experience representative and who has had psychotherapy on the NHS, said that

although her experience had had positive aspects, the cultural sensitives were something that needed to be addressed.

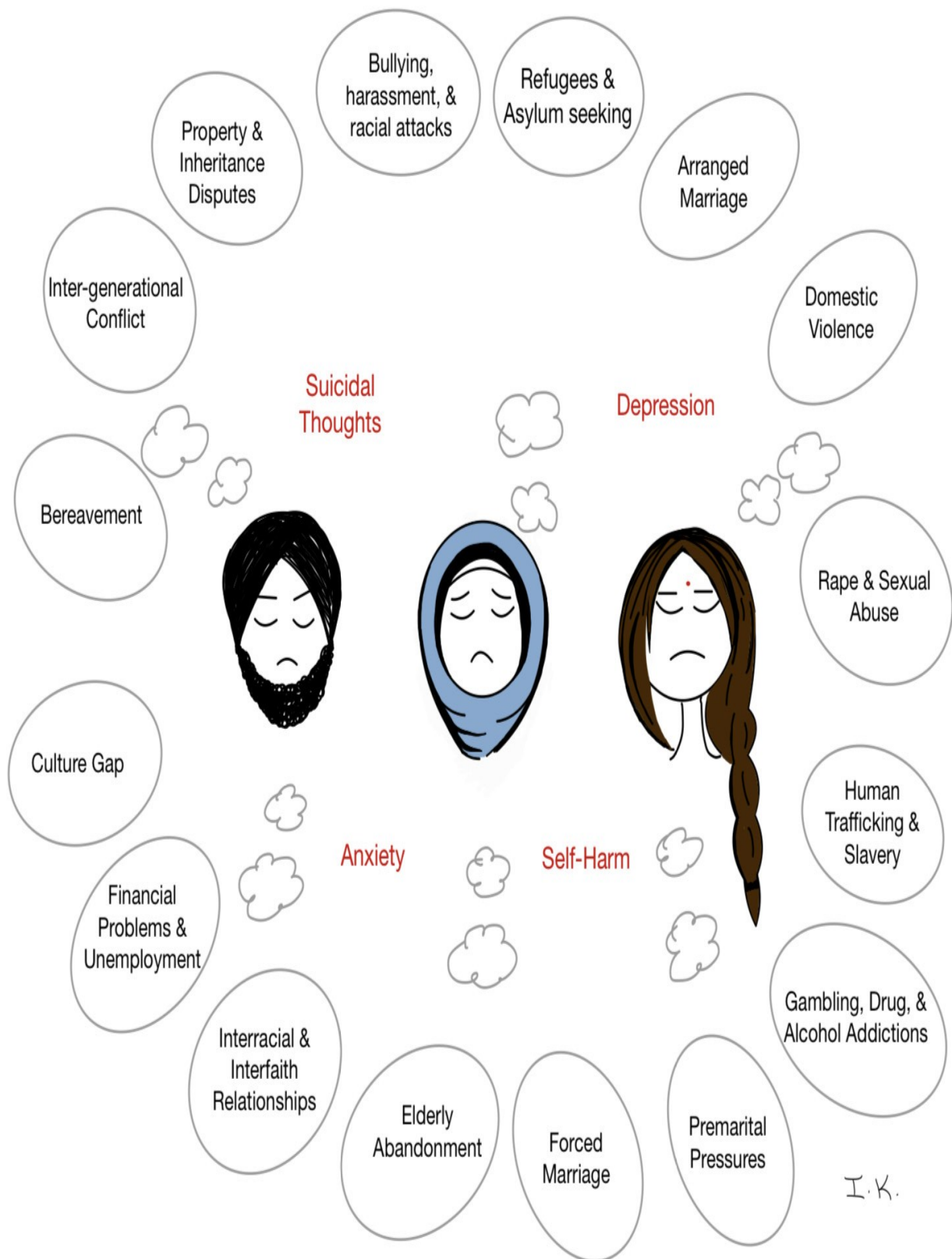
“I had this really fantastic clinician, and I didn’t have short sessions but had a 12-week programme which helped,” Kaur said. “But then there’s the cultural disconnect, there’s the stigma, and there’s also trusting people who don’t know anything about you.”¹

Mental health problems take a toll on self-esteem and on relationships and affect a person’s ability to hold down a job thus leading to a vicious circle wherein emotional and financial problems exacerbate anxiety and depression. The statistics on the numbers of Asian people in the United Kingdom with mental health problems are inconsistent, although it has been suggested that mental health problems are often unrecognised or not diagnosed in this ethnic group. Previous research has suggested that Western approaches to mental health treatment are often unsuitable and culturally inappropriate to the needs of Asian communities.



¹ <https://www.theguardian.com/society/2023/nov/01/black-and-asian-people-find-it-harder-to-access-nhs-mental-health-services-report-finds>

Issues We Deal With



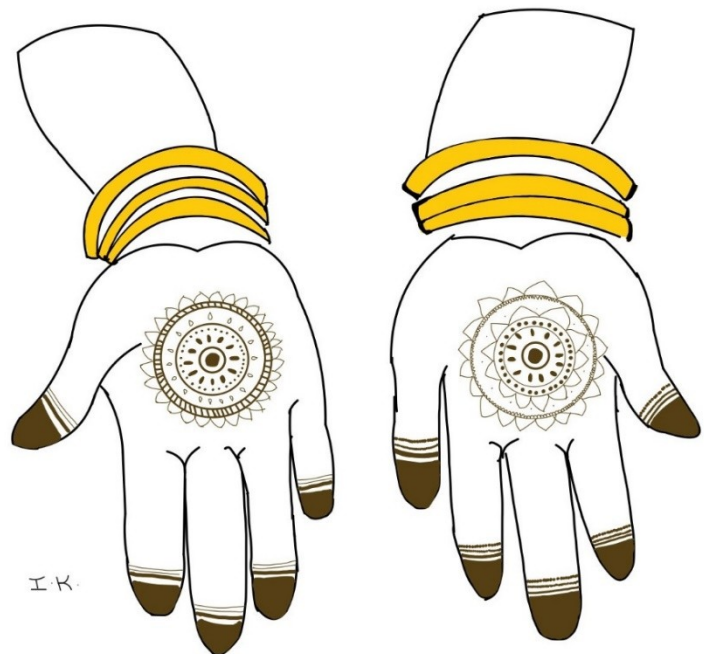
While our clients come to us with conditions that are common enough in the

field of mental health such as depression and anxiety, the underlying causes are usually due to culturally specific factors and situations.

Arranged Marriages

British Asians often face pressures to adhere to social customs brought over from the subcontinent. For instance, it is still common for parents to pressure their children into arranged marriages with partners chosen from the same religious denomination, caste and socio-economic strata. This is sometimes a source of distress for young people who have grown up in a Western social milieu which emphasises a high degree of individualism and independence. Girls and young women are especially affected as familial relationships are suffused with patriarchal norms. They might feel pressured to put their higher education or career on the backburner and have children early as well as take on additional responsibilities of caring for the elderly and domestic housework in “joint family” living arrangements. There is still a widely held preference for male children amongst South Asian families and women can be made to feel guilty and inadequate if they are unable to produce male heirs.

In recent years, there has been an increasing trend of families looking for potential suitors online as they lack the extended social network, they once enjoyed back in the subcontinent to help them with the search. This also increases the risk of marriages breaking down as there is no longer a vetting process wherein trusted family and friends can do due diligence and vouch for the suitability of the match, and there are also greater opportunities for misrepresentation and fraud.



Generation/Culture Gap and Racism

Another issue is the generation and culture gap felt by young people who are born and raised in England by parents of South Asian origin. These second-generation immigrants sometimes struggle to identify with the social and religious norms and traditions of their elders and their extended family back in the subcontinent and in turn face accusations of “losing touch with their roots”.

Meanwhile they are also vulnerable to feelings of alienation and anxiety caused by racism in British society which has been exacerbated in the wake of Brexit. Race-baiting by political leaders and public figures is unfortunately becoming the new normal and this is bound to have a profound effect on the bounds of acceptable behaviour in society at large. The Royal College of Psychiatrists has recognised the disproportionate impact that racism and racial discrimination can have on the life chances and mental health of people from Black, Asian and minority ethnic communities. Racism can lead to a profound feeling of pain, harm and humiliation among members of the target group, often leading to despair and exclusion. As the Equality and Human Rights Commission has highlighted, an individual from a Black, Asian or minority ethnic background is more likely to experience poverty, to have poorer educational outcomes, to be unemployed, and to come in contact with the criminal justice system. These, in turn, are risk factors for developing a mental illness. These individuals are also less likely to receive the care and support when they need it. As the College has previously publicly recognised, patients in the NHS may also experience racism and racial discrimination. It can lead to substantial disparity in access to and experiences of various areas of psychiatric care, including crisis care, admissions, detentions, pathways into care, readmission and use of seclusion.²

Inter-faith Relationships

Inter-faith relationships and marriages are often a source of friction in South Asian communities and can cause rifts in families which are difficult to heal. Professional group counselling sessions can help mediate in such situations

² https://www.rcpsych.ac.uk/pdf/PS01_18a.pdf

and we have had cases of families reconciling with children who had been once disowned for marrying into a different faith.

Domestic Violence and Abuse

When domestic violence or abuse (whether physical or emotional) rears its ugly head, it is still generally considered taboo amongst South Asian families to approach outsiders for help for fear of besmirching the family's honour or *izzat*. In fact, an academic study publicised by The Guardian in 2015 highlighted the problem of sexual and domestic violence being vastly under-reported in South Asian communities due to this “pervasive culture of shame”³. The study also found a widespread lack of awareness that rape within a marriage constituted a criminal offence. Asian women and girls find it especially difficult to talk



about sexual abuse when it has been perpetrated by close family relatives who they may be financially dependent on. Young brides brought over from the subcontinent, who are socially isolated and may not speak English, are especially vulnerable to abuse and exploitation by their in-laws. We have had cases where they were treated no better than forced domestic labour, were monitored at all hours of the day and had little or no freedom to even make a telephone call or leave the house unsupervised.

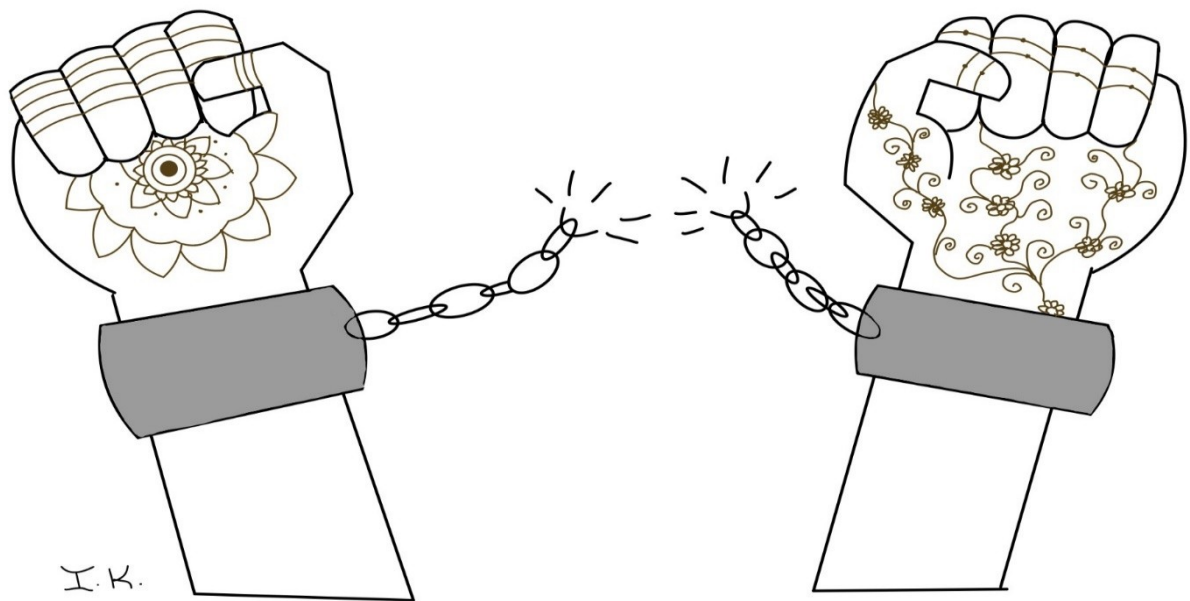
In general, there is still considerable stigma amongst Asian communities around separation and divorce which can lead to women staying in abusive relationships for long periods of time with children often bearing the brunt of

³ <https://www.theguardian.com/society/2015/sep/19/abuse-going-unreported-in-britains-south-asian-communities-study>

the dysfunctional family dynamic. There is an urgent need for more refuges and shelters for victims of domestic violence.

Forced Marriage and Stranded Spouses

We continue to see cases of forced marriage, a problem we have long sought to raise awareness about among the public and the authorities in the UK, going as far back as 1986 when we organised a seminar on “Runaway Asian Girls” in Bradford and the early 2000s when we seconded a counsellor to the Foreign and Commonwealth Office to provide specialised counselling and advice for this issue. There have been cases of young women being taken abroad, forced to marry against their will and abandoned there. There have also been a depressingly high number of cases in which the women forced into marriage were raped, impregnated and sent back to the UK to sponsor visas for the husbands. The UK government has adopted measures to allow victims of forced marriage to testify anonymously against their spouses during immigration hearings. We hope that this belated awareness on the part of the government will soon extend to the plight of stranded spouses - South Asian women who are married to British nationals, often in order to extract dowry from their parents, only to be taken back to the subcontinent subsequently and abandoned there and in some cases, forcibly separated from their children. Such individuals have no legal status or rights in the UK at the moment which makes it exceedingly difficult for them to seek justice or child custody. AFCS has often gone above and beyond the call of duty in such cases, by finding host families in the UK to sponsor their visas so they may come here and fight legal battles. We have long appealed for these abandoned spouses to be accorded the status of asylum-seekers as at the moment they have no recourse to public funds and find it exceedingly difficult to successfully apply for child custody due to lack of funds, secure housing and uncertain immigration status.



Refugees and Asylum-seekers

We also frequently deal with refugees and asylum-seekers. The latter are especially vulnerable because they often face prolonged periods of uncertainty during which their applications are under consideration. Unable to seek employment and often experiencing extreme social isolation as well as the trauma of being separated from loved ones left behind in their countries of origin, these are some of our most at-risk cases who need counselling over long periods of time.



Our Approach

At AFCS, we continue to put emphasis on listening with empathy and without judgement, providing a safe space for clients, so they are able to take a step back from their situation and understand what their issues are and how those issues are affecting them as individuals, couples, families and (when relevant) as parents. In cases where communication has broken down amongst family members or the stress of daily life has led to issues being ignored, we provide a therapeutic environment where a degree of structure is established so that each individual gets the chance to speak and be heard by his/her partner, sibling, parent or relative. We do not prescribe a particular course of action but rather support our clients in whatever choices they make. We are flexible in our approach, for example transitioning from individual to couple or group family counselling if required.

When clients first come to us, we conduct an initial assessment of their needs and determine whether our service is the most appropriate for them. If not, they are signposted to other organisations that can better meet their needs. We take a holistic approach towards our clients by providing counselling and support, as well as information in matters which may not be directly related to mental health but certainly impact the client's overall well-being and peace

of mind. For e.g., we provide information about the NHS, support groups for drug and alcohol addiction, organisations which deal with financial advice, legal aid and immigration advice, agencies which can help improve English language skills and provide coaching for the process of searching, applying and interviewing for jobs to name a few.

2022-23: The Year in Review

AFCS continued to provide its counselling services online via Zoom/Teams/WhatsApp and telephone. Although the lockdowns had long gone, clients were still hesitant to come for face-to-face sessions. They found it convenient to access the service without having to travel, find parking etc, from the comfort of their own home.

New protocols had been drawn up and emergency funding at the start of the pandemic, was secured to equip staff with the required technology to provide online and telephone delivery. Our staff – both counsellors and administrative – responded admirably and transitioned to online delivery in a way that felt seamless to clients. The response from our clients to the online and phone offer was overwhelmingly positive, and still is.

For some of our clients the foray into the outside world post Covid-19 was worrying. Many of them had been badly affected by deaths of family members during the pandemic, as well as having suffered from Covid themselves which made them fearful of living life normally. The Covid-19 pandemic had disproportionately affected minority ethnic groups in the UK. Public Health England's report on Covid-19 deaths found that, after accounting for the effect of sex, age, deprivation and region, people of Bangladeshi ethnicity faced twice the risk of death compared with people of white British ethnicity. People of Chinese, Indian, Pakistani, other Asian, Caribbean and other black ethnicity had between 10% and 50% higher risk of death when compared with white British people.

AFCS has seen a surge of demand which has meant longer waiting times for new clients. AFCS normally sees clients for 6-12 sessions, but the level of stress has been greater in the past years, partly due to the pandemic. That has meant that the counsellors are seeing current clients for more than 12 sessions, thus having an impact on the waiting times for new clients.

AFCS in Birmingham provided a hybrid service during this year as there was demand for that. AFCS in London will re-open its offices in May 2023 and will provide a hybrid service. Those clients who want a face-to-face service will be able to come to the office, while others who are reluctant to come to the office will still be offered a service over Zoom/Teams/WhatsApp video and the telephone. This offers the clients flexibility and services are provided online Monday to Saturday. We are grateful for the flexibility our counsellors have shown in this regard and for agreeing to hold sessions as per the convenience of the clients.

We are continuing to supplement our capacity with the help of volunteer counsellors. These are qualified counsellors who need to record a minimum of 450 hours of counselling before they can be accredited by the BACP. While our most complex cases are still assigned to the more experienced and BACP-accredited staff, the volunteer counsellors help alleviate the caseload within tighter budgetary constraints.

This year also marked the end of the DWP project on Reducing Parental Conflict and the evaluation report will be out next year. More details below.

AFCS participated in the Archbishops Commission on Households and Families research on what families in the UK needed to flourish.

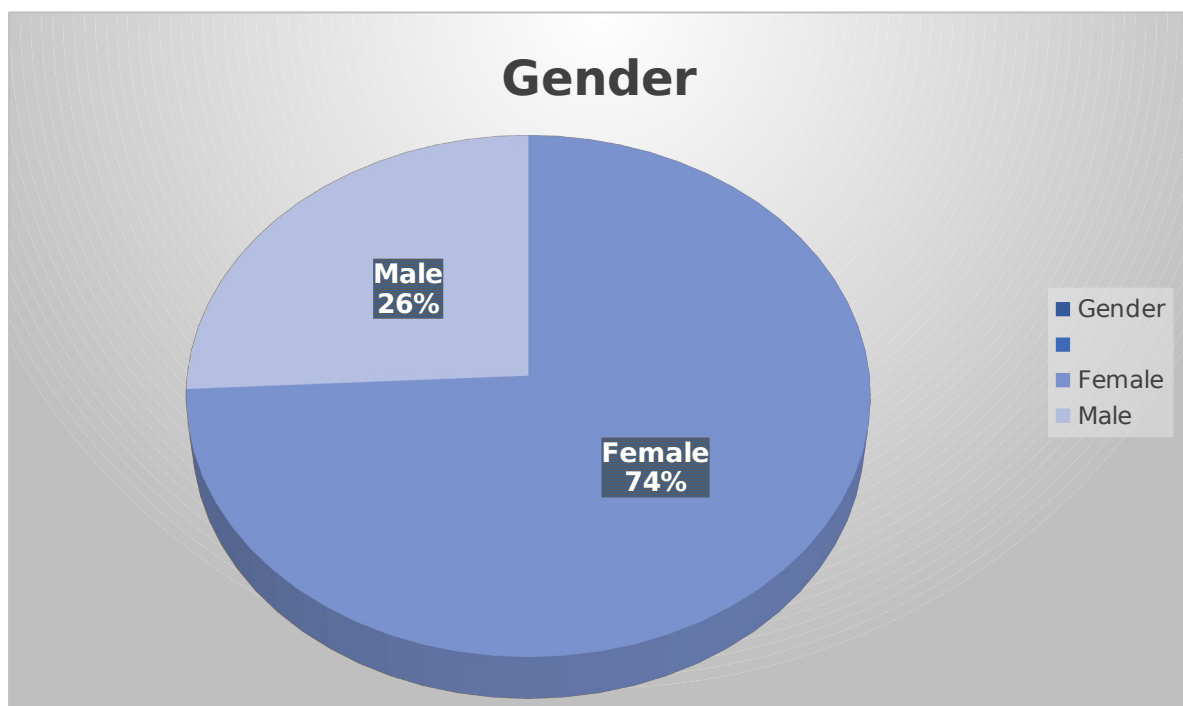
The aims of the Families & Households Commission were:

- ‘1. To articulate and address the pressures and challenges facing families and households, drawing on Christian theology and tradition, whilst also highlighting the good and the positive in terms of what works well and how that can be built on. Families and households were considered in the diverse variations in which they exist today.
2. To offer practical and deliverable ideas on what enables families and households of all shapes and sizes to flourish as the ‘fundamental nuclei’ or the cornerstones of every community in our society.
3. To make proposals to shape the trajectory of public policy relating to families and households across all government departments.
4. To look at what actions the Church of England could take, on its own or in partnership with others, to help support families and households, and to explore radical new pathways that contribute to family and human flourishing.’

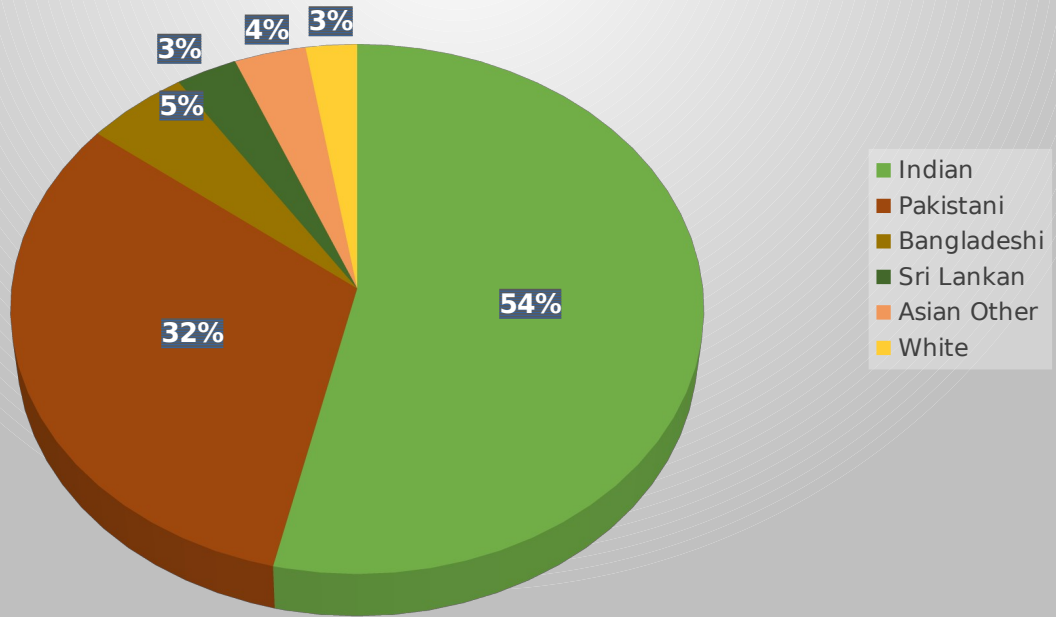
It culminated in a report 'Love Matters' - the full report is available at <https://www.churchofengland.org/sites/default/files/2023-04/hf-summary-report-digital-single-pages.pdf>

In 2022-23, we held 2127 counselling sessions with 194 clients (excluding the ones seen on the DWP project). The average number of sessions per client was 10.96. **Most of our clients (over 74%) were women. 64% of our clients were unemployed** and this meant that in many cases we had to waive the fee altogether or charge reduced or nominal fee. This has implications for the service as it then needs to raise even more funds to keep the service going.

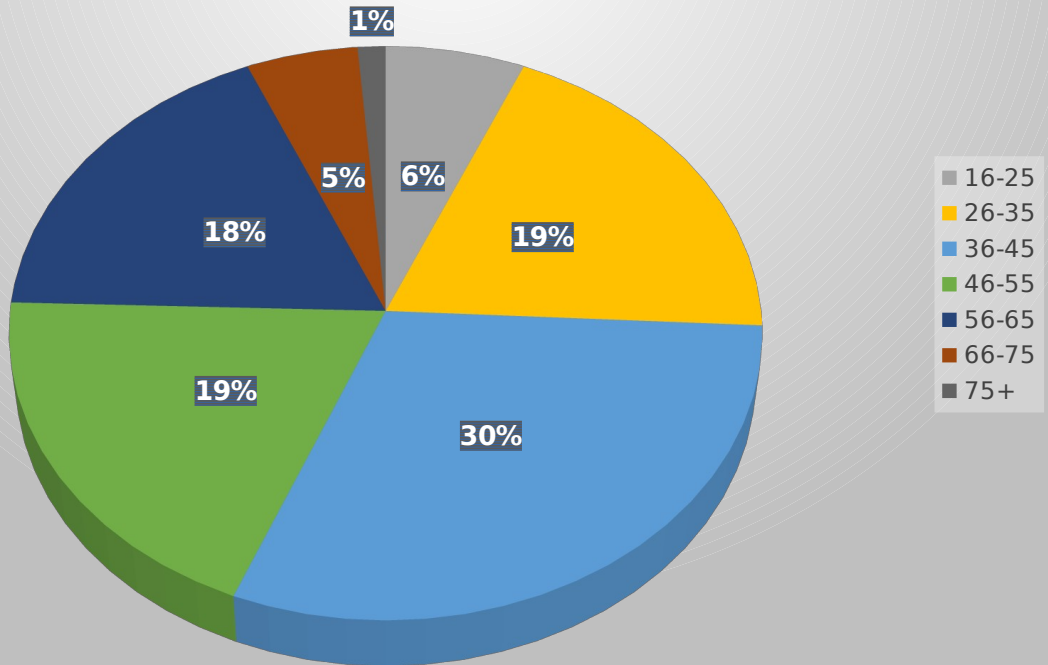
The charts below show the composition of clients by gender, age and ethnicity/nationality of origin. This year 30% of the clients we saw were in the 36-45 age group, followed by 20% in each of the 26-35 and 46-55 age groups. Most were of Indian origin (55%) followed by those of Pakistani origin (27%).



Ethnicity

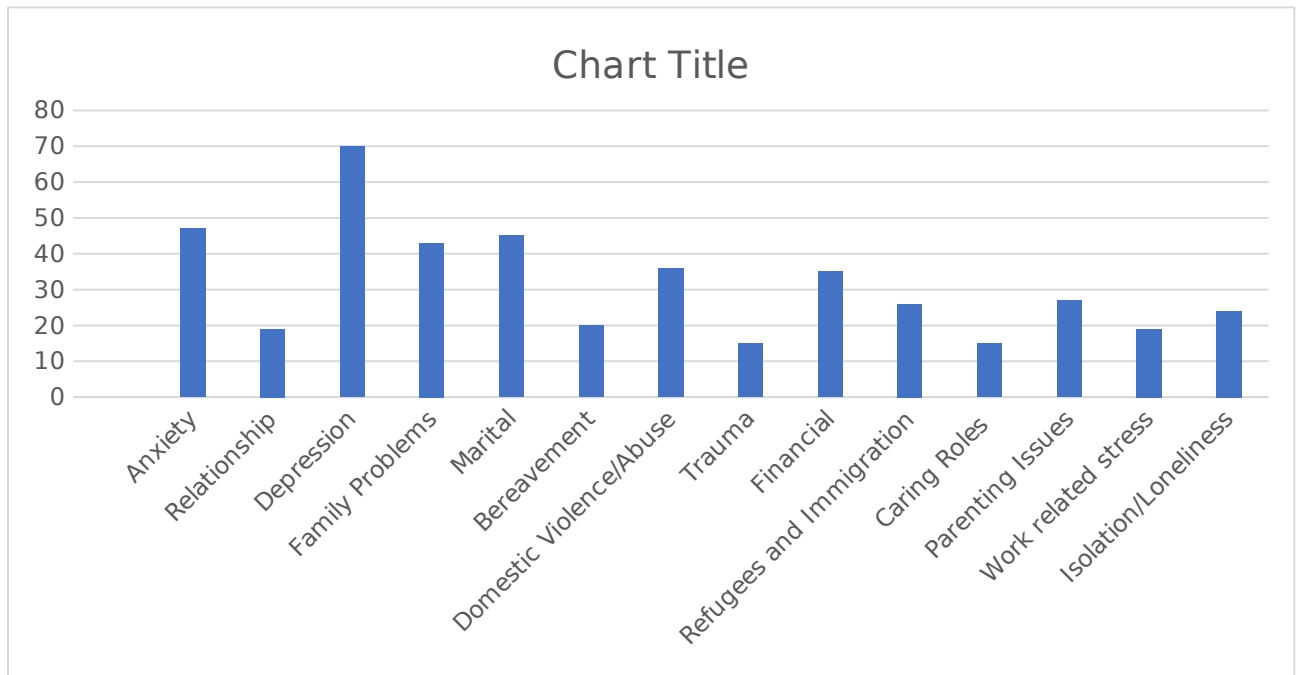


Age Range



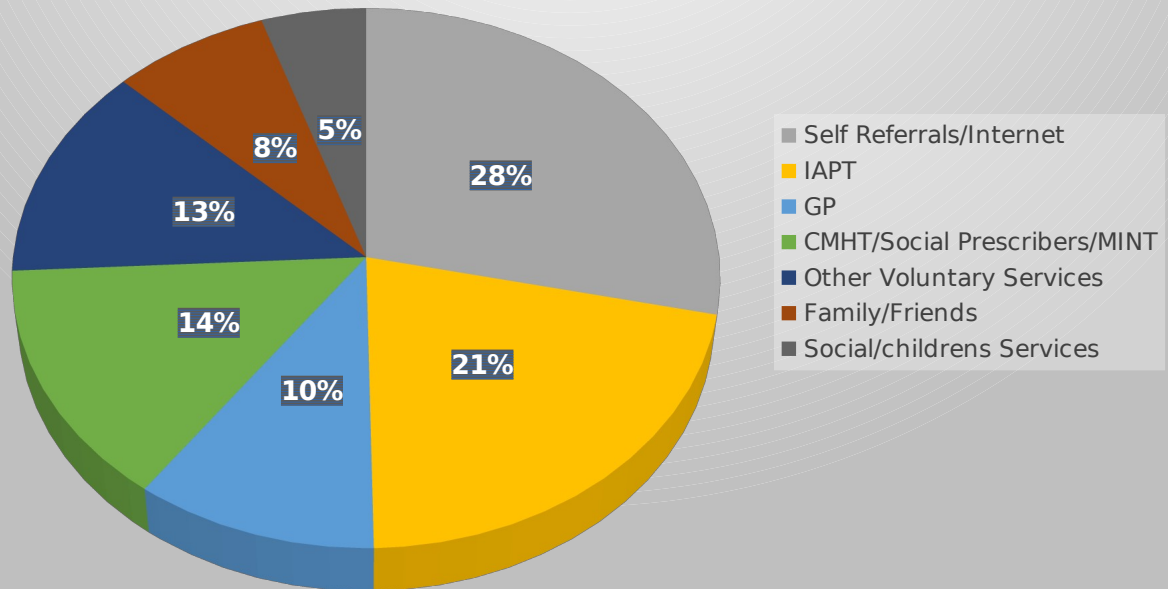
Our clients came to us with a wide range of issues, but depression, anxiety and relationship issues dominated. Below is the break-up of clients by the issue they presented with. Please note some clients presented with multiple issues so there are instances of double counting.

ISSUES



Community Mental Health Services, MINT, Social Services and other agencies.

Source of Referral



AFCS uses CORE 10, PHQ 9 and GAD 7 outcome measures to evaluate the impact of our interventions. These are administered pre-counselling to establish baseline scores and then post-counselling to measure the change. These questionnaires measure the level of depression, anxiety and mental well-being in the clients.

Many of our clients do not read or write English and so have difficulty in filling in these forms. Such clients typically provide verbal feedback at the end of counselling. The clients who can, also fill in a feedback form at the end of their counselling sessions, and that gives us an indication of the level of client satisfaction. Overall, our clients were satisfied with our service and said that they would recommend it to a friend or family member.

We received our funding this year from the Department of Works and Pensions' (DWP) Reducing Parental Conflict (RPC) programme (see details below), Ealing Council and Harborne Parish Lands Charity.

Project: The DWP's Reducing Parental Conflict Programme

AFCS was part of a consortium led by Tavistock Relationships delivering this programme funded by the Department of Works and Pensions (DWP). This was two-year pilot programme delivered in Westminster and Hertfordshire and the last referrals to this project were received mid-March 2022 and it came to an end in July 2022. Data has been sent to the DWP to measure the impact of the interventions and evaluate the success of this programme. This is given below.

We delivered the "Triple P" intervention in Hammersmith & Fulham and Kensington & Chelsea; and Mentalisation Based Therapy ("MBT") in Buckinghamshire. Clients attended 7-10 session for each of the interventions. In total, we saw 118 parents, and initial data has shown that the interventions offered to the parents enables them to communicate better, manage their feelings towards their partner better and in doing so, improve outcomes for children. Some of the key findings from a more recent report published by the DWP are:

'A significant proportion of parents felt that attending the sessions had positively affected themselves and their families.

Around half of the parents surveyed felt that the intervention had improved their relationship with their (ex) partner. This was reported both 6 months and 12 months after completion, indicating that relationship improvements were sustained over time. The proportion of parents reporting improvements was higher for of the following parent groups:

- intact parents;
- where both parents had taken part in an intervention; and
- where both parents were unemployed.

These differences were present at both the 6-month and 12-month points.

Regarding perceived positive impacts on the children in participating families, the proportion of parents reporting positive effects was higher than the proportion reporting improvements in the interparental relationship. At the 6-month point, two thirds of parents agreed that the intervention had had a positive effect on their children. This increased to three quarters at the 12-month point, with the increase driven by separated parents. This suggests that the effects on the children are more immediate in intact families than in separated families. Over time, separated families see similar positive changes, but the suggestion is that it takes time for improvements in the interparental relationship to filter through to the children and affect their behaviour and wellbeing. The types of changes in their children reported by parents included calmer behaviour based on calmer interactions from them and their children feeling happier and less anxious.

Where both parents attended RPC interventions, they were also more likely to see a positive impact on their children. Considering this and the role of disengaged partners in non-attendance, a key consideration in future delivery of support should try to ensure buy-in and attendance from both parents wherever possible (while still allowing and encouraging parents to attend on their own if this is the only option).

It is worth noting that these were self-reported findings, of parents' perceived impacts. Furthermore detailed analyses into the effects of these interventions on different aspects of interparental relationships and the wellbeing of the children in participating families is ongoing.' (Reducing Parental Conflict Programme 2018–2022 - An evaluation of the effects of interventions on parental relationships and children – available on the DWP website).

Project 2: Harborne Parish Lands Charity

AFCS was once again able to access funding from the Harborne Parish Lands Charity to provide counselling for the elderly experiencing isolation and those experiencing financial problems in the Harborne Parish area. The project started mid-January and will come to an end in January 2024.

AFCS has publicised the project in the relevant area. Leaflets and posters were drawn up and circulated and referrals started coming in. Early indications are that there is a lot of isolation and loneliness being experienced

by the elderly as do not have the same sort of community that they had access to in the Indian subcontinent. The after-effects of COVID 19 have also left our communities in Birmingham financially worse off. That, coupled with the cost-of-living crisis has left many families destitute. A full report will be available when the project ends in January 2024.

Future Plans

AFCS is in negotiations with the Sangam Association and Women's India Association to set up a satellite service in North London at Sangam's premises. It is hoped that this service will be up and running in April/May 2023. This would enable us to serve the North and East London communities closer to where they live.

We would like to thank our staff and volunteers for all their hard work and without whom we would not have been able to provide this much needed service at a time when the demand for it is higher than ever.

With the cost-of-living crisis and rising unemployment, more than ever before, we need to ensure we can continue to provide counselling at low or zero cost to those who need it the most. We will endeavour to raise more funds so as to be able to expand the service to meet the increasing demand. Our aim is to not have a waiting list.

Kulbir Randhawa
Director

FEEDBACK FROM CLIENTS

'I found the counselling very helpful, insightful and tremendously useful'


'Caring and confidential service. Felt safe in discussing all my problems and issues'

'I am happy with the way the service is currently run. I am very impressed with how professional they are and feel it helped me cope better. AFCS is


'Already excellent AFCS is an invaluable service for the Asian community and deserves more funding'

'The counsellor has helped me with my anxiety and depression. I am in a better place now'.

'Caring and confidential service. It is a safe place to discuss my issues'



‘Thank you very much for this service, it was so helpful, and X was really, really great’



I had been looking for a service that understood my culture and I am grateful that I found that at AFCS. The counsellor was very helpful, and I felt hugely supported by

Staff Information

London

Kulbir Randhawa (Director)

Balbir Bansi (Counsellor)

Baksho Johal (Counsellor)

Farhana Moussa (Counsellor)

Narinder Bains (Counsellor)

Anica Govil (Counsellor)

Jayashree Shahani (Admin)

Surabhi Narendranath (Volunteer)

Gurpal Bharj (Volunteer Counsellor)

Nehar Bird (Volunteer Counsellor)

Raman Mann (Volunteer Counsellor)

Gagandeep Singh (Volunteer Counsellor)

Roop Kaur (Volunteer Counsellor)

Birmingham

Gurbaksh Johal (Manager)

Dippica Mistry (Counsellor)

Kulwinder Panesar (Project Manager)

Financial Statements for the year ended 31st March 2023

for

**Asian Family Counselling Service
REG CHARITY NO. 517595**

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595

**Contents of the Financial Statements
for the Year Ended 31 March 2023**

| | Page |
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| Receipts & Payments | 1 |
| Balance Sheet | 2 |
| Notes to the Accounts | 3 |
| Trustees Report | 7 |
| Independent Examiner's Report | 9 |

Asian Family Counselling Service
Registered Charity No. 517595
Year End 31.03.23
Receipts and Payments for the year to 31st March 2023

| Note | RESTRICTED TOTAL | UNRESTRICTED TOTAL | 3 Total 31.03.23 | Total 31.03.22 |
|---|---------------------|-----------------------|---------------------|----------------|
| Incoming Resources | | | | |
| <i>Donations, legacies</i> | 23,250 | | 23,250 | 18,250 |
| <i>Investment Income - bank interest</i> | 0 | 528 | 528 | 73 |
| <i>Other Incoming resources</i> | 157,462 | 3,950 | 161,412 | 149,834 |
| Total Incoming Resources | 180,712 | 4,478 | 185,190 | 168,158 |
| Resources expended | | | | |
| Costs of Generating funds | | | | |
| Salaries | 0 | | 0 | 0 |
| Pension | 0 | | 0 | 0 |
| Adverts | 0 | | 0 | 0 |
| | 0 | 0 | 0 | 0 |
| Charitable expenditure: | | | | |
| <i>Costs for Charitable Objectives</i> | | | | |
| Salaries | 67,492 | | 67,492 | 60,815 |
| Pension | 2,787 | | 2,787 | 3,593 |
| Charitable Expenditure | 0 | | 0 | 0 |
| Travelling | 21 | | 21 | 0 |
| Session workers, counsellors, interpreters & Superv | 30,673 | | 30,673 | 34,976 |
| Post & Stationery | 389 | | 389 | 462 |
| Telephone | 487 | | 487 | 450 |
| Internet Services | 0 | | 0 | 0 |
| Insurance | 468 | | 468 | 489 |
| Repairs & Renewals | 905 | | 905 | 1,055 |
| Cleaning | 0 | | 0 | 0 |
| Training | 0 | | 0 | 2,772 |
| Staff & Client Welfare | 13 | | 13 | 253 |
| Subscriptions & Evaluations | 681 | | 681 | 1,227 |
| Sundry Expenses | 185 | | 185 | 150 |
| Professional & Legal Costs | 0 | | 0 | 0 |
| Rent, Rates & Service | 24,409 | | 24,409 | 29,921 |
| Light & Heat | 2,253 | | 2,253 | 1,021 |
| Depreciation | 0 | F&F | 0 | 0 |
| Depreciation | 0 | Off Equip | 0 | 0 |
| | 130,764 | 0 | 130,764 | 137,184 |
| <i>Management and Administration</i> | | | | |
| Salaries | 0 | | 0 | 0 |
| Pension | 0 | | 0 | 0 |
| Telephone | 0 | | 0 | 0 |
| Accountancy Fee | 2,000 | | 2,000 | 2,000 |
| Payroll | 670 | | 670 | 670 |
| Bank charges | 5 | 64 | 69 | 283 |
| | 2,675 | 64 | 2,739 | 2,953 |
| Total Resources expended | 133,440 | 64 | 133,504 | 140,137 |
| Net incoming resources before transfers | 47,272 | 4,414 | 51,686 | 28,021 |
| <i>Gross transfers between funds</i> | 0 | 0 | 0 | 0 |
| <i>Purchase of Fixed Asset</i> | 0 | 0 | 0 | 0 |
| Net incoming resources after transfers | 47,272 | 4,414 | 51,686 | 28,021 |
| Total funds brought forward | 90,228 | 60,971 | 151,199 | 123,178 |
| Total funds carried forward | 137,500 | 65,385 | 202,885 | 151,199 |

Approved Fawzia Samad Date 08/12/2023
Fawzia Samad (Dec 10, 2023 18:35 GMT)

Approved Nina Toller Date 08/12/2023
Nina Toller (Dec 11, 2023 18:51 GMT)

Asian Family Counselling Service

Registered Charity No. 517595

Year End 31.03.23

Statement of assets and liabilities for the Year Ended 31 March 2023

| | Note | Unrestricted funds £ | Restricted income funds £ | Total 31.03.23 £ | Total 31.03.22 £ |
|---|------|----------------------------|---------------------------------|------------------------|------------------------|
| <u>Fixed assets</u> | | | | | |
| Tangible assets | 4 | 3,674 | 0 | 3,674 | 3,674 |
| Total fixed assets | | 3,674 | 0 | 3,674 | 3,674 |
| <u>Current assets</u> | | | | | |
| Other Debtors | | 4,652 | 0 | 4,652 | 4,652 |
| Cash at bank and in hand | | 57,059 | 151,615 | 208,674 | 156,989 |
| Total current assets | | 61,711 | 151,615 | 213,326 | 161,641 |
| Creditors: amounts falling due within one year | | 0 | 14,116 | 14,116 | 14,116 |
| Net assets | | 65,385 | 137,500 | 202,885 | 151,199 |
| <u>Income funds</u> | | | | | |
| Balance brought forward | | 60,971 | 90,228 | 151,199 | 123,178 |
| Restricted funds | | | 47,272 | 47,272 | 25,970 |
| Unrestricted funds | | 4,414 | | 4,414 | 2,051 |
| Total funds | | 65,385 | 137,500 | 202,885 | 151,199 |

Approved *Fawzia Samad*
Fawzia Samad (Dec 10, 2023 18:35 GMT)

Date 08/12/2023

Approved *Nina Toller*
Nina Toller (Dec 11, 2023 18:51 GMT)

Date 08/12/2023

Note 1

General Notes

Accounting policies

| | |
|---------------------------|---|
| Basis of accounting | These accounts have been prepared by summarising all money received and paid out by the charity in the financial year, and a statement giving details of its assets and liabilities at the end of the year. |
| Change in basis | The charity has prepared these accounts on a receipts and payments basis. |
| Changes to previous years | No changes have been made to accounts for previous years. |

Note 2

Expenditure

| | | This year £ | Last year £ |
|---------------------------------|---|----------------|----------------|
| Fees for examining the accounts | Independent examiner's fees for reporting on the accounts | 2,000 | 2,000 |
| | Other fees paid to the Independent examiner | 670 | 670 |

Analysis of resources expended

| | | This year £ | Last year £ |
|---------------------------|----------------------|----------------|----------------|
| Costs of generating funds | Salaries | 0 | 0 |
| | Pension | 0 | 0 |
| | Adverts /Photocopier | 0 | 0 |
| | Total | 0 | 0 |

Costs for Charitable Objectives

| | | | |
|--|--|---------|---------|
| | Salaries | 67,492 | 60,815 |
| | Pension | 2,787 | 3,593 |
| | Charitable Expenditure | 0 | 0 |
| | Travelling | 21 | 0 |
| | Session workers, counsellors & Support | 30,673 | 34,976 |
| | Post & Stationery | 389 | 462 |
| | Telephone | 487 | 450 |
| | Internet Services | 0 | 0 |
| | Insurance | 468 | 489 |
| | Repairs & Renewals | 905 | 1,055 |
| | Cleaning | 0 | 0 |
| | Training | 0 | 2,772 |
| | Staff & Client Welfare | 13 | 253 |
| | Subscriptions & Evaluations | 681 | 1,227 |
| | Sundry Expenses | 185 | 150 |
| | Professional & Legal Costs | 0 | 0 |
| | Rent, Rates & Service | 24,409 | 29,921 |
| | Light & Heat | 2,253 | 1,021 |
| | Depreciation F&F | 0 | 0 |
| | Depreciation Off Equip | 0 | 0 |
| | Total | 130,764 | 137,184 |

| | | | |
|-------------------------------------|-----------------|--------------|--------------|
| Management and Administration costs | Salaries | 0 | 0 |
| | Pension | 0 | 0 |
| | Telephone | 0 | 0 |
| | Accountancy Fee | 2,000 | 2,000 |
| | Payroll | 670 | 670 |
| | Bank charges | 69 | 283 |
| | Total | 2,739 | 2,953 |

Note 3

Paid Employees

This year Last year
£ £

| | | |
|--------------------------|---------------|---------------|
| Gross wages & salaries | 65,820 | 58,850 |
| Employers NI | 1,672 | 1,965 |
| Pension Contributions | 2,787 | 1,462 |
| Total Staff costs | 70,280 | 62,277 |

Ave. number of employees in the year

| | |
|---|---|
| 2 | 2 |
|---|---|

Details of employees engaged in following activities:

| | | |
|---|------------|------------|
| Costs of generating funds | 0.0 | 0.0 |
| Activities in furtherance of charity's objectives | 2.0 | 2.0 |
| Management & Admin | 0.0 | 0.0 |
| Other | 0.0 | 0.0 |
| Total | 2.0 | 2.0 |

No employees have emoluments over £50,000

Note 4

Tangible Fixed Assets

| | <u>Fixtures & Fittings</u> | <u>Office Equipment</u> | <u>Total</u> |
|------------------------|--------------------------------|-------------------------|--------------|
| COST: | | | |
| At 1 April 2022 | 10,741 | 30,518 | 41,259 |
| Additions | | | 0 |
| At 31 March 2023 | 10,741 | 30,518 | 41,259 |
| DEPRECIATION : | | | |
| At 1 April 2022 | 10,714 | 26,871 | 37,585 |
| Additions | | | 0 |
| At 31 March 2023 | 10,714 | 26,871 | 37,585 |
| NET BOOK VALUE: | | | |
| At 31 March 2023 | 27 | 3,647 | 3,674 |
| At 31 March 2022 | 27 | 3,647 | 3,674 |

Note 5

Restricted funds

| Fund name | Type | Purpose and Restictions | Amount |
|--|------|--|----------|
| Department of Works & Pensions (via Tavistock Relationships) | R | Improving outcomes for children, young people and families | £157,462 |
| London Borough Ealing Joint Commissioning | R | Providing counselling for the Asian community in Ealing | £18,250 |
| Harborne Parish Land 's | R | | £5,000 |

Note 6

Declarations

| | |
|---|---|
| Adequacy of assets to meet fund restrictions | Sufficient resources are held in an appropriate form to enable each fund to be applied in accordance with restrictions imposed. |
| Branches | The charity has one branch. |
| Change in year end | The trustees have not changed the year end date nor the length of the charity's financial year. |
| Designated funds | The charity does not have any designated funds. |
| Discontinued, continuing and acquired operations | All the charities operations are continuing operations and there were no operations discontinued or acquired during the year. |
| Fund in deficit | No funds (unrestricted or restricted) are in deficit at the balance sheet date. |
| Inalienable or historic assets | The charity had no assets at the balance sheet date classed as inalienable or historic. |
| Intangible assets | The charity has no intangible assets. |
| Inter-fund loans | There were no inter-fund loans outstanding at the balance sheet date. |
| Revaluations | None of the charity's functional fixed assets have been revalued during the year and the charity does not have a policy of revaluation of these assets. |
| Subsidiaries | The charity has no subsidiary companies. |
| Uncapitalised fixed assets | The charity has no material fixed assets which have not been capitalised and included on the balance sheet. |
| Reserves | The use of unrestricted reserves are determined by the Trustees. |

Incoming Resources

| | |
|---|---|
| Donations, legacies and similar incoming resources | These are included in the Receipts and Payments (R&P) schedule when: - the charity receives the donation or similar income and any conditions for receipt are met; |
| Tax reclaims on donations and gifts | Incoming resources from tax claims are included on the R&P when received. |
| Incoming resources from fund-raising | These are reported gross in the R&P. |
| Gifts in kind for sale or distribution | These are not included in R&P accounts. |
| Gifts in kind for use by the charity | These are not included in R&P accounts. |
| Intangible income (eg donated facilities) | This is only included in incoming resources (with an equivalent amount in resources expended) where another party is bearing the financial cost of the resources supplied and the benefit is quantifiable, receivable and material. Intangible income is valued at the lower of the cost borne by the party bearing the cost and a reasonable estimate of the value of the donation to the charity. |
| Volunteer help | The value of any voluntary help received is not included in the accounts but is described in the annual report. |
| Investment income | This and any associated tax credits are included in the accounts when receivable. |

Expenditure and Liabilities

| | |
|------------------------------|---|
| Liability recognition | Generally liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. There are liabilities outstanding at the year end for British Telecom and Rent. These have not been included in the accounts as they are prepared on a Receipts and Payments basis. |
|------------------------------|---|

Assets

| | |
|---|--|
| Tangible fixed assets for use by charity | These are capitalised if they can be used for more than one year, and cost at least £250. They are valued at cost or a reasonable value on receipt. The charity does not have a policy of revaluation. |
|---|--|

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Trustees' Annual Report

LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name Asian Family Counselling Service

Any other name the charity is known by AFCS

Charity Commission registered number 517595

For the financial year beginning on 01.04.22

For the financial year ending on 31.03.23

Charity's principal address F1, Unit 4, Triangle Centre
399 Uxbridge Road
Southall
Middx.
UB1 3EJ

Description of the charity's trusts

Governing document AFCS was constituted in August 1985.
It is registered as a charity.

Objects of the charity

- 1 To advance education among persons of Asian origin and in particular, among such persons resident in the UK, about all aspects of marriage and family relationships, with a view to developing personal responsibilities and enriching family life.
- 2 To safeguard and protect the good health, both mental and physical of adults and children of Asian origin in the UK, and to prevent the hardship and distress caused by the breakdown of marriage.

Specific Investment powers None

TRUSTEES AND GOVERNANCE

Names of trustees

| Name of Trustee | Dates during which the named trustees acted if not for the whole period of this report | Names of directors of any corporate charity trustee at the date of this report | Name of person (or body) entitled to appoint any charity trustee. |
|-----------------|--|--|---|
| Nina Toller | | | |
| Rashida Punja | | | |
| Fawzia Samad | | | |

Trustee selection method Trustees are elected at the annual general meeting.

Names of the charity's custodian trustees None

ACTIVITIES AND ACHIEVEMENTS

| | |
|---|--|
| Charity's activities and achievements during the year | AFCS has set up an office in Birmingham. It has provided family, marital and individual counselling to 194 new clients and provided 2127 sessions of counselling during the year. |
| Charity's organisational structure | The management committee of AFCS is responsible for overseeing the work of the organisation. The Director is responsible for the day to day running. It has 3 employees and 7 sessional staff and 10 volunteers. |
| Significant changes, development and future plans | AFCS has provided family, marital and individual counselling to the Asian community resident in the UK. It has been at the forefront of work done around the issue of forced marriages and abandoned spouses. |
| Any related parties, charities or other organistaions with which the charity co-operates in its work | |
| The contribution of volunteers | AFCS provides counselling in the various asian languages and is dependent on volunteer counsellors to provide counselling in some of the Asian languages. Online and telephone counselling etc. is provided to those persons unable to attend in person. |
| The effectiveness of fund-raising activities | AFCS is dependent on the Government for grants to provide its services. It also charges for training workshops and reports for courts. |

POLICIES

There is no grant making or investment selection policy.

Major risks are reviewed at the Management Committee Meetings.

SIGNATURE AND DECLARATION

Declaration I declare, in my capacity of charity trustee, that:

- the trustees have approved the report above; and
- have authorised me to sign it on their behalf.

Signature 
Fawzia Samad (Dec 10, 2023 18:35 GMT)

Full name Fawzia Samad

Position (eg Secretary, Chair, etc) Chair

Date 08/12/2023

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Independent Examiner's Report on the Accounts

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2023

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

In connection with our examination , no matter has come to our attention:

- 1 which gives us reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed *A Boparai*
A Boparai (Df: 12, 2023 09:55 GMT)

Date 08/12/2023

Mrs Anjani Boparai FCCA
Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

Financial Statements for the year ended 31st March 2023

for

**Asian Family Counselling Service
(NATIONAL BRANCH) REG CHARITY NO. 517595**

Asian Family Counselling Service

NATIONAL BRANCH

Income and Expenditure Account for the year ended 31.3.2023

| | <u>31.3.2023</u> | <u>31.3.2022</u> |
|---------------------------------------|------------------|------------------|
| <u>GRANTS</u> | | |
| Home Office | | |
| Goldsmith Charity | | |
| <u>OTHER INCOME</u> | | |
| Training Fees | | |
| Miscellaneous | | |
| Bank Interest Received | | |
| <u>EXPENSES</u> | | |
| Wages | | |
| Pensions | | |
| Rents.Rates and Service Charges | | |
| Light & Heat | | |
| Repairs | | |
| Consultancy Costs | | |
| Telephone | | |
| Accountancy | | |
| Equipment Rental | | |
| Bank Interest & Charges | | |
| Travelling | | |
| Sundries | | |
| Adverts,Print,Postage & Stationery | | |
| Subscriptions | | |
| AGM Expenses | | |
| <u>NET SURPLUS/(DEFICIT) FOR YEAR</u> | | |
| Income Reserve Brought Forward | <u>3449</u> | <u>3449</u> |
| Income Reserve Carried Forward | <u>3449</u> | <u>3449</u> |

Asian Family Counselling Service

NATIONAL BRANCH

Balance Sheet as at 31st March 2023

| | 31.3.2023 | | 31.3.2022 | |
|-----------------------------------|-------------|-------------|-------------|-------------|
| | £ | £ | £ | £ |
| <u>FIXED ASSETS</u> | | | | |
| Fixtures and Fittings | | | | |
| <u>CURRENT ASSETS</u> | | | | |
| Bank Deposit Account | | | | |
| Bank & Cash in Hand | | | | |
| Debtor - London Branch | 3449 | | 3449 | |
| Prepayments | | | | |
| | <u>3449</u> | | <u>3449</u> | |
| <u>CURRENT LIABILITIES</u> | | | | |
| Accruals | | | | |
| Bank Overdraft | | | | |
| | | | | |
| | | 3449 | | 3449 |
| NET ASSETS | | <u>3449</u> | | <u>3449</u> |
| Represented By:- | | | | |
| <u>CAPITAL ACCOUNT</u> | | | | |
| Income Reserve | | <u>3449</u> | | <u>3449</u> |

Approved By

Fawzia Samad
Fawzia Samad (Dec 10, 2023 18:35 GMT)

Date

08/12/2023

Approved By

Nina Toller
Nina Toller (Dec 11, 2023 18:51 GMT)

Date

08/12/2023

**Asian Family Counselling Service
(NATIONAL BRANCH) REG.CHARITY No 517595**

We have examined the attached financial statements in accordance with recommended Charities Act.

A Boparai
A Boparai (Dec 12, 2023 09:55 GMT)

Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

Date 08/12/2023

Clients Approval Certificate

We approve the financial statements and confirm that we have made available all relevant records and information for their preparation.

Fawzia Samad
Fawzia Samad (Dec 10, 2023 18:35 GMT)

Date 08/12/2023

Nina Toller
Nina Toller (Dec 11, 2023 18:51 GMT)

Date 08/12/2023

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Independent Examiner's Report on the Accounts

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2023

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

In connection with our examination, no matter has come to our attention:

- 1 which gives us reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

A. Boparai
A Boparai (D.C. 12, 2023 09:55 GMT)

Date

08/12/2023

Mrs Anjani Boparai FCCA
Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

ASIAN FAMILY COUNSELLING SERVICE

England & Wales - Charity number 517595

Accounts



Annual Report 2020-21



A Word from our Chair

Every year it is a pleasure to report that The Asian Family Counselling Service is still going strong. It is now in its 38th year of providing counselling to the Asian Community nationally. We continue to provide a useful service to our clients to help with relationship problems as well as family issues. The dynamics of modern day living in the UK and living in extended families can be challenging. Forced marriages, abandoned spouses, living with in-laws are among many of the problems facing the Asian community and our counsellors do an excellent job of providing counselling in a culturally sensitive way to help our clients.

The start of this year coincided with the onslaught of COVID19. Over the year it has unfortunately not gone away and the need for counselling has in fact increased our client base manifold. Previously, we reached out to people outside our two main offices in London and Birmingham by providing telephone counselling. We have now found that many clients are happy to have counselling sessions on Zoom. In the past, there would have been resistance to not having face-to-face counselling, but Covid has changed that and many of our clients are more than willing to have counselling sessions on-line. This has been an extremely useful and helpful means for people because being in lockdown has affected people on a national level and as has been reported in the press the cases of domestic violence have gone up. Covid and lockdown has had an adverse effect on fragile relationships. We have a very long waiting list, and our counsellors work very hard to provide as much support as they can.

Our counsellors and volunteers have gone an extra mile to provide the best service they could and I have to thank them all. A big thank you too, to Kulbir Randhawa, the Director of AFCS who works relentlessly to ensure that we run a smooth service.

We look forward to another challenging year and hope that this time next year we can all return to our normal lives.

Fawzia Samad
Chair

Who We Are

The Asian Family Counselling Service (AFCS) is a national charity which has been providing low-cost, confidential and culturally sensitive mental health and relationship counselling services in five languages to South Asian communities in Britain since 1983. Our counsellors are BACP-accredited, professionally trained and supervised therapists. They come from Hindu, Muslim and Sikh backgrounds and speak Urdu, Hindi, Gujarati, Punjabi and English, thus representing the diversity in the South Asian communities they serve.

We face an ever-increasing demand from British Asian individuals, couples and families who come to us seeking help for a wide variety of issues. They are reluctant to access mainstream counselling services either because of language or cultural barriers. Some of our older clients have never received a formal education and cannot read or write. Even among those who are conversational in English, we find that many are far more comfortable talking about complex emotional issues and trauma in their native language. Then there are those who might be fluent in English but find it difficult to explain problems, which have a specific cultural context, to Western practitioners. Because our counsellors have lived experience of South Asian cultural norms and customs, there are fewer risks of issues being misunderstood or lost in translation. Thus, the counselling sessions are conducted more efficiently and sensitively.

Our Objectives

1. To advance awareness among people of South Asian origin resident in the UK about the benefits of marriage and relationship counselling, with the aim of developing a sense of personal responsibility and enriching family life;
2. To safeguard and protect the good health, both mental and physical, of adults and children of South Asian origin resident in the UK and to ameliorate the hardship and distress caused by the breakdown of marriage;
3. To educate the public as well as statutory and voluntary organisations about the particular issues faced by the South Asian population.

Mental Health in England

1 in 4 people experience mental health issues each year. 24% of women and 13% of men in England are diagnosed with depression in their lifetime. Mental illness is the second-largest source of burden of disease in England. Mental illnesses are more common, long-lasting and impactful than other health conditions.¹

The IAPT service (Improving Access to Psychological Therapies) which provides therapy, such as counselling, to adults with conditions like depression, post-traumatic stress disorder and anxiety, starts seeing nine in 10 patients within the target time of six weeks. But that masks the fact many then face long waits for regular treatment. Half of patients waited over 28 days, and one in six longer than 90 days, between their first and second sessions in the past year.² For most, the first session is a combination of an assessment and basic advice, with the second appointment marking the start of the core treatment sessions. AFCS receives regular referrals from the IAPT service, especially those clients who do not speak any English and require counselling in various Asian languages.

Mental health problems take a toll on self-esteem and on relationships and affect a person's ability to hold down a job thus leading to a vicious circle wherein emotional and financial problems exacerbate anxiety and depression. The statistics on the numbers of Asian people in the United Kingdom with mental health problems are inconsistent, although it has been suggested that mental health problems are often unrecognised or not diagnosed in this ethnic group. Research has suggested that Western approaches to mental health treatment are often unsuitable and culturally inappropriate to the needs of Asian communities.³

Depression and anxiety are some of the most common psychological problems, affecting nearly everyone either through personal experience or through close family members. Many of our clients are depressed because they are isolated and do not have the same sort of community backup as in the Indian subcontinent. This is further compounded by the fact that many of the women do not speak English and are not able to seek appropriate help at mainstream services. This became even more pronounced during the COVID19 pandemic, with a lot of Asian families facing bereavements,

¹ <https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/>

² <https://www.bbc.co.uk/news/health-50658007>

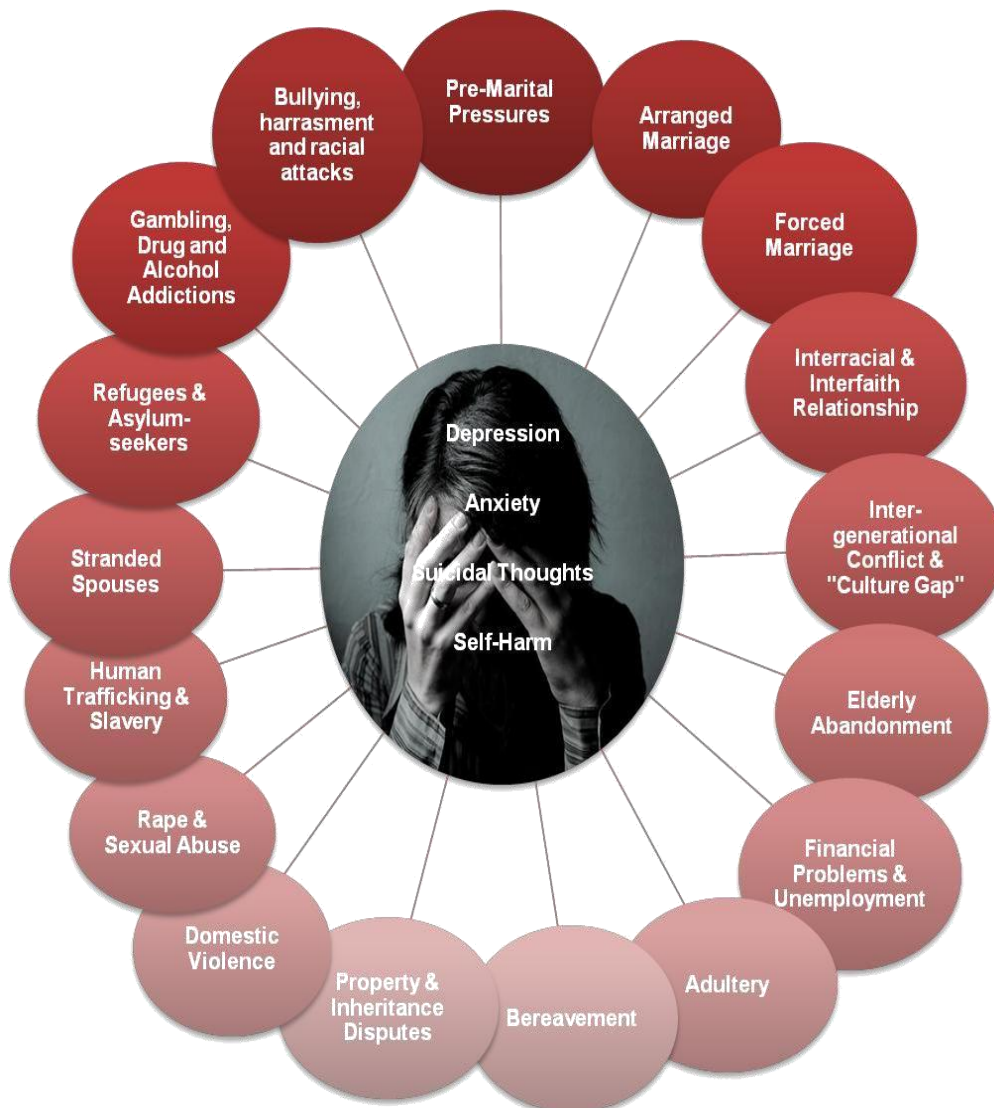
³ <https://www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities>

redundancies, furloughs and family strife due to being in lockdown. Anxieties centred around contracting COVID19, losing loved ones, being made redundant and financial matters.

AFCS was approached by many doctors and nurses for support especially during the times when the NHS was being overwhelmed by COVID19 patients. Not having enough PPE was also an issue that many of the health professionals were anxious about.

Issues We Deal With

While our clients come to us with conditions that are common enough in the field of mental health such as depression and anxiety, the underlying causes are usually due to culturally specific factors and situations.



Arranged Marriages

British Asians often face pressures to adhere to social customs brought over from the subcontinent. For instance, it is still common for parents to pressure their children into arranged marriages with partners chosen from the same religious denomination, caste and socio-economic strata. This is sometimes a source of distress for young people who have grown up in a Western social milieu which emphasises a high degree of individualism and independence. Girls and young women are especially affected as familial relationships are suffused with patriarchal norms. They might feel pressured to put their higher education or career on the backburner and have children early as well as take on additional responsibilities of caring for the elderly and domestic housework in “joint family” living arrangements. There is still a widely held preference for male children amongst South Asian families and women can be made to feel guilty and inadequate if they are unable to produce male heirs.

In recent years, there has been an increasing trend of families looking for potential suitors online as they lack the extended social network they once enjoyed back in the subcontinent to help them with the search. This also increases the risk of marriages breaking down as there is no longer a vetting process wherein trusted family and friends can do due diligence and vouch for the suitability of the match, and there are also greater opportunities for misrepresentation and fraud.



Asian women still find it difficult to address the issues in an unhappy marriage, even though they are much more aware of the nature of the problems. Dissolving a marriage is still a very difficult decision for women, and hard for their families and the community to accept; separation or divorce is often blamed on the woman and the stigma is still very great. The impact of all this on their children is even greater. At AFCS, we are endeavouring to mitigate the effect of divorce and separation on the family. We have continued to provide contact for families where the parents have separated and the couple has been instructed by the courts to come to AFCS, for the absent parent to have contact with their child/ren when our offices were open. Sadly, this could not be carried out while the office was closed.

Generation/Culture Gap and Racism

Another issue is the generation and culture gap felt by young people who are born and raised in England by parents of South Asian origin. These second-generation clients sometimes struggle to identify with the social and religious norms and traditions of their elders and their extended family back in the subcontinent and in turn face accusations of 'losing touch with their roots'. Meanwhile they are also vulnerable to feelings of alienation and anxiety caused by racism in British society which has been exacerbated in the wake of Brexit. Race-baiting by political leaders and public figures is unfortunately becoming the new normal and this is bound to have a profound effect on the bounds of acceptable behaviour in society at large.

The Royal College of Psychiatrists has recognised the disproportionate impact that racism and racial discrimination can have on the life chances and mental health of people from Black, Asian and minority ethnic communities. Racism can lead to a profound feeling of pain, harm and humiliation among members of the target group, often leading to despair and exclusion. As the Equality and Human Rights Commission has highlighted, an individual from a Black, Asian or minority ethnic background is more likely to experience poverty, to have poorer educational outcomes, to be unemployed, and to come in contact with the criminal justice system. These, in turn, are risk factors for developing a mental illness. These individuals are also less likely to receive the care and support when they need it. As the College has previously publicly recognised, patients in the NHS may also experience racism and racial discrimination. It can lead to substantial disparity in access to and experiences of various areas of psychiatric care, including crisis care, admissions, detentions, pathways into care, readmission and use of seclusion.⁴ These findings are consistent with the experience of AFCS's clients.

⁴ https://www.rcpsych.ac.uk/pdf/PS01_18a.pdf

Inter-faith Relationships

Inter-faith relationships and marriages are often a source of friction in South Asian communities and can cause rifts in families which are difficult to heal. Family counselling sessions can help mediate in such situations and we have had cases of families reconciling with children who had been once disowned for marrying into a different faith. We have had cases where the child may not have told the parents about their girlfriend/boyfriend and fear the reaction that this knowledge may provoke in their parents. During family counselling, they have been encouraged to tell their parents and many times the parents react favourably, surprising the children. There are, of course times when there is an adverse reaction from the parents and appropriate support has to be provided to all parties.

Domestic Violence and Abuse

When domestic violence or abuse (whether physical or emotional) rears its ugly head, it is still generally considered taboo amongst South Asian families to approach outsiders for help for fear of besmirching the family's honour or *izzat*. In fact, an academic study publicised by The Guardian in 2015 highlighted the problem of sexual and domestic violence being vastly under-reported in South Asian communities due to this 'pervasive culture of shame'⁵. The study also found a widespread lack of awareness that rape within a marriage constituted a criminal offence. Asian women and girls find it especially difficult to talk about sexual abuse when it has been perpetrated by close family relatives who they may be financially dependent on. Young brides brought over from the subcontinent, who are socially isolated and may not speak English, are especially vulnerable to abuse and exploitation by their in-laws. We have had cases where they were treated no better than forced domestic labour, were monitored at all hours of the day and had little or no freedom to even make a telephone call or leave the house unsupervised.

In general, there is still considerable stigma amongst Asian communities around separation and divorce which can lead to women staying in abusive relationships for long periods of time with children often bearing the brunt of the



⁵ <https://www.theguardian.com/society/2015/sep/19/abuse-going-unreported-in-britains-south-asian-communities-study>

dysfunctional family dynamic. There is an urgent need for more refuges and shelters for victims of domestic violence.

Forced Marriages and Stranded Spouses

We continue to see cases of forced marriage, a problem we have long sought to raise awareness about among the public and the authorities in the UK, going as far back as 1986 when we organised a seminar on 'Runaway Asian Girls' in Bradford and the early 2000s when we seconded a counsellor to the Foreign and Commonwealth Office to provide specialised counselling and advice for this issue. There have been cases of young women being taken abroad, forced to marry against their will and abandoned there. There have also been a depressingly high number of cases in which the women forced into marriage were raped, impregnated and sent back to the UK to sponsor visas for the husbands.

The UK government has adopted measures to allow victims of forced marriage to testify anonymously against their spouses during immigration hearings. We hope that this belated awareness on the part of the government will soon extend to the plight of stranded spouses - South Asian women who are married to British nationals, often in order to extract dowry from their parents, only to be taken back to the subcontinent subsequently and abandoned there and in some cases, forcibly separated from their children. Such individuals have no legal status or rights in the UK at the moment which makes it exceedingly difficult for them to seek justice or child custody. AFCS has often gone above and beyond the call of duty in such cases, by finding host families in the UK to sponsor their visas so they may come here and fight legal battles. We have long appealed for these abandoned spouses to be accorded the status of asylum-seekers as at the moment they have no recourse to public funds and find it exceedingly difficult to successfully apply for child custody due to lack of funds, secure housing and uncertain immigration status.

Refugees and Asylum-seekers

We also frequently deal with refugees and asylum-seekers. The latter are especially vulnerable because they often face prolonged periods of uncertainty during which their applications are under consideration. Unable to seek employment and often experiencing extreme social isolation as well as the trauma of being separated from loved ones left behind in their countries of origin, these are some of our most at-risk cases who need counselling over long periods of time. We have seen clients who have been in the UK for over

15 years, and they are still in limbo as their cases have not been dealt with. The legal processes take a very long time, even longer now due to the pandemic, and many clients are depressed, anxious and suicidal because of the length of time they have spent with uncertainty about their future.

Our Approach

At AFCS, we continue to put emphasis on listening with empathy and without judgement and providing a safe space for clients, so they are able to take a step back from their situation and understand what their issues are and how those issues are affecting them as individuals, couples and (when relevant) as parents. In cases where communication has broken down amongst family members or the stress of daily life has led to issues being ignored, we provide a therapeutic environment where a degree of structure is established so that each individual gets the chance to speak and be heard by his/her partner, sibling, parent or relative. We do not prescribe a particular course of action but rather support our clients in whatever choices they make. We are flexible in our approach, for example transitioning from individual to couple or group family counselling if required.

When clients first come to us, we conduct an initial assessment of their needs and determine whether our service is the most appropriate for them. If not, they are signposted to other organisations that can better meet their needs. We take a holistic approach towards our clients by providing counselling and support, as well as information in matters which may not be directly related to mental health but certainly impact the client's overall well-being and peace of mind. For e.g., we provide information about the NHS, support groups for drug and alcohol addiction, organisations which deal with financial advice, legal aid and immigration advice, agencies which can help improve English language skills and provide coaching for the process of searching, applying and interviewing for jobs to name a few.

2020-21: The Year in Review

In March 2020, the Covid-19 pandemic hit, and the government declared a national lockdown. The impact of the pandemic on charities has been devastating and AFCS was no exception. We went into lockdown a week before the rest of the nation, as one of our volunteers had tested positive which meant that all staff had to self-isolate. Once the national lockdown was announced, we were forced to shut down face-to-face counselling sources and move entirely to online and telephone delivery.

New protocols were drawn up and emergency funding was secured to equip staff with the required technology to pivot to online and telephone delivery. Our staff – both counsellors and administrative staff – responded admirably and transitioned to online delivery in a way that felt seamless to clients. The response from our clients to the online and phone offer was also overwhelmingly positive.

The Covid-19 pandemic disproportionately affected black and minority ethnic groups in the UK. More than 33% of all critically ill Covid-19 patients up to August 2020 were from an ethnic minority, despite such groups making up only 14% of the overall population. Public Health England's report on Covid-19 deaths found that, after accounting for the effect of sex, age, deprivation and region, people of Bangladeshi ethnicity faced twice the risk of death compared with people of white British ethnicity. People of Chinese, Indian, Pakistani, other Asian, Caribbean and other black ethnicity had between 10% and 50% higher risk of death when compared with white British. There are many factors leading to this disproportionate impact from the higher prevalence of comorbidities to the fact BAME people are over-represented in public facing industries where they cannot work from home and are more likely to live in overcrowded housing.

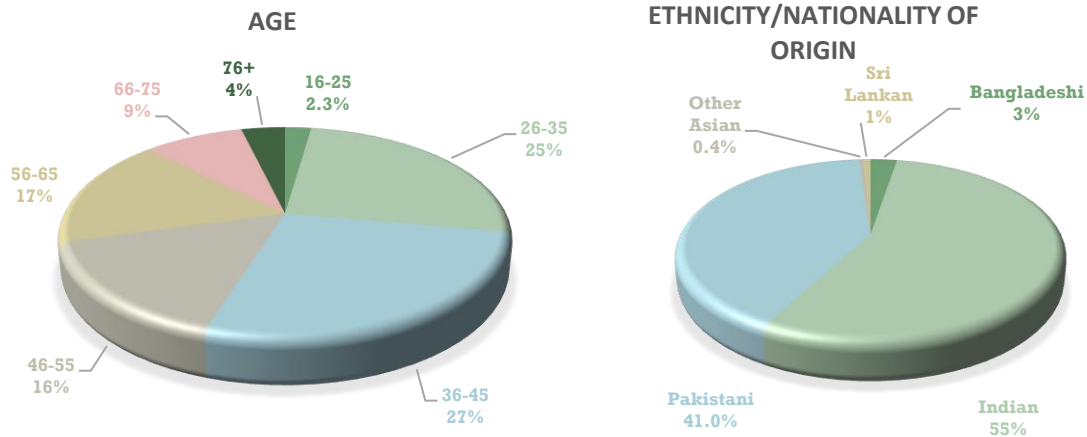
Given its focus on South Asian communities, it is not surprising then that AFCS saw a surge in the demand for its services, both in terms of new referrals and higher levels of stress amongst its existing client roster which meant our counsellors had to see them for more than the usual 6-12 number of sessions. Lockdown and working from home also meant families were spending more time together with less opportunities for socialising externally – which also resulted in more tensions and conflict. Uncertainty around when the lockdown would end, when families could see their loved ones as well as bereavement due to Covid-19 related deaths have all had an impact on the mental health of our clients. We now have a long waiting list of clients in London.

We took on two new counsellors in London this year to cope with the increase in demand. We were also relieved when one of our former counsellors decided to return from her sabbatical earlier than planned. We also recruited two new volunteer counsellors in London and two in Birmingham. These are qualified counsellors who need to record a minimum of 450 hours of counselling before they can be accredited by the BACP. While our most complex cases are still assigned to the more experienced and BACP-accredited staff, the volunteer counsellors help alleviate the caseload within tighter budgetary constraints. We have been especially grateful for the flexibility that our counsellors have shown, often agreeing to arrange the counselling sessions in the late evening

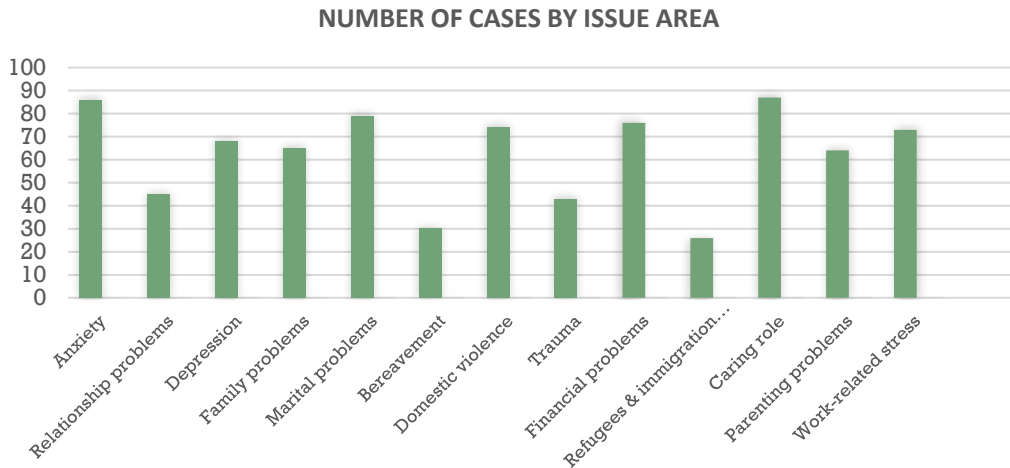
or on weekends, which has been very helpful particularly for female clients with childcare responsibilities who now find themselves also working from home.

In 2020-21, we held 2034 counselling sessions with 266 clients. The average number of sessions per client was 8. Most of our clients (just over 70%) continued to be women. 65% of our clients were unemployed and thus in many cases we had to charge reduced fees or waive them altogether. No fees were charged for the unemployed, victims of domestic abuse and the elderly.

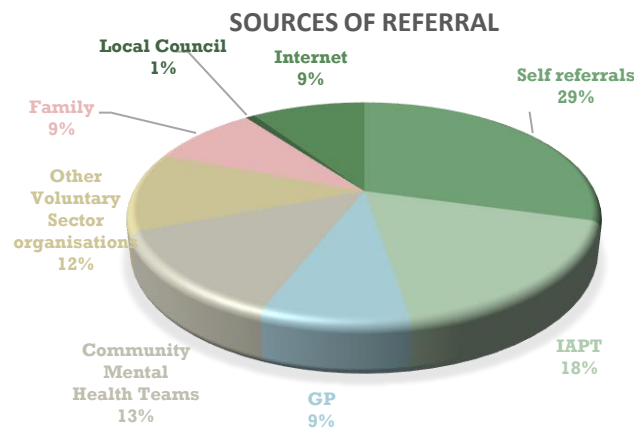
The charts below show the composition of clients by age and ethnicity/nationality of origin. Most of our clients (53%) were in the 26-45 age group. Most were of Indian origin (55%) followed by Pakistani origin (41%).



Our clients came to us with a wide range of issues, but relationship problems (42%) and mental health (24%) dominated. Below is the break-up of clients by the issue they presented with. Please note some clients presented with multiple issues so there are instances of double counting.



Demand for our service has come through self-referrals, voluntary sector organisations, the IAPT services, counselling psychologists, psychiatrists, word-of-mouth, online search engines, along with signposting from General Practitioners, Health Visitors, Social Services and other agencies.



AFCS uses CORE 10, PHQ 9 and GAD 7 outcome measures to evaluate the impact of our interventions. These are administered pre-counselling to establish baseline scores and then post-counselling to measure the change. These questionnaires measure the level of depression, anxiety and mental well-being in the clients. Many of our clients do not read or write English and so have difficulty in filling in these forms. Such clients typically provide verbal feedback at the end of counselling. The clients who can, also fill in a feedback form at the end of their counselling sessions, and that gives us an indication of the level of client satisfaction.

We received most of our funding this year from the Department of Works and Pensions' (DWP) Reducing Parental Conflict (RPC) programme (see details

below). We also received funding from The Women's India Association of the UK for the Diya project. They have also sent some client referrals our way this year. Small amounts of emergency funding was also received from Catalyst Housing Association, Charities Aid Foundation and City Bridge Trust, which helped the organisation to get ready for online sessions.

The Department of Works & Pensions Reducing Parental Conflict Programme

AFCS is part of a consortium led by Tavistock Relationships delivering this programme funded by the DWP. This is two-year pilot programme delivered in Westminster and Hertfordshire. Data is being collected by the DWP to measure the impact of the interventions and evaluate the success of this programme. After a slow start in 2019 we have had a steady stream of clients, and we have been primarily delivering the Triple P intervention in Hammersmith & Fulham and Kensington & Chelsea; and Mentalisation Based Therapy (MBT) and Family Check Up (FCU) in Buckinghamshire. During the past year we have seen 63 parents, and initial data has shown that the interventions offered to the parents enables them to communicate better, manage their feelings towards their partner better and in doing so, improve outcomes for children. The staff pivoted to online support at the end of March 2020 due to the onset of the pandemic. They proved to be flexible and adaptive, offering evening and weekend appointments to clients when required. Many clients were not used to receiving services online and had to be guided in how to use Zoom on their phones and laptops. By the end of the year, most clients were proficient at using Zoom and other online methods.

Diya Project funded by Women's India Association

We received grant funding from The Women's India Association of the UK in 2020. Over the period October 2020 to March 2021, counselling was provided to 41 clients suffering from depression, anxiety, panic attacks, domestic violence, abuse, racism, isolation, COVID 19 issues and family problems among other issues. Dissolving a marriage is still a very difficult decision for South Asian women, and very hard for their families and the community to accept; separation or divorce is often blamed on the woman and the stigma is still very great. The impact of all this on children is even greater. At AFCS, we try to mitigate the effect of divorce and separation on the family. We have not been able to provide contact for families where the parents have separated and the couple has been instructed by the courts to come to AFCS, due to the pandemic and the office being closed.

Ealing Together Project

In the initial stages of the pandemic (between April and July 2020) AFCS also volunteered with Ealing Council on their Ealing Together project. Our counsellors volunteered to contact all those referred by the Council through this project as they needed urgent support due to the pandemic. Counsellors called these clients at least once a week to make sure that these vulnerable clients were not left feeling isolated and that all their needs were attended to. Links were set up to signpost them to other local groups. For instance, many clients wanted to grow their own food or start gardening, some wanted the mobile library to deliver books to them at home and some needed hot meals or food deliveries to be arranged for them. There was a huge collective effort at that time.

Case Studies

Domestic Abuse

D is a 29-year-old woman from India; she was referred to AFCS by Women's Aid. She had been physically and emotionally abused by her husband and his family. D was fearful about the prospect of being sent back to India as her family would be stigmatised by her failed marriage, but her marriage ended anyway when her husband's family dropped her off at her aunt's house. Through counselling, D was able to work on how to cope with the trauma and resultant panic attacks due to the abuse she had suffered. She was able to overcome her low self-esteem and gain confidence and let go of the notions of what it meant to be a 'good wife' that had been ingrained in her by her family and community. D grew more empowered and was able to overcome the guilt and shame she felt due to her failed marriage and was supported to file a formal complaint against her abusive husband.

Financial Problems

B is a 50-year-old woman, with a diagnosis of depression and multiple health issues including fibromyalgia. She felt overwhelmed and was very unhappy with her current situation and spent a lot of time ruminating on her past. She was supported with weekly sessions through Zoom. She initially spent many sessions talking about her childhood, how she got married, had her children and how she settled in the UK. She spoke about her relationships with her family, how she coped with her deteriorating health and the challenges she faced as a mother. She had always felt controlled financially by her husband

and expressed a wish to gain some confidence, get a job and some financial independence. In later sessions, she acknowledged that she had lived in the past for too long and felt ready to move forward. She considered her work options but was worried about finding a job which could fit in with her home and family commitments and her health condition. She had previous experience of working within a school. She was supported to find a similar post, was encouraged to update her CV and fill in application forms. She applied for a role in a local school and was invited for an interview and was supported in the sessions to prepare for it. She attended the interview and was successful in securing the job, thus achieving her aim to gain some financial independence.

Bereavement

M, a 60-year-old woman had lost her mother to Covid 19. Her elderly mother had carers come into her home to care for her as she was not mobile and had multiple health problems. She caught coronavirus from one of the carers. M lived with her elderly parents and her son, and they all tested positive. What was very traumatic for her was the fact that when her mother started showing signs of distress and she called the ambulance, due to regulations and because they had all tested positive, no-one was allowed to accompany her mother to hospital. She died within a few hours of getting to the hospital. M was left with feelings of extreme helplessness and could not stop thinking about what her mother must have faced on her own at the hospital. M was also not able to attend her mother's funeral since she herself had to be hospitalised for Covid. Through counselling she worked through her feelings and was slowly able to come to terms with her grief.

Client Testimonials

“Lockdowns have left me feeling very isolated, but my counsellor supported me through them. Thank you”

“My counsellor helped me to find various ways of overcoming my stress and anxiety. She taught me to cope better with my situation”

“I lost my mother to COVID 19 and was finding it very hard to cope with my feelings of loss. The counsellor helped me to adjust to my new reality.”

“Working from home during the lockdown had created a lot of issues between my in-laws and myself. Through counselling I was able to address the issues with them in a non-combative way”.

“I was apprehensive before I started counselling at AFCS but found that my counsellor could understand where I was coming from as she was from a similar background as me.”

In Conclusion

This has been one of the most challenging years AFCS has faced in the thirty years of its existence. We would like to thank our staff and volunteers for their resilience and for adapting so quickly and efficiently to the changes in ways of working and without whom we would not have been able to provide this critical service at a time when the demand for it is higher than ever. Clients have presented with multiple issues and have required counselling and support for longer than usual.

We know that the pandemic has disproportionately affected Asian communities. More than ever, we need to ensure we can continue to provide counselling at low or zero cost to those who need it the most and therefore securing additional funding to expand capacity and reduce the number of clients on our waiting list will be a key priority next year.

I would like to thank all our management, staff, and volunteers for having been so flexible and resilient, to provide a fantastic service to the community. All their hard work has enabled so many clients deal with their issues positively. Our thanks also go out to all our funders, without whom we would not be able to provide services to vulnerable clients.

Kulbir Randhawa
Director

Staff Information

London

Kulbir Randhawa (Director)
Jayashree Shahani (Data & Admin)
Balbir Bansi (Counsellor)
Baksho Johal (Counsellor)
Chhaya Shah (Counsellor)
Farhana Moussa (Counsellor)
Narinder Bains (Counsellor)
Anica Govil (Counsellor)
Samreen Singh (Volunteer Counsellor)
Gurpal Bharj (Volunteer Counsellor)
Raman Sohal (Volunteer Counsellor)
Kamaljit Kandola (Volunteer
Counsellor)
Nehar Bird (Volunteer Counsellor)
Surabhi Narendranath (Volunteer)

Birmingham

Gurbaksh Johal (Manager)
Dippica Mistry (Counsellor)
Shazia Qayum (Volunteer Counsellor)
Neelam Kalita (Volunteer Counsellor)
Inderpreet Bhangal (Volunteer
Counsellor)
Kulwinder Panesar (Volunteer)

Financial Statements for the year ended 31st March 2021

for

Asian Family Counselling Service
REG CHARITY NO. 517595

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595

**Contents of the Financial Statements
for the Year Ended 31 March 2021**

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Asian Family Counselling Service
Registered Charity No. 517595
Year End 31.03.21
Receipts and Payments for the year to 31st March 2021

| | Note | RESTRICTED TOTAL | UNRESTRICTED TOTAL | 3 Total 31.03.21 | Total 31.03.20 |
|--|-----------|---------------------|-----------------------|------------------|----------------|
| Incoming Resources | | | | | |
| <i>Donations, legacies</i> | 5 | 36,800 | 1,010 | 37,810 | 53,364 |
| <i>Investment Income - bank interest</i> | | 0 | 282 | 282 | 177 |
| <i>Other Incoming resources</i> | | 147,519 | 5,345 | 152,864 | 91,289 |
| Total Incoming Resources | | 184,319 | 6,637 | 190,957 | 144,830 |
| Resources expended | | | | | |
| Costs of Generating funds | | | | | |
| Salaries | 2 | 0 | 0 | 0 | 0 |
| Pension | | 0 | 0 | 0 | 0 |
| Adverts | | 0 | 0 | 0 | 0 |
| | | 0 | 0 | 0 | 0 |
| Charitable expenditure: | | | | | |
| <i>Costs for Charitable Objectives</i> | | | | | |
| Salaries | 2 | 56,324 | | 56,324 | 27,941 |
| Pension | | 8,500 | 3,904 | 12,404 | 902 |
| Charitable Expenditure | | 0 | | 0 | 0 |
| Travelling | | 42 | | 42 | 344 |
| Session workers, counsellors & Supervision staff | | 39,115 | | 39,115 | 17,792 |
| Post & Stationery | | 529 | | 529 | 595 |
| Telephone | | 1,070 | | 1,070 | 663 |
| Internet Services | | 0 | | 0 | 0 |
| Insurance | | 477 | | 477 | 467 |
| Repairs & Renewals | | 1,835 | | 1,835 | 70 |
| Cleaning | | 0 | | 0 | 669 |
| Training | | 130 | | 130 | 11,666 |
| Staff & Client Welfare | | 133 | | 133 | 256 |
| Subscriptions & Evaluations | | 884 | 0 | 884 | 967 |
| Sundry Expenses | | 200 | 0 | 200 | 0 |
| Professional & Legal Costs | | 0 | | 0 | 0 |
| Rent, Rates & Service | | 36,680 | 0 | 36,680 | 19,010 |
| Light & Heat | | 684 | | 684 | 935 |
| Depreciation | F&F | 0 | | 0 | 0 |
| Depreciation | Off Equip | 0 | | 0 | 0 |
| | | 146,604 | 3,904 | 150,508 | 82,276 |
| Management and Administration | | | | | |
| Salaries | 2 | 2,948 | | 2,948 | 12,692 |
| Pension | | 1,000 | | 1,000 | 0 |
| Telephone | | 0 | | 0 | 0 |
| Accountancy Fee | | 2,670 | 0 | 2,670 | 2,670 |
| Payroll | | 0 | | 0 | 0 |
| Bank charges | | 0 | | 0 | 140 |
| | | 6,618 | 0 | 6,618 | 15,502 |
| Total Resources expended | | 153,222 | 3,904 | 157,126 | 97,779 |
| Net incoming resources before transfers | | 31,097 | 2,734 | 33,831 | 47,052 |
| <i>Gross transfers between funds</i> | | | | | |
| <i>Purchase of Fixed Asset</i> | | 0 | 0 | 0 | 0 |
| | | 0 | 0 | 0 | 0 |
| Net incoming resources after transfers | | 31,097 | 2,734 | 33,831 | 47,052 |
| Total funds brought forward | | 33,161 | 56,186 | 89,347 | 42,295 |
| Total funds carried forward | | 64,258 | 58,920 | 123,178 | 89,347 |

Fawzia Samad

Approved Fawzia Samad (Dec 21, 2021 22:02 GMT) Date 21/12/2021

Nina Toller

Approved Nina Toller (Dec 29, 2021 12:46 GMT) Date 21/12/2021

Asian Family Counselling Service

Registered Charity No. 517595

Year End 31.03.21

Statement of assets and liabilities for the Year Ended 31 March 2020

| | Note | Unrestricted funds £ | Restricted income funds £ | Total 31.03.21 £ | Total 31.03.20 £ |
|---|------|----------------------------|---------------------------------|------------------------|------------------------|
| Fixed assets | | | | | |
| Tangible assets | 4 | 3,674 | 0 | 3,674 | 3,674 |
| Total fixed assets | | 3,674 | 0 | 3,674 | 3,674 |
| Current assets | | | | | |
| Other Debtors | | 4,652 | 0 | 4,652 | 4,652 |
| Cash at bank and in hand | | 50,594 | 78,374 | 128,968 | 95,479 |
| Total current assets | | 55,245 | 78,374 | 133,620 | 100,131 |
| Creditors: amounts falling due within one year | | 0 | 14,116 | 14,116 | 14,458 |
| Net assets | | 58,919 | 64,260 | 123,178 | 89,347 |
| Income funds | | | | | |
| Balance brought forward | | 56,186 | 33,161 | 89,347 | 42,295 |
| Restricted funds | | | 31,097 | 31,097 | 27,810 |
| Unrestricted funds | | 2,734 | | 2,734 | 19,242 |
| Total funds | | 58,920 | 64,258 | 123,178 | 89,347 |

Approved *Fawzia Samad*
Fawzia Samad (Dec 21, 2021, 22:02 GMT)

Date 21/12/2021

Approved *Nina Toller*
Nina Toller (Dec 21, 2021, 12:49 GMT)

Date 21/12/2021

Note 1

General Notes

Accounting policies

| | |
|---------------------------|---|
| Basis of accounting | These accounts have been prepared by summarising all money received and paid out by the charity in the financial year, and a statement giving details of its assets and liabilities at the end of the year. |
| Change in basis | The charity has prepared these accounts on a receipts and payments basis. Last year the accruals basis was used. |
| Changes to previous years | No changes have been made to accounts for previous years. |

Note 2

Expenditure

| | | This year £ | Last year £ |
|---------------------------------|---|----------------|----------------|
| Fees for examining the accounts | Independent examiner's fees for reporting on the accounts | 2,670 | 2,670 |
| | Other fees paid to the Independent examiner | 0 | 0 |

Analysis of resources expended

| | | This year £ | Last year £ |
|---------------------------|----------------------|----------------|----------------|
| Costs of generating funds | Salaries | 0 | 0 |
| | Pension | 0 | 0 |
| | Adverts /Photocopier | 0 | 0 |
| | Total | 0 | 0 |

Costs for Charitable Objectives

| | | |
|--|---------|--------|
| Salaries | 56,324 | 27,941 |
| Pension | 12,404 | 902 |
| Charitable Expenditure | 0 | 0 |
| Travelling | 42 | 344 |
| Session workers, counsellors & Support | 39,115 | 17,792 |
| Post & Stationery | 529 | 595 |
| Telephone | 1,070 | 663 |
| Internet Services | 0 | 0 |
| Insurance | 477 | 467 |
| Repairs & Renewals | 1,835 | 70 |
| Cleaning | 0 | 669 |
| Training | 130 | 11,666 |
| Staff & Client Welfare | 133 | 256 |
| Subscriptions & Evaluations | 884 | 967 |
| Sundry Expenses | 200 | 0 |
| Professional & Legal Costs | 0 | 0 |
| Rent, Rates & Service | 36,680 | 19,010 |
| Light & Heat | 684 | 935 |
| Depreciation F&F | 0 | 0 |
| Depreciation Off Equip | 0 | 0 |
| Total | 150,508 | 82,276 |

Management and Administration costs

| | | |
|-----------------|--------------|---------------|
| Salaries | 2,948 | 12,692 |
| Pension | 1,000 | 0 |
| Telephone | 0 | 0 |
| Accountancy Fee | 2,670 | 2,670 |
| Payroll | 0 | 0 |
| Bank charges | 0 | 140 |
| Total | 6,618 | 15,502 |

Note 3

Paid Employees

This year Last year
£ £

| | | |
|--------------------------|---------------|---------------|
| Gross wages & salaries | 59,272 | 38,668 |
| Employers NI | | 1,965 |
| Pension Contributions | 13,404 | 1,462 |
| Total Staff costs | 72,676 | 42,095 |

Ave. number of employees in the year

| | |
|---|---|
| 3 | 3 |
|---|---|

Details of employees engaged in following activities:

| | | |
|---|------------|------------|
| Costs of generating funds | 0.0 | 0.0 |
| Activities in furtherance of charity's objectives | 2.0 | 2.0 |
| Management & Admin | 1.0 | 1.0 |
| Other | 0.0 | 0.0 |
| Total | 3.0 | 3.0 |

No employees have emoluments over £50,000

Note 4

Tangible Fixed Assets

| | <u>Fixtures & Fittings</u> | <u>Office Equipment</u> | <u>Total</u> |
|------------------------|--------------------------------|-------------------------|--------------|
| COST: | | | |
| At 1 April 2020 | 10,741 | 30,518 | 41,259 |
| Additions | | | 0 |
| At 31 March 2021 | 10,741 | 30,518 | 41,259 |
| DEPRECIATION : | | | |
| At 1 April 2020 | 10,714 | 26,871 | 37,585 |
| Additions | | | 0 |
| At 31 March 2021 | 10,714 | 26,871 | 37,585 |
| NET BOOK VALUE: | | | |
| At 31 March 2021 | 27 | 3,647 | 3,674 |
| At 31 March 2020 | 27 | 3,647 | 3,674 |

Note 5**Restricted funds**

| Fund name | Type | Purpose and Restictions | Amount |
|--|------|--|----------|
| Department of Works & Pensions (via Tavistock Relationships) | R | Improving outcomes for children, young people and families | £147,519 |
| London Borough Ealing Joint Commissioning | R | Providing counselling for the Asian community in Ealing | £18,250 |
| Women's India Assoc. | | Diya Project | £5,000 |
| Catalyst Housing | R | | £550 |
| Coronavirus emergency f | R | | £3,000 |
| The City Bridge Trust | R | | £10,000 |

Note 6**Declarations**

| | |
|---|---|
| Adequacy of assets to meet fund restrictions | Sufficient resources are held in an appropriate form to enable each fund to be applied in accordance with restrictions imposed. |
| Branches | The charity has one branch. |
| Change in year end | The trustees have not changed the year end date nor the length of the charity's financial year. |
| Designated funds | The charity does not have any designated funds. |
| Discontinued, continuing and acquired operations | All the charities operations are continuing operations and there were no operations discontinued or acquired during the year. |
| Fund in deficit | No funds (unrestricted or restricted) are in deficit at the balance sheet date. |
| Inalienable or historic assets | The charity had no assets at the balance sheet date classed as inalienable or historic. |
| Intangible assets | The charity has no intangible assets. |
| Inter-fund loans | There were no inter-fund loans outstanding at the balance sheet date. |
| Revaluations | None of the charity's functional fixed assets have been revalued during the year and the charity does not have a policy of revaluation of these assets. |
| Subsidiaries | The charity has no subsidiary companies. |
| Uncapitalised fixed assets | The charity has no material fixed assets which have not been capitalised and included on the balance sheet. |
| Reserves | The use of unrestricted reserves are determined by the Trustees. |

Note 7

Accounting policies

Incoming Resources

| | |
|---|---|
| Donations, legacies and similar incoming resources | These are included in the Receipts and Payments (R&P) schedule when: - the charity receives the donation or similar income and any conditions for receipt are met; |
| Tax reclaims on donations and gifts | Incoming resources from tax claims are included on the R&P when received. |
| Incoming resources from fund-raising | These are reported gross in the R&P. |
| Gifts in kind for sale or distribution | These are not included in R&P accounts. |
| Gifts in kind for use by the charity | These are not included in R&P accounts. |
| Intangible income (eg donated facilities) | This is only included in incoming resources (with an equivalent amount in resources expended) where another party is bearing the financial cost of the resources supplied and the benefit is quantifiable, receivable and material. Intangible income is valued at the lower of the cost borne by the party bearing the cost and a reasonable estimate of the value of the donation to the charity. |
| Volunteer help | The value of any voluntary help received is not included in the accounts but is described in the annual report. |
| Investment income | This and any associated tax credits are included in the accounts when receivable. |

Expenditure and Liabilities

| | |
|------------------------------|---|
| Liability recognition | Generally liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. There are liabilities outstanding at the year end for British Telecom and Rent. These have not been included in the accounts as they are prepared on a Receipts and Payments basis. |
|------------------------------|---|

Assets

| | |
|---|--|
| Tangible fixed assets for use by charity | These are capitalised if they can be used for more than one year, and cost at least £250. They are valued at cost or a reasonable value on receipt. The charity does not have a policy of revaluation. |
|---|--|

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Trustees' Annual Report

LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name Asian Family Counselling Service

Any other name the charity is known by AFCS

Charity Commission registered number 517595

For the financial year beginning on 01.04.20

For the financial year ending on 31.03.21

Charity's principal address F1, Unit 4, Triangle Centre
399 Uxbridge Road
Southall
Middx.
UB1 3EJ

Description of the charity's trusts

Governing document AFCS was constituted in August 1985. It is registered as a charity.

Objects of the charity

- 1 To advance education among persons of Asian origin and in particular, among such persons resident in the UK, about all aspects of marriage and family relationships, with a view to developing personal responsibilities and enriching family life.
- 2 To safeguard and protect the good health, both mental and physical of adults and children of Asian origin in the UK, and to prevent the hardship and distress caused by the breakdown of marriage.

Specific Investment powers None

TRUSTEES AND GOVERNANCE

Names of trustees

| Name of Trustee | Dates during which the named trustees acted if not for the whole period of this report | Names of directors of any corporate charity trustee at the date of this report | Name of person (or body) entitled to appoint any charity trustee. |
|-----------------|--|--|---|
| Nina Toller | | | |
| Rashida Punja | | | |
| Fawzia Samad | | | |

Trustee selection method Trustees are elected at the annual general meeting.

Names of the charity's custodian trustees None

ACTIVITIES AND ACHIEVEMENTS

| | |
|--|---|
| Charity's activities and achievements during the year | AFCS has set up an office in Birmingham. It has provided family, marital and individual counselling to 266 new clients and provided 2034 sessions of counselling during the year. |
| Charity's organisational structure | The management committee of AFCS is responsible for overseeing the work of the organisation. The Director is responsible for the day to day running. It has 3 employees and 7 sessional staff and 9 volunteers. |
| Significant changes, development and future plans | AFCS has provided family, marital and individual counselling to the Asian community resident in the UK. It has been at the forefront of work done around the issue of forced marriages and abandoned spouses. |
| Any related parties, charities or other organisations with which the charity co-operates in its work | |
| The contribution of volunteers | AFCS provides counselling in the various Asian languages and is dependent on volunteer counsellors to provide counselling in some of the Asian languages. Telephone counselling is provided to those persons unable to come in the office. |
| The effectiveness of fund-raising activities | AFCS is dependent on the Government for grants to provide its services. It also charges for training workshops and reports for courts. |

POLICIES

There is no grant making or investment selection policy.

Major risks are reviewed at the Management Committee Meetings.

SIGNATURE AND DECLARATION

| | |
|--|---|
| Declaration | I declare, in my capacity of charity trustee, that: - the trustees have approved the report above; and - have authorised me to sign it on their behalf. |
| Signature | <u><i>Fawzia Samad</i></u> Fawzia Samad (Dec 21, 2021 22:02 GMT) |
| Full name | <u>Fawzia Samad</u> |
| Position (eg Secretary, Chair, etc) | <u>Chair</u> |
| Date | <u>Dec 21, 2021</u> |

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Independent Examiner's Report on the Accounts

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2021

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

In connection with our examination, no matter has come to our attention:

- 1 which gives us reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed *A Boparai*
A Boparai (Dec 29, 2021 14:48 GMT)

Date 21/12/2021

Mrs Anjani Boparai FCCA
Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

Financial Statements for the year ended 31st March 2021

for

**Asian Family Counselling Service
(NATIONAL BRANCH) REG CHARITY NO. 517595**

Asian Family Counselling Service

NATIONAL BRANCH

Income and Expenditure Account
for the year ended 31.3.2021

| | <u>31.3.2021</u> | <u>31.3.2020</u> |
|---------------------------------------|------------------|------------------|
| <u>GRANTS</u> | | |
| Home Office | | |
| Goldsmith Charity | | |
| <u>OTHER INCOME</u> | | |
| Training Fees | | |
| Miscellaneous | | |
| Bank Interest Received | | |
| <u>EXPENSES</u> | | |
| Wages | | |
| Pensions | | |
| Rents.Rates and Service Charges | | |
| Light & Heat | | |
| Repairs | | |
| Consultancy Costs | | |
| Telephone | | |
| Accountancy | | |
| Equipment Rental | | |
| Bank Interest & Charges | | |
| Travelling | | |
| Sundries | | |
| Adverts,Print,Postage & Stationery | | |
| Subscriptions | | |
| AGM Expenses | | |
| <u>NET SURPLUS/(DEFICIT) FOR YEAR</u> | | |
| Income Reserve Brought Forward | <u>3449</u> | <u>3449</u> |
| Income Reserve Carried Forward | <u>3449</u> | <u>3449</u> |

Asian Family Counselling Service

NATIONAL BRANCH

Balance Sheet as at 31st March 2021

| | 31.3.2021 | | 31.3.2020 | |
|----------------------------|-------------|-------------|-------------|-------------|
| | £ | £ | £ | £ |
| <u>FIXED ASSETS</u> | | | | |
| Fixtures and Fittings | | | | |
| <u>CURRENT ASSETS</u> | | | | |
| Bank Deposit Account | | | | |
| Bank & Cash in Hand | | | | |
| Debtor - London Branch | | | | |
| Prepayments | | | | |
| | 3449 | | 3449 | |
| | <u>3449</u> | | <u>3449</u> | |
| <u>CURRENT LIABILITIES</u> | | | | |
| Accruals | | | | |
| Bank Overdraft | | | | |
| | | | | |
| | | 3449 | | 3449 |
| <u>NET ASSETS</u> | | <u>3449</u> | | <u>3449</u> |
| Represented By:- | | | | |
| <u>CAPITAL ACCOUNT</u> | | | | |
| Income Reserve | | 3449 | | 3449 |

Approved By

Fawzia Samad

Fawzia Samad (Dec 21, 2021 22:02 GMT)

Date

21/12/2021

Approved By

Nina Toller

Nina Toller (Dec 29, 2021 12:46 GMT)

Date

21/12/2021

**Asian Family Counselling Service
(NATIONAL BRANCH) REG.CHARITY No 517595**

We have examined the attached financial statements in accordance with recommended Charities Act.

A Boparai
A Boparai (Dec 29, 2021 14:48 GMT)

Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX

Date 21/12/2021

Clients Approval Certificate

We approve the financial statements and confirm that we have made available all relevant records and information for their preparation.

Fawzia Samad
Fawzia Samad (Dec 21, 2021 22:02 GMT)

Date 21/12/2021

Nina Toller
Nina Toller (Dec 29, 2021 12:46 GMT)

Date 21/12/2021

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595
Independent Examiner's Report on the Accounts

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2021

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

In connection with our examination, no matter has come to our attention:

- 1 which gives us reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed *A Boparai*
A Boparai (Dec 29, 2021 14:48 GMT)

Date 21/12/2021

Mrs Anjani Boparai FCCA
Sethi & Co.
Chartered Certified Accountants
59-60 Thames Street
Windsor
SL4 1TX