



2022 Financial Accounts

Peace of Mind CIO

Unaudited Financial Statements

For the period 1st January 2022 to 31st December 2022

Charity Number: 1194752

Registered Office:

Methodist Church
Whitehall Road
Gateshead
Tyne & Wear
NE8 4LH

Date CIO Registered: 10th June 2021

Core purpose of CIO:

The objects of the CIO are to relieve the needs of those granted refugee status or those seeking asylum and their dependents living (temporarily or permanently) in Gateshead and Newcastle, and the surrounding areas by:

- a) relieving poverty or financial hardship in particular, but not exclusively, by the provision of advice, translating, education, emergency food packs, small grants, household, and personal care items
- b) the provision of facilities for recreation or other leisure-time occupation with the object of improving the conditions of life of those persons who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship, or social and economic circumstances.

Trustees:

Nida Muzaffar
Rifat Farrukh Siddiqi
Tanveer Shuja
Mahnoor Mansoor

This report has been agreed at the Peace of Mind CIO board meeting on: 14th August 2023

It is signed by Rifit Siddiqi on behalf of the board.

Trustees' Report

The Trustees have pleasure in presenting this report on activities, together with the financial statements of the charity for the period 1st January 2022 to 31st December 2022.

Last financial year was a highly significant year for Peace of Mind as we continued to grow and develop as an organisation, increasing the number of beneficiaries we supported, launching new services such as Warm Space in partnership with Citizens Advice Gateshead.

The year covered by this report has been one of the most challenging in our 9 year's history, reflecting growing international crises and record levels of global displacement. We have seen urgent needs and demands on our services as a result of the short notice arrivals of refugees and asylum seekers in temporary hotel accommodation. The fall of Afghanistan to Taliban control and the exodus of people fleeing for their lives, often in traumatic circumstances, brought a number of Afghan refugees to the region. Many of these people held senior positions in the Afghan administration and staying in Afghanistan would have been extremely dangerous for them and their families. In addition to this we supported a number of refugees fleeing the terrible conflict in Ukraine.

In addition to this, high levels of (immigration related) disadvantages coupled with the impact from Covid 19, current economic and cost of living crisis pushed many within the Gateshead and Newcastle RAS community into extreme poverty and at risk of exploitation. Due to the multiple layers of disadvantage, the RAS community do not have access to the same level of support as their peers from other backgrounds, therefore, building resilience and overcoming hardship in this current climate has been far beyond their reach.

Trustees are pleased to report that the Peace of Mind CIO has continued to provide relief in need and support for refugees, asylum seekers, those without national status and others experiencing need, hardship or distress in Gateshead/Newcastle and its surroundings areas. The year has been our busiest ever, with demands on our resources forcing us to make rapid changes to the way we work.

We offered our RAS community a safe, warm, and welcoming place, treated them with dignity and empathy, got to know and understand their situation and aspirations, and helped them stand on their own feet in our wider community. We supported people to feel less isolated, more self-confident, better able to settle and adjust to life in the UK, more likely to integrate with their neighbours, and thus to contribute to the society in which they live and work.

The needs of some families were understandably high because of their extreme vulnerability. Our volunteers have risen to the challenge, working closely with the trustees, a part time project worker and session workers.

Volunteers:

The success we achieved this year was not possible at all without the support from our incredible and outstanding team of volunteers. We are very grateful and sincerely Thank all our volunteers for their support throughout the year. Our team of volunteers grew rapidly from 14 to 24. The weekly drop-in team of 11 volunteers speak 10 different languages between themselves and this kept our interpreting/translation costs to a minimum level.



Volunteers receiving gifts and thanks after distributing the Christmas gifts to nearly 300 children in Gateshead and Newcastle.

Partnerships:

We continue to work in partnership with a wide range of organisations/agencies such as Gateshead Council, Refugee Resettlement Team, Gateshead Housing, Citizens Advice Gateshead, Feeding Families, Gateshead Volunteer Centre, Regional Refugee Forum, Education Department, Connected Voice, Mears (housing providers for asylum seekers), Migrant Help, Gateshead Health Watch and other local services operating in the area to offer emotional and practical support to the RAS community.

The Board is very mindful that, although much attention and effort have, rightly, been given to people from Afghanistan and Ukraine, there continue to be people from many other countries who are seeking refuge and asylum because of persecution and danger in their home country. We continue to serve them as they come to Gateshead. It is our belief and commitment that all people seeking refuge and asylum should have help and support and we will continue to deliver this to the best of our abilities with the support of the people of the North East.

The number of families and individuals we supported during the last year were:

Gateshead - 872

Newcastle Upon-Tyne - 219

Other areas - 83+

7,928 contact episodes took place reflecting the needs around emotional and practical support. Our support offers included welfare/benefits advice, Form Filling, homelessness support, Emergency Food and Hygiene supplies, weather appropriate clothing, school uniforms, newborn items, baby buggies, household items and small furniture items.

4,750 Emergency food and hygiene parcels were distributed during the year 2022 (this is between 85 - 110 food parcels every week)

Overall, 34 nationalities were supported at Peace of Mind CIO during last year.



Newly arrived refugee families receiving energy efficiency training from Citizens Advice Gateshead.

Our Activities during the reporting period:

The CIO supported refugees and asylum seekers through the provision of services, which included:

- Emotional and Financial wellbeing
- Weekly advice and practical support sessions
- Emergency Food support
- Digital inclusion
- Warm space
- Training and educational sessions around Universal Credit and parenting in the UK
- Tackling the issue of clothing and hygiene poverty
- Promotion of volunteering (with the support from Gateshead Council)
- Community safety
- Holiday activities with food provision for children and families on low income



Feedback session after our summer holiday activities successfully completed in 2022.

Our year in numbers:

- 7,928 contact episodes took place.
- 1,174+ people supported directly or indirectly across our services.
- 318 refugees and asylum seekers are supported through our advice service.
- 219 supported with health and wellbeing issues.
- 85+ supported to learn English through our weekly English conversational classes.
- 49 women attended our English classes.
- 39 young people supported with volunteering opportunities throughout the year 2022.
- 212 refugee and asylum- seeking children supported through holiday activities tackling holiday hunger and social isolation in 2022.
- 63 women attended our Women only fitness activities.
- 38 children's parents were supported to apply for school places.
- The range and depth of support services we organise continues to expand from running a food bank to women only fitness classes, conversational English, holiday activities for

children, music lessons and weekly "Warm Space" in partnership with the Gateshead Council and Citizens Advice Gateshead.

- Our weekly drop-in sessions (offering emotional and practical support) remain at the heart of our work, and this was the busiest year it has ever seen. We have given a warm welcome to new arrivals and put in place plans to tackle emerging issues created by the cost-of-living. We gave advice services to 318 people from 34 different countries, with the main areas of support being welfare/benefits, addressing food and hygiene poverty, homelessness, and health.
-

Beneficiary Feedback:

- We collect regular feedback from the beneficiaries and use evaluation/feedback forms to measure the impact of our support. This helps us to not only monitor the success against our charitable aims/objectives but also enables us to collect service user's comments and case studies to share with the funders. On the other hand, we have an advisory group that is predominantly led by service users and a great way of receiving feedback/knowing what is working well and what needs improvement. The impact of our support is usually demonstrated in evaluations from volunteers and clients undertaken quarterly at 3, 6, 9 and 12 months.
- Some of the comments and feedback collected from the beneficiaries:
 - "ALL IS WELL" Thank you for teaching me this sentence. I repeat this every day when I am worried about my asylum case and feel all is well now. Thank you for helping me with the cooking oil and chapatti flour".
 - "Thank you very much Peace of Mind for the clothes for my baby. My Allah will bless you and make you happy like you make me happy".
 - "Best summer holiday and best food ever" (feedback received from a child)
 - "Thank you, Peace of Mind charity, you gave me a new life with hope to live - Thank you so much for all your help. If Peace of Mind was not there to help me I would have lost my benefits"
 - "You are an angel; I never thought this issue would be resolved. I feel so relaxed now knowing things are in hand and I won't be deported back to my country where my life would be in serious danger".
 - "I don't have words to say thanks to you. I will never forget this day in my whole life".
 - "Thank you so much for everything".
 - "Thank you for these new and comfortable shoes. I can easily walk from Hotel to the Peace of Mind Church now without getting tired and without having pain in my feet."
 - "Thank you Peace of Mind for Christmas Presents. My children are so happy."

Our Plans are:

- **Support Services** - With the cost-of-living crisis impacting the RAS community disproportionately, we aim to continue offering the crisis response and support in terms of emergency food, hygiene, clothing, and household items. We believe by meeting the immediate/urgent and basic needs of the vulnerable RAS community we can lay the

foundation and engage effectively with the RAS community to offer more holistic support around independence and empowerment.

- **Organisational Development** - We are actively considering gaining the OISC level 2 (immigration and asylum casework) qualification to start providing legal advice at the weekly drop-in sessions as the numbers are increasing rapidly + Law firms are facing more and more legal aid cuts. This means the only 2 good law firms in Gateshead (we work in partnership with) have a much-reduced capacity to take on new clients.
- **Office Space** - Our plans include sourcing support to have an office space so we can offer more effective and meaningful support to the marginalised RAS community in Gateshead and its surrounding areas.

Financial Review

Income of £236,668 was received during the reporting period, of which £183,234 (77%) was restricted funds. After expenses of £156,353, a surplus of £80,315 was retained and carried forward to 2023.

Capital & Reserves were brought forward at 1st January 2022 was £52,160 and with a surplus of £80,315 generated in 2022 the balance carried forward at 31st December 2022 is £132,475, of which £78,343 is restricted funds.

As at 31st December 2022 there were no debtors. There were creditors of £3,100 (Samona Sisters).

The Trustees consider the charity to be a going concern and it is assumed that the Charity will continue for the foreseeable future.

Financial Statement: 1st January 2022 to 31st December 2022

Income	Restricted	Unrestricted	Total
Grants	183,234	30,250	213,484
Donations		23,184	23,184
	£183,234	£53,434	£236,668
Expenditure			
Beneficiary support			93,850
Volunteer Expenses			2,590
Premises costs			6,582
Facilitator Fees			41,700
Professional costs			11,631
Total Expenditure			£156,353
Surplus for 2022			£80,315

Balance Sheet as at 31st December 2022

Net Assets		
Cash at Bank	135,575	
Creditors at 31st Dec 2021	(3,100)	
		£132,475
Capital & Reserves		
Surplus b/fwd 1 st January 2022		
	52,160	
Surplus generated in 2022	80,315	
Surplus c/fwd at 31st December 2022		£132,475

Restricted Funds at 31st December 2022:

Gateshead Council	£10,000
Tyne & Wear Community Foundation	£12,343
Choose Love	£15,000
Virgin Money Foundation	£22,600
National Lottery	£10,000
Lush Retail Ltd	£4,700
Rise North East	£3,700
	£78,343

Notes to Financial Accounts

1. Accounting policies

The financial statements have been prepared on the historical cost convention basis.

2. Debtors

There are no debtors at 31st December 2022.

3. Creditors

Creditors are recognised where the company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

There is one Creditor (£3,100 owed) at 31st December 2022.

4. Employee numbers

The CIO is run by sessional staff and volunteer trustees.

5. Going concern

The CIO meets its day-to-day working capital requirements and has sufficient reserves to sustain itself into the future.

The Trustees declare that these financial statements represent a fair and honest account of the trading history of the CIO between 1st January 2022 and 31st December 2022.

Ridha
14/08/2023

Acknowledgements

Our team at Peace of Mind CIO would like to sincerely THANK everyone who has helped to make January 2022 to December 2022 a successful year for Peace of Mind CIO and its clients, despite the many challenges faced. In particular, a massive and heartfelt Thanks to:

- our friends who supported us regularly through the standing order scheme.
- our friends, supporters and other community groups/organisations for helping us with one-off and regular donations and for responding to our fundraising appeals.
- to all our volunteers for their outstanding support throughout the year.

The trustees would like to also thank the following funders for their generous support and contributions during 2022.

Choose Love (The Prism Gift Fund)

Gateshead Council

Virgin Money Foundation

Lloyds Bank Foundation

Tyne & Wear Community Foundation

Citizens' Advice (Gateshead) Household Support Fund

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Creditors at 31st Dec 2021	(3,100)	
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Cash For Kids

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And all those individuals and volunteers who supported the CIO.



Independent Examiners Report

Independent Examiner's Report to Peace of Mind CIO

I report on the accounts of Peace of Mind CIO for the year 1st January 2022 to 31st December 2022, which are summarised in the charity's 2022 Annual Report.

Respective responsibilities of the Trustees of Peace of Mind CIO

The Trustees of Peace of Mind CIO are responsible for keeping proper financial records, including invoices, receipts and bank and other income statements. My responsibility is to review these, along with the accounts and state whether any particular matters have come to my attention.

Basis of independent examiner's report

An examination includes a review of the accounting records kept by Peace of Mind CIO and verification 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 of Peace of Mind CIO concerning any such matters.

Independent examiner's statement

In connection with my examination, no matter has come to my attention, which gives me reasonable cause to believe that the requirements to keep proper accounting records and to prepare accounts which accord with the accounting records have been fully met.

Signed: 

Name: David W Beavis

Relevant qualification: Certified Internal Auditor (CIA)

Address: Pinetree Business Services, Pinetree Business Centre, Durham Road, Birtley, Chester-le-Street, Co. Durham DH3 2TD.

Date: 25/08/2023