

ENFIELD SAHELI

Registered Charity and Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31ST MARCH 2018

Charity number: 1129308
Company number: 6663604

**ENFIELD SAHELI
YEAR ENDED 31ST MARCH 2018**

Registered Charity Number : 1129308
Registered Company Number: 6663604

Principal address:

311 Fore Street
Community House
Edmonton
London N9 0PZ

Directors and Trustees:

Gail Hawksworth
Esther McLaughlin -Chairperson
Bilay Want
Canev Ramadan Ansal
Vijaylaxshmi Devi Sisteedhur - Vice Chair
Pushpinder Chowdhry

Company Secretary

Krishna Pujara

Governing document:

Enfield Saheli is a private limited company number 6663604 governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under a new number 1129308
The charity is operated under the rules of its Memorandum of Articles and Association.

Bankers:

HSBC Bank plc
10 South Mall
Edmonton
London, N9 0QU

Independent Examiner and Accountant:

TACTS Accountant
Chartered Certified Accountant
81 Rayleigh Road
Palmers Green
London, N13 5QW

ENFIELD SAHELI
FINANCIAL ACCOUNTS
FOR YEAR ENDED 31ST MARCH 2018

CONTENTS

Pages

- 4-14. Trustees and Staff Report**
- 15. Independent Examiners Report**
- 16. Statement of Financial Activities**
- 17. Balance Sheet**
- 18-20. Notes to the Accounts**

Enfield Saheli Report of the Directors and Trustees

For the year ended 31 March 2018

The trustees are pleased to present their annual directors' report for the year ending 31st March 2018 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)

Introduction

Enfield Saheli is a registered charity founded in 1992 and registered from 1995. It was established by women to help and encourage women who are isolated, discouraged or depressed to overcome difficult periods in their lives and to take positive steps towards improving their own health and well-being and to discover new opportunities for participating and benefiting from the community.

Mission Statement

Enfield Saheli is a non-sectarian organisation set up by Asian women to provide services and activities to support and empower women in the London Borough of Enfield, without distinction of ethnic, cultural, religious or political differences.

It aims to enable women to participate fully in the social, cultural and civic life of the borough. We are a service-oriented charity seeking to provide support in improving the health and well-being of women.

Enfield Saheli offers information, training, advocacy, cultural and social opportunities for its members who are from local communities.

Summary of Services Delivered:

It delivers the following:

- Mental Health Support Service
- Domestic Violence Advocacy Service including a DV support group
- Counselling Service
- Drop In Luncheon Club
- Awareness and Educational workshops e.g. Stroke, Blood Pressure, Heart Foundation, Keeping Warm, Diabetes; Stroke; Social Services, Forced Marriages, Female Genital Mutilation, Welfare Benefits etc..
- Yoga Classes / Physical Activities
- Advocacy
- Walking Club
- IT Classes
- Community Mentoring
- Arts & Crafts
- Sewing Classes
- Information & Advice
- Volunteering - supporting women in finding paid work through volunteering for Saheli
- Social Events and Outings

- Community Events – participation with other community groups
- Public Health
- Cultural and festive celebrations.

Underpinning Objectives of Enfield Saheli:

- To ensure that the service remains culturally sensitive and reflects ethnic diversity.
- To promote the values, aims and style of service delivery as outlined in the Department of Health Policy Implementation Guide “The Recovery Model” e.g. by:
 1. Promoting opportunities for employment and education to service users.
 2. Involving Service users and their Carers in planning and delivery of care.
 3. Delivering of high-quality treatment and care which is known to be effective and acceptable.
 4. Ensuring that services are well suited to those who use them and non-discriminatory.
 5. Ensuring that services are accessible so that help can be obtained when and where it is needed.
 6. Promoting the safety of the users and that their carers, staff and the wider public.
 7. Working with users & members to promote social inclusion & Well-being.

Principle objects and activities

Enfield Saheli – Charitable voluntary organisation provides services and activities to support and empower Women. It works closely with the statutory and local organisations.

The overall objectives of the organisation are:-

- To relieve poverty among women generally, with emphasis on support of Asian Women.
- The provision of advice and information on welfare issues which will enable them to benefit fully from the range of services available in this field.
- The provision of advice and information for other matters which will enable them to make valid and considered choices on issues relating to their own lives and their children’s futures.
- The promotion of equal opportunities for women who have been marginalised and excluded in all areas of life and the encouragement of other agencies to provide equality of access for socially excluded women to service provision.
- The setting up and management of an information, advice and support centre in furtherance of these objects.
- To advance education amongst women particularly by provision of English Conversion classes and Computer Awareness classes.
- To relieve distress and suffering experienced by women who have been maltreated or abused and any children of such women.

Governance, Structure and Management

In August 2008, Enfield Saheli became a registered company limited by guarantee, number 6663604, governed by its Memorandum and Articles. These are wholly based on the Trust Deed formerly governing the charity which has reregistered with the Charity Commissioners under a new number 1129308. New Directors and Trustees are appointed by a resolution of the Directors passed at a meeting of the Directors.

The overall management of finance is the responsibility of all the Trustees acting on the recommendations of the Chairperson, Trustees, Secretary and the advice of the Chief Executive. The Trustees form the Executive which meets regularly throughout the year.

Public Benefit

The Trustees confirm that they have complied with their duty under the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

Our volunteers

Enfield Saheli is very involved in the community and relies on voluntary help. Around 20 volunteers assist with our on-going activities. We wish to thank our volunteers for their loyal support and contribution.

Risk management

The trustees have a risk management strategy which comprises:

- An annual review of the principal risks and uncertainties that the charity undertake.
- The establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- The implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

Reserves policy and going concern

The Board has assessed the charity's requirements for reserves in the light of the main risks to the organisation. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve and maintained at a level which ensures that Enfield Saheli's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

REVIEW OF ACTIVITIES AND FUTURE DEVELOPMENTS

It is now time to review the activities of Enfield Saheli during the past year, highlight its achievements, make a note of its shortcomings & give a future direction to such activities

The period from 2017 -2018 has been a time of new challenges, continued success and new milestones for Saheli.

As announced by the Enfield Council in 2015, our Core Funding was discontinued and we continue to look for alternative funding. We have been successful in securing some funding from ROSA – Women to Women Fund and MOPAC to continue to provide support to vulnerable women.

Our services have assisted women and their families from wider communities and made a significant impact in the local community. The number of clients we served saw a marked increase in referral primarily due to our effective counselling services to help victims of domestic violence and mental health problems and ongoing Support, Advice & Information. Several other organisations in our borough during this period has also closed services, which increased our referrals.

Saheli is also very active in its support and services to the elderly and senior members of our society. We organised various talks by recognised professionals on important health issues for the benefit of our women. The walking club & exercise classes for our service users help

us to keep up with our promise to create more opportunities to improve the health and well-being of our members.

Our regular drop-in and luncheon clubs with activities are very popular as we are continuously working towards improving in our delivery of service.

Future plans for Saheli – with an effective service, we will be working within contracts compared to grant funding. Saheli continues working in partnership with other groups. We envisage securing a contract for Domestic Violence Advocacy Service, in addition to developing our Advice & Information Service.

We always face a lot of challenges in pursuit of continuous improvements while balancing with a drive to contain and reduce costs. Our Facebook page is reaching out to wider communities and we are approached through Saheli Facebook for support. We are also updating our website to give it a new look and make it more user friendly.

Our members have been dedicating their time to make Saheli robust and are encouraged to attend events to see the work being carried out by Enfield Saheli staff. We have been well served with a skilful and able board who have voluntarily given their time for the success of the organisation. Saheli CEO Krishna Pujara and staff has been working hard to promote Saheli out into the community.

I would like to thank our members, staff for their continuous hard work, sessional staff, volunteers, and board members for their work. Finally thank you, each and every member of Saheli, its well-wishers and volunteers. It is your help and support that has made Saheli so successful.

I also want to say a special thanks to Enfield Council, The Community Foundation, MOPAC & ROSA Women to Women for funding our services.

Achievements

Enfield Saheli has achieved its aims and objectives this year. I am pleased to inform that Key services achieved their milestone. We are very pleased that our projects have reached out to a number of women in the community.

We continue to receive very positive word-of-mouth feedback from our clients following our drop-in sessions.

This year Saheli led the International Women's Day & Mental Health Conference in addition to awareness raising about women needs within wider communities.

Due to changes in the funding in Voluntary Community Organisations, there has been an additional demand to our services. The organisation is receiving more referrals to our services.

We are very thankful to our active and committed volunteers who have made a substantial contribution to our administration.

Finance and Fundraising

We are thankful to the London Borough of Enfield, Community Foundation, MOPAC & ROSA Women to Women Fund for supporting our work. We continue to be part of the fundraising consortiums to attract further funding for Saheli.

Promotion of Services

Our services are advertised through information disseminated in advance, by newsletter and leaflets and ethnic media. In addition to updating our Facebook page. These include updates on what is happening at Saheli.

The following promotion activities have been undertaken to promote Enfield Saheli:

- Press Releases in local newspapers, leaflet drops & South Asian BBC Radio Interaction on subject relating to women & Children.
- Representing on other organisations – Domestic Abuse Strategy & Operational Group for violence Against Women & Girls, Mental Health Partnership Board, North London Asian Care, Health Watch, Carers Centre, Dementia Alliance etc..
- Leaflet drops – local areas, GP Surgeries, Children Centres, Enfield Council, Dental Surgeries, Schools, Libraries & Community Organisations.
- Sending promotional material to existing clients and members,
- News letters to members & relevant agencies / Information Stalls
- Information is also available on our website www.enfieldsaheli.org.

Future plans

Due to limited resources and possible funding cuts, we continue to look into alternative sources of funding. We are part of consortiums to Apply & submit bids for funding.

We are actively recruiting trustees and volunteers to strengthen our management and administration.

Trustees and Statement of Directors' responsibilities

Charity trustees are the people who serve on the governing body of a charity. They may be known as trustees, directors, board members, governors or committee members. The principles and main duties are the same in all cases.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Signed on behalf of the trustees and directors

Ms Esther McLaughlin
Director and Chairperson

Date: 20/07/2018

Chief Executive & Staff Report

Enfield Saheli is a place that welcomes every woman whether she is in crisis or entering a new phase of her life or wants to develop her dreams. With our philosophy of providing non-judgemental support and accurate information to empower women to make choices, we offer a range of services rooted in the realities and dreams of local women.

This year has been quite busy compared to last year, this is due to the awareness we have been able to raise through networking, presentations and the publicity, in addition to the valuable work our staff and the volunteers have been carrying out

The majority of the women accessing the services are from Enfield. We have given short talks and presentations to create further awareness of our services and increase referrals.

The health services local general practitioners (GPs), Community Support and Recovery Teams (CCG, LBE, and the CSR Teams) are working together to provide community services within Enfield. We are also working alongside these agencies in line with their long term strategic aims. We are providing that crucial community service in the most deprived areas of Enfield, such as Edmonton and to some of the most hard to reach and ethnic minority groups.

To improve the Wellbeing of women in Enfield we are working with the partners to deliver a Mental Health Support Service whose achievements were:

- Strong focus on service quality, recovery and outcomes delivered through effective partnership.
- Helped in early diagnosis and intervention through counselling.
- Provided Information about services and support by workshops and seminars.
- Evidence based assessment, treatment and support
- Advice & information support.
- Support by our MH worker in community settings
- Support to find employment and to maintain income, started by volunteering with us
- Support to address both mental health and physical needs
- Support for carers by holding support group to provide respite.
- Early interventions to help reduce relapse and admissions to hospital by engaging in our activities
- Involvement of service users in decisions by inviting professionals in our drop-ins for consultation meeting about services and support
- Helped to reduce stigma and discrimination associated with mental health problems by having awareness talks and workshops in our support group which supported the reduction Inequality in mental and physical health and wellbeing

- Adults with mental health problems who feel alone and unsupported made their own network of support in preventive drop-in setting. Helped adults with mental health problems that are excluded from the communities in which they live.
- Support to maintain mental health and wellbeing for all

This year for the mental health project there has been an increase in our counselling sessions and drop-in response and we received referrals from our projects, general practitioners (GPs), Community Support and Recovery Teams and other agencies within the London Borough of Enfield, Barnet and Haringey which has resulted from the networking and partnership approach during the year. We have found it extremely useful providing Advice and Information in addition to mental health services which clearly benefit our clients ensuring that the right service is provided at the right time.

Counselling

We have been running our counselling services successfully and have an ever-increasing waitlist; we have also recruited additional counsellors from different backgrounds in order to meet the needs of our clients and the members in general. At present we provide multi-lingual Counselling by offering a block of 6 and up to 10 sessions, there has been a number of clients where we have been able to offer longer term counselling.

Counselling sessions are held on Mondays, Wednesdays & Fridays for women. We are fortunate to have three counsellors who can speak a variety of Asian languages (Hindi, Turkish and Urdu, Tamil & Bengali) so that we can ensure we are removing linguistic and cultural barriers and making the service accessible to vulnerable groups.

The nature of the work we do brings us in contact with a lot of women who go through mental health problems due to the domestic abuse, the type of clients we see for counselling can range from needing support and guidance with day to day life issues as well as more serious problems such as PTSD, depression, anxiety and personality disorders.

We have used mid-session and end of session evaluation form to monitor the effectiveness of therapy and the feedback we got from these evaluations have been very encouraging.

Since the beginning of the year, we have been able to offer well over two hundred and twenty counselling sessions to our clients.

Domestic abuse can have a massive negative effect on mental health. It is believed that abuse is often the main factor in the development of depression, anxiety and other mental health disorders, eating disorders, substance misuse, and may lead to sleep disturbances, self-harm, suicide and attempted suicide.

Drop-in

This provision of the service provides a therapeutic environment where the clients suffering from mental ill health can relax, socialise, make new friends and receive advice, support and assistance within an informal setting.

The drop-in acts as a preventative measure in dealing with isolation that can often lead to escalation of depression and other mental health problems and is a crucial support mechanism in the client's life. The weekly drop-in is held on Fridays between 10am and 2.30pm.

These groups provide a safe place to support the women experiencing depression, anxiety, suicidal thoughts, and domestic violence victims and also for any queries or problems that clients may have regarding employment, housing, health or education issues. The drop-in is attended on average by forty women each week.

The support provided at these regular meetings encourages women to build networks, to build their confidence/self-esteem and to be able to live a more active and involved life. The women aging from 16-65+ are from a diverse range of ethnic backgrounds including; Asian Arab, Bangladeshi, Black African, East African Asian, Indian, Iranian, Mauritian, Pakistani and Sri Lankan.

The Gentle Exercise Class/yoga held from 10-11am, has increased in numbers due to word of mouth publicity and has proved very popular. It has also helped women to learn new skills and regularly practice skills to maintain a healthy life style.

Reiki sessions and crystal healing is held twice a month, this helps our service users to gain spiritual power to help them to solve some physical, emotional and psychological problems of life and encourages their positive thinking.

Thanks to Surinder Bamotra for her volunteer time and continued support. We are grateful to our Natural Healer Patricia for supporting our service users.

Patricia is able to utilise a range of techniques and vibrations of energy to increase our service users` health, their wellbeing and the control they have over their life, whilst minimising dependence on the treatment or therapist. These treatments have helped to ease symptoms, support emotional release and aid recovery from illness or injury.

Through our service user's evaluation, we have learnt that clients with more acute mental health and support needs benefited from a more therapeutic activity such as Arts & crafts session and board games.

Art & crafts including- knitting and sewing has often proved to be a stress alleviating and relaxing form of expression and therapy for those who have been through emotional distress or suffered traumatic life events.

These activities are used as a mechanism for expressing feelings in a positive and creative way. These techniques do inspire themselves and others, individuals can develop in their own self-esteem and confidence.

Awareness monthly talks during the workshops raise awareness of different topics. Guest speakers from various agencies and organisations are invited once or twice a month to make presentations on key issues affecting the client group.

We encourage clients to participate actively by asking questions and receiving informal feedback after the talk. Many of these have had very good attendance and participation.

The talks conducted during the year were on the following topics; women health & nutrition, Healthy Eating, Energy saving, Enfield IAPT services, Alzheimer's, Glaucoma, Stroke, Diabetes, Domestic Abuse, Breast cancer, Emergency First Aid, Fall prevention, Energy health trainer and Managing your finances.

Our services reflect our commitment to holistic approach to the healing of mind, body and spirit. Activities are provided by our specially trained multicultural staff and sessional workers.

We aim to empower women by offering them choices in their therapeutic activities, encouraging each woman to be self-nurturing, active and creative participant in her recovering and healing process.

To improve our services according to the needs of our users we always use service user's evaluation forms to identifying their need and we implement changes accordingly.

Agency Outreach and Home Visits

Some women are not able to leave their homes due to disability or a mental health problem. Apart from the practical difficulties that affect these clients, this situation can result in depression and deterioration in mental health with the potential for a serious situation developing. This project provides urgent outreach support when clients are identified, averaging 1-2 per week over the year. Outreach visits has resulted in preventing the clients from otherwise being hospitalised or isolated and also agency outreach help our service to introduce to the other organisations and aimed at getting new referrals.

Our work aims to help clients to strengthen their mental health so that they can participate more confidently in the community. Participation is entirely voluntary and very occasionally clients will reject our services.

Newsletters and Information leaflets

All our members are kept informed of any events taking place at Enfield Saheli, through information disseminated in advance, by newsletter and leaflets, seminars, conferences, future workshops, consultation, trips and presentations.

We also include the information regarding change in Government policies and council.

These include details about any change in the welfare benefit reforms, benefits cuts and changes in council & housing benefits etc.

Domestic Abuse Support Service

Our Domestic Abuse Service Mission is to serve the women in Enfield on domestic abuse issues including honour-based violence, forced marriages, stalking, rape, and sexual abuse.

A huge part of our service involves supporting Domestic Abuse victims. This year we have supported 549 women including 98 women who have accessed our services for emergency support.

Enfield Saheli's much needed Domestic violence advocacy services encompassed

- Advice and guidance
- Crisis intervention
- Needs and risk assessment
- Advocacy
- Safety planning
- Case management

- Follow ups
- On-line support
- Counselling
- Support groups
- Workshops
- Advisory surgeries
- Presentations

In addition, we are working collaboratively with other organisations, ensuring to deliver optimal services to victims, ultimately promoting Enfield free of domestic violence.

Community Education

DA Advocate speaks regularly to community groups. Audiences include schools, children centres, hospitals, other organisations who are interested in learning about the dynamics and prevention of domestic violence.

Focus Groups

Engaging with different communities, especially where reporting an abuse is still a huge stigma, also lack of faith and trust on many statutory services. Suffering in silence can cause massive health risks in the long run. Focus groups, where nearly 40 members became aware of such risks and how by adopting different strategies, these risks can be minimised even if the clients are willing to remain in the abusive relationship.

Support groups

Domestic Abuse support groups are a safe place to share, learn and grow.

Many women are attending our support groups regularly, to find others that can relate with the difficulties of living with abuse. 10 self-help groups were being arranged, 28 clients were able to gain knowledge, improve self-confidence and enhance their self-esteem, enabling them to take responsibility of their and their children's lives.

Workshops

Domestic workshops aim to prevent domestic violence, teaching people the difference between a healthy relationship and an unhealthy one is the first step towards preventing domestic violence. Looking at prevention rather than a cure, we aimed to educate older and young people about the realities of a violent relationship. This covers everything from physical violence, to emotional abuse, name-calling and even coercive behaviour.

In Enfield we celebrated International Womens day with agencies & in Enfield and were delighted to have a good support.

Saheli participated in London wide events celebrating International Womens Day and raised awareness on Women's Gender Parity.

Summary

Enfield Saheli is woman only space, providing a wide range of activities and support for the women using it. Our clients are at its Core, they inform both what we offer and how we offer it.

Over the years the thousands of women who have used the services have told us what they want and for many that is someone to listen so that they can chat in confidence in an informal way, identifying their choices and finding out the information they need.

We want to ensure that we do not lose sight of what it might feel like for each individual woman to access our service. To try to achieve this, we have identified a number of Core values, which support our delivery and which can be used to test what we are doing or planning to do.

Enfield Saheli is much respected for their excellent reputation that it has gained over the last 25 years in supporting women who have experienced Domestic Abuse or Mental Health issues.

Saheli plays a lead role at Domestic Abuse / Violence Against Women & Girls Strategy and Operational Groups in addition to Mental Health Partnership Board & Women Economic Forum.

Moving Ahead

As always, we continue to create awareness of the issues around mental ill health and Domestic Abuse. We continue to review our services and ensure sustainability by applying for funding from the Council and other sources.

As an organisation, we will listen to and shape our services around the needs of our service users.

I would like to take this opportunity to thank all the trustees, staff, volunteers and service users for all their support.

Krishna Pujara

Chief Executive

20/07/2018

Independent examiner's report to the trustees of Enfield Saheli

I report on the accounts of the company for the year ended 31st March 2018, which are set out on pages 16 to 20.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) 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. I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. 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 no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *) to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

Date: 20/07/2018

Chartered Certified Accountant

TACTS Accountant, 81 Rayleigh Road, Palmers Green, London N13 5QW

ENFIELD SAHELI
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2018

	<u>Notes</u>	Unrestricted fund	Restricted fund	Total Fund 2018 £	Total Fund 2017 £
<u>INCOMING RESOURCES</u>					
Donations		3,762		3,762	2,539
Investment Income		72		72	70
Income from Charitable Activities:					
Local Authority Grant		11,149	42,484	53,633	50,113
Rosa Fund			12,500	12,500	
Other income					6,980
<u>TOTAL INCOMING RESOURCES</u>		14,983	54,984	69,967	59,702
<u>RESOURCES EXPENDED</u>					
Raising Funds		500		500	
Expenses from Charitable Activities	(16)	12,796	70,174	82,970	84,887
<u>TOTAL RESOURCES EXPENDED</u>		13,296	70,174	83,470	84,887
Net incoming Resources		1,687	(15,190)	(13,503)	(25,185)
Balances Brought Forward		62,363	65,897	128,260	153,445
Balances Carried Forward		64,050	50,707	114,757	128,260

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

The notes attached form part of these financial statements

ENFIELD SAHELI
BALANCE SHEET AS AT 31 MARCH 2018

	Notes	£ <u>2018</u>	£ <u>2017</u>
Fixed Assets			
Current Assets:			
Cash at Bank and In Hand		147,369	145,570
Current Liabilities:			
Creditors:-			
Falling due within one year	(15)	32,612	17,310
Net Assets		114,757	128,260
As Represented By			
Unrestricted Fund		39,050	37,363
Restricted Fund	(12)	50,707	65,897
Designated Fund	(18)	25,000	25,000
Total Funds		114,757	128,260

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

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

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

The accounts were approved by the Directors on 20/07/2018 and signed on their behalf by:-

.....
 Esther McLaughlin
 Chairperson and Director

.....
 Ms K Pujara
 Secretary

**ENFIELD SAHELI
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST MARCH 2018**

1. Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

A) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Enfield Saheli meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

3. Income

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

4. Resource Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

5. Taxation

Enfield Saheli is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

6. Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation.

The organisation has no fixed assets to be depreciated.

7. Fund Accounting

Fund accounting unrestricted funds are available to spend on activities that further any of the purposes of charity.

8. Support Cost

Allocation of support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 17.

9. Pension costs and other post-retirement benefits

Enfield Saheli has set up a pension scheme with NEST pensions to meet its auto enrolment compliance requirement towards the Pension Regulator. In this year, one staff is enrolled.

10. Staff Costs

The total Salary Costs for the year was £55,816 including Tax and National Insurance Contributions. Average numbers of employees were 2.

None of the employees received emoluments in excess of £60,000 in the year or the previous year.

Trustees are not remunerated.

11. Status

Enfield Saheli is a registered charity and registered company limited by guarantee.

12. Restricted Funds

	Balance @ 1st April 2017	Incomings	Outgoings	Balance @ 31st March 2018
	£	£	£	£
London Borough of Enfield - Mental Health project	22,796	42,184	64,980	-
Rosa Fund Project	-	12,500	4,894	7,606
Women's Day Conference	-	300	300	-
Restricted Activities	43,101	-	-	43,101
	65,897	54,984	70,174	50,707

Restricted Fund balance carried forward include £7,606 for the Rosa Fund project to continue in the next financial year and £43,101 were accumulated funds over the years which is being used in furthering the charitable objects and activities of the charity.

The overall purpose of the funds is to provide health and social care support.

13. OPERATING LEASE COMMITMENT

The office lease payment is committed to be paid on a rolling contract agreement with the Local Authority for an amount of £11,149 for this financial year. This payment is not paid to the organisation directly as the Local Authority makes an inter-departmental transfer for this amount internally.

14. Debtors

The organisation has no debtors

15. Creditors

	2018 £	2017 £
LBE	23,847	10,323
Independent Examiner	700	900
Other Creditors	8,065	6,087
	32,612	17,310

16. Charitable Expenditure

	Unrestricted fund £	Restricted fund £	Total Fund 2018 £	Total Fund 2017 £
Charitable Expenditure				
Stationery, Postage and Printing		565	565	727
Insurance		905	905	860
Staff travel & training		470	470	1,010
Temp Staff & Trainers		3,092	3,092	5,519
Telephone		1,971	1,971	2,066
Staff costs	1,321	54,495	55,816	49,277
Advert & Publicity		445	445	1,439
Project Activities & Outings		3,549	3,549	11,734
IT Support and maintenance		1,542	1,542	1,670
Volunteer expenses		284	284	250
Subscription				125
Rent/room booking	11,149	1,272	12,421	1,725
Consultancy		500	500	1,491
Independent Examination		700	700	900
AGM and other trustees cost	326		326	364
Legal and professional fees		255	255	5,000
Depreciation				731
Recruitment		128	128	
	12,796	70,174	82,970	84,887

17. Support and Governance Cost

	General Support £	Governance £	Total £
Stationery , Postage and Printing	565		565
Office Rent	11,149		11,149
Insurance		905	905
Telephone	1,971		1,971
IT Support and maintenance	1,542		1,542
Independent Examination		700	700
Trustees Expenses		326	326
Legal and professional fees		255	255
Recruitment		128	128
	15,227	2,314	17,542

18. Designated Fund

The purpose of the Designated Fund of £25,000 is to cover Organisation contingencies and Strategic Planning to develop future plans and strategies for Enfield Saheli.