

# **ENFIELD SAHELI**

Registered Charity and Company Limited by Guarantee

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31<sup>ST</sup> MARCH 2019

Charity number: 1129308  
Company number: 6663604

**ENFIELD SAHELI  
YEAR ENDED 31<sup>ST</sup> MARCH 2019**

**Registered Charity Number** : 1129308  
**Registered Company Number:** 6663604

**Principal address:**

311 Fore Street  
Community House  
Edmonton  
London N9 0PZ

**Directors and Trustees:**

Esther McLaughlin	Chairperson
Gail Hawksworth	Vice-Chair
Bilay Want	
Pushpinder Chowdhry	
Swapna Toley	
Kavita Gulati	

**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 31<sup>ST</sup> MARCH 2019**

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## **Enfield Saheli Report of the Directors and Trustees**

### **For the year ended 31 March 2019**

The trustees are pleased to present their annual directors' report for the year ending 31<sup>st</sup> March 2019 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
  - Well-being Support / Focus Groups
- 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, Keeping Safe, Eating Healthy, 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 - voluntary organisation which 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 14 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 2018 - 2019 has been a time of new challenges, continued success and new milestones for Saheli.

As announced by the Enfield Council, our Core Funding was discontinued and we continue to look for alternative funding. The trustees have agreed to use our reserves to continue the service we provide to our service users over the past two financial years.

Our funding from ROSA Woman to Woman ended in December 2018 – However, we were pleased to received funding for 2 years from London Community Foundation & MOPAC to continue the services we provide in May 2018.

Our services have assisted a number of women and their families 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. Our walking club has attracted over 60 women to participate regularly 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. The Emotional Well-being Focus Group is engaging with vulnerable women to empower them with additional skills with support from IAPT (Improving Access to Psychological Therapies)

Future plans for Saheli – with an effective service, we will continue working in partnership with other groups. We envisage securing a contract for Domestic Violence Advocacy Service, in addition to developing our Advice & Information Service. Fortunately, our Mental Health project has not been affected by the Section 75 funding.

We always face a lot of challenges in pursuit of continuous improvements while balancing with a drive to contain and reduce costs. Through Social Media - Saheli has its Facebook account. We are in the process of 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 Board members, staff, sessional staff, Student Social Workers and Volunteers for their continuous hard 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, ROSA, London Community Foundation & MOPAC 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 Conference, Mental Health Conference and Dancing for a Cause for the survivors of Domestic Abuse. This helped to reach out to wider communities in raising awareness.

Due to changes in the funding for Voluntary Community Organisations, some of the organisations have closed and there has been an additional demand to our services. We are 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 our funders 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](http://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  
Chairperson

Date: 29/07/2019



## 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 very 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. Barnet & Haringay. 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 and the CSR Teams) are working together to provide community services. 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 hardest to reach and ethnic minority groups.

To improve the Wellbeing of women 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 by Mental Health 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
- 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

In addition, our vulnerable members have had training on Ipads, Smart Phones & use of Social Media.

We have created a What's App group for members of Enfield Saheli for general Information. Through this we learnt that a number of our members who are isolated and lonely would like to have chit chats with other members. However, this affected other members sleep as the phones kept making noise.

Therefore, after discussing with members of the groups, it was agreed to create a Saheli Chit Chat group for women who like to talk about anything and everything, whilst Enfield Saheli Group was only for the operational Side of Saheli.

In addition, a new group was created for staff & volunteers to communicate. This has helped the team in their effective communication.

## **Counselling**

This year, 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.

We have been running our counselling services successfully and have an ever-increasing waitlist; we have also recruited new volunteer counsellors from different backgrounds in order to meet the needs of our clients and the members in general. Although we started the Counselling on short term basis where we were 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.

These sessions are held every Monday, Wednesdays & Fridays for women. We are fortunate to have three counsellors who can speak a variety of Asian languages (Hindi, Punjabi, 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, bring us in contact with a lot of women who go through emotional wellbeing health issues 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 use evaluation forms 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 a hundred and forty 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.

**Workshops** – Regular Workshops have supported women to go through their difficult phase.

## Weekly Drop-in Centre

This provision of the service provides a therapeutic environment where the clients feeling low 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.

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, Tamil 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 weekly 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. We 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. A number of workshops have taken place on emotional well being in keeping healthy & safe.

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 632 women including 102 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.

### **Well-being Support**

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.

Many women are attending our well-being support groups regularly, to find others that can relate with the difficulties of living with abuse. 7 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.

### **Well-being Workshops**

Domestic Abuse 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.

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

## **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 29 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.

In Enfield we celebrated International Women's day with agencies and were delighted to have a good support.

Saheli participated in London wide events celebrating International Women's Day & Million Women Rise to raise awareness on Women's Gender Parity.

## **Moving Ahead**

As always, we continue to create awareness of the issues around Emotional Well-being and Domestic Abuse. We continue to review our services and ensure sustainability by applying for funding from the Council and other sources. We continue to look for alternative sources of Funding to develop our services.

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, Student Social Workers, Volunteers and Service users for all their support

**Krishna Pujara**

**Chief Executive**

**29/07/2019**

## **Independent examiner's report to the trustees of Enfield Saheli**

I report on the accounts of the company for the year ended 31<sup>st</sup> March 2019, 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: 29/07/2019

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 2019**

	<u>Notes</u>	Unrestricted fund	Restricted fund	Total Fund 2019	Total Fund 2018
		£	£	£	£
<b><u>INCOMING RESOURCES</u></b>					
Donations		3,650		3,650	3,762
Investment Income		150		150	72
<b>Income from Charitable Activities:</b>					
Local Authority Grant		11,149	42,184	53,333	53,633
Rosa Fund			12,500	12,500	12,500
MOPAC Community Fund			33,961	33,961	
<b><u>TOTAL INCOMING RESOURCES</u></b>		<b>14,949</b>	<b>88,645</b>	<b>103,594</b>	<b>69,967</b>
<b><u>RESOURCES EXPENDED</u></b>					
Raising Funds					500
Expenses from Charitable Activities	(16)	11,758	86,257	98,014	82,970
<b><u>TOTAL RESOURCES EXPENDED</u></b>		<b>11,758</b>	<b>86,257</b>	<b>98,014</b>	<b>83,470</b>
Net incoming Resources		3,191	2,388	5,578	(13,503)
Balances Brought Forward		<b>64,050</b>	<b>50,707</b>	<b>114,757</b>	<b>128,260</b>
<b>Balances Carried Forward</b>		<b>67,241</b>	<b>53,095</b>	<b>120,335</b>	<b>114,757</b>

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 2019**

	Notes	£ <u>2019</u>	£ <u>2018</u>
<b>Fixed Assets</b>			
<b>Current Assets:</b>			
Debtors	(14)	10,546	
Cash at Bank and In Hand		126,383	147,369
<b>Current Liabilities:</b>			
<b>Creditors:-</b>			
Falling due within one year	(15)	16,593	32,612
<b>Net Assets</b>		<b>120,335</b>	<b>114,757</b>
<b>As Represented By</b>			
Unrestricted Fund		37,240	39,050
Restricted Fund	(12)	53,095	50,707
Designated Fund	(18)	30,000	25,000
<b>Total Funds</b>		<b>120,335</b>	<b>114,757</b>

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 29/07/2019 and signed on their behalf by:-

.....  
 Esther McLaughlin  
 Chairperson and Director

.....  
 Ms K Pujara  
 Secretary

## **NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2019**

### **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:

#### ***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 £61,917 including Tax and National Insurance Contributions. Average numbers of employees were 3. 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. Analysis of Restricted Funds

	Balance @ 1st Apr18	Incomings	Outgoings	Balance @ 31st Mar19
	£	£	£	£
London Borough of Enfield - Mental Health Project	-	42,184	42,184	-
Rosa Fund Project	7,606	12,500	20,106	-
MOPAC Community Fund	-	33,961	23,967	9,994
Other Restricted Activities	43,101	-	-	43,101
	<b>50,707</b>	<b>88,645</b>	<b>86,257</b>	<b>53,095</b>

### Purpose of Restricted Funds:-

Restricted Fund balance carried forward include £9,994 for the MOPAC Community Fund (domestic violence) 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 including Mental Health and Domestic Violence.

## 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 as the Local Authority makes an inter-departmental transfer for this amount. This is part of the benefit in kind support provided by the Local Authority to Enfield Saheli and has been recognised in the income and expenditure account.

## 14. Debtors

	2019 £	2018 £
Local Authority Grant	<b>10,546</b>	-

## 15. Creditors

	2019 £	2018 £
LBE – External Payroll	15,128	23,847
Independent Examiner	700	700
Other Creditors	766	8,065
	<b>16,593</b>	<b>32,612</b>

## 16. Charitable Expenditure

	Unrestricted fund £	Restricted fund £	Total Fund 2019 £	Total Fund 2018 £
<b>Charitable Expenditure</b>				
Office Running Cost	29	3,236	3,265	2,536
Insurance		934	934	905
Travel & training		1,354	1,354	470
Temp Staff & Trainers		3,296	3,296	3,092
Staff costs		61,917	61,917	55,816
Advert & Publicity		1,020	1,020	445
Activities, Events & Outings		7,723	7,723	3,549
IT Support and maintenance		3,326	3,326	1,542
Volunteer expenses	292	383	675	284
Subscription		80	80	-
Rent/room booking	11,149	1,411	12,560	12,421
Consultancy		500	500	500
Independent Examination	150	550	700	700
Governance	112	132	244	326
Legal and professional fees		250	250	255
Recruitment	26	144	170	128
	<b>11,758</b>	<b>86,257</b>	<b>98,014</b>	<b>82,970</b>

## 17. Support and Governance Costs

	General Support £	Governance £	Total £
Office Running Costs	3,265		3,265
Office Rent	11,149		11,149
Insurance		934	934
IT Support and maintenance	3,326		3,326
Independent Examination		700	700
Governance		244	244
Legal and professional fees		255	255
Recruitment		170	170
	<b>17,740</b>	<b>2,303</b>	<b>20,044</b>

## 18. Designated Fund

The purpose of the Designated Fund of £30,000 is to cover Organisation contingencies, IT Systems Upgrade and Strategic Planning to develop future plans and strategies for Enfield Saheli.