

**NILAARI AGENCY**  
**FINANCIAL STATEMENTS**

**31 MARCH 2021**

**Charity Number 1080555**  
**Company Number 3785177**

# **NILAARI AGENCY**

## **FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2021**

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# **NILAARI AGENCY**

## **LEGAL AND ADMINISTRATIVE INFORMATION**

**YEAR ENDED 31 MARCH 2021**

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### **Trustees/Directors**

The directors of the charitable company ("the charity") are its trustees for the purposes of the charity law and throughout this report are collectively referred to as the trustees.

The Trustees who served during the year and since the year end were as follows:

G Ramsay (Chair)  
E Wride (Vice Chair)  
B Martin (Treasurer)  
L Gordon  
N Pascal  
R Veira  
V Watkis - appointed 02/04/2021

### **Registered Office**

184 Stapleton Road  
Easton  
Bristol  
BS5 0NZ

### **Bookkeepers**

Mendip Accounting Solution Ltd  
187 Mendip Road  
Yatton  
Somerset  
BS49 4ET

### **Independent Examiner**

David Baptiste ACPA  
Linden Accountants Limited  
21 Sevier Street  
St Werburghs  
Bristol  
BS2 9LB

### **Bankers**

Unity Trust Bank PLC  
Birmingham  
B1 2HB

**Charity Registration No.** 1080555

**Company Registration No.** 03785177

# **NILAARI AGENCY**

## **TRUSTEES ANNUAL REPORT**

**YEAR ENDED 31 MARCH 2021**

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### **Structure, Governance and Management**

The company is governed by its memorandum and articles of association, which also dictate the procedures for the appointment of trustees.

### **Objectives and Activities**

Our policy of treating everyone who walks through our door – that's staff, volunteers and visitors as well as clients – with dignity and respect means that we reach out to people as human beings who can be healed, more than as problems that we can help solve. Unusually and consistently, we offer patience, continuity and warmth - an embrace that goes beyond our capacities of talking therapies, signposting, group work etc. Nilaari will always do more than bridging the gap in service provision through which so many of our clients have fallen. We work towards fulfilling our clients hope to provide them with a more sustainable future of self-help and resilience. Our success has been due to the fact we are continually evolving in response to client need and changing health and social care policy. Not only are we facing change as an agency we are embracing it to guarantee our survival and meet the expectations of those that use our services.

The diverse nature of our team also means that we can work with those labelled 'hard to reach'.

### **Achievements and Performance**

Over the last twelve months, as well as continuing to deliver one-to-one and group work programmes, we have run and supported several projects.

This year we have

- seen referrals increase by 48% to 847
- delivered 1 – 1 talking therapy sessions for 519 clients
- received nearly 1100 phone enquiries

### **Talking therapies**

We continued to offer one-to-one therapy sessions for people experiencing:

- stress
- worry and anxiety
- low self-esteem and confidence

Nilaari also continues to run successful women's emotional regulation groups and men overcoming anger groups.

# NILAARI AGENCY

## TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2021

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### New programs for women

The **Bluebird Project** works with young women (18-25 years) who want to improve their emotional and psychological wellbeing.

Our newest project, **Yellowbird**, uses a variety of innovative techniques for women (25 years and over) with complex needs.

### Programmes for men

The Jabari project for men continues to deliver supportive group work programmes. **Grounded** offers culturally appropriate psychosocial interventions to help adult males with a history of mental health issues and/or a history of offending behaviour. More recently the 6-week **Excell** programme has been devised for younger men.

Both programmes explore culture and identity whilst highlighting the need to strengthen self-image.

### Partnerships

Working alongside Bristol mental health services we employ 3 Recovery Navigators at different locations in Bristol. They support, advise and help mental health service users to plan their recovery and accompany them at the start of their journey towards fulfilling lives in their community.

We are part of the Golden Key service which works closely with clients who have complex needs. The organisation views the system through clients' eyes to pinpoint areas where it is not working. The information is used to identify improvements the services need to make. We have forged closer links with both the University of Bristol and the University of the West of England. We are looking forward to seeing this area of work continue to grow.

### Training

Over the year, our cultural competence training programme, **Usawa**, was delivered to 202 people representing

- community and housing providers
- local universities
- statutory agency providers
- GPs
- police and probation

Our year of hard work has ultimately borne fruit. It would have been impossible without the support of our team of dedicated paid and unpaid staff. A big thank you to you all.

# NILAARI AGENCY

## TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2021

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### Funding Policies

#### Restricted funds

This represents resources that have been received and are to be expended solely for particular projects.

#### Unrestricted funds

This represents resources that have been received which can be spent at the discretion of the directors in furtherance of the agency's objectives.

During 2020/21 the unrestricted reserves increased by £70,043 and at 31 March 2021 the reserve stood at £432,657.

#### Reserve policy for the year 2020/21

The board feels that it should hold a prudent hedge against fluctuations in income of the equivalent of six month's salaries and running costs in liquid assets to meet any unforeseen circumstances, this takes account of good practice guidance provided by the Charity Commission. This currently equates to approximately £131,484. The reserves are made up of:

Fixed assets	£139,937
Current assets	£292,720
Total	<u>£432,657</u>

#### Responsibilities of the Trustees

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with the applicable law, regulations and trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**NILAARI AGENCY**  
**TRUSTEES ANNUAL REPORT**  
**YEAR ENDED 31 MARCH 2021**

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This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS 102 SORP) issued in July 2014.

Approved by the board of Trustees and signed on their behalf by:

.....  
G Ramsay - Chair

Date ..... 2022

Covid-19 has had a major impact on our country, particularly on BAME communities. And I want to start by remembering all the individuals who have been taken from us by this terrible disease.

I speak on behalf of all the Trustees when I say how proud I was to see how our staff team seamlessly moved to delivering services to clients via the phone and the various digital platforms. In every decision relating to service provision, we were governed and will continue to be governed, by adherence to government guidelines.

Despite the turmoil in the initial weeks of lockdown, I watched as Jean, our Director, took up the additional burden of making daily trips shopping for groceries and medication and delivering them to those clients in dire need. Both senior staff also contributed to many of the numerous Covid-19 crisis response meetings that were taking place in the city.

On top of the chaos that came with Covid-19, we were exposed to the killing of George Floyd in the USA. I know how watching such a tragic event made me feel, and I know that pain was felt deeply and triggered many negative feelings. The Black Lives Matter movement shifted conversations about social justice and structural racism. As a mental health charity, we know that the impact of racism on mental health can be profound and long-lasting. Again I speak on behalf of the board and staff when I say we acknowledge and understand the anger felt by many, especially those from the Black Minoritised communities who for so long have faced racism and discrimination in every aspect of their lives. We believe every individual and all communities should feel cared for, respected and fairly treated.

Before I end, I want to say a huge thank you to the Nilaari staff. It is during times like this that we are reminded just how hard working, dedicated, loyal and compassionate the team is. So, a big thank you to them and to all the many individuals and organisations that have supported Nilaari over the last 21 years. In addition, I want to thank the large numbers of individuals in Bristol and beyond who have chosen to donate to our work during this period.

It's also important to give thanks to our funders and many partners. Especially the trustees of Tudor Trust who, on top of our regular funding, gave additional finance so we could purchase food and essentials for clients most in need.

We are looking forward to the end of the pandemic and as soon as life settles, our birthday celebrations will happen. So, the celebrations are not abandoned - just postponed.

**B Martin - Treasure**

# NILAARI AGENCY

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

### YEAR ENDED 31 MARCH 2021

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I report on the unaudited accounts for the year ended 31<sup>st</sup> March 2021 set out on pages 8 to 17.

#### **Respective responsibilities of trustees and examiner**

As the charity's trustees are also its directors for the purposes of company law, you are responsible for the preparation of the accounts in accordance with the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of Nilaari Agency are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Basis of independent examiner's report**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Certified Public Accountants Association, which is a listed body.

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

1. Accounting records were not kept in respect of the Company as required under section 386 of the 2006 Act; or
2. The accounts do not accord with those records; or
3. The accounts do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of my independent examination; or
4. The accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



David Baptiste ACPA  
Linden Accountants, Scrapstore House, 21 Sevier Street, St Werburghs, Bristol, BS2 9LB

Date .....17<sup>th</sup> December..... 2021

# NILAARI AGENCY

## STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 MARCH 2021

		Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	Note	£	£	£	£
<b>INCOME FROM:</b>					
Donations and legacies	2	15,867	-	15,867	615
Charitable activities					
Grants	3	37,292	127,144	164,435	60,646
Service level agreements	4	-	190,616	190,616	199,890
Earned income	5	24,833	-	24,833	27,596
Other income		-	-	-	-
<b>TOTAL INCOME AND ENDOWMENTS</b>		<b>77,992</b>	<b>317,760</b>	<b>395,752</b>	<b>288,748</b>
<b>EXPENDITURE ON:</b>					
Charitable activities	6	7,948	291,347	299,296	244,721
<b>TOTAL EXPENDITURE</b>		<b>7,948</b>	<b>291,347</b>	<b>299,296</b>	<b>244,721</b>
<b>NET INCOME/(EXPENDITURE)</b>		70,043	26,413	96,456	44,027
<b>Total funds at 1 April</b>		362,614	34,312	396,925	352,898
<b>Total funds at 31 March</b>	12	<b>432,657</b>	<b>60,725</b>	<b>493,382</b>	<b>396,925</b>

The charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

The notes on pages 10 to 17 form part of these financial statements

# NILAARI AGENCY

## BALANCE SHEET

YEAR ENDED 31 MARCH 2021

	Note	2021 £	2020 £
<b>FIXED ASSETS:</b>			
Tangible assets	8	139,937	143,830
<b>CURRENT ASSETS:</b>			
Debtors	9	114,731	33,198
Cash at bank and in hand		<u>254,316</u>	<u>231,373</u>
		<b>369,048</b>	264,571
<b>CURRENT LIABILITIES:</b>			
Creditors: falling due within one year	10	(4,403)	(1,476)
Deferred income		(11,200)	(10,000)
<b>NET CURRENT ASSETS:</b>		<u>353,445</u>	<u>253,096</u>
<b>NET ASSETS:</b>		<u><u>493,382</u></u>	<u><u>396,925</u></u>
<b>FUNDS</b>			
Unrestricted funds	12	432,657	362,613
Restricted funds	12	60,725	34,312
		<u><u>493,382</u></u>	<u><u>396,925</u></u>

These accounts have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

For the financial year ended 31 March 2019 the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 and no notice has been deposited under section 476 of that Act. In accordance with section 145 of the Charities Act 2011, the company was entitled to exemption from an independent examination.

The Trustees acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with section 386 of the Act; and
- preparing accounts which give a true and fair view of the state of affairs of the company, as at the end of the financial year, and of its net income or outgoing resources in accordance with the requirements of section 396 and which otherwise comply with the requirements of the Companies Act 2006 relating to the accounts, so far as it applicable to the company.

These financial statements were approved by the Trustees on the following date and are signed on their behalf by:

Date:

The notes on pages 10 to 17 form part of these financial statements

# NILAARI AGENCY

## NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

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### 1 ACCOUNTING POLICIES

#### Accounting convention

The financial statements have been prepared under the historic cost convention. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS 102 SORP) issued in July 2014, and applicable UK Accounting Standards and the Charities Act 2011.

#### Funds structure

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have set aside resources for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or the terms of a specific appeal.

#### Income

All income is recognised once the charity has entitlement to the resources, it is certain that the resources will be received and the monetary value of income can be measured with sufficient reliability.

Income from donations is included when these are receivable, except as follows:

- i) When the donors specify that the donations given to the charity must be used in future accounting periods;
- ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

Income from grants, where there are performance or service deliverables required by the terms of the grant, are accounted for as the charity earns the right to payment through its performance.

#### Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that agree all costs related to the category. Support costs have been allocated 100% towards the charitable activities of the charity.

#### Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct pay and non-pay costs and support costs relating to those activities.

#### Governance costs

Governance cost include those costs associated with meeting the constitutional and statutory requirements of the charity, and include its independent examination fees and costs linked to the strategic management of the charity including trustee expenses.

#### Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

#### Corporation tax

As the company is a registered charity no provision is considered necessary for taxation on income that is exempt under Corporation Tax legislation and that is applied to the charitable objects.

# NILAARI AGENCY

## NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

### Tangible fixed assets and depreciation

All items are stated in the accounts under the historical cost accounting rules, with the exception of the revaluation of freehold property.

Depreciation is calculated so as to write off the cost or revalued amounts of the following tangible fixed assets by equal annual instalments over their estimated useful lives at the following rates:

Asset category	Annual rate
Freehold Property	2%

Depreciation is also provided on the reducing balance method to write off other fixed assets over their useful lives at the following rates:

Asset category	Annual rate
Furniture & fittings	25%
Office Equipment	25%

## 2 DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Donations - For the benefit of clients	15,867	-	15,867	615
	<u>15,867</u>	<u>-</u>	<u>15,867</u>	<u>615</u>

## 3 INCOME FROM CHARITABLE ACTIVITIES

### GRANTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Bluebird Trust	-	-	-	728
Bristol Impact Fund - Jabari Project	-	35,364	35,364	23,458
Bristol Impact Fund - Weaver Bird Project	-	9,780	9,780	2,445
Growing Futures	-	-	-	2,560
Tudor Trust	-	2,000	2,000	-
Tudor Trust - Yellow Bird	-	30,000	30,000	31,456
NHS COVID-19 Crisis Response	-	50,000	50,000	-
COVID-19 Support Grants	37,292	-	37,292	-
	<u>37,292</u>	<u>127,144</u>	<u>164,435</u>	<u>60,646</u>

**NILAARI AGENCY**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2021**

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**4 INCOME FROM CHARITABLE ACTIVITIES**

**SERVICE LEVEL AGREEMENTS**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2021</b>	Total Funds 2020
	£	£	£	£
AWP - Funded Placements	-	156,700	<b>156,700</b>	163,394
Second Steps	-	33,917	<b>33,917</b>	36,496
	<u>-</u>	<u>190,616</u>	<u><b>190,616</b></u>	<u>199,890</u>

**5 INCOME FROM CHARITABLE ACTIVITIES**

**EARNED INCOME**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2021</b>	Total Funds 2020
	£	£	£	£
Professional services	8,268	-	<b>8,268</b>	20,226
Provision of training	16,085	-	<b>16,085</b>	3,350
Room hire	480	-	<b>480</b>	4,020
	<u>24,833</u>	<u>-</u>	<u><b>24,833</b></u>	<u>27,596</u>

**NILAARI AGENCY**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2021**

**6 DIRECT CHARITABLE EXPENDITURE**

**Charitable Activities**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2021</b>	Total Funds 2020
	<b>£</b>	<b>£</b>	<b>£</b>	
NHS COVID-19 Crisis Response activity	-	26,529	<b>26,529</b>	-
Salaries and wages	-	238,169	<b>238,169</b>	208,770
Pension costs	-	6,529	<b>6,529</b>	5,674
Recruitment costs	-	-	-	77
Staff supervision and training	-	2,410	<b>2,410</b>	1,550
Volunteer expenses	-	345	<b>345</b>	1,019
Donations paid to clients	1,021	-	<b>1,021</b>	450
<u>Support costs</u>				
Premises, rent and utilities	263	828	<b>1,091</b>	3,574
Bookkeeping	-	2,086	<b>2,086</b>	2,559
Repairs & renewals	208	-	<b>208</b>	2,054
Stationery, print, post, IT	-	8,399	<b>8,399</b>	6,224
Subscriptions	147	-	<b>147</b>	222
Travel expenses	-	1,057	<b>1,057</b>	1,578
HR Support	-	40	<b>40</b>	222
Bank Charges	135	-	<b>135</b>	135
Bad debt written off	831	-	<b>831</b>	-
Depreciation	5,148	-	<b>5,148</b>	5,657
Sundries	196	2,861	<b>3,057</b>	3,135
Governance Costs	-	2,094	<b>2,094</b>	1,819
	<u>7,948</u>	<u>291,347</u>	<u><b>299,296</b></u>	<u>244,721</u>

**NILAARI AGENCY**  
**NOTES TO THE FINANCIAL STATEMENTS**  
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**7 STAFF COSTS**

	<b>2021</b>	2020
	<b>£</b>	£
The aggregate payroll costs were:		
Wages & salaries	<b>225,618</b>	197,037
Social security costs	<b>12,417</b>	11,330
Pensions	<b>6,529</b>	5,674
	<b><u>244,563</u></b>	<u>214,041</u>

**Particulars of employees:**

The average number of staff employed by the charity during the financial year amounted to:

	<b>2021</b>	2020
	<b>No.</b>	No.
Project Staff	<b>14</b>	11
Support staff	<b>1</b>	1
	<b><u>15</u></b>	<u>12</u>

No employee received emoluments of more than £65,000

The average number of full-time equivalent employees during the year was 13 (2020: 8)

No trustee received remuneration, and no trustees reclaimed expenses.

The charity operates a defined contribution pension scheme.  
13 staff are members of the scheme

**NILAARI AGENCY**  
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**8 TANGIBLE FIXED ASSETS**

	Freehold Property £	Fixtures & Fittings £	Office Equipment £	Totals £
<b>COST:</b>				
At 1 April 2018	214,692	-	42,694	257,386
Additions	-	-	1,255	1,255
At 31 March 2019	<u>214,692</u>	<u>-</u>	<u>43,949</u>	<u>258,641</u>
<b>DEPRECIATION:</b>				
At 1 April 2018	70,862	-	42,694	113,556
Charge for the year	4,834	-	314	5,148
At 31 March 2019	<u>75,696</u>	<u>-</u>	<u>43,008</u>	<u>118,704</u>
<b>NET BOOK VALUE:</b>				
At 31 March 2019	<u>138,996</u>	<u>-</u>	<u>941</u>	<u>139,937</u>
At 31 March 2018	<u>143,830</u>	<u>-</u>	<u>-</u>	<u>143,830</u>

All assets are used directly for charitable purposes. Freehold property was revalued in 2013 by Besley Hill Estate Agents Limited on the basis of present condition and usage. The historical cost of the freehold property included in the valuation of £175,000 was £233,288.

**9 DEBTORS**

	2021 £	2020 £
Debtors	113,927	32,416
Prepayments	804	782
	<u>114,731</u>	<u>33,198</u>

**10 CREDITORS: amounts falling due within one year**

	2021 £	2020 £
Trade creditors	130	-
Accruals	780	780
Taxation and social security	1,340	-
Other creditors	1,323	696
Bad debt provision	831	-
	<u>4,403</u>	<u>1,476</u>

**NILAARI AGENCY**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2021**

**11 ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Fixed Assets	139,937	-	139,937
Current Assets	298,323	70,725	369,048
Current Liabilities	(5,603)	(10,000)	(15,603)
	432,657	60,725	493,382

**12 TOTAL FUNDS**

Analysis of Fund movements	Balance b/fwd	Income	Expenditure	Transfers	Fund c/fwd
	£	£	£	£	£
<b>Unrestricted funds:</b>					
General funds	362,614	77,992	(7,948)	-	432,657
Designated funds	-	-	-	-	-
	362,614	77,992	(7,948)	-	432,657
<b>Restricted funds:</b>					
	Balance b/fwd	Income	Expenditure	Transfers	Fund c/fwd
	£	£	£	£	£
AWP - Funded Placements (a)	11,960	156,700	(153,757)	-	14,903
Second Steps (b)	-	33,917	(33,917)	-	-
Bristol Impact Fund - Jabari Project (c)	9,914	35,364	(35,364)	-	9,914
Bristol Impact Fund - Weaver Bird Project (d)	-	9,780	(9,780)	-	-
Tudor Trust (e)	-	2,000	(2,000)	-	-
Tudor Trust - Yellow Bird (f)	12,437	30,000	(30,000)	-	12,437
NHS COVID-19 Crisis Response (g)	-	50,000	(26,529)	-	23,471
	34,312	317,760	(291,347)	-	60,725
Total	396,925	395,752	(299,295)	-	493,382

(a) **Bristol Mental Health** - Overseen by the Bristol Clinical Commissioning Group and led by Avon & Wiltshire Mental Health Partnership NHS Trust, Nilaari along with several other public and voluntary sectors mental health service providers, employ three Recovery Navigators, in three geographic assessment and recovery teams across the city. These teams provide local psychosocial interventions, focusing on supporting individuals to build resilience and improve wellbeing.

# NILAARI AGENCY

## NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

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### 12 TOTAL FUNDS (Continued)

(b) **Golden Key Program** - In partnership with Second Step, we have been working with the Independent Futures advisory group (IF Group): people with personal experience of prison, homelessness, long-term mental health problems and drug and alcohol dependency. The IF group's vision, ideas and feedback have guided the project from design and delivery to review. We have worked to enable clients who are struggling and feel locked out of services to find new ways to get the help they need to build on their strengths, pursue their hopes and change their lives.

(c) **Bristol Impact Fund - Jabari Men's Project** - The Jabari project works directly with adult males who have a history of mental health issues and/or offending behaviour. The project offers culturally appropriate psychosocial interventions to help them engage with and access talking therapies and other primary mental health provision. As part of the Jabari programme we devised a six-week course called 'Grounded', for men in the community who wanted the space to explore issues relating to communication or relationships, reducing social isolation and improving well-being. ABC charity paid £15,000 to fund Jabari work. The final year funding from BCC Impact has tapered down and the ABC charity has funded the continuation of the project for a further year.

(d) **Bristol Impact Fund - Weaver Bird Project** - The project supports BAME migrant women, including refugees and asylum seekers who live in Bristol and who have mental health needs. By supporting the women to create their own network where they can express their feelings, seek timely help from mental health services will help them turn their lives around, make better choices and in turn lift their low moods and depressions.

(e) **Tudor Trust** - This restricted grant is to pay for support, supervision, mentoring or counselling, or for individual wellbeing activities, that will help address people's stress and exhaustion. Or it might be about bringing the team together to support each other, to decompress, reflect and recharge, or to reconnect while enjoying each other's company.

(f) **Tudor Trust - Yellow Bird** - The Yellow Bird Project aims to provide a range of intensive interventions for women aged 25 years and above with mental health issues who have perhaps struggled to engage with help in the past. As well as one to one support Yellow Bird runs groups, workshops and a weekly drop to enable women to build their confidence, resilience, self esteem and wellness. This project has been funded by the Tudor Trust.

(g) **NHS COVID-19 Crisis Response** - Through BNSSG's COVID-19 Business Case, funding has been identified (£50,000) to increase the provision of culturally informed and BAME-led mental health services for people across BNSSG. Below details how this funding will be used. Funding is allocated to Nilaari, a Black, Asian and Minority Ethnic (BAME) led community-based charity that delivers culturally appropriate and responsive emotional wellbeing and mental health support. In partnership Nilaari will work to offer accessible, culturally informed mental health support for people from Bristol, North Somerset and South Gloucestershire's Black, Asian and Minority Ethnic communities.