HEAR WOMEN

GARGAR FOUNDATION

IMPACT REPORT

2024

A YEAR OF ACCOMPLISHMENTS


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HEAR WOMEN

GARGAR FOUNDATION

About Us

Articulated in the Sustainable Development Goals (SDGs), we consider the key to effecting change is to advance women's full and effective participation in decision making at all levels of political, economic, and public life. Women can become key decision makers if they feel safe and are provided the knowledge, skills, and support to advocate for themselves.



Hear Women helps women through:

- Providing safe spaces for them to build relationships, discuss personal issues, and to develop self-confidence.
- Providing support, skills, and links to resources to develop their abilities to address mental health needs, improve their physical health, and advocate for themselves.
- Providing education and training to enable them to fully participate in the political process.

Our Mission & Approach

Our mission is a world where women and girls are equal partners in their communities, free from prejudices and have the right knowledge and skills to make their own decisions, speak up about issues affecting them, and to become independent. Our approach is to form partnership with local women-led groups in Africa and the UK to promote local ownership and long-term .Sustainable change that will shape national policies and create regional dialogues, as well as international awareness on good practices.

Vic Chair's Statement

Hear Women: 2024 Year in Review

Hear Women is proud to announce that we successfully achieved all of our strategic goals for 2024.

Honored as past winners of the London Faith and Community Awards, we continue to earn the trust of our founders, partners, and service users as an effective provider of essential community services.

Empowering Women & Families

We remain dedicated to advancing health, wellbeing, and skill development to empower BAME women and their families to thrive in British society. Our core programs continue to deliver strong impact across:

- Health & Wellness: *Healthy Communities, Healthy Hearts, Women's Swimming, Yoga, Mental Health, and Dance.*
- Skills & Independence: *IT & Digital Literacy, Money Management, and English Conversation.*
- Community Connection: *Nutrition & Cooking, Digital Family Fun, and Virtual Support Networks.*

Resilience & Leadership

We extend our deepest gratitude to our Management Committee, CEO, staff, partners, and tireless volunteers. We are also delighted.

Samia Zaki

Chair n

Our Impact


Dubai
Dubai





Hear Women has established a new partnership this year with local women led organisations, who have 2592 participants in HearWomen classes and activities.

our participants are BME Women leaving in Westminster and RBKC

Participants in HearWomen classes and activities 2024/2025



Governance & Structure

Hear Women is governed by a Board of Trustees consisting of chair, deputy chair, secretary, treasury, and members, which have the overall responsibility for governance and management of the organization. each trustee undertaking the responsibility of constant development to maintain skills and appropriateness to govern. Hear Women's policies and procedures are recognized by the Quality Mark of Governance PIQASSO.



The Team

The team is led by CEO and supported by Trustee Secretary, volunteers. Our small office is supported by committed volunteers, who believe in Hear Women's mission and vission.



User-led Charity

Knowledge and experience

All our programmes are user-led, and the initial development of programmes is always based on clearly identified needs of the com m unity we serve.

Focus Groups

Hear Women service users are regularly given the opportunity to feedback their needs both form ally and informally.

User Feed Back

This is important to past, existing, and future programmes. Information gathered from the evaluation and the monitoring of system s is the basis of evidence.

Monitoring And Evaluation

The performance of services and projects are regularly checked to review those programmes that work and those that do not, as this helps us to improve how we do things and learn from mistakes.



UK Programmes

Healthy Talk

Provides a safe space for women to socialise over tasty healthy food prepared by themselves. Women socialise and help each other by sharing experiences and strategies to overcome stress and obstacles.

Women only Swimming

The programme promotes physical health and wellbeing, and builds confidence. It encourages women to learn new skills, improve their swimming abilities, and feel more comfortable and confident in the water, while also creating opportunities to socialise and support one another.

Zumba

Encourages women to stay active, improve their fitness, and support their overall health and wellbeing through fun, energetic dance sessions. It provides a welcoming and supportive environment where women can build confidence, socialise, and enjoy exercising together.

Mental Health Counselling Group

The project improves women's mental wellbeing, gives them motivation and builds the users self - confidence. Reinforce the community, fight isolation, and strengthen the physical and mental health of our users. Aside from the hygiene pack project, we also personally took care of the most vulnerable of our service users.

Dance Digital World

Hear Women provides women and people form Africa and the Middle East with a safe and inclusive space to learn, socialise and access advice and support. We also advise and link women to community resources and help them to bridge the gap between service users and service providers.

Ongoing Projects







Case Studies

Maryam (Mental health classes)

"I want to thank the organisation for their work in supporting us mentally and physically. We are always learning new things and we feel as if we grow daily, and our knowledge expands greatly. We feel we've learnt how to better deal with our children, and how to control our anger and reduce our stress. I can understand my children better now. When we are in the class with the other ladies, we feel as if we are one family, and we enjoy talking to each other. We continued through the online classes during Ramadan which helped us to be connected. I especially benefited from the Nutrition sessions."

Hanane (English Lessons)

"I'm very happy because I found this session because I'm mum for three children I don't have time to go to the college thank you so much for the all people who did this session xx
Thank you. I'd like how to speak well English when I go to the hospital or teachers ....."

Intisar (Church Street Project)

"I would like to thank you for the great class and the welcoming and warm atmosphere. The class helped and encouraged us to strengthen our family relationships and build stronger bonds."

Awatif (English Lessons)

"Thank you for the homework I enjoyed it with my daughter."

Eman (English Lessons)

"Thank you, Lucy, very important."

Fawzia (International Women's Day)

"I really enjoyed International Woman's Day so much. I proudly wore my traditional clothing which represented my country, Eritrea. I would like to thank you Hear Women Foundation and the manager, Deqa Salad, for the continuous support. A special thank you to Mr. Sami for his support and kind contributions that united us."

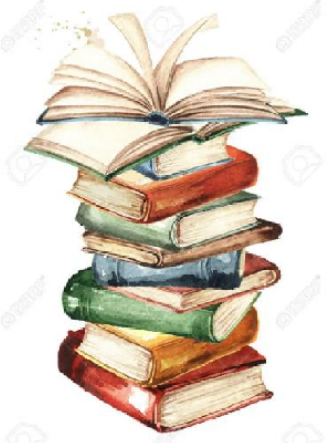
Muna (Dance to Music session)

"Yamani The class is extremely beneficial, and I love it so much. It makes us happy and positively changes our moods. I like the daily stretches video by the Zumba coach to practice it after breaking our Ramadan iftar which helped me to keeping healthy and fit."



Amira (Nutrition classes)

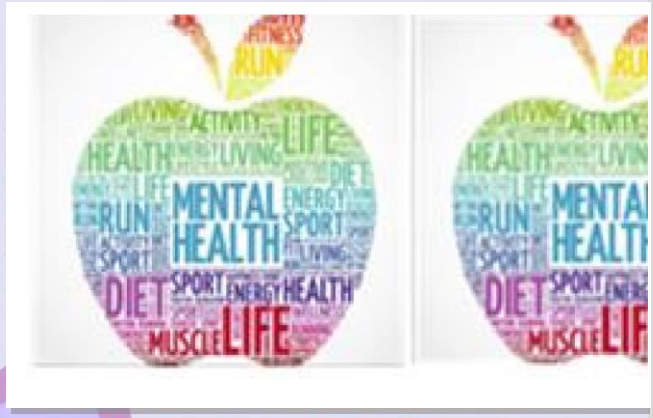
"Through the Nutrition classes, I was able to learn a lot of useful and informative things. I have very heavy bleeding and anaemia, and I had difficulties in explaining my condition, as I felt embarrassed, which was also affecting me mentally. The nutritionist listened to me patiently, provided professional advice and guided me on what I had to do. She encouraged me to inform my GP and told me about the food's rich in iron, and the vitamins that can help me with the anaemia. I felt so relieved, and I am very grateful for your support and help."



Achievements In 2024, Hear Women...



Hear Women won the highly Commended Outstanding Organisation Of the Year 20 Westminster



Hear Women achieved Trusted Organisation Quality Mark by NCVO

Hear Women took part of women peace and security commission

Secured 3 years contract from public health Westminster



Winner of the London Faith and Community Awards 2019

Hear Women becoming registered and accredited Online Centres

We have been Nominated For Queens's award 2019

Future Directions 2025

1. Working on securing more contractual and long term funding.
2. Working towards digitalisation of our projects.
3. Providing more specialized health ad wellbeing services .
4. Supporting more communities.
5. Working towards renewing organisational Quality Mark.
6. Showcasing the needs of the community in more specifics to service providers .

In 2024/2025 Hear Women expanded its geographical focus and is currently moving many of its activities online as well as more spaces in Westminster . This will give opportunities to reach those groups who are hard to reach and engage them with different programmes so they are less isolated and feel more included.

Thank you to Our Funders

City of Westminster

SPORT ENGLAN

WESTMINSTER ADULT EDUCATION SERVICE

NATIONAL LOTTERY AWARDS FOR ALL

COMMUNITY FUND

Annual Report and Accounts

The year ended on 31 December 2025

REGISTERED CHARITY NUMBER 1135763

ANNUAL REPORT AND ACCOUNTS

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STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Charities Acts require the trustees to prepare a financial statement that gives a true and fair view of the organization's financial activities during the year and its financial position at the end of each financial year. Under Charities Acts, the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make a judgement and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and
- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Acts 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Hear Women

Income and Expenditure Account for year ended on 31 December 2025

				2025	2024
	Notes	Restricted Funds	Unrestricted Fund	Total Funds	Total Fund
		£	£	£	£
INCOMING RESOURCES:					
Voluntary Grants			-	-	-
Donations and other Income		51,980.00	12,995.00	64,975.00	65,965.06
ACTIVITIES FOR GENERATING FUNDS:					
Investment Income					
Other Activities		-	-	-	-
Total Incoming Resources		51,980.00	12,995.00	64,975.00	65,965.06
RESOURCES EXPENDED:					
COST FOR GENERATING FUNDS:					
Charitable Expenses		43,556.83	10,889.21	54,446.04	73,547.90
Investment Income		-	-		-
Other Activities		-	-		
		43,556.83	10,889.21	54,446.04	73,547.90
CHARITABLE EXPENDITURE:					
Restricted Funds					
TOTAL RESOURCES EXPENDED:		43,556.83	10,889.21	54,446.04	73,547.90
Net Surplus for the year		8,423.17	2,105.79	10,528.96	-7,582.84
Opening Funds		2,793.30	698.32	3,491.62	11,074.46
Transfer of funds				-	
CLOSING FUNDS:		11,216.47	2,804.11	14,020.58	3,491.62

BALANCE SHEET AS AT 31 December 2025

STATEMENT OF FINANCIAL POSITION
Hear Women
AS AT 31 December 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Land	-	-	-
Building	-	-	-
Vehicles & Equipment	-	-	-
Total Assets	-	-	-
CURRENT ASSETS			
Debtors	-	-	-
Prepayments	-	-	-
Cash at Bank & in hand	-	14,020.58	3,491.62
Total Current Assets	-	14,020.58	3,491.62
CURRENT LIABILITIES			
Overdraft			
Net Assists	-	14,020.58	3,491.62
FINANCED BY			
Restricted Funds		11,216.47	2,793.30
Unrestricted Funds	-	2,804.11	689.32
Total	-	14,020.58	3,491.62

NOTES FORMING PART OF THE FINANCIAL STATEMENTS:

ACCOUNTING POLICIES

a) The financial statements have been prepared under cash basis, with the exception of investment, which are valued at the prevailing market prices. The financial statements have been prepared in accordance with the statement of Recommended Practice-Accounting and reporting by the charities (SORP2005) issued in March 2005, applicable in the preparations of the financial statements are set out below.

INCOME RESOURCES

b) Voluntary income includes donations, gifts, legacies and grants that provide core funding or are of general nature are recognised where there is an entitlement, certainly of receipts and the amount can be measured with sufficient reliability. Such income is only deferred when:
c) The Donor specified that the grant or donation must only be used in future accounting periods, or
d) The Donor has imposed conditions, which must be met before the charity has unconditional entitlement.

e) Income from commercial trading activities is recognised as earned as the related goods and services are provided
f) Investment income is recognised on a receivable basis
g) Income from charitable activities include income received under contact or where entitlement to grant funding is subject to specific performance conditions is recognised as earned (as the related goods or services are provided). Grant income includes in the category provided funding to support performance activities and is recognised where there is an entitlement, certainly of receipts and the amount can be measured with sufficient reliability.
h) Income is deferred when admission fees or performance related grants are received in advance of the performances or event to which they relate.

RESOURCES NEEDED

Expenditure is recognised when a liability is incurred. Contractual agreements and performance related grants are recognised as goods or services are supplied. Other grants payments are recognised when a constructive obligation arises that results in the payment being unavoidable.

- The cost of generating funds is those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds
- Charitable activities including expenditure associated with the activities are included the direct costs and support costs relating to these activities
- Governance costs include those incurred in the governance of the charity and its assets and the primarily associated with constitutional and statutory requirements.

i) Restricted Funds:
Restricted funds are to be used for specified purposes as laid down by the founder. Direct and support expenditure, which meets these criteria, is defined to the fund together with a fair allocation of other costs
j) Unrestricted funds
Unrestricted funds are funds received which have no restrictions placed in their use and are available as general funds.
k) Revenue grants are credited to incoming resources on the earliest of when they are received on when they are due.

Independent Examiner's Report to the Trustees of the Hear Women

Report to the trustees of	**Hear Women**		
On accounts for the year ended	**31 December 2024**	**Charity no**	**1135763**

Respective responsibilities of trustees and examiner

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

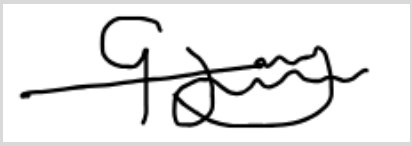
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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;

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

Signed:



Date: 31st August 2026

Name: Abdullah Mohamud ACMA, CGMA
Chartered Management Accountant

Address: 12 York Road, Battersea, London, SW11 3QA

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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In preparing these accounts, the trustees are required to:

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- observe the methods and principles in the Charities SORP (FRS 102);
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- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the Financial Statements; and
- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Acts 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees:

Name of the Trustee

Samia Zaki

.....

Name of the Trustee

ABDI HAMUD,

Name of the Trustee

.....

