SIKH HELPLINE

Charitable Incorporated Organisation

Charity Number:
1154449

ANNUAL REPORT
AND
FINANCIAL STATEMENTS

Period of accounts

Start Date: 1st January 2025

End Date: 31st December 2025

SIKH HELPLINE
Contents
for the year ending 31 December 2025

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Prepared by:

Sunder & Thandi Accountants
Chartered Certified Accountants

Section A Reference and administration details

Charity name	Sikh Helpline
Other names charity is known by	SHL
Registered charity number (if any)	1154449
Charity's principal address	124A High Street
	West Bromwich
	West Midlands
	Postcode B70 6JW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	DR HARSIMRREN KAUR			
2	MR NARINDER SINGH MATHARU			
3	MR JAGTAR SINGH			
4				
5				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Name of chief executive or names of senior staff members

MR SUKHA SINGH

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Appointed by A Resolution Passed at A Meeting of Charity Trustees

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document	To relieve and prevent suffering caused by social or economic circumstances, by establishing, maintaining and developing a helpline offering a counselling service and practical advice
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)	The Sikh Helpline is a professional and confidential telephone counselling and email inquiry service where you can get help, advice, counselling and information - bullying and racism - discrimination - relationship issues-domestic violence- addiction- problems at school or home.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Throughout 2025, Sikh Helpline actively engaged in regional and national events to raise awareness, improve service delivery, and strengthen referral pathways as follows:

- Sandwell Hate Crime Review meeting online within Westminster (February 2025).
- Sandwell Healthy Liver Strategy meeting to plan free liver scans for the community (February 2025).
- Domestic Abuse Forum – Sandwell - West Smethwick Park (March 2025).
- Vaisakhi Event Stall at Tally Ho Police Headquarters.
- **Mental Health & Domestic Violence Awareness Conference**
  Staff attendance at Walsall Town Hall in partnership with Kaushalya UK supported stronger collaboration for victims of domestic abuse (January 2025).
- **Holistic Health & Wellbeing Engagement**
  Outreach stall at the Sikh Family Centre to promote physical, mental, and emotional wellbeing within the community (March 2025).
- **Men's Mental Health Strategy Development**
  Participation in a Sandwell Council-led event to explore and shape future mental health projects for men.
- **High Sheriff Visit**
  Sikh Helpline welcomed the High Sheriff of the West Midlands to the office, recognising the organisation's role in community safeguarding and support (April 2025).
- **Vaisakhi & Interfaith Engagement**
  - Stall at Sandwell Council's Vaisakhi event, building connections with council services including Children's Social Care.
  - Participation in the United in Faith event hosted by West Midlands Combined Authority.
  - Outreach stall at the West Midlands Police Vaisakhi event, receiving a Certificate of Recognition and medal for community service.
- **Health Sector Collaboration**
  Domestic abuse awareness stall at Walsall Manor Hospital in partnership with the NHS, focusing on violence against women and girls (November 2025).

Section D Achievements and performance

Awards & Recognition

Sikh Helpline's work in 2025 was recognised at both regional and international levels:

- **Sri Shiromani Gurdwara Parbandhak Committee (SGPC)**
  Formal invitation for Sikh Helpline on special event (November 2025).

- **High Sheriff Award (West Midlands)**
  Awarded in March 2025 for exceptional contribution, dedication and measurable impact within the community.

- **WOW Awards 2025 – "Man Who Makes a Difference"**
  Giani Sukha Singh was presented in partnership with Kaushalya UK, celebrating leadership and commitment to supporting vulnerable individuals.

Programme Delivery

- Delivered the **Mindfulness Walk Programme**, supporting mental wellbeing and physical health with the local Sandwell community FREE on a weekly basis.

- Cycling UK collaboration to deliver FREE **Learn to Ride sessions**, increasing access to physical activity and confidence-building and repairing bikes (May 2025).

- Launched weekly **FREE NHS drop-in** support with form filling, navigating & accessing the NHS services as a taster. The demand was significant so we are now looking to apply for funding to grow this initial taster project into a permanent session.

Organisational Growth & Workforce Development

- Three new staff members recruited in July 2025, strengthening service capacity and sustainability.

- **TES-certified training** investment for staff and volunteers, ensuring continuous professional development, safeguarding standards and high-quality service delivery.

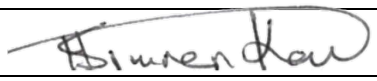
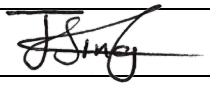
Section E Financial Review

Brief statement of the charity's policy on reserves	The Charity does not have a reserves policy. However, trustees actively use a Designated Funds strategy to restrict and manage funds for certain projects. The total value of designated funds is displayed in the 'Funds of the Charity' section of the balance sheet.
Details of any funds materially in deficit	No funds in deficit

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Harsimrren Kaur	Jagtar Singh
Position	Trustee	Trustee

Date	31/10/26

SIKH HELPLINE
Independent Examiners Report to the trustees of Sikh Helpline

I report on the accounts of the Charitable Incorporated Organisation, Sikh Helpline (Charity Number 1154449) for the year ended 31 December 2025, which are set out on pages 7-10

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

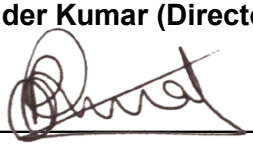
In connection with my examination, no matter has come to my attention

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.

Name: **Mr Rajinder Kumar (Director)**

Signed:  Date: 31 October 2026

Sunder & Thandi Accountants Limited
Association of Chartered Certified Accountants
Union House, 111 New Union Street, Coventry, CV1 3NT

SIKH HELPLINE
Statement of Financial Activities
for the year ending 31 December 2025

	Note	Unrestricted funds £	Restricted income funds £	Total 2025 £	Total 2024 £
Incoming resources					
Donations		11,233		11,233	16,996
Fundraising Events		48,667		48,667	75,872
Grant Funding		5,790		5,790	8,800
Total incoming resources		**65,690**	**-**	**65,690**	**101,668**
Resources expended					
Wages, Salaries, Pensions and NI		54,628		54,628	53,129
Cost of Fundraising Events		7,313		7,313	10,807
Cost of Charitable Projects		2,283		2,283	752
Travel		2,320		2,320	1,355
Telephone		1,087		1,087	626
Postage and Stationery		99		99	635
Admin & Consulting Fees		4,822		4,822	1,245
Depreciation		12,399		12,399	15,893
IT Consumables		7,005		7,005	6,680
Other Expenditure		-		-	-
Total resources expended		**91,954**	**-**	**91,954**	**91,122**
Transfers between funds		**-**	**-**	**-**	**-**
Net incoming/(outgoing) resources		**(26,264)**	**-**	**(26,264)**	**10,546**
Reconciliation of Funds					
Net movement in funds		(26,264)	-	(26,264)	10,546
Total funds brought forward		297,675	-	297,675	287,130
Total funds carried forward		**271,411**	**-**	**271,411**	**297,675**

SIKH HELPLINE
Balance Sheet as at 31 December 2025

	Note	Total 2025 £	Total 2024 £
Fixed Assets			
Tangible Assets	2	12,085	11,967
Total Fixed Assets		**12,085**	**11,967**
Current Assets			
Cash at bank and in hand		268,156	295,369
Total Current Assets		**268,156**	**295,369**
Liabilities			
Creditors: Amounts falling due within one year	3	8,829	9,660
Net current assets/(liabilities)		259,327	285,708
Total assets less current liabilities		271,411	297,676
Net Assets		**271,411**	**297,676**
Funds of the Charity			
Designated funds		225,001	247,914
Undesignated funds		46,411	49,762
Total Unrestricted funds		271,411	297,676
Total Restricted income funds		-	-
Total Funds		**271,411**	**297,676**

The financial statements were approved and authorised for issue by the Trustees on: 31st October 2026

Sign _____

Print Harsimrren Kaur

Sign _____

Print Jagtar Singh

SIKH HELPLINE
Notes to the Financial Statements
for the year ending 31 December 2025

1. Accounting Policies

Basis for preparing financial statements

The financial statements have been prepared under the historical cost convention in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008) and in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2005.

Incoming Resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Resources Expended and Liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out the resources.

Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year, and cost at least £500. Depreciation is provided as follows:

Computer Equipment: over 3 years
Other: 2 years

2. Tangible Fixed Assets

	Computer Equipment £
Cost	
At 31 December 2024	74,273
Additions	12,517
Disposals	-
At 31 December 2025	**86,790**
Depreciation	
At 31 December 2024	62,306
Charge for the year	12,399
Disposals	-
At 31 December 2025	**74,705**
Net Book Value	
At 31 December 2024	**11,967**
At 31 December 2025	**12,085**

3. Creditors due within one year

Other Creditors & Accruals	**8,829**

4. Trustees' Expenses

No trustees received any expenses during the period.

5. Staff Costs

	2025 £	2024 £
Wages & Salaries	52,044	44,037
Contractors	2,584	9,092
Total	**54,628**	**53,129**