08913178
CHARITY REGISTERED NUMBER:1158626

NEW HOPE GLOBAL
DIRECTORS' AND TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

ABU & ABU
CHARTERED CERTIFIED ACCOUNTANTS
ABU NOWSHED CENTRE
71 WORDSWORTH ROAD
SMALL HEATH, BIRMINGHAM
B10 0ED
WEST MIDLANDS

NEW HOPE GLOBAL

LEGAL AND ADMINISTRATIVE INFORMATION

Company Number:	08913178
Registered Charity Number:	1158626
Chairman:	Dr. Mohammed Foiz Uddin MBE MInstF
Directors:	Dr. Mohammed Foiz Uddin MBE MInstF Shahnaz Ahmed Minu Shahid Ahmed Khan Angela Hayden
Trustees:	Dr. Mohammed Foiz Uddin MBE MInstF Shahid Ahmed Khan Shanaz Ahmed Minu Angela Hayden
Registered Office:	2nd Floor (Above Birchfield Library) 3 Trinity Road Birmingham West Midlands B6 6AH
Accountants:	Abu & Abu Chartered Certified Accountants Abu Nowshed Centre 71 Wordsworth Road Small Heath, Birmingham B10 0ED West Midlands
Bankers:	TSB P.O. Box 1000 BX4 7SB

NEW HOPE GLOBAL

FOR THE YEAR ENDED 31 MARCH 2026

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NEW HOPE GLOBAL

DIRECTORS' AND TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2026

The Trustees who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the unaudited financial statements for the year ended 31 March 2026. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in 2005 in preparing the annual report and financial statements of the charity.

Structure, Governance and Management

Governing document

The charity is governed by its Memorandum and Articles of Association

Organisation

A board of trustees of up to three members, who meet regularly, administers the charity. There are four additional executive committee members covering the development and finance of the charity effectively. The names of Board of Trustees / Management Committee : Mohammed Foiz Uddin MBE MInstF (Chairman) Shahid Ahmed Khan (Trustee) Shahnaz Ahmed Minu (Trustee) Angela Hayden (Trustee)

Risk policy

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Objectives and activities

The principal activity of the organisation is to aid the capacity and skills of members of the socially and economically disadvantaged Bangladeshi community of Birmingham and its surrounding areas (in this document called the area of benefit) in such a way that they are better able to identify and help meet their needs and to participate more fully in society. We aim relieve poverty, sickness and disability among Bangladeshi people living or working in the area of benefit. In addition, we shall provide other facilities for Bangladeshi people living or working within the area of benefit. The organisation may decide to undetake other charitable activities from time to time, this will be reviewed on an individual basis.

Financial review

The restricted income includes various grants received during the financial year ended 31 March 2026. Main donors are as follows : Witton Lodge Community Association, Birmingham City Council, Heart of England Community Foundation, Birmingham City Council-ESC Lottery Fund, Sports England-Net Ball, Cyclist UK, Skipton Building Society, Sports Foundation, Independent Age, West Midlands Police, Flourish Community HealthCare CIC, Another Way Women's Foundation, Perry Barr NNS, National Grid, Sports England, Brum Energy, Access Foundation, Children in Need, Wow Youth Trailblazer-Witton Lodge, Working Education Association, Eveson Trust.

Plans for future periods

The trustee are looking forward to another successful year.

Trustees' responsibilities in relation to the financial statements

The trustees who are also directors of the charity for the purposes of company law are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year , which give a true and fair view of the state of the affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

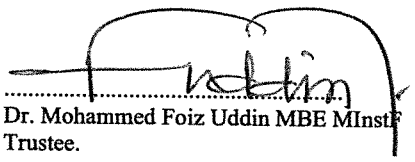
- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the

financial statements;

- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the board of directors and trustees
on 21 May 2026 and signed on its behalf.



Dr. Mohammed Foiz Uddin MBE MInstP
Trustee.

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NEW HOPE GLOBAL

FOR THE YEAR ENDED 31 MARCH 2026

I report on the accounts which are set out on pages 6 to 12

Respective responsibilities of the Trustees and examiner

The trustees who are also directors of the company for the purpose of company law are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject under company law and is eligible for independent examination, it is my responsibility to:

Examine the accounts under section 145 of the 2011 Act; follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 you as 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:

a. to keep accounting records in accordance with section 386 of the Companies Act 2006; and

b. to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

Dated:21 May 2026

Abu Nowshed, FCCA
Chartered Certified Accountants
Abu Nowshed Centre
71 Wordsworth Road
Small Heath, Birmingham
B10 0ED
West Midlands

Abu & Abu
CHARTERED CERTIFIED ACCOUNTANTS
Abu Nowshed Centre
71 Wordsworth Road
Birmingham B10 0ED
Tel: 0121 771 4393

COMPANY NUMBER: 08913178

NEW HOPE GLOBAL

BALANCE SHEET

AT 31 MARCH 2026

	Note	2026		2025	
		£	£	£	£
Tangible fixed assets					
Tangible assets	4		2,950		3,237
Current assets					
Debtors	5	188		1,238	
Bank Accounts		125,942		123,603	
Cash Accounts		1,293		2,215	
		127,423		127,056	
Creditors					
Amounts falling due within one year	6	34,376		35,716	
Net current assets			93,047		91,340
Total assets less current liabilities			95,997		94,577
Net assets			£ 95,997		£ 94,577
Capital funds					
Restricted funds			68,446		67,533
Unrestricted funds			27,551		27,044
Total funds			£ 95,997		£ 94,577

For the year ending 31 March 2026 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

Directors' responsibilities:

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;

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

These financial statements have been prepared in accordance with the special provisions relating to the small companies regime within Part 15 of the Companies Act 2006). Approved by the trustees on 21 May 2026 and signed on its behalf.

.....
Dr. Mohammed Foiz Uddin MBE MInstF

The annexed notes form part of these financial statements.

NEW HOPE GLOBAL

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2026

	Unrest'd Funds £	Rest'd Income Funds £	Total Funds 2026 £	Total Funds 2025 £
Incoming resources				
Incoming Resources from generated funds:				
Voluntary income	5,000	240,936	245,936	225,181
Total incoming resources	5,000	240,936	245,936	225,181
Resources expended				
Charitable activities	0	238,041	238,041	214,848
Governance costs	4,493	1,982	6,475	6,581
Total resources expended	4,493	240,023	244,516	221,429
Net movement in funds	507	913	1,420	3,752
Total funds brought forward	£ 27,044	£ 67,533	£ 94,577	90,825
Total funds carried forward	£ 27,551	£ 68,446	£ 95,997	£ 94,577

Details of Incoming resources and resources used are given in the notes to the financial statements.

NEW HOPE GLOBAL

STATEMENT OF FINANCIAL ACTIVITIES

DETAILED ANALYSIS OF MOVEMENTS IN FUNDS

FOR THE YEAR ENDED 31 MARCH 2026

	2026		2025	
	£	£	£	£
- Unrestricted fund 3 -				
Opening Balance	27,044		21,541	
Voluntary Income from generated funds	5,000		10,000	
Accountancy	(3,284)		(3,268)	
Depreciation	(1,209)		(1,229)	
		27,551		27,044
Restricted Income				
Opening Balance	67,533		69,284	
Grants Received	240,936		215,181	
Costs of charitable activities	(238,041)		(214,848)	
Office expenses	(1,982)		(2,084)	
		68,446		67,533
Total funds at 31 March 2026		£95,997		£94,577

1. Accounting policies

The financial statements have been prepared under the historical cost convention in accordance with the accounting policies set out below.

These financial statements have been prepared in accordance with FRS102 Section 1A - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Cashflow statement
The Company has taken advantage of the exemption in Financial Reporting Standard No.1 from the requirement to produce a cashflow statement on the grounds that it is a small company.

Incoming resources
All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended
All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category, where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

Turnover
Turnover comprises the invoiced value of goods and services supplied by the company.

Tangible fixed assets and depreciation
Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Land and buildings - 3% per annum of cost
Plant and Machinery - 25% per annum of cost
Fixtures and Fittings - 10 % per annum of cost

Grants received
Grants related to capital expenditure on tangible assets are credited to the profit and loss account at the same rate as the depreciation on the assets to which the grants relate.

2. Turnover

Turnover is attributable solely to continuing operations and derives from various grants.

3. Staff costs

The average number of persons employed by the company, including directors, during the year was as follows:

	2026	2025
Administration	11	9

4. Tangible fixed assets

	Plant and Machinery £	Fixtures and Fittings £	Total £
Cost:			
At 1 April 2025	15,214	1,125	16,339
Additions	922	0	922
At 31 March 2026	16,136	1,125	17,261
Depreciation:			
At 1 April 2025	12,202	900	13,102
Charge for the year	984	225	1,209
At 31 March 2026	13,186	1,125	14,311
Net book value:			
At 31 March 2026	£ 2,950	£ 0	£ 2,950
At 31 March 2025	£ 3,012	£ 225	£ 3,237

5. Debtors and prepayments

Amounts falling due within one year:

	2026 £	2025 £
ACT recoverable	188	1,238
	£ 188	£1,238

6. Creditors

Amounts falling due within one year:-

	2026 £	2025 £
Other creditors 1	1,950	3,000
PAYE & NIC	32,426	32,716
	£34,376	£35,716

7. Incoming resources

	Unrest'd Funds 2026 £	Rest'd Income Funds 2026 £	Total Funds 2026 £	Total Funds 2025 £
Voluntary Income				
Voluntary Income from generated funds	5,000	0	5,000	10,000
Grants Received	0	240,936	240,936	215,181
	5,000	240,936	245,936	225,181

8. Charitable activities

	2026 £	2026 £	2025 £
Costs of charitable activities	238,041		214,848

9. Governance costs

	2026 £	2026 £	2025 £
Accountancy	3,284		3,268
Depreciation	1,209		1,229
		4,493	4,497

Annual Impact Report

Apr 25 – Mar 2026

New Hope Global

www.nhbham.org

ANNUAL REPORT

April 2025-March 2026



Introduction:

New Hope Global – Annual Report 2025–2026

As we reflect on **2025–2026**, New Hope Global (NHG) continues to build on more than a decade of community-based work, supporting individuals and families across Birmingham and surrounding communities. The year has been shaped by continuing pressures including the cost-of-living crisis, rising household costs, financial insecurity, social isolation and the longer-term impacts of climate change. These challenges continue to disproportionately affect people experiencing social and economic disadvantage.

In response, we have remained committed to our mission of **making a positive difference to people's lives** by promoting physical and mental wellbeing, improving access to training and employment opportunities, tackling poverty, and providing practical advice, guidance and community-based support.

NHG delivers a diverse range of services across **health and wellbeing, employability and skills, benefits, housing and energy advice, arts and heritage, community engagement and cohesion**. Our approach is designed to empower individuals to overcome barriers, improve their circumstances and participate more fully in their communities. We continue to place particular emphasis on reaching people from **BAMER and other racially minoritised communities**, as well as people experiencing disadvantage, financial hardship, social isolation and barriers to accessing mainstream services.

A year of community impact

During 2025–2026, NHG delivered **more than 24 community-led projects and initiatives**, covering physical and mental wellbeing, sports and healthy lifestyles, employability and skills development, energy and benefits advice, youth support, arts, heritage and community engagement.

Across our services and activities, we supported **more than 3,000 people**, including through targeted advice and support, community outreach, wellbeing activities, sports programmes, community events, day trips and opportunities that brought people together. Our community-based approach has enabled us to reach people who may otherwise face barriers to accessing support and has strengthened our understanding of the issues affecting local residents.

Our work has included initiatives such as **Chai, Chat and wellbeing activities, yoga, cycling, badminton, volleyball, diabetes awareness and healthy lifestyle programmes**, alongside employability, energy, benefits and community support. These activities have provided opportunities for people to develop skills, improve confidence, become more active, access practical support and build stronger social connections.

Supporting health and wellbeing

Mental health and wellbeing have remained an important part of our work throughout the year. Rather than treating mental health as a standalone service, we have continued to **embed wellbeing across our wider programme of activities**.

Through social groups, physical activity, outdoor activities, wellbeing sessions and targeted support, we have created opportunities for people to connect with others, reduce isolation and access support in welcoming and community-based settings. This holistic approach reflects our belief that mental wellbeing is fundamental to people's ability to participate, develop and thrive.

Our commitment to healthier lifestyles has also continued to grow, with activities including **cycling, badminton, volleyball, yoga and other physical activity programmes** providing accessible opportunities for residents to become more active and engaged.

Tackling the cost-of-living and energy crisis

The continuing cost-of-living crisis has reinforced the importance of accessible, practical

advice. Through our **benefits, housing and energy advice services**, we have supported residents to better understand their entitlements, manage household costs and access appropriate sources of support.

Our involvement with the **Birmingham Can Network (B)** has also enabled NHG to contribute to wider efforts to support households with energy-saving measures and advice. Working alongside partner organisations, we have helped raise awareness of practical ways households can reduce energy use, manage costs and contribute to a more sustainable Birmingham.

Strengthening community connections

Our community engagement has remained central to our approach. By supporting more than **3,000 people during the year**, we have continued to listen to residents, understand their experiences and identify emerging needs.

The knowledge and feedback gained through our programmes have informed our delivery and helped shape our future priorities. Our community-led model allows us to remain responsive to changing circumstances while ensuring that our services remain relevant, accessible and focused on the needs of local people.

Looking ahead

As we look towards the next stage of NHG's development, we remain committed to strengthening our services, developing new partnerships and creating greater opportunities for the communities we serve.

Our priorities will continue to include **health and wellbeing, youth and adult employability, skills development, benefits and energy advice, community engagement, healthy lifestyles, heritage and environmental sustainability**. We will continue to work collaboratively with our funders, partners, volunteers, community champions and residents to respond to emerging needs and create sustainable opportunities for positive change.

None of this would be possible without the commitment of our **staff, volunteers, trustees, funders, partners, community champions and beneficiaries**. Their contribution, trust and continued support have enabled New Hope Global to grow its reach and strengthen its impact throughout 2025–2026.

We thank everyone who has contributed to another year of community delivery and look forward to building on this work in the years ahead.

Dr Muhammed Foiz Uddin MBE
Chair & Trustee of New Hope Global

&

Rumena Ahmed
Chief Officer/Lead

Our Vision for a Healthier, Stronger Birmingham

To build an empowered, inclusive, community-focused, and sustainable organisation delivering dedicated services necessary to enhance quality of life, build capacity, **skills, confidence, and support**, regardless of background.

Mission Statement

To support and empower minority communities to address issues of social and economic exclusion, poverty, and ill-health through the provision of education, training, health, and well-

being services including counselling to improve lives of disadvantaged people living in them.

Values

Partnership – working together to build to stronger and successful community

Integrity – Serving people with sincerity, honesty and with respect.

Inclusivity– increased social inclusion, community cohesion.

Empowerment – enabling individuals especially women to overcome barriers to become more active and responsible for own decisions.

What is included?

Introduction

Vision & mission statement

Our team

Health & wellbeing

Shared prosperity fund

Nurture, soul, body & mind

Empower her: unlocking potential for women

Empower Her! Women's Wellbeing Programme

Health and Wellbeing Programme

Sport England: Making Sport Accessible for All

Men's Mental Wellbeing Matters!

Celebrating International Women's Day 2025

Training and Employment

Bridge to Success: Navigating Disadvantaged Youth towards Employment

Case Study: Mohammed Rehman's Journey with New Hope Global

X-cite

Advice and Guidance

Supporting Older People with Independent Age

Tackling Fuel Poverty:
supported by Energy Redress and Birmingham Can – Energy Programme

Community Trip – Barmouth Beach Trip

Message from Naeim Joya – Fundraising Coordinator

Our Team:

Anika Bibi – Administration Officer

Sidratul Kazi – Community Development Officer (Energy & Advice)

Ruftera Bibi – Community Development Officer (Health and Wellbeing)

Samsul Arefin – IT / Community Development Officer

Rumena Ahmed – Strategic Programme Manager

Naeim Joya – Fundraising Coordinator

Ashma Dihider – Business Development Manager (Training and Energy)

We thank to our devoted Volunteers!

Health and Wellbeing

We are grateful to Shared Prosperity (Led by Witton Lodge & Birmingham City Council), Sports England, Women's Community Fund-Holland and Barrats, Eveson Trust, Albert Hunt Trust, Edward Cadbury's Trust & Ladywood NNS, Perry Barr NNS and Birmingham City Council-Public Health for the support provided through grants which enabled NHS to deliver a range of wellbeing projects designed to reduce social isolation, loneliness and improve the health of women, young people, men, disabled and older people from disadvantaged and hard-to-reach communities in Birmingham.

Shared Prosperity Fund

The **UK Shared Prosperity Fund (UKSPF)** is a flagship element of the UK government's **Levelling Up agenda**, designed to support economic growth, social improvement, and stronger communities across the country. Worth **£2.6 billion up to March 2025**, the Fund represents a significant domestic investment programme that replaces former EU structural funds, but with a simpler, fairer approach. Instead of competitive bidding, allocations are made via a **funding formula**, ensuring that every part of the UK benefits.

This acknowledges that even wealthy areas contain communities experiencing deprivation that require support.

The UKSPF will support the UK government's wider commitment to level up all parts of the UK by delivering on each of the levelling up objectives:

- *Boost productivity, pay, jobs and living standards by growing the private sector, especially in those places where they are lagging.*
- *Spread opportunities and improve public services, especially in those places where they are weakest.*
- *Restore a sense of community, local pride and belonging, especially in those places where they have been lost.*
- *Empower local leaders and communities, especially in those places lacking local agency.*

Through this wonderful opportunity, New Hope were received funding for Digital inclusion, Health and wellbeing programmes including walking, Cycling and Healing with Thread work, Women's Health programme and a Diabetes and Nutrition Programme through Birmingham City Council and Witton Lodge Community Association.

Nurture Soul, Body and Mind

New Hope Global successfully delivered the **"Nurture Soul, Body and Mind**. Designed to improve physical and mental wellbeing while reducing isolation among adults, the project brought together diverse members of the community through weekly sessions of Zumba, Chair Zumba, Yoga, Nutrition and befriending support.

We are pleased to report that we **exceeded our targets**, engaging a total of **108 participants**, including **85 regular attendees** and **4 dedicated volunteers** from the local community.

People reported the following key outcomes

- Improved physical health, including weight loss, better fitness, and management of chronic conditions (diabetes, blood pressure, cholesterol).
- Notable gains in mental wellbeing, with participants reporting reduced stress, improved mood, and greater emotional resilience.
- Enhanced social connections, with many buildings new friendships and feeling less isolated.
- Positive feedback on the inclusive, welcoming environment, especially for older adults and those new to physical activity.
- High satisfaction with instructors and programme delivery, resulting in a growing waiting list for future sessions.

Empower Her – Unlocking Potential for Women

This initiative was designed to support women from Black, Asian, and Minority Ethnic backgrounds, equipping them with skills and knowledge to improve their digital and language skills enabling them to overcome exclusion and build confidence to access employment, further training, or pursue small business development. A cohort of BAME women claiming Universal Credit and facing significant barriers to employment were identified to take part. The project was delivered in two strands at New Hope Global's community hub:

- **Digital Skills Level 1 Course -** Accredited basic level Digital skills which focused on smartphone use, internet navigation, basic computer applications, and practical tech support for everyday life and business needs.



- **ESOL (English for Speakers of Other Languages) Programme** - Accredited by the **Working Education Association**. Focused on improving **spoken and written English**, enabling participants to confidently navigate job interviews, forms, and workplace communication.
- In total 56 women enrolled in the Digital skills and ESOL programme.

Participants Reported:

- Increased **digital confidence**, including ability to use smartphones, tablets, laptops, and online services.
- Reduced **language and communication barriers**, leading to improved access to jobs and services.
- Enhanced confidence and motivation to seek employment or launch small home-based businesses.
- Greater resilience and independence.
- Improved ability to create CVs, write cover letters, and understand job application processes.
- Improved health and wellbeing through social interaction, learning, and empowerment.

Empower Her!
Women's Wellbeing Programme

In partnership with Women's Health Fund, supported by Holland and Barrats, New Hope Global delivered the **'Empower Her! Women's Wellbeing Programme**. The programme addressed barriers faced by women and people who menstruate in accessing education, support, and care around menstrual and menopausal health, particularly within marginalised groups such as ethnic minority women, LGBTQ+ individuals, those living in poverty, and people with disabilities.

The programme reached 157 women through workshops and over 200 women during a Women's Health Open Day, with a strong focus on breaking cultural stigmas and taboos around women's health. Key topics included menopause, endometriosis, PCOS, cervical health, and the mental health impacts of women's health conditions.



We partnered with expert organisations including Endometriosis UK, Salus Fatigue UK, Birmingham Mind, Arthritis UK, local GP practices, and NHS Community Health Care Trust. This ensured that women had access to accurate, culturally sensitive information in a trusted and supportive environment.

Impact highlights:



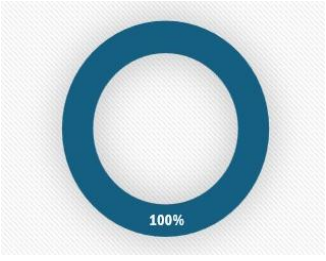
Knowledge of Meno-pause

90% have no prior knowledge of Menopause



- 90% of participants in menopause workshops had no prior knowledge of menopause. *(see chart above)*
- 78% of women over 45 reported experiencing symptoms but lacked information or support.

Outstanding impact of therapeutic activities

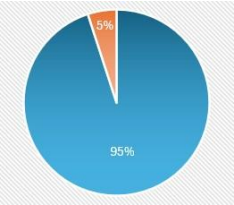


100% benefited from Yoga, Creative Arts, Nutrition, and Wellbeing)

- 100% benefited from the therapeutic activities (yoga, creative arts, nutrition, and wellbeing). *(see chart above)*

High percentage of Mental Health Awareness

95% reported Increased Awareness of Mental Health



- 95% reported increased awareness of mental health. *(see chart above)*

The project revealed significant health inequalities among Birmingham's South Asian communities, particularly Bangladeshi and Pakistani women, who often felt excluded from mainstream healthcare conversations.

Health and Wellbeing Programme

New Hope Global partnered with Birmingham City Council and Aston Villa Foundation to support the residents of Aston, Lozells, Newtown, and surrounding areas near Aston Villa, focusing on physical health, mental wellbeing, and skills development.

Key initiatives and outcomes:

- **Bike Maintenance & Cycling:** 20 people recruited and completed; joined the cycling club. Sessions built confidence in riding, bike safety, and maintenance, with group rides across Aston and Handsworth parks.
- **Let's Walk and Talk:** Engaged 36+ participants and introduced a men's walking group this year. Supported by Active Wellbeing Society, routes were co-planned to ensure accessibility, safety, and social connection.
- **Zumba, Nutrition & Diabetes:** Due to high demand, two women's groups were set up in South Aston and Birmingham Mosque Community Centre, engaging 32 participants. Activities promoted physical health, healthy eating, and diabetes awareness.
- **Get Creative with Threads:** 40 disadvantaged and marginalised BAME women took part in sewing and embroidery workshops, making bags and scarves.

Participants reported increased confidence, employability prospects, social interaction, and reduced isolation. These services strengthened the project's impact, enabling participants to take practical steps toward improved wellbeing and financial stability.







Case study:

Walking Group Supports a 67-year-old South Asian Woman's Recovery from Cancer

Saira, a 67-year-old woman of Pakistani heritage, was diagnosed with breast cancer two years ago and, although now in remission following chemotherapy and surgery, she continued to experience fatigue, weakness, joint pain, and low stamina that made everyday activities difficult. Alongside these physical struggles, she faced anxiety, low mood, and social withdrawal, losing confidence in herself and becoming increasingly dependent on others. Once active and independent, she longed to reconnect with the simple routines she had enjoyed, such as walking to the local shops and visiting friends, but did not know how to begin exercising safely. On finding a leaflet for New Hope Global's walking group, Saira decided to join and began attending regularly, describing the experience as transformative. With gentle encouragement, she gradually regained her physical strength, reduced her anxiety, and overcame her isolation by building new friendships and feeling supported by staff who listened to her. She reports that the walking group restored her confidence, independence, and sense of purpose, making her feel like herself again, and she hopes such initiatives will continue to be funded so others in the community can benefit from the same life-changing improvements to health and well-being.

Through the support of the group, she was able to overcome her isolation, rebuild her confidence, and improve her overall health. She has a group of friends she looks forward to talking to and staff who listen to her.

Her journey shows that small steps towards social and physical engagement can lead to life changing improvements in health, confidence, and happiness. She hopes to continue with the sessions beyond funding and said funders should fund such projects for the betterment of community health.

Sport England: Making Sport Accessible for All

Sport England invests in sport and physical activity to make it a normal part of life for everyone in England, regardless of background, gender, income, or postcode. Recognising that opportunities to be active are not equally available, Sport England works to **remove barriers**, promote inclusivity, and unlock the benefits of sport for all communities.

Their **10-year strategy, "Uniting the Movement" (2021–2031),** aims to use sport and activity to improve health, wellbeing, and social outcomes, helping to address wider societal challenges while empowering individuals and communities across the country.

With support from Sport England, New Hope Global successfully delivered community sports programmes including volleyball, swimming, and badminton for women from BAME communities.

These activities engaged residents of all ages and backgrounds, providing inclusive opportunities to participate in regular physical activity. The programmes aimed to improve physical health, build confidence, and encourage social interaction.

Participants reported developed social network and engaged in social activities, teamwork, coordination, and fitness skills through weekly sessions.

Feedback from participants 'highlighted increased confidence, improved fitness, and strengthened social connections, reflecting the positive impact of Sport England's investment in community activity'.

Men's Mental Wellbeing Matters!

We are active in our 2nd year of supporting Mental and Physical Wellbeing for Men Over 50 from BAME Communities and introduced cycling and walking into our offer. It is vital to emphasise why this work matters. Too often, men's mental health is overlooked, with cultural expectations, stigma, and generational attitudes discouraging them from speaking openly about their struggles or seeking help. This silence can leave many men isolated, especially as they face life transitions such as retirement, changing family roles, or declining physical health. Mental health affects all sectors of the community but for men from BAME communities, these challenges can be compounded by additional barriers such as language, lack of information, cultural stigma around mental health, limited awareness of support services, and experiences of discrimination or marginalisation.

Our evidence of engagement with men's groups has shown that that men are less likely to engage with health services and more likely to experience poor outcomes if they do not receive support early. Without spaces that encourage open conversation and accessible activities, many men risk withdrawing socially, neglecting their physical health, and carrying the hidden burden of stress, anxiety, or depression. Supporting this group is therefore not just about addressing illness but about preventing it, by creating opportunities for connection, promoting physical activity, building confidence, and fostering a sense of belonging.



New Hope Global's project aims to improve the mental and physical wellbeing of disadvantaged men over 50 and carers from BAME communities in Aston, Ladywood, and surrounding areas. By providing preventative and early intervention support, the programme addresses loneliness, isolation, and weakened social networks, which negatively affect life satisfaction and confidence in this group. Our focuses on:

- *Supporting mental health, stress, and anxiety management*
- *Improving physical health and promoting regular physical activity*
- *Reducing risks of obesity, diabetes, heart disease, and respiratory issues*
- *Encouraging social connections to reduce isolation*
- *Promoting healthy eating and nutrition*



- *Supporting older adults with dementia and Alzheimer's*
- *Remove inequalities*



Activities include:

- *Let's Play Badminton at Doug Ellis Sports Centre*
- *Chai, Chat and Yoga at Birmingham Mosque*
- *Let's Walk and Talk Together along canals and local Park*
- *Arts, Crafts, and Games, including music, poetry, and brain games*
- *Cycling for social rider, Hamstead Pavillion and Canal & River Trust*
- *Health promotion awareness including diabetes, men's health, mental health workshops*

Participants also benefit from workshops on nutrition, cooking, and health topics, with expert speakers from organisations such as Diabetes UK. The project creates welcoming, flexible spaces where men feel comfortable discussing health issues while engaging in physical and social activities. Befriending support and warm hub spaces further enhance community connections and overall wellbeing.

Celebrating International Women's Day 2025

New Hope Global proudly celebrated **International Women's Day 2025** incorporating Health and Wellbeing activities **"Chai, Chat & Paint" Fun day** workshop provided a relaxed space for socialising, creativity, and mindfulness, while **Yoga & relaxation** offered practical techniques for managing menopause and endometriosis symptoms.



Participants also enjoyed **Embroidery Encounter** workshop for healing and therapeutic stitching, **Mehndi (henna)** for cultural connection, and **Smoothie Making workshops** demonstrating nutritious recipes to support energy and wellbeing.

The event combined learning, creativity, and health awareness, with partner organisations such as Birmingham Mind, Arthritis Action, and Birmingham Can Network offering advice on mental health, chronic conditions, energy saving, and wellbeing.

The celebration fostered social connections, promoted self-care, and empowered women to take control of their health and wellbeing, making it a memorable and impactful International Women's Day.

Training and Employment

We are grateful for the support from Thomas Wall Trust, Shared Prosperity Fund, and Working Education Trust, which enabled us to deliver targeted support for disadvantaged and marginalised communities to:

- *Reduce communication barriers to employment*
- *Improve confidence, resilience, and motivation*
- *Enhance employability and communication skills*
- *Equip participants to write CVs and cover letters*
- *Support overall health and wellbeing*
- *Provide work experience and volunteering*

Bridge to Success:

Navigating Disadvantaged Youth towards Employment

This initiative is funded by Positive Futures Fund & Heart of England Community Foundation, designed to equip young **disadvantaged young people aged 13 to 25 years old** with the necessary skills, confidence, mentorship, support and guidance to navigate them towards Employment, Training and Education. Bridge to Success project, will offer tailored support to 27 young people from Lozells, Aston and Newtown through:

a. *Mentorship: helped beneficiaries explore career options, set goals, and develop strategies to achieve them their aspirations and offer role models.*

b. *CV support and practical support with job interview and job application. Each beneficiary will get one-to-one support from the mentor*

c. *Work Experience: help the young beneficiaries gain work experience through volunteering, work experience and work placement that offer valuable work experience as well as arranging mock interviews with the employers.*

d. *Wrap around services: wraparound services promote resilience, providing young people a holistic, individualised approach to support their emotional, social, and educational/employment needs.*

Thank you to our partners including Birmingham Community Health Care Trust, Birmingham Can, Libraries, Pinc College, WEA for offering valuable work experience and volunteering opportunities to our participants and Thank you to New Hope Education for agreeing to work with the weekend young people's groups.

Case Study:

Mohammed Rehman's Journey with New Hope Global

Mohammed, a 24-year-old with severe learning difficulties, joined New Hope Global in June 2024 to gain work experience and employability skills. While enthusiastic and committed, he needed specialist training support beyond what NHG could provide. Mohammed thrived in the safe, supportive environment at NHG, gaining experience in customer service, events, IT, and administration and was ready to move onto specialised training programmes that met his needs. Therefore, NHG worked with PINC College Birmingham, which specialises in supporting young people with additional needs. A flexible, hybrid approach allowed Mohammed to continue his placement while attending targeted sessions at PINC College. With ongoing support from NHG staff, particularly through Ashma's guidance, Mohammed adapted to the new environment and built confidence. We have followed his transition and have seen that Mohammed has settled at PINC College, grown more independent, and continues to maintain strong connections with NHG, demonstrating progress in both skills and self-confidence.

'27 young people who started on the path to employability as a result of the project'

X-cite

The X-Cite Programme funded by European Social Fund sadly came to an end but has made a lasting and measurable impact, reaching and supporting over **400 young people** on their journey towards employment, training, confidence building, mentoring and personal growth. In a world where youth face increasingly complex challenges, X-Cite has proven to be a vital springboard, helping young individuals, particularly those from marginalised backgrounds, unlock their potential and chart a course toward brighter futures. Through a combination of targeted support, inclusive mentoring, soft skills development, and voluntary and work experience, participants have gained the confidence, skills and resilience needed to pursue meaningful opportunities. The success of X-Cite demonstrated the power of community-based, culturally responsive programming in transforming lives and closing opportunity gaps, laying a strong foundation for continued progress in tackling youth unemployment and building stronger, more inclusive local economies.

The X-Cite project was both **fruitful and challenging**, reflecting the complex realities of addressing youth unemployment in today's fast-changing world. We are very grateful to Ashiana Community Project, our lead partner organisation for the opportunity and our partners including DWP & Jobcentre Plus

Advice and Guidance

Supporting Older People with Independent Age

In 2024, funding from **Independent Age** enabled New Hope Global to expand its support for older people aged 65 and above, ensuring they had access to vital services during the winter months and beyond.

Through this funding, we provided a wide range of services, including benefit checks, advice and support with claiming benefits, guidance on budgeting and household costs, energy efficiency advice, and information on financial issues. In

addition, we introduced tailored activities to support wellbeing, offering access to Warm Hubs, yoga sessions, and walking groups to promote both physical and mental health.

The impact was far-reaching. We supported **192 people 64yrs+** providing one to one advice and case work and further 90 people through our services.

In addition, we carried out **120 home visits**, providing personalised support and reassurance to those who were most isolated or unable to access services themselves. We also distributed **120 Winter Warm Packs** during our home visits, generously supplied by Brum Energy, helping older people stay safe and comfortable through the colder months.

By combining practical financial advice with wellbeing activities and community-based support, this programme not only improved financial security but also reduced isolation and promoted healthier, more independent living for older people in our community.

"The Warm Hub and walking group gave me something to look forward to. I feel less alone and more confident knowing support is available." – Dorthy

This work highlights the importance of targeted funding for older people and demonstrates the life changing impact of collaboration between funders, partners, and community organisations. Thank you to Independent Age, Brum Energy, Erdington NNS and B:CAN-Energy Redress programmes, elderly members of our communities will continue to receive support.

Tackling Fuel Poverty supported by Energy Redress and Birmingham CAN – Energy Programme

In 2023, New Hope Global commenced delivery of the **Birmingham Can – Energy Programme**, supporting vulnerable residents across North and West Birmingham, including Ladywood Constituency. Amid rising energy costs, food prices, and the ongoing effects of COVID-19, the programme focused on reducing fuel poverty, improving financial resilience, and promoting wellbeing.

Over the year, **928 unique households** received direct support, with a further 2,784 people benefiting indirectly. Support included 344 telephone advice sessions, 124 home visits, and 678 through face-to-face advice, drop-ins, workshops, and energy cafés. Home visits provided personalised energy assessments, with practical measures such as radiator foils, draught excluders, and energy-efficient bulbs.

Residents also received **120 Winter Warm Packs**, energy efficient light bulbs, **food vouchers**, and referrals for **slow cookers and food banks**. Financial interventions generated **£269,000 in new and backdated benefits**, **£58,000 in debt relief**, and **£54,480 worth of energy-efficient equipment supported by** ECO4-energy saving equipment's for households.

Beyond financial relief, the programme improved wellbeing by tackling the "5 Ds" of fuel poverty (**debt, disconnection, damp, disease, and disrepair)** which often exacerbate stress and isolation.

Partnerships with libraries, schools, faith groups, health centres and community organisations strengthened outreach and impact. The programme also connected residents to wider support services, including housing, health, employment, and training.

By combining practical energy-saving measures, income maximisation, and holistic wellbeing support, the Birmingham Can – Energy Programme has helped residents reduce costs, improve their homes, and gain confidence, while fostering stronger community connections. This year's work demonstrates the power of integrated, community-led solutions in tackling fuel poverty and supporting North and West Birmingham residents through challenging times. https://bcan.co.uk/bcan-energy/

Community Trip

Barmouth Beach Trip

Thanks to the generous support of the Edward Cadbury Trust, New Hope Global organised a memorable trip to Barmouth for our beneficiaries. For the first time in 4 yrs, the weather was not on our side but that did not stop our 144 beneficiaries from having a great time by the sea. The daytrip offered participants a refreshing break, the chance to connect with nature, and an opportunity to build friendships in a relaxed and enjoyable setting. For many, it provided a rare moment of respite from daily challenges, boosting mental well-being, confidence, and social engagement. For many it was a yearly opportunity that was affordable who really appreciated NHG for organising a memorable trip.

The trip highlighted the transformative impact of outdoor experiences and the importance of creating inclusive opportunities for all members of our community.

Message from Naeim Joya – Fundraising Coordinator

With heartfelt gratitude, we extend our sincere thanks to all our funders and partners for your generous support during April 2025 – March 2026.

Your commitment has enabled New Hope Global to expand vital programmes, support vulnerable individuals and communities, and create meaningful, lasting change. Beyond financial contributions, your trust and encouragement inspire our team to deliver services with compassion, innovation, and excellence.

Thanks to your partnership, we have been able to turn challenges into opportunities, empowering those who need us most. On behalf of everyone whose lives have been touched, we thank you for walking this journey with us, and we look forward to building an even brighter future together.

Logo –Albert Hunt Trust, Shared Prosperity Fund, Brum Energy, Cycling UK, NNS Erdington Ladywood NNS, Independent Age, Perry Barr NNS, Aston Villa Foundation, Positive Futures Fund, Eveson Trust, Witton Lodge Community Association, Energy Redress, Birmingham Can, QBE, Sports England, Thomas Wall Trust, Ashiana Community Project, European Social Fund

Working Education Association, Birmingham Adult Education, TAWS – The Active Wellbeing Society, CRT, Birchfield Library, Kingstanding Library, Salus Fatigue, Endometriosis UK, Birmingham Mind Diabetes UK, Communities Engage & Thrive, Legacy West Midlands, Jobcentre plus, DWP, Nishkam Association, Birmingham Jame Mosque, Great Barr Mosque

We are especially grateful to Birmingham Jame Mosque who have trusted us with their community centre and allowing NHG to delivery services and to Birchfield & Kingstanding Libraries for letting us use their community rooms and our no.1 referral partners.