

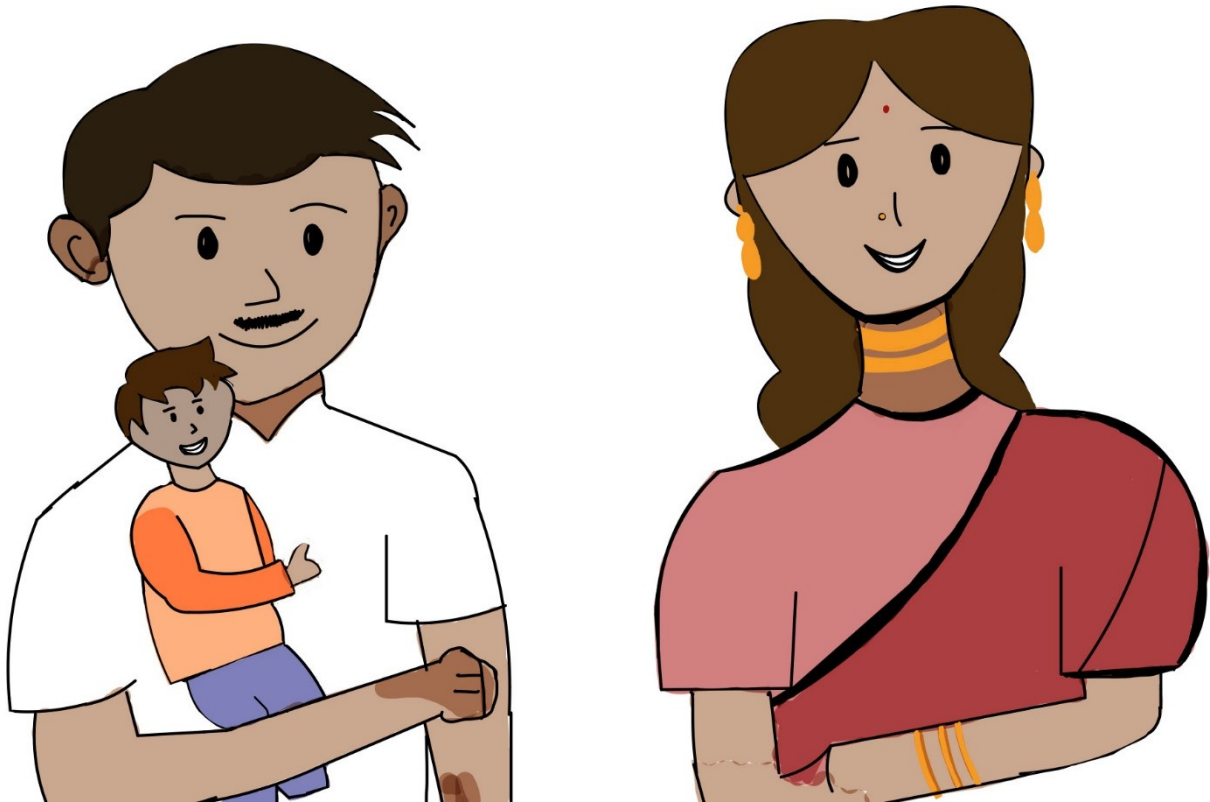


## **ASIAN FAMILY COUNSELLING SERVICE**

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LONDON UB1 3EJ

**Annual Report 2022-23**



### **A Word from our Chair**

Welcome to the Asian Family Counselling Service (AFCS) 2022-23 Annual Review. AFCS is a specialist counselling service for members of the Asian communities settled in Britain. The focus of the service is to work with couples and families undergoing marriage and family problems, as well as those who have mild to moderate mental health conditions.

AFCS was registered in 1985 as an independent counselling service. At that time there was no other counselling service in Britain serving the needs of the Asian families. Over the years it has expanded and enlarged its remit to encompass the changing needs of the Asian families settled in Britain. It has continued to provide a vital, high quality and confidential service for the Asian community for the past 38 years.

Our organisation is unique in that we provide a counselling service for the Asian community across the generations. Our counsellors speak various Asian languages and employing counsellors and volunteers who can speak Asian languages all members of the community, whether they speak English or not, are able to access a service especially as most mainstream organisations are inaccessible to them. We aim to help bridge a gap between

traditional Asian parents and their children as we understand the cultural backgrounds of our clients.

During this year, AFCS successfully completed the DWP funded Reducing Parental Conflict Programme and received funding from the Harborne Parish Land Charity, to carry out a project in its parish area. We look forward to establishing a satellite service at the Sangam Centre in North London next year, to serve the local Asian community in that area.

I would like to take this opportunity to thank all our staff and volunteers at both the London and Birmingham offices who work so hard to ensure that we continue providing a high-quality service that is valued by all those who use our service. I would also like to thank my fellow Management committee members for their input and support during this year.

**Fawzia Samad**

**Chairperson**

**Who We Are**

The Asian Family Counselling Service (AFCS) is a national charity which has been providing low-cost, confidential and culturally sensitive mental health and relationship counselling services in five languages to South Asian communities in Britain since 1983. Our counsellors are BACP-accredited, professionally trained and supervised therapists. They come from Hindu, Muslim and Sikh backgrounds and speak Urdu, Hindi, Gujarati, Punjabi and English, thus representing the diversity in the South Asian communities they serve.

We face an ever-increasing demand from British Asian individuals, couples and families who come to us seeking help for a wide variety of issues. They

are reluctant to access mainstream counselling services either because of language or cultural barriers. Some of our older clients have never received a formal education and cannot read or write. Even among those who are conversational in English, we find that many are far more comfortable talking about complex emotional issues and trauma in their native language. Then there are those who might be fluent in English but find it difficult to explain problems, which have a specific cultural context, to Western practitioners. Because our counsellors have lived experience of South Asian cultural norms and customs, there are fewer risks of issues being misunderstood or lost in translation. Thus, the counselling sessions are conducted more efficiently and sensitively.

### **Our Objectives**

1. To advance awareness among people of South Asian origin resident in the UK about the benefits of marriage and relationship counselling, with the aim of developing a sense of personal responsibility and enriching family life;
2. To safeguard and protect the good health, both mental and physical, of adults and children of South Asian origin resident in the UK and to ameliorate the hardship and distress caused by the breakdown of marriage;
3. To educate the public as well as statutory and voluntary organisations about the particular issues faced by the South Asian population.

### **Mental Health in England**

Black, Asian and minority ethnic people experience longer waiting times, and are less likely to be in recovery after treatment, when accessing NHS mental health services compared with their white counterparts, a report by NHS England has found.

The research looked at 10 years' worth of anonymised patient data from NHS Talking Therapies, formerly known as Improving Access to Psychological Therapies – an NHS programme that launched in 2008 to improve patient access to NHS mental health services. A total of 1.2 million people accessed NHS Talking Therapies services in 2021-22, and by 2024 the programme aims to help 1.9 million people in England with anxiety or depression to access treatment.

The report, *Ethnic Inequalities in Improving Access to Psychological Therapies*, commissioned by the NHS Race and Health Observatory and undertaken by the National Collaborating Centre for Mental Health, found that people from black and minority ethnic backgrounds were less likely to go on to have at least one treatment session, despite having been referred by their GP, than their white counterparts.

NHS England People from minority ethnic backgrounds were also more likely to have worse outcomes after treatment, meaning that they had lower rates of recovery. These poorer outcomes were most experienced by people from a south Asian background. For example, in 2021-22, while 51% people from white British backgrounds were in recovery after treatment, the figure was only 43% for people from a Pakistani background.

The research also found that people from minority ethnic backgrounds experienced longer waiting times for an initial assessment and between treatments and were less likely to be referred for treatment after being assessed.

The inequalities found within the programme were also linked to people from these backgrounds living in areas with higher levels of deprivation and with higher rates of unemployment.

Dr Lade Smith, the president of the Royal College of Psychiatrists, said: “For far too long we have known that people from minoritised ethnic groups don’t get the mental healthcare they need. This review confirms, despite some improvements, it remains that access, experience and outcomes of talking therapies absolutely must get better, especially for Bangladeshi people.

Satwinder Kaur, 55, who also worked on the report as a lived experience representative and who has had psychotherapy on the NHS, said that

although her experience had had positive aspects, the cultural sensitives were something that needed to be addressed.

“I had this really fantastic clinician, and I didn’t have short sessions but had a 12-week programme which helped,” Kaur said. “But then there’s the cultural disconnect, there’s the stigma, and there’s also trusting people who don’t know anything about you.”<sup>1</sup>

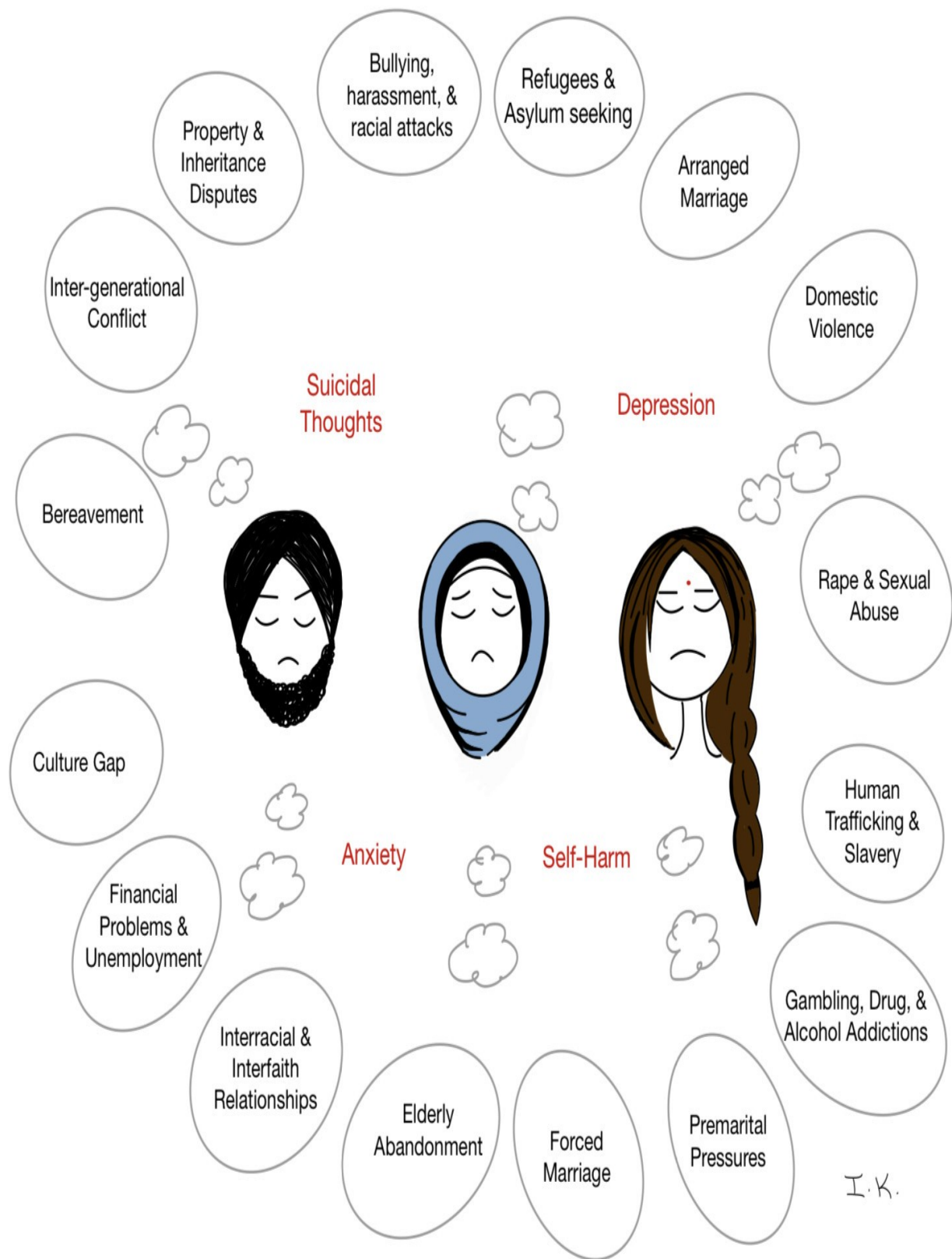
Mental health problems take a toll on self-esteem and on relationships and affect a person’s ability to hold down a job thus leading to a vicious circle wherein emotional and financial problems exacerbate anxiety and depression. The statistics on the numbers of Asian people in the United Kingdom with mental health problems are inconsistent, although it has been suggested that mental health problems are often unrecognised or not diagnosed in this ethnic group. Previous research has suggested that Western approaches to mental health treatment are often unsuitable and culturally inappropriate to the needs of Asian communities.



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<sup>1</sup> <https://www.theguardian.com/society/2023/nov/01/black-and-asian-people-find-it-harder-to-access-nhs-mental-health-services-report-finds>

## Issues We Deal With



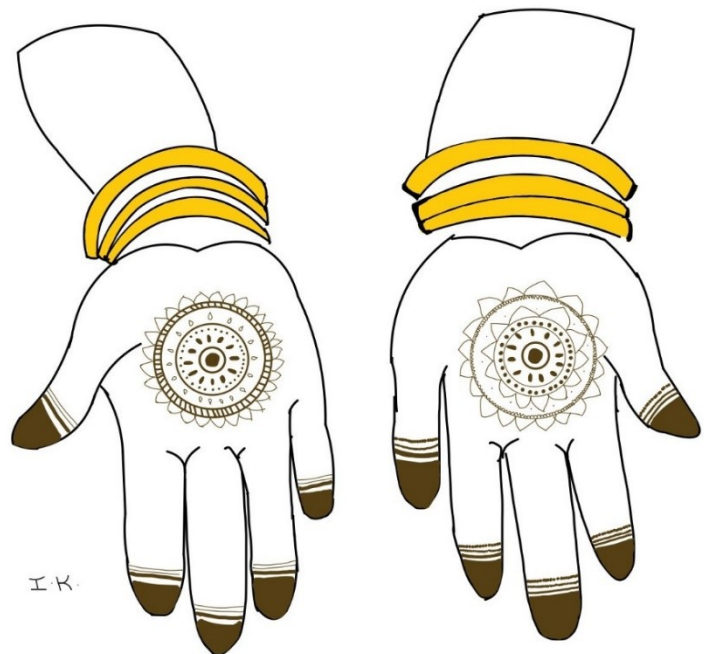
While our clients come to us with conditions that are common enough in the

field of mental health such as depression and anxiety, the underlying causes are usually due to culturally specific factors and situations.

## Arranged Marriages

British Asians often face pressures to adhere to social customs brought over from the subcontinent. For instance, it is still common for parents to pressure their children into arranged marriages with partners chosen from the same religious denomination, caste and socio-economic strata. This is sometimes a source of distress for young people who have grown up in a Western social milieu which emphasises a high degree of individualism and independence. Girls and young women are especially affected as familial relationships are suffused with patriarchal norms. They might feel pressured to put their higher education or career on the backburner and have children early as well as take on additional responsibilities of caring for the elderly and domestic housework in “joint family” living arrangements. There is still a widely held preference for male children amongst South Asian families and women can be made to feel guilty and inadequate if they are unable to produce male heirs.

In recent years, there has been an increasing trend of families looking for potential suitors online as they lack the extended social network, they once enjoyed back in the subcontinent to help them with the search. This also increases the risk of marriages breaking down as there is no longer a vetting process wherein trusted family and friends can do due diligence and vouch for the suitability of the match, and there are also greater opportunities for misrepresentation and fraud.



## **Generation/Culture Gap and Racism**

Another issue is the generation and culture gap felt by young people who are born and raised in England by parents of South Asian origin. These second-generation immigrants sometimes struggle to identify with the social and religious norms and traditions of their elders and their extended family back in the subcontinent and in turn face accusations of “losing touch with their roots”.

Meanwhile they are also vulnerable to feelings of alienation and anxiety caused by racism in British society which has been exacerbated in the wake of Brexit. Race-baiting by political leaders and public figures is unfortunately becoming the new normal and this is bound to have a profound effect on the bounds of acceptable behaviour in society at large. The Royal College of Psychiatrists has recognised the disproportionate impact that racism and racial discrimination can have on the life chances and mental health of people from Black, Asian and minority ethnic communities. Racism can lead to a profound feeling of pain, harm and humiliation among members of the target group, often leading to despair and exclusion. As the Equality and Human Rights Commission has highlighted, an individual from a Black, Asian or minority ethnic background is more likely to experience poverty, to have poorer educational outcomes, to be unemployed, and to come in contact with the criminal justice system. These, in turn, are risk factors for developing a mental illness. These individuals are also less likely to receive the care and support when they need it. As the College has previously publicly recognised, patients in the NHS may also experience racism and racial discrimination. It can lead to substantial disparity in access to and experiences of various areas of psychiatric care, including crisis care, admissions, detentions, pathways into care, readmission and use of seclusion.<sup>2</sup>

## **Inter-faith Relationships**

Inter-faith relationships and marriages are often a source of friction in South Asian communities and can cause rifts in families which are difficult to heal. Professional group counselling sessions can help mediate in such situations

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<sup>2</sup> [https://www.rcpsych.ac.uk/pdf/PS01\\_18a.pdf](https://www.rcpsych.ac.uk/pdf/PS01_18a.pdf)

and we have had cases of families reconciling with children who had been once disowned for marrying into a different faith.

## Domestic Violence and Abuse

When domestic violence or abuse (whether physical or emotional) rears its ugly head, it is still generally considered taboo amongst South Asian families to approach outsiders for help for fear of besmirching the family's honour or *izzat*. In fact, an academic study publicised by The Guardian in 2015 highlighted the problem of sexual and domestic violence being vastly under-reported in South Asian communities due to this “pervasive culture of shame”<sup>3</sup>. The study also found a widespread lack of awareness that rape within a marriage constituted a criminal offence. Asian women and girls find it especially difficult to talk



about sexual abuse when it has been perpetrated by close family relatives who they may be financially dependent on. Young brides brought over from the subcontinent, who are socially isolated and may not speak English, are especially vulnerable to abuse and exploitation by their in-laws. We have had cases where they were treated no better than forced domestic labour, were monitored at all hours of the day and had little or no freedom to even make a telephone call or leave the house unsupervised.

In general, there is still considerable stigma amongst Asian communities around separation and divorce which can lead to women staying in abusive relationships for long periods of time with children often bearing the brunt of

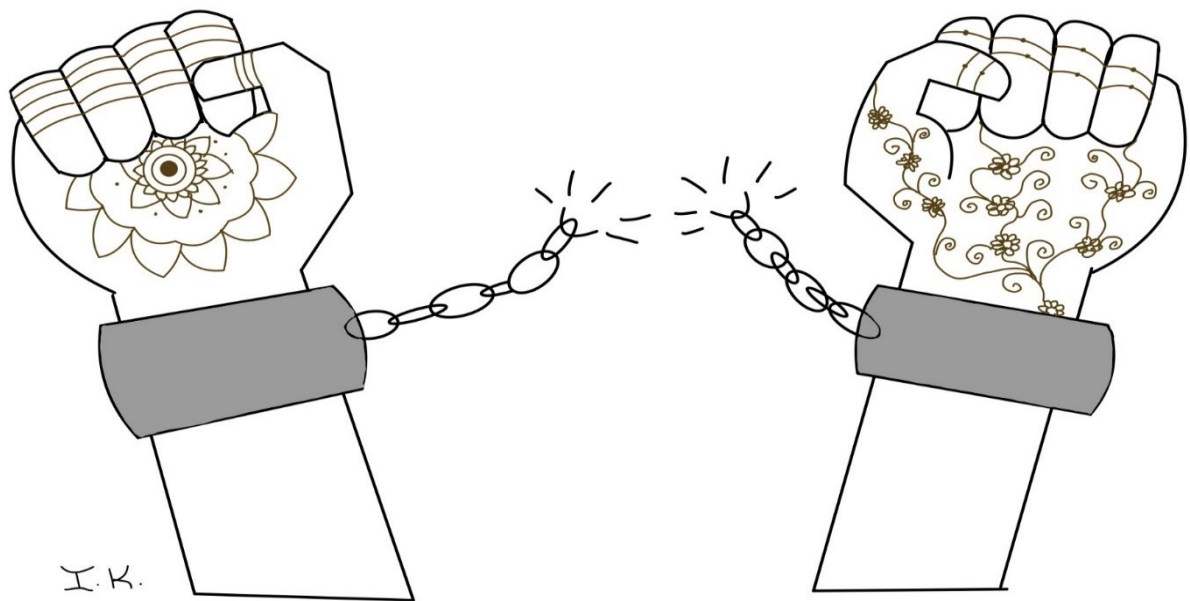
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<sup>3</sup> <https://www.theguardian.com/society/2015/sep/19/abuse-going-unreported-in-britains-south-asian-communities-study>

the dysfunctional family dynamic. There is an urgent need for more refuges and shelters for victims of domestic violence.

## **Forced Marriage and Stranded Spouses**

We continue to see cases of forced marriage, a problem we have long sought to raise awareness about among the public and the authorities in the UK, going as far back as 1986 when we organised a seminar on “Runaway Asian Girls” in Bradford and the early 2000s when we seconded a counsellor to the Foreign and Commonwealth Office to provide specialised counselling and advice for this issue. There have been cases of young women being taken abroad, forced to marry against their will and abandoned there. There have also been a depressingly high number of cases in which the women forced into marriage were raped, impregnated and sent back to the UK to sponsor visas for the husbands. The UK government has adopted measures to allow victims of forced marriage to testify anonymously against their spouses during immigration hearings. We hope that this belated awareness on the part of the government will soon extend to the plight of stranded spouses - South Asian women who are married to British nationals, often in order to extract dowry from their parents, only to be taken back to the subcontinent subsequently and abandoned there and in some cases, forcibly separated from their children. Such individuals have no legal status or rights in the UK at the moment which makes it exceedingly difficult for them to seek justice or child custody. AFCS has often gone above and beyond the call of duty in such cases, by finding host families in the UK to sponsor their visas so they may come here and fight legal battles. We have long appealed for these abandoned spouses to be accorded the status of asylum-seekers as at the moment they have no recourse to public funds and find it exceedingly difficult to successfully apply for child custody due to lack of funds, secure housing and uncertain immigration status.



## **Refugees and Asylum-seekers**

We also frequently deal with refugees and asylum-seekers. The latter are especially vulnerable because they often face prolonged periods of uncertainty during which their applications are under consideration. Unable to seek employment and often experiencing extreme social isolation as well as the trauma of being separated from loved ones left behind in their countries of origin, these are some of our most at-risk cases who need counselling over long periods of time.



## Our Approach

At AFCS, we continue to put emphasis on listening with empathy and without judgement, providing a safe space for clients, so they are able to take a step back from their situation and understand what their issues are and how those issues are affecting them as individuals, couples, families and (when relevant) as parents. In cases where communication has broken down amongst family members or the stress of daily life has led to issues being ignored, we provide a therapeutic environment where a degree of structure is established so that each individual gets the chance to speak and be heard by his/her partner, sibling, parent or relative. We do not prescribe a particular course of action but rather support our clients in whatever choices they make. We are flexible in our approach, for example transitioning from individual to couple or group family counselling if required.

When clients first come to us, we conduct an initial assessment of their needs and determine whether our service is the most appropriate for them. If not, they are signposted to other organisations that can better meet their needs. We take a holistic approach towards our clients by providing counselling and support, as well as information in matters which may not be directly related to mental health but certainly impact the client's overall well-being and peace

of mind. For e.g., we provide information about the NHS, support groups for drug and alcohol addiction, organisations which deal with financial advice, legal aid and immigration advice, agencies which can help improve English language skills and provide coaching for the process of searching, applying and interviewing for jobs to name a few.

## **2022-23: The Year in Review**

AFCS continued to provide its counselling services online via Zoom/Teams/WhatsApp and telephone. Although the lockdowns had long gone, clients were still hesitant to come for face-to-face sessions. They found it convenient to access the service without having to travel, find parking etc, from the comfort of their own home.

New protocols had been drawn up and emergency funding at the start of the pandemic, was secured to equip staff with the required technology to provide online and telephone delivery. Our staff – both counsellors and administrative – responded admirably and transitioned to online delivery in a way that felt seamless to clients. The response from our clients to the online and phone offer was overwhelmingly positive, and still is.

For some of our clients the foray into the outside world post Covid-19 was worrying. Many of them had been badly affected by deaths of family members during the pandemic, as well as having suffered from Covid themselves which made them fearful of living life normally. The Covid-19 pandemic had disproportionately affected minority ethnic groups in the UK. Public Health England's report on Covid-19 deaths found that, after accounting for the effect of sex, age, deprivation and region, people of Bangladeshi ethnicity faced twice the risk of death compared with people of white British ethnicity. People of Chinese, Indian, Pakistani, other Asian, Caribbean and other black ethnicity had between 10% and 50% higher risk of death when compared with white British people.

AFCS has seen a surge of demand which has meant longer waiting times for new clients. AFCS normally sees clients for 6-12 sessions, but the level of stress has been greater in the past years, partly due to the pandemic. That has meant that the counsellors are seeing current clients for more than 12 sessions, thus having an impact on the waiting times for new clients.

AFCS in Birmingham provided a hybrid service during this year as there was demand for that. AFCS in London will re-open its offices in May 2023 and will provide a hybrid service. Those clients who want a face-to-face service will be able to come to the office, while others who are reluctant to come to the office will still be offered a service over Zoom/Teams/WhatsApp video and the telephone. This offers the clients flexibility and services are provided online Monday to Saturday. We are grateful for the flexibility our counsellors have shown in this regard and for agreeing to hold sessions as per the convenience of the clients.

We are continuing to supplement our capacity with the help of volunteer counsellors. These are qualified counsellors who need to record a minimum of 450 hours of counselling before they can be accredited by the BACP. While our most complex cases are still assigned to the more experienced and BACP-accredited staff, the volunteer counsellors help alleviate the caseload within tighter budgetary constraints.

This year also marked the end of the DWP project on Reducing Parental Conflict and the evaluation report will be out next year. More details below.

AFCS participated in the Archbishops Commission on Households and Families research on what families in the UK needed to flourish.

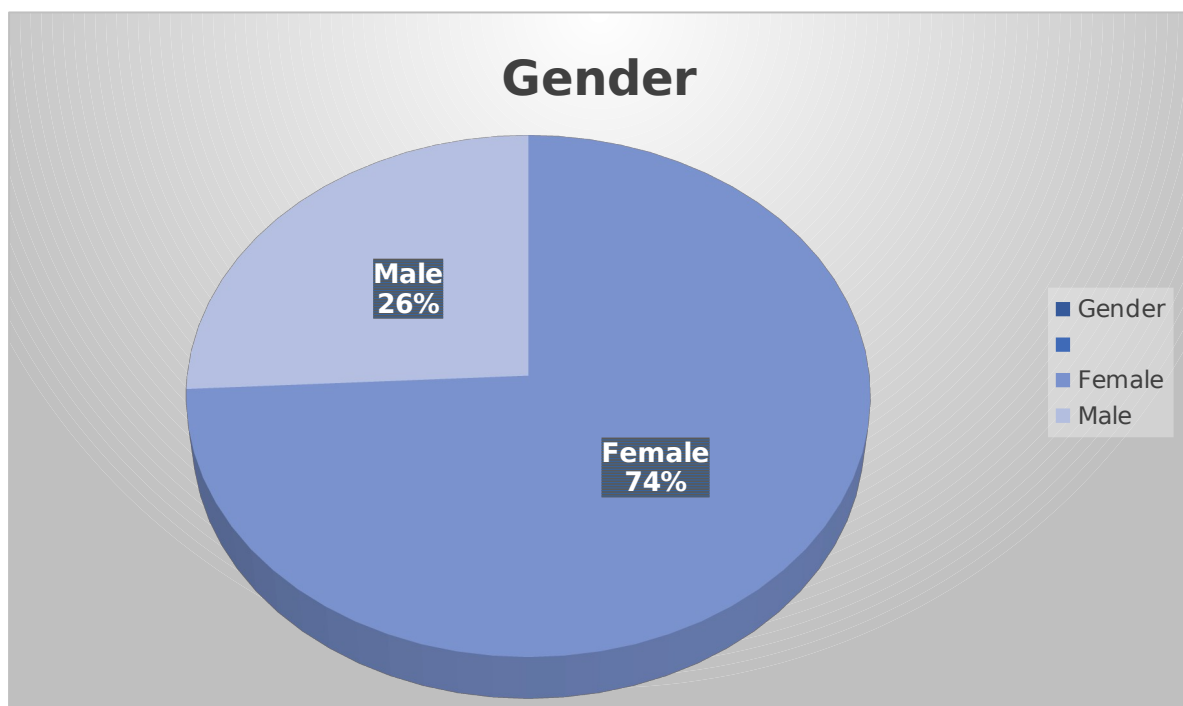
The aims of the Families & Households Commission were:

- ‘1. To articulate and address the pressures and challenges facing families and households, drawing on Christian theology and tradition, whilst also highlighting the good and the positive in terms of what works well and how that can be built on. Families and households were considered in the diverse variations in which they exist today.
2. To offer practical and deliverable ideas on what enables families and households of all shapes and sizes to flourish as the ‘fundamental nuclei’ or the cornerstones of every community in our society.
3. To make proposals to shape the trajectory of public policy relating to families and households across all government departments.
4. To look at what actions the Church of England could take, on its own or in partnership with others, to help support families and households, and to explore radical new pathways that contribute to family and human flourishing.’

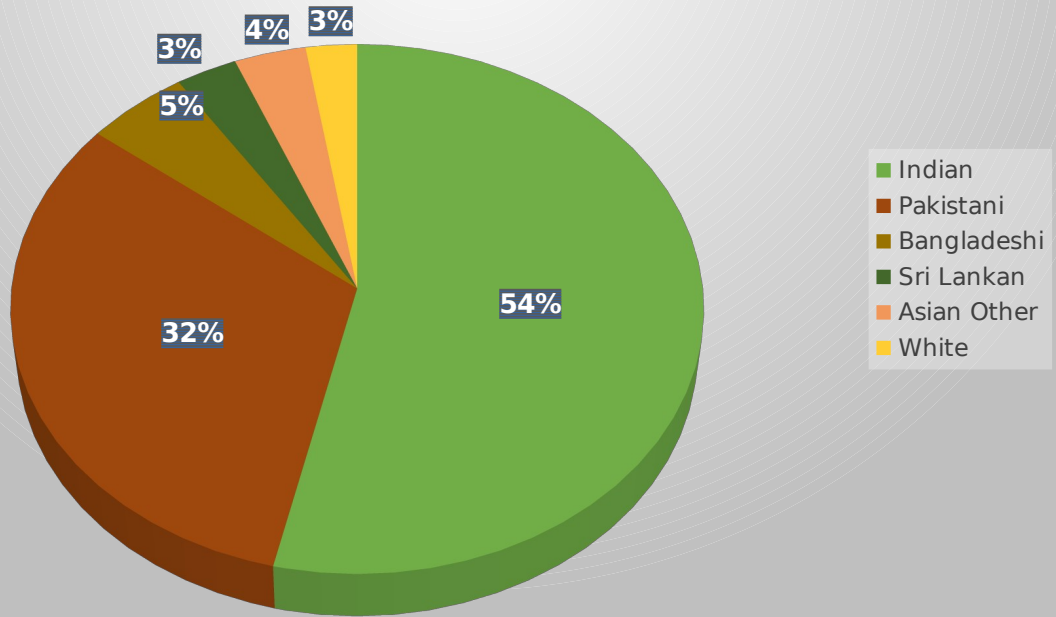
It culminated in a report 'Love Matters' - the full report is available at <https://www.churchofengland.org/sites/default/files/2023-04/hf-summary-report-digital-single-pages.pdf>

In 2022-23, we held 2127 counselling sessions with 194 clients (excluding the ones seen on the DWP project). The average number of sessions per client was 10.96. **Most of our clients (over 74%) were women. 64% of our clients were unemployed** and this meant that in many cases we had to waive the fee altogether or charge reduced or nominal fee. This has implications for the service as it then needs to raise even more funds to keep the service going.

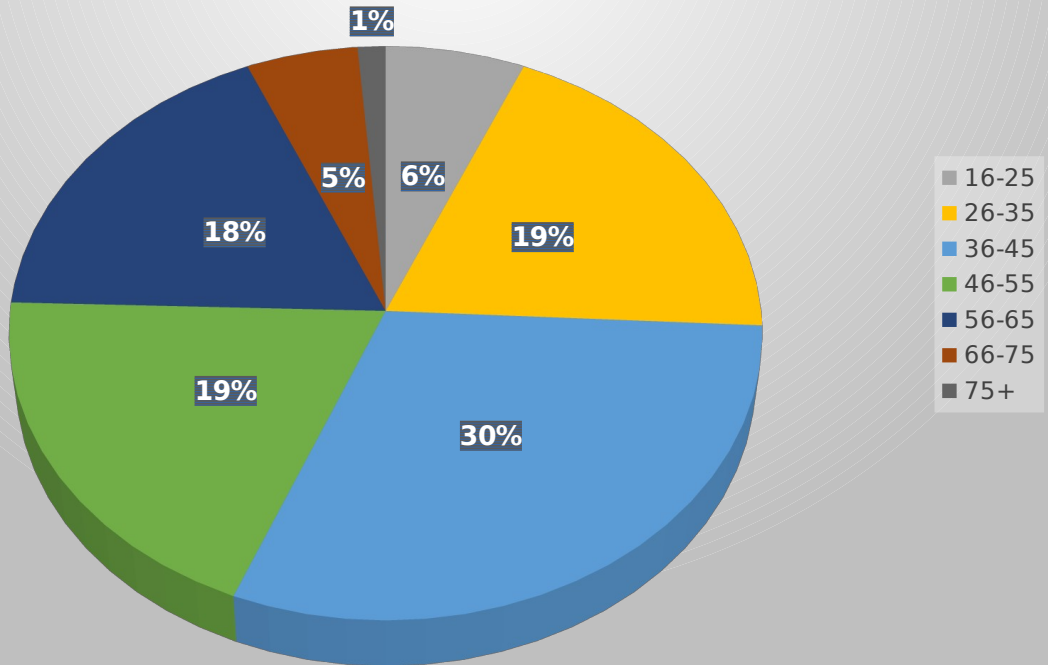
The charts below show the composition of clients by gender, age and ethnicity/nationality of origin. This year 30% of the clients we saw were in the 36-45 age group, followed by 20% in each of the 26-35 and 46-55 age groups. Most were of Indian origin (55%) followed by those of Pakistani origin (27%).



## Ethnicity

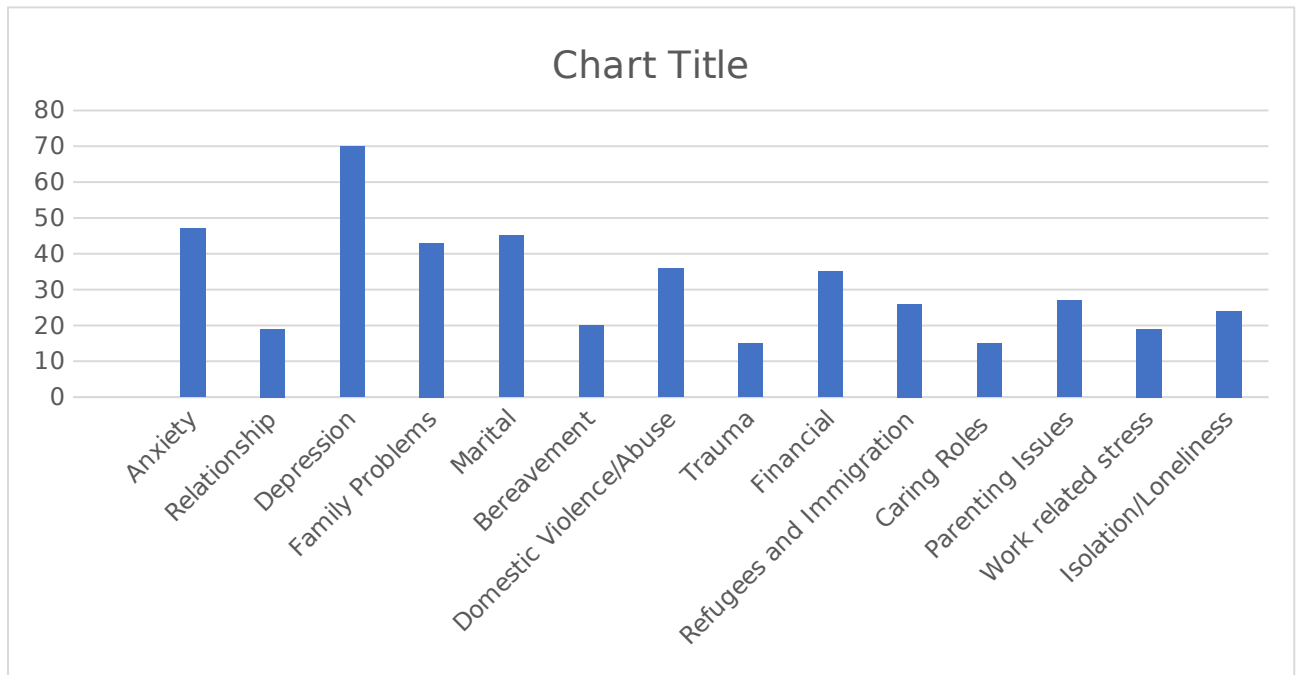


## Age Range



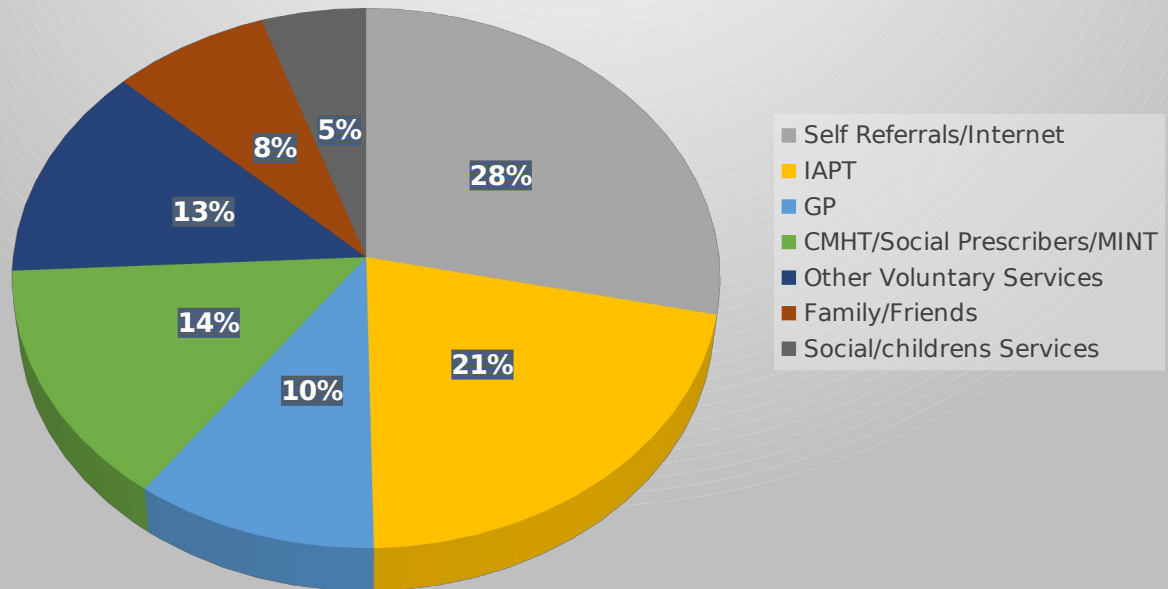
Our clients came to us with a wide range of issues, but depression, anxiety and relationship issues dominated. Below is the break-up of clients by the issue they presented with. Please note some clients presented with multiple issues so there are instances of double counting.

## ISSUES



Community Mental Health Services, MINT, Social Services and other agencies.

## Source of Referral



AFCS uses CORE 10, PHQ 9 and GAD 7 outcome measures to evaluate the impact of our interventions. These are administered pre-counselling to establish baseline scores and then post-counselling to measure the change. These questionnaires measure the level of depression, anxiety and mental well-being in the clients.

Many of our clients do not read or write English and so have difficulty in filling in these forms. Such clients typically provide verbal feedback at the end of counselling. The clients who can, also fill in a feedback form at the end of their counselling sessions, and that gives us an indication of the level of client satisfaction. Overall, our clients were satisfied with our service and said that they would recommend it to a friend or family member.

We received our funding this year from the Department of Works and Pensions' (DWP) Reducing Parental Conflict (RPC) programme (see details below), Ealing Council and Harborne Parish Lands Charity.

### **Project: The DWP's Reducing Parental Conflict Programme**

AFCS was part of a consortium led by Tavistock Relationships delivering this programme funded by the Department of Works and Pensions (DWP). This was two-year pilot programme delivered in Westminster and Hertfordshire and the last referrals to this project were received mid-March 2022 and it came to an end in July 2022. Data has been sent to the DWP to measure the impact of the interventions and evaluate the success of this programme. This is given below.

We delivered the "Triple P" intervention in Hammersmith & Fulham and Kensington & Chelsea; and Mentalisation Based Therapy ("MBT") in Buckinghamshire. Clients attended 7-10 session for each of the interventions. In total, we saw 118 parents, and initial data has shown that the interventions offered to the parents enables them to communicate better, manage their feelings towards their partner better and in doing so, improve outcomes for children. Some of the key findings from a more recent report published by the DWP are:

'A significant proportion of parents felt that attending the sessions had positively affected themselves and their families.

Around half of the parents surveyed felt that the intervention had improved their relationship with their (ex) partner. This was reported both 6 months and 12 months after completion, indicating that relationship improvements were sustained over time. The proportion of parents reporting improvements was higher for of the following parent groups:

- intact parents;
- where both parents had taken part in an intervention; and
- where both parents were unemployed.

These differences were present at both the 6-month and 12-month points.

Regarding perceived positive impacts on the children in participating families, the proportion of parents reporting positive effects was higher than the proportion reporting improvements in the interparental relationship. At the 6-month point, two thirds of parents agreed that the intervention had had a positive effect on their children. This increased to three quarters at the 12-month point, with the increase driven by separated parents. This suggests that the effects on the children are more immediate in intact families than in separated families. Over time, separated families see similar positive changes, but the suggestion is that it takes time for improvements in the interparental relationship to filter through to the children and affect their behaviour and wellbeing. The types of changes in their children reported by parents included calmer behaviour based on calmer interactions from them and their children feeling happier and less anxious.

Where both parents attended RPC interventions, they were also more likely to see a positive impact on their children. Considering this and the role of disengaged partners in non-attendance, a key consideration in future delivery of support should try to ensure buy-in and attendance from both parents wherever possible (while still allowing and encouraging parents to attend on their own if this is the only option).

It is worth noting that these were self-reported findings, of parents' perceived impacts. Furthermore detailed analyses into the effects of these interventions on different aspects of interparental relationships and the wellbeing of the children in participating families is ongoing.' (Reducing Parental Conflict Programme 2018–2022 - An evaluation of the effects of interventions on parental relationships and children – available on the DWP website).

## **Project 2: Harborne Parish Lands Charity**

AFCS was once again able to access funding from the Harborne Parish Lands Charity to provide counselling for the elderly experiencing isolation and those experiencing financial problems in the Harborne Parish area. The project started mid-January and will come to an end in January 2024.

AFCS has publicised the project in the relevant area. Leaflets and posters were drawn up and circulated and referrals started coming in. Early indications are that there is a lot of isolation and loneliness being experienced

by the elderly as do not have the same sort of community that they had access to in the Indian subcontinent. The after-effects of COVID 19 have also left our communities in Birmingham financially worse off. That, coupled with the cost-of-living crisis has left many families destitute. A full report will be available when the project ends in January 2024.

### **Future Plans**

AFCS is in negotiations with the Sangam Association and Women's India Association to set up a satellite service in North London at Sangam's premises. It is hoped that this service will be up and running in April/May 2023. This would enable us to serve the North and East London communities closer to where they live.

We would like to thank our staff and volunteers for all their hard work and without whom we would not have been able to provide this much needed service at a time when the demand for it is higher than ever.

With the cost-of-living crisis and rising unemployment, more than ever before, we need to ensure we can continue to provide counselling at low or zero cost to those who need it the most. We will endeavour to raise more funds so as to be able to expand the service to meet the increasing demand. Our aim is to not have a waiting list.

**Kulbir Randhawa**  
**Director**

## FEEDBACK FROM CLIENTS

'I found the counselling very helpful, insightful and tremendously useful'


'Caring and confidential service. Felt safe in discussing all my problems and issues'

'I am happy with the way the service is currently run. I am very impressed with how professional they are and feel it helped me cope better. AFCS is


'Already excellent AFCS is an invaluable service for the Asian community and deserves more funding'

'The counsellor has helped me with my anxiety and depression. I am in a better place now'.

'Caring and confidential service. It is a safe place to discuss my issues'



‘Thank you very much for this service, it was so helpful, and X was really, really great’



I had been looking for a service that understood my culture and I am grateful that I found that at AFCS. The counsellor was very helpful, and I felt hugely supported by

## Staff Information

### **London**

Kulbir Randhawa (Director)

Balbir Bansi (Counsellor)

Baksho Johal (Counsellor)

Farhana Moussa (Counsellor)

Narinder Bains (Counsellor)

Anica Govil (Counsellor)

Jayashree Shahani (Admin)

Surabhi Narendranath (Volunteer)

Gurpal Bharj (Volunteer Counsellor)

Nehar Bird (Volunteer Counsellor)

Raman Mann (Volunteer Counsellor)

Gagandeep Singh (Volunteer Counsellor)

Roop Kaur (Volunteer Counsellor)

### **Birmingham**

Gurbaksh Johal (Manager)

Dippica Mistry (Counsellor)

Kulwinder Panesar (Project Manager)

**Financial Statements for the year ended 31st March 2023**

for

**Asian Family Counselling Service**  
**REG CHARITY NO. 517595**

**ASIAN FAMILY COUNSELLING SERVICE**  
**REG CHARITY NO. 517595**

**Contents of the Financial Statements  
for the Year Ended 31 March 2023**

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**Asian Family Counselling Service**  
**Registered Charity No. 517595**  
**Year End 31.03.23**  
**Receipts and Payments for the year to 31st March 2023**

Note	RESTRICTED TOTAL	UNRESTRICTED TOTAL	3 Total 31.03.23	Total 31.03.22
<b>Incoming Resources</b>				
<i>Donations, legacies</i>	23,250		23,250	18,250
<i>Investment Income - bank interest</i>	0	528	528	73
<i>Other Incoming resources</i>	157,462	3,950	161,412	149,834
<b>Total Incoming Resources</b>	<b>180,712</b>	<b>4,478</b>	<b>185,190</b>	<b>168,158</b>
<b>Resources expended</b>				
<b>Costs of Generating funds</b>				
Salaries	0		0	0
Pension	0		0	0
Adverts	0		0	0
	0	0	0	0
<b>Charitable expenditure:</b>				
<i>Costs for Charitable Objectives</i>				
Salaries	67,492		67,492	60,815
Pension	2,787		2,787	3,593
Charitable Expenditure	0		0	0
Travelling	21		21	0
Session workers, counsellors, interpreters & Superv	30,673		30,673	34,976
Post & Stationery	389		389	462
Telephone	487		487	450
Internet Services	0		0	0
Insurance	468		468	489
Repairs & Renewals	905		905	1,055
Cleaning	0		0	0
Training	0		0	2,772
Staff & Client Welfare	13		13	253
Subscriptions & Evaluations	681		681	1,227
Sundry Expenses	185		185	150
Professional & Legal Costs	0		0	0
Rent, Rates & Service	24,409		24,409	29,921
Light & Heat	2,253		2,253	1,021
Depreciation	0	F&F	0	0
Depreciation	0	Off Equip	0	0
	130,764	0	130,764	137,184
<b>Management and Administration</b>				
Salaries	0		0	0
Pension	0		0	0
Telephone	0		0	0
Accountancy Fee	2,000		2,000	2,000
Payroll	670		670	670
Bank charges	5	64	69	283
	2,675	64	2,739	2,953
<b>Total Resources expended</b>	<b>133,440</b>	<b>64</b>	<b>133,504</b>	<b>140,137</b>
<b>Net incoming resources before transfers</b>	<b>47,272</b>	<b>4,414</b>	<b>51,686</b>	<b>28,021</b>
<i>Gross transfers between funds</i>	0	0	0	0
<i>Purchase of Fixed Asset</i>	0	0	0	0
<b>Net incoming resources after transfers</b>	<b>47,272</b>	<b>4,414</b>	<b>51,686</b>	<b>28,021</b>
<b>Total funds brought forward</b>	<b>90,228</b>	<b>60,971</b>	<b>151,199</b>	<b>123,178</b>
<b>Total funds carried forward</b>	<b>137,500</b>	<b>65,385</b>	<b>202,885</b>	<b>151,199</b>

Approved Fawzia Samad Date 08/12/2023  
Fawzia Samad (Dec 10, 2023 18:35 GMT)

Approved Nina Toller Date 08/12/2023  
Nina Toller (Dec 11, 2023 18:51 GMT)

**Asian Family Counselling Service**

**Registered Charity No. 517595**

**Year End 31.03.23**

**Statement of assets and liabilities for the Year Ended 31 March 2023**

	Note	Unrestricted funds £	Restricted income funds £	Total 31.03.23 £	Total 31.03.22 £
<b><u>Fixed assets</u></b>					
Tangible assets	4	3,674	0	3,674	3,674
<b>Total fixed assets</b>		<b>3,674</b>	<b>0</b>	<b>3,674</b>	<b>3,674</b>
<b><u>Current assets</u></b>					
Other Debtors		4,652	0	4,652	4,652
Cash at bank and in hand		57,059	151,615	208,674	156,989
<b>Total current assets</b>		<b>61,711</b>	<b>151,615</b>	<b>213,326</b>	<b>161,641</b>
<b>Creditors: amounts falling due within one year</b>		<b>0</b>	<b>14,116</b>	<b>14,116</b>	<b>14,116</b>
<b>Net assets</b>		<b>65,385</b>	<b>137,500</b>	<b>202,885</b>	<b>151,199</b>
<b><u>Income funds</u></b>					
Balance brought forward		60,971	90,228	151,199	123,178
Restricted funds			47,272	47,272	25,970
Unrestricted funds		4,414		4,414	2,051
<b>Total funds</b>		<b>65,385</b>	<b>137,500</b>	<b>202,885</b>	<b>151,199</b>

Approved *Fawzia Samad*  
Fawzia Samad (Dec 10, 2023 18:35 GMT)

Date 08/12/2023

Approved *Nina Toller*  
Nina Toller (Dec 11, 2023 18:51 GMT)

Date 08/12/2023

**Note 1**

**General Notes**

Accounting policies

Basis of accounting	These accounts have been prepared by summarising all money received and paid out by the charity in the financial year, and a statement giving details of its assets and liabilities at the end of the year.
Change in basis	The charity has prepared these accounts on a receipts and payments basis.
Changes to previous years	No changes have been made to accounts for previous years.

**Note 2**

**Expenditure**

		This year £	Last year £
Fees for examining the accounts	Independent examiner's fees for reporting on the accounts	2,000	2,000
	Other fees paid to the Independent examiner	670	670

Analysis of resources expended

		This year £	Last year £
Costs of generating funds	Salaries	0	0
	Pension	0	0
	Adverts /Photocopier	0	0
	Total	0	0

Costs for Charitable Objectives

	Salaries	67,492	60,815
	Pension	2,787	3,593
	Charitable Expenditure	0	0
	Travelling	21	0
	Session workers, counsellors & Support	30,673	34,976
	Post & Stationery	389	462
	Telephone	487	450
	Internet Services	0	0
	Insurance	468	489
	Repairs & Renewals	905	1,055
	Cleaning	0	0
	Training	0	2,772
	Staff & Client Welfare	13	253
	Subscriptions & Evaluations	681	1,227
	Sundry Expenses	185	150
	Professional & Legal Costs	0	0
	Rent, Rates & Service	24,409	29,921
	Light & Heat	2,253	1,021
	Depreciation F&F	0	0
	Depreciation Off Equip	0	0
	Total	130,764	137,184

Management and Administration costs	Salaries	0	0
	Pension	0	0
	Telephone	0	0
	Accountancy Fee	2,000	2,000
	Payroll	670	670
	Bank charges	69	283
	<b>Total</b>	<b>2,739</b>	<b>2,953</b>

**Note 3**

**Paid Employees**

	This year £	Last year £
Gross wages & salaries	65,820	58,850
Employers NI	1,672	1,965
Pension Contributions	2,787	1,462
<b>Total Staff costs</b>	<b>70,280</b>	<b>62,277</b>
Ave. number of employees in the year	2	2

Details of employees engaged in following activities:

Costs of generating funds	0.0	0.0
Activities in furtherance of charity's objectives	2.0	2.0
Management & Admin	0.0	0.0
Other	0.0	0.0
<b>Total</b>	<b>2.0</b>	<b>2.0</b>

No employees have emoluments over £50,000

**Note 4**

**Tangible Fixed Assets**

	<u>Fixtures &amp; Fittings</u>	<u>Office Equipment</u>	<u>Total</u>
<b>COST:</b>			
At 1 April 2022	10,741	30,518	41,259
Additions			0
At 31 March 2023	10,741	30,518	41,259
<b>DEPRECIATION :</b>			
At 1 April 2022	10,714	26,871	37,585
Additions			0
At 31 March 2023	10,714	26,871	37,585
<b>NET BOOK VALUE:</b>			
At 31 March 2023	27	3,647	3,674
At 31 March 2022	27	3,647	3,674

**Note 5**

**Restricted funds**

Fund name	Type	Purpose and Restictions	Amount
Department of Works & Pensions (via Tavistock Relationships)	R	Improving outcomes for children, young people and families	£157,462
London Borough Ealing Joint Commissioning	R	Providing counselling for the Asian community in Ealing	£18,250
Harborne Parish Land 's	R		£5,000

## Note 6

## Declarations

<b>Adequacy of assets to meet fund restrictions</b>	Sufficient resources are held in an appropriate form to enable each fund to be applied in accordance with restrictions imposed.
<b>Branches</b>	The charity has one branch.
<b>Change in year end</b>	The trustees have not changed the year end date nor the length of the charity's financial year.
<b>Designated funds</b>	The charity does not have any designated funds.
<b>Discontinued, continuing and acquired operations</b>	All the charities operations are continuing operations and there were no operations discontinued or acquired during the year.
<b>Fund in deficit</b>	No funds (unrestricted or restricted) are in deficit at the balance sheet date.
<b>Inalienable or historic assets</b>	The charity had no assets at the balance sheet date classed as inalienable or historic.
<b>Intangible assets</b>	The charity has no intangible assets.
<b>Inter-fund loans</b>	There were no inter-fund loans outstanding at the balance sheet date.
<b>Revaluations</b>	None of the charity's functional fixed assets have been revalued during the year and the charity does not have a policy of revaluation of these assets.
<b>Subsidiaries</b>	The charity has no subsidiary companies.
<b>Uncapitalised fixed assets</b>	The charity has no material fixed assets which have not been capitalised and included on the balance sheet.
<b>Reserves</b>	The use of unrestricted reserves are determined by the Trustees.

**Incoming Resources**

<b>Donations, legacies and similar incoming resources</b>	These are included in the Receipts and Payments (R&P) schedule when: - the charity receives the donation or similar income and any conditions for receipt are met;
<b>Tax reclaims on donations and gifts</b>	Incoming resources from tax claims are included on the R&P when received.
<b>Incoming resources from fund-raising</b>	These are reported gross in the R&P.
<b>Gifts in kind for sale or distribution</b>	These are not included in R&P accounts.
<b>Gifts in kind for use by the charity</b>	These are not included in R&P accounts.
<b>Intangible income (eg donated facilities)</b>	This is only included in incoming resources (with an equivalent amount in resources expended) where another party is bearing the financial cost of the resources supplied and the benefit is quantifiable, receivable and material. Intangible income is valued at the lower of the cost borne by the party bearing the cost and a reasonable estimate of the value of the donation to the charity.
<b>Volunteer help</b>	The value of any voluntary help received is not included in the accounts but is described in the annual report.
<b>Investment income</b>	This and any associated tax credits are included in the accounts when receivable.

**Expenditure and Liabilities**

<b>Liability recognition</b>	Generally liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure.  There are liabilities outstanding at the year end for British Telecom and Rent. These have not been included in the accounts as they are prepared on a Receipts and Payments basis.
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**Assets**

<b>Tangible fixed assets for use by charity</b>	These are capitalised if they can be used for more than one year, and cost at least £250. They are valued at cost or a reasonable value on receipt. The charity does not have a policy of revaluation.
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**ASIAN FAMILY COUNSELLING SERVICE**  
**REG CHARITY NO. 517595**  
**Trustees' Annual Report**

**LEGAL AND ADMINISTRATIVE INFORMATION**

Charity Name Asian Family Counselling Service

Any other name the charity is known by AFCS

Charity Commission registered number 517595

For the financial year beginning on 01.04.22

For the financial year ending on 31.03.23

Charity's principal address F1, Unit 4, Triangle Centre  
399 Uxbridge Road  
Southall  
Middx.  
UB1 3EJ

**Description of the charity's trusts**

Governing document AFCS was constituted in August 1985.  
It is registered as a charity.

Objects of the charity

- 1 To advance education among persons of Asian origin and in particular, among such persons resident in the UK, about all aspects of marriage and family relationships, with a view to developing personal responsibilities and enriching family life.
- 2 To safeguard and protect the good health, both mental and physical of adults and children of Asian origin in the UK, and to prevent the hardship and distress caused by the breakdown of marriage.

Specific Investment powers None

**TRUSTEES AND GOVERNANCE**

**Names of trustees**

Name of Trustee	Dates during which the named trustees acted if not for the whole period of this report	Names of directors of any corporate charity trustee at the date of this report	Name of person (or body) entitled to appoint any charity trustee.
Nina Toller			
Rashida Punja			
Fawzia Samad			

Trustee selection method Trustees are elected at the annual general meeting.

Names of the charity's custodian trustees None

## ACTIVITIES AND ACHIEVEMENTS

Charity's activities and achievements during the year

AFCS has set up an office in Birmingham. It has provided family, marital and individual counselling to 194 new clients and provided 2127 sessions of counselling during the year.

Charity's organisational structure

The management committee of AFCS is responsible for overseeing the work of the organisation. The Director is responsible for the day to day running. It has 3 employees and 7 sessional staff and 10 volunteers.

Significant changes, development and future plans

AFCS has provided family, marital and individual counselling to the Asian community resident in the UK. It has been at the forefront of work done around the issue of forced marriages and abandoned spouses.

Any related parties, charities or other organisations with which the charity co-operates in its work

The contribution of volunteers

AFCS provides counselling in the various Asian languages and is dependent on volunteer counsellors to provide counselling in some of the Asian languages. Online and telephone counselling etc. is provided to those persons unable to attend in person.

The effectiveness of fund-raising activities

AFCS is dependent on the Government for grants to provide its services. It also charges for training workshops and reports for courts.

## POLICIES

There is no grant making or investment selection policy.

Major risks are reviewed at the Management Committee Meetings.

## SIGNATURE AND DECLARATION

**Declaration**

I declare, in my capacity of charity trustee, that:

- the trustees have approved the report above; and
- have authorised me to sign it on their behalf.

**Signature**

  
Fawzia Samad (Dec 10, 2023 18:35 GMT)

**Full name**

Fawzia Samad

**Position (eg Secretary, Chair, etc)**

Chair

**Date**

08/12/2023

**ASIAN FAMILY COUNSELLING SERVICE**  
**REG CHARITY NO. 517595**  
**Independent Examiner's Report on the Accounts**

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2023

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 our responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 we do not express an audit opinion on the accounts.

In connection with our examination , no matter has come to our attention:

- 1 which gives us reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the 2011 Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed *A Boparai*  
A Boparai (Df: 12, 2023 09:55 GMT)

Date 08/12/2023

Mrs Anjani Boparai FCCA  
Sethi & Co.  
Chartered Certified Accountants  
59-60 Thames Street  
Windsor  
SL4 1TX

**Financial Statements for the year ended 31st March 2023**

for

**Asian Family Counselling Service  
(NATIONAL BRANCH) REG CHARITY NO. 517595**

# Asian Family Counselling Service

## NATIONAL BRANCH

### Income and Expenditure Account for the year ended 31.3.2023

	<u>31.3.2023</u>	<u>31.3.2022</u>
<u>GRANTS</u>		
Home Office		
Goldsmith Charity		
<u>OTHER INCOME</u>		
Training Fees		
Miscellaneous		
Bank Interest Received		
<u>EXPENSES</u>		
Wages		
Pensions		
Rents.Rates and Service Charges		
Light & Heat		
Repairs		
Consultancy Costs		
Telephone		
Accountancy		
Equipment Rental		
Bank Interest & Charges		
Travelling		
Sundries		
Adverts,Print,Postage & Stationery		
Subscriptions		
AGM Expenses		
<u>NET SURPLUS/(DEFICIT) FOR YEAR</u>		
Income Reserve Brought Forward	<u>3449</u>	<u>3449</u>
Income Reserve Carried Forward	<u>3449</u>	<u>3449</u>

**Asian Family Counselling Service**

**NATIONAL BRANCH**

**Balance Sheet as at 31st March 2023**

	31.3.2023		31.3.2022	
	£	£	£	£
<b><u>FIXED ASSETS</u></b>				
Fixtures and Fittings				
<b><u>CURRENT ASSETS</u></b>				
Bank Deposit Account				
Bank & Cash in Hand				
Debtor - London Branch	3449		3449	
Prepayments				
	<u>3449</u>		<u>3449</u>	
<b><u>CURRENT LIABILITIES</u></b>				
Accruals				
Bank Overdraft				
		3449		3449
<b>NET ASSETS</b>		<u>3449</u>		<u>3449</u>
Represented By:-				
<b><u>CAPITAL ACCOUNT</u></b>				
Income Reserve		<u>3449</u>		<u>3449</u>

Approved By

Fawzia Samad  
Fawzia Samad (Dec 10, 2023 18:35 GMT)

Date

08/12/2023

Approved By

Nina Toller  
Nina Toller (Dec 11, 2023 18:51 GMT)

Date

08/12/2023

**Asian Family Counselling Service  
(NATIONAL BRANCH) REG.CHARITY No 517595**

We have examined the attached financial statements in accordance with recommended Charities Act.

*A Boparai*  
A Boparai (Dec 12, 2023 09:55 GMT)

Sethi & Co.  
Chartered Certified Accountants  
59-60 Thames Street  
Windsor  
SL4 1TX

Date 08/12/2023

**Clients Approval Certificate**

We approve the financial statements and confirm that we have made available all relevant records and information for their preparation.

*Fawzia Samad*  
Fawzia Samad (Dec 10, 2023 18:35 GMT)

Date 08/12/2023

*Nina Toller*  
Nina Toller (Dec 11, 2023 18:51 GMT)

Date 08/12/2023

**ASIAN FAMILY COUNSELLING SERVICE**  
**REG CHARITY NO. 517595**  
**Independent Examiner's Report on the Accounts**

Report to the trustees/members of Asian Family Counselling Service

On accounts for the year ended 31 March 2023

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Our examination was carried out in accordance with General Directions given by the Charity Commissioners. 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 we do not express an audit opinion on the accounts.

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  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

A Boparai  
A Boparai (08.12.2023 09:55 GMT)

Date

08/12/2023

Mrs Anjani Boparai FCCA  
Sethi & Co.  
Chartered Certified Accountants  
59-60 Thames Street  
Windsor  
SL4 1TX