



ASIAN FAMILY COUNSELLING SERVICE

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LONDON UB1 3EJ

ANNUAL REPORT 2023-2024



A Word from Our Chair

Welcome to the Asian Family Counselling Service (AFCS) 2023-24 Annual Review. Established in 1985 as a national, independent counselling service, AFCS was the first organisation in Britain dedicated to addressing the unique counselling needs of Asian families. Over the past 39 years, we have grown and evolved to meet the changing needs of the Asian communities settled in Britain, continuing to provide a vital, high-quality, and confidential service despite numerous challenges.

Today, our work focuses on supporting couples and families experiencing marital and family issues, as well as individuals managing mild to moderate mental health conditions. Over the past year, we successfully completed the Harborne Parish Land Charity project in Birmingham and launched a satellite service at the Sangam Centre in North London to serve the local Asian community. These initiatives reflect our ongoing commitment to making our services accessible to Asian families across the country.

What makes AFCS truly unique is our ability to cater to Asian communities across generations. Our counsellors possess lived experience of Asian culture and are fluent in a range of Asian languages, which makes our services highly accessible to individuals who may not speak English. This year, 32% of our counselling sessions were conducted in Punjabi, 30% in Urdu, 19% in English, 16% in Hindi, and 3% in Gujarati.

The withdrawal of government funding for marriage and relationship support since 2022 has created significant challenges for us. Despite these difficulties, our dedicated staff and volunteers have worked tirelessly to secure alternative funding to ensure that our vital work can continue. Moving forward, we remain resolute in our mission to serve the community, even as we anticipate a more challenging financial landscape.

I want to take this opportunity to express my heartfelt gratitude to our incredible staff and volunteers at both the London and Birmingham offices for their unwavering dedication. I would also like to thank my fellow Management Committee members for their invaluable support and guidance throughout the year. Finally, a special thanks goes to our funders—without their generosity, it would be extremely difficult for AFCS to continue providing the services that so many individuals and families rely on.

We look forward to building on our successes in the year ahead.

Fawzia Samad

Chairperson

Who We Are

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

We cater to the growing demand from British Asian individuals, couples, and families seeking help for a wide range of personal and interpersonal issues. Many of our clients are hesitant to access mainstream counselling services due to language and cultural barriers. Some older clients may have never received formal education and are unable to read or write. Even among those proficient in English, many feel more at ease discussing complex emotional issues or trauma in their native language.

For others, challenges arise in articulating problems rooted in a specific cultural context to Western practitioners. Because our counsellors have lived experience of South Asian cultural norms, traditions, and customs, they are uniquely positioned to provide nuanced and empathetic support. This reduces the risk of miscommunication and ensures counselling sessions are conducted with greater sensitivity and effectiveness.

At AFCS, we are committed to breaking down barriers to mental health and relationship support, offering services that truly resonate with the needs of the South Asian community.

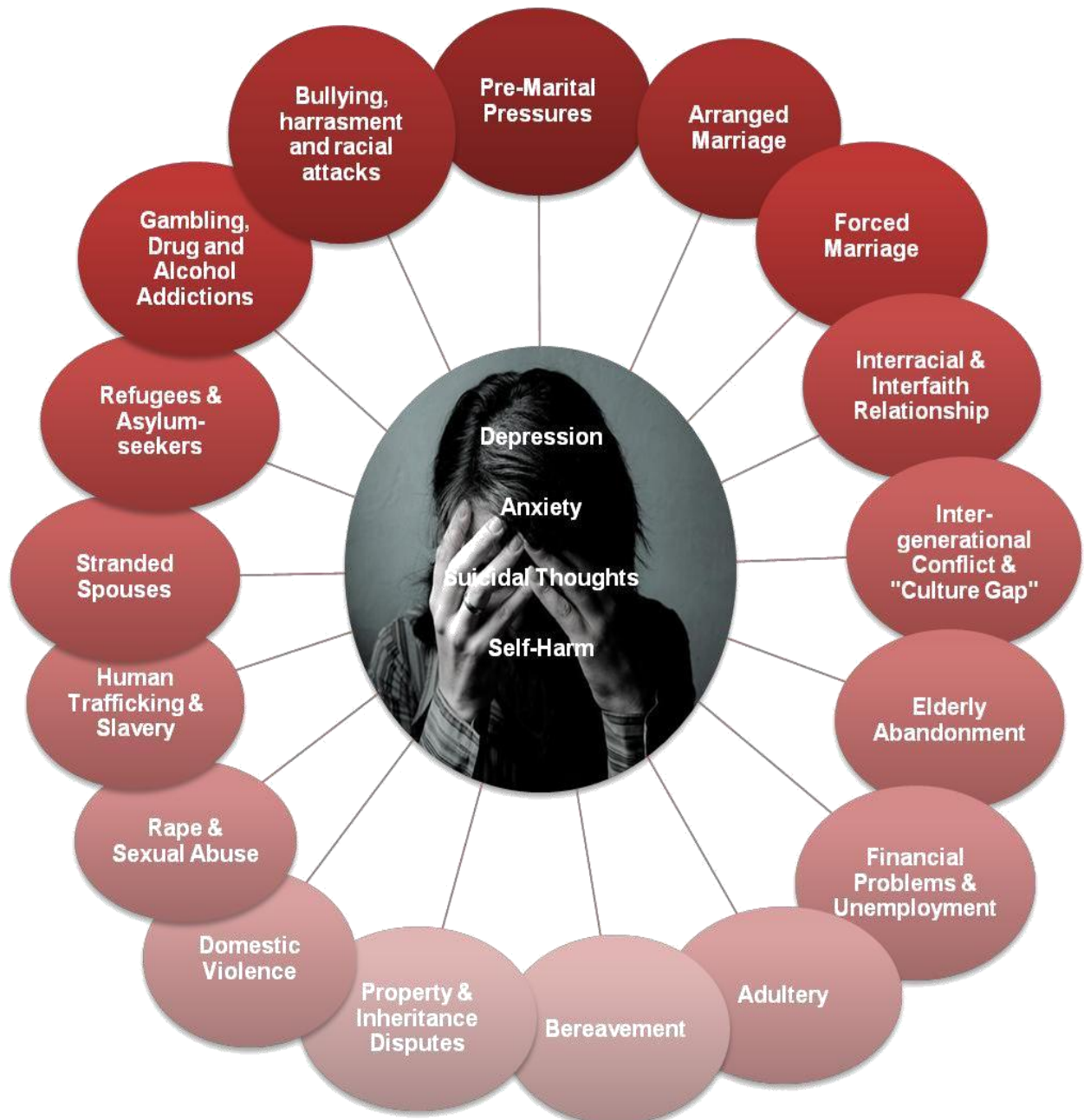
Our Objectives

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.

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 navigate the intersection of traditional social customs from the subcontinent and the individualistic cultural norms prevalent in Western society. One prominent tradition is the expectation of arranged marriages, where parents play a significant role in selecting a partner. These matches are frequently based on shared religious beliefs, caste affiliations, and socio-economic compatibility.

For young people raised in the UK, these expectations can become a source of tension and distress, particularly as they reconcile traditional values with Western ideals of independence and personal choice. This cultural conflict is especially pronounced for women, who often bear the brunt of patriarchal norms within familial structures. Many are pressured to prioritize early marriage over higher education or career aspirations. Additionally, women in "joint family" living arrangements are often expected to assume primary responsibility for caregiving and household duties, perpetuating gender-based inequalities.

A preference for male children remains pervasive in some South Asian families, creating added pressure for women to produce male heirs. This cultural expectation can result in feelings of inadequacy and guilt, particularly for those unable to meet these gendered demands.



With diminished access to the extended social networks traditionally used for matchmaking in the subcontinent, many families now turn to online platforms to find potential suitors. While this modern approach has broadened the search for partners, it has also introduced new challenges. The lack of a community-driven vetting process increases the risks of mismatched expectations, misrepresentation, and even fraud. Consequently, marriages

arranged through such methods may face a higher likelihood of breakdown due to a lack of shared values or insufficient compatibility checks.

This evolving dynamic highlights the need for better support systems and open dialogue to help individuals navigate these complex cultural and societal expectations, ensuring mental well-being and personal fulfilment in the process.

Generation/Culture Gap and Racism

Young people born and raised in England to parents of South Asian origin often face a pronounced generation and culture gap. As second-generation immigrants, they navigate a complex identity, balancing the expectations of their elders with the cultural realities of modern British society. Many struggle to align with the social and religious norms upheld by their families, leading to accusations of "losing touch with their roots." This generational divide can result in internal conflict and strained family relationships, further compounded by the pressures of cultural duality.

Simultaneously, these individuals frequently encounter feelings of alienation and anxiety stemming from racism in British society. Racial tensions have escalated in recent years, particularly in the aftermath of Brexit, which has fostered an environment where race-baiting by political figures is increasingly normalized. This has profound implications for societal attitudes, creating a ripple effect on what is deemed acceptable behaviour in public discourse.

Inter-faith Relationships

Inter-faith relationships and marriages remain a sensitive issue within South Asian communities, often leading to familial conflict and long-standing estrangements. These unions challenge deeply rooted cultural and religious norms, which emphasize preserving heritage and religious identity. As a result, individuals who enter inter-faith relationships frequently face emotional distress, rejection, or even disownment by their families.

Such conflicts can create rifts that are difficult to mend, with years of estrangement leaving lasting scars for all involved. However, professional intervention through group or family counselling has proven to be a valuable tool in mediating these situations. By facilitating open dialogue in a neutral, supportive environment, counselling sessions can help families navigate their differences, fostering understanding and empathy.

In our experience, we have witnessed cases where families have reconciled with children who were once disowned for marrying into a different faith. These reconciliations often come after prolonged periods of estrangement but demonstrate the potential for healing when professional support is utilized. Mediation encourages both parties to reflect on their values and priorities, helping families rebuild trust and relationships.

Community awareness and education about the benefits of counselling and mediation are crucial in reducing stigma and resistance to seeking help. Promoting a culture of acceptance and open communication can further empower families to address inter-faith dynamics constructively, fostering harmony within South Asian communities.

Domestic Violence and Abuse

Domestic violence and abuse, whether physical, emotional, or sexual, remain deeply stigmatized within South Asian communities, often framed as taboo topics that threaten the family's reputation or *izzat*. This pervasive culture of shame discourages victims from seeking help, perpetuating cycles of abuse. A 2015 study, as reported by *The Guardian*, highlighted the severe underreporting of sexual and domestic violence in these communities, driven by fears of dishonour and lack of awareness about legal protections. Notably, the study found that many individuals were unaware that marital rape constitutes a criminal offense in the UK.

Asian women and girls face distinct challenges in disclosing abuse, particularly when the perpetrators are close relatives or when financial dependence creates barriers to seeking help. Young brides brought to the UK from the subcontinent are especially at risk. Socially isolated, unfamiliar with local languages, and without independent support systems, they often endure abuse and exploitation. Cases of these women being treated as forced domestic labour, closely monitored, and denied basic freedoms such as unsupervised phone calls or leaving the house, underscore the urgent need for targeted interventions.



The stigma surrounding separation and divorce further exacerbates the problem, as many women feel pressured to remain in abusive relationships for fear of community judgment. In these cases, children often suffer significantly, enduring the effects of living in a dysfunctional and unsafe environment.

Forced Marriage and Stranded Spouses

The stories we encounter are often harrowing. Many young women are coerced into marriages abroad, deprived of autonomy, and subjected to abuse. Some are abandoned overseas, stranded without resources or recourse. Others return to the UK only to face further exploitation. In numerous cases, women forced into marriage report being raped and impregnated, subsequently coerced into sponsoring spousal visas for their abusers.

Recognizing the severity of the issue, the UK government has introduced measures such as allowing victims to testify anonymously against their spouses during immigration hearings. While these steps are encouraging, much more remains to be done to address the broader consequences of forced marriage.

Equally troubling is the situation of *stranded spouses*—South Asian women married to British nationals, often for dowry extraction. These women are frequently taken to the subcontinent and abandoned, sometimes forcibly separated from their children. They face insurmountable challenges due to a lack of legal status or rights in the UK.

Many of these women, despite enduring abuse and exploitation, cannot access public funds, secure housing, or legal support. This precarious situation makes it nearly impossible for them to seek justice or custody of their children.

Our organization has gone to extraordinary lengths to assist stranded spouses, including finding host families to sponsor their visas, enabling them to return to the UK and fight legal battles. However, systemic change is urgently needed.

We have consistently appealed for these abandoned spouses to be granted asylum-seeker status. This would provide them access to public funds and a stable foundation to seek justice and rebuild their lives. Without this crucial step, they remain trapped in a cycle of vulnerability, unable to advocate effectively for their rights or their children's welfare.

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 place a strong emphasis on listening with empathy and without judgment, creating a safe and supportive environment where clients can take a step back from their circumstances. This enables them to gain a clearer understanding of their issues and how these challenges impact them as individuals, couples, families, and, when relevant, as parents.

In cases where communication has broken down among family members or the pressures of daily life have caused issues to be overlooked, we provide a therapeutic and structured environment. This structure allows every individual - whether a partner, sibling, parent, or relative - to feel heard and respected. Rather than prescribing specific solutions, we empower our clients to make their own decisions, supporting them in whatever choices they make.

Our approach is inherently flexible, adapting to the needs of our clients. For instance, we can transition seamlessly from individual counselling to couple or family group counselling as required, ensuring that the support provided is always tailored to their unique situation.

When clients first approach AFCS, we conduct an initial assessment to determine whether our service is the best fit for their needs. If not, we refer them to other organisations better suited to support them. Our holistic approach ensures that we address not only our clients' mental health concerns but also the broader factors affecting their well-being and peace of mind.

For example, we provide information and referrals to services such as:

- The NHS for healthcare support.
- Support groups for drug and alcohol addiction.
- Financial advice, legal aid, and immigration services.
- Agencies that offer English language training and job coaching, including assistance with applications and interviews.

By addressing these interrelated factors, we aim to create a comprehensive support system that fosters resilience, empowerment, and long-term well-being for our clients.

2023-24: The Year in Review

AFCS has continued to provide counselling services online through Zoom, Teams, WhatsApp, and telephone. Although the lockdowns are a thing of the past, many clients remain hesitant to attend face-to-face sessions. The convenience of accessing counselling from the comfort of their homes - without the need to travel or find parking - has made online options highly popular. However, the office fully re-opened for face-to-face counselling in June 2023, offering flexibility for those who prefer in-person support.

The transition to online and telephone counselling was made possible by emergency funding and new protocols established during the pandemic. This enabled us to equip staff with the necessary technology for remote delivery. Our dedicated team of counsellors and administrative staff adapted admirably, ensuring a seamless transition that maintained high standards of service. The response from clients has been overwhelmingly positive and remains so today.

For clients who prefer face-to-face counselling, appointments are available at our offices. For those still reluctant to attend in person, we continue to offer flexible remote services from Monday to Saturday. We are grateful to our counsellors for accommodating client preferences and adapting to this hybrid model of delivery.

Although COVID-19 itself has largely subsided, its impact lingers for many of our clients. Some struggle with anxieties about re-entering the outside world, others are grappling with long COVID, and some have suffered the loss of loved ones during the pandemic. By offering remote counselling, AFCS has expanded its reach, enabling clients to access our services regardless of their location.

The shift to online services has led to a surge in demand, resulting in longer waiting times for new clients. To address this, we have supplemented our

capacity with volunteer counsellors. These qualified counsellors, who need to log a minimum of 450 counselling hours to achieve BACP accreditation, provide valuable support while working under the guidance of our experienced staff. Complex cases continue to be handled by our BACP-accredited counsellors, while volunteers help reduce caseload pressures within budgetary constraints.

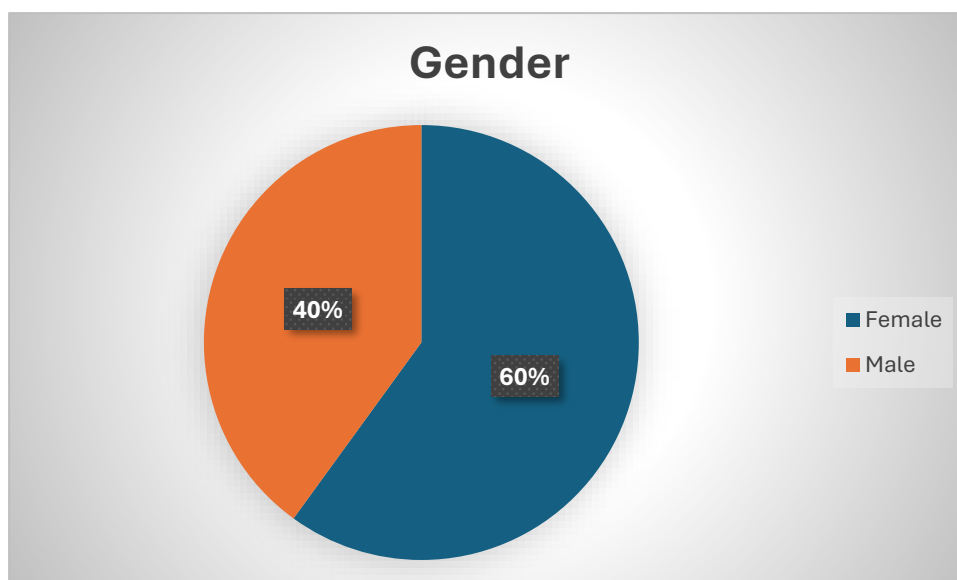
In 2023-24, AFCS conducted 1,976 counselling sessions with 248 clients. Over 60% of our clients were women, and 56% were unemployed. For those facing financial hardship, we waived fees altogether or charged a reduced, nominal fee. While this ensures that our services remain accessible to those in need, it also increases our reliance on fundraising to sustain operations.

Client Demographics

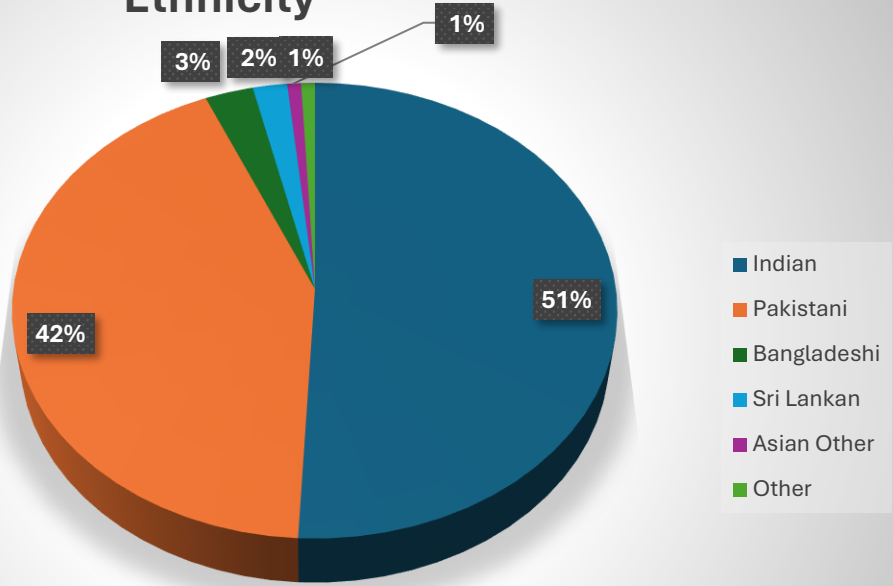
The charts below highlight the composition of our clients by gender, age, and ethnicity/nationality of origin:

- Age: The largest group (35%) was aged 36-45, followed by 19% aged 46-55, and 17% aged 26-35.
- Ethnicity/Nationality of Origin: Most clients were of Indian origin (50%), followed by those of Pakistani origin (46%).

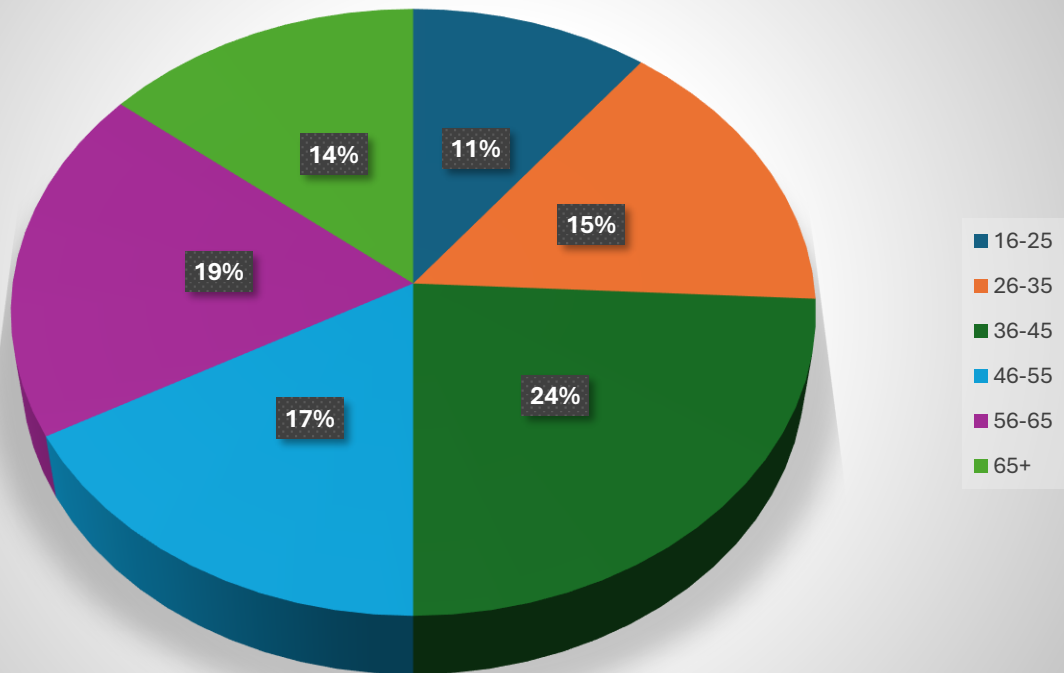
Our commitment to serving the South Asian community remains unwavering, and we continue to adapt to meet the evolving needs of our clients in a way that is compassionate, accessible, and culturally sensitive.



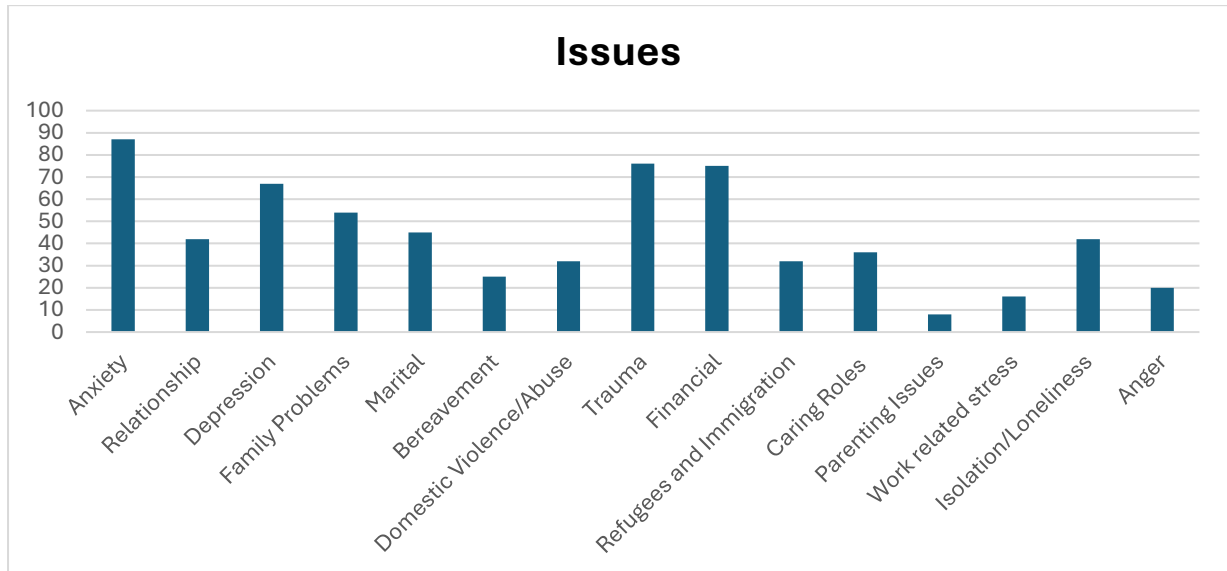
Ethnicity



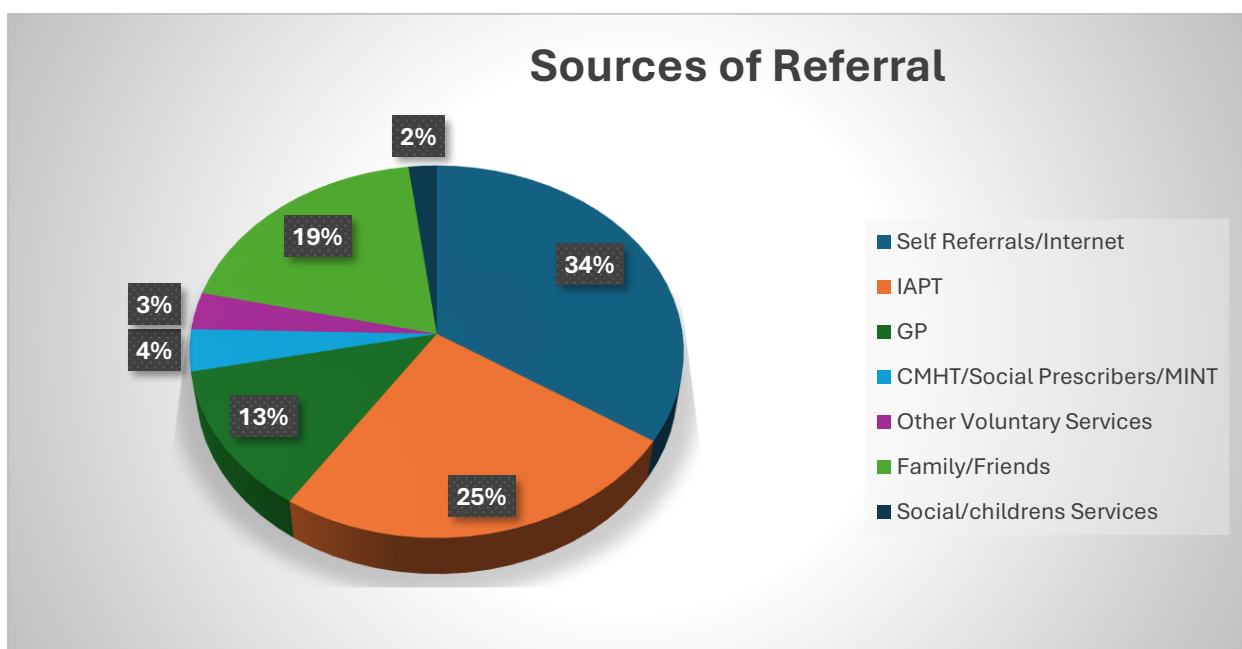
Age Range



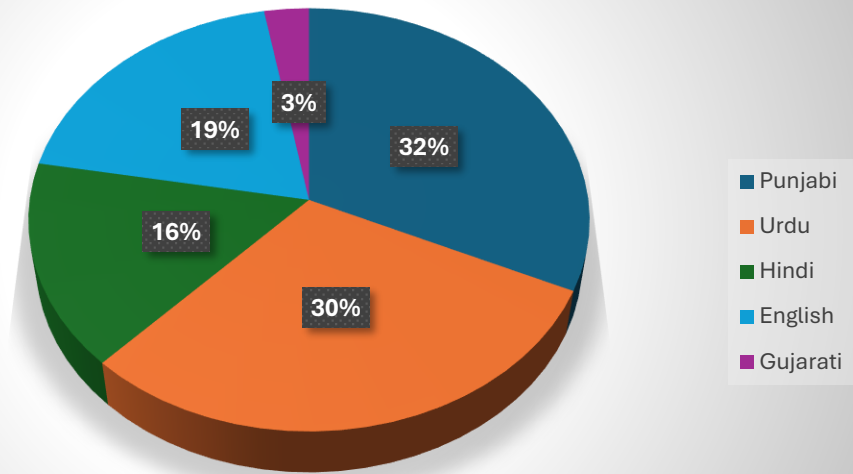
Our clients came to us with a wide range of issues, but anxiety, depression, trauma, financial issues dominated. Below is the break-up of clients by the issue they presented with. Please note some clients presented with multiple issues so there are instances of double counting.



Demand for our service has come through self-referrals, friends and family, voluntary sector organisations, IAPT services, counselling psychologists, psychiatrists, word-of-mouth, online search engines, General Practitioners, Health Visitors, Community Mental Health Services, MINT, Social Services and other agencies.



Languages Service Provided in



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 Ealing Council, Harborne Parish Lands Charity, Women's India Association and Hounslow Council (for 2024-25).

Project 1: Harborne Parish Lands Charity

Thanks to funding from the Harborne Parish Lands Charity, AFCS was able to provide counselling services to the elderly experiencing isolation and those struggling with financial problems in the Harborne Parish area. The project, which began in January 2023 and concluded in January 2024, targeted the growing needs of vulnerable individuals within this community.

To promote the project, leaflets and posters were distributed across the area, resulting in a steady flow of referrals. Early findings revealed a significant prevalence of isolation and loneliness among the elderly, who often lacked the sense of community they once enjoyed in the Indian subcontinent. Additionally, the financial aftershocks of COVID-19 and the ongoing cost-of-living crisis have left many Asian families in Birmingham in distress.

Under this project, AFCS supported 81 clients:

- 52 clients cited debt or financial issues as their primary concern.
- 29 clients were older individuals grappling with feelings of loneliness and isolation.

Many clients faced multiple interrelated issues; for example, financial hardship often triggered marital conflicts, anxiety, depression, and a sense of helplessness. Through this project, clients were able to regain stability and a sense of hope for the future.

The project's benefits extended beyond individual clients, with a cascade effect impacting approximately 324 people, including family members who also benefited from improved well-being within their households.

The changing structure of Asian families in the UK has had a significant impact on older generations. Traditionally, extended families provided support and a central role for elders, who were valued for their advice and guidance. However, the shift to nuclear families - influenced by Western culture - has left many elderly individuals feeling disconnected. Language barriers and unfamiliarity with the way of life in the UK further compound their challenges, making them more dependent on external support.

Environmental factors also play a role. In the Indian subcontinent, warm weather facilitates outdoor interaction, fostering a sense of community. Conversely, the cold and rainy climate in the UK limits outdoor socialization, leaving the elderly more isolated.

At AFCS, we understand the unique barriers faced by this demographic. Our services, including culturally sensitive counselling and referrals to community groups, aim to fill the gap left by mainstream services. Many of the elderly clients were connected to places of worship where they could meet others and build a support network.

The cost-of-living crisis has disproportionately affected many clients, particularly those with mortgages, utility bills, and other financial commitments:

- Some clients, whose low-interest mortgage deals had ended, were suddenly faced with significantly higher rates. Our counsellors worked closely with mortgage brokers to help clients secure better rates.
- Many clients struggled to balance basic needs, facing the difficult choice of “eating or heating.”
- Counsellors provided practical support, such as budgeting advice, negotiating repayment plans with creditors, and connecting clients with specialist financial services.

For clients seeking employment, AFCS counsellors signposted or offered help with CV preparation, job applications, and interview coaching. Clients with immigration or housing issues were referred to appropriate community organisations.

In two instances, counsellors assisted elderly clients in obtaining e-visas, as they lacked computer literacy and were unable to navigate online systems independently.

Using outcome measures, AFCS evaluated the progress of all clients in this project. Results showed improved well-being across the board, with clients reporting increased confidence and stability. Many expressed gratitude for the service and indicated that they would be happy to recommend AFCS to their friends and families.

This project demonstrated the profound impact of culturally competent counselling on addressing interconnected challenges such as isolation, financial distress, and mental health issues, reaffirming AFCS’s commitment to serving the diverse needs of the South Asian community.

2. Project Maitri at Sangam

AFCS has successfully completed the first year of the Maitri Project at Sangam, in partnership with the Women’s India Association. To raise awareness of the service, publicity materials were created and distributed to community centres and GP surgeries in the initial months. Over the course of the year, the project received 28 referrals, of which 19 clients were deemed suitable for counselling.

Currently, the project employs one counsellor, who delivers sessions at Sangam one day a week. As demand increases, AFCS is prepared to expand

the provision to accommodate more clients. In its first year, the project delivered a total of 172 counselling sessions.

The majority of clients referred to the Maitri Project are women who have experienced trauma, often stemming from domestic violence or abuse by family members. In addition to trauma, many clients also face financial difficulties, stress, and mental health challenges. Key issues identified during counselling include:

- Family and marital problems
- Anxiety and depression
- Domestic violence
- Trauma

Given the severity of these issues, many clients require long-term counselling to achieve meaningful progress. However, to prevent long waiting lists, the project currently limits counselling to a maximum of 21 sessions per client. Clients who require additional support can re-register for counselling after a 12-week break.

For clients unable to attend in-person sessions at Sangam, online and telephone counselling options are available, ensuring accessibility and flexibility.

Although the project had a slow start, awareness is growing, and demand for counselling services at Sangam is steadily increasing. Plans are underway to expand the provision in the coming year to better meet the needs of the community.

The Maitri Project has proven to be a vital resource for women facing domestic violence, trauma, and other challenges, offering them a safe and supportive environment to begin their healing journey. As we continue to raise awareness and expand our capacity, we remain committed to providing culturally sensitive, high-quality counselling to those who need it most.

Future Plans

We are actively negotiating a partnership with Northwick Park Hospital to strengthen our work at Sangam, specifically addressing the needs of women experiencing antenatal and postnatal depression. As part of this collaboration, we anticipate that the hospital will conduct its antenatal and postnatal clinics at Sangam, referring clients in need of counselling to AFCS.

This partnership will enable us to provide tailored, culturally sensitive support during critical stages of maternal mental health.

Amid the ongoing cost-of-living crisis and rising unemployment, the need for accessible mental health support is greater than ever. We are committed to continuing our mission of offering counselling services at low or no cost to those who need them most. However, securing funding has become increasingly challenging, particularly as governmental support for relationship services has been withdrawn over the past two years. The government does need to rethink its policy – organisations such as AFCS do much needed preventative work, thereby lessening the burden on the statutory services. Despite these hurdles, we remain determined to raise the necessary funds to expand our services and meet the growing demand in our community.

We extend our heartfelt gratitude to our incredible staff and volunteers, whose dedication has been vital in delivering these much-needed services. Without their hard work, we would not have been able to support so many individuals and families during such a critical time.

Finally, we would like to express our sincere thanks to our funders - Ealing Council, Harborne Parish Land's Charity, and the Women's India Association - for their continued support. Their generosity allows us to make a meaningful difference in the lives of those we serve, and we are truly grateful.

Kulbir Randhawa
Director

FEEDBACK FROM CLIENTS

'The support from Asian Family Counselling Service has helped me with my anxiety issues.'

'I was really happy to be able to talk to my counsellor in Punjabi as my English is not good. I had found it difficult to discuss my issues with the CAB, so this was a relief.'

'Thank you very much for this service, it was so helpful for me, and all staff were very supportive.'

'I was depressed because I had lost my job, and my finances were all messed up. The counsellor helped me to get back on my feet. Thank you'

'I felt safe to discuss my issues with the counsellor, who was immensely helpful in getting me to think outside the box'

Very good organisation. I have really benefitted from coming here.

'Felt good to talk with the counsellor – we explored so many options to deal with my issues. I would thoroughly recommend this service.'

Excellent service. Immensely likeable and professional counsellors. Very prompt scheduling. Admin lady on the ball and very polite.

Staff Information

London

Kulbir Randhawa (Director)

Nafees Khan (Administrator)

Balbir Bansi (Counsellor)

Baksho Johal (Counsellor)

Farhana Moussa (Counsellor)

Narinder Bains (Counsellor)

Anica Govil (Counsellor)

Jasbir Aujla (Counsellor)

Surabhi Narendranath (Volunteer)

Nehar Bird (Volunteer Counsellor)

Gagandeep Singh (Volunteer Counsellor)

Raman Mann (Volunteer Counsellor)

Aazan Khan (Volunteer IT)

Birmingham

Gurbaksh Johal (Manager)

Dippica Mistry (Counsellor)

Kulwinder Panesar (Project Manager)

Shazia Qayum (Volunteer Counsellor)

Rita Ram (Volunteer Counsellor)

Financial Statements for the year ended 31st March 2024

for

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

ASIAN FAMILY COUNSELLING SERVICE
REG CHARITY NO. 517595

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for the Year Ended 31 March 2024**

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Asian Family Counselling Service
Registered Charity No. 517595
Year End 31.03.24
Receipts and Payments for the year to 31st March 2024

Note	RESTRICTED TOTAL	UNRESTRICTED TOTAL	3 Total 31.03.24	Total 31.03.23
Incoming Resources				
5	68,125	12	68,137	23,250
Donations, legacies	0	2,899	2,899	528
Investment Income - bank interest	0	5,561	5,561	161,412
Other Incoming resources				
Total Incoming Resources	68,125	8,472	76,597	185,190
Resources expended				
Costs of Generating funds				
2	5,000		5,000	0
Salaries	0		0	0
Pension	200		200	0
Adverts	5,200	0	5,200	0
Charitable expenditure:				
Costs for Charitable Objectives				
2	82,945		82,945	67,492
Salaries	4,040		4,040	2,787
Pension	0		0	0
Charitable Expenditure	122		122	21
Travelling	25,161		25,161	30,673
Session workers, counsellors, interpreters & Superv	482		482	389
Post & Stationery	619		619	487
Telephone	507		507	905
IT Software and Consumables	494		494	468
Insurance	0		0	0
Repairs & Renewals	184		184	0
Cleaning	18		18	0
Training	203		203	13
Staff & Client Welfare	1,522		1,522	681
Subscriptions & Evaluations	0		0	185
Sundry Expenses	0		0	0
Professional & Legal Costs	27,314		27,314	24,409
Rent, Rates & Service	3,137		3,137	2,253
Light & Heat	0		0	0
Depreciation	0		0	0
F&F	0		0	0
Off Equip	146,749	0	146,749	130,764
Management and Administration				
2	7,000		7,000	0
Salaries	0		0	0
Pension	0		0	0
Telephone	2,000		2,000	2,000
Accountancy Fee	670		670	670
Payroll	0	68	68	69
Bank charges	9,670	68	9,738	2,739
Total Resources expended	161,619	68	161,687	133,504
Net incoming resources before transfers	(93,494)	8,404	(85,090)	51,686
<i>Gross transfers between funds</i>	0	0	0	0
<i>Purchase of Fixed Asset</i>	0	0	0	0
Net incoming resources after transfers	(93,494)	8,404	(85,090)	51,686
Total funds brought forward	137,500	65,385	202,885	151,199
Total funds carried forward	44,006	73,789	117,795	202,885

Approved Fawzia Samad Date 12/12/2024
Fawzia Samad (Dec 12, 2024 17:18 GMT)

Approved Nina Toller Date 12/12/2024

Asian Family Counselling Service

Registered Charity No. 517595

Year End 31.03.24

Statement of assets and liabilities for the Year Ended 31 March 2024

	Note	Unrestricted funds £	Restricted income funds £	Total 31.03.24 £	Total 31.03.23 £
<u>Fixed assets</u>					
Tangible assets	4	3,674	0	3,674	3,674
Total fixed assets		3,674	0	3,674	3,674
<u>Current assets</u>					
Other Debtors		4,652	0	4,652	4,652
Cash at bank and in hand		65,464	58,122	123,585	208,675
Total current assets		70,115	58,122	128,237	213,327
Creditors: amounts falling due within one year		0	14,116	14,116	14,116
Net assets		73,789	44,006	117,795	202,885
<u>Income funds</u>					
Balance brought forward		65,385	137,500	202,885	151,199
Restricted funds			(93,494)	(93,494)	47,272
Unrestricted funds		8,404		8,404	4,414
Total funds		73,789	44,006	117,795	202,885

Approved *Fawzia Samad*
Fawzia Samad (Dec 12, 2024 17:18 GMT)

Date 12/12/2024

Approved *Nina Toller*

Date 12/12/2024

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	5,000	0
	Pension	0	0
	Adverts /Photocopier	200	0
	Total	5,200	0

Costs for Charitable Objectives

Costs for Charitable Objectives	Salaries	82,945	67,492
	Pension	4,040	2,787
	Charitable Expenditure	0	0
	Travelling	122	21
	Session workers, counsellors & Support	25,161	30,673
	Post & Stationery	482	389
	Telephone	619	487
	Internet Services	507	905
	Insurance	494	468
	Repairs & Renewals	0	0
	Cleaning	184	0
	Training	18	0
	Staff & Client Welfare	203	13
	Subscriptions & Evaluations	1,522	681
	Sundry Expenses	0	185
	Professional & Legal Costs	0	0
	Rent, Rates & Service	27,314	24,409
	Light & Heat	3,137	2,253
	Depreciation F&F	0	0
	Depreciation Off Equip	0	0
Total	146,749	130,764	

Management and Administration costs	Salaries	7,000	0
	Pension	0	0
	Telephone	0	0
	Accountancy Fee	2,000	2,000
	Payroll	670	670
	Bank charges	68	69
	Total	9,738	2,739

Note 3

Paid Employees

	This year £	Last year £
Gross wages & salaries	93,273	65,527
Employers NI	1,672	1,965
Pension Contributions	4,040	1,462
Total Staff costs	98,986	68,954
Ave. number of employees in the year	4	2

Details of employees engaged in following activities:

Costs of generating funds	0.5	0.0
Activities in furtherance of charity's objectives	2.5	2.0
Management & Admin	1.0	0.0
Other	0.0	0.0
Total	4.0	2.0

No employees have emoluments over £50,000

Note 4

Tangible Fixed Assets

	<u>Fixtures & Fittings</u>	<u>Office Equipment</u>	<u>Total</u>
COST:			
At 1 April 2023	10,741	30,518	41,259
Additions			0
At 31 March 2024	10,741	30,518	41,259
DEPRECIATION :			
At 1 April 2023	10,714	26,871	37,585
Additions			0
At 31 March 2024	10,714	26,871	37,585
NET BOOK VALUE:			
At 31 March 2024	27	3,647	3,674
At 31 March 2023	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	£0
London Borough Ealing Joint Commissioning	R	Providing counselling for the Asian community in Ealing	£21,125
Harborne Parish Land 's Charity	R	Provide counselling for isolated elderly Asian	£15,000
London Borough Hounslow Kinara Project	R	To provide counselling to the Asian community in Hounslow	£20,000
Women's India Association Maitri project	R	Provide counselling at Sangam, North London	£12,000

Note 6**Declarations**

Adequacy of assets to meet fund restrictions	Sufficient resources are held in an appropriate form to enable each fund to be applied in accordance with restrictions imposed.
Branches	The charity has one branch.
Change in year end	The trustees have not changed the year end date nor the length of the charity's financial year.
Designated funds	The charity does not have any designated funds.
Discontinued, continuing and acquired operations	All the charities operations are continuing operations and there were no operations discontinued or acquired during the year.
Fund in deficit	No funds (unrestricted or restricted) are in deficit at the balance sheet date.
Inalienable or historic assets	The charity had no assets at the balance sheet date classed as inalienable or historic.
Intangible assets	The charity has no intangible assets.
Inter-fund loans	There were no inter-fund loans outstanding at the balance sheet date.
Revaluations	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.
Subsidiaries	The charity has no subsidiary companies.
Uncapitalised fixed assets	The charity has no material fixed assets which have not been capitalised and included on the balance sheet.
Reserves	The use of unrestricted reserves are determined by the Trustees.

Note 7

Accounting policies

Incoming Resources

Donations, legacies and similar incoming resources

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;

Tax reclaims on donations and gifts

Incoming resources from tax claims are included on the R&P when received.

Incoming resources from fund-raising

These are reported gross in the R&P.

Gifts in kind for sale or distribution

These are not included in R&P accounts.

Gifts in kind for use by the charity

These are not included in R&P accounts.

Intangible income (eg donated facilities)

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.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the annual report.

Investment income

This and any associated tax credits are included in the accounts when receivable.

Expenditure and Liabilities

Liability recognition

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.

Assets

Tangible fixed assets for use by charity

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.

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 01.04.23

For the financial year ending on 31.03.24

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 248 new clients and provided 1976 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 4 employees and 7 sessional staff and 7 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. It also deals with mild to moderate mental health conditions.
Any related parties, charities or other organistaions 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 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*
Fawzia Samad (Dec 12, 2024 17:18 GMT)

Full name Fawzia Samad

Position (eg Secretary, Chair, etc) Chair

Date 12/12/2024

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 2024

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


Anjani Boparai (Dec 17, 2024 10:23 GMT)

Date

12/12/2024

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

Financial Statements for the year ended 31st March 2024

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 31.3.2024

	<u>31.3.2024</u>	<u>31.3.2023</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 2024

	31.3.2024		31.3.2023	
	£	£	£	£
<u>FIXED ASSETS</u>				
Fixtures and Fittings				
<u>CURRENT ASSETS</u>				
Bank Deposit Account				
Bank & Cash in Hand				
Debtor - London Branch	3449		3449	
Prepayments				
	<u>3449</u>		<u>3449</u>	
<u>CURRENT LIABILITIES</u>				
Accruals				
Bank Overdraft				
		3449		3449
NET ASSETS		<u>3449</u>		<u>3449</u>
Represented By:-				
<u>CAPITAL ACCOUNT</u>				
Income Reserve		3449		3449

Approved By

Fawzia Samad

Fawzia Samad (Dec 12, 2024 17:18 GMT)

Date

12/12/2024

Approved By

Nina Toller

Date

12/12/2024

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

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


Anjani Boparai (Dec 17, 2024 10:23 GMT)

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

Date 12/12/2024

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 (Dec 12, 2024 17:18 GMT)

Date 12/12/2024



Date 12/12/2024

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

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Signed


Anjani Boparai (Dec 17, 2024 10:23 GMT)

Date

12/12/2024

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