



ASIAN FAMILY COUNSELLING SERVICE

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LONDON UB1 3EJ

Annual Report 2024-25

A Word from Our Chair

Welcome to the Asian Family Counselling Service (AFCS) Annual Review for 2024–25. AFCS is a specialist counselling service dedicated to supporting members of Britain’s Asian communities. Our focus is on working with couples and families experiencing relationship difficulties, as well as individuals managing mild to moderate mental health concerns.

Founded in 1985 as an independent counselling service, AFCS was the first organisation in Britain established specifically to meet the needs of Asian families. Over the past 39 years, we have expanded our remit to reflect the evolving challenges faced by Asian communities, while remaining steadfast in our commitment to providing a vital, high-quality, and confidential service.

What makes AFCS unique is our ability to serve across generations. Our counsellors and volunteers speak a range of Asian languages, ensuring that clients—whether fluent in English or not—can access support. This linguistic and cultural understanding allows us to bridge the gap between traditional Asian parents and their children, offering counselling that is both accessible and culturally sensitive.



This year, AFCS successfully completed the Harborne Parish Land Charity project, delivering counselling and support to the Asian community in its parish area. The Maitri Project at the Sangam Centre in North London has also built on its success from the last year, with referrals beginning to come in. We are grateful to both these organisations for their continued support.

Finding other sources of funding to support AFCS has been difficult, especially due to lack of support from Central government, and we are redoubling our efforts to raise funds to meet the needs of our communities.

I would like to take this opportunity to express my heartfelt gratitude to our dedicated staff and volunteers in both our London and Birmingham offices. Despite increasingly limited resources, many of our staff members have continued to show exceptional commitment to their work. Their hard work and commitment ensure that AFCS continues to provide a service that is valued and trusted. I would also like to thank my fellow Management Committee members for their guidance and support throughout the year.

Fawzia Samad

Chairperson

Who We Are

For more than four decades, the Asian Family Counselling Service (AFCS) has been a trusted lifeline for South Asian families across Britain. Founded in 1986, our charity was created in response to a simple but powerful truth: many people in our communities were struggling in silence, unable to access support that truly understood their cultural values, family structures, or lived experiences.

Today, AFCS continues to meet that need by offering affordable, confidential, and culturally sensitive counselling in five South Asian languages. Our counsellors are not only BACP-accredited and professionally trained—they are people who share the cultural backgrounds of the clients they serve. Coming from Hindu, Muslim, and Sikh traditions and speaking Urdu, Hindi, Gujarati,

Punjabi, and English, they reflect the same diversity that defines Britain's South Asian communities.

The individuals, couples, and families who come to us bring with them a wide range of concerns—relationship breakdown, trauma, intergenerational conflict, anxiety, and much more. Yet beneath these issues often lies something deeper: the fear of being misunderstood. Some clients tell us that mainstream services feel out of reach. For many, the barrier is language. Older clients may not read or write, and even those who manage well in English often find they can only express complex emotions or painful memories in their mother tongue. For others, it is the cultural context—trying to explain family duty, honour, migration experiences, or community expectations to someone who has never lived them can feel impossible.

This is where AFCS makes the difference. Our counsellors understand the subtleties of South Asian family life—the expectations, the pressures, the unspoken norms. This shared understanding builds trust from the very first session. It allows clients to speak freely, without fear of judgment or cultural misunderstanding. And it means the therapy itself can go deeper, move faster, and make a more meaningful impact.

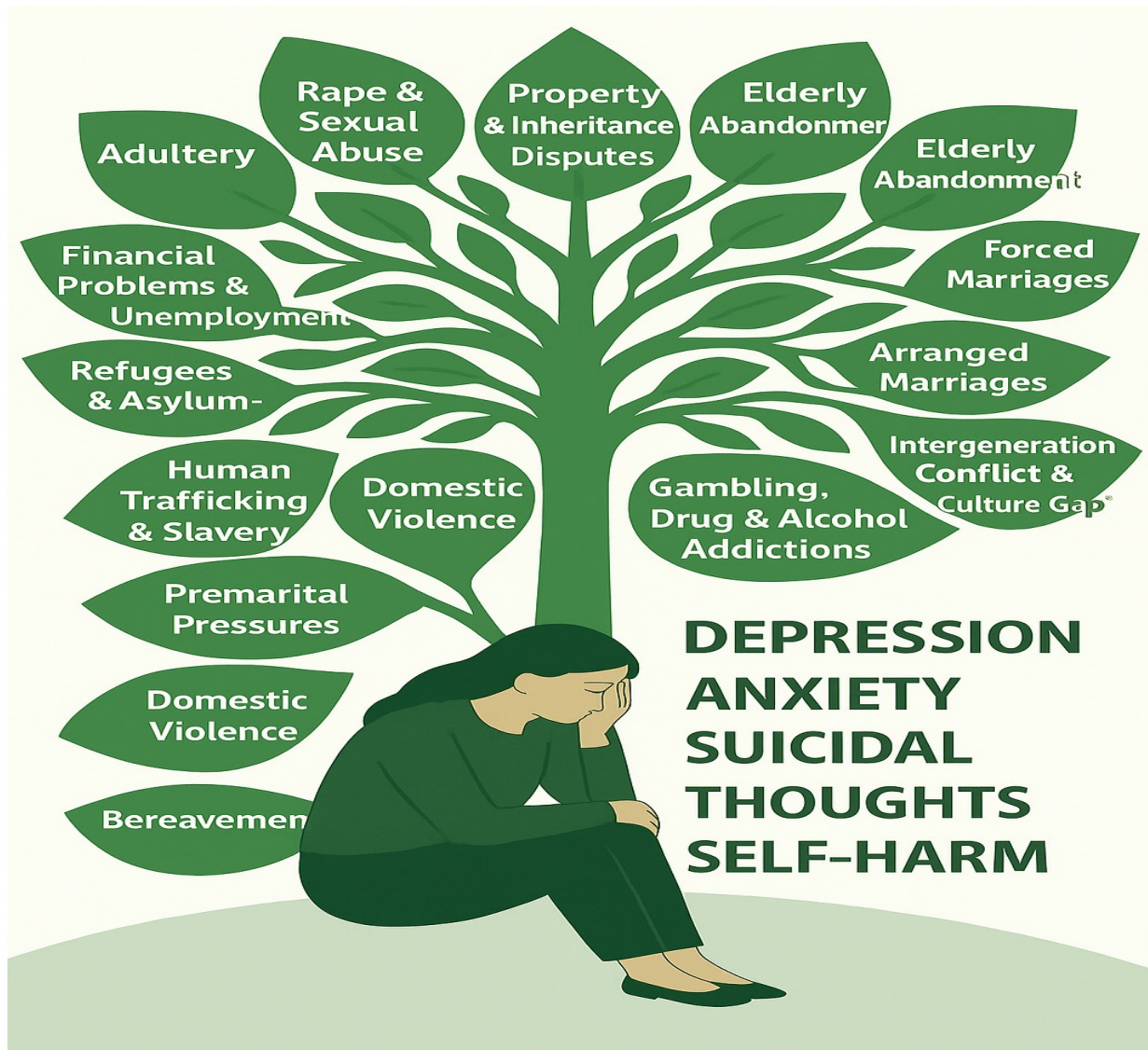
At its heart, AFCS is about giving people a place where their stories make sense. A place where they are heard, in the language of their choice and understood in the culture that shaped them.

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.



Mental Health in England

Recent research highlights significant challenges regarding mental health in the UK's Asian community, driven by intersecting factors such as cultural stigma, social determinants, and systemic barriers.

Cultural Stigma and Access to Care: Mental health stigma remains a critical barrier in many Asian communities, often preventing individuals from seeking professional support. Traditional beliefs and the fear of social

judgment can discourage open discussions about mental health. Addressing stigma through culturally sensitive education and services is essential to increasing access to care.

Impact of Racism and Discrimination: Experiencing racism and microaggressions contributes to higher stress levels, anxiety, depression, and other mental health challenges in minority communities. Internalized racism, particularly among mixed-race individuals, adds complexity to mental health outcomes.

Social Determinants: Economic challenges, immigration stress, and linguistic barriers often compound mental health struggles within the Asian population. Research underscores the importance of tackling broader social determinants, such as financial instability and housing insecurity, which disproportionately affect mental health.

Youth and Identity: Younger generations often navigate dual cultural expectations, leading to identity conflicts that exacerbate mental health challenges. Young individuals also face distinct pressures in education and peer environments

Efforts to improve mental health support in our communities include government strategies emphasizing individual care, tackling stigma, and addressing systemic inequalities. The NHS and other specialised services are advocating for more inclusive and culturally competent mental health services to meet the needs of these communities. AFCS is one such organisation doing its level best to provide a culturally appropriate service to the Asian community in the UK.



Arranged Marriages

British Asians often experience pressures to conform to social customs rooted in traditions from the subcontinent. One of the most significant of these is the expectation to enter into arranged marriages, with partners selected on the basis of shared religious denomination, caste, and socio-economic background. For many young people raised in a Western cultural environment that values individual choice and independence, such expectations can be a source of considerable distress.

Girls and young women are particularly affected, as family structures often remain shaped by patriarchal norms. They may feel compelled to prioritise marriage and childbearing over higher education or career aspirations, while also assuming responsibilities for domestic work and elder care within “joint family” households. In addition, the enduring preference for male children in many South Asian families can leave women feeling guilty or inadequate if they are unable to produce male heirs.

In recent years, the search for potential suitors has increasingly shifted online, as families in the UK often lack the extended social networks that once facilitated matchmaking in the subcontinent. While this offers new opportunities, it also carries risks. The absence of traditional vetting by trusted relatives and community members can lead to greater vulnerability to misrepresentation and fraud, and in some cases contributes to the breakdown of marriages.



Generation and Culture Gap, and Racism

A significant challenge faced by young people of South Asian heritage in Britain is the generation and culture gap. Born and raised in England, many second-generation immigrants often struggle to reconcile the social and religious traditions of their parents and extended families with the values of the society in which they live. This tension can lead to accusations of “losing touch with their roots,” creating feelings of conflict and disconnection.

At the same time, these young people are vulnerable to the effects of racism and discrimination within British society—pressures that have intensified in the wake of Brexit. Race-baiting by political leaders and public figures has increasingly shaped public discourse, shifting the boundaries of what is considered acceptable behaviour. Such developments have profound consequences for minority communities.

The Royal College of Psychiatrists has recognised the disproportionate impact of racism on the life chances and mental health of people from Black, Asian, and minority ethnic backgrounds. Racism can inflict deep pain, humiliation, and exclusion, often leading to despair. The Equality and Human Rights Commission has further highlighted that individuals from these communities are more likely to experience poverty, poorer educational outcomes,

unemployment, and contact with the criminal justice system—all of which are risk factors for mental illness.

Compounding these challenges, access to care is often unequal. Patients from minority backgrounds may encounter racism within the NHS itself, resulting in disparities across psychiatric services, including crisis care, admissions, detentions, pathways into treatment, readmissions, and the use of seclusion. These inequities underscore the urgent need for systemic change to ensure fair and compassionate care for all.

Inter-faith Relationships

Inter-faith relationships and marriages remain a sensitive issue within many South Asian communities, often leading to family conflict and, in some cases, estrangement. Such rifts can be deeply painful and difficult to heal. Professional group counselling has proven to be an effective means of mediation in these situations. AFCS has supported families in reconciling with children who were previously disowned for marrying outside their faith, demonstrating that dialogue and structured support can foster understanding and repair fractured relationships.

Domestic Violence and Abuse

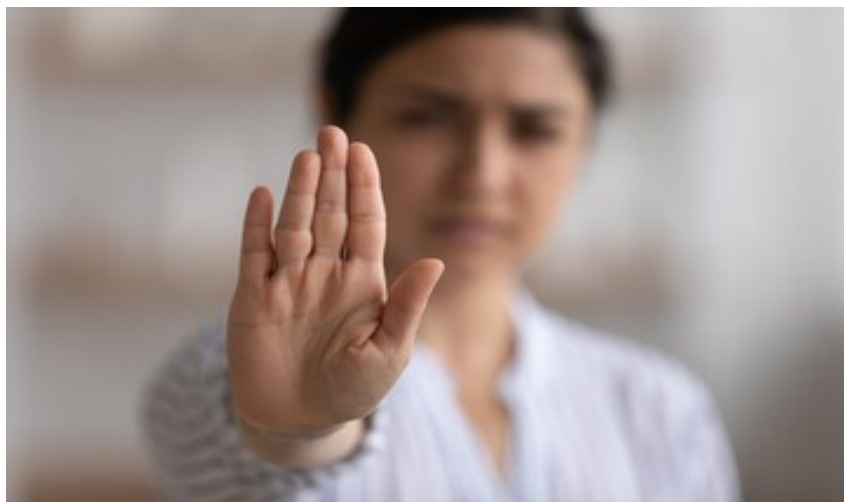
Domestic violence and abuse—whether physical or emotional—remain deeply taboo subjects within many South Asian families. Cultural concerns about honour, or *izzat*, often prevent victims from seeking external help, for fear of bringing shame upon the family. Research highlighted by *The Guardian* in 2015 revealed that sexual and domestic violence is significantly under-reported in South Asian communities due to this “pervasive culture of shame.” Alarming, the study also found widespread lack of awareness that rape within marriage constitutes a criminal offence.

Women and girls face particular barriers to disclosure, especially when abuse is perpetrated by close relatives on whom they are financially dependent. Young brides brought from the subcontinent are especially vulnerable: socially isolated, often unable to speak English, and reliant on their in-laws, some have been subjected to exploitation and coercion. In certain cases, they have been treated as forced domestic labour, monitored constantly, denied

freedom of movement, and prevented from making phone calls or leaving the house unsupervised.

The stigma surrounding separation and divorce within South Asian communities compounds these challenges, trapping women in abusive relationships for extended periods. Children often bear the brunt of these dysfunctional family dynamics, suffering long-term emotional and psychological harm.

There is an urgent need for systemic action. More refuges and shelters must be established to provide safe spaces for victims of domestic violence. Increased investment in culturally sensitive counselling and outreach programmes is essential to break the silence around abuse, empower women to seek help, and protect children from harm. Policymakers, funders, and community leaders must recognise that without sustained resources and targeted interventions, many victims will remain invisible, unsupported, and at risk.



Forced Marriage and Stranded Spouses

AFCS continues to encounter cases of forced marriage, an issue we have worked to highlight for decades. Our efforts date back to 1986, when we organised a seminar in Bradford on “Runaway Asian Girls,” and to the early 2000s, when we seconded a counsellor to the Foreign and Commonwealth Office to provide specialised counselling and advice. Despite increased awareness, the problem persists.

We have seen cases where young women were taken abroad, coerced into marriage, and abandoned. Disturbingly, many of these women were subjected to rape, impregnated, and then returned to the UK to sponsor visas for their

husbands. In response, the UK government has introduced measures allowing victims of forced marriage to testify anonymously against their spouses during immigration hearings. While this represents progress, much more needs to be done.

We urge the government to extend its recognition and support to **stranded spouses**—South Asian women married to British nationals, often under exploitative circumstances involving dowry extraction. Many are subsequently taken back to the subcontinent, abandoned, and in some cases, forcibly separated from their children. These women currently have no legal status or rights in the UK, leaving them unable to seek justice or child custody.



AFCS has frequently gone beyond its remit to support such individuals, including finding host families in the UK to sponsor visas so they can return and pursue legal action. However, systemic change is urgently required. We have long appealed for abandoned spouses to be granted asylum-

seeker status. Without access to public funds, secure housing, or stable immigration status, they face immense barriers to securing child custody and rebuilding their lives.

Refugees and Asylum-seekers

AFCS frequently supports refugees and asylum-seekers, many of whom face unique and profound challenges. Asylum-seekers are particularly vulnerable, often enduring prolonged periods of uncertainty while their applications are under review. During this time, they are unable to seek employment and frequently experience extreme social isolation, compounded by the trauma of separation from loved ones left behind in their countries of origin.

These circumstances place asylum-seekers among our most at-risk clients, requiring sustained counselling and emotional support over extended periods. Our work with them is not only about addressing immediate psychological

needs but also about fostering resilience, hope, and a sense of belonging in the face of systemic barriers.

Our Approach

At AFCS, our work is grounded in empathy, respect, and non-judgement. We provide a safe and supportive space where clients can step back from their circumstances, reflect on their challenges, and gain a clearer understanding of how these issues affect them as individuals, couples, families, and—where relevant—as parents.

When communication has broken down within families or the pressures of daily life have caused problems to be overlooked, we create a therapeutic environment that restores structure and balance. Each person is given the opportunity to speak and be heard—whether by a partner, sibling, parent, or relative. AFCS does not prescribe specific courses of action; instead, it empowers clients to make their own choices and support them in whatever path they decide to take. Its approach is flexible, adapting to the needs of each case—for example, moving from individual counselling to couple or family sessions when appropriate.

Every client begins with an initial assessment, allowing AFCS to determine whether its service is the most suitable for their needs. Where necessary, it signposts individuals to other organisations better placed to provide specialist support. It takes a holistic view of well-being, recognising that mental health is intricately linked to wider life circumstances. Alongside counselling, it provides information and guidance on issues that impact peace of mind and stability, including:

- Accessing NHS services
- Support groups for drug and alcohol addiction
- Financial advice and legal aid
- English language learning opportunities

Through this integrated approach, AFCS seeks not only to address immediate emotional needs but also to strengthen the foundations of long-term resilience and well-being.

2024-25: The Year in Review

AFCS has seen a surge of demand which has meant longer waiting times for new clients. This causes frustration among the new clients and is not an ideal situation for AFCS to be in. More resources would mean that AFCS could employ more counsellors, and the clients would not need to wait so long.

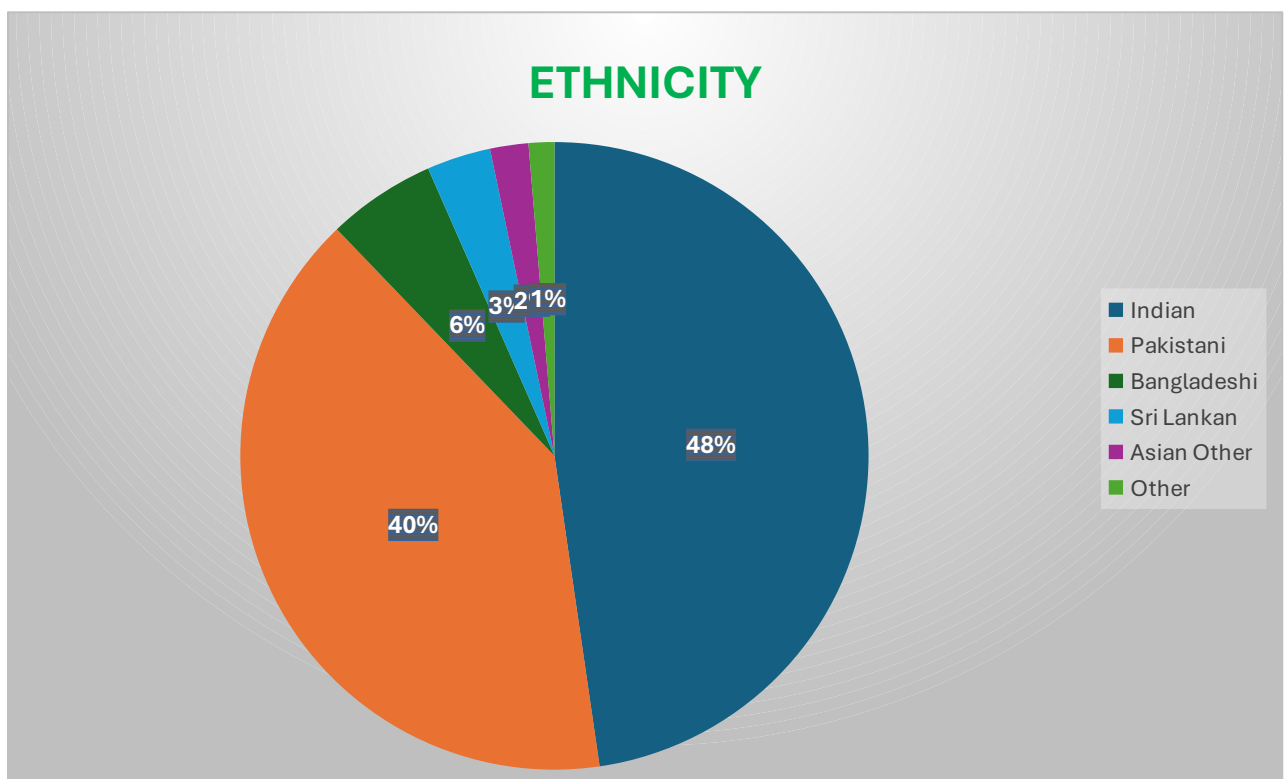
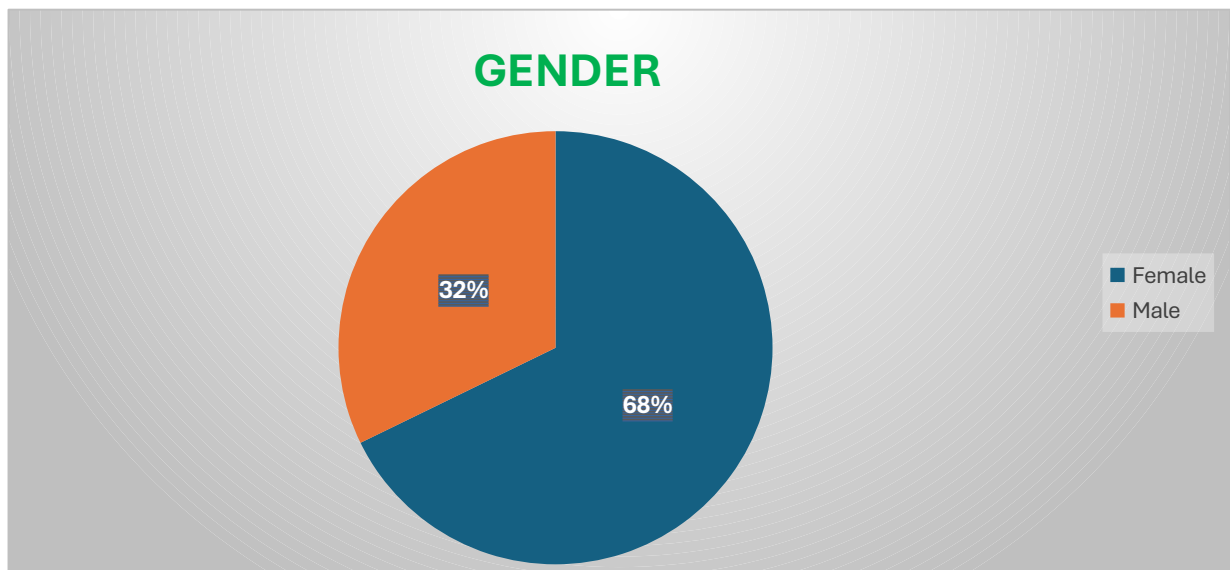
AFCS has been providing a hybrid service ever since COVID times. Those clients who want a face-to-face service have been able to come to the office, while others who were reluctant to come to the office were still offered a service over Zoom/Teams/WhatsApp video and the telephone. This offered the clients flexibility and services were 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.

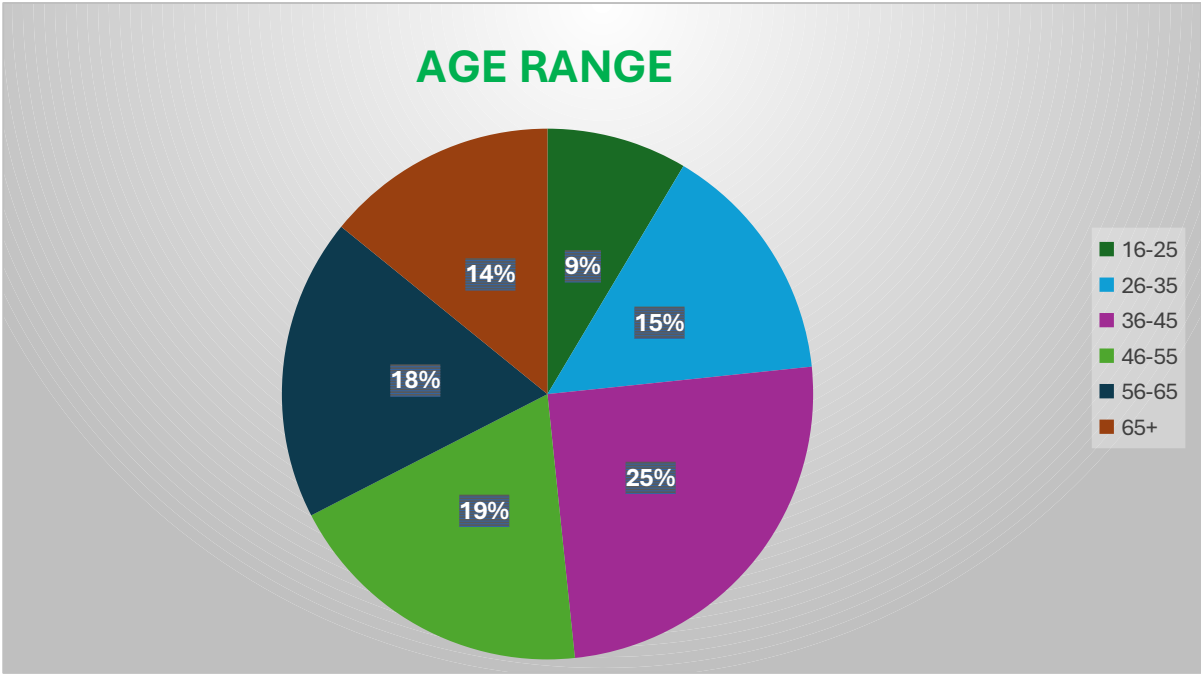
We are continuing to supplement our capacity with the help of volunteer counsellors. These are qualified counsellors who need to record a minimum of 450 hours of counselling before they can be accredited by the BACP. While our most complex cases are still assigned to the more experienced and BACP-accredited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

In 2024-25, we held 2031 counselling sessions with 304 clients. Most of our clients (over 68%) were women. 52% 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 running efficiently.

The charts below show the composition of clients by gender, age and ethnicity/nationality of origin. This year 25% of the clients we saw were in the 36-45 age group, followed by 15% in the 26-35 and 19% in the 46-55 age group. Most were of Indian origin (48%) followed by those of Pakistani origin

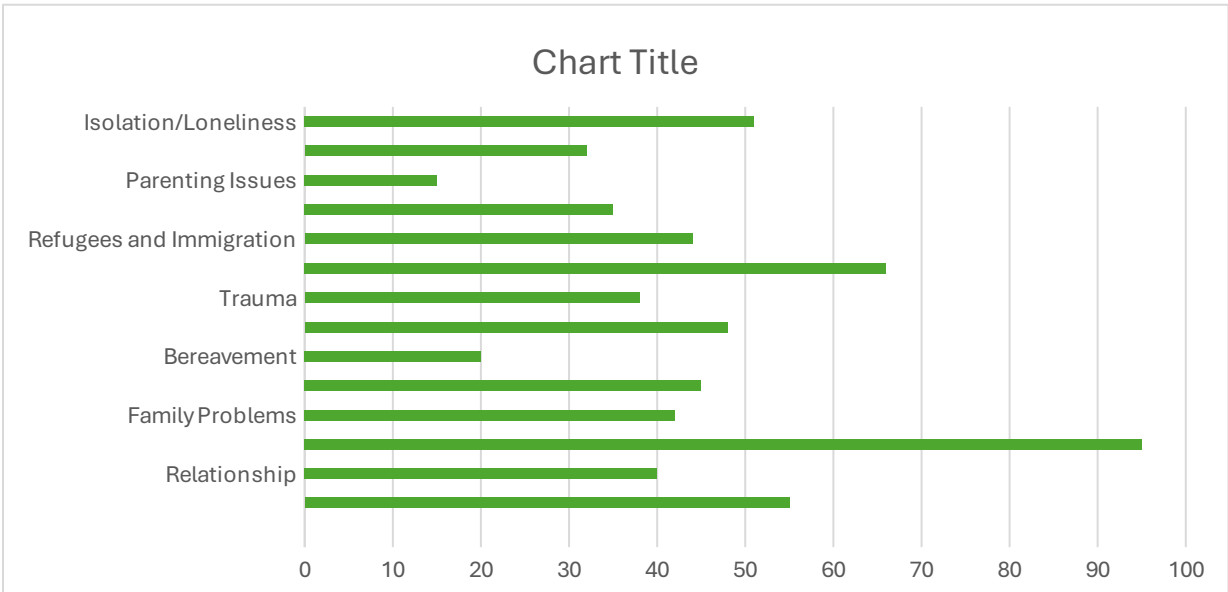
(40%). Punjabi was the language requested by 34% of our clients, followed by Urdu at 25% and Hindi at 16%.





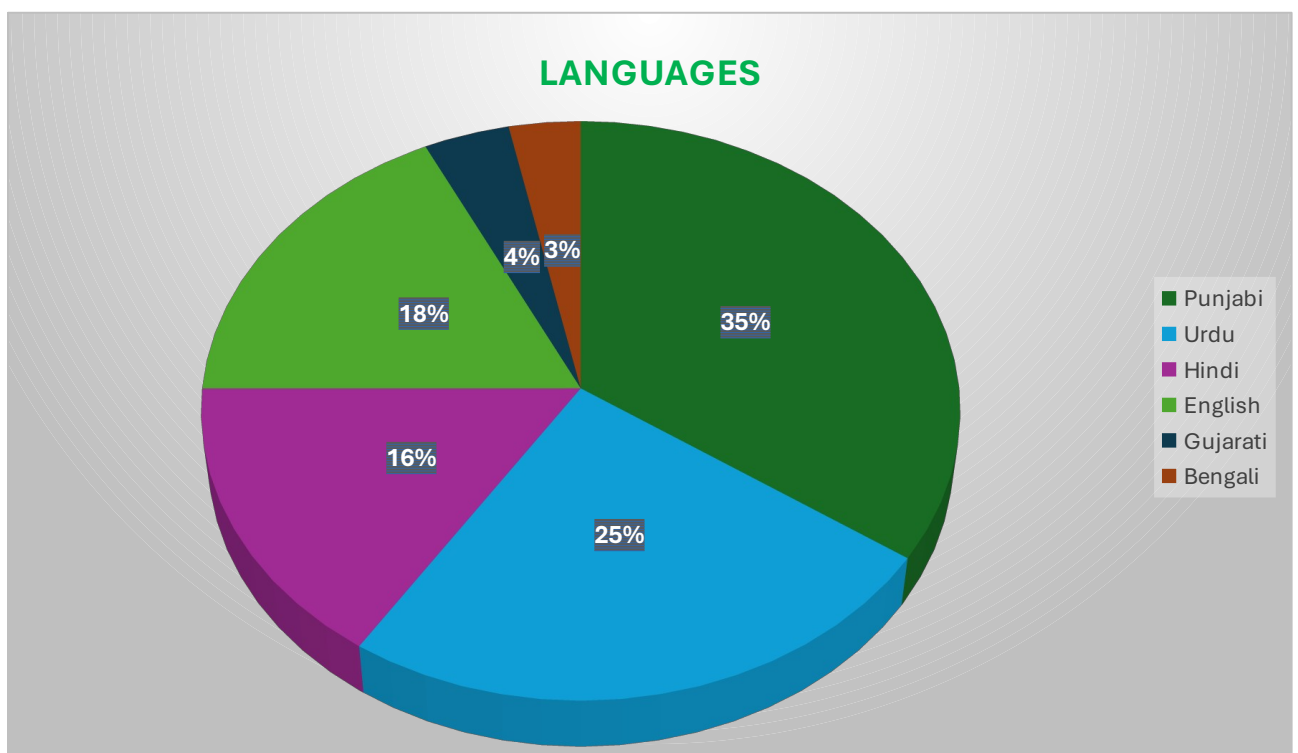
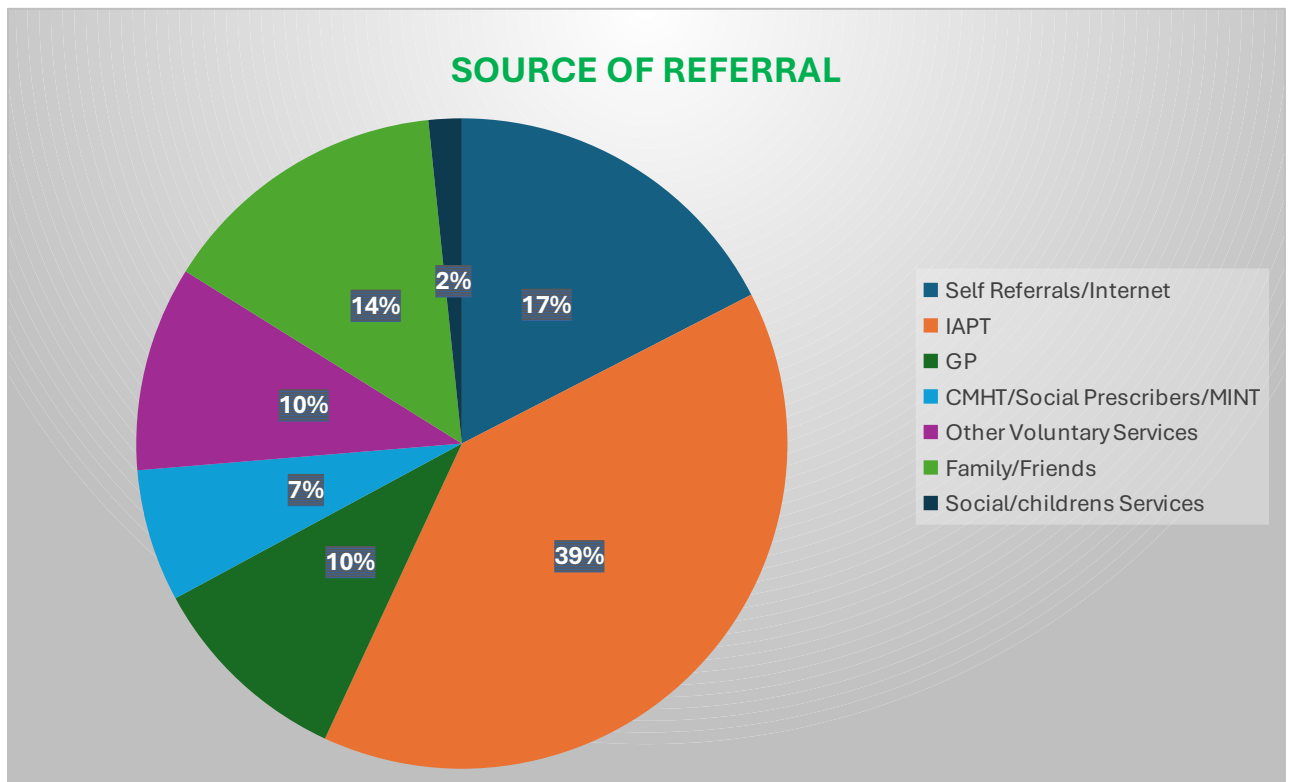
Our clients came to us with a wide range of issues, but depression, anxiety and relationship issues dominated. Below is the break-up of clients by the issue they presented with. Please note some clients presented with multiple issues so there are instances of double counting.

ISSUES



Demand for our service has come through self-referrals, voluntary sector organisations, the Talking Therapies services, counselling psychologists,

psychiatrists, word-of-mouth, online search engines, along with signposting from General Practitioners, Health Visitors, Social Services and other agencies.



Stories of Change

Every counselling journey is unique. For many of our clients, it represents the first time they have felt truly heard and supported. The stories below illustrate how counselling can bring hope, resilience, and transformation during times of deep personal crisis.

M's Story

M, a 29-year-old man from Pakistan, came to the UK to complete his Master's degree and was thrilled to be offered a job that matched his qualifications soon after graduating. He relocated from London to the Midlands, full of hope for the future. However, just three days into his new role, he was informed that the company could no longer support his visa application.

The news was devastating. M had already rented a flat and was bound by a six-month contract. Suddenly, he faced unemployment, financial hardship, and the fear of losing the life he had worked so hard to build. Overwhelmed by anxiety and despair, he reached out for counselling support.

Through regular sessions, M was able to express his distress in a safe and compassionate space. Counselling helped him to regain perspective, rebuild confidence, and find the strength to take practical steps forward. With ongoing encouragement from the counsellor, M secured a new job within two months.

He now feels far more positive about his life in the UK and describes himself as stronger and more resilient. What began as a time of crisis has become, with support, a period of growth and renewed hope.

B's Story

B is a 45-year-old woman who had had an arranged marriage 20 years ago and has two children, aged 15 and 6. Her life changed dramatically when, quite by chance, she discovered through her husband's open laptop that he had been unfaithful to her for most of their marriage. She found detailed records of his affairs and multiple false identities he had used to deceive and manipulate several women. The discovery left her shocked and heartbroken.

Throughout their marriage, B's husband had claimed to be impotent and had shown little intimacy towards her. Their youngest child was conceived through IVF, and she had accepted his explanation without question. Learning the truth shattered her trust and sense of stability. Feeling deeply betrayed, she asked him to leave the family home.

B came to counselling at a time of profound emotional pain. She spoke of feeling as though the past 20 years of her life had been built on lies. Through counselling, she found a space where she could express her grief, anger, and disbelief without judgment. Over time, she began to process the enormity of what had happened and to start rebuilding her sense of self.

With her family living in India, ongoing support from the counsellor has been vital. B continues to make steady progress as she adjusts to her new reality, finding strength, clarity, and a growing sense of independence as she moves forward with her life.

Measuring Impact and Client Outcomes

AFCS is committed to ensuring that our counselling interventions are both effective and responsive to client needs. To evaluate impact, we employ recognised outcome measures including **CORE-10**, **PHQ-9**, and **GAD-7**. These tools are administered prior to counselling to establish baseline scores and again following counselling to assess progress. Together, they provide valuable insights into levels of depression, anxiety, and overall mental well-being among our clients. ENRICH is used with couples.

We acknowledge that many of our clients face challenges in completing written assessments due to limited literacy in English. In such cases, verbal feedback is gathered at the conclusion of counselling sessions to ensure their experiences are captured. Clients who are able to do so also complete written feedback forms, which provide further evidence of satisfaction with our services.

The feedback received has been consistently positive. Clients report meaningful improvements in their emotional well-being, express satisfaction with the support provided, and affirm that they would recommend AFCS to friends or family members. These outcomes demonstrate both the effectiveness of our interventions and the trust placed in our organisation by the communities we serve.

We received our funding this year from Ealing Council, Hounslow Council and Harborne Parish Lands Charity.

Project 1: Maitri Project at Sangam funded by Women's India Association

AFCS has successfully completed the second year of the Maitri Project at Sangam, in partnership with the Women's India Association.

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 second year, the project delivered a total of 164 counselling sessions. AFCS took on 2 volunteer counsellors to see clients for the Maitri project from January 2025 onwards.

The majority of clients referred to the Maitri Project are still women, many of whom 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 and sexual abuse and childhood trauma. AFCS is seeing many clients with complex issues.

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, AFCS operates a hybrid service providing online and telephone counselling options which ensure accessibility and flexibility. Since February 2025, AFCS also sees clients from this project at the Southall branch.

The project is growing at pace as demand for counselling services is steadily increasing. Plans are underway to expand the provision in the coming year to better meet the needs of the community. A new project involving Northwick Park hospital is due to be launched at Sangam and it is envisaged that referrals from that project will increase AFCS's clientele too.

The Maitri Project has proven to be a vital resource for women (and a few men) 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.

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 in July 2024 and will end in June 2025.

Since it has run this project before, AFCS was able to hit the ground running. Leaflets and posters were refreshed and circulated and referrals started coming in. We found that there is a lot of isolation and loneliness being experienced by the elderly as they do not have the same sort of community that they had access to in the Indian subcontinent.

Research has shown that COVID19 had affected our communities disproportionately. That, coupled with the cost-of-living crisis, brought on by rising energy and food prices has left many families destitute. 67 clients were seen between July 2024 and March 2025. This support has been invaluable for the community in Birmingham, especially since the Birmingham City Council has been declared bankrupt and services for the Asian community in the area are few and far between.

Future Plans & Conclusion

As mentioned above, AFCS is preparing to extend its services in North London through its partnership at Sangam, following the launch of the Northwick Park Hospital project in late 2025. As part of this initiative, the hospital will establish an antenatal clinic at the Sangam premises, serving residents across North London. AFCS will collaborate with midwives to provide counselling and emotional support to clients experiencing relationship or personal challenges.

We would like to acknowledge the dedication as well as thank our staff and volunteers, whose commitment has been instrumental in delivering this vital service at a time of unprecedented demand.

The ongoing cost-of-living crisis and rising unemployment have intensified the need for accessible counselling. AFCS remains committed to offering support at low or no cost to those most in need. However, with government funding for marriage and relationship support programmes—previously available to organisations such as AFCS and Relate—no longer available, we face significant financial challenges.

In response, we are redoubling our fundraising efforts to expand our services and reduce waiting times, which remain considerable. With the continued support of our community, AFCS aims to meet the growing demand and ensure that individuals and families receive the counselling and support they deserve.

As we conclude this Annual Review, AFCS reaffirms its unwavering commitment to supporting Asian families across the UK with compassion, cultural sensitivity, and professional excellence. For nearly four decades, we have stood alongside individuals, couples, and families as they navigate complex challenges, offering not only counselling but also hope, resilience, and a sense of belonging.

The demand for our services continues to rise, driven by social, economic, and cultural pressures that disproportionately affect our communities. Meeting this demand requires more than dedication—it requires sustained investment, collaboration, and advocacy. We call upon policymakers, funders, and community leaders to recognise the vital role AFCS plays in bridging cultural divides, addressing mental health needs, and safeguarding vulnerable families.

With the continued support of our staff, volunteers, and partners, AFCS will expand its reach, strengthen its impact, and ensure that no one is left

without the care and support they deserve. Together, we can build a future where every family has access to the support they need to thrive.

Kulbir Randhawa
Director

FEEDBACK FROM CLIENTS

‘Counselling has helped me enormously. I feel much better. Thank you’

‘Staff are caring and compassionate. Explored options that I had not even thought about’

‘Being referred to AFCS was a godsend. I did not have to do much explaining and felt understood by the counsellor. Thank you’

‘The waiting time was a bit long. Once I started the sessions, I felt comfortable at the service and was able to work through my issues’

'Talking with the Counsellor opened new avenues for me. I am so grateful'

'I was depressed and anxious about my situation. Counselling has helped me to overcome these feelings'

'My husband and I were on the brink of a divorce. AFCS has helped us to work through our issues and we are still together'

'Thank you for a great service. We were unsure of how counselling works, but our counsellor was very patient with us and helped us through our family issues.'

Staff Information

London

Kulbir Randhawa (Director)

Nafees Khan (Administrator)

Balbir Bansi (Counsellor)

Farhana Moussa (Counsellor)

Narinder Bains (Counsellor)

Anica Govil (Counsellor)

Jasbir Aujla (Counsellor)

Surabhi Narendranath (Volunteer)

Nehar Bird (Volunteer Counsellor)

Gagandeep Singh (Volunteer Counsellor)

Jasdeep Kaur (Volunteer Counsellor)

Monica Malhotra (Volunteer Counsellor)

Tanjit Panesar (Volunteer Counsellor)

Sadeka Khan (Volunteer Counsellor)

Birmingham

Gurbaksh Johal (Manager)

Dippica Mistry (Counsellor)

Kulwinder Panesar (Project Manager)

Shazia Qayum (Volunteer Counsellor)

Financial Statements for the year ended 31st March 2025

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 2025**

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Asian Family Counselling Service
Registered Charity No. 517595
Year End 31.03.25
Receipts and Payments for the year to 31st March 2025

Note	RESTRICTED TOTAL	UNRESTRICTED TOTAL	Total 31.03.25	Total 31.03.24
Incoming Resources				
5	69,000	11,303	80,303	68,137
Donations, legacies	0	2,237	2,237	2,899
Investment Income - bank interest	0	11,042	11,042	5,561
Other Incoming resources				
Total Incoming Resources	69,000	24,582	93,582	76,597
Resources expended				
Costs of Generating funds				
2	5,000		5,000	5,000
Salaries	0		0	0
Pension	0		0	200
Adverts		0		
	5,000	0	5,000	5,200
Charitable expenditure:				
Costs for Charitable Objectives				
2	40,141	21,925	62,066	82,945
Salaries	2,811	0	2,811	4,040
Pension	0		0	0
Charitable Expenditure	169		169	122
Travelling	28,666	780	29,446	25,161
Session workers, counsellors, interpreters & Superv	287	40	327	482
Post & Stationery	688		688	619
Telephone	713		713	507
IT Software and Consumables	287		287	494
Insurance	379		379	0
Repairs & Renewals	33	585	618	184
Cleaning	30		30	18
Training	128		128	203
Staff & Client Welfare	216	1,199	1,415	1,522
Subscriptions & Evaluations	114		114	0
Sundry Expenses	0		0	0
Professional & Legal Costs	22,322	1,612	23,934	27,314
Rent, Rates & Service	1,352		1,352	3,137
Light & Heat	0		0	0
Depreciation	0		0	0
F&F	0		0	0
Off Equip				
	98,336	26,141	124,477	146,749
Management and Administration				
2	7,000		7,000	7,000
Salaries	0		0	0
Pension	0		0	0
Telephone	2,000		2,000	2,000
Accountancy Fee	670		670	670
Payroll	0	612	612	68
Bank charges				
	9,670	612	10,282	9,738
Total Resources expended	113,006	26,753	139,759	161,687
Net incoming resources before transfers	(44,006)	(2,171)	(46,177)	(85,090)
<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	(44,006)	(2,171)	(46,177)	(85,090)
Total funds brought forward	44,006	73,789	117,795	202,885
Total funds carried forward	0	71,618	71,618	117,795

Approved Fawzia Samad Date 10/12/2025
Fawzia Samad (Dec 10, 2025 22:36:59 GMT)

Approved Nina Toller Date 10/12/2025

Asian Family Counselling Service

Registered Charity No. 517595

Year End 31.03.25

Statement of assets and liabilities for the Year Ended 31 March 2025

	Note	Unrestricted funds £	Restricted income funds £	Total 31.03.25 £	Total 31.03.24 £
<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		63,292	14,116	77,408	123,585
Total current assets		67,944	14,116	82,061	128,237
Creditors: amounts falling due within one year		0	14,116	14,116	14,116
Net assets		71,618	1	71,618	117,795
<u>Income funds</u>					
Balance brought forward		73,789	44,006	117,795	202,885
Restricted funds			(44,006)	(44,006)	(93,494)
Unrestricted funds		(2,171)		(2,171)	8,404
Total funds		71,618	(0)	71,618	117,795

Approved *Fawzia Samad*
Fawzia Samad (Dec 10, 2025 22:36:59 GMT)

Date 10/12/2025

Approved *Nina Toller*

Date 10/12/2025

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

Costs for Charitable Objectives

Costs for Charitable Objectives	Salaries	62,066	82,945
	Pension	2,811	4,040
	Charitable Expenditure	0	0
	Travelling	169	122
	Session workers, counsellors & Support	29,446	25,161
	Post & Stationery	327	482
	Telephone	688	619
	Internet Services	713	507
	Insurance	287	494
	Repairs & Renewals	379	0
	Cleaning	618	184
	Training	30	18
	Staff & Client Welfare	128	203
	Subscriptions & Evaluations	1,415	1,522
	Sundry Expenses	114	0
	Professional & Legal Costs	0	0
	Rent, Rates & Service	23,934	27,314
	Light & Heat	1,352	3,137
	Depreciation F&F	0	0
	Depreciation Off Equip	0	0
Total	124,477	146,749	

Management and Administration costs	Salaries	7,000	7,000
	Pension	0	0
	Telephone	0	0
	Accountancy Fee	2,000	2,000
	Payroll	670	670
	Bank charges	612	68
	Total	10,282	9,738

Note 3

Paid Employees

	This year £	Last year £
Gross wages & salaries	73,690	93,273
Employers NI	376	1,672
Pension Contributions	2,811	4,040
Total Staff costs	76,877	98,985
 Ave. number of employees in the year	 4	 4

Details of employees engaged in following activities:

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

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 2024	10,741	30,518	41,259
Additions			0
At 31 March 2025	10,741	30,518	41,259
 DEPRECIATION :			
At 1 April 2024	10,714	26,871	37,585
Additions			0
At 31 March 2025	10,714	26,871	37,585
 NET BOOK VALUE:			
At 31 March 2025	27	3,647	3,674
At 31 March 2024	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	£24,000
Harborne Parish Land 's Charity	R	Provide counselling to members of the Asian community having financial issues as well as isolated elderly Asians	£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 and at Southall, West London	£10,000

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 01.04.24

For the financial year ending on 31.03.25

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 304 new clients and provided 2031 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 10, 2025 22:36:59 GMT)

Full name Fawzia Samad

Position (eg Secretary, Chair, etc) Chair

Date 10/12/2025

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 2025

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 15, 2025 09:25:38 GMT)

Date

10/12/2025

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

Financial Statements for the year ended 31st March 2025

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 31.3.2025

	<u>31.3.2025</u>	<u>31.3.2024</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 2025

	31.3.2025		31.3.2024	
	£	£	£	£
<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		<u>3449</u>		<u>3449</u>

Approved By

Fawzia Samad
Fawzia Samad (Dec 10, 2025 22:36:59 GMT)

Date

10/12/2025

Approved By


Nina Toller

Date

10/12/2025

**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 15, 2025 09:25:38 GMT)

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

Date 10/12/2025

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 10, 2025 22:36:59 GMT)

Date 10/12/2025


Nina Toller

Date 10/12/2025

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

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Signed


Anjani Boparai (Dec 15, 2025 09:25:38 GMT)

Date

10/12/2025

Mrs Anjani Boparai FCCA
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Chartered Certified Accountants
59-60 Thames Street
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