



**Polish  
Sisterhood**

Charity no. 108633

[www.polishsisterhood.com](http://www.polishsisterhood.com)

# **ANNUAL REPORT**

## **2022-2023**

**REPORT ON THE ACTIVITIES OF THE 'POLISH SISTERHOOD'  
ASSOCIATION  
FOR THE TAX YEAR 01/04/2022-31/03/2023**

In 2022/23, the aim of our Association's activities was to understand and support broadly mental and physical health of Polish women and their families in Northern Ireland.

For this purpose, we organized as many as 8 meetings with psychotherapists to talk about the problems that most often affect us (mental illnesses in the family, the difficulties of bilingualism, a sense of loneliness, lack of fulfilment, lack of self-confidence, family traumas, and problems with children). Additionally, 8 meetings of the Circle of Women support group were held, during which women can speak and are listened to. Catering was provided for the meetings.

For the broader well-being of Polish women, 'Polish Sisterhood' organized a number of outdoor events. The 'Walk around Belfast' project promoted physical activity by organizing a series of walks around Belfast's green spaces with Walk leader. An additional incentive was a competition for a healthy meatless salad with prizes, with the participation of a dietician who advised participants what and how to eat with the greatest benefit for the body. Two of the mentioned outdoor events referred to our native tradition and culture (Kupala Night, Spring Equinox) in order to cultivate our national identity. And on International Women's Day, we organized a beauty session for interested women at the 'Izette' salon in East Belfast.

To keep Polish people in NI connected with their native language, our association organises monthly meetings for reading enthusiasts; during this period, we read and discussed 11 books together. Work is also underway on a project aimed at creating a Polish public library. So far, a book collection of almost 1,000 items has been collected, which, despite the lack of a specific location, is already available for borrowing.

Additionally, for integration purposes, compatriots of both sexes held 6 Sunday family meetings with board games, refreshments and fun.

'Polish Sisterhood' took part in the Community Development & Health Network project at the turn of 2022/23, using the mentoring of the Women's Tech organization, thanks to which it obtained practical support in the development of its activities. As part of this project, our association has created a professional website that aims to reach a wider audience, including those who do not use social media (Facebook).

Encouraged to look for opportunities to cooperate with other organizations, we organized the Dumpling Festival together with the Chinese Welfare Association, during which the local community could take a closer look at our culinary culture. Our members presented as many as 6 different types of dumplings, the tasting of which was met with great applause.

And in cooperation with the Polish Community Association Belfast, POLCA and the Consulate of the Republic of Poland, we were also involved in a project supporting Polish children staying in foster care in NI. Work on this project is in progress.

**EVENTS IN CHRONOLOGICAL ORDER:**

**APRIL '22**

10/04/2022 "Playing together" - family Sunday

15/04/2022 "You are the fantasy of all your ancestors" - psychological workshops

23/04/2022 "General Meeting" and election of Management Board members for 2022

24/04/2022 "Inner Critic" - psychological workshops  
24/04/2022 "The Ring - Classic Japanese horror" - literary meeting  
30/04/2022 "Meatless salad competition" - final of the 'Walk around Belfast' project  
30/04/2022 "Family May Day" - outdoor event

### **MAY '22**

08/05/2022 "Playing together" - family Sunday  
22/05/2022 "Family picnic" - outdoor event  
29/05/2022 "Longing for an alternative world" - literary meeting

### **JUNE '22**

12/06/2022 "Playing together" - family Sunday  
25/06/2022 "Kupala Night" - a traditional outdoor event  
26/06/2022 "Justice of the Sheep" - literary meeting

### **JULY '22**

16/07/2022 "Travels in dreams and space" - Women's Circle  
31/07/2022 "American Dream" - literary meeting

### **AUGUST '22**

14/08/2022 "Playing together" - family Sunday  
17/08/2022 "Elevate mentoring & grant" – project completion and video release  
20/08/2022 "The burden of parenthood" - Women's Circle  
28/08/2022 "The Twentieth Wife" - literary meeting

### **SEPTEMBER '22**

11/09/2022 "Playing together" - family Sunday  
17/09/2022 "Because I love you like Ireland" - Women's Circle  
09/10/2022 "When the mind sleeps" - conversations with a psychotherapist about mental and mental illnesses  
24/09/2022 "Library at Midnight" - literary meeting

### **OCTOBER '22**

15/10/2022 "Money buys happiness" - Women's Circle  
23/10/2022 "Playing together" - family Sunday  
30/10/2022 "Maps for lost lovers" - literary meeting

### **NOVEMBER '22**

19/11/2022 "Friendship has many names" - Women's Circle  
27/11/2022 "Evening of autumn poetry" - literary meeting

### **DECEMBER '22**

03/12/2022 "Life with two languages" - meeting with a psychotherapist  
17/12/2022 "Like fire and water" - Women's Circle  
25/12/2022 "Christmas literary meeting" - literary meeting

### **JANUARY '23**

07/01/2023 "All children are ours" - organizational meeting of the project supporting foster families  
14/01/2023 "Instead of spring, eternal winter" - meeting with a psychotherapist

21/01/2023 "On the threshold of new events" - Women's Circle  
28/01/2023 "Between the lips and the rim of the cup" - meeting with a psychotherapist  
29/01/2023 "Mysteries of the human psyche" - literary meeting

### **FEBRUARY '23**

18/02/2023 "General Meeting" and election of Management Board members for 2023  
25/02/2023 "Understanding a teenager part. I" – meeting with a psychotherapist for parents  
26/02/2023 "Getting to know Old Slavic demons" - literary meeting

### **MARCH '23**

04/03/2023 "Understanding a teenager, part II" – meeting with a psychotherapist for parents  
11/03/2023 "Women's Day in a beauty salon" - meeting with a beautician  
18/03/2023 "Cycles of my life" - Women's Circle  
18/03/2023 "Dumplings Festival" - event in cooperation with CAW  
25/03/2023 "We are looking for spring" - a traditional outdoor event  
26/03/2023 "The magic of a good crime story" - literary meeting

### **SUMMARY:**

- 2 general meetings of members of the Association (April '22 and February '23)
- 8 meetings of the Women's Circle (support group)
- 6 family Sundays with board games
- 4 outdoor events (including two related to Polish tradition: Kupala Night and Drowning of Marzanna)
- 12 meetings with literature (including 11 books read together)
- 2 psychological workshops with therapist Joanna Żurawicka
- 6 meetings with psychotherapist Angelika Maczyńska
- 1 meeting with a beautician on Women's Day
- Participation in the Community Development & Health Network 'Elevate' project
- Co-organization with the Polish Community Association of the project 'All children are ours' supporting foster families
- The 'Walk around Belfast' project with a finale with the participation of a dietitian and a salad competition
- Co-organization of the Dumpling Festival with the Chinese Welfare Association

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**REPORT ON THE CHARITY ACCOUNTS OF THE 'POLISH SISTERHOOD'  
ASSOCIATION  
FOR THE TAX YEAR 1/04/2022-31/03/2023**

<b>01/04/2022 Opening Balance</b>	<b>£1,617.00</b>
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**INCOME (Deposits)**

	2022 Membership Fee/Workshop Fee paid by 29 members	£ 410.00
29/04/22	Community Development & Health Network	£1,000.00
23/05/22	Chinese Welfare AS CWA	£ 350.00
22/06/22	Migrant Centre NI	£1,080.00
25/10/22	Community Development & Health Network	£4,000.00
01/12/22	Migrant Centre NI	£ 270.00
27/01/22	Migrant Centre NI	£1,975.00
27/03/23	Chinese Welfare AS CWA	£ 210.00
<b>TOTAL:</b>		<b>£9,295.00</b>

**EXPENSES (OUT)**

	Project Coordinators	£2,800.00
	Catering	£ 49.57
	Volunteer-Elevate	£ 92.15
	Workshop-Elevate	£ 126.04
	Swimming pool-ticket	£ 94.55
Accidental Theatre	Room hire	£1,450.00
Accidental Theatre	Storage Room	£ 480.00
Cook+Roll	Catering / prices	£ 418.55
	Ice Bowl Tickets	£ 62.50
	Refreshments	£ 682.54
	Catering	£ 506.50
	Psychological Workshops	£1,200.00
	Policy Insurance	£ 117.60
	Zoom Subscription	£ 143.88
	Cushions	£ 400.00

	Elevate-Office Supplies	£ 258.63
AJ Graphic Design	Trifold Leaflet	£ 100.00
	Travels/Miles	£ 305.55
Chinese Welfare Association	Dumplings Festival	£ 104.51

**TOTAL: £9,392.57**

<b>31/03/23</b>	<b>Closing balance per statement</b>	<b>£1,519.43</b>
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### Polish Sisterhood Assets

#### Asset status before the year 01/04/22-31/03/23

Yoga mats x 6pcs	£90.00
Litter picker grabber x 15pcs	£150.00
Event Shelter	£371.31
Printer	£117.16
Projector	£377.00
Roller banner	£51.90

#### Purchased between 01/04/2022-31/03/2023

Cushions	£400.00
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**INDEPENDENT EXAMINER REPORT TO THE TRUSTEES OF 'POLISH  
SISTERHOOD' ASSOCIATION  
FOR THE TAX YEAR 1/04/2022-31/03/2023**

**Respective responsibilities of charity trustees and examiner**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- Examine the accounts under section 65 Charities Act.
- Follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act.
- State whether particular matters have come to my attention.

**Basis of independent examiner's report**

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

**Independent examiner's statement**

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above, in connection with following the directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.



Leanne Winters

Credit Control Administrator

Date 9/01/2024