Acknowledgements

We could not offer these important services to the South Asian community in Bristol if it were not for the following organisations who have generously provided funding and support to Dhek Bhal over the past year:

Bristol City Council Social Services, Bristol City Council Leisure Services, South Gloucestershire Social Services, Bristol Community Education Service, Bristol City Council Neighbourhood and Housing Services, The Community Fund, Bristol Holiday Playschemes, BBC Children in Need Appeal, Fast Track Trust Ltd, Greater Bristol Foundation, Avon and Somerset Constabulary, Health Promotion Service Avon, Inner City Community Safety Unit New Opportunities Fund, North Bristol NHS Trust, Wessex Water, Bristol Water.

Special Thanks also go to Sarah Cooke, Fay Scott, Ikram Haq, Paul Simpson and Jo Cownie for all their hard work and support this year. Also our volunteer drivers who are so crucial to all our services.

Dhek Bhal could not survive without the generous support of a whole range of individuals and organisations.
Thank you for your support!

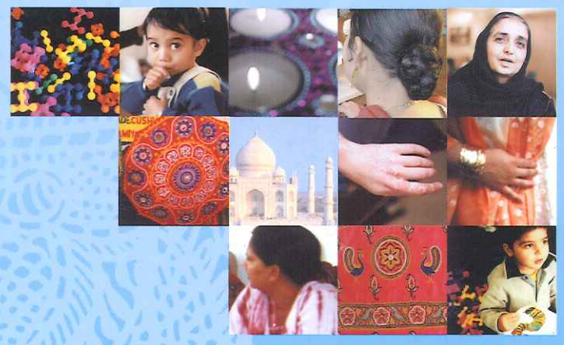
If you would like to make a donation to the work of Dhek Bhal, please contact:

Zehra Haq
Project Coordinator
Dhek Bhal
Barton Hill Settelement
43 Ducie Road
Barton Hill
BS5 0AX

Tel: 0117 955 6971
Fax: 0117 955 6971

Registered charity No. 1070015.
And a company limited by guarantee No. 342146.

Dhek Bhal



Rolls-Royce

COMMUNITY FUND

Greater Bristol Foundation

Bristol City Council

South Gloucestershire Council

New Opportunities Fund

Fast Track

Designed by: Becky Sheppard *bshep67@aol.com*
Produced by: Sandra Tuck *sandratuck@breathemail.net*

Photos: Thanks to Carrie Hitchcock, Sandra Tuck, Becky Sheppard, Pippa Mercer
All quotes have been rendered in standard English dialect.

Dhek Bhal

What we do

We aim to promote the health and social well being of south Asian people in Bristol and South Gloucestershire through a range of services which build on the strength of our cultural diversity.

Our services include


Sitting Service
Day Centre Project
Outreach Work
Youth Project
Mums Project
Playscheme
Carers Project
Advice and Information


We also provide cultural awareness training, social and community work placements for University students, a creche and escorted transport.

Dhek Bhal is committed to

Quality

Through the development and training of its own staff, volunteers and service users.

User Empowerment

Involving service users in all aspects of the planning, decision making, management, development and evaluation of Dhek Bhal services.

Flexibility and Choice

Putting service users first. Developing services to fit people's needs rather than fitting people into our services.

Cultural Sensitivity

Providing services that acknowledge, respect and respond to the diverse cultural and religious needs of the communities we serve.

"Dhek Bhal is like an extended family.
We literally care for people
from the cradle to the grave."

Zehra Haq *Coordinator*

Quality • User Empowerment • Choice • Flexibility • Cultural Sensitivity

JANUARY 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
	NAMING OF JESUS NEW YEARS DAY 1	2	3	4	5	EPIPHANY 6
7	8	9	10	11	12	MAKAR SANKRANT (LOHRI) (13 – 14) 13
14	15	SHINRAN MEMORIAL DAY 16	17	WEEK OF PRAYER FOR UNITY 18 –25 18	19	20
21	22	23	24	25	26	27
HONEN MEMORIAL DAY 28	29	30	31			
						BIRTHDAY OF GURU GOBIND SINGH

ानुयारी अन्यु आरी जनवरी ﺟﻨﻮﺭﻱ ﺟﻨﻮﺭﻱ जानुयारी अन्यु आरी जनवरी ﺟﻨﻮﺭﻱ ﺟﻨﻮﺭﻱ जानुयारी

Quality • User Empowerment

Review of the Year

The year was a busy one with much time and energy devoted to unlocking further funds for the services we provide. In our Annual Review this year we celebrate Dhek Bhal's achievements and consider the challenges ahead.

Highlights of the Year

- Additional funding for the Sitting Service and Daycare Project enabling us to extend both services.
- New funding from the Community Fund for a new Carers Project launched in September 2000.
- Our first Carers holiday taking 35 people to the Isle of White for 5 days. This year holidays were organised to Newquay and Blackpool.
- New Opportunities Fund support for the playscheme enabling us to provide more places to children from the inner city.
- New partnerships were established with Life long Learning Education, Soundwell and City of Bristol Colleges to deliver learner friendly training to our users.
- A series of joint events and activities arranged with various partner organisations including a successful "Health and Relaxation Day" for Carers.
- Part funding was raised in November 2001 towards purchasing our own minibus.
- In 2001 the youth project produced a documentary film and launched their own website.

Future Challenges

The challenge remains for us to continue to sustain and develop all our services to those in greatest need. This will include securing funding for a new volunteer support worker and a part-time youth worker to develop further work with girls and young women. Despite taking on a number of new people in the year, we need long-term funding commitments to retain our skilled and experienced staff. Our long-standing accommodation problem remains unresolved and we will continue to seek suitable premises for our projects.

Dhek Bhal continues to be a key provider in the mixed economy of care for services to South Asian people in Bristol and South Gloucestershire, striving to achieve a better quality of life in our community. We would like to thank all our staff, volunteers, management committee, partners, friends and funders for helping us to achieve so much.

Faiza Malik *Chair*
Zehra Haq *Group Co-ordinator*

Flexibility • Choice • Cultural Sensitivity

Choice • Cultural Sensitivity

Quality • User Empowerment

FEBRUARY 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	CANDLEMAS 2	3
4	5	6	7	8	9	10
11	SHROVE TUESDAY 12	ASH WEDNESDAY FIRST DAY OF LENT 13	14	15	16	VASANTA PANCHAMI/ SARASWATI PUJA 17
18	19	20	21	EID-UL-ADHA (22 – 25) 22	23	24
25	26	27	28			

ফেব্রুয়ারী ફેબ્રુઆરી ਫ਼ਰਵਰੀ [illegible] فروری ফেব্রুয়ারী ફેબ્રુઆરી ਫ਼ਰਵਰੀ [illegible] فروری ফেব্রুয়ারী ફેબ્રુઆરી

Sitting Service

Bristol and South Gloucestershire

The Sitting Service relieves carers of their responsibilities for a few hours each week. Each person's case is considered separately and arrangements negotiated which suit their particular needs. Dhek Bhal now has 24 trained sitters, from a range of cultural and religious backgrounds. This is the only sitting service available specifically for Asian people in Bristol and South Gloucestershire.

"We want to break down barriers. These few hours each week are very precious and it is very important that the sitters share an understanding of the clients language, culture and religion".

The Sitting Service enables carers and clients to have a break and the benefits radiate to the whole family.

"The carer gets a break and so does the client. Even the other members of the family have commented on the great relief this service brings. There is less pressure on the whole family."

Mr A is an older carer and before the Sitting Service was available, he was unable to leave the house, needing to be there 24 hours a day to look after his wife. Just a little help in this way has had a transforming affect on his life. Now he goes to Gurdawara, visits friends and attends the new Carer Support Group run by Dhek Bhal.

The Sitting Service is increasingly in demand as an essential element of care in the community.

	1999/2000	2000/2001	2001/2002 (projected)
No of Sitting Hours	3,265	5,873	8,500

Quality • User Empowerment

MARCH 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
				ST DAVID'S DAY THE WOMEN'S WORLD DAY OF PRAYER 1	2	3
4	5	6	7	8	9	MOTHERING SUNDAY 10
MAHASHIVRATRI 11	12	13	14	AL-HURA 15	BIRTHDAY OF SRI RAMAKRISHNA 16	PASSION SUNDAY ST PATRICK'S DAY 17
18	19	20	21	22	23	ASHURA PALM SUNDAY FIRST DAY OF HOLY WEEK (24 – 31) 24
BLESSED VIRGIN DAY 25	26	27	HOLI MAUNDY THURSDAY 28	GOOD FRIDAY 29	HOLY SATURDAY 30	EASTER DAY 31
						PARINIRVANA

Quality • User Empowerment

The Day Centre Project

For women over 55

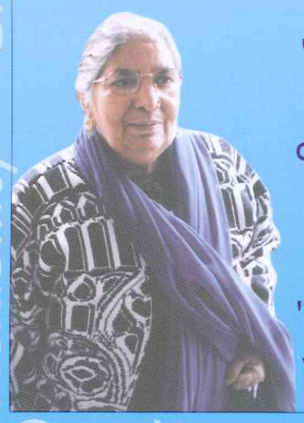
"Some women have been coming together here for nearly 15 years. They look forward to it. This is their special day."

Based at Barton Hill Settlement the project has now expanded to two days, including organised trips on the second day. Many older Asian women find themselves extremely isolated with no relatives or friends close by. Transport provided enables people to come to the Centre from all around the city. The programme of activities this year included keep fit, English language classes, quilting, reflexology and information sessions with Avon Fire Brigade and the Food Links Network.




Due to language barriers, disability and mobility problems, many find it difficult to get the advice and information they need, so advice workers visit the Centre each week to help with benefits, finances, housing, health care and other issues.

An increase in funding has enabled staff to organise a second day. This meant that for the first time in their lives users visited places outside of Bristol such as Chew Valley Lake and Bath.



They were also able to visit the Cinema as a group.

"We took some people to the Cinema recently, which they had never done before. They wouldn't feel comfortable doing this with their families. They loved it and now want to go every week!"

More than anything, people appreciate the friendships that they make at the Day Centre.

"I was lonely at home when my daughters had gone to work and very depressed. Here, everyone is a friend."

Flexibility • Choice • Cultural Sensitivity

Quality • User Empowerment

APRIL 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
HANAMATSURI 8	9	10	11	12	VARSHA-PRATIPADA 13	VAISAKHI (BAISAKHI) 14
15	16	17	18	19	20	RAMA NAVAMI 21
22	ST GEROGE'S DAY 23	24	25	26	27	28
29	30					
						BIRTHDAY OF GURU NANAK

April अप्रैल ਅਪਰੈਲ एप्रिल अप्रिल अप्रैल ਅਪਰੈਲ एप्रिल अप्रिल अप्रैल ਅਪਰੈਲ

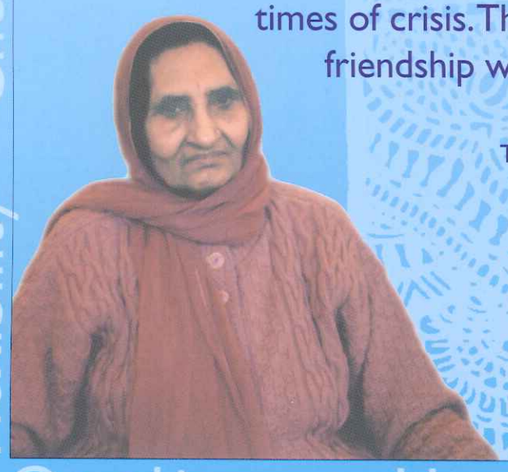
Outreach Work

We continue to support the housebound elderly and carers through the placement of volunteers. Many older Asian people are unable to access services within their community and Dhek Bhal have recognised the need to support people within their home environment.

Volunteers play an extremely important role within Dhek Bhal. Our Outreach work is no exception. They are crucial in supporting the more isolated and vulnerable people in our community and particularly when statutory and other agencies cannot help.

Volunteers provide practical help to the housebound elderly and carers, including shopping, preparing food, reading and accompanying people to hospital appointments.
They also offer emotional support and friendship.

"Often a volunteer who has befriended a family is most appreciated in times of crisis. They can provide support and friendship when things get difficult."



The outreach work that volunteers carry out compliments the other services that Dhek Bhal can offer. Its strength lies in its flexibility, vital when trying to ensure that vulnerable individuals get what they need.

Flexibility • Choice • Cultural Sensitivity

Quality • User Empowerment

MAY 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
MAY DAY 6	7	8	ASCENSION DAY 9	10	11	12
13	14	VAISAKHA PUJA/WESAK 15	16	17	18	PENTECOST 19
20	21	22	23	24	THE PROPHET MUHAMMADS' BIRTHDAY 25	26
SPRING BANK HOLIDAY 27	28	29	30	31		

Quality • User Empowerment

Youth Project

The Youth project brings young Asian girls and women together once a week in a safe environment in which they can build new friendships and try out new activities.

"Its not like school.
We decide what we want to do and it's girls only with no pressure"

The project is organised so that the special needs of young Asian women can be taken into account. Many parents know Dhek Bhal and this, as well as organised transport, means they are happier for their daughters to join the project. The group organises a range of leisure, educational and sports activities, badminton, sewing, cooking, health and beauty. Discussions around health issues and relationships are encouraged, helping girls to gain confidence and make the sometimes difficult transition from adolescence to adulthood.

"The project is important for us. We can talk in our mother tongue about the things that affect us as young Asian women."

The group have developed their own website and a video about their lives as young Asian women which was launched at the Watershed in November 2001.

www.dhekbhal.250x.com

leisure...health and beauty...discussion...issues...relationships...confidence...sewing...cooking...education...sport

Flexibility • Choice • Cultural Sensitivity

Quality • User Empowerment

JUNE 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						MARTYRDOM OF GURU ARJAN

ਜੂਨ ਮੰਦੀ ਜੂਨ ਮੰਦੀ ਜੂਨ ਮੰਦੀ ਜੂਨ ਮੰਦੀ

Mums Project

This service is vital for south Asian mothers experiencing isolation. The project offers them an opportunity to meet others, begin new friendships and learn new skills in a supportive and friendly environment. The project runs a range of activities and courses as well as providing a creche and transport. Many mothers attending the group have learnt to speak English and have gone on to attend colleges of further education, take up voluntary work and obtain paid employment. Courses set up by Dhek Bhal in partnership with City of Bristol College, Barton Hill Settlement and Soundwell College are specifically designed to meet their needs.

"We run the courses for Dhek Bhal so that they are inclusive, informal and supportive. There is no pressure to do exams, but many do and do very well."

The group acts as a vital link, particularly for young mothers who would otherwise have little or no contact with the outside world. As with all Dhek Bhal's projects, friendship and mutual support are probably the most important benefit for many.

food & hygiene
crafts creation
qualifications
sewing
stain glass cutting
first aid
parenting
IT training

"The mothers that come to us with post natal depression all recover. This project really works for them."

"I always wanted to do a computer course, and now I can teach my kids"

Flexibility • Choice • Cultural Sensitivity

Quality • User Empowerment

JULY 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12 RATHA YATRA	13 ASALA	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

জুলাই ন্ন ઠાઠ્ઠી ઉંબ્ર જુલાઇ જુલાઇ জুলাই ন্ন ઠાઠ્ઠી ઉંબ્ર જુલાઇ જુલાઇ ন্ন

Playscheme & Creche

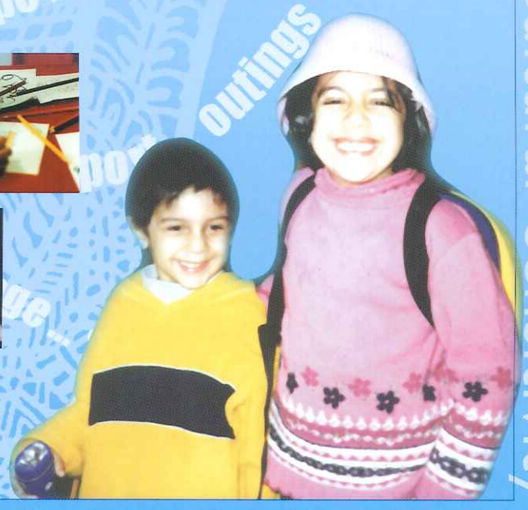
Every Easter, May and Summer holidays, Dhek Bhal run a playscheme for children aged 5-11. Children enjoy it and parents get a welcome break. Many families who use the scheme suffer fromμ hardship and poverty living in the inner city areas of Bristol.

Activities include drama, face painting, collage making, sport, visits to parks and open green spaces and trips outside of the city. Many children would otherwise never have the opportunity of these activities. The playscheme provides a stimulating and culturally sensitive environment for Asian children.



Dhek Bhal is committed to providing accessible facilities and activities for its users. The creche, which is available on Tuesdays and Thursdays, enables parents to attend courses, groups and activities, to develop skills, improve their employment prospects and make new friends.



Flexibility • Choice • Cultural Sensitivity

Quality • User Empowerment

AUGUST 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2	3	4
5	TRASFIGURATION 6	7	8	9	10	11
12	13	14	THE ASSUPMTION 15	16	17	18
19	20	21	RAKSHA BANDHAN 22	23	24	25
SUMMER BANK HOLIDAY 26	27	28	29	30	JANAMASHITAMI 31	

अगस्त ᱱᱚᱭᱟᱢᱵᱚ آگست आगष्ट অগষ্ট अगस्त ᱱᱚᱭᱟᱢᱵᱚ آگست आगष्ट অগষ্ট अगस्त

Quality • User Empowerment

Flexibility • Choice • Cultural Sensitivity

Carers Project

Bristol and South Gloucestershire

The burden on Carers can be enormous. Many suffer tremendous strain, isolation and ill health as a result of their long term responsibilities for others. Dhek Bhal has recognised this and responded with a new service.

"I moved to the area 2 years ago and have no family in Bristol. I am 74 and a carer for my husband, now 78. Dhek Bhal have increased my sitting hours and I can now visit the day centre. It gives me a chance to talk to someone and allows me to get things off my mind."


The Carers Project began in September 2000. This year the project's achievements include the launch of a new Carers Support Group, carers holidays to the Isle of White and Newquay, a trip to the Millennium Dome, a carers health and relaxation day and courses in aromatherapy and quilting. Much of the work is carried out in partnership with other organisations such as the Black Carers Project, Princes Royal Trust, Chinese Women's Group and Crossroads.

Just as important as the activities however is the direct one to one support the Carer Support Worker can now offer to Carers. She has assisted more than 70 carers in the year with benefits and visa applications, disabled parking bays and gaining access to health and social services.



Quality • User Empowerment

SEPTEMBER 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	GANESH-CHATURTHI 10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						HARVEST FESTIVAL

सितम्बर मउंघाव سبتمبر सेप्टेम्बर सप्टेम्बर सितम्बर मउंघाव سبتمبر सेप्टेम्बर सप्टेम्बर सित

Advice Information Advocacy Training

Quite apart from the many services and projects run by Dhek Bhal, the team provide a wide variety of advice and information to individuals and organisations. The staff are highly skilled, able to translate into 6 of the main South Asian languages and offer advice on a wide variety of subjects.
They also advocate on behalf of users, who find it difficult, due to language barriers, to communicate with other service providers.



Dhek Bhal has also provided cultural awareness training for social services staff and other professionals working with south Asian people. This training aims to challenge stereotypes and encourage cultural sensitivity when working with people of a south Asian background.

We regularly advise other organisations, researchers and community groups both in Bristol and around the UK on how to go about setting up similar services.



job references...visas...I.D...housing...security...rights
health problems...money issues...training opportunities...childcare options...gardening
domestic violence...housing...benefits...translations
legal advice...charity applications...immigration
services information...signposting...childcare options
leaflets lists

Quality • User Empowerment
Flexibility • Choice • Cultural Sensitivity

OCTOBER 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
	1	THE PROPHET'S NIGHT JOURNEY TO JERUSALEM AND ASCENSION 2	3	4	5	6
NAVARATRI/DURGA PUJA/DUSSERAH (7 – 16) 7	8	9	10	11	12	INTERFAITH WEEK OF PRAYER FOR WORLD PEACE (13 – 20) 13
14	15	16	17	18	19	20
21	22	23	24	LAILAT-UL-BARA'H 25	26	27
28	29	30	31			
						KATHINA DAY

ক্টোবর ओक्टोबर अक्तूबर אक्टोबर ओक्टोबर अक्तूबर אक्टोबर ओक्टोबर अक्तूबर אक्टोबर

Partnership

Dhek Bhal are committed to working in partnership with other organisations. These include those from the statutory and community sectors. Developing positive links with other service providers and organisations enables staff to refer people on, ensuring that they obtain the best care and advice that is available. We are increasingly working in partnership with other organisations, building on our mutual strengths and pooling resources.

This year we have organised a variety of joint events and training courses for our users, staff and volunteers. We believe that we can deliver a better service to vulnerable and disadvantaged people by working with our partners. We plan to strengthen our existing partnerships and to explore opportunities for joint funding bids in order to deliver new services in the future.

Black Carers Project Bristol City Council Bristol Care & Repair Soundwell College City of Bristol College Crossroads Chinese Womens Group Life long Learning Education Awaaz Utaoh Sikh Resource Centre KHASS Humdard Well Women Asian Health and Counselling Project Pakistani Women's Group Alzheimer Society

Bristol Care & Repair carry out repairs and renovations to older peoples homes

"Some older people are uncertain about having people coming into their homes that they don't know. Dhek Bhal are able to provide a link person who can introduce us and translate. This way we can gain access to more isolated older Asian people".

Quality • User Empowerment

NOVEMBER 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
				ALL SAINT'S DAY 1	ALL SOUL'S DAY 2	3
DIVALI 4	5	RAMADAN (6 NOV – 5 DEC) 6	7	8	9	REMEMBERANCE SUNDAY 10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	ST ANDREW'S DAY 30	
						BIRTHDAY OF GURU NANAK MARTYRDOM OF GURU TEGH BAHADUR

নভেম্বর नवेम्बर

Management Committee and Volunteers

Management Committee Members

Chair person — Faiza Malik
Treasurer — Jatindar Potiwal
Secretary — Samina Iqbal

Young Women's Project
Shabnam Baig
Erum Mahmood
Naila Hussain

Mums Project
Naheed Kauser
Rukshanda Bibi
Khalida Bi

Daycentre Project
Bushra Bibi
Gafoora Begum
Kalsoom Akhtar

Sitting Service
Mahmooda Arshad
Mohammad Walait
Nirmal Kaur

Outreach Project
Zeenat Rehman
Sosan Ram
Daud Adam

Banker
Natwest, Redfield Branch, Bristol

Auditors
Roberts & Co, Chartered Accountants, 56 Chapel Lane, Old Sodbury, Bristol

Staff Team

Zehra Haq	Group Co-ordinator
Parveen Akhtar	Sitting Service Co-ordinator - Bristol
Rozina Mukhtar	Sitting Service Co-ordinator - South Gloucestershire (from 06/06/2000)
Saika Bibi	Carers Support Worker (from 04/09/2000)
Naseem Akhtar	Outreach/ Development Organiser (jobshare)
Daisy Rajput	Outreach/ Development Organiser (jobshare)
Adeela Cheema	Daycentre Organiser (from 04/09/2000)
Jo Cownie	Finance Officer (left 31/08/2000)
Rozina Mukhtar	Administrator
Rehana Lodhi	Assistant Administrator (from 05/09/2000)
Asia Shaheen	Assistant Administrator (from 04/09/2000)
Anesa Mahmood	Assistant Youth Worker (from 08/10/2000)
Sajida Hussain	Daycentre staff
Gulnar Rafiq	Daycentre staff
Farhana Yasmin	Daycentre staff
Jasbir Kaur	Daycentre staff
Sumbal Ali	Daycentre staff
Karen Povey	Creche Leader
Sajida Hussain	Creche Assistant
Melissa Cartmel	Play Leader
Azmeena Haq	Play Assistant
Sannah Akhtar	Play Assistant
Parivarsh Mir Aftab	ESOL Tutor
Ikram-ul Haq	Consultant

Sitters

Ashgari Rasul
Mamoona Janjua
Shahina Hamid
Bhavana Adalja
Farzana Sahi
Nilufer Begum
Naheed Iqbal
Rukshanda Iqbal
Sajida Hussain
Gulnar Rafiq
Jenny Kasbia
Raj Rani Kaur
Rokeya Islam
Tasneem Akhtar
Ruby Khan
Shameem Ahmed

Volunteers

Farhana Yasmin
Rukshanda Iqbal
Shaheena Hamid
Yasmin Islam
Sylvia Butterfield
Azmeena Haq
Sahdia Hussain
Naila Ashfaq
Sunita Kaur
Kamini Verma
Krishna Kaur
Naheed Iqbal
Tabassum Malik
Khalida Bibi

Drivers

Kolwant Kaur
Edward Trevaskiss
Douglas Ellis
Dave Thomson

Quality • User Empowerment

DECEMBER 2002

MON	TUES	WED	THURS	FRI	SAT	SUN
						LAIL-UL-DADR ADVENT SUDNAY 1
2	3	4	EID-UL-FITR 5	6	7	BODHI DAY 8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	CHRISTMAS EVE 24	CHRISTMAS DAY 25	BOXING DAY 26	27	28	29
30	31					

Financial Summary

Statement of Financial Activities for period ended 31st March 2001

	Unrestriced Fund £	Restricted Fund £	Expendable Endowment Fund £	Total Funds 2001 £	Total Funds 2000 £
Income Resources					
Total Grants	-	193,935	2,465	196,400	127,296
Cafe Sales	-	964	-	964	729
Other Income/Fundraising	5,888	6,107	-	11,995	14,512
Bank Interest	2,056	-	-	2,056	690
Total Incoming Resources	**7.944**	**201,006**	**2,465**	**211,415**	**143,227**
Resources Expended					
Direct Charitable Expenditure	2,743	108,070	-	110,813	66,315
Fundraising & Publicity	30	2,368	-	2,398	1,294
Management & Administration of the Charity	3,861	69,668	-	73,529	49,894
Total Resources Expended	**6,634**	**180,106**	**-**	**186,740**	**117,503**
Net Incoming/(Outgoing) Resources before Transfers	1,310	20,900	2,465	24,675	25,724
Transfer between Funds	-	638	(638)	-	-
Net Movement in Funds	1,310	21,538	1,827	24,675	25,724
Fund Balances at 31 March 2000	(1,777)	40,271	6,824	45,318	19,954
Fund Balances at 31 March 2001	**£(467)**	**£61,809**	**£8,651**	**£69,993**	**£45,318**

Balance Sheet at 31st March 2001

	2001 £	2000 £
Fixed Assets		
Tangible	4,988	2,727
Current Assets		
Debtors	1,384	1,652
Cash at Bank and in Hand	86,155	58,463
	87,538	60,115
Creditors: (amounts falling due within one year)	(22,534)	(17,524)
Net Current Assets	65,005	42,591
Total assets less current liabilities	69,993	45,318
Creditors: (amounts falling due after one year)	-	-
	69,993	**45,318**
Funds		
Unrestricted Fund	(467)	(1,777)
Restricted Fund	61,809	40,271
Expendable Endowment Fund	8,651	6,824
	£69,993	**£45,318**

Statement by the Trustees

These accounts are a summary of information extracted from Dhek Bhal's financial statements which were approved by the trustees on 25th July 2001. These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full accounts, the Accountants' Report on those accounts and the Trustees Annual Report should be consulted. Copies of these can be obtained from Dhek Bhal on request.

Faiza Malik
Mrs Faiza Malik, Trustee
25th July 2001

J K Poitwal
Mrs Jatindar Poitwal, Trustee