



welcome

جی آیان نوں

स्वागत

ગુજરાતી

बाशला लिपि

خوش آمدید

Dhek Bhal

ANNUAL REPORT 2018

CALENDAR

2019



CHAIRPERSON'S REPORT

It is a pleasure to report another solid year of progress at Dhek Bhal. Our service reach was outside Bristol and targeted at people in need who really benefitted from our support. We continue to support our community through providing a range of services and activities to improve health and wellbeing and becoming more resilient.

My first full year as Chair has been eventful, working very closely with our Chief Executive in looking towards supporting older people's health and wellbeing by delivering services in accordance with our charity aims and community needs.

This chimes with the closer partnership between Dhek Bhal and the statutory sectors including public Health. I sit as a non-executive member on a number of Bristol Community and Public Health forums where I voice the need for the policy makers to engage actively early and in a meaningful way with the BME community to ensure services are designed to be inclusive and cost effective for all.

I am optimistic that if we embrace a caring passion for this, we will continue to surge ahead and stand tall with other communities as we leverage on the opportunities that the future brings for Dhek Bhal.

The tough funding climate gave the trustees an extra impetus to look hard at whether we collectively had the skills and experience to take the charity forward in the challenges ahead. After a governance review, we now limit the number of trustees on our board. One new trustee was recruited to our Board in December

2017, a younger person who is a qualified teacher of adults and who was a service user at the young age of eight. He later became an employee of Dhek Bhal.

I am very grateful to all my team of trustees, whose commitment and time freely given makes the work of the charity possible.

Once again we are very grateful to our CEO Zehra Haq in managing the charity as it expands its range and faces future challenges. Thanks also to our staff, our donors and supporters. Their hard work and commitment is the lifeblood of the organisation.

Last but not least, special thanks to Ikram Haq our consultant who, with his vast reservoir of experience and skills guided us through the arduous track of negotiation with BCC on the pricing issue. Through his expert advice, Dhek Bhal has reaped dividends by significantly reducing its deficit.

Finally, I would like to take this opportunity to pay tribute to our community member Mumtaz Shah who suddenly passed on in December 2017. He had served on the board in previous years and his loss was felt by all in Dhek Bhal, including his friends in the Men's group.

It has been a privilege to have chaired this year and I look forward to another challenging and eventful year.

TARIQ KHAN, CHAIRPERSON

CEO'S REPORT

Dhek Bhal turned 32 in 2017. As we continue to forge new relationships, strengthen existing partnerships and renew alliances as part of our efforts in supporting and partnering our community towards excellence, we hope to take the community with us as we chart new directions to meet greater challenges in a constantly evolving environment in 2018/19.

Our core services centred around the welfare of older people living in our community in Bristol and South Gloucestershire, and promoting partnership and co-operation with other organisations focused on meeting the needs of older people, engaging with them and developing new initiatives in accordance with their needs. We partnered with Dementia Wellbeing, Public Health, Alzheimer Society, and The Carer Centre to design information that catered to their requirements. This initiative will continue with other partners in 2018 who share Dhek Bhal's values.

We lobbied Bristol City Council, with guidance from UKCH, to negotiate with BCC Commissioner on an increase in pricing to reflect actual cost for our domiciliary care services, which have remained stagnant for over five years. I am pleased to report that the tough sessions we had eventually bore fruit. The homecare price increased from £15.14 to £17.04 effective from November 2017. The Commissioner acknowledged the services provided by Dhek Bhal added social value and were a good model of practice.

We participated in a number of research studies regarding stroke, mental health and volunteering opportunities. The partners expressed a desire to continue this work since stakeholder's participation in designing older people's services is critical to their future success.

During the year, advocacy support continued and I offered information, guidance and support to over 50 older people and their

families on matters of concern. I explained the statutory referral system and eligibility criteria for assessments, assisting them to make informed decisions.

Five volunteers delivered home support to lonely service users with debilitating illnesses. They conversed, read to them and played board games to keep their mind stimulated.

We continue to provide health promoting activities for older people at the daycentre to encourage them to stay fit and active, through a number of taster sessions on mental and physical well-being.

The older men had their weekly sessions increased for socialising and improving their well-being. The group now meets every Wednesday, the second and fourth purely for games, to enjoy conversation, peer support and a light snack prepared on site.

Our bidding for care packages increased this year. Consequently, we had to recruit robustly to train staff to meet demand. Population is rapidly aging and people with complex and multiple health needs are unable to self-care without support from our Dom care services. Carers are not always readily available to care for family members. This is when Dhek Bhal intervenes to provide care to the vulnerable in familiar surroundings within the safety and comfort of their homes and community. Hence, avoiding the prospect of 24-hour care in a nursing home.

Finally, I would like to conclude that our achievements in 2017/18 were the result of the sterling efforts of our staff, volunteers, management board and partners. A special note of gratitude to our Chairperson Tariq Khan for providing leadership and steering Dhek Bhal to safety in times of 'stormy' weather. I am deeply appreciative of his support and confidence in my capability, especially during challenging times.

ZEHRA HAQ

DAYCENTRE WOMENS' ACTIVITIES



FUN AND FRIENDSHIP



JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	New Year's Day 1	2	3	4	5	† Epiphany 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	31			

**DHEEK BHAL WORKS AND CAMPAIGNS WITH AND FOR SOUTH ASIAN PEOPLE
TO PROMOTE THEIR HEALTH AND SOCIAL WELLBEING IN BRISTOL AND SOUTH GLOUCESTERSHIRE.**

PROFILE SHAMIM SULEIMAN



I feel happy and relaxed when I come to Dhek Bhal. I have made new friends and renewed old friendships. I enjoy all the food cooked and I love the lamb curry! Recently we have been having talking therapies and they have given me information and advice on how to overcome anxiety and deal with depression.





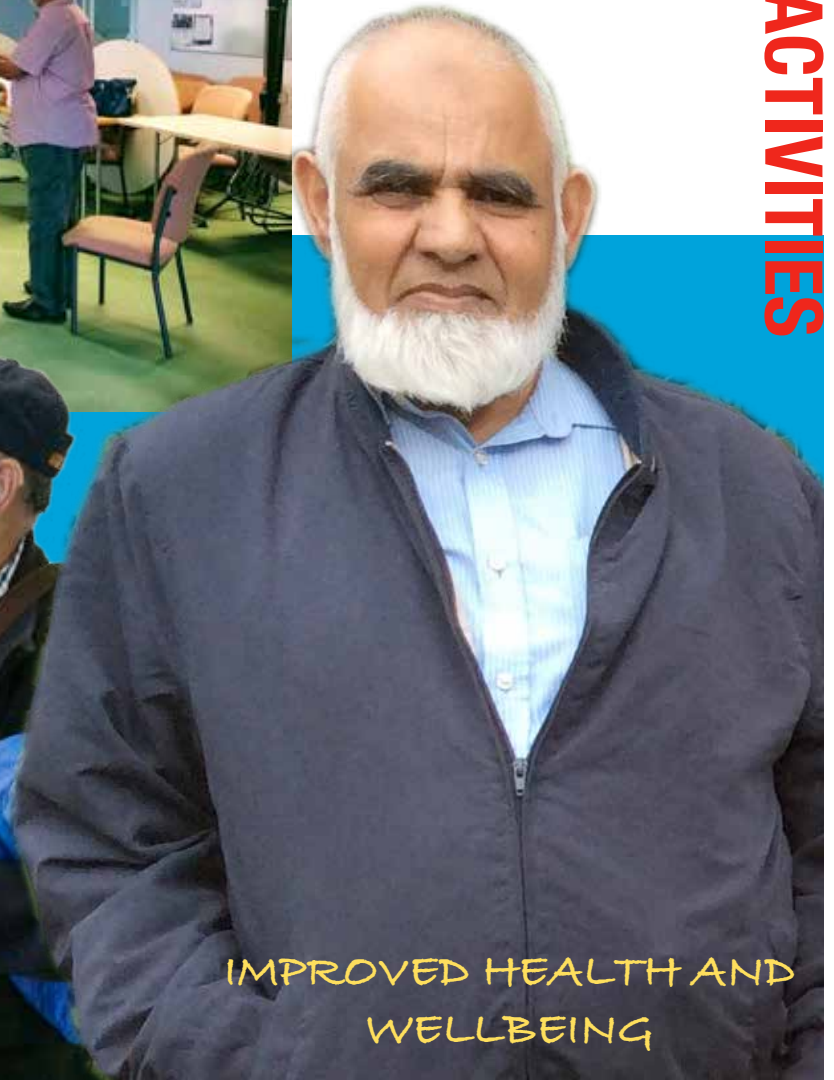
FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	 Chinese New Year	6	7	 Nirvana Day	9	10
11	12	13	 St Valentine's Day	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

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MEN'S DAYCENTRE

ACTIVITIES



IMPROVED HEALTH AND
WELLBEING



MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Dheek Bhal				1	 Start of Nineteen Day Fast	2
4	 Shrove Tuesday	5	 Ash Wednesday Start of Lent	6	7	8
11	12	13	14	15	16	 St Patrick's Day
18	19	20	 Holi  Naw-Ruz  Hola Mohalla	21	22	23
25	26	27	28	29	30	 Mothering Sunday

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PROFILE AMIR AHAMED

I needed company to avoid loneliness, and wanted mind stimulation and a change of environment. I have gained emotional support, company, hot food, exercise and better health. I am more aware about various topics through visiting speakers. I am looking forward to going on Dhek Bhal's subsidised autumn holiday with fellow members.



SUPPORT, AWARENESS,
EXERCISE AND BETTER HEALTH



APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	 Lailat al Miraj 3	4	5	6	7
8	9	10	11	12	13	 Vaisakhi  Palm Sunday 14
15	16	17	 Maundy Thursday 18	 Good Friday Public Holiday 19	20	 Lailat Al Bara'a  First Day of Ridvan  Easter Sunday 21
 Easter Monday Public Holiday 22	 St George's Day 23	24	25	26	27	28
29	30					 Dhek Bhal

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DOMACILLIARY CARE

PROFILE SOSAN RAM

I would like to continue to live in my own home and be cared for by people who speak my language and are able to offer me personal wash, prepare healthy Asian meals and speak with me.





MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
 Start of Ramadan Early May Bank Holiday 6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	 Declaration of Bab 23	24	25	26
 Spring Bank Holiday 27	28	 Ascension of Baha'u'llah 29	30	31		

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**CARER'S
GROUP**

HAVING A BREAK



JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					 Lailat Al Qadr 1	2
3	4	 Eid Al Fitr 5	6	7	8	9
10	11	12	13	14	15	Father's Day  Martrydom of Guru Arjan Dev 16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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ACTIVITIES & EVENTS



FAMILY
OUTINGS





JULY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	 Martyrdom of the Bab	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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STAFF TRAINING & DEVELOPMENT



CARE CERTIFICATE
TRAINING FOR HOME
CARE WORKERS



AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	 Waqf Al Arafah Hajj Day 10	11
 Eid Al Adha 12	13	14	15	16	17	18
19	20	21	22	23	24	25
Summer Bank Holiday 26	27	28	29	30	31	

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ACTIVITIES & EVENTS



2018
Trustees Nominated
Officers:
Chair: Tariq Khan
Treasurer: Shami
Secretary: Adeela
Elder Women's P
p 1) Maqsuda S
Nazmah P



SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						 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						

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DHEK BHAL STAFF

OFFICE STAFF

Chief Executive – Zehra Haq
Domiciliary Care and
Sitting Services Manager – Parveen Akhtar
Administration / Personnel Manager – Naheed Kausar
Daycentre Manager – Shela Ajaz
Finance Officer - Payroll – Mudassar Siddique
Finance Officer - Accounting – Atif Mehmood
Assistant Support Manager – Seima Rafique
Administration Assistants – Rehana Lodhi and
Yasmin Lodhi
Projects Worker – Sahdia Hussain
Carer Support Worker - Manazzar Siddique

OTHER STAFF

Abida Matloob
Aqeedat Sheikh
Asma Rasheed
Asma Ajaz
Devika Vyas
Fahmeeda Ahmed
Farhana A Rita
Farhana Yasmin
Farzana A Sahi
Farzana Kausar
Fatima Laaroussi
Gulnar Rafique - Sheikh
Happy Chowdhury
Harcharan Kasbia

Harvinder Singh
Ionela Ramona Amuza
Jackie R Chowdhury
Jumera Chowdhury
Khalda Bi
Kuldeep Kaur
Mahmooda Arshad
Majeeda Bibi
Maureen Doran
Muhammad Arif
Munir Din
Naseem Firdous
Nasim Unar
Nazmin Begum
Parveen Akbar
Rana Begum

Rizwana Akhlaq
Rukhsana Kauser
Saeeda S Bano
Samreen Zafar
Satnam Kaur Roud
Shahina K Hamid
Shanaz Mohammed
Shazia Noreen
Sobia Shaffi
Sultana Kousar
Sumesh Kumar
Varsha Jaishin
Zahida Hanif

VOLUNTEER

Doug Ellis





OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20  Birth of Bab
21	22	23	24	25	26	27    Diwali
28	29	30	Halloween 31			 Dheek Bhal

**DHEK BHAL WORKS AND CAMPAIGNS WITH AND FOR SOUTH ASIAN PEOPLE
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THANK YOU

OUR TRUSTEES:

Tariq Khan– Chairperson
Shamim Sajid - Treasurer
Adeela Cheema - Secretary
Maqsuda Salam- Womens Project Rep.
Nazmah Fazila Purmanan - Womens Project Rep.
Mohammed Younas Ghauri - Mens Project Rep.
Shakila Mahmood - Sitting/ Carers/ Dom Care Rep.
Farah Rashid - Sitting/ Carers/ Dom Care Rep.
Jatinder Kaur – Independent
Khateeja Bibi- Independent

Consultant - Mohammad Ikram-ul Haq

OUR FUNDERS AND SUPPORT ORGANISATIONS:

John James Foundation
Bristol City Council
South Gloucestershire Council
UWE
Age UK
Quartet Community Foundation
Oasis Talking Therapies
Healthwatch
Bristol University
Jackie Arrifin



I HAVE GAINED KNOWLEDGE OF GOOD
PRACTICE AND GOVERNANCE



NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				 All Saints Day 1	2	3
4	Guy Fawkes Day 5	6	7	8	9	 Milad Un Nabi (Birthday of Prophet Muhammad) Remembrance Sunday 10
11	 Birthday of Guru Nanek  Birth of Baha'u'llah 12	13	14	15	16	17
18	19	20	21	22	23	 Martyrdom of Guru Tegh Bahadur 24
25	 Day of the Covenant 26	27	28	29	 St Andrew's Day 30	

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PARTNER
SHIPS





DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	Christmas Eve 24	Christmas Day Public Holiday 25	Boxing Day Public Holiday 26	27	28	29
30	New Year's Eve 31					

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FINANCIAL SUMMARY

Statement of Financial Activities for Period ended 31st March 2017

	Unrestricted Fund £	Restricted Fund £	Total Funds 2017 £	Total Funds 2016 £
Income Resources				
Total Grants	-	32,246	32,246	22,300
Spot Commissioning	499,049	-	499,049	519,355
Café Sales	4,141	-	4,141	4,146
Other Income/Fundraising	5,308	5,018	10,326	11,589
BME Social Isolation Project	-	8,000	8,000	12,000
Bank Interest	76	-	76	499
Total Incoming Resources	508,574	45,264	553,838	569,889
Resources Expended				
Direct Charitable Expenditure	413,187	13,160	426,347	411,392
Fundraising & Publicity	12,556	9,986	22,542	11,556
Management & Administration of the Charity	80,247	22,024	102,271	82,766
BME Social Isolation Project	-	12,609	12,609	21,627
Total Resources Expended	505,990	57,779	563,769	527,341
Net Movement in Funds	2,584	(12,515)	(9,931)	42,548
Fund Balances at 31 March 2016	196,769	30,091	226,860	184,312
Fund Balances at 31 March 2017	199,353	17,576	216,929	226,860

BALANCE SHEET

Balance Sheet at
31st March 2017

2017
£

2016
£

Fixed Assets

Tangible 20,453 30,339

Current Assets

Debtors 25,881 47,255

Cash at Bank and in Hand 216,045 199,534

241,926 246,789

Creditors: amount falling due within one year (45,450) (50,268)

Net Current Assets 196,476 196,521

Total assets less current liabilities 216,929 226,860

Creditors: amounts falling due after one year - -

216,929 226,860

Funds

Unrestricted Funds 199,353 196,769

Restricted Funds 17,576 30,091

216,929 226,860

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 20th November 2017. 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 Auditors Report on these accounts and the Trustees Annual Report should be consulted. Copies of these can be obtained from Dhek Bhal on request.



DHEK BHAL

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BS5 0AX

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E-mail: dhekbhal@yahoo.co.uk
Website: www.dhekbhal.org.uk

*Dhek Bhal is a voluntary organisation
that has been supporting the South
Asian community in Bristol and South
Gloucestershire for 32 years*

BANK DETAILS:

Bristol City Office (A) Branch
PO Box 238
32 Corn Street
Bristol
BS99 7UG

AUDITORS:

Roberts & Co.
Chartered Accountants

ANNUAL REPORT DESIGN:

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