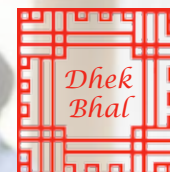




**ANNUAL
REPORT
2021/22
CALENDAR 2023**

*No elderly person should be like an 'exile'
in our families. The elderly are a treasure for
our society.*
Pope Francis



CHAIRPERSON AND CEO REPORT

This year marks Dhek Bhal's 36th anniversary. We have come a long way since we started the group in 1987. We are pleased to report that after a panic-stricken and uncertain year, a sense of normalcy is returning to the community since our last report in 2020. Morale and self-confidence, severely undermined during the pandemic, have resurfaced. This is attested by the reopening of our daycentre services and resumption of pre-Covid activities. All our service users, who were initially hesitant to attend group sessions, out of fear of contracting Covid, have now returned with confidence.

As the lockdown restrictions gradually eased, Dhek Bhal activities resumed in phases. We continued to support our service users through phone calls as well as face-to-face contact to allay their fears and anxiety. The mandatory requirement that all staff and members be vaccinated and strict enforcement of rules on PPE, wearing masks at all times, washing hands and social distancing have proven effective in keeping Covid cases down within the community.

However, there is still a need to be vigilant and cautious as casualties are still being reported and the elderly group are the most vulnerable. We continue to carry out risk assessments within all our service provision to ensure everyone's safety is paramount. There is increasing demand on our staff to liaise on the phone with clients, who often appear confused, anxious, and lonely. Many of our service users are not digitally connected because of lack of confidence in using technology. Hence, their inability to be connected with family

and friends. Thankfully, we managed to secure funds to purchase tablets for some of our men, who were then provided training on its use by Tariq Khan.

We have also advocated for more of our members, who appear to be out of touch with family members, to access health, social care and community support. For example: assistance with personal care, food preparation and other essential daily tasks.

We cannot thank enough our local funder, Bristol City Council, whose support has sustained the group during Covid. Consultations with the local authority were comprehensive and carried out in a collaborative manner. We received funds to deliver ongoing services without fear of any cutbacks to services or issuing redundancy notices at a time when local councils were confronted with their own financial challenges.

Collaboration is on-going with our partners to reshape delivery of services in a culturally responsive manner. During this post-Covid period we have been reaching out to more partners to provide well-being activities to reduce the detrimental impact of Covid on people's general well being. Partners include: Parkinson UK, Sight loss, Disability Alliance, Nilaari, Dementia Well Being services, Sustainable Energy Services, to name a few. We would like to thank our partners for their continued commitment and support in working together in the interest of our community.

We have been approached by new partners from UWE and Bristol University who would like to work with us on stroke

and health awareness, and hip and knee replacement, as well as CHAS Bristol Housing and Welfare Rights and ARA (Recovery from Gambling Service), which is adversely affecting our community.

Researchers have approached our organisation to gauge people's experiences of Covid-19 and how it impacted the community. Older people from Black and Asian communities have been hit disproportionately hard.

Bespoke training workshop for our members, staff and volunteers have resumed significantly. Staff retention has been good as we offered various incentives and ensured that they were supported emotionally during the challenges and stress caused by the pandemic. On behalf of the board, we would like to thank all our unsung heroes, DB staff and volunteers, for their persistent efforts in maintaining high level of safe services and excellence, which acknowledges our quality of service delivery.



ZEHRA HAQ CEO

welcome
جی آیان نوں
स्वागत
ગુજરાતી
বাংলা লিপি
خوش آمدید

TARIQ KHAN CHAIRPERSON

We would like to conclude by adding that our annual calendar for 2023 is dedicated to our golden members who in the early 60's and 70's migrated from the Commonwealth countries, which were then headed by our late Queen Elizabeth II, prior to independence. Her passing has left a void difficult to fill. We hope the readers of the annual calendar will find the stories in it inspiring and we take this opportunity to thank all those who have shared their experience.

We take pride in stating that Dhek Bhal has become a reputable and important organisation in the community ensuring that our older people and their carers continue to receive timely care that is suited to their needs. Our annual reports testify to the realisation of our vision, the commitment and dedication of our staff and volunteers (past and present) in delivering a valuable service to the community.

THANK YOU



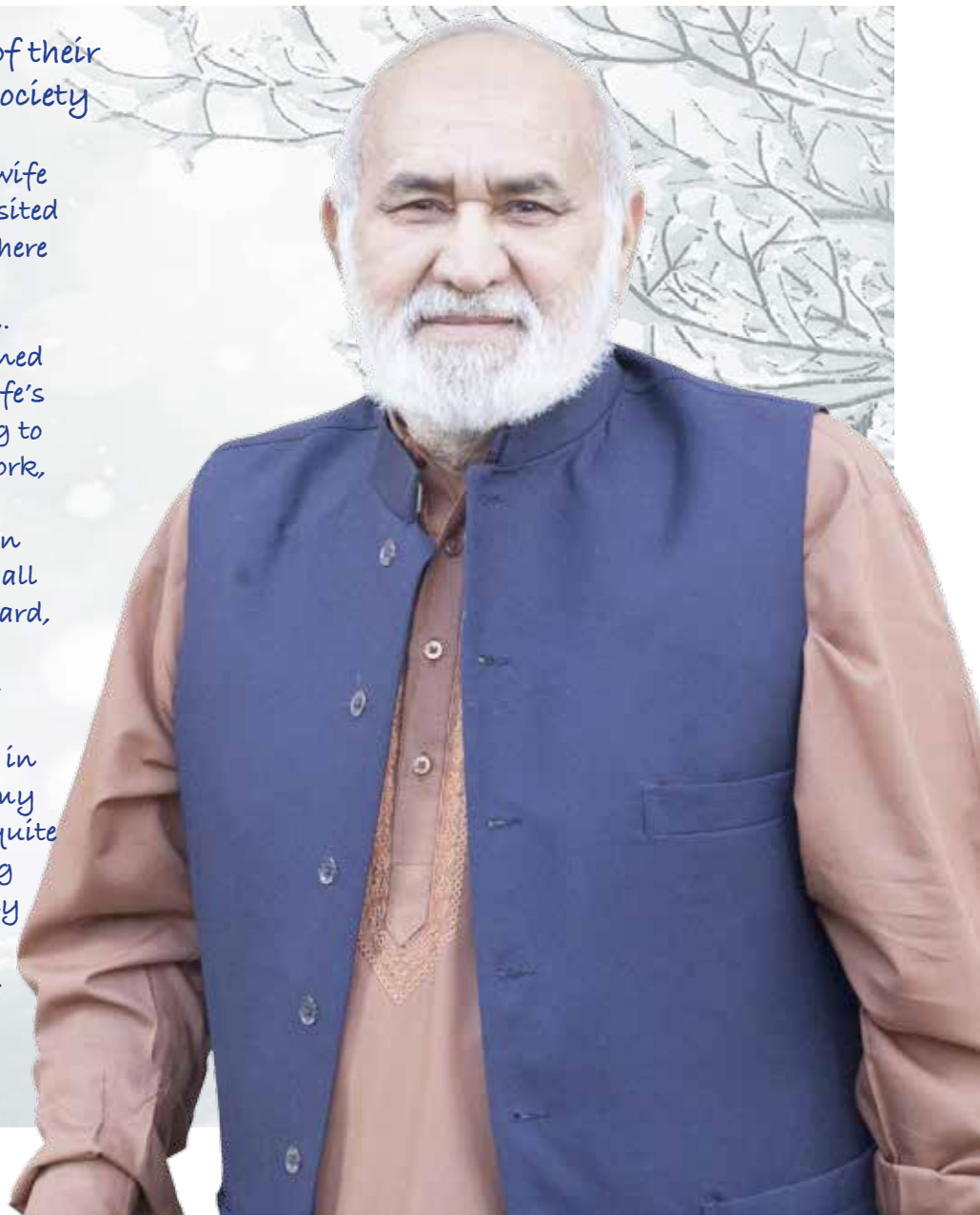
valuing our Elderly - A celebration of their achievements and contributions to society

I was working in Kuwait and my wife had been here in England since 1986. I visited England every year for a holiday. I came here permanently in 2002. I could not come to England for a while because of visa issues.

My wife was a nurse and then trained to be a mid-wife. When I came here, my wife's salary was quite good and I was not going to get that here. We decided that she would work, and I would look after the house.

I had been working all my life as an electrician with my own business so to do all the things that women normally do was hard, especially in our culture. But I managed. Everything in our house is perfect, electric wise. I managed the garden, cooked, and looked after the children. I used to help out in the community, mosque and also helped my friends by repairing their electrics. I was quite happy actually because I had been working for so many years. I enjoyed caring for my children and my grandchildren. I loved cooking and that was one of my passions. That was the best thing about my work.

Abdul Zahoor



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

JANUARY

IF A FAMILY HAS AN OLD PERSON IN
IT, IT POSSESSES A JEWEL
Chinese Proverb

Valuing our Elderly - Celebrating their achievements and contributions to society

My husband arrived here in 1965 and was working in a factory. He had asked us a few times to come but I did not wish to leave my mother. I finally arrived

here in 1973 from Karachi, Pakistan. I worked in Gertha, Brooks, and another place. I would also make

shirts. My children are educated and well-settled.

I had a brother in England. He explained pounds and pennies to me.

Surria Sheikh



I arrived in the U.K. from Jhelum, Pakistan around 51 years ago. My husband was working in the United Kingdom. He called me to England, along with our son who was two years old. I was happy. We were renting when I first arrived and after that, we got a house. He used to work at Newman Factory. He died five years after I arrived from a heart attack. He was 37. I was 22.

We had four children. I worked in the Brookes Factory for 25 years. I used to pack and fold hospital sheets, pillows, towels, bibs etc. I worked from Monday to Friday for 8 hours and sometimes 12 with overtime. My children got their degrees.

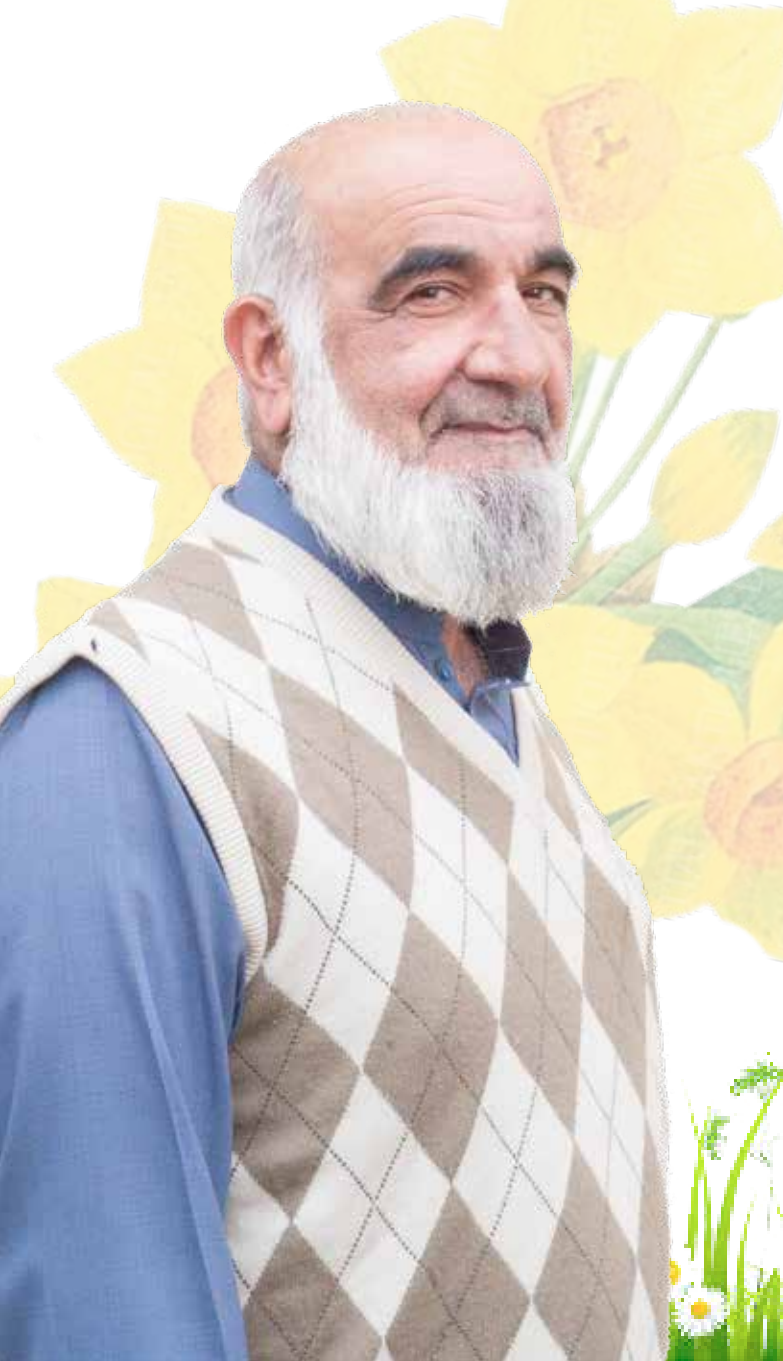
Shakila Mirza



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	 St Valentine's Day	 Nirvana Day	16	 Lailat al Miraj	18	19
20	 Shrove Tuesday	 Ash Wednesday Start of Lent	23	24	25	26
27	28					

FEBRUARY

AGE IS AN ISSUE OF MIND OVER
MATTER. IF YOU DON'T MIND, IT
DOESN'T MATTER.
Mark Twain



Valuing our Elderly A celebration of achievements and contributions to society

I arrived here in 1968 from Mirpur, Pakistan. My father had called me to this country at a young age. He used to work in the rubber factory. I went to school for a year and then, at 15, worked filling batteries. The work conditions were good then, if you left one job, you could instantly get another. I have also worked in the Jackson factory. They used to manufacture pressure cookers. There were a lot of industries then. Times have changed, most jobs are for educated people now. It is a very fast-paced life now. It was good for me. Housing was cheap. Living was cheap. There is a lot of pressure now. There was a lot of racism back then compared to now. It was difficult. Some factories would not hire Asians or Blacks. We had a lot of poverty in Asian countries when we arrived. I believe I have had a better life here. The NHS was good, it is weak now. When I came here, everything was new. It was paradise for me. I have lived a good life here. I do think most people here are good.

Zahoor Hussain

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	 Lailat al Bara'ah 7	 Holi Hola Mohalla 8	9	10	11	12
13	14	15	16	 St Patrick's Day 17	18	Mothering Sunday 19
20	 Naw-Ruz 21	 Hindu New Year 22	 Start of Ramadan 23	24	25	Start of Daylight Saving 26
27	28	29	30	31		

MARCH

THOSE WHO WALKED BEFORE US
HAVE GIVEN SO MUCH AND MADE
POSSIBLE THE LIFE WE ALL ENJOY
John Hoeven

Valuing our Elderly - Celebrating their achievements and contributions to society

I am from Sialkot. I have worked extremely hard here. My husband used to stitch footballs and I delivered newspapers door-to-door, worked in Brooks dye works, at a store in town, and at Ambala. I have also worked in childcare and stitched clothes at home. We have lived a very hard life, but our family was together, we helped each other. My father-in-law

used to pick up and drop my children at school. I had a good life; we came here for a better life. I am a grandmother, and life is a little difficult now. I applied for a pension five years ago and I am still waiting, but that is okay. One just needs to have enough to feed oneself every day. We have that.

Alhamdulillah.

*Maqsuda
Salam*

I arrived in the United Kingdom in 1992 with my husband and children from Karachi, Pakistan. I was a registered nurse, so it was easier to immigrate. I have worked all my life. I worked here as a nurse in a nursing home doing night shifts because I used to look after my children in the morning. One difference between here and Pakistan was that I had to take care of a lot of patients at once. In Pakistan there was a lot more relaxation. I was worried because I did not want to make mistakes. We all cooperated and worked together. It was not difficult here but stressful. I was doing this for my children. We wanted them to get a good education. My son was 11 and my daughter was 13 when we arrived but they did not face any challenges with their education, and neither with the language. I thought the United Kingdom was very clean and beautiful when I arrived here.

Jamila Fazal

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

APRIL

YOU ARE NEVER TOO OLD
TO LEARN
16th Century Proverb

valuing our Elderly - Celebrating their achievements and contributions to society

I arrived here from Jhelum, Pakistan 52 years ago. My husband was working here in the factory. I did household work; cooking, cleaning, washing the dishes, and raising the children was a lot of work. I have four children. They acquired their degrees and are working now. I did make a lot of friends after

I arrived here. We are still friends. We cooked and ate together. It is not the same nowadays. We do like the United Kingdom. We raised our children here and have grand-children here now.



*Kaneez
Akhtar*

I was born in Uganda. My father had a job in the government there. My husband is from Kenya. We came to England in 1983 with our children. I was very happy when I arrived here from Kenya. My husband started working in Wessex Garages. I started doing childminding. I succeeded - I have all the certificates at home. The working conditions were very good. The U.K. is a good country, a safe country, a peaceful country.

*Shamim
Sulaiman*



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

May

OLD AGE IS NOT A DISEASE - IT IS STRENGTH
AND SURVIVORSHIP, TRIUMPH OVER ALL KINDS OF
VICISSITUDES AND DISAPPOINTMENTS,
TRIALS AND ILLNESSES
Maggie Kuhn

Valuing our Elderly - Celebrating their achievements and contributions to society

When I was born, I was seen as a very lucky child so everyone called me Krishna. I was very young during India's partition; things were very violent. I arrived here in 1957 at the age of 15 by ship. I got married a year later and had two sons. People saw us differently with our long hair, our nose piercings, and our food. We had a very difficult time. Our children's turbans were a problem for people, they used to shout slurs at my sons. They were very prejudiced. One of my sons cut his hair because he was extremely upset with the discrimination. We have seen tough times. My husband was educated and did extremely well in his job. I have been a volunteer in many areas.

I was born in Cardiff. My Mum and Dad came here from India. My Dad came over on a ship. He worked here then went back for my Mum. She could not speak very good English. There was a language barrier. They had it really hard. Growing up, we would have a lot of racism. Even in school, they would start shouting slurs at us. I got married and came to Bristol. All our lives

we have had it. I have always worked. I was a manager at Morrisons. People still get discriminated against. I do not think that is ever going to go away completely.



Gurdyal Kaur

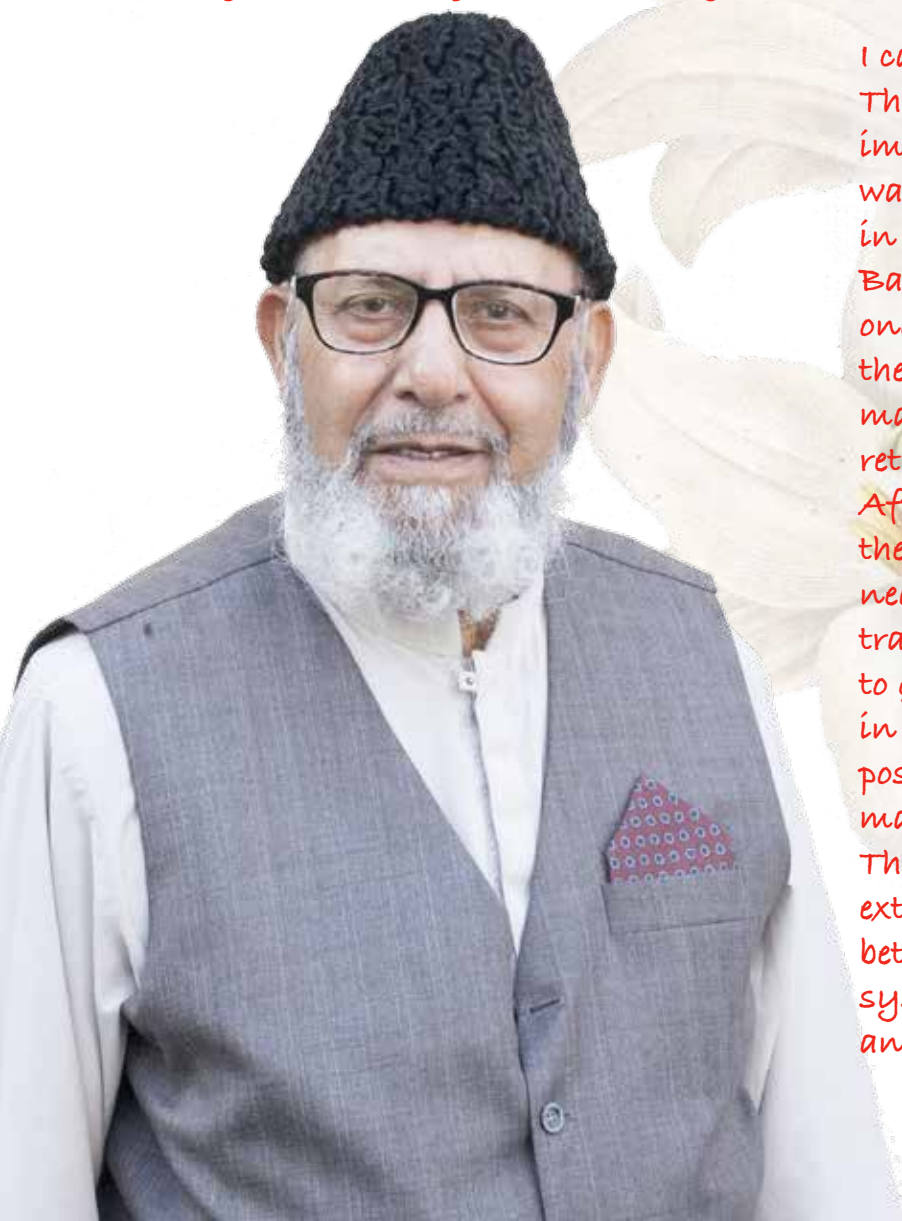
Sheila Kaur

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

JUNE

RESPECT YOUR ELDERS, LEARN FROM THE PEOPLE WHO
HAVE WALKED THE PATH BEFORE YOU,
BECAUSE SOMEDAY, AND SOONER THAN YOU COULD
EVER IMAGINE, YOU'RE GOING TO BE OLD TOO.
Unknown

Valuing our Elderly - Celebrating their achievements and contributions to society



I came here in 1962 from Lahore, Pakistan. There was no visa system in those days. The first immigration act was passed in 1963 when there was a lot of unemployment. I got a job in Bristol in a shoe factory where I worked for 10 years. Back then, around 10-12 people used to live in one house. I did not know how to cook. A few of them from small villages in Pakistan used to make my roti, and I used to write their letters in return.

After my marriage in 1966 I bought a house then joined the Royal Mail. The post office was near Temple Meads Station. In those days every train had a Royal Mail coach attached. We used to go there to sort and collect mail. I worked in Royal Mail for nearly 34 years, first as a postman, then a postman higher grade, then a manager.

Things have changed since I arrived. It is extremely expensive now. This country is still better than our Asian countries. The medical system here is extremely good. Doctors are free, and medicine is free, so this is a paradise for me.

Mohammed Younas Ghauri

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Dhek Bhal					1	2
3	4	5	6	7	8	9
 Martyrdom of the Bab 10	11	12	13	14	15	16
17	18	 Start of Muharram 19	20	 Ashura 21	22	23
24	25	26	27	28	29	30

July

TO BRIDGE THE GENERATION GAP, ONE NEEDS
TO ADAPT TO THE NEW WHILE RETAINING
THE GOODNESS OF THE OLD.
Sonali Bendre

MEN'S GROUP

*Meets every Tuesday from 10:30am -
2:30pm for well-being activities at The
Settlement*



A Tablet training session



Engrossed in conversation

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
Summer Bank Holiday 28	29	 Raksha Bandhan 30	31			

ALL WE HAVE IS THE KNOWLEDGE
 PASSED ON TO US BY OUR ELDERS,
 EXPERIENCES WE INCULCATE AND
 HARDLY NEGATE.
 Sonali Bendre

August

WOMEN'S GROUP

Meets twice weekly on Mondays and Tuesdays
from 10:00am - 2:00pm for peer support and
engaging in well-being activities



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	 Milad Un Nabi (Birthday of Prophet Muhammad) 27	28	29	30	

SEPTEMBER

NO ELDERLY PERSON SHOULD BE LIKE
AN 'EXILE' IN OUR FAMILIES. THE
ELDERLY ARE A TREASURE FOR
OUR SOCIETY.
Pope Francis

CARE STAFF



Our Domiciliary Care Service
provides practical, personal
care and support in the home to
maintain independence

Dhek Bhal's unsung heroes
receiving awards from
our treasurer, Shamim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	 Navaratri Starts 15
 Birth of Bab 16	 Birth of Baha'u'llah 17	18	19	20	21	22
23	24	25	26	27	28	End of Daylight Saving 29
30	Halloween 31					

OCTOBER

Why do we see beauty in an old tree but see nothing in an old person? Acknowledge the elderly
Unknown

DHEK BHAL STAFF TEAM DEVELOPMENT AWAY DAY



OFFICE STAFF

Chief Executive – Zehra Haq

Admin / Personnel and Home Care Services

Manager – Naheed Kausar

Daycentre Manager – Shela Ajaz

Senior Finance Officer - Payroll – Mudassar Siddique

Finance Officer – Shakeel Anjum

BME Project Health and Wellbeing Co-ordinator –
Laura Hamilton

Projects Worker – Sahdia Hussain

Administration Assistants – Rehana Lodhi and
Nelema Miah

Home Services Officer – Azmeena Haq

Consultant - Mohammad Ikram-ul Haq

DAYCENTRE AND DOMICILIARY STAFF

Abdun Noor

Abida Matloob

Adeem Aslam

Asma Ajaz

Fahmeeda Ahmed

Farhana Yasmin

Farzana A Sahi

Farzana Kausar

Fozia Noreen

Harchan Kasbia

Harvinder Singh

Hasina Begum

Irum Mukhtar

Jackie R Chowdhury

Jamila I Butt

Jumera K Chowdhury

Khalda Bi

Kuldeep Kaur

Mahmooda Arshad

Maureen Doran

Mohammed Ansary

Muhammad Arif

Munir Din

Naghma Bibi

Najma Parveen

Naseem Akhtar

Naseem Firdous

Nasim Unar

Naureen Riaz

Nazmin Begum

Noorjehan Mawji

Parveen Akbar

Rana Begum

Rehana Kousar

Rogia Saleem

Rowshon Ara Begum

Rukhsana Kausar

Saeeda S Bano

Sahira Kalsoom

Samina Naseer

Samreen Zafar

Satnam Kaur Roud

Shafreen Riaz

Shaheda Khanom

Shazia Noreen

Shopna Begum

Sidra Ahmad

Simran Kaur

Sobia Shaffi

Sultana Kousar

Uzma Khawaja

Varsha Jaishim

Zahida Hanif

Zohaib Nawaz

Volunteer Driver -

Doug Ellis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 All Saints Day 1	2	3	4	Guy Fawkes Day 5
6	7	8	9	10	11	 Diwali Remembrance Sunday 12
13	14	15	16	17	18	19
20	21	22	23	 Martyrdom of Guru Tegh Bahadur 24	25	 Day of the Convenant  Birthday of Guru Nanek 26
27	28	29	30			

NOVEMBER

It is always a blessing to
learn the wisdom from
elderly people
Lailah Gifty Akita

Cat Jameson, University of Bristol, is passionate in promoting that everyone should have a say in health care research and is working with Dheki Bhal to make sure our voices are heard.

HEALTH RESEARCH : WORKING WITH US



Poster by Camille Aubry



Cat Jameson in conversation with service user Abdul Zahoor

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 25	Boxing Day 26	27	28	29	30	New Year's Eve 31

DECEMBER

*To care for those who once
cared for us is one of the
highest honours.*
Tia Walker

FINANCIAL SUMMARY

Statement of Financial Activities (including income and expenditure account) for Period ended 31st March 2022



*Shamim Sajid, Treasurer
Parveen Achta, Volunteer
and Zehra Haq, CEO*

	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Income and endowments				
Donations and legacies	-	36,790	36,790	189,909
Charitable activities	629,348	-	629,348	568,125
Other income	72,910	-	72,910	8,210
Total income	702,258	36,790	739,048	766,244
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	(12,591)	(48,786)	(61,377)	(46,460)
Expenditure on charitable activities	(613,465)	(28,410)	(641,875)	(609,560)
Total expenditure	(626,056)	(77,196)	(703,252)	(656,020)
Net income and net movement in funds	76,202	(40,406)	35,796	110,224
Reconciliation of funds				
Total funds brought forward	301,297	35,418	336,715	226,491
Total funds carried forward	377,499	(4,988)	372,511	336,715

This statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

BANK DETAILS: Bristol City Office (A) Branch, PO Box 238, 32 Corn Street, Bristol, BS99 7UG
AUDITORS: Roberts & Co. Chartered Accountants

Statement of Financial Position

31st March 2022

	2022	2021
	£	£
Fixed assets		
Tangible fixed assets	-	3,273
Current assets		
Debtors	20,672	21,612
Cash at bank and in hand	442,655	387,070
	463,327	408,682
Creditors: amounts falling due within one year		
	(90,816)	(75,204)
Net current assets		
	372,511	333,478
Total assets less current liabilities	372,511	336,715
Funds of the charity		
Restricted funds	(4,988)	35,418
Unrestricted funds	377,499	301,297
Total charity funds	372,511	336,715

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 the 5th of December 2022. This summarised account 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.



Mohammed Ghauri, Trustee and
Ikram ul Haq, Consultant



Shakeel Anjum, Finance Officer

THANK YOU

OUR TRUSTEES:

Tariq Khan – Chairperson
Shamim Sajid - Treasurer
Khateer Bibi - Secretary
Maqsuda Salam- Womens Project Rep.
Shamim Sulaiman - Womens Project Rep.
Mohammed Younas Ghauri - Mens Project Rep.
Mahinder Singh - Mens Project Rep.
Jatinder Kaur – Independent
Dr Mishell Sajid - Independent
Shazia Yunus - Independent
Naveed Faqir - independent
Consultant - Mohammad Ikram-ul Haq

OUR FUNDERS AND SUPPORT ORGANISATIONS:

John James Bristol Foundation
Bristol City Council
South Gloucestershire Council

**A BIG THANK YOU TO ALL OUR
MEMBERS WHO HAVE CONTRIBUTED
FINANCIALLY AND IN KIND**

DHEK BHAL

43 Ducie Road
Barton Hill
Bristol
BS5 0AX

Tel: 0117 9146671 / 9146672
E-mail: dhekbhal@yahoo.co.uk
Website: www.dhekbhal.org.uk
Registered Charity No: 10700115
Registered Company No: 3472146

