

DHEK
BHAL
CALENDAR
2024



Annual Report 2023

*Celebrating activities that promote
wellbeing, learning, and independence*

Report from our Chairperson and CEO

independence, creativity, a good life, happiness, comfort

good governance, empowerment, dignity, choice, activities

In celebrating our successful 37th year of service to the South Asian community in Bristol and South Gloucestershire in 2023, we like to underscore our organisation's three main strengths: committed workforce, sound management, and well-informed trustees that have spurred us to achieve our current enviable position.

Our focus has been, and always will be, the vulnerable older people and their carers as we continuously seek better ways to improve the quality of their lives. The pandemic period jolted our community and the nation at large. Undaunted, we faced the challenges that arose by working out new strategies to ensure that older people and the most vulnerable continued to receive support and assurance as we worked to restore normality of service. We warded off any tendency on their part to slide into a state of fear and loneliness, by providing on-going support and assurance post pandemic.

Our recent Care Quality Commission comment that Dhek Bhal is, "...well led with good governance, management and accountably arrangements in place," was very heartening indeed. CQC further stated that our "Managers have been leading by example. The management/staff team are very passionate in what they do, and continue to focus on empowerment, human rights, dignity, and informed choice. Highly positive feedback from service users and their families have endorsed our claim. Effective links have been established with a wide range of stakeholders. This has enabled stakeholders to share information and promote culturally appropriate practices which met peoples' needs. Systems, procedures, and training were in place to help staff protect people from abuse. Care records described key risks and explained how these should be managed." For more detail, please see the CQC website.

The challenges we face daily are to ensure our service users live safe and well in their homes and in their community, especially those with complex and spiralling health conditions who are no longer able to manage their care needs independently. The problems they face have been exacerbated by the steep rise in the cost of living.

Those whose needs have increased received additional support from us through the Bristol Innovative Grant monies. We provided information to carers who lived outside Bristol and South Glos. who contacted us from Birmingham, Wales and London seeking advice in accessing local services for their family members.

Our advocacy service continues to be very popular.

We have collaborated with University and Health researchers, who were keen to engage our service users in their health study programs.

Working in partnership for the interests of older people in the daycentre and in their own homes, has reaped dividends because we have been able to scale up our work on dementia, delivering a wide range of physical, creative activity projects and engaging with specialist speakers.

We created a dementia awareness song in Punjabi through funding from Bristol Health Partnership. The aim was to

help destigmatise dementia amongst the growing elderly population and ensure that appropriate support was offered in time.

We have to date provided over 600 hours weekly of person-centred homecare to our vulnerable in their homes. Our workforce, offering flexibility and choice, have risen from 10 to 59.

Our daycentre services for the older women and men are well attended. It is an excellent place for them to connect and enjoy the many life enhancing activities held regularly. The centre continues to attract researchers, specialist speakers from community organisations and health and social care councils who seek to share our knowledge, experience and expertise in successfully managing the daycentre for over three decades.

We attribute our success to a combination of factors: wellbeing activities, continuous training and upskilling of all staff and volunteers, the generosity of funders who made possible our respite break trips for carers and service users, and last but not least the Bristol City Council for funding our welfare activities through the Innovative grant.

We cannot thank enough the many generous people who have always supported our organisation and worked with us in serving our community. We could not have achieved our milestone without the concerted effort, professionalism, resilience and empathy of our dedicated workforce, volunteers, trustees, partners, service users, and individual donors and supporters.

Special thanks to our consultant Ikram-ul Haq, who continues to provide valuable guidance and support in achieving our vision.

We look forward to 2024, with a strong determination to sustain our outcome-based services as we strive to improve the quality of the life of our elderly in their twilight years.

Thank you,



Tariq Khan, Chairperson
Zehra Haq, CEO

welcome
جي آيان نون
स्वागत
ગુજરાતી
বাংলা লিপি
خوش آمدید



happiness, security, welfare, safety, health, strength, activities,

independence, creativity, a good life, happiness, comfort, wellbeing

good governance, empowerment, dignity, activities, information

How do you look after your health? A wellbeing activity for staff with Bristol University.

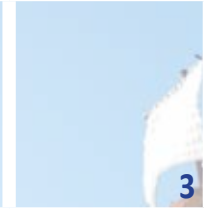
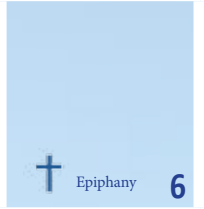
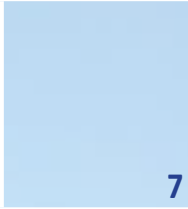
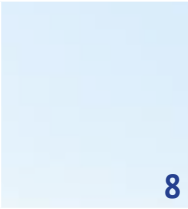
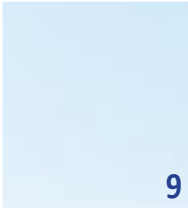
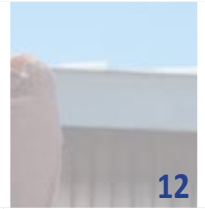
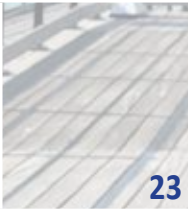
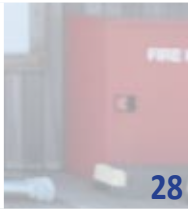
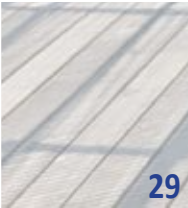
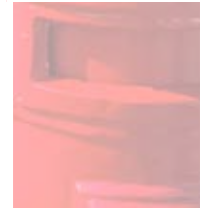


The University of Bristol delivered a series of art groups as part of research into Health Inequalities. Dheh Bhal staff and service users were invited to art sessions to reflect on how health fits into their lives. The activities led to the creation of many colourful things. Much fun was had, lots of chatter, interesting conversation, and everyone took part, including those with dementia and limited hand mobility. The findings will inform a policy paper, short film and exhibition of artwork.

Ms Jude Hutchen, Creative Research Coordinator

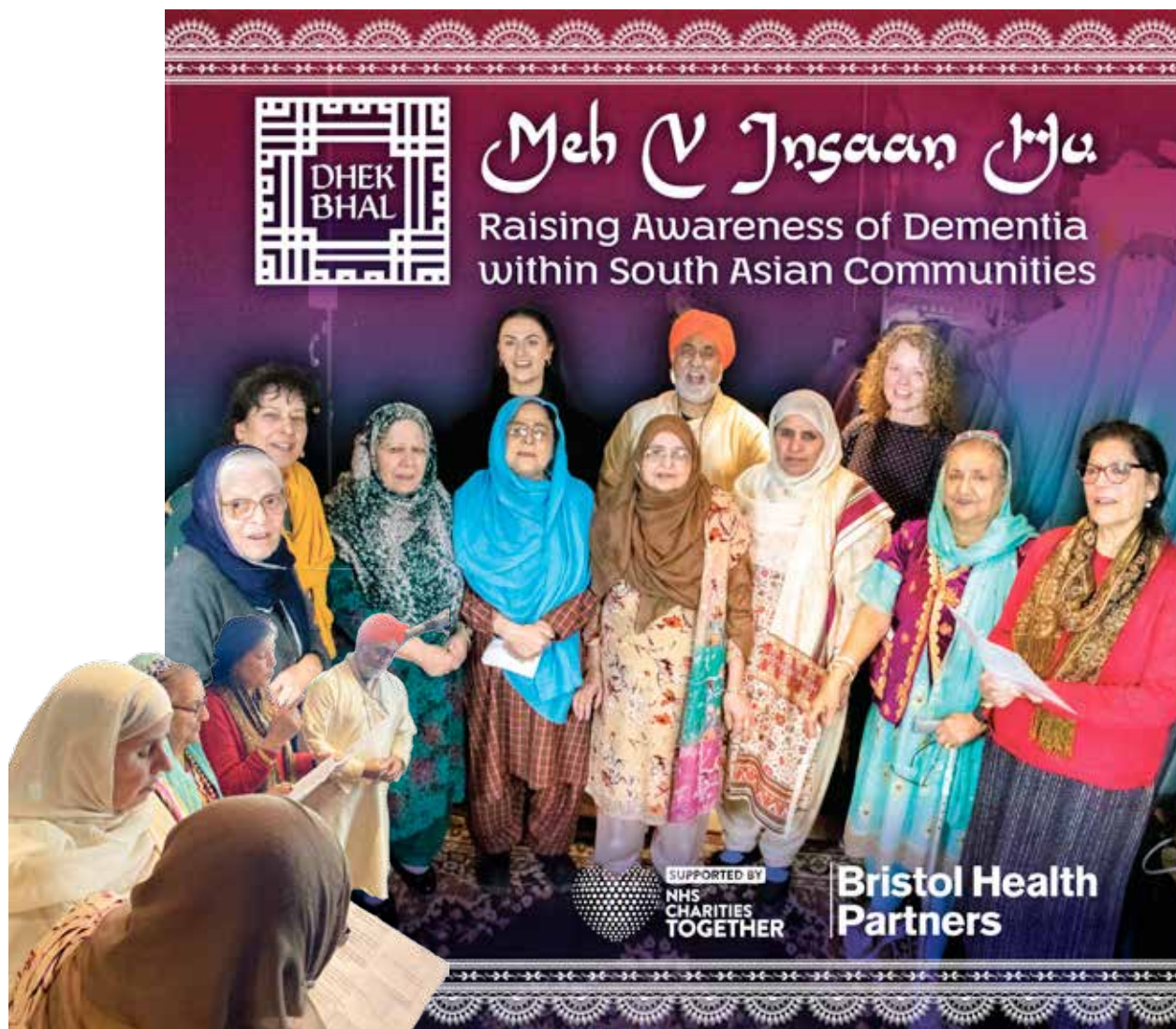


JANUARY 2024

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			 <i>Visit to Southend on Sea</i>	

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

Dhek Bhal worked with Bristol Health Partners to create a song to raise awareness of dementia, which was then recorded on CD.



It was uplifting and inspiring to see the women from Dhek Bhal perform! Raising awareness of dementia in a way that resonates with a community is really important and we look forward to continuing to work with Dhek Bhal, in ensuring that the health and care needs of the region's South Asian community are supported and their views are heard. Rachel Skerry, Bristol Health Partners



FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Textile workshop with Helen Jacobs from the RWA leading to an exhibition at the Gallery</i>			1	2	3	4
5	6	 Lailat al Miraj 7	8	9	Chinese New Year 10	11
12	13	 St Valentine's Day 14	 Nirvana Day 15	16	17	18
19	20	21	22	23	 Lailat Al Bara'a 24	25
26	27	28	29			

DHEK BHAL WORKS AND CAMPAIGNS WITH AND FOR SOUTH ASIAN PEOPLE
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Art Workshops with RWA artists



"What a treat to sit together and make textiles that depicted the places that are important to us in the city. Making textiles together was a special way of communicating about our lives, and learning from one another. The textiles were later displayed in the RWA gallery – this has amazed and inspired visitors. RWA is proud to be associated with Dhek Bhal, which is a lifeline to so many."

Helen Jacobs, Head of Learning & Engagement, RWA Art Gallery



MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Visit to Southend on Sea				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	31

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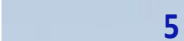
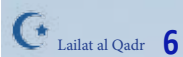
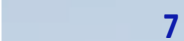
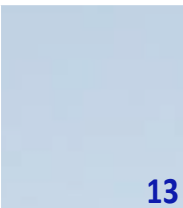
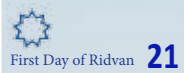
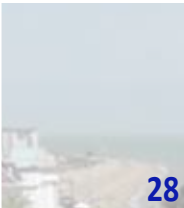
AGM

2022





APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 8	 9	 10	 11	 12	 13	 14
 15	 16	 17	 18	 19	 20	 21
 22	 23	 24	 25	 26	 27	 28
 29	 30					

Our hotel at Southend on Sea

DHEK BHAL WORKS AND CAMPAIGNS WITH AND FOR SOUTH ASIAN PEOPLE
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Partnership working



Wazee Project with Nilaari

*Though people are living longer, evidence has shown that the quality of our additional years is significantly reduced if we are from ethnic minoritised communities. The Wazee (Swahili *elders) Wellbeing Sessions was a partnered project with Age UK Bristol, to address this issue and move towards closing the mental health inequalities gap. Nilaari worked with Dhek Bhal for over a year delivering regular creative and informative mental health sessions to both male and female groups. Nilaari thoroughly enjoyed working with Dhek Bhal in this way. The elders fully embraced each session and worked collaboratively with Nilaari, demonstrating the power of cross-generational and culturally sensitive partnerships.*

Adetoun Grant, Nilaari





MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Textile workshop with Helen Jacobs from the RWA leading to an exhibition at the Gallery</i>		1	2	3	4	5
Early May Bank Holiday	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	

**DHEK BHAL WORKS AND CAMPAIGNS WITH AND FOR SOUTH ASIAN PEOPLE
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A visit to Blackpool



Easter/Eid celebration



A visit to Southend on Sea





JUNE 2024

Monday

Tuesday

Wednesday

Thursday

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Sunday

*Textile workshop with Helen Jacobs
from the RWA
leading to an exhibition at the Gallery*

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 First Day of
Hajj

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Guru Arjan
Dev

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 Eid Al Adha

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**DHEK BHAL WORKS AND CAMPAIGNS WITH AND FOR SOUTH ASIAN PEOPLE
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*Connecting with
friends keeps us
happy and
healthy*





JULY 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



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Trip to Windsor

Trip to Blackpool

*A visit to
Southend on Sea*



AUGUST 2024

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Visit to Windsor for the
Coronation of King Charles

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Summer Bank
Holiday

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*Manual
handling training
for staff with
St Monica's
Trust*

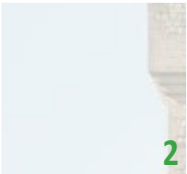
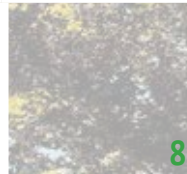
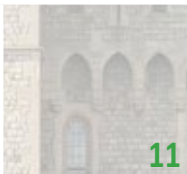
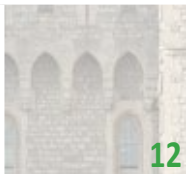
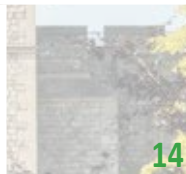
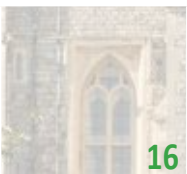
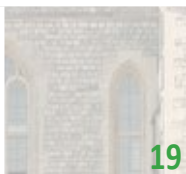
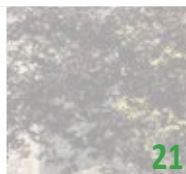
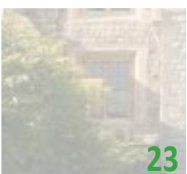
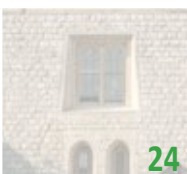
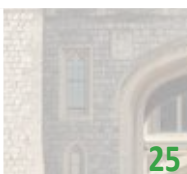
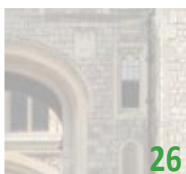
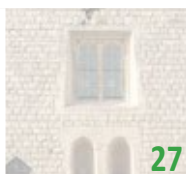
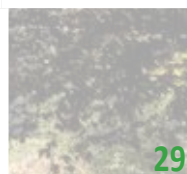
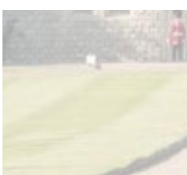
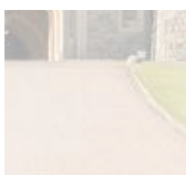


Training and learning

Our partnership with Dheek Bhal has enabled the Bristol Dementia Wellbeing Service (BDWS) to deliver important messages in South Asian languages to service users about dementia symptoms, diagnostic process, and how to support loved ones living with dementia. Rehana Findley, Devon Partnership, NHS Trust



SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						
						
						

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Dhek Bhal Staff and Volunteers

OFFICE STAFF

Chief Executive: Zehra Haq

Administration / Personnel

Manager: Naheed Kausar

Daycentre Manager: Shela Ajaz

Senior Finance Officer - Payroll:

Mudassar Siddique

Finance Officer: Shakeel Anjum

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

Affana Zaheer

Farhana Yasmin

Farzana A Sahi

Farzana Kausar

Fozia Noreen

Harchan Kasbia

Harvinder Singh

Hasina Begum

Irum Mukhtar

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

Roqia Saleem

Rowshon Ara Begum

Rukhsana Kausar

Saeeda S Bano

Sahira Kalsoom

Saima Waheed

Samina Naseer

Samreen Zafar

Satnam Kaur Roud

Shafreen Riaz

Shaheda Khanom

Shazia Noreen

Shopna Begum

Sidra Ahmad

Simran Kaur

Sobia Shaffi

Uzma Khawaja

Varsha Jaishim

Zohaib Nawaz

Volunteers:

Adarsh Yadav

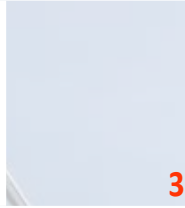
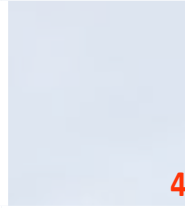
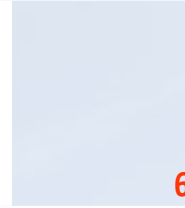
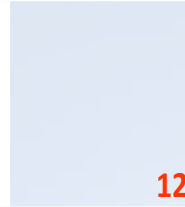
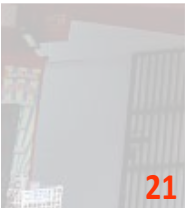
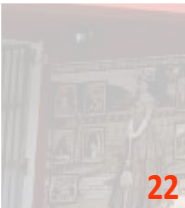
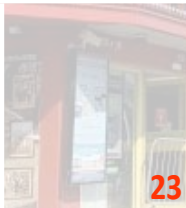
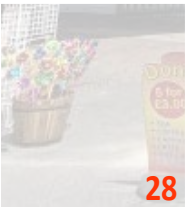
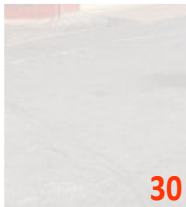
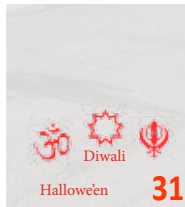
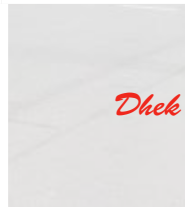
Doug Ellis

Parveen Akhtar





OCTOBER 2024

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7	8	9	10	11	12	13
						
14	15	16	17	18	19	20
						
21	22	23	24	25	 Birth of Bab 26	27
						
28	29	30	 Diwali Hallowe'en 31	<i>Dhek Bhal takes a holiday to Blackpool</i>		

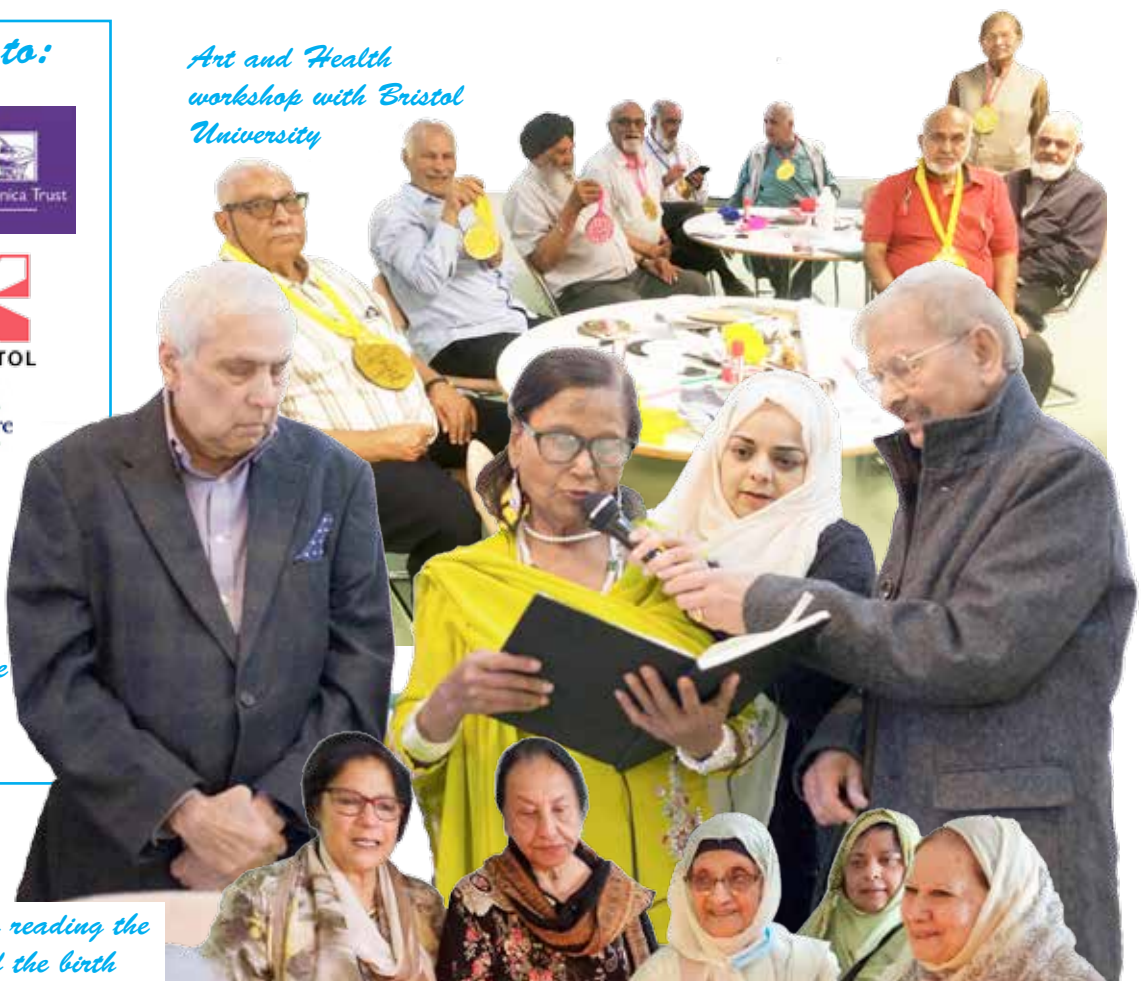
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Thank You to:



*And Dhek Bhal
Members who
generously donate
to support our
work*

*Art and Health
workshop with Bristol
University*



*Jamila reading the
story of the birth
of Christ during
our celebration for
Easter and Eid*

*Sara Adam
celebrates her 90th
birthday with friends*





NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Creating textile art with Helen Jacobs from the RWA leading to an exhibition at the Gallery				1	2	3
4	Guy Fawkes Night 5	6	7	8	9	10
11	Birth of Baha'u'llah 12	13	14	15	16	17
18	19	20	21	22	23	Martyrdom of Guru Tegh Bahadur 24
Day of the Covenant 25	26	27	28	29	30	

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



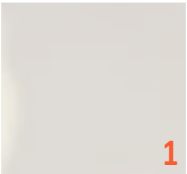
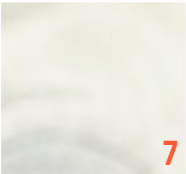
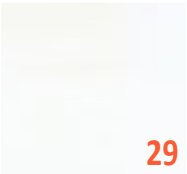
Artists at the RWA gallery enjoyed working with Dhek Bhal women's group in February and March 2023 over a series of weekly art workshops. The textiles were later displayed in the RWA gallery – this has amazed and inspired visitors, and the visitor comments book is overflowing with praise for the work of these strong women.

Helen Jacobs, Head of Learning & Engagement, RWA Art Gallery





DECEMBER 2024

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 Eve24	 Christmas Day Public Holiday25	 Boxing Day Public Holiday26	 27	 28	 29
 30	 New Year's Eve31			<i>Creating textile art with Helen Jacobs from the RWA leading to an exhibition at the Gallery</i>		

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Financial Summary

Statement of Financial Activities (including income and expenditure account) for Period ended 31st March 2023

			2023	2022
	Unrestricted	Restricted		
	Funds	Funds	Total Funds	Total Funds
	£	£	£	£
Income and endowments				
Donations and Legacies	14,500	44,637	59,137	36,790
Charitable activities	588,593	-	588,593	629,348
Investment income	40,249	-	40,249	72,910
Total income	643,342	44,637	687,979	739,048
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	(12,589)	-	(12,589)	(61,377)
Expenditure on charitable activities	(600,929)	(28,638)	(629,567)	(641,875)
Total Expenditure	(613,518)	(28,638)	(642,156)	(703,252)
Net Income (expenditure) and net movement in funds	29,824	15,999	45,823	35,796
Reconciliation of funds				
Total funds brought forward	377,499	(4,988)	372,511	336,715
Total funds carried forward	407,323	11,011	418,334	372,511

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



Our finance team meeting

Statement of Financial Position 31st March 2023

	2023	2022
	£	£
Fixed assets		
Tangible fixed assets	2,730	-
Current assets		
Debtors	9,725	20,672
Cash at bank and in hand	<u>464,728</u>	<u>442,655</u>
	474,453	463,327
Creditors: amounts falling due within one year	<u>(58,849)</u>	<u>(90,816)</u>
Net current assets	415,604	372,511
Total assets less current liabilities	418,334	372,511
Funds of the charity		
Restricted funds	11,011	(4,988)
Unrestricted funds	407,323	377,499
Total charity funds	418,334	372,511

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 2023. 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.

BANK DETAILS:

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

AUDITORS:

Roberts & Co.
Chartered Accountants

DHEK BHAL

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Bristol
BS5 0AX

Tel: 0117 9146671 / 9146672
E-mail: dhekbhal@yahoo.co.uk
Website: www.dhekbhal.org.uk

ANNUAL REPORT DESIGN:

Carrie Hitchcock
carriehitch@gmail.com

Our Trustees

Tariq Khan – Chairperson
Shamim Sajid - Treasurer
Najma Zahoor - Secretary
Maqsuda Salam- Womens Project Rep.
Shamim Sulaiman - Womens Project Rep.
Almas Sahi - Women's Project Rep.

Mohammed Younas Ghauri -
Mens Project Rep.
Jatinder Kaur – Independent
Dr Mishell Sajid - Independent
Shazia Yunus - Independent
Naveed Faqir - Independent

Consultant - Mohammad Ikram-ul Haq

