



ISLINGTON BANGLADESH ASSOCIATION

Supporting Islington's Communities through the good times and the tough times since 1984

Annual Report

2023-2024



Chair's Welcome

It has been a busy year for Islington Bangladesh Association (IBA). Our Annual Report highlights the services and projects we've delivered, showcasing how we've adapted to meet the needs of our communities. We focus on community engagement through grassroots efforts, offering tailored support, health programs, and skills development to improve quality of life and reduce inequalities.

The ongoing cost-of-living crisis has affected many in Islington, but IBA has risen to the challenge, directing our efforts where they're most needed. I want to thank the Board, staff, volunteers, funders, partners, and community members for their unwavering support and dedication.

Abdul Khalam Ali
Chair



Executive Director's Report

We've been navigating a period of rising demand and limited resources, largely due to the cost-of-living crisis affecting everyone's wellbeing. As ever, our focus has remained on supporting Islington's voluntary sector through a variety of initiatives and partnerships. This includes close collaboration with local NHS services to help BAME communities gain a better understanding of health issues and embrace healthier, more sustainable lifestyles. In the face of these challenges, our commitment to assisting families and individuals in need has not wavered.

While the demand for our services has outpaced what we can provide, I am deeply appreciative of our staff and volunteers for their extraordinary efforts under such pressure. I would also like to express my gratitude to our partners and funders for their generosity, and to our Board of Directors for their steadfast support during these trying times.

A sincere thank you goes out to our dedicated staff, volunteers, and leadership team for their unwavering commitment. Above all, none of this would have been possible without the support of our members, service users, and the local community—thank you.

Asad H. Choudhury
Executive Director



Welfare Rights Information & Advice Service

IBA delivers independent and comprehensive generalist advice and information on a wide range of topics. We assist members with navigating benefit rights and entitlements, ensuring they understand their options and access the support they need. Our housing services cover various aspects, including rehousing solutions, homelessness prevention, and repair assistance for their living conditions.

In the realm of consumer matters, we provide guidance on utilities and billing inquiries, helping members manage their expenses effectively. Furthermore, we offer interpreting and translation services to facilitate communication and ensure that language barriers do not hinder access to essential services. Our advocacy efforts aim to represent and support our members' interests, empowering them to assert their rights and navigate challenges confidently.

Our Advice service truly made an impact on our members

2463

items of Drop-in advice provided to members

3223

Clients attendance at face to face drop -in and by appointment

1967

Telephone advice given

3548

New case files completed and new benefits claim submitted

819

Advice given by email

71

No. of client's court action were cancelled

£390K

Financial gains made for families and individuals

£9.5K

Amount of debt written off for clients

£9.6K

Additional one-off income secured

15%

Total advice & caseworks carried on utilities and debt

45%

Total advice & caseworks carried on Welfare Rights matters.

998

Families & individuals assisted

Physical activity programme

The IBA Physical Activity Programme is a comprehensive health and wellness initiative designed to promote physical activity among BAME men and women. This program features a diverse array of activities, including exercise and fitness classes, Pilates sessions, and dance and movement workshops.

The primary goal of the programme is to support residents of Islington whose health has been negatively impacted by several factors. Many individuals in this community face challenges such as limited opportunities for physical activity, unhealthy lifestyle choices, and feelings of isolation and loneliness. Additionally, barriers related to language and social circumstances often hinder access to and participation in physical activities.

By providing tailored physical activities, the programme not only aims to improve participants' health but also fosters a sense of community and connection among individuals, encouraging social interaction and support in a welcoming environment.

Here are a few benefits that our members enjoyed:

- 1.Improved Physical Health:** Regular participation helps enhance cardiovascular health, build muscle strength, improve flexibility, and manage weight.
- 2.Mental Health Boost:** Physical activity reduces stress, anxiety, and depression while promoting better sleep and releasing endorphins for a mood lift.
- 3.Enhanced Social Skills:** Team sports and group activities foster communication, teamwork, and relationship-building.
- 4.Increased Discipline and Focus:** Sports encourage goal-setting, self-discipline, and mental focus, which can improve concentration and persistence.
- 5.Boosted Confidence and Self-Esteem:** Achieving goals and improving performance in sports can build self-confidence and a sense of accomplishment.



- 120 sessions of Dance & Zumba Class for BAME women.
- 40 Pilates sessions
- 127 women participated

Our Luncheon Club

Our luncheon club provided more than just a hot, freshly cooked meal for our BAME women users; it offered a warm, safe, and welcoming space at the Hugh Cubitt Centre. We also provided practical support, including cost-of-living advice and guidance on accessing available support networks. The hot meals were highly popular, not only for their nutritional benefits but also for fostering social connections, helping to reduce loneliness and isolation among our users.



- 2,880 hot meals were served in 120 sessions of luncheon club where on average 24 women attended.
- 360 hours of socialisation activities
- A total of 96 women benefited.

NHS Events

What were there:

- There were 12 stalls
- 3 talks
- 40 UCLH staff
- More than 200 people attended



Islington Bangladesh Association

DEMENTIA AWARENESS EVENT

Learn more about Dementia and how to spot the early signs

Experts from UCLH will explain about:

- What is Dementia?
- How does it effect?
- What are the early signs?
- What to do?

Contact:
Islington Bangladesh Association (IBA)
71 Caledonian Road,
London N1 9BT
Phone: 020 7713 8971
email: hanif@ibal.org.uk

Tuesday 20 June 2023
From 11:00 am to 12:30 pm
Venue: Hugh Cubitt Centre
48 Collier Street,
London N1 9QZ

Islington Bangladesh Association

LEARN ABOUT GYNAECOLOGICAL HEALTH FROM CLINICIANS

A Series of 3 Health Information Events

Event 1:

- Information about Gynaecological Health
- Learn what is normal and what is not.
- Learn about gynaecological cancers
- Learn what to do if you are worried

To book your place
Contact:
Islington Bangladesh Association (IBA)
71 Caledonian Road,
London N1 9BT
Phone: 07475 509 387
email: hanif@ibal.org.uk

Date & Time:
Tuesday 5 December 2023
From 11:00am to 12:30pm
Venue: Hugh Cubitt Centre
48 Collier Street,
London N1 9QZ
Lunch will be provided

Islington Bangladesh Association

LEARN ABOUT HATE CRIME AND HOW TO REPORT IT

Experts from the Police and Islington council will talk about Hate Crime and explain how to report it.

REPORT IT
Don't stay silent about Hate Crime

SAY NO TO HATE CRIME

Contact:
Islington Bangladesh Association (IBA)
71 Caledonian Road,
London N1 9BT
Phone: 020 7713 8971
email: hanif@ibal.org.uk

Tuesday 17 October 2023
From 11:00 am to 1:30 pm
LUNCH WILL BE PROVIDED
Venue: Hugh Cubitt Centre
48 Collier Street,
London N1 9QZ

Islington Bangladesh Association

Understanding Mental Wellbeing and Staying Well

Experts from iCope will help you find ways to look after your mental wellbeing and improve the quality of your life

Contact:
Islington Bangladesh Association (IBA)
71 Caledonian Road,
London N1 9BT
Phone: 020 7713 8971
email: hanif@ibal.org.uk

Monday 5 February 2024
11:00am to 12:30pm
LUNCH WILL BE PROVIDED
12:30pm to 1:00pm
Venue: Hugh Cubitt Centre
48 Collier Street,
London N1 9QZ

Other events:

In addition to our major event with UCLH, we have organized a series of seven events to raise awareness about important health issues in our communities. These events were led by experts, including clinicians from UCLH, iCope, and the Eve Appeal.

We also hosted social events to highlight issues such as hate crime, while celebrating significant occasions like the King's coronation. Each of these events was attended by 25 to 40 community members. Our seaside day trip is particularly popular with older and isolated women, offering them the chance to enjoy a day out of town by the sea.

Islington Bangladesh Association

HEALTHY FOOD HEALTHY BODY

Learn more about Obesity, Weight Management and Healthy Eating

Contact:
Islington Bangladesh Association (IBA)
71 Caledonian Road,
London N1 9BT
Phone: 020 7713 8971
email: hanif@ibal.org.uk

Tuesday 22 August 2023
From 11:00 am to 12:30 pm
Venue: Hugh Cubitt Centre
48 Collier Street,
London N1 9QZ

Islington Bangladesh Association

Celebrating the Coronation of King Charles III and Queen Camilla

Contact:
Islington Bangladesh Association (IBA)
71 Caledonian Road,
London N1 9BT
Phone: 020 7713 8971
email: azra@ibal.org.uk

Monday 8 May 2023
From 11:00 am to 1:30 pm
Venue: Hugh Cubitt Centre
48 Collier Street,
London N1 9QZ

Summer Day Trip for Women

Brighton Beach

Departure Time: 9:30 am

COACH LEAVING FROM:
HUGH CUBITT CENTRE,
48 COLLIER STREET,
LONDON N1 9QZ

Tuesday 15 August 2023

For more information contact Mamata at 07475 509 387 or email hanif@ibal.org.uk

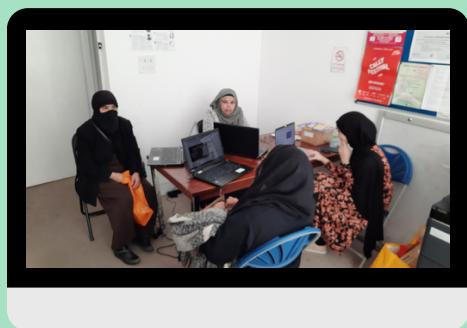
Islington Bangladesh Association
71 Caledonian Road, London N1 9BT

Digital Inclusive Programme:

IBA's Digital Inclusive Programme was a comprehensive weekly initiative offering both one-to-one sessions and small group workshops, designed to address the digital literacy gap within Islington's BAME community. Recognising the growing importance of digital skills in today's society, the programme was tailored to help individuals, particularly older adults and some parents, who face digital exclusion due to a lack of foundational digital knowledge.

This programme aimed to bridge that gap by providing personalised training in basic digital skills. Participants were taught how to use computers, smartphones, and the internet to communicate with family and friends, search for important information, access health services, and manage day-to-day tasks such as online shopping.

By the end of the programme, these digitally excluded individuals were empowered to participate more fully in the digital world, improving their ability to stay connected, informed, and independent in an increasingly technology-driven society.



- **18 women aged between 37 and 64 attended.**
- **3 men aged between 28 and 66 attended.**

Culturally Competent Counselling

In partnership with Nafsiyat, an intercultural therapy centre, IBA has taken a significant step toward improving mental health support for local Bangladeshi women by providing access to counselling and psychotherapy in their mother tongue. This initiative allowed these women, who previously faced barriers in accessing mental health services due to language limitations and the lack of culturally sensitive care, to receive the support they need in a way that is both linguistically and culturally appropriate.

Through this collaboration, 13 women were referred to Nafsiyat, where they received professional counselling tailored to their specific needs. Prior to this intervention, many of these women had been unable to seek help, as existing services were often inaccessible to non-English speakers and did not adequately address the cultural nuances of their experiences. By offering therapy in their native language, this program has empowered these women to address longstanding mental health issues, ultimately improving their overall well-being and quality of life.

This initiative highlights the importance of culturally competent mental health care, particularly in diverse communities where language and cultural differences can serve as significant obstacles to seeking help. IBA's partnership with Nafsiyat is a meaningful example of how targeted, inclusive support can make a lasting impact on individuals who would otherwise remain underserved.

Summer Day Trip

Last year, we organised a successful day trip to Brighton seaside for 50 local women, including several who face social isolation. The trip aimed to provide an opportunity for these women to enjoy a seaside experience, something many would not have been able to access otherwise. The outing fostered social interaction, offering participants a chance to relax, connect with others, and improve their emotional well-being. Feedback was overwhelmingly positive, highlighting the value of such initiatives in promoting inclusion and community engagement for socially isolated individuals.



King's Coronation Celebration

IBA played an active role in celebrating significant social occasions, such as the King's Coronation. The event was graced by the Mayor of Islington as the chief guest, along with other distinguished attendees. Approximately 65 members of the local community, including children, participated in the celebration, fostering a strong sense of community spirit and engagement.



Supplementary Education and Homework Club

This year, IBA's Supplementary School and Homework Club continued to support children aged 9 to 15 from disadvantaged backgrounds, providing a structured and encouraging learning environment.

From our center, we offered:

- **Core Academic Assistance:** Tailored lessons in English, Math, and Science, aligned with the national curriculum.
- **Homework and Literacy Boost:** Extra classes and homework help aimed at strengthening literacy, numeracy, and overall academic performance.
- **Mentorship and Motivation:** Dedicated sessions to inspire students to excel in their exams and overcome academic hurdles.
- **Skill-Building Workshops:** Focused on creative writing, reading for pleasure, and critical soft skills, these sessions help students manage challenges like social media, substance use, and bullying.

Through these efforts, we are committed to enhancing educational access and fostering resilience in our young learners.



26 Students from disadvantaged background benefited

36 sessions of Literacy, Reading and Creative Writing classes

36 sessions of Maths and Numeracy classes

36 sessions of Science & Technology classes

Financial Statement

ISLINGTON BANGLADESH ASSOCIATION
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2024

	2024 Unrestr'd Funds	2024 Restricted Funds	2024 Total	2023 Total
	£	£	£	£
Incoming Resources				
Activities to further the Charity's objects	-	259,050	259,050	219,374
Other Incoming Resources	20,581	-	20,581	14,221
Total Received	20,581	259,050	279,631	233,595
Resources Expended				
Direct Charitable Expenditure:-				
Costs of activities for charitable objectives	11,667	133,111	144,778	118,713
Support Costs	-	33,950	33,950	23,821
Management and Administration	-	55,177	55,177	45,575
Total Expenditure	11,667	222,238	233,905	188,109
Net Incoming Resources before Transfers				
	8,914	36,812	45,726	45,486
Transfer between funds	-	-	-	-
Net Incoming Resources for the Year	8,914	36,812	45,726	45,486
Fund Balances b/f 1.4.23	54,307	79,259	133,566	88,080
Fund Balances c/f 31.3.24	63,221	116,071	179,292	133,566

The Annual Accounts for the Year Ending 31st March 2024 has been Independently Examined by;
Md. Iftakher Hussain BSc (Hons), ACCAA, Iftakher & Co. Chartered Certified Accountants & Registered Auditors, 4 – 6 Greatorex Street, Unit G9, Clifton Trade Centre, London E1 5NF

A Big Thank You

To all our Partners, Funders, Members, Service-users and Islington communities for supporting IBA through good times and tough times over the past year.



Islington Bangladesh Association

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Charity Registration No. 1148834; Company Registration No. 07888326

Registered Office in England