



Annual Report

April 2022 – March 2023

**Enfield Women's Centre
Vicki Scarlett House,
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Ponders End,
Enfield,
EN3 4AJ**

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info@enfieldwomen.org.uk

Registered Charity No 1002117

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Chair's Report 2022 -2023

Thanks to the success of the NHS vaccination programme, it would appear that in the UK, at least, Covid-19 has loosened its grip. This is with the caveat that infectious variants continue to evolve and are becoming more transmissible. However, at the time of writing, the World Health Organisation says they pose a low risk to public health, with no evidence that they currently cause more severe disease than other variants.

Remote platforms, such as Teams and Zoom, have proved so useful that we, along with many other organisations, have continued to use them throughout the year, to attend meetings and deliver services.

In the coming year, we plan to offer a mix of remote and in-person services.

Demand for our services continues to increase. In particular, our counselling service has been under great pressure. Over the past two years, adding in the complications of Long Covid, many women have seen their mental health deteriorating further.

The Freedom Programme, too, has seen a huge increase in referrals since the pandemic. These come from courts, social services, and voluntary and community service organisations.

There has been no let-up in demand for our food, clothing and toy bank. At Christmas we were able, once again, to pass on festive food and gifts to the clients at the heart of our work. This is thanks to partnerships with various local and national organisations and places of worship. We are grateful, on behalf of our clients, to all who donate.

As ever, I would like to give grateful thanks to my colleagues on the Management Committee, who continue to work unstintingly to support the critical work of the organisation.

Barbara Le Fevre Chair

Treasurer's Report

This year has been one where we have seen the fruits of the Centre Director's work in accessing funding for a range of projects enabling us to provide a series of activities for our clients. These have kept us busy, and we look forward to rebuilding our activities in the wake of the COVID restrictions.

I want to thank my colleagues on the Management Committee and the members of the Centre Team for bringing a sense of vibrancy and purpose back to the work we do.

It has been an exciting year, one we intend to build on for the future.

Beverley Woods - Treasurer

Centre Activities

Due to a cocktail of funding we were able to provide a range of activities in this period.

Long Covid project – funded via NHS Charities Together, Royal Free Trust – This covered a range of services to people who had experience of Long Covid including Counselling, Confidence Building, Support group (Compassionate Crew) and Digital Inclusion training to build confidence in accessing services and information online.

Topics included in the Long Covid support group discussions; Domestic Abuse, Money Saving Tips, Cooking on a Budget, Kitchen gardening, Mental health support through Journalling, Gender Identity, Walks for wellbeing, Yoga for core strength and healing, Stone painting, Bag making, Beauty products from your kitchen cupboard, Supporting others (Turkish Earthquake).

Feedback from clients doing these courses; She feels very isolated from her family and that she has no supportive relationships, lack of trust and anxiety. She could not show any emotions growing up, Relationship with husband, interacting with close family, Client has difficulty motivating herself, as she feels her sense of worth has been taken away from her. She states that this has caused her difficulty when trying to function in daily life. She had more control of how she felt and how she expressed herself compared to how she perceived herself to be.

Enfield Pathways Integrated Consortium Funded by HM Government: Department for Levelling- Up, Housing and Communities

Funding enabled us to provide 416 sessions of counselling to women in the borough by way of covering costs of Extra Clinical Assessments and Clinical Supervision.

Feedback from clients includes; Since the assessment she had come off the antidepressants and was only using the sleeping pills occasionally. Was feeling more in control. informed me that she was finding herself occasionally forgetting her anxieties and having casual conversations with other women. Mainly just through talking it out, also worked on some mindfulness techniques for the anxiety and sleepless nights. Discussing client's upbringing and comparing it to her daughter's vs other people (cultural differences in expressing feelings). She felt more of a person and more confident in her own ability to do things for herself. This helped her to develop a voice of her own to ask for what she needs and would like, particularly with her brothers.

Enfield Wellbeing Fund Grant via Enfield Voluntary Action

To help women and families reduce childhood obesity, work to prevent heart disease and diabetes and help improve life chances by providing activities and information .

By increasing access to information on healthy food and budget menus ideas together with information on reducing risk of heart disease and diabetes

1. activities carried out with our funding.

- Street dance classes for young people and parents
- Researching healthy affordable food ideas and sharing with clients
- Parents meeting at hall (hub) to share info, ideas on affordable healthy meal options
- The information was also shared with all those receiving support from the foodbank – 50+ families per week.
- Information shared included - recipes, debt advice info, where to access help with range of issues/activities – debt, housing, DV, dance and exercise classes etc.

Street dance sessions for children and including joint classes with parents – to get the family to participate in fun sessions encouraging physical activity.

Freedom Programme

For women and girls who have experienced Violence in the home. The sessions were always oversubscribed and carried out online. As always, we received referrals from a range of professionals including courts, social services, health, children and family support, DV support professionals.

Counselling Service

With the help of the extra funding from above projects as well as from Rise Mutual we were able to increase our counselling provision in the period. The extra funds enabled us to access more time from Clinical Assessors and Clinical Supervisors to meet the requirements set by the BACP. In particular we were pleased to be able to expand the dept of our multilingual provision by recruiting more counsellors form within our various communities. Referrals continue from a range of professionals and agencies.

Food Distribution Project

Sainsbury Stores in A10 and Lancaster Rod continue to collect donations on our behalf to help us meet the many families needing support. We were thankful to receive funding from two local supermarkets; Sainsbury and Tesco which enabled us to access various culturally sensitive and health aware foods. We ae operating two delivery rounds each week, one in the North of the borough and in the South. We also have people collecting in person. Each year we also work with local faith groups and other agencies to enable us to provide turkeys and hampers and gifts to the women and children we serve. Our drivers have reported

family members bursting into tears and stating that, without our service, they would not have had a Christmas.

External activities and events

Some events and activities we were invited to contribute/participate in include; We were invited by Councillor Kate Anolue to speak at a conference she organised on “Impact of Covid-19 on DA in Enfield”

A talk to Highlands School Year 10 students on DA/VAWG was delivered by our Chair, Barbara Le Fevre

We were invited to speak at a Mental Health Awareness Week event organised by Saheli.

Black History Month event at Forty Hall, Black Barn with fellow Food Alliance Members

Vintage & Craft Fair; Xmas Market and Parade in Enfield Town; Ponders End Christmas Fair, Encaf Festival at Trinity church, Macmillan community event.

Oasis Hadley Community Awards Event for writing the True to Me programme for girls which has been used by the school for some years.

Mayor's “Domestic Violence and Mental Health” Awareness Day

White Ribbon Day 2022

As before we support and promote the White Ribbon campaign. We held our annual vigil for women and girls who had been attacked and killed around the world. As in last year, this was an online event due to the Coronavirus concerns. It was good to be joined by women from the community and also the statutory sector.

Acknowledgements

It is time to thank people for their help, support, donations and encouragement in enabling us to carry out the activities of the Centre. Thanking everyone who has helped and supported us can be a challenge each year in that we are always conscious that we may miss someone important. So - **thank you** to all who have helped, supported and encouraged us and apologies if you have been missed in the comments below. Do please contact us to enable us to rectify the situation.

Again staff and customers at **Sainsbury** have been magnificent in ensuring the donation boxes in their stores are generously filled. Many people contact us to donate direct having seen the Sainsbury boxes. These donations are welcomed by the families who are referred to us.

Edmonton Rotary Club for their much appreciate continued support for our clients. They provide us with tokens to share among our clients as well as helped us acquire and install a shed to hold the food and other

donations.

As before, the people of Enfield came together to ensure we were able to bring some light to our families over the Christmas period with turkeys, hampers and gifts. These included Pastor Nick and the Revival Christian Church of Enfield and a year-long supply of food donations as well as ready meals from Tara at Exodus Youth Worx UK.

No acknowledgements would be complete without mention of the help and support from the Community Development Team at the Civic, Shaun Rogan, Debbie Gates, Jany Badoye. Their prompt responses to our varying queries have helped a tremendous amount.

Louise Nicholson is due a massive vote of thanks for her continued support with our website. We often rush off emails with requests for amendments and she responds immediately helping us to promote our work.

Paul at Selman Print – thanks for your rapid responses to our crazy requests.

Enfield Voluntary Action – for their invaluable support and information on a range of issues. The various fora they provide for community groups to come together to discuss concerns is invaluable.

Thank you to all our **members and individual** donors – without your support we would not be here. We also recognise that for some of you this is a big deal.

We again owe a debt of gratitude to Paul and Mick for carrying out deliveries of food to our families needing foodbank services.

Again – working with this dedicated team is a privilege, one for which I am truly grateful. So, thank you to all the Team and the Trustees for keeping the focus in these unfocussed times.

Networking and Partnerships

We value working with colleagues and partners in the Borough including a range of professionals, groups and networks/fora including Domestic Violence Against Women and Girls (VAWG) Strategic and Operational Groups, Citizens Advice Enfield, Enfield LGBT Network, Enfield Voluntary Action, Local Motion (Core Group and Mental Health sub group members) Enfield Food Alliance, Ponders End Community Development Trust, Voluntary Sector Strategy Group, North Central London CCG stakeholders group, Early Help Network, Voice It Out Women, Enfield Children's and Young People's Services, Enfield Saheli, IKWRO, Imece, Naree Shakti, Samafal Women's organisation.

This means we have an extensive list of groups and professionals to which we can refer clients for help we cannot provide. We operate knowing we cannot do everything and celebrate the vastness and variety of the people we work with.

EWC Personnel

We owe a huge debt of gratitude to the wonderful band of women who assist us in various ways including turning up to stuff envelopes, meet and greet people at events, registers, tea duty, stalls at festivals and various events, help with walks and other activities.

**This band of wonderful women is vital to us being able to provide quality, low-cost services in the borough.
A big thank you to everybody.**

Centre Personnel 2021 - 2022

Management Committee

Chairperson – Barbara Le Fevre Treasurer – Beverley Woods
Yewande Bright, Brenda Landers, Marylyn Spencer, Ann Fahy

Office Team

Ginnie Landon, Laurie Dengel, Mary Bright,
Marylyn Spencer, Amber Conway,

Counselling Team

Clinical Supervisor Lauren Hooper

Assessors & Clinical Supervisors

Susan Snow, Ersin Osman

Counsellors

Sadaf Butt, Tessa Bennett, Sally Hartley, Javeira Khan,
Senada Gjokaj, Amanda McDermott, Daisy Williams, Collette Bailey, Fiona Hasani, Gulsum Mankir, Jade Kelly,
Melody Abelson, Rebeca Oben-Pepira, Romina Zuccolo, Samina Hussain, Sarah Noel

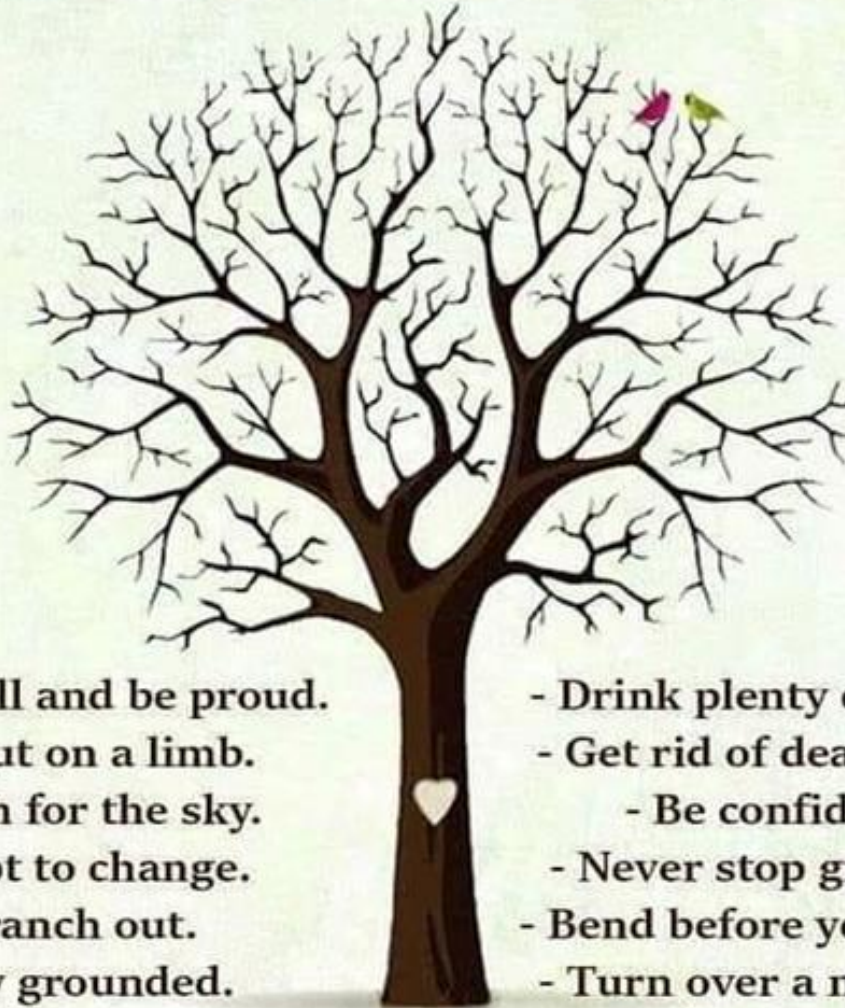
Facilitators, Trainers and Tutors

Nadine Johnson, Jade, Rhianna and Millie, Ersin Osman, Susan Snow, H Bennett, Angela Campbell

Ad hoc Volunteers

Claudia Deutschmann, Hasibe Dulgeroglu, Julia Mountain, Emine Mustapha, Jas Gosai, Cardina Beckford,
Brenda Landers, David Le Fevre, James and Paul Dengel

Advice From A Tree



- Stand tall and be proud.
- Go out on a limb.
- Reach for the sky.
- Adapt to change.
- Branch out.
- Stay grounded.
- Remember your roots.

- Drink plenty of water.
- Get rid of dead wood.
- Be confident.
- Never stop growing.
- Bend before you break.
- Turn over a new leaf.
- Enjoy the view.

Enfield Women's Centre
Unaudited Financial Statements
for the year ended 31st March 2023

Charity Registration No: 1002117

Enfield Womens Centre
Contents of the Financial Statements
for the year ended 31 March 2023

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Enfield Women's Centre (Charity no: 1002117)

Year ended 31st March 2023

Independent Examiner's Report on the Financial Statements

I have examined the financial statements on pages 2 to 4 which have been prepared under the historical cost convention and the accounting policies set out on page 4.

This report is made solely to the charity's Trustees as a body, in accordance with section 145 of the Charities Act 2011 and regulations made under section 154 of that Act. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my work regarding this report.

Respective responsibilities of the trustees and examiner

The Trustees responsibilities for preparing the annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards are set out in the Statement of Trustees Responsibilities on page 2.

The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

It is my responsibility as examiner:

- (a) to examine the financial statements under section 145 of the Act
- (b) to follow the procedures laid down in the General Directions given by Charity Commissioners; and
- (c) to state whether any particular matters have come to my attention

My examination was carried out in accordance with the general Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and report is limited to those matters set out in the statement below.

Independent Examiners Statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that, in any material respect, the Trustees have not met the requirements to ensure that:

- (a) proper accounting records are kept in accordance with section 130 of the Act; and
- (b) accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act



Peter Duboff
Chartered Accountant
Independent Examiner

Kingsbury House
468 Church Lane
London NW9 8UA

Dated: 30 April 2024

Enfield Women's Centre

Statement of Financial Activities

for the year ended 31 March 2023

	<u>2023</u>	<u>2022</u>
	£	£
Incoming resources		
London Borough of Enfield grant	54,393	31,200
Job retention scheme grant		6,396
Other grants	4,465	-
Membership		40
Counselling	15	65
Sundry donations	4,841	3,184
Miscellaneous income	-	-
	<hr/>	<hr/>
Total incoming resources	63,714	40,885
	<hr/> <hr/>	<hr/> <hr/>
Resources expended		
Salaries	20,969	19,370
Travel and subsistence	2,422	1,482
Counselling	9,095	-
Refreshments	173	38
Training	2,090	1,045
Food project	4,250	-
Events and activities	12,747	5,230
Room hire	3,903	350
IT maintenance		2,008
Electricity and water	2,617	1,790
Postage	4	811
Printing and stationery	2,451	1,175
RPS equipment	1,100	1,853
Membership subscriptions	198	216
Insurance	1,084	1,269
Independent accountant's fees	250	300
Furlough fees	-	900
Cash expenses	200	-
Telephone	2,180	2,043
Cleaning and maintenance	2,045	1,374
Sundries		11
Bank charges	107	61
Depreciation of garden office	546	-
Depreciation of computer equipment	358	-
	<hr/>	<hr/>
Total resources expended	68,790	41,324
	<hr/> <hr/>	<hr/> <hr/>
Net incoming resources	(5,076)	(438)
Fund balance brought forward	7,609	8,047
	<hr/>	<hr/>
Funds balance carried forward	£ 2,533	£ 7,609
	<hr/> <hr/>	<hr/> <hr/>

Enfield Women's Centre


Balance Sheet

At 31 March 2023

	Note	<u>2023</u> £	<u>2022</u> £
Tangible Fixed Assets	2	2,713	-
Current Assets			
Cash at bank and in hand		880	2,920
Sundry debtors	3	1,000	4,989
		120	7,909
Creditors: amounts falling due within one year	4	(300)	(300)
Net Current Assets		£ (180)	£ 7,609
Net Assets		£ 2,533	£ 7,609
Represented By:			
Unrestricted funds		2,533	7,609
Restricted funds		-	-
		2,533	7,609

The financial statements have been prepared in accordance with the Charity Commission recommended guidelines and best practice.

Approved by the Management Committee and signed on their behalf by:

Barbara le Fevre 
Chairperson

Dated: 30 April 2024

Enfield Women's Centre

Notes to the Financial Statements

At 31 March 2023

1 ACCOUNTING POLICIES

BASIS OF ACCOUNTING

These accounts have been prepared under the historical cost convention and in accordance with applicable Accounting Standards. In preparing the financial statements the charity follows best practice as set out in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2005) and applicable UK standards and the Charities Act 2011.

INCOMING RESOURCES

All income from grants, donations, deposit interest, and similar incoming resources is recognised on a receipt basis.

Income from fund raising events is recognised based on the year in which the event takes place.

RESOURCES EXPENDED

All expenditure is recognised on a payments basis.

FUNDS

For this year funds held by the Charity are unrestricted.

2 TANGIBLE FIXED ASSETS

COST

	Garden Office £	Computer equipment	Total £
Brought forward	10,356		10,356
Additions during the year	2,183	1,434	3,617

Carried forward as at 31 March 2023

12,539 1,434 13,973

DEPRECIATION

Brought forward	10,356		10,356
Charge for the year	546	359	904

Carried forward as at 31 March 2023

10,902 359 11,260

NET BOOK VALUE

At 31 March 2023	1,637	1,076	2,713
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At 31 March 2022

- - -

3 DEBTORS

	2023 £	2022 £
Deposit held by EDF	1,000	1,000
Statutory maternity pay	-	3,989

1,000 4,989

Enfield Women's Centre

Notes to the Financial Statements (continued)

At 31 March 2023

4	CREDITORS FALLING DUE WITHIN ONE YEAR	2023	2022
		£	£
	Accruals	300	300
		<hr/> <hr/>	<hr/> <hr/>

5 TAXATION

Enfield Women's Centre is a registered charity and accordingly is exempt from taxation on its income and gains where these are applied for charitable purposes.

6 RELATED PARTY TRANSACTIONS

None of the trustees were paid any expenses or remuneration by the charity during the year ended 31st March 2023.

7 DESIGNATED AND UNDESIGNATED FUNDS

All funds are undesignated.

Enfield Women's Centre (Charity no: 1002117)

Year ended 31st March 2023

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Peter Duboff
Chartered Accountant
Independent Examiner

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468 Church Lane
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Dated: 30 April 2024