



Annual Review & Accounts Year Ending 31st March 2024



“Supporting and empowering women and teenage girls to improve their mental health and wellbeing”

Annual Review and Accounts 2023-2024

Contents

Introduction from the Chair	2
Overview from the Chief Executive	3
Vision, Mission and Values of the charity	4
Volunteering	5-7
Befriending	8-9
Counselling	9-10
Your Mind Matters	11
Well Being Services	12
Achievement and Performance	13
Financial Review	14
Reserves	14
Future Plans for 2024-25	15
Structure, Governance and Management	15-16
Financial Statements for the Year ended 31 st March 2024	17
Responsibilities and basis of report	18
Statement of Financial activities (SOFA)	19
Balance Sheet	20
Notes to the Financial Statement	21-29
Funders, Partners and Fundraisers	30-31

Annual Review and Accounts 2023 - 2024

Introduction from the Chair

As always it is a great honour to present to you this report on behalf of the whole team at SWAN Women's Centre.

Providing a holistic, safe and welcoming environment for women who need support is the cornerstone of everything we do.



This year we have focused our development on expansion of our services to teenage girls and women ages 16-25. We were delighted to secure 3 years funding from Pilgrims Trust to deliver the Your Mind Matters programme. Our hope is to build resilience and lifelong skills to younger women so they have these resources to draw on throughout their life.

We have of course welcomed some new staff and volunteers to our team and we are pleased to call them part of our SWAN family. Barbara, who was with us for 7 years, retired in April 2024 and Cathy and Georgina joined us. For those volunteers who ventured on to pastures new, we wish them the very best for the future and thank them for all their hard work and dedication.

I want to say thank you to every women that crosses the door to SWAN – our services are here to help you – and we recognise the bravery that asking for help in a moment of difficulty constitutes. We are here for you when you need us and we love to hear about your successes too!

On behalf of the board, I would like to thank our wonderful staff and volunteers – their dedication, passion and commitment makes SWAN an exceptional charity!

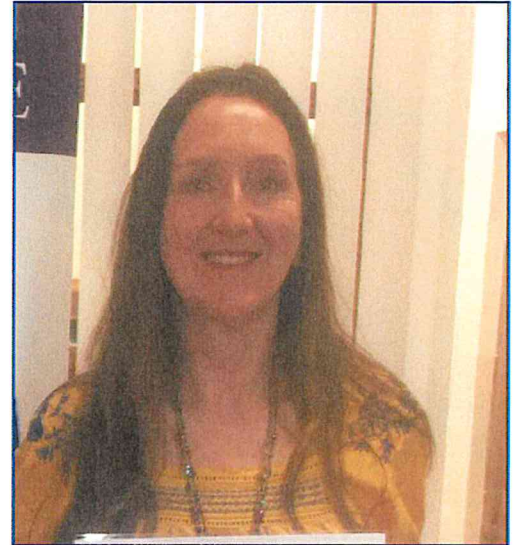
Trish Hardy
Chair of Trustees.

Annual Review and Accounts 2023 - 2024

Overview from the Chief Executive

Our Fantastic Team

We have a committed, dedicated and talented team of employees and Volunteers. Their commitment and passion and 'can do' attitude enables us to fulfil our Vision and Mission, providing high quality services to the women and girls we serve and support.



For us our values are more than aspiration, they are the framework by which we measure the success of everything that we do. How we interact with each other, how we support those who access our services and how we work with our partners and stakeholders.

In September 2023 we became a partner on the local Cradle to Career programme with Right to Succeed. The priority of the programme is on improving "Life Chances" for children in the Litherland Ward. As an organisation that has been delivering services within this ward for over 30 years, we are keen to be actively involved in this programme. We continue to be key partner on Sefton in Mind, providing our expertise and understanding of the impact on mental illness on women and girls.

We have continued to provide service for adult and teenage girls in Southport throughout the year. Working with our partners at the Talbot St Family Wellbeing Centre as well as partnering with Sefton Women and Children's Aid and Light for Life to provide a wraparound service for women, together we can do more.

The following report reflects the work of the entire team and we hope that it gives you an indication of what we have been doing over the last year, enjoy reading it!

**Karen Christie
Chief Executive.**

Annual Review and Accounts 2023 - 2024

Vision

SWAN WOMEN'S CENTRE "where women and teenage girls feel secure, confident and positive, where they can transform their lives and celebrate their true worth and value".

Mission

"To support and empower women and teenage girls to improve their mental health and wellbeing."

Our Values

Female focused: a gendered response to mental health issues as they effect women and teenage girls.

Empathy: Demonstrating compassion and understanding toward women and girls accessing support and services.

Mental Resilience: Encouraging the development of mental resilience to help women better cope with life's challenges.

Autonomy: Respecting women's autonomy in making decisions about their own mental health and well-being.

Listening: Demonstrating active and compassionate listening to women's experiences and concerns, making them feel heard and valued.

Empowerment: Fostering a sense of empowerment, enabling women to take control of their lives and mental well-being.

Safety: Creating a safe space where women can openly discuss their mental health.

**Annual Review and Accounts
2023 - 2024**

Volunteering

Volunteers are vital to the delivery of all of our services. They provide us with additional capacity as well as bringing a diverse range of experience, knowledge and skills to the organisation. Without their help we would not be able to support as many women and girls as we do or offer the same range of solutions to supporting mental health.

We support all of our volunteers through a dedicated Volunteer Co-ordinator, Befriending team and Counselling team. As we continue to expand our volunteering offer, we want to ensure that the quality of the volunteering experience is maintained to the highest standard.

Our Volunteers

- 9 Trustees
- 14 Receptionists
- 5 Group Facilitators
 - 15 Befrienders
 - 46 Counsellors

89 Volunteers in total

Time donated

8200 hours

Amount contributed by Volunteers

£98,400

Equal to (if paid minimum wage)

Annual Review and Accounts 2023 - 2024

Volunteers what they do and say about volunteering

“

I volunteer at SWAN because I love people and I like helping bring people put of their self. I find the job very rewarding and knowing that you've helped other people than yourself.

”



“

It is important to me to use my privilege to support others, especially women and girls, who are disadvantaged. I also feel it important to give back to my local community.

”

“

After experiencing depression for the first time - I now understand "The Dark". To be a part of Swan helping other women through their journey is a gift to me.

”

Why I volunteer at Swan Womens Centre

WORDS FROM SOME OF
OUR WONDERFUL
VOLUNTEERING TEAM

“

I love volunteering to give back to my community and to also see I have helped improve someone's mental health, helping them get out and about.

”

“

Volunteering is not a hard thing to do if you enjoy spending time with people. Everybody deserves to feel relevant.

”



“

I really love volunteering as I enjoy helping people and giving back to the community. The staff are amazing and always happy to help. They always make you feel appreciated and welcome. I just love every minute of it, even though sometimes it can be challenging.

”

Annual Review and Accounts 2023 - 2024

Volunteer Receptionists and Group Facilitators

- 14 Volunteer Receptionists
- 5 Volunteer Group facilitators.

2300 volunteering hours.



VOLUNTEERS WEEK

Volunteers meet regularly for training and catch up with the other volunteers



Volunteering, why do women volunteer with us?

Volunteer Case Study

Volunteer A, started volunteering with us in December 2023. She had lost a child in February 2023. She had previously been working with children, and wanted to move away from the sector due to her loss, she wanted a new career path. "A" had no administration experience, and was nervous about answering telephones and learning our database. She identified as neurodivergent, and was concerned that it would act as a barrier working within the admin sector.

Since joining us, her confidence has soared. She is incredibly professional and empathetic with clients and handles the stress of office life very well. She has excelled in training and learning opportunities with us, and now has plans to re-join the world of teaching children. She has said that since working at Swan, she feels like she can go back to working with children now, which was a possibility that she did not think would happen when she joined us in December 2023.

"A" has become active and going to the gym daily now, and taking care of both her mental and physical health. She is currently looking to start driving lessons, and is focusing on future achievements and pushing herself forward. "A" will be working back in schools from September 2024 and wishes to still continue volunteering with us alongside her working life.

Annual Review and Accounts 2023 - 2024

BEFRIENDING SERVICE

Befriending Volunteers

**15 Volunteer Befrienders
800 volunteering hours.**

15 Volunteer Befrienders have carried out **400 visits to 18 women** in the community throughout the year.



Printed with kind permission of Margaret
and Bev
Befriending Buddies

The Befriending project

The project is in its 7th year in 2024, working with women in the community who experience loneliness, isolation, and poor mental health.

The aim of the project is to reduce loneliness through engagement with their local community, aided by the support of a befriending volunteer who accompanies them to wherever they would like to go on a weekly basis. They often attend activities in the community that they are interested in. Women are offered 12 months one to one support from a Volunteer Befriender (who initially

attends 2 days training). The aim of the service is for the volunteer to accompany and encourage the supported woman to achieve any goals or positive intentions they set for themselves, with a view to connect them into their local community and building other connections. The project focuses on face-to-face support in the community, offering a handful of home visits if the woman requires support to initially get out of the house.

The project is completely face to face, includes activities such as walking, going for coffee, joining groups, and swimming. Support can also take the form of attending various appointments and accompanying in day-to-day tasks such as shopping. Volunteers are requested to commit to volunteering for 12 months

Befriending Case study

K was referred to the Befriending project in May 2023 after completing counselling sessions with us.

K was very isolated and managing various things in her life. K was very isolated due to family breakdown. She said that she wanted to get out, enjoy things and build a trusting relationship with someone.

K was matched with a young woman of a different background who had a passion for helping women and was studying psychology. Though the women were different culturally and of different backgrounds, the relationship built, and the volunteer was able to gain K's trust. They did activities together such as walking, talking, and even trying new things like hot yoga.

Impact statement from Befriending client

“C is so lovely, having someone who cares about people makes a difference. She helped me to talk and go places. When we were together, I felt ok to go out in public.

This is important to me because my confidence was low, and I wasn't going out. C listened which helped me to relax, laugh and enjoy myself. As a result of C's help, I've been to new

Annual Review and Accounts 2023 - 2024

places, tried new things, and made new friends all because she helped me to build a relationship with her and I could trust her. Her warm heart, friendship and kindness helped me to trust her, we built a great relationship. I wish we could continue”.

K really appreciated the kindness and compassion her volunteer showed. This enabled trust to build, which was a difficult thing for K to cultivate with others. As a result, K found a side to herself where she was able to relax and enjoy the company of her volunteer without being preoccupied with worry and concern about the volunteers' motives and intentions. They shared various experiences and lots of laughing. The relationship built K's confidence and saw her setting new goals along the way which she was able to tick off. She ended in the hope of visiting Malta!

At the end of the project, K felt she had achieved her aims and more, with more confidence and ability to get out and about on her own.

COUNSELLING SERVICES

Counselling Volunteers

14 qualified Counsellors

32 Trainee Counsellors

4784 Counselling Volunteering hours

926 Adults supported

28 young people supported



Counselling Case Study

Mrs M said that she had been struggling with her mental health for a number of years. She had been on medication, which had helped initially, but she no longer felt it did. She was experiencing anxiety and depression and she felt that it had started after the death of her mother.

While Mrs M was on the waiting list for counselling we suggested other activities that she could join such as mindfulness, card making group etc.

Mrs M discussed her relationship with her mum. She mentioned that she had never had any relationship with her father so she had been reliant on her mum for everything. She had a very good relationship with her Grandmother too. Over the weeks, she discussed her relationships with various family members as well as her friendships. It was clear to Mrs M that she was still grieving the death of her mum, which had been almost 8 years ago.

Following counselling, Mrs M felt that she was able to talk about her mother and while she was

Annual Review and Accounts 2023 - 2024

Still grieving the loss she knew that she was able to take part in activities that would bring her joy.

Mrs M decided to join the Mindfulness class and she decided that she was going to reconnect with her friend

Impact Statements from Clients

"I have been able to discuss my self-worth, suicidal thoughts freely with my counsellor. She has allowed me to be very open with my emotions which has allowed me to have many break throughs over the last 8 weeks. I am now leaving a much happier and stronger woman".

"The counselling that I received... helped me copy with my anxiety and the other problems that I faced".

"They have helped me understand my problems more and taught me coping mechanisms to help".

"Helped me to find me again".

"I now understand that boundaries aren't a negative".

"I would tell my friends that this service is completely valuable and will help and support in time when you feel there is no alternative".

"I couldn't have got through what I did with ..., she was amazing I am so much better in myself. I really can't thank her enough".

Young Persons Counselling

Case study teenage girls counselling

Molly is a 15 year old, currently due to begin year 11. Molly was referred to the service by her school following ongoing aggressive out bursts in school. Molly was also having difficulties in attending school regularly. Molly has never tried counselling before but she was equally as troubled by the fact that she could not control her

behaviour and did not want to be excluded from school.

Molly explained that she was struggling to remain calm in school and said that it was caused by her anxiety which was triggered at the thought of going to school and also once she was in school. Molly explained that she would like counselling so that she could try to control to feelings of anxiety.

The outcome

Molly said that she was known as being "trouble" in school. However while she is on the autism pathway but she didn't feel her school took this in to account in the when in class or education in general.

With the support of the Counsellor, Molly was able to recognise why she felt angry in school. She recognised that noise in the classroom heightened these feelings, which in turn led to her asking others to be quiet or walking out of the classroom. Which then led to getting in trouble with the teacher which Molly would respond with anger due to not being heard. Through recognising the triggers for Moly's anger, she has also realised on the days her anxiety is heightened and unable to attend school, this is due to anticipation around lesson's which are particular noisier.

The difference the service has made.

Molly's mental health improved from our initial assessment. She became much more positive about attending school. On completing her final session, she said that she felt her overall feelings around managing her anxiety and anger had improved. She said that she felt much more able to attend school as she knew that she could ask to leave the class room when things got too noisy.

Young Persons quote

"It has helped me change my mind set and improve my personal mental wellbeing".

Annual Review and Accounts 2023 - 2024

YOUR MIND MATTERS (Y.M.M)

77 Young Adults supported (16-25 years)

YMM Case study

Ms M talked about fractions with parents and sisters relating to a friendship she has and for help with anxiety.

Initial assessment comment - 'I want to feel happier, less stressed and life to be a little easier'

During the first session, M realised that she doesn't have any boundaries in place at home. We talked about this during the session and how best to implement some. By the third session M told me how she had already put some boundaries in place and had noticed small improvements with her parents. Towards the end of the sessions M could see a real change in her abilities to say no when she felt the need to and had noticed a reduction in the frequency of her anxiety flare ups.

During our final session we discussed the Your Mind Matters group sessions as a possible option for M, this was met with trepidation but M said she would have a discussion with Jeni, who facilitates the group work but doubted it would be for her due to her anxiety within groups of people.

Two months later M had started attending group session and seems to be gaining a lot of support from talking with others.

Ending assessment comment- 'Amazing experience, I learned skills and improved my mental health'.

Mental health Practitioner comment after one to one sessions - 'M has started to implement boundaries at home, which seems to be working for her. I sense M is more able to recognise and manage her anxiety'

Client Impact statement

"Swan has really changed me as a person, and I know where to turn if I start to feel so low again. From the moment I stepped into the centre I was welcomed and felt like I was in a little community with the receptionists making me tea each time I came. I would love to join the feedback session and speak more about my experience"!



Annual Review and Accounts 2023 - 2024

WELL BEING SERVICES

100 Sessions
Counsellor led Support Groups

feel shame, for something that is outside of my control". She reported that she bought a dress for a birthday party which she has not been able to attend for years.



- Emotional Wellbeing
- Bereavement group

Case Study

Mrs F joined the Emotional Wellbeing group as she wanted a safe space to talk about her personal experiences and to talk to others about the decisions for her future.

As a result of the work on her awareness of her needs and vision for the future, the client felt confident enough to start attending a support group for family members affected by alcoholics (external and independent to Swan Centre).

She said that she feels strong enough to challenge her husband's drinking and his behaviour towards her. **"With the support of the group, I realised that I didn't need to**

Providing 200+ Activity Sessions



Annual Review and Accounts 2023 - 2024

ACHIEVEMENT AND PERFORMANCE

Charitable activities

- Befriending
- Counselling
 1. Women 18+ years
 2. Women experiencing Domestic Abuse
 3. Teenage Girls (13 – 19 years)
- Mental Health Support and Advocacy or females (16 – 25 years) Your Mind Matters
- Support Groups (Counsellor Led)
 1. Emotional Wellbeing
 2. Bereavement
- Peer Support Groups x 2
- Coffee Afternoon Drop in
- Activity Groups
 1. Walking Group
 2. Card Making Group
 3. Mosaic Group
 4. Art Group
 5. Reading groups (volunteer led, In partnership with The Reader Organisation)
- Wellness Activities
 1. Breathwork
 2. Yoga
 3. Mindfulness
- Working in partnership with others
 1. Free Legal Advice (delivered by Canter Lever and Berg Solicitors on voluntary basis)
 2. Foodbank Vouchers (facilitated on behalf of the Trussell Trust)
 3. Cold Weather clothing vouchers (distributed on behalf of our local council)
 4. Toiletries (these are donated to us by women who use our services)

Other activities throughout the year

- Confidence Building workshops
- Adverse Childhood Experiences workshop (delivered by Sefton Council)
- Bach Flower Remedies
- Menopause workshops

The centre also delivers Holistic Therapies however this is a paid for service delivered by local women at much reduced prices.

Annual Review and Accounts 2023 - 2024

Fundraising activities

We have had 4 fundraising activities this year (further information on the back page). We have received a number of regular direct debit donations via Local Giving.

Financial Review

Principal funding sources

The charity's principal funding sources are NHS Cheshire, Merseyside Integrated Care Board and Sefton Council. Pilgrim Trust, Lloyds Bank Foundation, John Moores Foundation, Sefton Women and Children's Aid, and Alderhey NHS.

We received a number of small grants to increase the preventative wellness services/ support that we offer such as Art groups, therapies, yoga etc.

Investment performance

Reserves and Investment Policy

The trustees have identified financial risk as a result of the many continuing changes to government funding policies; accordingly these uncertainties have been considered and addressed when setting the charity's reserves policy. The trustees recognise that the circumstances of the charity will change over time and as such the reserves policy is reviewed annually. The amount held in reserves is monitored regularly during the course of the year as part of the quarterly budgetary and management reporting.

Reserves and Investment policy

General Reserves

The trustees have set a target range for free general reserves of £150,000 excluding fixed assets and aim to retain working capital within that range. The amount is representative of six months running costs, and provides short term financial security in the event of grants from NHS ICB or Sefton Local Authority being withdrawn or reduced. The reserves provides the trustees with sufficient solvency and time to take whatever action would be necessary in such circumstances. Net current assets at the balance sheet date amounted to £185,933, unrestricted reserves amounted to £100,933.

Designated Reserves

The trustees have set aside a designated fund of £40,000 to invest in the recruitment of a Fundraiser in 2024-2025. This planned spending is part of our strategic planning to help us grow and provide additional core mental health services that have been identified as essential by service users.

Contingency Fund:

The trustees felt it was prudent and a matter of best practice to set aside a separate reserve that would ensure the charity met its contractual redundancy costs and other liabilities in the event there was a decrease or withdrawal of regular income and the charity found it unable to continue in existence. This amounts to £45,000

Investment policy:

Cash balances held by the charity, but not required for day to day working capital are held in a separate interest bearing account with easy access.

Annual Review and Accounts 2023 - 2024

Future Plans for 2024 - 2025

There is national recognition that mental health services are under resourced and we see the evidence of this in the increasing need identified by our growing waiting lists for our services. Our newly appointed Fundraising Manager will therefore focus on exploring opportunities to either partner with other likeminded, values driven organisations or to seek funding to increase our trauma support and services to women and girls who identify as Neurodivergent.

We have recruited a Teenage Girls Counselling Co-ordinator this year. We are going to focus on expanding our Young Persons services to meet the need identified by users of our counselling services and Your Mind Matters service users.

We have been part of the Southport Recovery Group, providing counselling, counsellor led support groups following the devastating murders of children in Southport in July 2024. We will continue to respond to calls for support in the months ahead. We are changing venues in Southport but will continue to provide support to women and teenage girls who live in that area.

Volunteers will continue to play a key role within our charity. Their support, compassion and empathy that they demonstrate to others using our services, allows us to continue to provide the safe place, excellent services, and opportunities for women and girls in our community to be the best that they can. We will maintain our services across the whole of the borough ensuring the women and girls can access our services in both ends of the Borough. The charity will continue to look for opportunities to provide services that women and girls in our community demand and so we will expand our contracts and establish opportunities for unrestricted income. We will maintain and develop new partnerships to benefit the community who we work with.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, formed in 1989 and achieved charitable status in 1992. The organisation was established under a Memorandum of Association and is governed by its Articles of Association. The organisation constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Responsibilities of the trustees

The trustees are expected to comply with all the requirements as laid down in the following Charity Commission Publications

- The Essential Trustee
- The Hallmarks of an Effective Charity

Recruitment of new trustees

The members of the Board are both directors of the company and charity trustees. The charity will identify potential trustees by identifying and recruiting appropriately skilled people. All potential board members are interviewed by the Chair and/or Vice Chair, or delegated trustees of the organisation to identify skills and knowledge that will be of value to the organisation.

Appointment of New Trustees

All new Trustees complete a formal application, including DBS, and an interview process prior to meeting with the Chair of Trustees and Chief Executive. A trustee is appointed at a general meeting having been recommended by a serving trustee and appropriate notice to members eligible to vote has been given. A simple majority of members eligible to vote is required to appoint the trustee.

Annual Review and Accounts 2023 - 2024

Organisational structure

The Board of Trustees hold a Board meeting every 8 weeks and an AGM and up to two development days per year, The Board develops the Strategic Plan for the organisation. The Board have a broad range of skills that include financial monitoring; risk management; human resources and training.

The Board delegates the day to day management of the organisation to a Chief Executive who has responsibility for the implementation of the strategic plan and line management responsibility for staff. The Chief Executive is responsible for Quality Assurance and the on-going development of the organisation.

Induction and training of new trustees

New trustees receive information about the organisation including previous year's financial statements, various budgets, business plans, officer's reports and organisational structure. Trustees will meet with the Chief Executive to be briefed on the organisation's current financial and strategic position. A Trustee Development day takes place on an annual basis. The focus of the development days is strategic planning, team building and enhancing understanding of the range of services delivered by the organisation.

Wider network

The charity works with a number of local organisation's including Sefton Women and Children's Aid (Domestic Abuse Agency) and Light for Life (Homelessness Charity). We have partnered with both to deliver a wraparound mental health service to either clients of both organisations. We are working in partnership with Womens Health Information and Support Centre (Liverpool based) to provide joined up services for women across Sefton and Liverpool. We are partnering with the Reader Organisation and have developed reading groups, with volunteers, trained by The Reader Organisation. We work with our local solicitors, who provide a free legal advice service every month. We work with Trussell Trust Foodbank to distribute food vouchers and support for those who need their services.

We are a member of Sefton Healthwatch, representing the Health and Social Care Forum of Sefton. We represent Healthwatch on Sefton Council's Overview and Scrutiny Committee (Childrens) as well as being a key member of the Health and Social Care Forum. We have a key role on Sefton in Mind (Mental Health Board in Sefton) as well as facilitating and supporting the CEO Network in Sefton. Early Help Team, Loyal GPs and Mental Health Services such as Crisis Team, Meryseycare etc.

Related parties

SWAN has a wide range of stakeholders including: those who use our services, commissioning bodies such as Local Authorities and NHS Integrated Care Board as well as funders, our fundraisers, staff and volunteers. SWAN works to a range of national and local mental health strategies and others that are relevant to the services we deliver. The charity is keen to work in partnership to influence both the development and implementation of strategies and policies that impact on the lives of women who experience poor mental health.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity No: 1011971 Company number 02720502

Annual Review and Accounts 2023 - 2024

Financial statements for the Year Ended 31st March 2024

SWAN WOMEN'S CENTRE

Registered Charity Number – 1011971

Registered Company Number - 2720502

Registered office

Former Litherland Library
Linacre Road
Litherland
Liverpool
Merseyside
L21 6NR

Trustees of Charity and Directors of Company

Mrs P Hardy – Chair
Ms C Wallis – Vice Chair
Ms S A Oldnall
Ms A Horsfield
Miss B Kent (resigned 29.3.24)
Miss A K Farrell
Mrs L Mock
Miss L Williams
Miss A Tee - Treasurer

Chief Executive Officer

Ms K Christie

Independent Examiner

Suzanne Draper FCCA ACA
SB&P
Chartered Accountants
Oriol House
2/8 Oriol Road
Bootle
Merseyside
L20 7EP

Bankers

Unity Trust Bank
Nine Brindleyplace
Birmingham
B1 2HB

Solicitors

Brabners Chaffe Street LLP
Horton House
Exchange Flags
Liverpool
L2 3YL

Approved by order of the board of trustees dated 17th September 2024 and signed on its behalf by:



Mrs P Hardy – Chair of Trustees ...

Annual Review and Accounts 2023 - 2024

Independent examiner's report to the trustees of SWAN Women's Centre ('the Company') I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. **accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or**
2. **the accounts do not accord with those records; or**
3. **the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or**
4. **The accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).**

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Suzanne Draper FCCA ACA
The Institute of Chartered Accountants in England and Wales
SB&P
Chartered Accountants
Oriol House
2/8 Oriol Road
Bootle
Merseyside
L20 7EP



26/9/24

Date:

**Annual Review and Accounts
2023 - 2024**

**STATEMENT OF FINANCIAL ACTIVITIES (SOFA)
(including income and expenditure)**

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		500	100,000	100,500	90,588
Charitable activities					
Women's support services		-	133,617	133,617	132,136
Other trading activities	2	19,498	1	19,499	8,281
Investment income	3	525	-	525	242
Total		<u>20,523</u>	<u>233,618</u>	<u>254,141</u>	<u>231,247</u>
EXPENDITURE ON					
Charitable activities					
Women's support services	4	<u>46,248</u>	<u>186,581</u>	<u>232,829</u>	<u>217,538</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	11	<u>41,971</u>	<u>(41,971)</u>	-	-
Net movement in funds		16,246	5,066	21,312	13,709
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>153,759</u>	<u>10,862</u>	<u>164,621</u>	<u>150,912</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>170,005</u></u>	<u><u>15,928</u></u>	<u><u>185,933</u></u>	<u><u>164,621</u></u>

These notes form part of these financial statements

Annual Review and Accounts 2023 - 2024

Balance Sheet - 31st March 2024

		Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS					
Tangible assets	8	1,378	347	1,725	964
CURRENT ASSETS					
Debtors	9	-	-	-	6,052
Cash at bank and in hand		<u>180,029</u>	<u>18,863</u>	<u>198,892</u>	<u>165,950</u>
		180,029	18,863	198,892	172,002
CREDITORS					
Amounts falling due within one year	10	<u>(11,400)</u>	<u>(3,284)</u>	<u>(14,684)</u>	<u>(8,345)</u>
NET CURRENT ASSETS		<u>168,629</u>	<u>15,579</u>	<u>184,208</u>	<u>163,657</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>170,007</u>	<u>15,926</u>	<u>185,933</u>	<u>164,621</u>
NET ASSETS		<u>170,007</u>	<u>15,926</u>	<u>185,933</u>	<u>164,621</u>
FUNDS	11				
Unrestricted funds				<u>170,007</u>	153,759
Restricted funds				<u>15,926</u>	<u>10,862</u>
TOTAL FUNDS				<u>185,933</u>	<u>164,621</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.


The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on Date: 17th September 2024 and were signed on its behalf by:



Mrs Patricia Hardy – Chair of Trustees

Annual Review and Accounts 2023 - 2024

Notes to the Financial Statements for the Year Ended 31 March 2024

1. Accounting Policies

Basis of preparing the financial statements

The accounts have been prepared on the going concern basis.

The Board of Trustees have considered the financial position of the charity and its ability to continue as a going concern. Subject to external funding continuing at a similar level to this year, it is envisaged that the result for the year ending 31 March 2024 will be a surplus of between £20,000 and £25,000.

Looking towards the year ending 31 March 2024, and again, subject to the regular grant providers (ICB's) and Sefton local authority, continuing to support the charity, together with regular and continued monitoring of cost levels, the management and Board of Trustees are confident that the charity's operation will continue. The management and Board of Trustees think it is unlikely that the regular funding provided will be completely withdrawn but consideration does have to be given to the fact that the funding is based on budgetary demands of the individual local authorities and ICB's and there is always a possibility that funding could be at risk in the future.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Governance costs

Governance costs include costs relating to the longer term strategic planning and development of the charity. Included is 100% of the management salary costs that The Board of Trustees feel fairly represents and reflects the time spent on the charity's longer term continuity and development.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Short leasehold	- 25% on cost
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

Annual Review and Accounts 2023 - 2024

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Annual Review and Accounts 2023 - 2024

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

2. OTHER TRADING ACTIVITIES

	31.3.24	31.3.23
	£	£
Fundraising events	15,079	2,553
Room hire	4,420	5,728
	<u>19,499</u>	<u>8,281</u>

3. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Deposit account interest	525	242
	<u>525</u>	<u>242</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
Women's support services	<u>183,773</u>		

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	538	10,067
Hire of plant and machinery	1,741	1,485
	<u>2,279</u>	<u>11,552</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

7. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Staff	<u>10</u>	<u>8</u>

No staff members were paid in excess of £60,000 during the year

Annual Review and Accounts 2023 - 2024

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

8. TANGIBLE FIXED ASSETS

	Short leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 April 2023	66,877	10,310	6,831	84,018
Additions	<u>-</u>	<u>849</u>	<u>450</u>	<u>1,299</u>
At 31 March 2024	<u>66,877</u>	<u>11,159</u>	<u>7,281</u>	<u>85,317</u>
DEPRECIATION				
At 1 April 2023	66,877	9,941	6,236	83,054
Charge for year	<u>-</u>	<u>227</u>	<u>311</u>	<u>538</u>
At 31 March 2024	<u>66,877</u>	<u>10,168</u>	<u>6,547</u>	<u>83,592</u>
NET BOOK VALUE				
At 31 March 2024	<u>-</u>	<u>991</u>	<u>734</u>	<u>1,725</u>
At 31 March 2023	<u>-</u>	<u>369</u>	<u>595</u>	<u>964</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade debtors	-	5,766
Prepayments and accrued income	<u>-</u>	<u>286</u>
	<u>-</u>	<u>6,052</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade creditors	-	681
Social security and other taxes	2,420	2,401
Pension	825	696
Other creditors	471	691
Accruals and deferred income	7,000	-
Accrued expenses	<u>3,968</u>	<u>3,876</u>
	<u>14,684</u>	<u>8,345</u>

Annual Review and Accounts 2023 - 2024

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

11. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	101,759	(25,723)	41,971	118,007
Contingency fund (designated)	45,000	-	-	45,000
Johnston Family Trust	6,000	-	-	6,000
Mayor of Sefton	1,000	-	-	1,000
	<u>153,759</u>	<u>(25,723)</u>	<u>41,971</u>	<u>170,007</u>
Restricted funds				
NHS CCG's	4,344	13,236	(13,170)	4,410
PH Holt Foundation	191	(191)	-	-
SWACA	6,200	8,850	(10,639)	4,411
Sefton Council	127	16,708	(9,921)	6,914
Alder Hey	-	3,185	(3,185)	-
Pilgrim Trust Fund	-	5,247	(5,056)	191
	<u>10,862</u>	<u>47,035</u>	<u>(41,971)</u>	<u>15,926</u>
TOTAL FUNDS	<u>164,621</u>	<u>21,312</u>	<u>-</u>	<u>185,933</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	20,523	(46,246)	(25,723)
Restricted funds			
Lloyds Bank Foundation	25,000	(25,000)	-
John Moores Foundation	10,000	(10,000)	-
NHS CCG's	83,767	(70,531)	13,236
PH Holt Foundation	-	(191)	(191)
Rathbone Foundation	6,500	(6,500)	-
SWACA	15,000	(6,150)	8,850
Sefton CVS (Council for Voluntary Services) SEF002	1,500	(1,500)	-
Sefton Council	49,850	(33,142)	16,708
Alder Hey	12,000	(8,815)	3,185
Pilgrim Trust Fund	30,001	(24,754)	5,247
	<u>233,618</u>	<u>(186,583)</u>	<u>47,035</u>
TOTAL FUNDS	254,141	(232,829)	21,312

Annual Review and Accounts 2023 - 2024

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	112,796	8,457	(19,494)	101,759
Contingency fund (designated)	15,000	-	30,000	45,000
Johnston Family Trust	-	6,000	-	6,000
Mayor of Sefton	-	1,000	-	1,000
	<u>127,796</u>	<u>15,457</u>	<u>10,506</u>	<u>153,759</u>
Restricted funds				
Lloyds Bank Foundation	15,116	(19,303)	4,187	-
John Moores Foundation	-	(3,456)	3,456	-
NHS CCG's	-	12,259	(7,915)	4,344
PH Holt Foundation	-	191	-	191
SWACA	-	11,134	(4,934)	6,200
Sefton CVS (Council for Voluntary Services) SEF002	8,000	(2,700)	(5,300)	-
Sefton Council	-	127	-	127
	<u>23,116</u>	<u>(1,748)</u>	<u>(10,506)</u>	<u>10,862</u>
TOTAL FUNDS	<u>150,912</u>	<u>13,709</u>	<u>-</u>	<u>164,621</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	19,020	(10,563)	8,457
Johnston Family Trust	6,000	-	6,000
Mayor of Sefton	1,000	-	1,000
	<u>26,020</u>	<u>(10,563)</u>	<u>15,457</u>
Restricted funds			
Lloyds Bank Foundation	27,250	(46,553)	(19,303)
John Moores Foundation	10,001	(13,457)	(3,456)
NHS ICB	82,286	(70,027)	12,259
PH Holt Foundation	1,500	(1,309)	191
SWACA	21,200	(10,066)	11,134
Sefton CVS (Council for Voluntary Services) SEF002	(1,700)	(1,000)	(2,700)
Sefton Council	49,851	(49,724)	127

Annual Review and Accounts
2023 - 2024

Community Foundation	4,947	(4,947)	-
Alder Hey	<u>9,892</u>	<u>(9,892)</u>	<u>-</u>
	<u>205,227</u>	<u>(206,975)</u>	<u>(1,748)</u>
TOTAL FUNDS	<u><u>231,247</u></u>	<u><u>(217,538)</u></u>	<u><u>13,709</u></u>

Annual Review and Accounts 2023 - 2024

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

13. RESTRICTED FUNDS

Lloyds Bank Foundation

A grant awarded for core costs to help the development of the organisation.

Alder Hey - NHS

Grant contributions towards Teenage Girls Counselling service, salary and volunteer costs.

John Moores Foundation

Funding received to contribute towards salary costs for the Befriending Service.

NHS ICB

Funding is received to contribute towards the costs of:

- Adult counselling services
- Delivery of Support groups
- Contribution towards running costs of the organisation, salaries and volunteer costs (counselling).

Sefton Women and Children Aid (SWACA)

Commissioning of a counselling service for women who have experienced domestic abuse.

LCVS

Grant contributes towards counselling services.

Sefton Council

Grants towards core running costs.

Rathbone Trusts

Grants received from Eleanor Rathbone Foundation and Elizabeth Rathbone Foundation to contribute towards young person's counselling sessions and salary costs.

Pilgrim Trust

A grant received as first installment over a 3 year period starting April 2023 which is a contribution towards salaries and core costs for a mental health service for 16 - 25-year-old females.

Annual Review and Accounts 2023 - 2024

14. CONTINGENCY FUNDS

The contingency fund has been designated by the trustees to provide for redundancy and other costs in the event of a winding up. The amount has been reduced during the year to reflect a reduction in contractual redundancy costs and lease hire.

15. TRANSFERS

Transfers amounting to £41,971 represent an approved management charge of £55,554 from restricted funds to general unrestricted funds to contribute toward general overhead expenditure. A further transfer of £13,583 was made from general fund to restricted funds to cover overspend on restricted fun

**Annual Review and Accounts
2023 - 2024**

Thanks for our Funders and Partners

- Lloyds Bank Foundation
- The Mayor of Sefton Fund
- Sefton Council
- John Moores Foundation
- Cheshire and Merseyside Integrated Care Board (NHS)
- Sefton Women and Children Aid (SWACA)
- Sefton Council for Voluntary Service (Sefton CVS)
- Alder Hey - NHS
- Liverpool Council for Voluntary Service (Liverpool CVS)
- Community Foundation for Lancashire and Merseyside
- Eleanor Rathbone Trust
- Elizabeth Rathbone Trust

Thanks to our Fundraisers

Una Haslinger and the amazing Therapists who gave their time so freely - Bloom out of the Gloom. Raised £1400



Angela Howarth

Angela's Tai Chi Club (and her fabulous members who organised fundraising event in Liverpool Raised £ 1300

Kim Stevenson

Jaz Hairdressers

Waterloo, who organised a fantastic Black Tie Event., raising almost £6000



Ged Martin

Volunteer at SWAN

Walked the Santiago de Camino -Sponsorship



