

Annual Report Year Ending 31st March 2025



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

bacp | Organisational member of British Association of Counselling and Psychotherapy (BACP) Membership number 00276801



Contents

03

Introduction from our Interim Chair of
Trustees and CEO

05

Who we are

06

What we do

07

What women and girls say about us

11

The Headlines

13

Our Structure

16

Financial Review

18

Financial Statement

Annual Review and Accounts 2024 - 2025

Introduction from our Interim Chair of Trustees and Chief Executive

We are proud to present SWAN Women's Centre Annual Report for the financial year ending 31st March 2025.

For 33 years we have worked to create a compassionate, trauma-informed, safe space where women and teenage girls who have experienced poor mental health including; anxiety, depression, abuse, loneliness and isolation find support, to feel empowered and equipped to transform their lives and celebrate their true value.

Our team brings decades of combined experience in supporting women who have struggled with their mental health. We understand the significant challenges that women and girls face and the stigma often attached to that you are struggling with your mental health. However we believe that poor mental health is often a culmination of many life experiences including loneliness, isolation, poverty, abuse, poor physical health, toxic relationships (which maybe familial or romantic relationships). However we believe that with support, women and girls can improve their mental and in some cases recover from poor mental health.

The impact of our work is clear. We're proud that 100% of women and girls we support, reported that their mental wellbeing improved as a result of accessing services through SWAN Women's Centre. 100% of those actively involved in workshops reported that they had learnt strategies to help them deal with their mental wellbeing.

Our approach is holistic. We provide services that are clinical in nature, such as trauma counselling, as well as providing community based activities that help women to build their self-esteem, confidence, and build a positive network of support.

We have created a safe, women only, environment that has a powerful impact on women and girls accessing our services. We use a range of measurements to assess the impact of our services on women and girls mental health. Our counselling services are identifying meaningful improvements in various aspects of women and girls mental health and wellbeing. Measuring this impact is vital to ensuring that we are on the right track.

This year, we saw an overall reduction in the Mental Health scoring using PHQ 9, measurement scales. The average score went from a score of 15 and reduced to 9. The most significant scores were in the 'feeling down and depressed or hopeless' and 'feeling bad about yourself, feeling that you are a failure, or feeling that you have let yourself or your family down. This gave us a strong indication that women are leaving us feeling more self-confident and with hope for the future.

Statistically mental health appears to be worsening in the UK, particularly for working-age adults and young people, with increasing rates of diagnosed conditions and rising demand for services. There is a significant rise in adults experiencing common mental health conditions and higher numbers of children and young people with mental health disorders. This trend is also reflected in a surge in antidepressant prescriptions, referrals to mental health services; and disability benefits claimed for mental health conditions. This rise brings increased demand for our services. We have waiting times for counselling services between 3 – 4 months and our Befriending service has a waiting list of approximately 6 – 8 months. Many of our activity groups, can only continue due to the support of volunteers to deliver them.

We know that the need is great for our services so building financial resilience is critical. With changes in the funding landscape and more trusts and foundations spending out, we identified the need to diversify

Annual Review and Accounts 2024 - 2025

our funding and start to build out fundraising team. To strengthen our capacity, we introduced a vital new role: a Fundraising Manager with over 10 years' experience Community Fundraising. Financial stability is essential- it allows us to plan ahead, maintain consistent delivery and continue to place women and girls at the heart of everything that we do.

We know that none of this happens without a value based team. Despite financial challenges, we remain committed to caring for our staff and volunteers, embedding training, reflective practice, regular supervision, trauma – informed practices and opportunities to show our appreciation for their hard work.

We know that when the team thrive, the impact on the women we support is even greater.

Summer of 2024

After the tragic incident in Southport last July, we were part of the **Community Response Task Force**. Our offices in Southport and Litherland held counsellor supported drop in- open days, for anyone who needed to talk or wanted support. A number of our volunteers also lived in Southport and knew the children involved. It was a very difficult and challenging time for everyone involved.

We are fortunate in that we have been a part of this community for a very long time and over the summer we have had all the railings around the centre painted by another organisation. This was a mammoth task and our local TESCO went on to provide plants, people and furniture to the garden area around the centre. Our team now have a special place to debrief and reflect during days that can be very challenging.

We have invested heavily in Trauma and Neuro divergent training for all our staff, volunteers and Trustees. More about our journey, later in the report.

Spring 2025

We are excited to let you know that we were awarded **'Investors in Volunteers'** in March 2025. It took us over 18 months to achieve this accreditation but our volunteers are very important to the charity. Without them we could not operate the range of services or see so many women and girls, so we invest in training and support specifically for them alongside our Volunteer Co-ordinator.

A particular thanks goes to our funders and supporters who've continued to invest and support us in our work. Without your support, we wouldn't be reaching the number of women and girls we do. We look forward to continuing our partnerships together and invite you to be part of the next chapter.

Together, we can build a community where women and girls feel safe, seen, supported and empowered to thrive and improve their mental health.



Christine Wallis
Interim Chair of Trustees



Karen Christie
Chief Executive Officer

Annual Review and Accounts 2024 - 2025

Vision

“A place where women and teenage girls can feel safe, 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 it impacts on women and teenage girls.

Empathy: Demonstrating compassion and understanding to women and girls accessing support.

Mental Resilience: Coaching women and girls to develop mental resilience and to manage life's challenges.

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

Listening: to women's experiences and concerns, ensuring they feel heard and valued.

Empowerment: enabling women and girls to take control of their lives and mental well-being.

Safety: Providing a safe space where women and girls can openly discuss their mental health

**Annual Review and Accounts
2024 - 2025**

The services we provide:

- **One to one counselling for women and girls and those effected by domestic abuse**
- **A yearlong Befriending relationship for women who are isolated or lonely**
- **A specialist mental health service for young women aged 16 – 25 years. “Your Mind Matters” (YMM).**
- **A support group for young women aged 16 – 25 years.**
- **An Advocate for young women who are struggling to have their voice heard.**
- **Counsellor led support groups for women who struggle with anxiety, depression, low self-esteem or bereavement**
- **Peer support groups. For women led by women living with mental ill health.**
- **A range of activity groups. To bring women together, reduce isolation and loneliness as well as improving health and wellness.**
- **Free Legal Advice. Family law support.**
- **Learning Opportunities – Our workshops are focused on improvement of mental health.**

**Annual Review and Accounts
2024 - 2025**

How do our services make a difference?

Quotes from women and teenage girls who use our services.

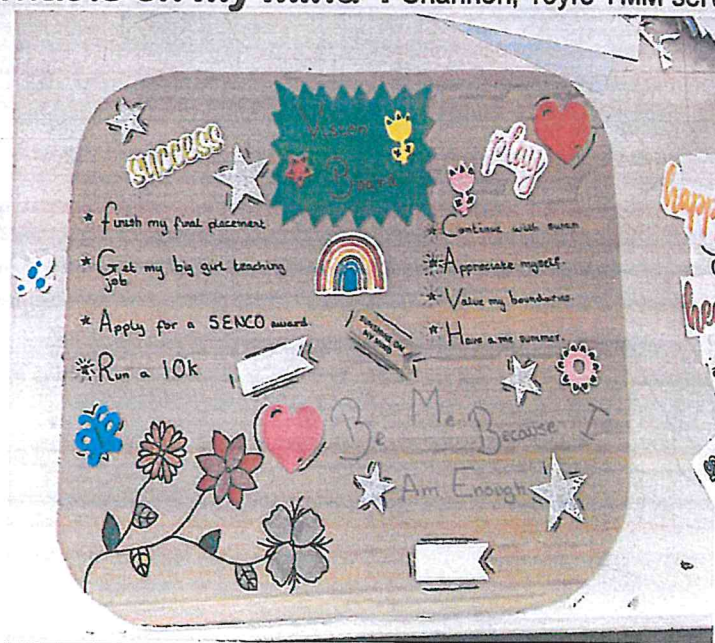
(Quotes have been anonymised)

“SWAN saved my life. I cannot thank my counsellor enough, she has helped me to see that I can be happy and people do care about me”
Suzanne 63yrs Adult counselling.

“ Everyone [at the centre] knows the best way to support people and I would recommend the services to all my friends”. Anna 24yrs YMM service.

“Counselling has helped me sort through a lot of thoughts and feelings, I had in the post-partum period. It helped me to be at ease with things that are happening in my life” Mari 22yrs Adult counselling.

“I feel like I can regulate my emotions more and feel better talking about what is on my mind”. Shannon, 16yrs YMM service



**Annual Review and Accounts
2024 - 2025**

“My relationship is better and I am looking forward to an exciting future thanks to” Margaret 64 years Counsellor Led support group

“It helped me to realise that I grow from my past and come through the Darkness a happier person” Maisie 15yrs Teenage Counselling

“[Befriending] I don't recognise myself anymore. Having a friend who I can go out with has been life changing” Jackie 52yrs Befriending service.

“I look forward to meeting my friends every week, we have a good laugh. The staff are brilliant and you always get a cup of tea”
Margaret 75yrs Card making group

“This has really made my day. I am going to continue to write down my thoughts and I realise that my thoughts are not the same as the truth”
Joanne 63 yrs Journaling workshop.

“ I have been using breathing technique worksheet – to calm myself down more” Georgina 30yrs Breathwork workshop

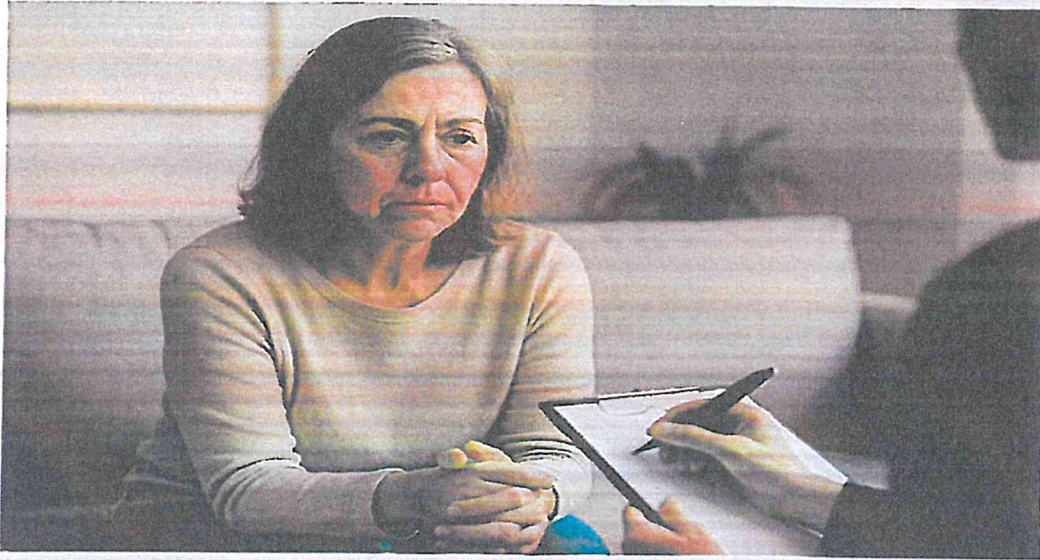
“My anxiety has reduced – travelling on my own again, 1st time in two and half years” Fran 36yrs Befriending Service

“Thank you for making me feel like me again”
Jess aged 14yrs Teenage counselling

“Now thanks to, I feel I am confident, happy, vibrant person with an inner glow”. Zoe 25 years YMM service

Annual Review and Accounts 2024 - 2025

Angela's Story



"I was referred to the centre in June 2024 after telling my GP I was struggling.

I'd been living with anxiety and depression for years, especially since my mum passed away. Medication helped at first, but I knew I needed to talk to someone.

From the very first session, I felt listened to and supported. My Counsellor gave me the space to talk about my grief, my family relationships, and the impact this had on my life. Over eight weeks, I began to notice a

change. I could finally talk about my mum without feeling completely overwhelmed.

By the end, I felt stronger and ready to take small steps forward. I joined the mindfulness group and reconnected with an old friend — things that bring me joy again.

I'm still grieving, but counselling has helped me see that I can live alongside that grief and still have hope for the future".

Annual Review and Accounts 2024 - 2025

Mia's story



“I’m 15 and have never really liked school but it has got harder to go as I got older. I get really anxious just at the thought of going in. I know what happens. Everyone shouts all the time and they ignore me or shout at me, when I tell them to be quiet. The teachers blame me. I just end up just walking out of school or asking my mum to come and pick me up. I get very anxious at the thought of going back to school. I just want to stay home.

My Teacher has talked to me about counselling and I didn’t think it would help but I said ok.

When I came here it was different. No one asked me questions I didn’t want

to answer — my counsellor said we could just draw to explain how I felt and I could write anything down, even if didn’t make sense to anyone else.

At first I just watched her, then I joined in. I wrote down songs I liked, and later I started to talk about how I felt. For the first time, I felt listened to and that my counsellor understood what I was going through.

The emotion cards helped me to understand my emotions and I recognised what triggered my anger.

On days when I still feel overwhelmed, I use the skills which I’ve learnt. Counselling has helped me to tell people how I feel and I have become a nicer person”.

**Annual Review and Accounts
2024 - 2025**

Our Headlines In 2024-2025

2744 women and teenage girls directly supported

Mental Health Support:

- 3564 adult counselling sessions.
- 802 teenage counselling sessions.
- 726 counselling sessions to women experiencing domestic abuse.
- 39 Counsellor led, Bereavement Support sessions.
- 42, Counsellor led, Emotional Wellbeing Support sessions.
- 32 Support group meetings for young women (Your Mind Matters)
- 117 Mental Health Support sessions (YMM)
- 3 Mental Health Advocacy sessions

Wellbeing Support:

- 118 Befriending meetings to women in the community.
- 513 Holistic Therapy sessions (relieves stress and improves wellbeing).
- 40 workshops (Confidence Building, Building positive relationships etc).
- 200 interest/activity groups – Walking group, Knitting group, Card making group etc.

Community Support:

- 116 free Legal Advice appointments
- 58 Food bank vouchers distributed (as a partner of Trussell Trust)
- £2000 worth of Winter clothing vouchers distributed (as partner of Sefton Council)
- 300 free Hygiene Kits provided to women who use our services.

Annual Review and Accounts 2024 - 2025

Services

3564

Adult counselling sessions

802

Teenage girls counselling sessions

726

Specific D/A counselling sessions

32

YMM Support group sessions

42

Wellbeing sessions

117

YMM MH practitioner sessions

118

Befriending Meetings

200

Activity sessions

13 – 94 yrs
Age range of clients

100% of clients live in
Sefton/Liverpool

**Annual Review and Accounts
2024 - 2025**

Meet our Team

- **10 Members of staff**
- **85 Volunteers**

Our Team of Volunteers includes

9 Trustees

- **14 Volunteer Receptionists**
- **6 Volunteer Group Facilitators**
- **10 Volunteer Befrienders**
- **46 Volunteer Counsellors**

85 Volunteers in total

Time donated

7600 hours

Amount contributed by Volunteers

£95,000

Equal to (if paid minimum wage)

Annual Review and Accounts 2024 - 2025

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

Appointment of New Trustees

All new Trustees complete a formal application, including DBS, and meet with the Chair of Trustees and Chief Executive. A trustee can be appointed at any time during the year once agreed by Trustees. A simple majority of members eligible to vote is required to appoint the trustee.

Recruitment and Appointment of New Trustees

Regular reviews are conducted to assess the skills and expertise of the current Trustees, identifying any areas for development to ensure we continue delivering life changing services for women and girls who experience poor mental health. New Trustees are carefully selected through a formal recruitment process, with interviews conducted by the existing Board members to ensure alignment with the charity's need and strategic goals.

Induction and training of new trustees

All new Trustees receive a comprehensive induction designed to equip them with the knowledge and tools needed to fulfil their governance responsibilities effectively. This induction includes an overview of SWAN Women's Centre mission, vision and values; an introduction to the work that we do, safeguarding and an outline of financial duties, with emphasis on building financial resilience.

Organisational structure

The Board of Trustees meet every 6 weeks, either online or face to face, and conduct an AGM yearly. This is published and welcomes anyone with an interest in the charity. The board have up to two development days per year at which they review and update the Strategic Plan for the organisation. The Board have a broad range of skills which includes organisational management, counselling, business development, safeguarding, risk management; human resources and training.

Annual Review and Accounts 2024 - 2025

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

Policies

We have a comprehensive suite of policies covering all key operational and governance areas including but not limited to: Safeguarding Adults, Safeguarding Children, Privacy Notice (including GDPR), Health and Safety, Conflict of Interest, Volunteer Policy, Complaints Handling and Equity, Diversity & Inclusion. All policies are regularly reviewed to ensure they remain up to date, legally compliant and aligned with best practice.

Wider network

The charity works in partnership with a number of local voluntary sector organisations including Sefton Women and Children's Aid (SWACA) and Light for Life (Homelessness Charity). We have partnered with both to deliver a wraparound mental health service to clients across all 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 two of our local solicitors, who provide a free legal advice service twice every month. We work with Trussell Trust Foodbank to distribute food vouchers and support for those who need their services.

We are a steering group 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 Forum in Sefton). We accept referrals from many agencies but in particular receive referrals from Sefton Council Early Help Team, Local GPs, and local Mental Health Services such as the Crisis Team, Children and Adolescent Mental Health Services. Our local social prescribers make many referrals into services.

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, research that helps to shape the delivery of our services. 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 and teenage girls who experience poor mental health.

Annual Review and Accounts 2024 - 2025

Financial Review

Principal funding sources

The charity's principal funding sources are NHS Cheshire and Merseyside Integrated Care Board, Sefton Council, Pilgrim Trust, Steve Morgan Foundation, PH Holt, National Lottery Foundation, Garfield Weston and Sefton Women and Children's Aid. We received a number of small grants to increase the preventative wellness services/support that we offer such as walking group, art therapy, journaling workshops etc.

Our primary expenditure is dedicated to supporting women and girls' mental health. This includes significant investment in staff, enabling us to operate as a trauma informed organisation and meet growing demand for mental health services, alongside our long term services such as Befriending and wellness activities.

Additional expenditure covers essential costs including accountancy, fundraising, administration, volunteer expenses, training – core elements in maintaining a resilient, sustainable charity positioned for growth and impact.

We ended the year with a surplus of £13,104 (2024: £21,312) resulting in a year - end balance of £136,877 in unrestricted funds and £62,160 in restricted funds.

Our Trustees took the decision to invest unrestricted funds in a Fundraising Manager at the beginning of 2024. This has been a sound investment and resulted in a small increase in income this year.

Risk Management

The Trustees continue to assess the major risks to which the Charity is exposed and are satisfied that systems are in place to mitigate exposure to major risks.

Reserves Policy

Our reserves are a safety net – money we keep aside to make sure we can continue supporting women and girls, even if our fundraising or income doesn't go as planned.

Reserves for the charity's purpose excludes:

- Restricted funds, which are subject to specific conditions imposed by funders or donors.
- Fixed assets held for the charity's use.
- Designated funds set aside by Trustees for specific future purposes. We aim to keep between **6 and 9 months of running costs in unrestricted reserve.**

This range seems prudent given the current funding landscape.

- This means between **£142,500 and £213,750** based on our current annual income of £285,000.

Annual Review and Accounts 2024 - 2025

These funds would cover essential costs such as staff redundancies, leases and running costs should we face a sudden drop in income.

Having this safety net allows us time to find new funding, protect our services, and make careful decisions without putting women and girls at risk of losing vital support immediately.

We use reserves in exceptional circumstances, and any decision to do so is made carefully by our Board of Trustees. We review our reserves policy every year to make sure it's still right for our charity and the women and girls we support.

Future Plans for 2025 - 2026

Trauma Quality Mark- Trauma Attuned Organisation

Trauma-informed practice acknowledges the need to see beyond an individual's presenting behaviours and to ask, 'What does this person need?' rather than 'What is wrong with this person?' Funding from The National Lottery Foundation has enabled us to invest in trauma counselling as well as supporting us to build a culture of trauma attuned practice as well as an awareness of neuro divergent awareness across all our team and organisation. We will do this by training every member of our organisation, including all volunteers, in order to implement and understand what a trauma attuned approach is. We aim to improve the accessibility and quality of services by creating culturally sensitive, safe services that women and girls trust and want to use.

This year we begin our journey of acquiring the nationally recognized 'Trauma Quality Mark'. Which a set of best practice standards in trauma-informed working.

Strategic Plan

The Trustees of the charity are currently working on our 3 year strategic plan which includes diversifying income, expansion of our Befriending services, in response to long waiting lists, as well as providing additional support to teenage girls. Our current counselling services are oversubscribed so we will focus on community fundraising to expand this service as well as providing evening support groups for teenagers.

Recruitment of new Trustees

We were sorry to see the departure of 4 of our Trustees in 2024/25 but we recruited a further 4 Trustees to support the wealth of experience which we already have on the board. Our Trustees are representatives of the community that we serve. We have both community representation as well as specific knowledge on the board. This is still early days for our new Trustees but a Strategic Planning Day later in the year and this will really embed their knowledge and insights in to our updated organisation plan.

We continue to be thankful for the ongoing support of our volunteers, without whom we couldn't provide the services and support that we do.

**Annual Review and Accounts
2024 - 2025**

Financial statements for the Year Ended 31st March 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity No: 1011971 Company number 02720502

Registered office Former Litherland Library Linacre Road
Litherland Liverpool Merseyside L21 6NR

Trustees

Ms C Wallis
Mrs P Hardy
Ms S A Oldnall
Ms A Horsfield
Miss A K Farrell (resigned 1.6.25)
Mrs L Mock
Miss L Williams (resigned 1.6.25)
Miss A Tee (resigned 1.6.25)
Ms M O Onwuka (appointed 1.6.25)
Ms E L Sprawson (appointed 1.6.25)
Mrs R Horsley (appointed 16.7.25)
Ms R Moughtin (appointed 16.7.25)

Chief executive officer

Ms K Christie

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

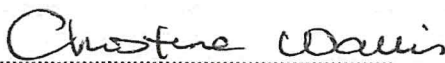
Bankers

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 on 16/9/25 and signed on its behalf by:



Mrs C Wallis – Interim Chair of Trustees

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 2025.

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
Oriel House
2/8 Oriel
Road
Bootle
Merseysid
e L20 7EP

Date: 21/10/2025

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2025**

Notes		Unrestricted	Restricted	31.3.25		31.3.24
		funds	funds	Total	funds	Total
		£	£	£	£	
INCOME AND ENDOWMENTS FROM						
	Donations and legacies	26,447	102,207	128,654		100,500
Charitable activities						
	Women's support services	-	134,370	134,370		133,617
	Other trading activities	2 22,713	-	22,713		19,499
	Investment income	3 551	-	551		525
	Total	49,711	236,577	286,288		254,141
EXPENDITURE ON						
	Charitable activities					
	Women's support services	4 82,843	190,341	273,184		232,829
	NET INCOME/(EXPENDITURE)	(33,132)	46,236	13,104		21,312
RECONCILIATION OF FUNDS						
	Total funds brought forward	170,007	15,926	185,933		164,621
	TOTAL FUNDS CARRIED FORWARD	136,875	62,162	199,037		185,933

The notes form part of these financial statements

SWAN Womens Centre (Registered number: 02720502)

**Balance Sheet
31 March 2025**

	Notes	Unrestricted funds £	Restricted funds £	31.3.25 Total funds £	31.3.24 Total funds £
FIXED ASSETS					
Tangible assets	8	871	244	1,115	1,725
CURRENT ASSETS					
Cash at bank and in hand		142,892	73,533	216,425	198,892
CREDITORS					
Amounts falling due within one year	9	(6,886)	(11,617)	(18,503)	(14,684)
NET CURRENT ASSETS		136,006	61,916	197,922	184,208
TOTAL ASSETS LESS CURRENT LIABILITIES		136,877	62,160	199,037	185,933
NET ASSETS		136,877	62,160	199,037	185,933
FUNDS					
Unrestricted funds	10			136,877	170,007
Restricted funds				62,160	15,926
TOTAL FUNDS				199,037	185,933

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

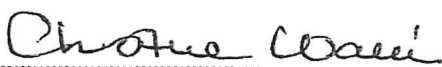
The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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

16/9/25..... and were signed on its behalf by:



Mrs C Wallis.

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 2026 will be a surplus of between £10,000 and £15,000.

Looking towards the year ending 31 March 2025, and again, subject to the regular grant providers (ICB's) and local authorities, 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

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.

SWAN Womens Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

2. OTHER TRADING ACTIVITIES

	31.3.25	31.3.24
	£	£
Fundraising events	17,073	15,079
Room hire	5,640	4,420
	<u>22,713</u>	<u>19,499</u>

3. INVESTMENT INCOME

	31.3.25	31.3.24
	£	£
Deposit account interest	551	525
	<u>551</u>	<u>525</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
Women's support services	<u>221,989</u>	<u>51,195</u>	<u>273,184</u>

5. NET INCOME/(EXPENDITURE)

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

	31.3.25	31.3.24
	£	£
Depreciation - owned assets	706	538
Hire of plant and machinery	<u>1,418</u>	<u>1,741</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

7. STAFF COSTS

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

	31.3.25	31.3.24
Staff	<u>10</u>	<u>11</u>

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

SWAN Womens Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

8. TANGIBLE FIXED ASSETS

	Short leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 April 2024	66,877	11,159	7,281	85,317
Additions	-	96	-	96
At 31 March 2025	66,877	11,255	7,281	85,413
DEPRECIATION				
At 1 April 2024	66,877	10,168	6,547	83,592
Charge for year	-	395	311	706
At 31 March 2025	66,877	10,563	6,858	84,298
NET BOOK VALUE				
At 31 March 2025	-	692	423	1,115
At 31 March 2024	-	991	734	1,725

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25 £	31.3.24 £
Social security and other taxes	2,761	2,420
Pension	1,207	825
Other creditors	1,292	471
Accruals and deferred income	8,333	7,000
Accrued expenses	4,910	3,968
	18,503	14,684

SWAN Womens Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

10. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movemen t in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
General fund	118,007	(53,130)	7,000	71,877
Contingency fund (designated)	45,000	-	-	45,000
Johnston Family Trust	6,000	-	(6,000)	-
Mayor of Sefton	1,000	-	(1,000)	-
Albert Hunt	-	5,000	-	5,000
Garfield Weston Foundation	-	15,000	-	15,000
	<u>170,007</u>	<u>(33,130)</u>	<u>-</u>	<u>136,877</u>
Restricted funds				
P H Holt	-	1,667	-	1,667
NHS ICB	4,410	10,674	-	15,084
Steve Morgan Foundation	-	5,011	-	5,011
SWACA	4,411	4,946	-	9,357
Sefton CVS (Council for Voluntary Services)	-	8,200	-	8,200
Sefton Council	6,914	(1,344)	-	5,570
Pilgrim Trust Fund	191	4,767	-	4,958
National Lottery	-	12,313	-	12,313
	<u>15,926</u>	<u>46,234</u>	<u>-</u>	<u>62,160</u>
TOTAL FUNDS	<u>185,933</u>	<u>13,104</u>	<u>-</u>	<u>199,037</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	29,711	(82,841)	(53,130)
Albert Hunt	5,000	-	5,000
Garfield Weston Foundation	15,000	-	15,000
	<u>49,711</u>	<u>(82,841)</u>	<u>(33,130)</u>
Restricted funds			
P H Holt	1,667	-	1,667
NHS CCG's	84,521	(73,847)	10,674
Steve Morgan Foundation	25,001	(19,990)	5,011
SWACA	15,000	(10,054)	4,946
Sefton CVS (Council for Voluntary Services)	10,500	(2,300)	8,200
Sefton Council	49,851	(51,195)	(1,344)
Community Foundation	7,000	(7,000)	-
Pilgrim Trust Fund	30,399	(25,632)	4,767
National Lottery	12,638	(325)	12,313
	<u>236,577</u>	<u>(190,343)</u>	<u>46,234</u>
TOTAL FUNDS	<u>286,288</u>	<u>(273,184)</u>	<u>13,104</u>

SWAN Womens Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

10. MOVEMENT IN FUNDS - continued

Comparatives for 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>

Comparative 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)	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	<u>254,141</u>	<u>(232,829)</u>	<u>21,312</u>

SWAN Womens Centre

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

12. RESTRICTED FUNDS

NHS ICB

Grant Funding received from NHS Cheshire and Merseyside contribution towards the following services:

- Adult counselling service
- Support groups
- Contribution towards running costs of the organisation

Sefton Women and Children Aid (SWACA)

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

Sefton CVS

4 Grants received for wellbeing activities

Community Foundation for Lancashire and Merseyside

Contributes towards counselling services.

Sefton Council

Grants received as a contribution towards core running 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.

PH Holt Foundation

A grant for volunteer training and Volunteer Co-ordinator salary.

Steve Morgan Foundation

Contributes towards salaries of the Befriending Project.

National Lottery Foundation

A 5 year grant awarded in December 2024 to contribute towards a specialist neurodiverse and trauma informed counselling service.

13. UNRESTRICTED FUNDS

Albert Hunt

Contributes towards core costs of the business.

Garfield Weston Foundation

Contributes towards core costs of the business.

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.

A huge THANK YOU to:

- Our Staff Team
 - Our Volunteers (without whom we could not provide the services we do)
 - Our Community Fundraisers
-
- NHS – ICB Cheshire and Merseyside
 - Sefton Council,
 - Sefton CVS
 - PH Holt Foundation
 - Pilgrim Trust
 - Garfield Weston
 - Albert Hunt
 - Steve Morgan Foundation
 - National Lottery Foundation
 - SWACA
 - Community Foundation for Lancashire and Merseyside (Liverpool ONE Foundation)
 - Card Making Group (who raises funds by making and selling cards within the centre)
 - Knitting Group (who raises funds by selling knitted items)

Thank you also to Partners who support the work we do

- TESCO in Litherland – Garden Refurbishment
- Kath at Pinto Arts
- Kat Lamey – Walking Group Facilitator
- Sian Griffin – Creative, Journaling workshops and much more.