

ANNUAL REPORT

Registered Charity
1184411

For the period ending 31st March 2026

www.ownmylifecourse.com/wlc

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WELCOME

Chairwoman's Report

Welcome to our annual report for April 2025 - March 2026. I've now been The Women's Liberation Collective Chairwoman for three years and it is wonderful to see our charity continue to grow and develop in it's unique way, with more achieved than ever before. In this reporting period we have achieved much, including:

PRIORITY 1: STRENGTHEN ORGANISATIONAL AND TEAM SYSTEMS

- ★ At our AGM in October 2025, we said a very fond farewell to Irene Hayes, our longest serving Founder Trustee. We are so grateful for all she brought to the organisation during her tenure. We were delighted to welcome two new Trustees, Jan Bostock and Viran Wiltshire onto our Board this year. Viran has pioneered Own My Life delivery within the Met Police alongside her role as a Detective Sergeant and as an experienced community psychologist, Jan brings much wisdom, particularly through her work nationally on the Power Threat Meaning Framework.
- ★ Our comprehensive review schedule ensures our policies remain up to date and our commitment to strong governance has led to a full redevelopment of our governance policy and our complaints policy.
- ★ Due to increased demand for Own My Life training, we now have a co-trainer, Louise Bryant, who is working alongside Natalie Collins to deliver our monthly training events. It is wonderful to see enthusiasm growing across the public and private sectors for our training and resources.
- ★ The team which leads Own My Life has grown substantially over the last year and we retain a freelance model for all of those who work with us. This allows us to be lean and flexible, working with subject experts whose wider portfolios enable us to live out our values of collaboration and sisterhood. (Meet our whole team on page 21).

PRIORITY 2: STRONGER NETWORKS

- ★ We delivered 10 training events (the same as for the previous two years), equipped 247 practitioners to deliver Own My Life courses. This included practitioners from 48 organisations who hadn't previously trained staff to deliver Own My Life, with 22 organisations running Own My Life for the first time.
- ★ We are particularly proud that Own My Life has been made available to women on day release from prison within a community group context. As a result, we have become members of Clinks, who support voluntary organisations working with people in the criminal justice system and their families. We are keen to build stronger links that will offer more women in prison the opportunity to own their lives.
- ★ Over the year, we participated in a number of meetings with Transforming Together, a network of services across north east England seeking to improve support for the most harmed, and most failed women in the region. This project was delivered by Agenda Alliance, and we became members of Agenda during the year. As part of our membership, we attended a Downing Street event with MP Jess Phillips about improving women's representation in places of power.
- ★ Our CEO Natalie has worked with Power Threat Meaning Framework experts Lucy Johnstone, Jan Bostock and Amanda Griffiths to develop a resource to use the framework with women who have been subjected to abuse by a male partner. This will provide practitioners in health, social care and other sectors with resources to better support women. The online launch event was attended by over 200 people to introduce this resource.
- ★ Our Relationships Lead, the marvellous Victoria Mason, who works with us as a volunteer, has spent the year building stronger networks across places and spaces that we haven't previously worked within. This has led to more police forces training to deliver Own My Life courses and a productive roundtable event in north west England convened by the wonderful Jacqui Shurr, where women from organisations across Lancashire gathered to spread the Own My Life joy.
- ★ Filia, the UK's biggest feminist conference, was held in Brighton and we were grateful to be offered a stall in their conference marketplace. We met lots of brilliant organisations and spread the Own My Life sisterhood far and wide in conversations with delegates and contributors.

PRIORITY 3: INTERNAL AND EXTERNAL COMMUNICATIONS

- ★ We launched our first ever Own My Life podcast in January 2026 which has had over 4000 listeners. Podcast producer Abi Thomas has done a great job sharing with the world some of the badass women who have been supported to own their lives.
- ★ Towards the end of this reporting period we have been expertly supported by Bryony Rawson to build our social media presence. Her design abilities combined with a strong grasp of our values and approach have significantly improved our ability to reach women through social media platforms.
- ★ Our website has had an overhaul, with much clearer signposting around the site, including a focus on improving information and appreciation systems for those who want to financially support our work.
- ★ We developed a sexual control fact sheet to support facilitators in ensuring women receive non-shaming, expertly delivered content about the ways men sexually harm women and girls.

PRIORITY 4: EXPAND REACH

- ★ February 2026 saw the release of BBC documentary, Lover Liar Predator, featuring our CEO and Founder Natalie Collins along with Jenni, Shannon and Robyn, who were all abused by Natalie's ex-ex-husband. Lover Liar Predator's director and producer Marta García Aliaga has created a film which is visually stunning, hopeful and has hugely raised the profile of Own My Life which is highlighted in the film. We saw Own My Life women organising watch parties and in the first 28 days, viewing figures confirmed over 1.6million people had seen the film.
- ★ With significant media coverage about Lover Liar Predator, we've seen Own My Life joy spread far and wide, including by Baroness Sara Hyde in her House of Lord's maiden speech. As part of our communications around the film, we've been grateful for support from Teresa Parker in navigating the media coverage.
- ★ We launched our easy read journal and wider resources at an event organised by Central Advocacy Partners in Falkirk. Their Advocacy Worker, Helen Heppenstall lead the pilot of Own My Life with learning disabled women, who each contributed to the development of the resources and spoke at the launch. It was a brilliant day and new easy read journal is being regularly used by local services for women with additional support needs.
- ★ All of our materials (videos, journal, support resources) were translated into Polish by our translator Edyta. Organisations can now run Own My Life for Polish-only groups and for mixed groups of Polish and English speaking women.
- ★ Our offline e-Hub is now fully available for those who need access to our course videos without having an internet connection, making Own My Life more accessible to those running the course in venues without wifi (including prisons) and for those in rural areas.
- ★ Emma Chandler, our Business Development Consultant has been pursuing opportunities to see Own My Life delivered in corporate contexts. Emma developed what she called the "Unlocq Her" offer to encourage workforce development teams to consider how Own My Life can serve women in their contexts.
- ★ In September 2025, we contributed to the European Conference on Domestic Violence in Barcelona, with our CEO Natalie chairing a Symposium "Back to Our Feminist Roots" which spread the word about Own My Life's core mission to "Validate, Regulate and Celebrate" women.
- ★ The Own My Life girls course is on her way. The course is named Inspired to…Own My Life (or simply *Inspired*) and after securing funding to pilot, evaluate and redevelop the course. This project is being led by our project manager, Hannah Shead and co-trainer, Hannah Gardner, guiding the process alongside Natalie Collins.
- ★ As part of our commitment to evidence-based work, Dr Alexis Palfreyman is working as our Research Lead to help us develop systems and processes to support those who may want to conduct academic research about women owning their lives. We're excited to see this working in practice.
- ★ After seeing Own My Life piloted in Northern Ireland in 2024/25, it has been a joy for Victoria Gordon to join the Own My Life sisterhood to spread the news about Own My Life across the nation. We anticipate the next year will see more women in Northern Ireland enabled to own their lives.
- ★ Across the reporting period, we have strengthened our course resources. After initially exploring developing an e-reader resource for blind women, we have established this will not be useful and are now advising organisations that blind women need tailored support, rather than a tech-based solution. We have developed new materials for:
    - ➡ Women dealing with gambling harm.
    - ➡ Women who have been trafficked.
    - ➡ Australian women, with our first Australian pilot Own My Life course run during this reporting period.

It has been wonderful to Chair the charity through this extraordinary year, and to see so many women owning their lives. Over the next year, we will have additional systems to support volunteers, police delivered courses, and academic research with us. We are working on our processes to scale up Own My Life courses, and girls and young women across the UK and Ireland will be *Inspired* to own their lives as we pilot our girls course. Along with the rest of the Trustees, I am genuinely excited to see what comes next.



Dr Sarah Learmonth, Chairwoman | 15th July 2026

CEO REFLECTIONS

CEO's Report

Well. 2025/26 has left me breathless! What a year it has been.

We have trained 247 practitioners to deliver Own My Life. This includes 48 new organisations and there's 22 new organisations who are now running Own My Life courses. Each represents more women, in more places, who are being enabled to own their lives! Woohoo!

BBC Documentary Lover Liar Predator was an incredible and challenging project. Revisiting a lot of trauma was countered by the joy of spending time with women I care about deeply. The film has spread Own My Life good news far and wide, and I am grateful to all those involved in the film and all those spreading the word.

We have an amazing sisterhood of women working with us (you can meet them all on page 21) and it has been a joy to learn from each of them about how we can grow Own My Life and make the biggest difference to girls and women. Our easy read and Polish translations have opened Own My Life up to more women, with courses for women in prison and courses for police officers, women from so many places are being given the resources to own their lives. It's amazing!

Inspired to…Own My Life is on her way, and I can't wait to learn from girls and young women about how we can best enable them to own their lives.

With events in Downing Street, Barcelona, Falkirk, Preston, and Brighton; Own My Life piloted in Australia, a training participant in the Netherlands, and Victoria Gordon building relationships in Northern Ireland; Own My Life is getting to so many different places and I'm grateful to everyone who is enabling this to happen (with a special mention to the wonderful Victoria Mason for all she does).

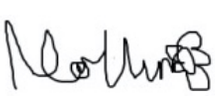
Our Own My Life podcast was beautifully put together by Abi Thomas and I'm so grateful to Jade, Monty, Clara, Lorna, Tara, Naomi and Helen for sharing your lives, resistings and joys with us.

Our social media is on fire (not literally!), but thanks to Bryony Rawson we really are communicating our values in posts that are beautiful and hopeful.

We've worked hard to produce meaningful resources around gambling harm, trafficking sexual control, and the Power Threat Meaning Framework; for our website to be clear and our videos to be available offline, and I'm delighted that all of these will materially improve women's ability to own their lives.

Nothing we do would be possible without the brilliant women and organisations who deliver Own My Life courses, and those who cheer us on and support our work. This year we said goodbye to Irene Hayes who has been part of The Women's Liberation Collective since the beginning! I am grateful to all those who are part of the Own My Life sisterhood, both working with us currently and at any point on out journey. Thank you!

It's been an epic year and I have a feeling we're only just getting started!



Natalie Collins, CEO | 10th July 2026

VISION & MISSION

The Women's Liberation Collective was registered as a Charitable Incorporated Organisation on 15th July 2019.

1

Our vision

A world where women are liberated from male violence and control.

2

Our values

WOMAN-CENTRED: Women and their needs are at the centre of everything we do. Our aim to prioritise women is in accordance with the Equality Act 2010 in which "sex" is a protected characteristic.

LIBERATION: We seek to ensure that all women we reach experience equality of opportunity: we also aim to move beyond equality, and work towards a world where women are liberated from male violence and control.

RESISTANCE: This resistance is both collective and individual. As an organisation we will resist the oppression of women and the ways that patriarchy harms us all. Alongside this, we recognise that all women find creative ways to resist abusers. Rather than this resistance being honoured, women are often met with scorn and blame. Our work seeks to honour and mobilise women's resistance to abuse and patriarchy.

INTEGRITY: We hold ourselves to a high ethical standard, striving to act honestly, fairly and consistently and using power wisely and well.

COLLABORATION: We foster collaborative spaces which build sisterhood and resist competitive attitudes. We will work together with charities and other partner organisations to achieve our goals.

3

Our Mission Statement

We will equip, train and educate women, so that they can take back ownership of their lives from male abusers. We will also work in wider society, to prevent abuse.

BOARD OF TRUSTEES

The Trustees present their Report together with the financial statements for the period ended of 1 April 2025 to 31 March 2026 for The Women's Liberation Collective, a Charitable Incorporated Organisation ("the Charity").

The Women's Liberation Collective works to change the world for women who have been subjected to men's violence; through transformationally equipping organisations who work with women.

We do this through Own My Life, an innovative and creative training programme and course for women.

Our trustees are:

- Sadia Masud
- Sarah Learmonth
- Ebunoluwa Babarinde
- Sarah Conn
- Viranjit Wiltshire
- Jan Bostock

In order to ensure our Trustees are equipped to do this role, we have a full induction process including access to Own My Life training, a one-to-one induction session with the CEO, and a six-month confirmation period.

The purposes of the charity as set out in our governing document are:

- To preserve and protect the health of women and relieve the distress and psychological, emotional and physical suffering experienced as a result of violence against women.
- To promote best practice and understanding among the public, voluntary and statutory agencies in all matters relating to violence against women and their families and other forms of abuse, their causes, remedies and prevention.

Through Own My Life we support organisations and practitioners to enable women and girls to regain ownership of their lives when they have been subjected to abuse or violence by men. We deliver facilitator training to female practitioners who work with women. Alongside meaningfully transforming practice, our training equips facilitators to deliver Own My Life courses both one-to-one and with groups of women. Alongside providing practical resources, our work is a form of systems advocacy which seeks to make the world a better, more joyful and hope-filled place for women who have been subjected to abuse by men.

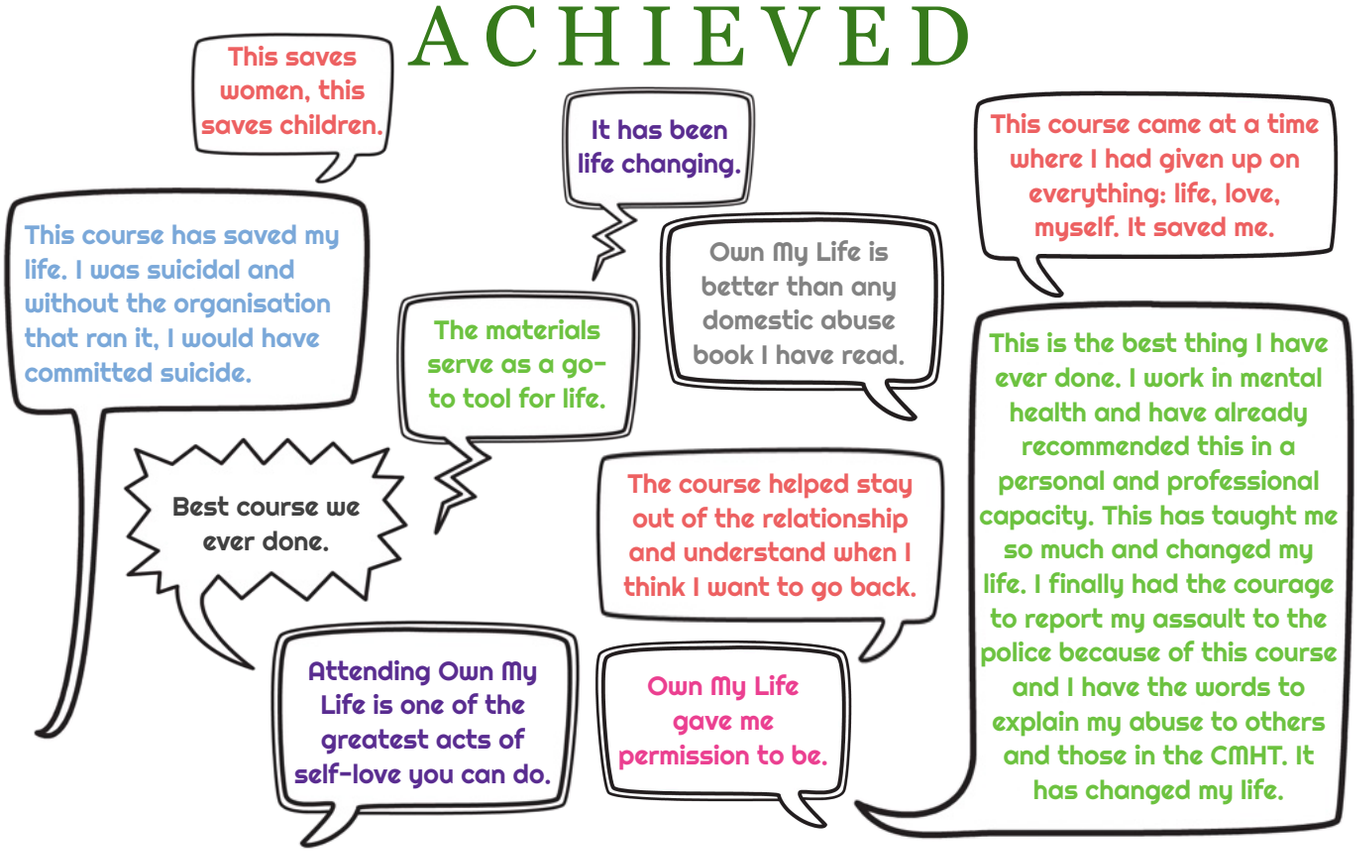
We have referred to the guidance contained in the Charity Commission's general guidance on public benefit and Code of Governance when reviewing our aims and objectives, governance arrangements and in planning our future activities.

As allowed for small charities, receipts and payments accounts have been prepared for this Report. The Trustees confirm that the Trustees' Report and financial statements of The Women's Liberation Collective comply with the provisions set out in Charities SORP (FRS 102).

This has been an extraordinary time for Own My Life. We've seen more and more women resourced to own their lives, with so many learning about our work and wanting to support us. Our podcast, involvement in a BBC documentary and opportunities to attend Downing Street and be spoken about in the House of Lords has been joyous as has our ability to create resources and build connections to see more women changing their lives!



WHAT WE HAVE ACHIEVED



Comments from women who have participated in Own My Life courses across the UK and Ireland.

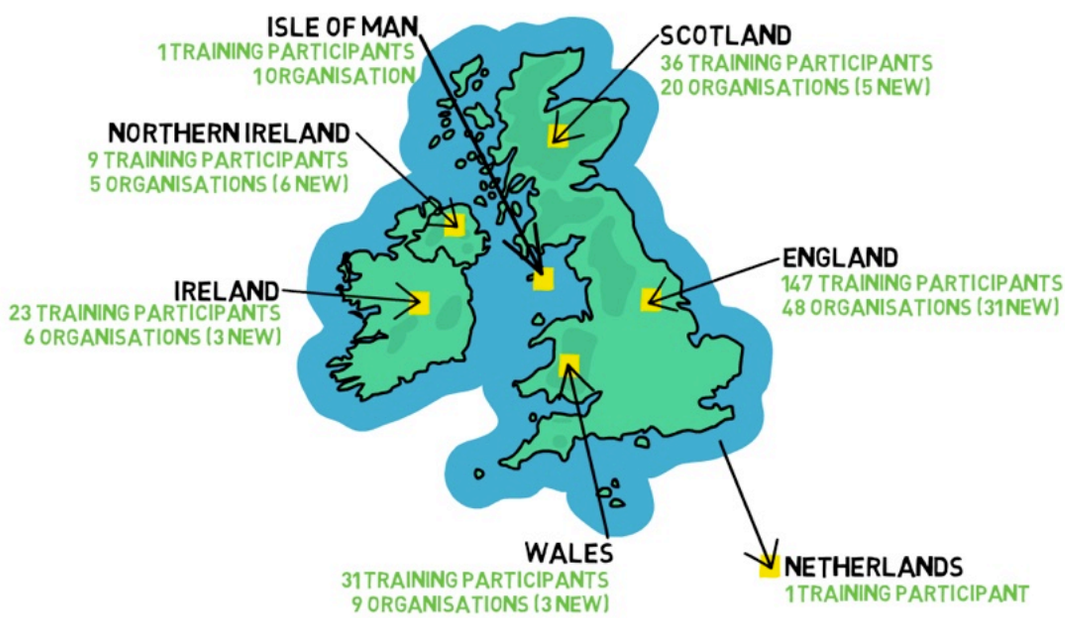
1. **GROWTH:** We've trained more practitioners across this year than in any other previous year and the number of new organisations training has increased from last year (48 this year, 42 last year). More police forces are interested in running courses for their female officers and staff and there's real momentum gathering across our work.
2. **SPREADING THE WORD:** As a BBC documentary with over 1.6 million views, Lover Liar Predator has hugely increased the number of people who know about our work. We hear from hundreds and hundreds of women after the film aired, to tell us the difference it had made to them and their loved ones. Victoria Mason, Victoria Gordon, Natalie Stansfield and Emma Chandler have instrumental is getting us into new spaces.
3. **OUT AND ABOUT:** We have travelled to Barcelona, Downing Street, Preston, Falkirk and Brighton for events that have led to more women having opportunities to own their lives.
4. **NEW RESOURCES:** We've developed resources around gambling harm, trafficking sexual control, and the Power Threat Meaning Framework and ensured our website is as clear as possible. And we've learned Own My Life is brilliant for women in prison and women in Australia.

MAP OF COURSES	
APRIL 2025	APRIL 2026
	

WHAT WE HAVE ACHIEVED

We delivered ten facilitator training events (the same as in 2024/24). 246 practitioners trained as Own My Life course facilitators (33% more than in the last financial year). We offered 2-hour Zoom coaching sessions for all trained facilitators to increase their confidence and skill in online facilitation via Zoom. From our online Evaluation Station system we know that at least 526 women started Own My Life courses in 2024/25 (13% increase from 2023/24) and that we have provided 3,700 journals to services (20% increase from 2024/25), which represents up to 3,700 women who have accessed an Own My Life course in person or online in 2024/25.

10	Online facilitator training events delivered.	**90**	Organisations trained.
246	Practitioners trained.	**3,700**	Journals provided for women accessing courses.
49	Practitioners attended Zoom Coaching sessions.	**486**	Women (at least) have started Own My Life courses.



Map with numbers of trainees and organisations trained.

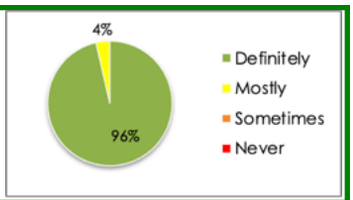
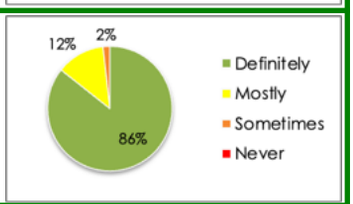
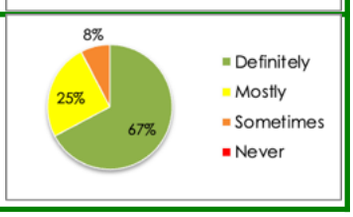
TOTAL IMPACT

Since 2019 we have:

- Trained 1660 practitioners from 379 organisations.
- Provided 21,334 journals for women to attend Own My Life courses.

WHAT WOMEN SAY

Feedback from 223 women from 2025/26 who have completed the Own My Life course

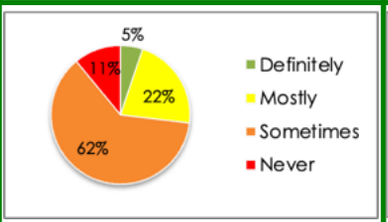
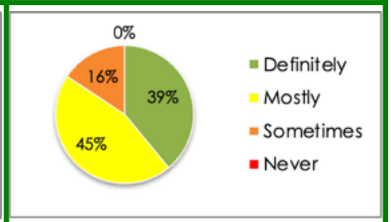
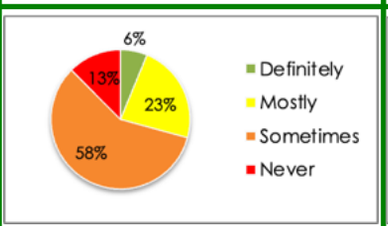
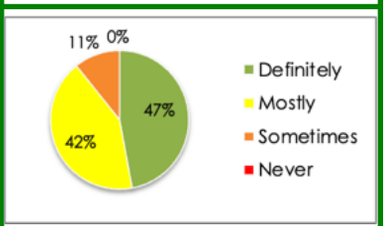
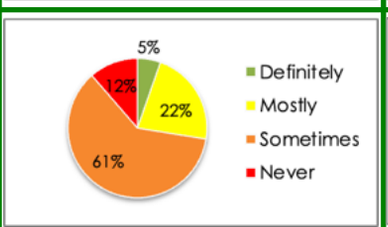
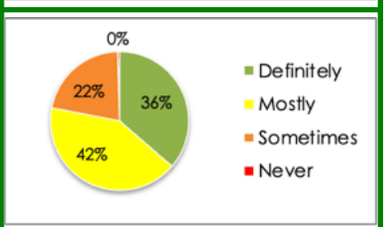
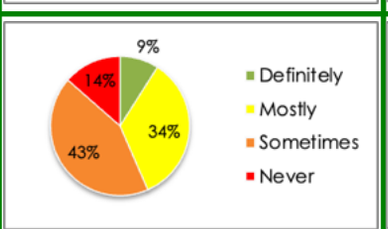
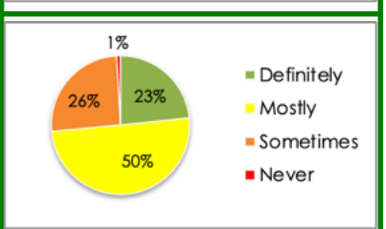
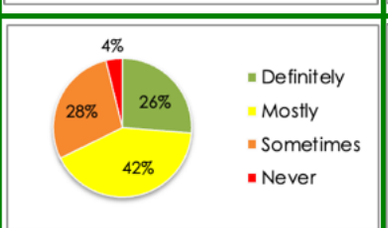
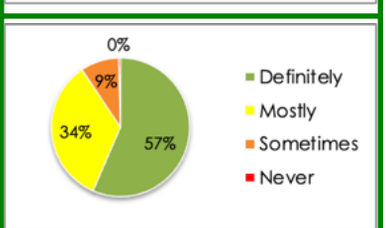
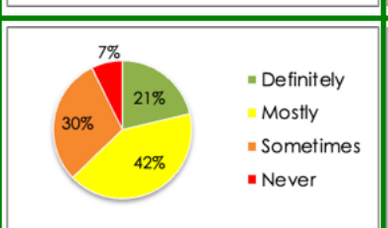
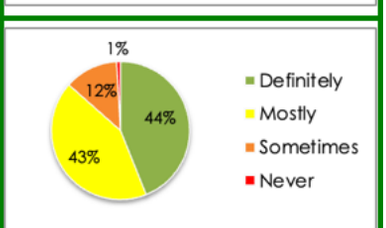
I would recommend the Own My Life course to other women.	
I enjoyed the Own My Life Course.	
I think the Own My Life course has changed my life.	



Wordcloud: words women used to describe the course after they had completed it (the size of the word indicates how many women used it)..

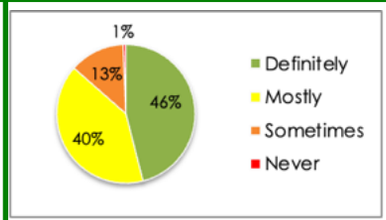
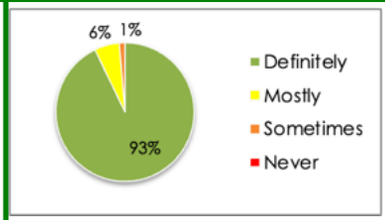
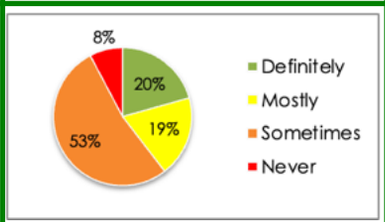
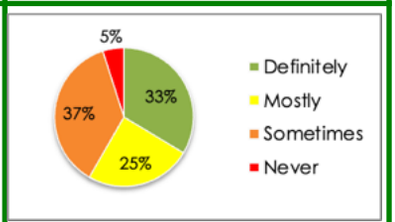
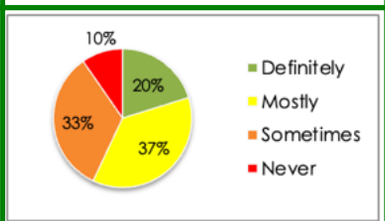
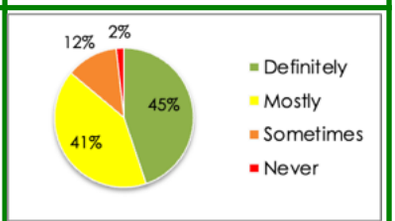
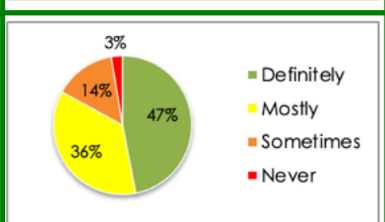
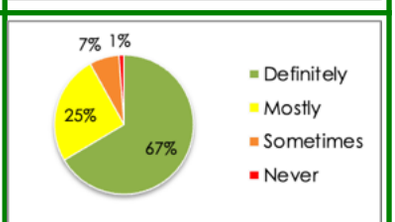
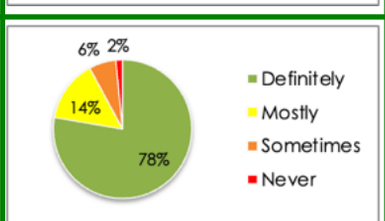
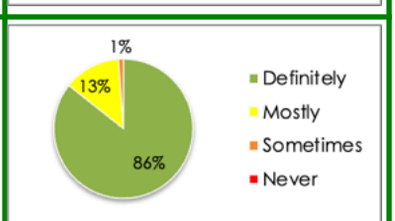
WHAT WOMEN SAY

Feedback from 223 women from 2025/26 who have completed the Own My Life course

	BEFORE OWN MY LIFE	AFTER OWN MY LIFE
I feel like I am in control of my life and my future.		
I can make sense of my life.		
Overall, I feel good about my life.		
I am as healthy as I can be.		
I know where to go if I need help with difficulties in my life (e.g. money, health, job, education).		
I like and feel safe in my neighbourhood and/or community.		

WHAT WOMEN SAY

Feedback from 223 women from 2025/26 who have completed the Own My Life course

	BEFORE OWN MY LIFE	AFTER OWN MY LIFE
I know what domestic abuse is.		
I think that the things I see and hear in songs, newspapers, TV programmes, magazines, and adverts affect how I see myself and my life.		
I feel in control of my finances/ money.		
If I am a parent and am in contact with my children, I feel able to meet their needs.		
If I am a parent, I am confident that my children know that I love them.		

WHAT WOMEN SAY

Feedback from women who have attended an Own My Life course

Fully commit to Own My Life and make it a top priority every week. Even if one session doesn't give you something, the others will. Look at it as a therapy session without the heavy bill at the end!

The course opened my eyes without 'trying'.

Coming from a place of shame and embarrassment I've learned that it wasn't my fault. This course has meant I no longer need therapy and can live my life again.

I enjoyed learning and seeing us all get to the end as different people.

Please support this course so that many women can understand that they are facing abuse. How I wish I could volunteer to make it known in Africa, especially in my homeland.

Own My Life dug a lot out and was raw but it healed me in ways I didn't expect.

Own My Life has been life changing.

I can now understand a partner early in any relationship.

I know that I am not alone and not an idiot for what I went through. I am a strong woman that dealt with an awful situation in the best way for me at the time. I am no longer a victim and this no longer defines me. I am strong, I am smart and I have value.

Through Own My Life I learned that I need to value myself.

Own My Life has changed my life for the better. Without this course I'd still be lost and not know who I am.

So many women in lower socio economic categories are usually not the target of the "self-love", "self-care", "self-development" sphere - they are usually priced out of retreats, courses, workshops etc, so offering courses like this can open up a huge resource to women who are often overlooked by systems of patriarchy and white feminism.

This has honestly been the only engagement so far that has helped my mental wellbeing post-separation. It's been nearly 18 months and I have been involved with a number of government bodies, police, courts, GP etc and truly this is the only one that has helped me in any way.

This should be integrated in to our curriculum and mandatory training for employers!

You will still learn so much and even if you think you know all there is to know you'll still learn something and it'll be backed up and it in turn will help you own future

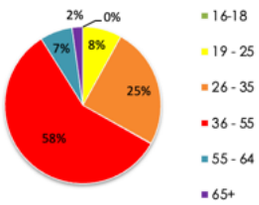
Own My Life has changed my life. I now feel more capable and hopeful than I can remember feeling ever.

WHO ARE THE COURSE PARTICIPANTS?

For course participants who completed our Evaluation Station, we know that…

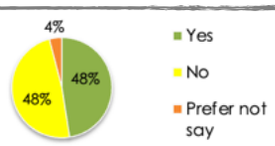
Age

The majority of participants were between 36 -55. There were no girls under 18.



Disability

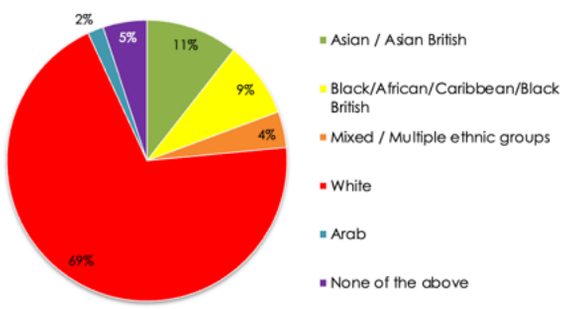
48% of women described themselves as having a disability.



Of those with a disability; 36% had mental health problems; 29% had a long-term illness; 21% learning difficulties,7% had a mobility impairment, and 7% were Blind/sight impaired.

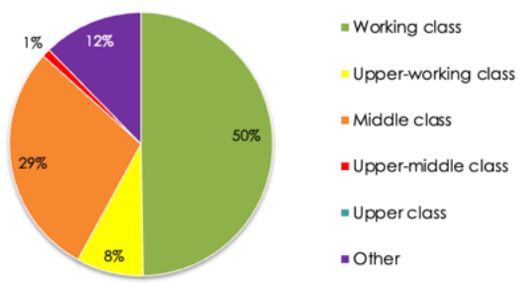
Ethnicity

69% of participants were white,11% were Asian or Asian British, 9% were Black, African, Caribbean or Black British, and 5% selected "none of the above", 4% were from mixed or multiple ethnic groups and 2% were Arab.



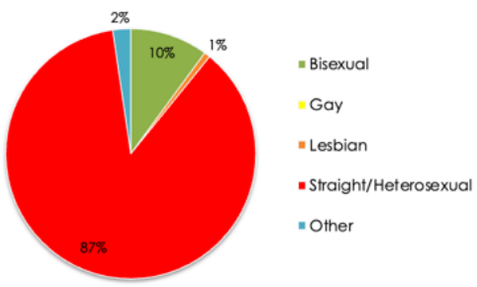
Class

When asked to identify their social class from a list 50% were working class, 29% were middle class, 12% were "other", 8% were upper-working class, 1% were upper-middle class,. No one identified as upper class.



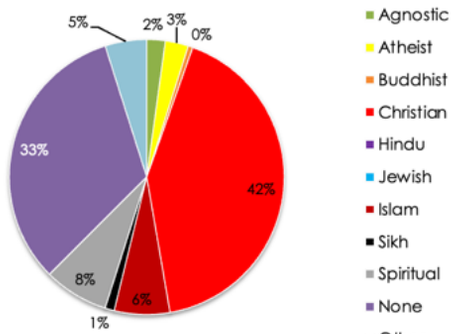
Sexuality

When asked to identify their sexuality from a list; 87% were straight, 10% bisexual, 2% chose "other", 1% lesbian. No participants identified as gay.



Religion and Belief

When asked to identify their faith from a list; 42% were Christian, 33% had no faith, 8% were "spiritual", 6% said Islam, 5% were "other", 3% were atheists, 2% were agnostic, and >1% were Buddhist.



SPREADING THE JOY!

There's been so much opportunity to spread Own My Life sisterhood and joy this year.



So far the podcast has had
4,128 listeners!

Our Podcast

We were delighted to launch our first ever podcast series in January 2026! Featuring seven women who have completed Own My Life, the podcast created a space for them to share their stories, with our Founder Natalie Collins and Podcast Producer Abi Thomas discussing what we can all learn from each woman.

In our launch week, the Guardian selected us as one of their podcasts of the week and we were delighted to see the podcast shared across social media, including by former Spice Girl and domestic abuse advocate, Mel B. Others said of the podcast:

"A must-listen for domestic abuse survivors and practitioners, and anyone seeking a fuller understanding of the control and entitlement that sit at the heart of domestic abuse." Baroness Polly Neate

"This podcast is a must-listen, especially for those of us who feel worn down by the misery of endless male violence; women are reclaiming their lives and filling them withjoy, which is exactly what they deserve." Jo Costello, Rape Crisis

BBC Documentary: Lover Liar Predator

in the first 28 days, the film had
1.6 million viewers

BBC Documentary Lover Liar Predator aired in February 2026. Featuring Jenni, Shannon and Robyn alongside our Founder and CEO, Natalie Collins, the film traced the story of how they were each abused by the same man and fought for justice. Own My Life features within their story, as the course enabled Robyn to break free and report him to the police.

Reviews included:

★ "The best thing on TV." The Express

★ "Forget Adolescence...this film should be shown in every school." The Guardian

★ "A powerful indictment." The Herald

★ "Enraging and inspirational." The Times

All four women appeared on BBC Morning Live, with the film discussed across media channels and TV guides.



SPREADING THE JOY!

There's been so much opportunity to spread Own My Life sisterhood and joy this year.



We were part of the European Conference on Domestic Violence 2025 in Barcelona, Spain.



In October 2025, we celebrated the launch of our easy read Own My Story journal with Central Advocacy Partners in Falkirk.



We had a glorious roundtable in Preston to spread Own My Life joy across north west England.

We held an online event to about a new Power Threat Meaning Framework resource.



In March 2026, Baroness Sara Hyde shared about our work in her maiden speech in the House of Lords.





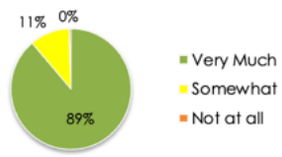
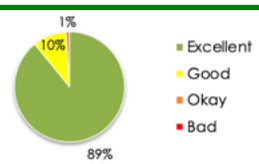
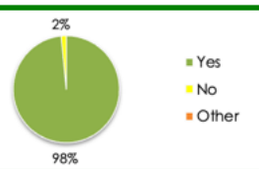
We were part of o round table at Downing Street with others members of Agenda Alliance.

Our Polish Own My Life launch was in November 2025 with translator Edyta and facilitator Monika.



WHAT TRAINEES SAY

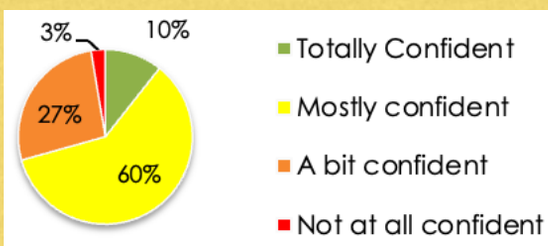
Feedback from practitioners who attended facilitator training

How much would you say the course has increased your knowledge?	
How did you find the training overall?	
Will the training change your practice?	

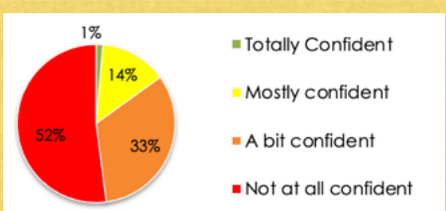
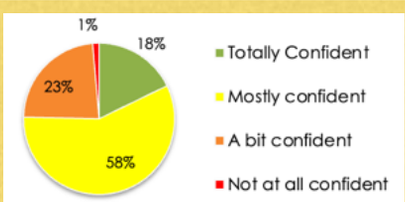
Feedback from 75 practitioners who attended Own My Life Zoom coaching to equip them in delivering the course online

Participant tech literacy

There was a range of confidence with technology among those who participated in Zoom coaching. When asked what level of confidence they had about using technology; 3% were "not at all confident", 27% were "a bit confident", 60% were "mostly confident", and 10% were "totally confident".



å

	BEFORE COACHING	AFTER COACHING
How confident were about about delivering the Own My Life course via Zoom?		

WHAT TRAINEES SAY

Feedback from practitioners who attended facilitator training

I just want to remain part of this sisterhood for longer, I have never felt so safe and loved in a little group, and I'll be sad when the bubble pops tomorrow and I go back to normal life.

Having gone through another programme as a participant I wish I was given this as an option instead as I feel that this would have better equipped for not getting involved in another bad relationship.

This was the most perfect training I have ever done! I normally can't focus on Zoom training sessions and was nervous about this before training commenced but there was no issue at all.

I love this programme. It's the first i have come across that focusses on education and empowerment together, supporting women to feel more in control of their future and choices rather than just focussing on solely what has happened.

I feel more confident to work with my clients, I feel more able to speak about difficult topics and I feel like I have more up to date resources to work with women.

My way of working with clients will be different in a much more freeing way.

This is the first training course that I never wanted to end.

This will blow your socks off!

I think it's a true feat of Feminism.

So many courses for women who have experienced violence from men feel like tick boxes, while Own My Life feels empowering.

The ripple effect and impact Own My Life will have far outweighs any other training I have experienced - it can contribute to saving lives.

Single most important training I've done, not just as a practitioner but as a human being and citizen of the world.

The resources are incredible. In every breakout room I have said how the videos have broken down 'big ideas' into small manageable and understandable content - even for us as practitioners. The posters, and evaluation tools are incredible also. I absolutely love the WoManual and the Journal. These are my new favourite things!

It's what every single woman should have delivered to them. Empowering, informed and simply inspirational. I feel so very lucky to be able to deliver it and do my little bit for the sisterhood. I wish all women could grow up in a world that encompasses these values and this respect.

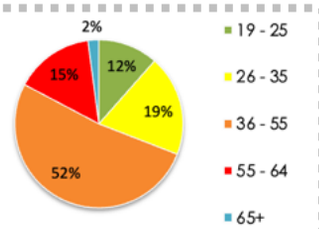
The training is very empowering and you will feel like you can take the world on after and will be excited to share the knowledge to women.

WHO ARE OUR TRAINEES?

Of the 193 training participants who completed our evaluation form we know that…

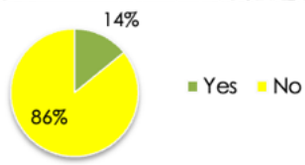
Age

The majority of trainees (52%) were between 36 -55. There were no women under 18.



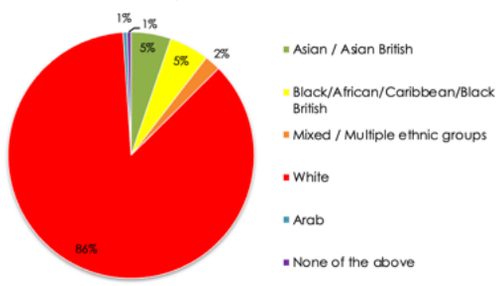
Disability

14% of women said they had a disability. Of those with a disability; 23% were neurodiverse, 19% had mental health problems, 19% learning difficulties, 19% had a long term illness, 7% had a mobility impairment, and 3% were Blind/sight impaired.



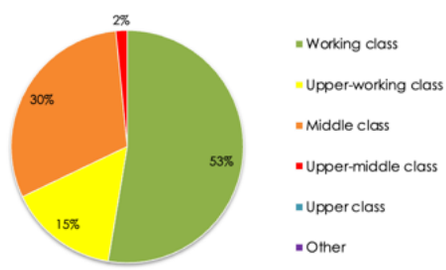
Ethnicity

86% of trainees were White, 5% were Asian or Asian British, 5% were Black, African, Caribbean or Black British, 2% were from mixed or multiple ethnic groups, and >1% were Arab and >1% said they were none of the options offered.



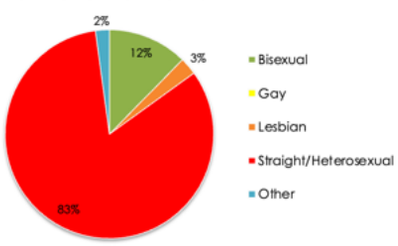
Class

When asked about their social class; 53% were working class, 30% middle class,15% upper working class, and 2% upper middle class.



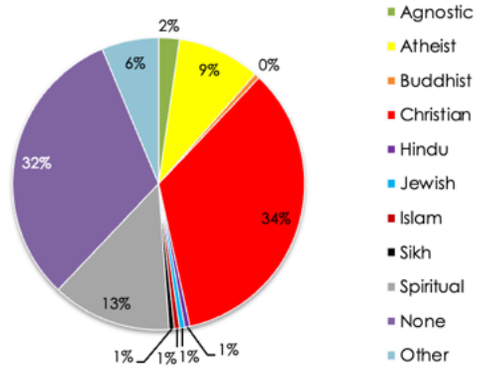
Sexuality

When asked about their sexuality; 83% were straight, 12% bisexual, 3% were lesbian, and 2% were "other".



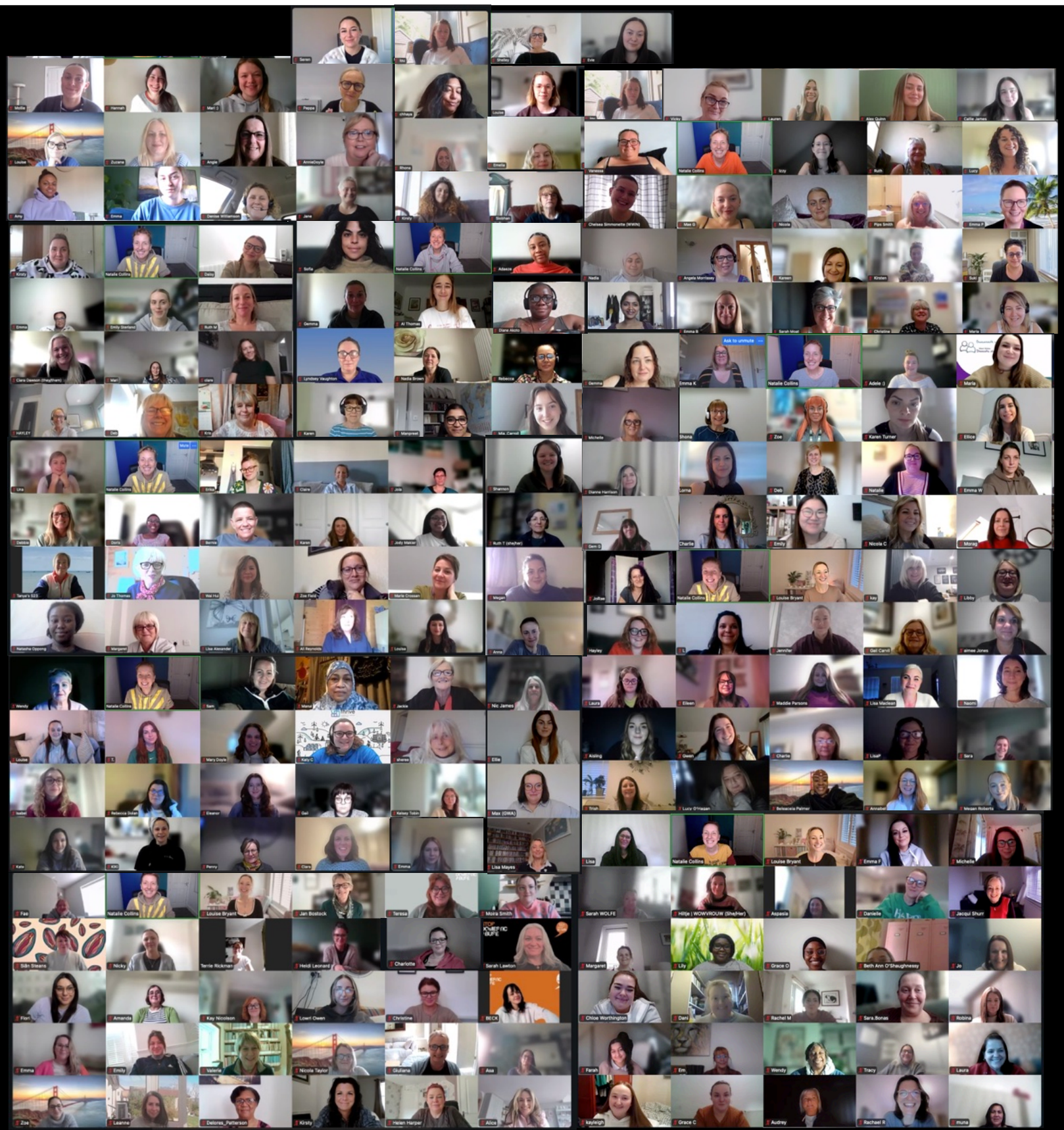
Religion and Belief

When asked about their faith; 32% had no faith, 34% were Christian, 13% were spiritual, 9% were Atheist, 3% were "other", 2% were Agnostic, and >1% said one of the following: Buddhist, Islam, Jewish, Hindu, or Sikh.



WHO ARE OUR TRAINEES?

All these brilliant women attended our training in 2025/26!



MEET THE TEAM

These are the brilliant people who have been working with us across 2025/26.



Natalie Collins
Founder and CEO



Bryony Rawson
Social media



Victoria Mason
Relationship Lead



Alexis Palfreyman
Research Lead



Victoria Gordon
Relationship Development - Northern Ireland



Natalie Stanworth
Relationship Development



Emma Chandler
Corporate Relationship Development



Abi Thomas
Podcast Producer



Hannah Shead
Project management and systems development



Lyndsey Vaughton
Expectations Lead



Louise Bryant (Freelance)
Co-Trainer and Zoom Coach



Hannah Gardner
Girls Course Co-Trainer



Teresa Parker
PR and Comms



Andrew Collins
Admin Lead

SOCIAL MEDIA

In March 2025/26 Bryony Rawson began supporting us with social media. We are mainly posting on LinkedIn, Facebook and Instagram.

OVERVIEW

A note on scope

Facebook and Instagram data covers the full 2025/26 year: April 2025 to March 2026. LinkedIn can only export the past 12 months; data covers July 2025 to March 2026. All figures are organic (unpaid) unless otherwise stated.

Facebook total reach	Instagram total views	LinkedIn impressions
70,806	43,631	20,625
109 posts Apr 25 - Mar 26	63 posts Apr 25 - Mar 26	74 posts Jul 25 - Mar 26

Facebook avg reach/post	Instagram avg views/post	LinkedIn avg engagement
650	693	12.2%
Apr 25 - Mar 26	Arp 25 - Mar 26	Sector avg reported at 2-5%*

Standout moment: February 2026

The BBC documentary 'Lover, Liar, Predator' transformed performance across all three platforms in February 2026. On Facebook, the post-documentary response reached 7,391 people — the highest single-post reach of the entire year. On Instagram, the broadcast night reel generated 5,758 views and reached 4,053 accounts. On LinkedIn, the documentary response post achieved 1,567 impressions with a 20.1% engagement rate. Every peak in the year's data is tied to a significant moment — the BBC documentary, the Guardian podcast recognition, the Amazon £12,000 donation, and IWD activity all produced the year's strongest results.

* LinkedIn engagement rate benchmark: Hootsuite / Sprout Social industry reports 2024.

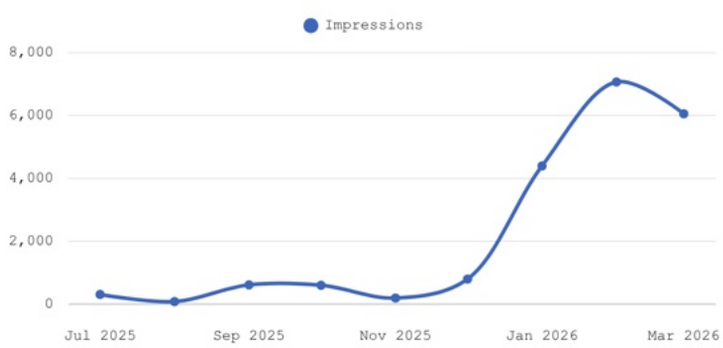
LINKEDIN

TOTAL IMPRESSIONS	TOTAL CLICKS	AVG ENGAGEMENT	TOTAL REPOSTS
20,625	2,174	12.2%	156

LinkedIn data covers July 2025 to March 2026 — the maximum available export period. Across 74 posts, Own My Life achieved 20,625 impressions and an average engagement rate of 12.2%, well above the published sector average of 2-5%. The BBC documentary response post was the highest-performing of the period (1,567 impressions, 20.1% engagement rate), followed by the Amazon £12,000 donation announcement (1,131 impressions). Article posts achieved the highest average impressions at 487, compared to 232 for video posts.

LINKEDIN - TOP 5 BY IMPRESSIONS

Feb 2026	Post-documentary response	1,567 impressions	20.1% eng rate	37 likes
Jan 2026	Amazon £12,000 donation	1,131 impressions	6.5% eng rate	36 likes
Feb 2026	BBC2 broadcast night watch-along	949 impressions	29.5% eng rate	43 likes
Mar 2026	London visit reflection	732 impressions	11.5% eng rate	41 likes
Feb 2026	BBC1 Morning Live	684 impressions	25.9% eng rate	43 likes



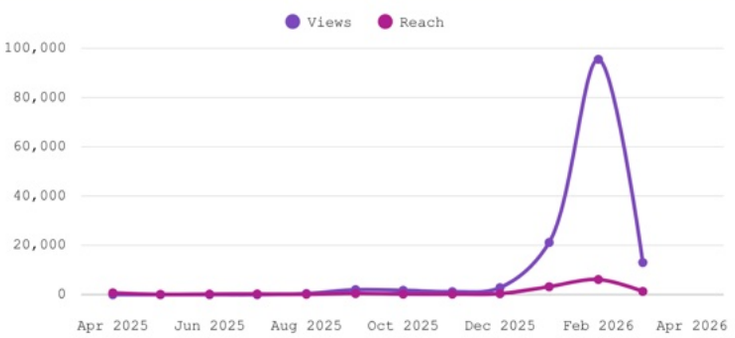
SOCIAL MEDIA

INSTAGRAM

TOTAL VIEWS	TOTAL LIKES	FOLLOWER GROWTH	TOTAL REACH
46,631	1,281	131	26,527

Across 2025/26, Own My Life published 63 posts on Instagram, generating 43,631 views and reaching 26,527 accounts — an average of 693 views per post. Reels were the most-used format (36 posts) and produced the two highest-performing posts of the year: the BBC documentary broadcast night reel (5,758 views, 4,053 reach) and the 'Meet Natalie' reel (2,715 views). Carousels achieved the highest average views per post at 1,006, compared to 704 for reels and 483 for images.

INSTAGRAM - TOP 5 BY VIEWS				
Feb 2026	BBC documentary broadcast last night reel	5,758 views	4,053 reach	46 likes
Jan 2026	Meet Natalie reel	2,715 views	1,739 reach	47likes
Feb 2026	BBC Morning Live carousel	2,200 views	1,000 reach	55 likes
Feb 2026	BBC2 watch tonight carousel	1,655 views	772 reach	44 likes
Feb 2026	Post-documentary response image	1,483 views	632 reach	58 likes

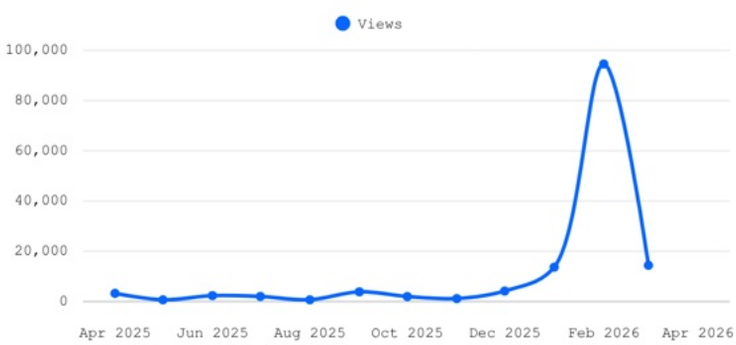


FACEBOOK

TOTAL REACH	REACTIONS	COMMENTS	SHARES
70,806	2,754	418	327

Across 2025/26, Own My Life published 109 posts on Facebook, reaching a combined audience of 70,806 people with an average reach of 650 per post. Photo posts were the strongest format by reach (average 885), outperforming videos (568) and link posts (492). The top five posts of the year all occurred in February 2026 and were all connected to the BBC documentary — the post-documentary response reaching 7,391 people, the BBC2 broadcast night post reaching 6,201, and the BBC1 Morning Live appearance reaching 5,830.

FACEBOOK - TOP 5 BY REACH				
Feb 2026	Post-documentary response: 'Lover, Liar, Predator'	7,391 reach	206 reactions	53 shares
Feb 2026	BBC2 broadcast night — watch with us tonight	6,201 reach	153 reactions	35 shares
Feb 2026	BBC1 Morning Live	5,830 reach	179 reactions	65 shares
Feb 2026	Guardian podcast of the year announcement	3,072 reach	148 reactions	36 shares
Feb 2026	Natalie interviewed ahead of BBC broadcast	1,995 reach	48 reactions	15 shares



FINANCIAL REVIEW

During the period up to 31st March 2026, The Women's Liberation Collective received total income of £255,745 (2024/25: £194,879), of which £23,318 comprised grant funding and £13,349 came from donations. This income was attributable to charitable activities relating to delivering the Own My Life course.

Expenditure incurred for 2025/26 totalled £221,617 (2024/25: £168,472), all of which related to charitable activities. Currently, all those who work for us are self-employed, which means that our staffing costs are integrated within project costs, rather than being separate to them.

Total funds as at 31st March 2026 were £135,064 of which £18,560 represented restricted funds. Funds to operate, including free reserves, representing unrestricted funds less tangible fixed assets totalled £129,922.

Our reserves policy can be found within our Financial Management Procedure HERE.

STRUCTURE AND GOVERNANCE

Constitution

The Women's Liberation Collective was established in 2019 and achieved charitable status in 2019. The Women's Liberation Collective is a Charitable Incorporated Organisation and is constituted by its Articles of Association dated 15 July 2019.

Recruitment and election of trustees

When a vacancy in the Trustee Board occurs, care is taken to ensure that new Trustees are able to contribute effectively alongside the existing board by providing complementary skills. During the period up to 31st March 2026, the Charity has reviewed and/or approved the following policies:

- ✓ Financial policy
- ✓ Safeguarding policy
- ✓ Health and Safety policy
- ✓ Governance policy

Our Safeguarding, Complaints, Privacy, and Equal Opportunities policies are available on our website HERE. A skills audit of the current Board of Trustees undertaken biennially. We have a trustee induction process for new trustees, which includes completion of the skills audit and a 6-month trustee confirmation period.

Office holding trustees (Chair and Treasurer) are voted in for 3-years, with an opportunity for review at the charity AGM.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees; Sarah Learmonth, Sadia Masud, Ebunoluwa Babarinde, Sarah Conn, Viranjit Wiltshire and Jan Bostock signed on their behalf by:



Dr Sarah Learmonth, Chairwoman | 17th Oct 2026

FINANCIAL REPORT

Our bankers are: Metro Bank PLC, One Southampton Row, London, WC1B 5HA

Period ending 31st March 2026				(2024/25)	(2023/24)	(2022/23)	(2021/22)
	Unrestricted funds	Restricted funds	Total funds	Total funds	Total funds	Total funds	Total funds
Receipts	£	£	£	£	£	£	£
Grant income	1,616	21,702	23,318	34,155	11,000	0	0
Donations	1,349	12,000	13,349	3,168	2,523	1,017	1,240
Primary Purpose Trading	218,440	0	218,440	157,310	137,966	117,789	131,102
Trading	637	0	637	246	855	152	414
Total receipts	222,042	33,702	255,744	194,879	152,344	118,958	132,756
Payments							
Charitable activities	203,889	18,560	222,449	158,265	138,031	129,301	94,956
Trading	168	0	168	207	450	124	354
Total payments	204,057	18,560	222,617	158,472	138,481	129,425	95,310
Net receipts	17,985	15,142	33,127	36,407	13,863	-10,467	37,446
Cash funds brought forward	97,046	4,890	101,936	65,529	51,666	62,133	24,687
Cash funds at the end of the period	115,031	20,032	135,063	101,936	65,529	51,666	62,133

Statement of assets and liabilities

	As at 31st March 2026			(2024/25)	(2023/24)	(2022/23)	(2021/22)
	Unrestricted funds	Restricted funds	Total funds	Total funds	Total funds	Total funds	Total funds
	£	£	£	£	£	£	£
Assets							
Cash at bank	97,046	4,890	101,936	101,936	65,529	51,666	62,133
Total assets	97,046	4,890	101,936	101,936	65,529	51,666	62,133
Total assets represented by:							
Liabilities							
Admin & CEO	7,124	0	7,124	9,144	2,916	3,108	-
Resource orders	4,920	0	4,920	5,473	4,998	6,122	-
Development work	8,715	0	8,715	1,044	1,738	1,325	-
Other	0	0	0	4,629			
Total liabilities	20,759	0	20,759	20,290	9,652	10,555	-
Reserves	10,000	0	10000	10,000	-	-	-
Operational funds	66,287	4,890	71,177	71,464	55,877	41,111	-
Total funds	97,046	4890	101,936	91,754	65,529	51,666	62,133

Approved by the board of The Women's Liberation Collective.

Registered Charity No. 1184411

FINANCIAL REPORT

Our bankers are: Metro Bank PLC, One Southampton Row, London, WC1B 5HA

Restricted Funding

COMMUNITY FOUNDATION

- Amount given before April 2025: £3.680
- Amount given in reporting period: £0
- For: Own My Life podcast
- Amount spent: £3,680

AMAZON WEB SERVICES

- Amount given in reporting period: £12,000
- For: Police delivered Own My Life
- Amount spent: £0
- Funding had to be spent by: N/A

CHARLES PLATER TRUST

- Amount given in reporting period: £6,750
- For: Inspired Girls Course
- Amount spent: £0
- Funding had to be spent by: August 2027

NATIONAL LOTTERY COMMUNITY FUND

- Amount during reporting period: £13,500
- For: Inspired Girls Course
- Amount spent: £8,022
- Funding had to be spent by: March 2027

Unrestricted Funding

During the reporting period the majority of our unrestricted income came from primary purpose trading (PPT). This includes:

- ✓ Being paid to deliver training.
- ✓ Being paid to provide course materials (WoManuals, Journals, Resource Boxes) to those delivering the Own My Life course.

Any surplus from PPT has been (or will be) reinvested to further our charitable objects.

INCOME FROM PPT: £218,440.

AMOUNT SPENT: £203,889

Trading

During the reporting period we have begun to sell products to raise funds for the charity. These include tea-towels, prints, and hoodies.

During the reporting period:

- ➡ Our trading turnover was £637.
- ➡ Money raised via trading was £469.

Non-UK income/expenditure

The non-UK countries we worked with in this reporting period were the Republic of Ireland and Australia.

- ➡ Australia:
  - ✳ Primary purpose trading: £48.
- ➡ Republic of Ireland:
  - ✳ Primary purpose trading: £16,067.

Donations from other countries

We had no donations from other countries in any of the following categories:

- ➡ Government/Quasi Government.
- ➡ Charities/NGOs.
- ➡ Private companies.
- ➡ Individual donors.
- ➡ Unknown.

Income from government contracts

We are formally commissioned by one local authority to train staff to run Own My Life. Our income from this was:

- ➡ £9,309

For Profit Donations

We received one donation in this category from Amazon Web Services to support delivery of Own My Life with female police officers, staff and volunteers.

- ➡ £12,000

Related Persons Donations

Our largest donation from a related person (e.g. a trustee) was £35.

Largest Single Donor

Our largest donation from a single donor was £300.

Our people

Permanently employed: 0

Fixed-term contracts: 0

Self-employed people: 10

Volunteers: 3

TRUSTEE REMUNERATION AND RELATED PARTIES

During the reporting period, the following reimbursements were made to Trustees:

Trustee Renumeration

There was no renumeration of any Trustees in this reporting period.

Trustee Remuneration

		Total Period ending 31 March 2026		Total Period ending 31 March 2025
		£		£
Irene Hayes	Expenses	-		1,459
Sadia Masud	Facilitator support and expenses.	-		1,851

Related parties

Spark is the self-employed partnership of Natalie Collins, founder of the Own My Life course and our CEO, and Andrew Collins. Prior to setting up the charity, Natalie was paid to deliver the Own My Life course via Spark. As Andrew provided administration support for Natalie's other work, the trustees were confident Andrew would be the best person to provide administration support to the charity. With the support of the trustees, Natalie and Andrew have chosen to remain self-employed. This reduces the workload and cost to the the charity (no payroll etc is needed) and allows Natalie and Andrew freedom to do work with other organisations.

Terms and conditions

Any operational matters which involve payments to Spark require trustee approval with Spark having only read-only access to the charity bank account. Spark's fees are discussed and approved by the trustees, with any changes to fees or responsibilities reviewed and voted on by trustees.

Related parties

	Total Period ending 31 March 2026		Total Period ending 31 March 2025
Description of transactions (costs inc. VAT)	£		£
Spark (Training delivery)	36,365		31,185
Spark (Administration)	22,016		19,521
Spark (Resource provision)	45,823		38,261
Spark (CEO services)	28,800		27,200
Spark (Other)	22,412		10,413
Spark Total	155,416		126,580

INDEPENDENT EXAMINER'S REPORT

The Women's Liberation Collective

Charity Number 1184411

I report to the trustees on my examination of the accounts of the above charity, for the year ended 31st March 2026.

As the charity trustees of the Charity, you are responsible for the preparation of accounts in accordance with the requirements of the Charities Act 2011 ("The Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act, and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which give me cause to believe that in any material respect:

- Accounting records were not kept in accordance with section 130 of the Act or

- The accounts do not accord with the accounting records.

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

Andrew McCullough ACMA
Certax Accounting (Sunderland) Ltd
14 Foyle Street
Sunderland
SR1 1LE
Independent Reviewer

Andrew McCullough

Andrew McCullough | 7th August 2026

THANK YOUS

Course participants

You are the centre of everything we do. Your courage and commitment to owning your lives is magnificent. We are cheering you on!

Facilitators

You make the Own My Life magic possible, firstly in choosing to really show up in training and then in taking the JOY into your work with women. Thank you.

Louise Bryant

Thank you for the courses you have so brilliantly offered to women from all over, for being a brilliant co-trainer and Zoom coach.

Irene Hayes

You were there from the beginning of the charity, a reluctant but extremely efficient Treasurer, we're so grateful for all you brought to Own My Life.

Anon

To safeguard the women in prison who attended Own My Life we can't share the name of the organisation, facilitators or prison staff who made this possible. You know who you are and we remain so grateful!

Jacqui Shurr

There is so much joy being spread after you organised a north west England Own My Life roundtable. Thank you for your work and enthusiasm!

Victoria Mason

You are a marvel! Spreading Own My Life absolutely everywhere you go. Thank you for all you give to grow the sisterhood.

Sisters who show up

Thank you for showing up to spread the word about Own My Life! Doris, Linzi, Saira, Jo and so many others, thank you for your time and passion!

Victoria Gordon

You have brought Own My Life to Northern Ireland in such a beautiful way, thank you for your skill, faith and hilarity.

Our Supporters

To those who have financially supported our work, including those inspired to give through watching Lover Liar Predator, thank you for partnering with us in making women's lives better.

THANK YOUS

Bryony Rawson

You have made our socials sparkle and shine! Thank you for capturing our values and work so brilliantly.

Abi Thomas

You brought to life the most wonderful podcast idea, thank you for your commitment to women, excellent sound engineering and being a joymaker!

Suzy and Nadine

Suzy Hall (Gamcare) and Nadine Ashworth (Thrivin' Together), thank you for supporting our development of resources for women dealing with gambling harm. These will make such a difference to women and those supporting them!

CAP's Survivors Advocacy Project

Katryne, Shirleyann, Surj, Eva, Margaret and Suzanne, thank you for your wisdom, advising on our Easy Read materials. Helen thank you for your vision to bring Own My Life to learning disabled women. CAP, thank you for partnering with us to create the resources and for a beautiful launch event.

Jade, Monty, Clara, Lorna, Tara, Naomi and Helen

Thank you for sharing your stories on our podcast. You expertly inspired listeners around how all women can own their lives. Thank you also to each organisation who ran the course each woman attended, you are marvellous.

CVS Falkirk

Thank you for funding Central Advocacy Partner's work with us to develop easy read materials. Alongside resource women in Falkirk, these making a difference to women across the UK and beyond!

Monika Labich

Thank you for being part of our Polish materials launch event, we were grateful for your insight and wisdom.

Edyta Larsen

Thank you for your work translating all our materials into Polish, including excellent voiceovers on all our Polish videos.

Girls Course Crew

Thank you to Hannah Shead and Hannah Gardner for all your work on the project. Thank you to Honor for recruitment support. We're excited to see how the project unfolds!

Regina Medina Mora Urquiza

Thank you for your expertise in developing our scenarios within our resource for women who have been trafficked.

THANK YOUS

Kelly Finch

Your commitment to women is immense; attending our training through your night time while in Australia is proof of that! Thank you for pioneering the first ever Australian Own My Life course.

Stuart Mitchell and WCIT

Stuart, you helped us so much with the offline e-Hub and more generally with our tech needs. We're grateful to you and WCIT for pro-bono support. Thank you.

Jae and Freddie

Thank you for developing our offline e-Hub. This will make such a difference to women in rural places, women in prison and in any place where wifi isn't an option.

Emma Chandler and Unlocq Delegates

Emma, you are wonderful! Thank you for your support and efforts to spread Own My Life joy. Thank you to you and the Unlocq conference delegates for your generous donation, making women's lives better!

Community Foundation

Thank you to the North East Community Foundation for funding our podcast! Over 4000 listeners have been inspired and educated because of your support!

Charles Plater Trust and Community Fund

Through your generous support we are able to develop, pilot and roll out a course for girls and young women. We are confident this is going to change many young lives. Thank you!

Teresa Parker

Thank you for your wisdom and support with spreading Own My Life joy. Your expertise and knowledge has been such a gift to us.

Jenni, Robyn, Shannon

There are no words to express how important you are. Through Lover Liar Predator, so many women are now working to owning their life. Thank you for choosing to share your journeys, you have changed and saved lives.

Marta García Aliaga

Thank you for making a beautiful and profound film which has spread Own My Life far and wide. Your skill, passion and integrity are so appreciated.

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