SWAN WOMEN'S CENTRE

England & Wales · Charity number 1011971

Details

Other names	SWAN WOMENS CENTRE
Status	Registered
Legal form	Charitable company
Company number	02720502
Registered	1992-06-17
Register	View on the Charity Commission register

Contact

Address	Former Litherland Library Linacre Road Litherland Liverpool Merseyside L21 6NR
Phone	01519333292
Email	ceo@swanwomenscentre.org
Website	www.swanwomenscentre.org

Activities

Objects: TO PROMOTE THE PHYSICAL, MENTAL AND EMOTIONAL HEALTH OF WOMEN THROUGH EDUCATION IN HEALTH CARE AND THE PROVISION OF INFORMATION AND ASSISTANCE WHERE NECESSARY.

Activities: Improving women and girls mental health & emotional wellbeing. Providing targeted support for those affected by mental ill health, domestic abuse, inequality, poverty, isolation and loneliness. Counselling : Befriending; Holistic Therapies and Advocacy to support progression and recovery. Support groups for women and girls to understand and manage depression, anxiety, loss and grief.

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Classification

- **How:** Provides Services
- **What:** Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** NOT DEFINED (IN PRACTICE MERSEYSIDE)
- Liverpool City
- Sefton

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£286,288	£273,184	-	-
2024-03-31	£254,141	£232,829	-	-
2023-03-31	£257,251	£243,543	-	-
2022-03-31	£227,170	£248,160	-	-
2021-03-31	£242,971	£211,319	-	-

Trustees

Name	Role	Appointed
Abi Horsfield		2019-09-27
Christine Wallis		2017-09-25
Emma Sprawson		2025-06-01
Laura Mock		2022-05-17
Rebecca Moughtin		2025-07-16
Ruth Horsley		2025-07-16
Sonia Hardy		2026-06-03

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SWAN WOMEN'S CENTRE

England & Wales - Charity number 1011971

Accounts

SWAN
WOMENS CENTRE

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

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SWAN Women's Centre
Registered Company No: 02720502 Registered Charity No: 1011971

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

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

SWAN Women's Centre
Registered Company No: 02720502 Registered Charity No: 1011971

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

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.

How do our services make a difference?

Quotes from women and teenage girls who use our services.

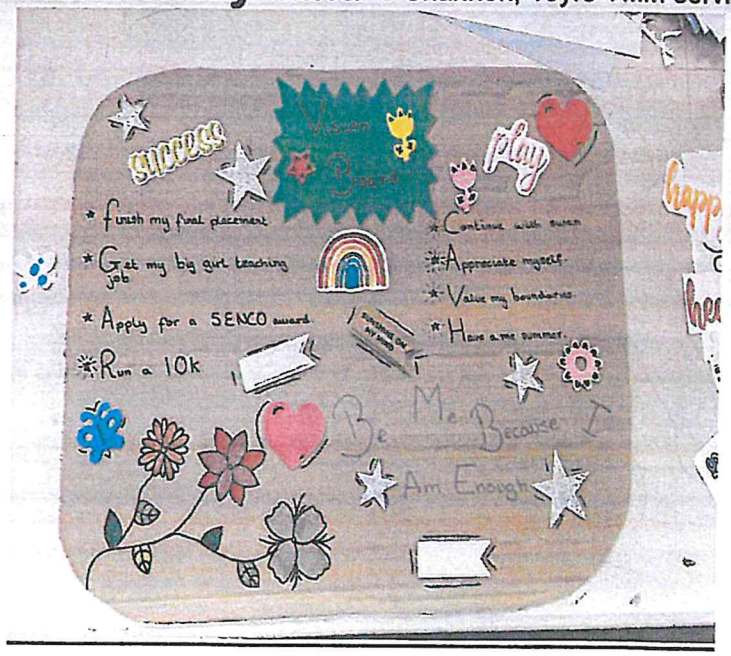
(Quotes have been anonymised)

"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



"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

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".

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 trigged 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".

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.

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

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)

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.

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 complaint and aligned with best practice.

Wider network

The charity works in partnership with a number of local voluntary sector organisation's 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.

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 invested 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.

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

Christine Wallis
.....
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 Satement 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 funds £	Restricted funds £	31.3.25 Total funds £	31.3.24 Total funds £
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	4				
Women's support services		**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	10			136,877	
Unrestricted funds					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

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

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on 16/9/25 and were signed on its behalf by:

Mrs C Wallis.

The notes form part of these financial statements

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 anddevelopment.

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.

2. OTHER TRADING ACTIVITIES

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

3. INVESTMENT INCOME

	31.3.25	31.3.24
	£	£
Deposit account interest	551	525

4. CHARITABLE ACTIVITIES COSTS

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

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	1,418	1,741

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	10	11

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

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

10. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement 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
	170,007	(33,130)	-	136,877
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
	15,926	46,234	-	62,160
TOTAL FUNDS	185,933	13,104	-	199,037

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
	49,711	(82,841)	(33,130)
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
	236,577	(190,343)	46,234
TOTAL FUNDS	286,288	(273,184)	13,104

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
	153,759	(25,723)	41,971	170,007
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
	10,862	47,035	(41,971)	15,926
TOTAL FUNDS	164,621	21,312	-	185,933

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
	233,618	(186,583)	47,035
TOTAL FUNDS	254,141	(232,829)	21,312

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-oldfemales.

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.

SWAN WOMEN'S CENTRE

England & Wales - Charity number 1011971

Accounts

SWAN
WOMENS CENTRE

Annual Review & Accounts
Year Ending 31st March 2024

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

Annual Review and Accounts
2023-2024

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Introduction from the Chair

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

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

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

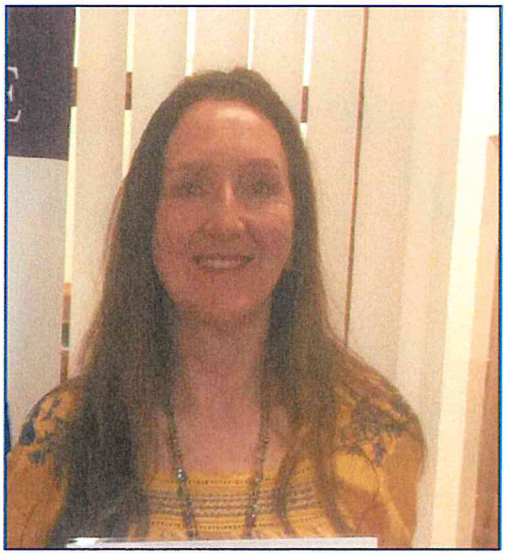
We have of course welcomed some new staff and volunteers to our team and we are pleased to call them part of our SWAN family. Barbara, who was with us for 7 years, retired in April 2024 and Cathy and Georgina joined us. For those volunteers who ventured on to pastures new, we wish them the very best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

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

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

Trish Hardy
Chair of Trustees.

Overview from the Chief Executive



Our Fantastic Team

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

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

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

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

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

Karen Christie
Chief Executive.

Vision

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

Mission

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

Our Values

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

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

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

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

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

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

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

Volunteeering

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

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

Our Volunteers

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

89 Volunteers in total

Time donated

8200 hours

Amount contributed by Volunteers

£98,400

Equal to (if paid minimum wage)

Volunteers what they do and say about volunteering

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

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

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

Why I volunteer at Swan Womens Centre

WORDS FROM SOME OF OUR WONDERFUL VOLUNTEERING TEAM

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

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

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

Volunteer Receptionists and Group Facilitators

- **14 Volunteer Receptionists**
- **5 Volunteer Group facilitators.**

2300 volunteering hours.

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

Volunteering, why do women volunteer with us?

Volunteer Case Study

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

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

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

BEFRIENDING SERVICE

Befriendering Volunteers

15 Volunteer Befrienders
800 volunteering hours.

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

**Printed with kind permission of Margaret and Bev
Befriending Buddies**

The Befriending project

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

The aim of the project is to reduce loneliness through engagement with their local community, aided by the support of a befriending volunteer who accompanies them to wherever they would like to go on a weekly basis. They often attend activities in the community that they are interested in.Women are offered 12 months one to one support from a Volunteer Befriender (who initially attends 2 days training). The aim of the service is for the volunteer to accompany and encourage the supported woman to achieve any goals or positive intentions they set for themselves, with a view to connect them into their local community and building other connections. The project focuses on face-to-face support in the community, offering a handful of home visits if the woman requires support to initially get out of the house.

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

Befriending Case study

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

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

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

Impact statement from Befriending client

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

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

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

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

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

COUNSELLING SERVICES

Counselling Volunteers

14 qualified Counsellors
32 Trainee Counsellors

4784 Counselling Volunteering hours

926 Adults supported
28 young people supported

Counselling Case Study

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

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

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

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

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

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

Impact Statements from Clients

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

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

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

"Helped me to find me again".

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

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

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

Young Persons Counselling

Case study teenage girls counselling

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

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

The outcome

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

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

The difference the service has made.

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

Young Persons quote

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

YOUR MIND MATTERS (Y.M.M)

77 Young Adults supported (16-25 years)

YMM Case study

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

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

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

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

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

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

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

Client Impact statement

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

WELL BEING SERVICES

100 Sessions
Counsellor led Support Groups

- Emotional Wellbeing
- Bereavement group

Case Study

Mrs F joined the Emotional Wellbeing group as she wanted a safe space to talk about her personal experiences and to talk to others about the decisions for her future.
As a result of the work on her awareness of her needs and vision for the future, the client felt confident enough to start attending a support group for family members affected by alcoholics (external and independent to Swan Centre).

She said that she feels strong enough to challenge her husband's drinking and his behaviour towards her. "**With the support of the group, I realised that I didn't need to feel shame, for something that is outside of my control".** She reported that she bought a dress for a birthday party which she has not been able to attend for years.

Providing 200+ Activity Sessions

Annual Review and Accounts
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ACHIEVEMENT AND PERFORMANCE

Charitable activities

- Befriending

- Counselling
1. Women 18+ years
2. Women experiencing Domestic Abuse
3. Teenage Girls (13 – 19 years)

- Mental Health Support and Advocacy or females (16 – 25 years) Your Mind Matters

- Support Groups (Counsellor Led)
    1. Emotional Wellbeing
    2. Bereavement

- Peer Support Groups x 2

- Coffee Afternoon Drop in

- Activity Groups
1. Walking Group
2. Card Making Group
3. Mosaic Group
4. Art Group
5. Reading groups (volunteer led, In partnership with The Reader Organisation)

- Wellness Activities
    1. Breathwork
    2. Yoga
    3. Mindfulness

- Working in partnership with others
1. Free Legal Advice (delivered by Canter Lever and Berg Solicitors on voluntary basis)
2. Foodbank Vouchers (facilitated on behalf of the Trussell Trust)
3. Cold Weather clothing vouchers (distributed on behalf of our local council)
4. Toiletries (these are donated to us by women who use our services)

Other activities throughout the year

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

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

Fundraising activities

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

Financial Review

Principal funding sources

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

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

Investment performance

Reserves and Investment Policy

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

Reserves and Investment policy

General Reserves

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

Designated Reserves

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

Contingency Fund:

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

Investment policy:

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

Future Plans for 2024 - 2025

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

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

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Responsibilities of the trustees

The trustees are expected to comply with all the requirements as laid down in the following Charity Commission Publications
- The Essential Trustee
- The Hallmarks of an Effective Charity

Recruitment of new trustees

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

Appointment of New Trustees

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

Annual Review and Accounts 2023 - 2024

Organisational structure

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

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

Induction and training of new trustees

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

Wider network

The charity works with a number of local organisation's including Sefton Women and Children's Aid (Domestic Abuse Agency) and Light for Life (Homelessness Charity). We have partnered with both to deliver a wraparound mental health service to either clients of both organisations. We are working in partnership with Womens Health Information and Support Centre (Liverpool based) to provide joined up services for women across Sefton and Liverpool. We are partnering with the Reader Organisation and have developed reading groups, with voluinteers, trained by The Reader Organisation. We work with our local solicitors, who provide a free legal advice service every month. We work with Trussell Trust Foodbank to distribute food vouchers and support for those who need their services.
We are a member of Sefton Healthwatch, representing the Health and Social Care Forum of Sefton. We represent Healthwatch on Sefton Council's Overview and Scrutiny Committee (Childrens) as well as being a key member of the Health and Social Care Forum. We have a key role on Sefton in Mind (Mental Health Board in Sefton) as well as facilitating and supporting the CEO Network in Sefton. Early Help Team, Loval GPs and Mental Health Services such as Crisis Team, Meryseycare etc.

Related parties

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

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity No: 1011971 Company number 02720502

Financial statements for the Year Ended 31st March 2024
SWAN WOMEN'S CENTRE

Registered Charity Number – 1011971
Registered Company Number - 2720502

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

Trustees of Charity and Directors of Company

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

Chief Executive Officer

Ms K Christie

Independent Examiner

Suzanne Draper FCCA ACA
SB&P
Chartered Accountants
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 dated 17th September 2024 and signed on its behalf by:

Mrs P Hardy – Chair of Trustees ...

Annual Review and Accounts 2023 - 2024

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

Responsibilities and basis of report

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

S Draper

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

Date: 26/9/24

STATEMENT OF FINANCIAL ACTIVIES (SOFA)
(including income and expenditure)

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		500	100,000	100,500	90,588
Charitable activities					
Women's support services		-	133,617	133,617	132,136
Other trading activities	2	19,498	1	19,499	8,281
Investment income	3	525	-	525	242
Total		20,523	233,618	254,141	231,247
EXPENDITURE ON					
Charitable activities	4				
Women's support services		46,248	186,581	232,829	217,538
NET INCOME/(EXPENDITURE)		(25,725)	47,037	21,312	13,709
Transfers between funds	11	41,971	(41,971)	-	-
Net movement in funds		16,246	5,066	21,312	13,709
RECONCILIATION OF FUNDS					
Total funds brought forward		153,759	10,862	164,621	150,912
TOTAL FUNDS CARRIED FORWARD		170,005	15,928	185,933	164,621

These notes form part of these financial statements

Annual Review and Accounts 2023 - 2024

Balance Sheet - 31st March 2024

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

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

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

The trustees acknowledge their responsibilities for

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

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

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

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

Mrs Patricia Hardy – Chair of Trustees

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

1. Accounting Policies

Basis of preparing the financial statements
The accounts have been prepared on the going concern basis.

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

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

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

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

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

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

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

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.

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

2. OTHER TRADING ACTIVITIES

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

3. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Deposit account interest	525	242

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs	Totals
	£	£	£
Women's support services	183,773		

5. NET INCOME/(EXPENDITURE)

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

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	538	10,067
Hire of plant and machinery	1,741	1,485

6. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

7. STAFF COSTS

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

	31.3.24	31.3.23
Staff	10	8

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

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

8. TANGIBLE FIXED ASSETS

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

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Trade debtors	**-**	5,766
Prepayments and accrued income	**-**	286
	-	6,052

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

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

11. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	101,759	(25,723)	41,971	118,007
Contingency fund (designated)	45,000	-	-	45,000
Johnston Family Trust	6,000	-	-	6,000
Mayor of Sefton	1,000	-	-	1,000
	153,759	**(25,723)**	**41,971**	**170,007**
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
	10,862	**47,035**	**(41,971)**	**15,926**
TOTAL FUNDS	164,621	21,312	-	185,933

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

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

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

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

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

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

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

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

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

12. RELATED PARTY DISCLOSURES

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

13. RESTRICTED FUNDS

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

Alder Hey - NHS
Grant contributions towards Teenage Girls Counselling service, salary and volunteer costs.

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

NHS ICB
Funding is received to contribute towards the costs of:
-Adult counselling services
-Delivery of Support groups
-Contribution towards running costs of the organisation, salaries and volunteer costs (counselling).

Sefton Women and Children Aid (SWACA)
Commissioning of a counselling service for women who have experienced domestic abuse.

LCVS
Grant contributes towards counselling services.

Sefton Council
Grants towards core running costs.

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

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

14. CONTINGENCY FUNDS

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

15. TRANSFERS

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

Thanks for our Funders and Partners

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

Thanks to our Fundraisers

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

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

Kim Stevenson
Jaz Hairdressers
Waterloo, who organised a fantastic Black Tie Event., raising almost £6000

Ged Martin
Volunteer at SWAN
Walked the Santiago de Camino -Sponsorship

SWAN WOMEN'S CENTRE

England & Wales - Charity number 1011971

Accounts

SWAN
WOMENS CENTRE

Report of the Trustees & Financial Statements

Year Ended 31st March 2023

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Report of the Trustees & Financial Statements for the Year Ended 31 March 2023

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CHAIR'S MESSAGE 2022-2023

It is a great honour to present to you the annual report of Swan Women's Centre as Chair and on behalf of all of the Trustees. The last 12 months have once again proved the value of having a women's mental health charity firmly established in the Borough of Sefton – we are immensely proud that we have been able to extend our outreach services and establish physical operational base in Southport in the last year.

Unfortunately the demand for mental health services has continued to grow. The cost of living crisis and impact on mental health and relationships has created new demand for our services. We have found that we are dealing not just with more clients but with women who have more complex situations and life stories. We have adapted our ways of working to see more women this year than ever before and worked hard with other agencies in the Borough to assist with crisis management - ensuring counselling services are locally available and to those in most need.

I know what a tremendous relief our service users feel when they see the warm and welcoming doors of the centre open, even if they do not need the support on that day. We recognise the wide range of support services we offer can support and empower women to make positive differences in their lives. That is why we endeavour to offer a holistic supportive environment for women and girls. We also offer and have further strengthened our Befriender service in the last year – this service matches a befriender with a women in the community with friendship and support with every day life challenges to build up confidence and independence.

As a smaller charity we recognise that partnership working is critical to expand our reach and this year we continue to work in partnership with Sefton Women and Children's Aid delivering counselling services for women in Sefton.

Last year we delivered 3501 counselling sessions to 813 women and 411 counselling session to just over 133 young people. This is a remarkable achievement and would not be possible without the dedication of all of the volunteers who make SWAN a fabulous organisation. We have 86 women who volunteer for us. Volunteers provided approximately 8000 hours this year. At minimum wage this equates to a contribution of £84,943.84.

As part of this annual report I would like to thank our funders who show great confidence in our services, ethos and offer.

Our commissioners, funders and donors for the year 22/23 included:

- Lloyds Bank Foundation
- Sefton Council
- John Moores Foundation
- NHS Clinical Commissioning Groups (these became Integrated Care Boards in July 2022).
- Sefton Women and Children Aid (SWACA)
- Sefton CVS
- Alder Hey - NHS
- LCVS
- Community Foundation for Lancashire and Merseyside

At SWAN we are ambitious for our organisation, our community and the women who use our service. We have exciting plans for next year which will include;

- Extending our young women and girls counselling services
- Enhancing our holistic mental health offer with Yoga, Mindfulness and Breathing classes
- Reviewing our approach to communication and promotion of our services
- Achieving accreditation as a Living Wage employer

Finally, SWAN would not be able to deliver the support and services to women and girls in Sefton without the dedication of our staff - they are passionately committed to the ethos of the organisation and give more than we could ever repay. As ever we have had some new starter and leavers over the last 12 months and we wish everyone who is part or has been part of the SWAN family our best wishes and thanks.

Trish Hardy
SWAN Women's Centre
Chair of Trustees.

Report of the Trustees & Financial Statements for the Year Ended 31 March 2023

INTRODUCTION

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES & ACTIVITIES

Vision

Where women and teenage girls feel secure, confident and positive, where they can transform their lives and celebrate their true worth and value

Mission

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

Public Benefit

The charity is ideally located, in the heart of an economically deprived community with easy access to the women's centre, for all, on foot or travelling by public transport.

All our charitable activities focus on the provision of services and support for women and girls who have experienced or are experiencing poor mental health, due to many different factors or those women and girls who have become socially excluded as a result of factors such as unemployment, financial hardship, ill health (physical or mental) and youth or old age.

Our purpose is to support women and girls and help them overcome such difficulties through the delivery of a range of services, which support them to improve their mental health, transform their lives and celebrating their true worth.

Paid Staff and Volunteers

We had 8 paid members of staff during the year and 86 volunteers.

Though both staff and volunteers continued to provide support and services from home during the Covid epidemic, we were very pleased to be able to plan for the centre being fully operational again.

The Board of Trustees fully recognises the excellent work that the staff and volunteers carry out and values the contribution everyone makes to the success of the Women's Centre

Significant Activities

The significant activities of the charity that provide public benefit, include the following:

Volunteering

Volunteers play a vital role in the success of the organisation and our Volunteer Co-ordinator has a lead role in ensuring that volunteers are supported and trained to carry out their roles effectively. We have over 80 volunteers at the charity and they carry out a wide variety of support services including counselling, befriending, trustees, administration, activities etc.

The Reception team consists of 10 volunteers who provide a welcome and a cup of tea for anyone who comes into the centre. These volunteers are the first person that clients and visitors meet and they endeavour to put all of those who use our centre, at ease, immediately. They have vast knowledge of our services as well as what else is also available within the locality. They bring their own knowledge and experience with them.

Our volunteers are trained to ensure that they have an understanding of mental wellbeing but many may have experienced their own mental health challenges. This gives them a great deal of insight and empathy into some of the experiences of those who use our services.

Currently our activity volunteers run groups such as Card Making classes, Knitting group, Ceramics group, as well as a weekly Coffee afternoon.

Our board of Trustees, who are also volunteers, ensure that the charity meets its legal responsibilities as well fulfilling its full potential. They are passionate about the work that they carry out on behalf of women and girls and we appreciate the time and their experience that dedicate freely to the centre.

86 women currently volunteer for the charity.

Volunteer Trustees

Volunteer Receptionist

A Volunteers Perspective

"I became a volunteer after using the services myself. I really wanted to give something back! I really enjoy my role, everyone is very helpful and I feel valued".

"I love supporting the women that come into the centre every week. I know that what I do makes a difference".

Befriending

This project is in its 6th year of working with women in the community who experience loneliness, isolation, and who are now ready to re-engage with their local community. Since November 2022, the service has also employed a project worker to work alongside the Co-ordinator.

We recruit volunteer Befrienders who can commit to working alongside the woman, in their community, for up to 12 months. Each woman receiving the service is offered 12 months of support and thus, we request 12 months commitment from each volunteer befriender.

The projects focus has been on helping women build their networks of support, through getting out into the community with the befriender. We hope that at the end of the 12 months of befriending that the individual feels more able to access activities within their community than when they started. The befriender does a number of activities with the client including: walking, going for coffee, joining interest groups, going to the cinema as well as going the gym and swimming. Support can also take the form of attending various appointments and completing of day to day tasks, such as shopping.

This year we recruited and trained 11 new volunteers to act as befrienders. This gives us a total of 25 befriending volunteers across the year.

We have support 41 women throughout the year.

Befriending service Case study

Ms L registered with the centre in November 2019. She has accessed various services and projects during this time. In May 2021 while she was working with another organisation, she requested a befriender. Ms L did not have a typical journey in the sense that she worked with two different befrienders.

Ms L was referred to the service by her social prescriber, as she was struggling with severe depression and anxiety which had led to her not looking after herself or her home. Ms L was isolated and had been living temporarily in respite whilst her home was being cleaned. At her assessment, she outlined her desire to re-engage with the world, sharing her unique interests which gave us plenty to think about when matching her with a volunteer Befriender. Ms L set herself some clear goals, early on in the relationship, amongst which she wanted to start walking through Rimrose Valley. One thing L appreciated about her volunteer – and vice versa – was the humour they shared, even in the toughest of times, and Ms L mentioning this at a review. She felt the volunteer provided the light of humour and calmness too. This helped to build Ms L's confidence in achieving her aims. By her 6 month review, L had achieved her main aim of re-entering the world and wanted to work towards the prospect of employment, showing her growth during the project.

At the end of the project, Ms L felt that she had achieved her aims and more, getting out in the community, regaining her identity and felt better prepared for future endeavours. Ms L commented this was directly down to the relationship she had built with her volunteer, stating it was calming, appreciative, and reciprocal. Ms L intends to volunteer with us at SWAN 6 months after her end date

with a view to regaining paid employment in the future, demonstrating a full circle approach that we greatly appreciate!

Impact statement from a woman who uses our Befriending Service

Below is a reflection written by one of women who accessed the Befriending Service

6 Reasons to Recommend the Befriending Service at Swan Women's Centre

It's more successful than online dating! Due to the intuition, insightfulness, and conscious reasoning on the part of the Befriending Service Co-Ordinator I am matched with a perfect for me befriender. Yesterday she finished my sentence, how's that for symbiosis! A mutually beneficial relationship by all accounts.

If you are feeling isolated and are experiencing anxiety and depression the befriending service is a safe resource. My befriender is completely non-judgemental and with gentle positivity is so beneficial to my emotional well-being. She has helped me to build confidence when outside - I actually go outside with her - and I have even managed to take myself solo to the beach which is a real breakthrough.

Professionalism is guaranteed! Due to thorough befriender training you can be sure that your befriender, whilst being so very friendly, kind and patient, always acts with utter professionalism. This helps to ensure that I too consciously follow guidelines, which can only be useful for returning to a job in the future.

At your own pace, you can reach positive goals! There is a real sense of moving forward as my befriender listens and talks through ideas of excursions from week to week. For the first time we ventured out from Waterloo to Formby - that's a first! - And I travelled back home on the bus solo to

boot! And together we have agreed a longer term plan of travelling in to the city, which will be a real development that I very much hope will achieved quite soon!

We can all have off days can't we! There is no need to be nervous or worried about this as your befriender and the befriender service gets it! Sometimes I haven't felt up to doing exactly what we planned for a particular day. So my befriender manages to encourage me to do something, like go for a coffee, at least. And at other times I may not have spoken to anyone for a while so am full on verbal, often not pausing for breath! My befriender is so completely understanding, and patient with this. On the rare occasion that you have to change plans the Swan Women's Centre can get a message to your befriender in time. So whilst there are professional boundaries I feel seen, heard, acknowledged, and completely supported, whatever my mood or level of anxiety.

And that's not all! If you thought that the service is limited to befriending - it's not - there's so much more on offer! The Befriending Service Co-Ordinator often signposts you to additional health and well-being events, offered both within the Centre and beyond. Mentioned really positively, for example 'Lou, there's a group that meets on a Thursday afternoon, why not give it a try, it might really suit you'. So far I have been guided and with support with my confidence, I have enjoyed: person centred counselling; body massage with a bespoke blend of essential oils; women's coffee afternoon; crafting for the winter holiday, learning how to make a pom-pom reindeer; tending to the Centre's flower beds; introduction to their off-site allotment. Other events have also been highlighted including for International Women's Day; community events; political events, suiting my interests.

And most importantly, you can have loads of free cups of tea when you go along to the most welcoming Centre ever. How about that eh!

Adult Counselling Services

We have been providing counselling services to women experiencing mental health problems in Sefton since 1992. Our reputation as an award winning counselling placement provider has enabled us to recruit and retain 15 qualified Volunteer Counsellors as well as offer placements to 16 Counsellors in training. We have 4 counselling employees including a Counselling and Wellbeing Manager.

Between April 2022 and March 2023,

813 women accessed our counselling service. We provided 3501 counselling sessions.

Adult Counselling Case Study

Ms P, walked into the centre, very emotional and upset. She asked to see a counsellor. We ensure that we always have a counsellor in the office at all times for situations such as this. There counsellor took Ms P into a private room in order to try to understand what was causing her this amount of distress.

Presenting Issue

Ms P was a teacher at a local school. There had been an incident in school and she had been suspended while the situation was being investigated. She said that she loved her career but was considering a career change due to this situation. She had been to see her GP and had been signed off work due to anxiety and depression. She didn't know what to do next and was concerned about her reputation with her colleagues. Ms P also talked about a situation in her past that had led to her trying to take her own life. Ms P talked about having suicidal feelings related to her current situation but stated that she no longer felt like this. Although, clearly distraught she said that she realised this wasn't an option, She had too many people in her life who needed her. Once this lady was calmer we carried out a risk assessment as well as putting a safety plan together with her.

Support

Ms P was seen by one of our counsellors who has had experience of working with people who have complex mental health issues. We met with her on a weekly basis and provided 10 counselling sessions.

Outcome

She talked about her situation in school but also about her family circumstances. She was able to talk through a number of scenarios related to her circumstances and while she was attending counselling she returned to school for a meeting related to the suspension. She took the opportunity to prepare for her meeting with her counsellor. She said that just having someone to listen and to believe in her made a difference to how she saw herself. She found counselling to be a time that she was able to think about how she looks after her own well-being.

Impact Statement for Counselling client

"I was really down and depressed, however [my counsellor] has helped me to work through many of the issues that historically I have tried to push away. I have started to feel good about myself and I have been feeling more relaxed". I feel that I am able to identify and ask for help when I need some support.

Teenage Girls Counselling Service (aged 13 years +)

During 2022 – 2023, 133 teenage girls accessed our counselling service

We have been delivering counselling services to teenager girls since 2019 and in the last 4 years we have expanded our services from the women's centre in Litherland to the Family Wellbeing Centre in Southport.

We provide 1:1 counselling sessions to teenage girls in a variety of ways. They can come into the office or we can deliver them online or via telephone.

Young people can self-refer into the services but many referrals come from parents/carers, schools, GPs or other professional who are also working with the family. The service was managed by the Teenage Girls Counselling Coordinator and 11 volunteer counsellors supported the service, throughout the year.

Case Study

L is a college student and her home life has been difficult over the last couple of years. There have been a lot of changes within the family. L's father has moved out and the relationships between her parents, herself and her siblings has been very difficult. She feels that this relationship has deteriorated over the past couple of years.

Presenting issues: L says she has always been an anxious person but her home situation and the uncertainty around the family relationships has exacerbated this. Her anxiety is predominantly linked to extreme fear of being alone at night; she said that she feels it rules her life. Her Early Health worker talked about the counselling service available and she agreed that it may help.

After the initial assessment with L, it was clear that she was struggling with a number of aspects of her mental health. When asked what she would like from counselling she said that she wants help to change her negative thought patterns.

The expectations that L puts on herself to achieve are sometimes unrealistic, which can be unhelpful to her feeling of self-worth.

Actions: L was very upset when she attended her first counselling session. After an initial conversation we decided that 'Person Centred' therapy would be beneficial for L. Throughout the sessions we considering other therapeutic tools that may help L to change some of her negative thoughts.

On our first three sessions, we worked on exploring the core of her feelings around her fear and anxiety. We used visual and verbal mental health tools to help L. understand when her fear may have started and how the current situation is helping in maintaining some of those fears. There were a number of incidents in her childhood that may have contributed to her fear.

We worked on building L's resilience in relation to her current family circumstances, the changes she is experiencing and tools that she can use to manage her new normal. We also talked through options that would allow her to grow within that new space.

On week five and six we practiced deep visually guided relaxation to enable L. to work on managing her anxiety and fear. She can use these tools outside of the counselling relationship.

We also worked on techniques that L could use to move forward, embedding the resilience she acknowledged that she had, during the counselling sessions.

Impact statement from teenage counselling client

L. stated that the counselling sessions and deep relaxation has helped her to put certain aspects of her fear into a different frame that she finds useful. L said that she felt that the counselling had enabled her to communicate her anxiety more openly with other as well being able to speak to her parents about her worries.

Support Groups

We deliver two, **Counsellor facilitated**, Support Groups per week.

The aim of the facilitator is to provide a place where members feel safe enough to talk with honesty as well as build trust in the group, so there can be an exchange of genuine communications that are heard with empathy and without fear of judgement. Talking openly and honestly helps each group member to understand themselves and others better.

The aim of the group is to empower the members to make positive changes in their lives by listening, using mindful techniques, discussion and by supporting each other within the group. Most of the women who attend the groups are experiencing anxiety, stress, depression or other mental health problems.

The groups are weekly, ninety minute meetings, at the same time each week. There are ground rules which each member has agreed to prior to joining the group. There are two groups, an afternoon and an evening group. The groups are open and referrals from self or other professionals are welcome. Prospective members have a pre-group meeting with the Counsellor and together they decide if the group will meet the needs of the perspective member and the group as a whole.

They have become a tight knit group. They mutually support each other by sharing their thoughts and feelings and listening to each other's experiences.

During 2022 – 2023, 45 women attended the support group

Case study from a member of the support group

The newest member of the group is aged 53. She lives locally and has a husband and grown up children. She has been struggling with her mental health since Covid. During Covid she was a Manager of an older person's residential care home. She witnessed many deaths in the initial months of Covid and while she continued to work there throughout the pandemic, she has recently resigned from her post. She had been struggling with her mental health for over a year and eventually took time off. She was off work for 6 months and eventually realised that she could not go back to care work.

She feels that she has 'lost herself'. The whole group gave her a warm welcome and she shared experience of deciding to leave care work. Afterwards she commented that she felt the group understood her and that they didn't judge her for leaving her employment. We will continue to support her as long as she needs it.

Achievement and Performance

Charitable Activities

Groups/Courses and Activities

Peer support groups

- Many of our peer support groups have started off as participants in the counsellor led support groups. However as the individuals become more confident, they no longer require the support of the counsellor but they have developed a very close network with each other. We therefore provide a venue and refreshments which enable them to continue to meet up and support each other. During this period we had 4 Peer Support groups running on a weekly basis.

Womens Empowerment Programme

- Provided by WOMENS' PACT

Business advice

- Provided by The Womens Organisation

Self Esteem Classes

- Provided by in house Counsellor

Art classes

- Provided by Pinto Art.

- Throughout the year we have ran a number of art groups, these are always very popular sessions. It is an opportunity for women to come together and make new friends while creating something that they are very proud of. The final session consists of a display of their art and a celebration in which they can invite family and friends along to view their work.

Community Services

- The charity distributes Food Bank Vouchers to clients who need them on behalf of our local food banks.
- We distribute cold weather on behalf of the local council to clients who meet the criteria.
- We provide a free a family law advice clinic once a month. Provided by Canter Levin & Berg Solicitors.

Fundraising Activities

- We raise funds from a number of crafts that we make in the centre. The card making group sell cards that they make, within the centre. The knitting group knits items for sale at Christmas and Easter. Ex Christmas tree decorations, Easter bunnies.
- A number of clients have carried out fund raising activities for us this year including: skydiving and Liverpool 10K.

Donations

- Sefton Mayor – Charity of the year donation.
- We have a number of organisations who make a donation to the centre on a yearly basis. These are often without any prompt from the charity.
- Friends and supporters often name the charity as their preferred option for celebration donations.
- We have had a number of small donations left to us by ex-clients who have passes away.
- We occasionally receive small donations from clients at the end of their counselling.
- We continue to receive regular direct debit donations from regular supporters via Local Giving. We thank all of those who, despite often having limited financial resources themselves, continue to prioritise a donation to the women's centre.

FINANCIAL REVIEW

Principal Funding Sources

The charity's principal funding sources are Southport and Formby and South Sefton Clinical Commissioning Groups (now Integrated Care Board NHS) and Sefton Council. A core funding grant from Lloyds Bank Foundation has enabled us to develop the organisation, people and services. John Moores Foundation has provided us with 2 years funding contribution towards the Befriending Project along with Eleanor Rathbone Charitable Trust. We work in partnership with Sefton Women and Children's AID (SWACA) to deliver a counselling service for women experiencing domestic abuse. Sefton CVS spot purchases counselling services from us too.

Reserves and Investment Policy

The trustees have identified financial risk resulting from continuing changes to government funding policies; grants and trusts are experiencing an increasing high volumes of applications which impacts on the number of successful applications, accordingly these uncertainties have been considered and addressed when setting the charity's reserves policy. The trustees recognise that the circumstances of the charity will change over time and as such the reserves policy is reviewed annually. The amount held in reserves is also monitored regularly during the course of the year as part of the quarterly budgetary and management reporting.

General Reserves

The trustees have set a target range for free general reserves of £150,000 excluding fixed assets and aim to retain working capital within that range. The amount is representative of six months running costs, leasing costs and provides short term financial security in the event of service level agreements with Clinical Commissioning Groups and/or Local Authorities being withdrawn or reduced. The reserve provides the trustees with sufficient solvency and time to take whatever action would be necessary in such circumstances. Net current assets at the balance sheet date amounted to £164,621. Unrestricted reserves amounted to £101,759.

Designated Reserves

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

Investment policy:

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

FUTURE PLANS

In the last couple of years the demand for counselling services has increased by almost 50%. We have therefore adopted new ways of working to ensure that our resources and the time available to staff and volunteers, is used in the most effective way. One of the changes we have made involves providing online and telephone counselling services as well as face to face counselling. We have also invested in technology which has helped us to reduce the amount of time we spend carrying out administration tasks for the services.

The charity will continue to look for opportunities to further develop and expand the services that we deliver, according to need. We will seek to develop new partnerships as well as maintaining the strong relationships that we have with current partners. The focus of which is expanding the services that we provide for women and teenage girls.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

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

Responsibilities of the Trustees

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

- The Essential Trustee
- The Hallmarks of an Effective Charity

Recruitment of New Trustees

The members of the Board are both directors of the company and charity trustees. The organisation has robust policies and procedures to identify potential trustees and to recruit appropriately skilled people. All potential board members are interviewed by the Chair and/or Vice Chair, or delegated trustees of the organisation to identify skills and experience that will be of value to the organisation.

Appointment of New Trustees

All new Trustees complete a formal application with references are followed up before meeting with the Chair of Trustees and Chief Executive. A trustee is appointed at a general meeting having been recommended by a serving trustee and appropriate notice to members eligible to vote has been given. A simple majority of members eligible to vote is required to appoint the trustee.

Organisational Structure

The Board of Trustees holds 6 weekly Board meetings, an AGM and up to two development days per year, The Board develops the Strategic Plan for the organisation. The Board have a broad range of skills that include financial monitoring; risk management; human resources and training. The Board delegates the day to day management of the organisation to a Chief Executive who has responsibility for the implementation of the strategic plan and responsibility for staff. The Chief Executive has responsibility for Quality Assurance and the on-going development of the organisation.

Induction and Training of New Trustees

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

Wider Network

The charity works in partnership with a range of other local organisations and has set up and facilitates the CEO Network for 3rd Sector leaders in Sefton. We have a key role in Sefton Healthwatch, Sefton Council Overview and Scrutiny Committee (Children's Services) as well as Sefton Health and Social Care Forum. We are a member of the Voluntary Sector Advisory Group in Sefton and we work closely with both Sefton's and Liverpool's voluntary sector as well as our local Council and ICB.

Related Parties

SWAN has a wide range of stakeholders including: people who use our services, commissioning bodies such as Local Authorities and Clinical Commissioners, members of grant making trusts, other funding bodies, staff and volunteers. SWAN works to a range of national and local strategies that are relevant to the services delivered. The organisation works in partnership with a range of agencies, particularly in the public and third sectors and seeks 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.

Report of the Trustees & Financial Statements for the Year Ended 31 March 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02720502

Registered Charity number

1011971

Registered office

Former Litherland Library Linacre Road, Litherland
Liverpool Merseyside L21 6NR

Trustees

- Mrs J Anderton (resigned 9.5.22)
- Ms C Wallis
- Mrs P Hardy
- Ms S A Oldnall
- Ms A Horsfield
- Miss B Kent
- Miss A K Farrell (appointed 18.5.22)
- Mrs L Mock (appointed 17.5.22)
- Miss L Williams (appointed 23.5.22)
- Miss A Tee (appointed 31.1.23)

Chief executive officer

- Ms K Christie

Independent Examiner

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

Bankers

Unity Trust Bank
Nine Brindley Place
Birmingham B1 2HB

Solicitors

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

Approved by order of the board of Trustees on 5th September 2023 and signed on its behalf by:

Mrs P Hardy – Chair of Trustees

Independent Examiners' report to the Trustees

Independent examiner's report to the trustees of SWAN Womens Centre ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

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 ACCA, ICAEW

SB&P Chartered Accountants

Oriel House 2/8 Oriel Road Bootle Merseyside L20 7EP

Date: 6/9/2023

Report of the Trustees & Financial Statements for the Year Ended 31 March 2023

STATEMENT OF FINANCIAL ACTIVITIES (SOFA)

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	**31.3.23 Total funds £**	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		**17,500**	**73,088**	**90,588**	42,964
Charitable activities					
Women's support services		**-**	**132,136**	**132,136**	130,760
Other trading activities	2	**8,278**	**3**	**8,281**	20,491
Investment income	3	**242**	**-**	**242**	12
Other income		**26,004**	**-**	**26,004**	32,943
Total		**52,024**	**205,227**	**257,251**	227,170
EXPENDITURE ON					
Raising funds		**-**	**-**	**-**	
Charitable activities	4				
Women's support services		**36,569**	**206,973**	**243,542**	248,160
Total		**36,569**	**206,973**	**243,542**	248,160
NET INCOME/(EXPENDITURE)		**15,455**	**(1,746)**	**13,709**	(20,990)
Transfers between funds	11	**10,506**	**(10,506)**	**-**	-
Net movement in funds		**25,961**	**(12,252)**	**13,709**	(20,990)
RECONCILIATION OF FUNDS					
Total funds brought forward		**127,796**	**23,116**	**150,912**	171,902
TOTAL FUNDS CARRIED FORWARD		**153,757**	**10,864**	**164,621**	150,912

The notes form part of these financial statements

BALANCE SHEET

Balance Sheet
31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	**31.3.23 Total funds £**	31.3.22 Total funds £
FIXED ASSETS					
Tangible assets	8	**964**	-	**964**	10,721
CURRENT ASSETS					
Debtors	9	**286**	**5,766**	**6,052**	967
Cash at bank and in hand		**157,727**	**8,223**	**165,950**	152,355
		158,013	**13,989**	**172,002**	153,322
CREDITORS					
Amounts falling due within one year	10	**(5,218)**	**(3,127)**	**(8,345)**	(13,131)
NET CURRENT ASSETS		**152,795**	**10,862**	**163,657**	140,191
TOTAL ASSETS LESS CURRENT LIABILITIES		**153,759**	**10,862**	**164,621**	150,912
NET ASSETS		**153,759**	**10,862**	**164,621**	150,912
FUNDS	11				
Unrestricted funds				**153,759**	127,796
Restricted funds				**10,862**	23,116
TOTAL FUNDS				**164,621**	150,912

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

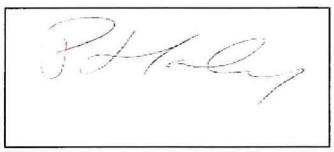
(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on date: 5th September 2023

and were signed on its behalf by:
P Hardy - Trustee



NOTES TO THE FINANCIAL STATEMENTS

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 2023 will be a surplus of between £10,000 and £15,000.

Looking towards the year ending 31 March 2023, and again, subject to the regular grant providers (ICB) 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 Integrated Commissioning Board 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. This includes any trustee expenses or administration costs for the board.

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.

2. OTHER TRADING ACTIVITIES

	31.3.23	31.3.22
	£	£
Fundraising events	2,553	15,730
Room hire	5,728	4,761
	8,281	20,491

3. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
Deposit account interest	242	12

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs	Totals
	£	£	£
Women's support services	196,989	46,553	243,542

5. NET INCOME/(EXPENDITURE)

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

	31.3.23	31.3.22
	£	£
Depreciation - owned assets	10,067	9,882
Hire of plant and machinery	1,485	2,112

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

.7. STAFF COSTS

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

	31.3.23	31.3.22
Staff	8	9

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

8. TANGIBLE FIXED ASSETS

	Short leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 April 2022	**66,877**	**10,160**	**6,671**	**83,708**
Additions	**-**	**150**	160	**310**
At 31 March 2023	**66,877**	**10,310**	**6,831**	**84,018**
DEPRECIATION				
At 1 April 2022	**57,323**	**9,785**	**5,879**	**72,987**
Charge for year	**9,554**	**156**	**357**	**10,067**
At 31 March 2023	**66,877**	**9,941**	**6,236**	**83,054**
NET BOOK VALUE				
At 31 March 2023	**-**	**369**	**595**	**964**
At 31 March 2022	9,554	375	792	10,721

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Trade debtors	**5,766**	60
Prepayments and accrued income	**286**	907
	6,052	967

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Trade creditors	**681**	4,888
Pension	**696**	
Other creditors	**691**	2,434
Social security and other taxes	**2,401**	2,650
Accrued expenses	**3,876**	3,159
	8,345	13,131

11. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	**112,796**	**8,457**	**(19,494)**	**101,759**
Contingency fund (designated)	**15,000**	**-**	**30,000**	**45,000**
Johnson Family Trust	-	6,000	-	**6000**
Mayor of Sefton	-	1000		**1000**
	127,796	**15,457**	**10,506**	**153,759**
Restricted funds				
Sefton Council	**-**	**127**	**-**	**127**
Lloyds Bank Foundation	15,116	**(19,303)**	**4,187**	**-**
John Moores Foundation	-	**(3,456)**	**3,456**	**-**
Allotment Project	-	**191**	**-**	**191**
Sefton CVS	8,000	**(2,700)**	**(5,300)**	
NHS CCG's	**-**	**12,259**	**(7,915)**	**4,344**
SWACA		**11,134**	**(4,934)**	**6,200**
	23,116	**(1,748)**	**(10,506)**	**10,862**
TOTAL FUNDS	**150,912**	**13,709**	**-**	**164,621**

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**45,024**	**(36,567)**	**8,457**
Johnson Family Fund	**6,000**	**-**	**6,000**
Mayor of Sefton Fund	**1,000**	**-**	**1,000**
Restricted funds			
John Moores Foundation	**10,001**	**(13,457)**	**(3,456)**
Lloyds Bank Foundation	**27,250**	**(46,553)**	**(19,303)**
Sefton Social Services	**49,851**	**(49,724)**	**127**
NHS CCG's	**82,286**	**(70,027)**	**12,259**
Allotment Project	**1,500**	**(1,309)**	**191**
SWACA	**21,200**	**(10,066)**	**11,134**
Community Foundation	**4,947**	**(4,947)**	**-**
Sefton CVS	**(1,700)**	**(1,000)**	**(2,700)**
Alder Hey	**9,892**	**(9,892)**	**-**
	205,227	**(206,975)**	**(1,748)**
TOTAL FUNDS	**257,251**	**(243,542)**	**13,709**

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	104,493	8,303	-	112,796
Contingency fund (designated)	15,000	-	-	15,000
	119,493	8,303	-	127,796
Restricted funds				
Lloyds Bank Foundation	33,000	(17,884)	-	15,116
Eleanor Rathbone	10,000	(5,000)	(5,000)	
SWACA	9,409	(9,409)	-	-
Sefton CVS	-	8,000	-	8,000
Young women project	803	(803)	-	-
MIND	9,106	(5,331)	(1,667)	2,108
Rathbone Management Trust	-	(5,000)	5,000	-
	52,409	(29,293)	-	23,116
TOTAL FUNDS	171,902	(20,990)	-	150,912

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

	Incoming resources £	Resources Movement expended £	in funds £
Unrestricted funds			
General fund	53,845	(45,542)	8,303
Restricted funds			
Lloyds Bank Foundation	-	(17,884)	(17,884)
Rathbone Management Trust	-	(5,000)	(5,000)
Sefton Council	49,850	(49,850)	-
NHS CCG's	80,910	(80,910)	-
John Moores Foundation	10,000	(10,000)	-
Eleanor Rathbone	-	(5,000)	(5,000)
Rosa Foundation	3,264	(3,264)	-
SWACA	7,000	(16,409)	(9,409)
Sefton CVS	22,301	(14,301)	8,000
	173,325	(202, 618)	(29,293)
TOTAL FUNDS	**227,170**	(248,160)	20,990

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

13. RESTRICTED FUNDS

Sefton Social Services

The purpose of this fund is to contribute towards running costs of the charity.

NHS CCG's (ICB)

Funding is received from NHS South Sefton and NHS Southport & Formby CCG's to provide the following services:

- counselling and listening
- outreach
- support group
- other running costs

Young women project

A grant awarded to benefit women to make a tangible and long term difference to their health, well being, confidence and social economic activity.

MIND

A grant awarded to provide specific leadership opportunities for women.

Community Fund - Lancashire

A grant awarded towards the cost of delivering counselling services to young persons.

Community Fund - SWACA

A grant awarded towards the cost of delivering counselling services to women affected by domestic abuse. Awarded in April 2020 for delivery in April 2020 and 2021.

Eleanor Rathbone

A grant awarded to help cover costs of delivering the Befriending service to local women struggling with mental health issues and isolation in Bootle.

ROSA

A grant awarded to help cover costs of 3 counsellors to provide telephone and online counselling services for women and girls aged 14 plus.

Lloyds Bank Foundation

A grant awarded for core funding to help the development of the organisation and help towards payroll costs.

SWACA

A duel grant awarded towards the cost of delivering counselling services to women affected by domestic abuse.

14. DESIGNATED 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.

15. TRANSFERS

During the year, £7,643 has been transferred from the General Fund to Restricted Fund to cover overspend of restricted monies.

During the year, £22,493 has been transferred from Restricted Fund to General Fund to contribute towards the management charge.

SWAN WOMEN'S CENTRE

England & Wales - Charity number 1011971

Accounts

SWAN
WOMENS CENTRE

Report of the Trustees & Financial Statements

Year Ended 31st March 2022

This report contains the Charity progress in the year April 2021 to 31st March 2022

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Report of the Trustees & Financial Statements for the Year Ended 31 March 2022

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CHAIR'S MESSAGE 2021-2022

It is a great honour to present to you the annual report of Swan Women's Centre as Chair and on behalf of all of the Trustees. The last 12 months have once again proved the value of having a women's mental health charity firmly established in the Borough of Sefton. These last few years have seen extraordinary change as we have learned to adapt to Covid and the changing requirements for our operations and indeed our lives. The impact upon our mental health has challenged us all and demand for mental health services has reached an all-time high. We have adapted our ways of working to see more women this year than ever before and worked hard with other agencies in the Borough to assist with crisis management - ensuring counselling services are locally available and to those in most need.

I know what a tremendous relief our service users feel when they see the warm and welcoming doors of the centre open, even if they do not need the support on that day. We recognise the wide range of support services we offer can support and empower women to make positive differences in their lives. That is why we endeavour to offer a holistic support environment for women and girls.

We have sought to change the landscape and focus of our service as we deliver on our 3 year business plan. I am proud we have established a now commissioned young people's counselling service from Southport as well as Litherland. This represents part of our focus on girls as well as women.

As a smaller charity we recognise that partnership working is critical to expand our reach and this year we have begun working in partnership with Sefton Women and Children's Aid delivering counselling services for women in Sefton.

Last year we delivered 2840 counselling sessions to women and 411 counselling session to young people. This is a remarkable achievement and would not be possible without the dedication of all of the volunteers who make SWAN a fabulous organisation. Our volunteers provided approximately 6000 hours this year. At minimum wage this equates to a contribution of £57,000.

As part of this annual report I would like to thank our funders who show great confidence in our services, ethos and offer.

Our funders and donors for the year 21/22 included:

- **Rosa Foundation**
- **John Moores Foundation**
- **Sefton Council**
- **Sefton CVS -**
- **Sefton Women and Children's Aid**
- **Lloyds Bank Foundation**
- **Community Foundations Merseyside**
- **NHS CCG's Southport and Formby and South Sefton**
- **Eleanor Rathbone**
- **Rathbone Management**
- **United Reformed Church Crosby**

And of course our volunteer card makers raised nearly £400 too!

Report of the Trustees & Financial Statements for the Year Ended 31 March 2022

Last year we saw a number of changes to our staffing of our staff and Trustees. We wish all that form part of our journey success and happiness in their next endeavours and welcome new recruits and Trustees openly into the SWAN family. We are thankful to those who have dedicated so much to SWAN including Joan and Rita who retired at the end of March after being at the heart of the organisation for over 17 years and June who retired from the board after more than 20 years involvement in the running and the delivery of SWAN services.

As a women's charity we aim to celebrate and empower women. This year we celebrated International Women's Day, with the vital themes to 'Break the Bias' and we held a day of pampering and celebration for local women. I was extraordinarily touched to see the gift packs our volunteers had sourced for women taking part that included period packs and small treats. We also celebrated Volunteering Week, again a day of celebration and thanks to all that support us.

At SWAN we are ambitious for our organisation, our community and the women who use our service.

We have exciting plans for next year which will include;

- Maturing our young person's counselling team in their base in the Family Wellbeing Centre in Southport working alongside the Early Help Team. Funded by Alder Hey and part of the Children and Adolescent Mental Health Services (CAMHS) in Sefton.
- Opening a new base to deliver our Adult counselling services from in Gordon House Southport. This is currently being referred to as The Women's Hub.
- Delivering a new partnership with Light for Life – a Homeless Charity and we will be working alongside them in Southport.

Finally, the staff team at SWAN are a credit to this charity and their dedication to help us grow and change lives is a wonder to behold.

Trish Hardy
Chair of Trustees.

SWAN Women's Centre

Report of the Trustees & Financial Statements for the Year Ended 31 March 2022

INTRODUCTION

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES & ACTIVITIES

Objectives and Aims

Vision

Where women and teenage girls feel secure, confident and positive, where they can transform their lives and celebrate their true worth and value

Mission

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

Public Benefit

We are ideally located, in the heart of a socially deprived community with easy access, for all, on foot or travelling by public transport.

All our charitable activities focus on the provision of support for women and girls who have experienced or are experiencing anxiety, depression, stress or poor mental health, or, those women and girls who have become socially excluded as a result of factors such as unemployment, financial hardship, ill health (physical or mental) and youth or old age. Our purpose is to support women and girls and help them overcome such difficulties through the delivery of a range of services, which support them to transform their lives and celebrating their true worth.

Staff and Volunteers

We had 8 paid members of staff during the year and over 70 volunteers. We continue to be indebted to everyone who supported our community during the last couple of difficult years. We have been extremely grateful to all the team who have worked throughout the pandemic to ensure that those who require our support have been able to access it whether that has been online, telephone or face to face. Our requests for support either counselling or befriending continues to increase. Without the commitment and selflessness of the entire team, we would not be able to meet those increasing needs.

We have a very diverse group of volunteers who carry out many roles throughout the organisation and this allows the organisation to significantly increase the number of people that we are able to support and provide services to.

The Board of Trustees fully recognises the excellent work that the staff and volunteers carry out and values the contribution everyone makes to the success of the Women's Centre

Significant Activities

The significant activities of the charity that provide public benefit, include the following:

Volunteering

Volunteers play a vital role in the success of the organisation and our Volunteer Co-ordinator has a lead role in ensuring that volunteers are recruited, supported and trained to carry out their roles effectively. We have over 70 volunteers at SWAN and they carry out a wide variety of support services including counselling, befriending, trustees, administration, activities etc.

The Reception team consists of 10 volunteers who provide a welcome and a cup of team for anyone who comes into the centre. These volunteers are the first person that clients and visitors meet and they endeavour to put all of those who use our centre, at ease, immediately. They have vast knowledge of our services as well as what else is also available within the locality. They bring their own knowledge and experience with them. Our volunteers are trained to ensure that they have an understanding of mental wellbeing but many may have experienced poor mental health in their pasts too. This gives them a great deal of insight and empathy into some of the experiences of those who use our services.

Currently our activity volunteers run groups such as Card Making, Knitting, Mosaics as well as a Coffee afternoon. In the near future we will be running Mindfulness sessions, which are also delivered by a volunteer.

Our board of Trustees are volunteers who ensure that the charity reaches its full potential. They are passionate about the work that they carry out and they ensure that the charity is compliant with all of its legal responsibilities. We appreciate their time and dedication to the centre

A Volunteers Perspective

I have found volunteering at Swan Women's Centre rewarding both personally and professionally. I have seen the difference the service makes to clients and have watched the women's confidence grown week on week, as has mine. The work volunteers do is invaluable and if I could work here full time, permanent, I would in a heartbeat.

Therapeutic Allotment

Eco-therapy is the name given to a wide range of therapeutic programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. It has been proven to improve mental health, boost self-esteem, help people with mental health problems return to work, improve physical health, and reduce social isolation.

The Therapeutic Allotment Project provides a safe place for women to talk about their struggles and problems and be supported in a peaceful space surrounded by the healing benefits of nature, promoting wellbeing. The allotment allows for therapeutic support to take place during the practical tasks of gardening; working alongside someone can be effective and more suitable for clients who may struggle to access counselling. The project has encouraged a supportive environment that extends beyond its boundaries as friendships are formed and social isolation reduced.

The project has supported 7 women this year and we have carried out 128 sessions. This group have been very supportive of each other and their friendships have continued to flourish. They have all attended regularly and enjoyed the gardening tasks; growing food organically and taking it home also encourages health eating. Through the project we have been working with and building connections with the wider gardening community. The women have been growing flax for an art project linking the history of the local area as it once grew flax for production of linen; 'Linacre' means flax field. The project has also been involved in the 'Taking Roots' display at Tatton Park for which it gained a prestigious 'Silver Gilt' award. The women grew flowering plants that were included in the allotment plot at the Tatton Flower show, many helped build and care for the display during the show. Being involved in this enabled us to promote the work of the Therapeutic Allotment to a wider audience as well as developing partnerships within the community.

Looking after a garden parallels 'life' in many ways. It reflects the 'actualising tendency' that underpins Person-Centred philosophy, in that people will thrive if their needs are met. A plant will only grow, flourish, survive and reach its potential to flower and set seed if it is has the right conditions.

A garden reflects the struggles we can all face in life, it can build resilience and faith and hope for the future.

Case study

Ms M first contacted the Centre in September 2021 as she was feeling isolated and lonely. She has a diagnosis of fibromyalgia and was unable to continue gardening on her own. Ms M's wellbeing and physical health improved while she was attending the project. Her confidence increased and she was able to get support from other agencies. She engaged with the Social Prescribers at her GP surgery to help her apply for any benefits she was entitled to. While attending the project she was able to offer support to the other ladies. She encouraged them to get support for themselves, in whatever area was important to them. As her wellbeing improving we also noticed that she had started to wear more colourful dresses, scarves etc. as an expression of her increased confidence. This therapeutic allotment has enabled her to continue gardening in a way that was suitable for her changing physical needs.

She has now attended the allotment over 20 times and reports that she no longer feels lonely.

Befriending Project

Befriending Project

The project is in its 5th year in 2022, impacting the lives of women in the community who experience isolation, loneliness and poor mental health. The Befriending Coordinator recruits, trains and supports women in the community to volunteer and support those who are in positions of struggle. This is achieved through offering companionship is a variety of mediums – from telephone calls and home visits to accompanying them whilst engaging in community activities. Support can also be offered to attend various appointments and complete day to day tasks, such as shopping. Each woman receiving the service is offered 12 months of support and thus, 12 months commitment from each volunteer befriender is also requested.

17 volunteers have been through the befriending recruitment process this year, offering support to a total of 44 women in the community across the last 12 months.

Case study

Ms K registered with us at the centre in May 2021. She initially accessed our counselling service in July 20 but also asked if befriending was available for her too, she was offered befriending in September 2021. Her initial hope from accessing the befriending project was to re-engage in the community, she felt she was disconnected, isolated and this was negatively impacting the rest of her life. She was unemployed and lived at home with her adult son. Her goals initially focused on getting out more to increase her opportunity to socialise and to reignite her passion for life through something artistic and staying alive, as this was becoming increasingly difficult.

The coordinator matched Ms K with J, a volunteer befriender from a different area, background and age group. The coordinator saw similarities but could not have foresaw the connection and relationship that the two women would build.

Impact statement from Ms K accessing the service.

I can't tell you how much of a difference having a befriender made to my life. Such a simple idea but such a big impact. When I found the Swan Centre I was probably at the lowest I've ever been, and in a very deep dark hole. I just couldn't see my way out. Right from the get go, just speaking to [the coordinator] made me feel better, I realised I wasn't alone & somewhat dubiously, I agreed to the befriending service.

Beside worrying my 'friend' wouldn't be a good match or wouldn't have anything in common with me, there was that underlying shame that I was beyond help, especially if I needed someone to be asked to be my friend…. But it's not like that at all! [The coordinator] took the time & energy to get to know me, and really worked hard to find someone suited to me, who I am & what I needed, and she excelled herself! It took a while to find someone who matched me, but my befriender is just amazing! She's been so kind & patient with me but slowly and surely she's helped me find myself again.
We meet up every week and take each week as it comes. Sometimes we do crafts, sometimes we shop, sometimes we just sit in coffee shops and drink coffee, but the fact I'm actually leaving the house and again I have the confidence to get on a bus, I want to get out of the house, I want to go into shops & I want to be sociable again, is such a huge thing for me, but more so, I actively look forward to seeing her every week. Never once have I felt like she's only there because she signed up to be, or I'm a burden which is a huge part of how I felt about my friends before. There's never any pressure to do or say or be anything I don't want to.
I'd like to think we'd be friends however we met, the fact I was in a crisis when we did is never an issue nor a pivotal part of her support. She's just there for me and gives me that friendship, love, support and care I didn't know I was lacking nor needed so much. And she does it with smiles, love & laughter too. I'll never be able to thank her or (the coordinator) enough for being my friend. You never know how much the smallest act of kindness can change someone's life, and whilst I was working on my own issues simultaneously, such a simple idea and a simple act of friendship can change someone's life, a befriender made so much of a difference to me.
The match met weekly, going for coffee, crafting, shopping in charity shops (an unknown hobby of each woman) and talking generally about their weeks. K's aim was to continue this, moving to some art classes and even mosaics at SWAN.
K spoke in quarterly reviews of how the relationship between her and her volunteer befriender was "excellent. Like looking at myself. I am thrilled, she is a joy to be around". Even at 4 months in, K identified herself as a different person to when she started, with the befriender helping her to "find (my) passion and re-engage with previous hobbies, as well as new ones".

At a later stage, K reflected on how the help of the befriending project has helped to increase her confidence, feel better about herself and actually leave home – something she said not doing was detrimental to her mental health. She is out, alone, using public transport and discovering new places. She was able to identify other organisations that she would be interested in accessing support from, something fed back to the befriender in their supervision sessions, with K's permission, to ensure the goals could be achieved.

At the point of writing, K has made the decision to start university to pursue a career in counselling as a result of her life experiences, including that of SWAN. Approaching the end of her support, K hopes to gain support through the application process and feels ready to take the next step in her life, for herself

Adult Counselling Services

We have been providing counselling services to women experiencing mental health problems in Sefton since 1992. Our reputation as an award winning counselling placement provider has enabled us to recruit and retain 15 qualified Volunteer Counsellors as well as offer placements to 16 Counsellors in training. We have 4 counselling employees including a Counselling and Wellbeing Manager.

Between 2021- 2022, 522 women accessed 3268 counselling sessions.

Case Study

Mrs J's daughter first contacted the Centre in December 2021. Mrs J has a hearing impairment so we replaced our usual telephone assessment with a face to face meeting. She came into the centre for an assessment on 20th December 2021. She started her counselling sessions with us on 23th March 2021. She accessed 6 sessions of counselling with us.

Mrs J is finding it very hard to adjust to living with a hearing impairment. Her confidence is low as a consequence of not being able to join in conversations. She said she feels 'stupid' and 'embarrassed' and doesn't tell people that she can't hear them. She presents with very low self-esteem because of this. She talked about her past trauma. She used the sessions to talk about her family relationships of the positive and negative impact of them.

Mrs J was able to explore her feelings around recent surgery that left her with severe headaches. She explored her feelings around past relationships and how they had impacted on her self-esteem and confidence. She was able to make connections to her present feelings and her self-esteem and her confidence began to change and improve. She was able to talk to her family, especially her daughter, about family issues. She felt empowered to make changes in her life and speak about how she experienced things to others.

Client feedback
In Mrs J's feedback she informed us that she had started to feel much happier in herself and was surprised how much better she was feeling. This change happened quite quickly and her mood was much more positive. Her demeanour changed she looked well and took pride in her appearance. She began to walk taller and hold her body straighter rather than hunched over with what looked like the weight of the world on her shoulders. She expressed that she felt 'lighter'. She feels that she now has a voice and feels more confident. She looks well and her brother said he has noticed a difference in her. She agreed that we had done some good work during her counselling sessions and that she was ready to finish as she could see the progress she has made.

Young Persons Counselling Service (aged 13 years +)

We set up our counselling service for female teenagers in March 2019. Our largest young person's service is based in our Women's Centre in Litherland however in 2021 we started to work from The Family Centre in Southport, sharing a base with Sefton's Early Help Team.

The 1:1 counselling service supports young women aged from 13-19 years who come with a variety of problems and areas within their lives that they wish to explore.

Young people can self-refer into the services but many referrals come from parents/carers or they may have been referred to us by the Early Help Team, schools or their GPs. The service is provided by the Young Women's Counselling Coordinator as well as six volunteer counsellors.

During this year 67 young people have accessed 422 sessions with us across both bases.

Case Study

Chante' says she has always been an anxious person, her anxiety is predominantly linked to extreme fear of socialising and being with groups of people; she feels it rules her life. It was clear in the introduction session other areas of her life have also been contributory to her anxiety.

She is on an apprenticeship as a Receptionist, the expectations of others in the office link into the expectations she puts on herself, which can be unhelpful. Home is sometimes difficult, family feel she should be at university; she feels she is letting her family down. She has taken on too much at work with an aim to take on another apprenticeship in the future.

The client was very upset when she came into the room for her first session; she decided some talking Person Centred therapy and relaxation would be beneficial for her.
On our first few sessions, we worked on exploring the core of her feelings around her fear and anxiety. Psycho-education was used to help her understand where and why her fear may have started. There were a number of incidents in her

childhood that may have contributed to her fear. Recognising this helped her to understand herself and how and why situations may affect her.
On the following weeks we included guided meditation to enable her to work on deep relaxation, with reflection on her fear and its possible beginnings.

Client feedback
The client disclosed how much the sessions and deep relaxation had helped her to put certain aspects of her fear into a different frame that she finds useful.
She feels she has never been listened too before or understood like she has during our sessions.

Emotional Well-being Support Groups

We deliver two, counsellor facilitated, Emotional Support Groups every week.

The aim of the facilitator is to provide a place where members feel safe enough to talk with honesty as well as build trust in the group, so there can be an exchange of genuine communications that are heard with empathy and without fear of judgement. Talking openly and honestly helps each group member to understand themselves and others better.

The aim of the group is to empower the members to make positive changes in their lives by listening, using mindful techniques, discussion and by supporting each other within the group. Most of the women who attend the groups are experiencing anxiety, stress, depression or other mental health problems.

The groups are weekly, ninety minute meetings, at the same time each week. There are ground rules which each member has agreed to prior to joining the group. There are two groups, an afternoon and an evening group. The groups are open and referrals from self or other professionals are welcome. Prospective members have a pre-group meeting with the Counsellor and together they decide if the group will meet the needs of the perspective member and the group as a whole.

When the centre wasn't closed due to Covid restrictions, the evening Emotional Well-being group has continued to meet weekly. They were able to do this because they are fewer in number and met the requirements set out by government Covid rules.

They have become a tight knit group. They mutually support each other by sharing their thoughts and feelings and listening to each other's experiences.

During 2021 – 2022, 45 women attended the support group (when the centre was open and we were able to run them) we provided 86 sessions over the 12 months.

Case study

Ms F joined the group as she was experiencing depression, panic attacks and high anxiety. She shared with the group, that her husband had ended their marriage leaving her with considerable debts. The realisation that the income from her part time job would not cover the financial out goings of her household meant that Ms F had to move into full time work. She explained that it was a struggle, but over time she had been able to manage her finance's so no more debts would be incurred and she was able to make regular payments on the outstanding debts. In group, Ms F further explained that although the practicalities of living alone had been addressed she felt extremely lonely, and missed her husband, as she still loved him. Over the weeks and months, Ms F shared that she was coming to terms with the fact that her husband wasn't going to come back and she was trying to make a new life for herself. Ms F returned to the craft class, at the centre, that she used to attend. She said she had been made welcome from the 'old gang' and some new members. Ms F's emotional well-being improved and her self-confidence began to grow.

Recently Ms F shared that she felt 'stressed out' about her work situation. She felt she was expected to do more tasks than she could manage in the given time and explained that her back log of work was causing her to have sleepless nights. She discussed in group that she had tried to explain the pressure she felt to her boss, but she found him to be unsympathetic and unhelpful.

Over the following weeks Ms F became increasingly anxious about her work situation and became physically ill with migraines, aches and pains and shared that she had begun to have suicidal thoughts. I carried out a Safe Guarding Assessment with Ms F

and went through a 'Staying Safe' Plan, (A Safety Plan that includes what you would do, and who might support you, in a crisis.) I also referred Ms F to her GP. Her GP signed her off work for four weeks.

A few weeks later, Ms F shared in group that the Staying Safe Plan had helped her to realise that her current crisis was a direct result of the work pressure she was experiencing and she planned to change jobs. All the members shared their experiences of 'crisis and change'. Member discussed that in their pasts, it was by reflecting and taking action that they too had been able to make positive changes to their situations.

In the last meeting of March, Ms F told us that one of her many job applications had been successful and she would be earning more money with better terms of working conditions. All the group were pleased for her and said how she looked so well and that she was an inspiration to them all. Ms F stated 'When my husband left me, I was up the creek without a paddle. Well, now I have built my own ship and I'm not going to sink.'

Ms F said 'I've been through a tough, dark emotional time, but I'm longer feeling suicidal and I feel proud of herself'. She thanked the group for listening and supporting her.

Outreach Service

The centre provides an outreach service for women who cannot access community based services due to severe anxiety, agoraphobia or emotional problems and who often do not get any support from statutory services because they do not fit the criteria of severe mental illness. We aim to help women build their confidence and develop their individual potential to integrate into their local communities. An experienced Counsellor provides these services to women at home.

During the year we supported 19 women. We provided 67 home visits and 260 telephone support calls.

Case study

Mrs P is 80 years old and finds it difficult to go out on her own. She has always been active and confident but the last few years she has lost some of this confidence. She had a fall some years ago when she was out walking the dogs and she now seems to have stopped going out at all. She used to like to socialise with her friends so now she feels isolated and lonely, she said she misses them. Her daughter does all of her shopping for her and accompanies her mum to any appointments that she has to attend. Mrs P feels guilty as she believes that she is taking up all of her daughter's time and stopping her from spending time with her friends. She said she lacks focus which is annoying her, as she has always kept herself busy and had stimulating jobs in her working life. Things seem to be slowing down for her and she gets tired all the time, she is scared of being on her own.

She has Asthma, an Ulcer, Anxiety, Depression, Tinnitus, Irregular Heartbeat and has a pace maker fitted.

Actions

We spent a while getting to know each other and she engaged in learning CBT techniques that she is able to use when she is feeling particularly anxious. We has started to consider how to turn those negative thoughts into more positive ways of looking at events and her life. Unfortunately due to Covid 19 we moved from meeting face to face to telephone sessions as she is medically vulnerable and she lost a lot of confidence. We have long chats about her life and the things that she currently likes to do e.g. reading. We started to discuss books that we are reading together.

However the work that we done has enabled Mrs P to:

- Go for lunch with her friends on several occasions.
- She has gone back to making earrings which she hasn't done for a while
- She has had counselling at the centre.

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

Groups/Courses and Activities

We have set up a number of support groups that have then developed into Peer Support Groups. During this period we had 3 Peer Support groups running on a weekly basis.

We were able to offer a number of different activities and courses at the centre during Covid following social distancing guidance. We offered a number of socially distanced, small group activities such as knitting, card making, mosaic art as well as a managed a number of coffee afternoons. We kept in touch on a weekly basis via telephone throughout the pandemic with all the women who attend regular group activities. There are approximately 30 women who fall into this group.

- We distribute Food Bank Vouchers on behalf of our local food bank
- We distribute cold weather payments on behalf of the local council.

Fundraising Activities

Due to Covid regulations fundraising activities have been limited to those that we can carry out in small groups such as selling hand-made cards made by the women who access the centre and volunteers who lead these activities.

Donations

We continue to receive regular direct debit donations via Local Giving. We thank all of those who, despite often having limited financial resources themselves, continue to prioritise a donation to the women's centre.

Financial Review

Principal Funding Sources

The charity's principal funding sources are Southport and Formby and South Sefton Clinical Commissioning Groups and Sefton Council. John Moores Foundation has granted us 2 years funding to deliver the Befriending Project and Eleanor Rathbone Charitable Trust has also contributed to this project too. A core funding grant from Lloyds Bank Foundation has enabled us to develop the organisation and services that we provide.

Reserves and Investment Policy

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

General Reserves

General Reserves The trustees have set a target range for free general reserves of £150,000 excluding fixed assets and aim to retain working capital within that range. The amount is representative of six months running costs, redundancy costs and provides short term financial security in the event of service level agreements with Clinical Commissioning Groups and/or Local Authorities being withdrawn or reduced. The reserve provides the trustees with sufficient solvency and time to take whatever action would be necessary in such circumstances. Net current assets at the balance sheet date amounted to £150,912 (2021 £171,902) and therefore fall within the required level expected. Community fundraising has not been possible during the year, due to restrictions related to Covid 19.

Designated Reserves

Contingency Fund:

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

Investment policy:

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

Future Plans

We are focused on expanding the services that we provide for teenage girls. We are continuing to provide counselling for teenage girls in the North and South of Sefton and we hope to expand our services to include support groups for teenage girls too.

In the year ahead we will be working in partnership with Sefton Women and Children's Aid and Light for Life. We have developed a 'Women's Hub' that is based in Southport. We envisage that other services will join us to help us provide a wraparound service for women in Sefton.

Structure, Governance And Management

Governing Document

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

Responsibilities of the Trustees

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

- The Essential Trustee
- The Hallmarks of an Effective Charity

Recruitment of New Trustees

The members of the Board are both directors of the company and charity trustees. The organisation has robust policies and procedures to identify potential trustees and to recruit appropriately skilled people. All potential board members are interviewed by the Chair and/or Vice Chair, or delegated trustees of the organisation to identify skills and values that will be of value to the organisation.

Appointment of New Trustees

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

Organisational Structure

The Board of Trustees holds 6 weekly Board meetings, an AGM and up to two development days per year, The Board develops the Strategic Plan for the organisation. The Board have a broad range of skills that include financial monitoring; risk management; human resources and training. The Board delegates the day to day management of the organisation to a Chief Executive who has responsibility for the implementation of the strategic plan and line management responsibility for staff. The Chief Executive also has responsibility for Quality Assurance and the on-going development of the organisation.

Induction and Training of New Trustees

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

Wider Network

The charity works in partnership with a range of other local organisations and has set up and facilitates the CEO Network for 3rd Sector leaders in Sefton. We are a representative on our Sefton Healthwatch, Sefton Council Overview and Scrutiny Committee (Childrens) as well as Health and Social Care Forum. We are a member of the Voluntary Sector Advisory Group in Sefton and we work closely with both Sefton's and Liverpool's voluntary sector as well as our local Council and Clinical Commissioning Groups.

Related Parties

SWAN has a wide range of stakeholders including: people who use our services, commissioning bodies such as Local Authorities and Clinical Commissioners, other funding bodies, staff and volunteers. SWAN works to a range of national and local strategies that are relevant to the services delivered. The organisation works in partnership with a range of agencies, particularly in the public and third sectors and seeks to influence both the development and implementation of strategies and policies that impact on the lives of women who experience poor mental health.

Report of the Trustees & Financial Statements for the Year Ended 31 March 2022

Reference And Administrative Details

Registered Company number
02720502

Registered Charity number
1011971

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

Trustees

Mrs P Hardy - Chair of Trustees
Mrs C Wallis – Vice Chair of Trustees
Ms S A Oldnall - Trustee
Ms A Horsfield- Trustee
Miss B Kent – Trustee
Mrs J Anderton -Trustee (resigned 9.5.22)
Miss A K Farrell – Trustee (appointed 18.5.22)
Mrs L Mock – Trustee (appointed 17.5.22)
Miss L Williams – Trustee (appointed 23.5.22)

Chief Executive Officer
Ms K Christie

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

Bankers
Unity Trust Bank
Nine Brindley Place
Birmingham B1 2HB

Solicitors

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

Approved by order of the board of Trustees on 25th September 2022

Mrs P Hardy – Chair of Trustees

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

Independent examiner's report to the trustees of SWAN Womens Centre ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

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

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 ACCA, ICAEW

SB&P Chartered Accountants

Oriel House 2/8 Oriel Road Bootle Merseyside L20 7EP

Date: 31/10/22

STATEMENT OF FINANCIAL ACTIVITIES (SOFA)

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	**31.3.22 Total funds £**	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		**2,500**	**40,465**	**42,965**	104,968
Charitable activities					
Women's support services		**-**	**130,760**	**130,760**	129,683
Other trading activities	2	**18,390**	**2,100**	**20,490**	8,300
Investment income	3	**12**	**-**	**12**	20
Other income		**32,943**	**-**	**32,943**	27,950
Total		**53,845**	**173,325**	**227,170**	270,921
EXPENDITURE ON					
Raising funds		**-**	**-**	**-**	-
Charitable activities	4				
Women's support services		**45,543**	**202,617**	**248,160**	239,269
Total		**45,543**	**202,617**	**248,160**	239,269
NET INCOME/(EXPENDITURE)		**8,302**	**(29,292)**	**(20,990)**	31,652
RECONCILIATION OF FUNDS					
Total funds brought forward		**119,493**	**52,409**	**171,902**	140,250
TOTAL FUNDS CARRIED FORWARD		**127,795**	**23,117**	**150,912**	171,902

The notes form part of these financial statements

BALANCE SHEET

Balance Sheet
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
FIXED ASSETS					
Tangible assets	8	**10,721**	**-**	**10,721**	19,431
CURRENT ASSETS					
Debtors	9	**967**	**-**	**967**	213
Cash at bank and in hand		**129,239**	**23,116**	**152,355**	160,275
		130,206	**23,116**	**153,322**	160,488
CREDITORS					
Amounts falling due within one year	10	**(13,131)**	**-**	**(13,131)**	(8,017)
NET CURRENT ASSETS		**117,075**	**23,116**	**140,191**	152,471
TOTAL ASSETS LESS CURRENT LIABILITIES		**127,796**	**23,116**	**150,912**	171,902
NET ASSETS		**127,796**	**23,116**	**150,912**	171,902
FUNDS	11				
Unrestricted funds				**127,796**	119,493
Restricted funds				**23,116**	52,409
TOTAL FUNDS				**150,912**	171,902

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

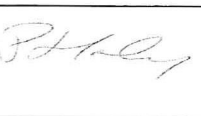
(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on: 25.09.2022

and were signed on its behalf by: **P Hardy - Trustee**



NOTES TO THE FINANCIAL STATEMENTS

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 2022 will be a surplus of between £30,000 and £35,000.

Looking towards the year ending 31 March 2022, and again, subject to the regular grant providers (CCG'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 CCG'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.

2. OTHER TRADING ACTIVITIES

	31.3.22	31.3.21
	£	£
Fundraising events	**15,729**	7,705
Room hire	**4,761**	595
	20,490	8,300

3. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Deposit account interest	**12**	20

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs	Totals
	£	£	£
Women's support services	**205,975**	**42,185**	**248,160**

5. NET INCOME/(EXPENDITURE)

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

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	**9,882**	9,884
Hire of plant and machinery	**2,112**	2,237

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

7. STAFF COSTS

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

	31.3.22	31.3.21
Staff	**9**	10

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

8. TANGIBLE FIXED ASSETS

	Short leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 April 2021	66,877	**9,660**	**5,999**	**82,536**
Additions	-	**500**	**672**	**1,172**
and 31 March 2022	66,877	**10,160**	**6,671**	**83,708**
DEPRECIATION				
At 1 April 2021	**47,770**	**9,660**	**5,675**	**63,105**
Charge for year	**9,553**	**125**	**204**	**9,882**
At 31 March 2021	**57,323**	**9,785**	**5,879**	**72,987**
NET BOOK VALUE				
At 31 March 2022	**9,554**	**375**	**792**	**10,721**
At 31 March 2021	19,107	-	324	19,431

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22 £	31.3.21 £
Trade debtors	**60**	-
Prepayments and accrued income	**907**	213
	967	213

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22 £	31.3.21 £
Trade creditors	**4,888**	-
Social security and other taxes	**2,650**	2,163
Other creditors	**2,434**	1,174
Accrued expenses	**3,159**	4,680
	13,131	8,017

11. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	**104,493**	**8,303**	**-**	**112,796**
Contingency fund (designated)	**15,000**	**-**	**-**	**15,000**
	119,493	**8,303**	**-**	**127,796**
Restricted funds				
Lloyds Bank Foundation	**33,000**	**(17,884)**	**-**	**15,116**
Eleanor Rathbone	**10,000**	**(5,000)**	**(5,000)**	**-**
Sefton CVS (Council for Voluntary Services)	**-**	**8,000**	**-**	**8,000**
SWACA	**9,409**	**(9,409)**	**-**	**-**
Rathbone Management Trust	**-**	**(5,000)**	**5,000**	**-**
	52,409	**(29,293)**	**-**	**23,116**
TOTAL FUNDS	**171,902**	**(20,990)**	**-**	**150,912**

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**53,845**	**(45,542)**	**8,303**
Restricted funds			
Lloyds Bank Foundation	**-**	**(17,884)**	**(17,884)**
Sefton Social Services	**49,850**	**(49,850)**	**-**
John Moores Foundation	**10,000**	**(10,000)**	**-**
NHS CCG's	**80,910**	**(80,910)**	
Eleanor Rathbone		**(5,000)**	**(5,000)**
Rosa Foundation	**3,264**	**(3,264)**	
SWACA	**7,000**	**(16,409)**	**(9,409)**
Sefton CVS	**-**	**-**	**-**
SEF002	**22,301**	**(14,301)**	**8,000**
Rathbone Management Trust	**-**	**(5,000)**	**(5,000)**
	173,325	**(202,618)**	**(29,293)**
TOTAL FUNDS	**227,170**	**(248,160)**	**(20,990)**

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	103,253	(19,067)	20,307	104,493
Contingency fund (designated)	15,000	-	-	15,000
	118,253	(19,067)	20,307	119,493
Restricted funds				
P H Holt	6,051	-	(6,051)	-
NHS CCG's	13	(12)	(1)	-
Lloyds Bank Foundation	-	33,000	-	33,000
Steve Morgan Foundation	3,521	-	(3,521)	-
MIND	2,108	-	(2,108)	-
Community Fund – Lancashire	1,670	-	(1,670)	-
Community Fund - SWACA	8,634	(1,678)	(6,956)	-
Eleanor Rathbone	-	10,000	-	10,000
SWACA	-	9,409	-	9,409
	21,997	50,719	(20,307)	52,409
TOTAL FUNDS	140,250	31,652	-	171,902

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

	Incoming resources £	Resources Movement expended £	in funds £
Unrestricted funds			
General fund	48,844	(67,911)	(19,067)
Restricted funds			
National Lottery Community Fund	8,454	(8,454)	-
Lloyds Bank Foundation	33,000	-	33,000
Sefton Social Services	49,850	(49,850)	-
NHS CCG's	79,833	(79,845)	(12)
Allotment Project	2,470	(2,470)	-
Steve Morgan Foundation	12,800	(12,800)	-
Eleanor Rathbone	10,000	-	10,000
Rosa Foundation	9,870	(9,870)	-
SWACA	10,800	(1,391)	9,409
Community Fund - Lancashire	5,000	(5,000)	-
Community Fund - SWACA	-	(1,678)	(1,678)
	222,077	(171,358)	50,719
TOTAL FUNDS	270,921	(239,269)	31,652

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

13. RESTRICTED FUNDS

Sefton Social Services
The purpose of this fund is to contribute towards running costs of the charity.

John Moores Foundation
Funding received to contribute towards running costs of the charity.

NHS CCG's
Funding is received from NHS South Sefton and NHS Southport & Formby CCG's to provide the following services:

- counselling and listening service
- support group

Other running costs

P H Holt
The purpose of this fund is to utilise the allotment to develop the gardening group and provide an eco therapeutic outlet for vulnerable women who are coping with mild/moderate health problems.

Steve Morgan Foundation
A grant awarded to assist with funding our befriending project.

MIND
A grant awarded to provide specific leadership opportunities for women.
Community Fund - Lancashire
A grant awarded towards the cost of delivering counselling services to young persons.

Eleanor Rathbone
A grant awarded to help cover costs of delivering the Befriending service to local women struggling with mental health issues and isolation.

ROSA
A grant awarded to help cover costs of 3 counsellors to provide telephone and online counselling services for women and girls aged 14 plus.

Lloyds Bank Foundation
A grant awarded for core funding to help the development of the organisation and help towards payroll costs.

SWACA
A duel grant awarded towards the cost of delivering counselling services to women affected by domestic abuse.
Eleanor Rathbone Management Trust
A grant awarded to help cover payroll and volunteer costs of delivering the Befriending service to local women within Bootle.
Sefton CVS
Grants received to help towards payroll and volunteer expenses for various programs with Sefton CVS.

14. DESIGNATED 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.

15. TRANSFERS

There have been transfers between restricted funds and unrestricted general funds which represents fully expended grants received in the year.

SWAN WOMEN'S CENTRE

England & Wales - Charity number 1011971

Accounts

SWAN WOMENS CENTRE

Report of the Trustees & Financial Statements

Year Ended 31st March 2021

This report contains the Charity progress in the year April 2020 to 31st March 2021, including the impact Covid-19 has had on the organisation

Karen Christie
CEO, SWAN Womens Centre
September 2021

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SWAN Womens Centre
Registered Company No: 02720502 Registered Charity No: 1011971

Report of the Trustees & Financial Statements for the Year Ended 31 March 2021

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CHAIR'S MESSAGE 2020-2021

As chair of the SWAN Women's Centre it is my honour and pleasure to introduce our annual report.

If there was ever a time that the SWAN's services were needed, it has been the last twelve months – with women and girls made more vulnerable by the fear, isolation, escalated family tensions and economic uncertainty created by the Coronavirus and the national lockdowns which followed.

And I am proud to say, that in year of challenges and hardship, with much of the country closed down and the work of many organisations brought to a standstill, the SWAN has stood up and played its part in meeting the national crisis.

So on behalf of the trustees and myself I want to pay tribute to the hard work, dedication, bravery and creativity of our staff and volunteers. In a year like no other, I have been amazed (but not surprised) to see how the team at the SWAN have adapted and overcome the many and various challenges posed by the Coronavirus.

For most of the year we were unable to open our doors to the public however we quickly adapted our services to ensure that those within our community who needed our support, would still be able to access it from SWAN Women's Centre. Our services quickly moved from face to face meetings to telephone calls, emails, online sessions or text messaging. I addition to the services that we usually deliver (befriending, counselling, outreach, legal advice) our staff and volunteers offered new and vital practical support such as shopping and picking up prescriptions for people who were unable to leave their home.

And our staff and volunteers did this despite facing their own personal challenges created by the pandemic; family and friends furloughed or unable to work; the challenges of home working and home learning; and the constant threat posed by the virus.

In partnership with other charities, we worked to make sure that anyone who needed support, received it.

Of course none of this would have been possible without the continued support of our funders; our local Clinical Commissioning Groups, Sefton Council, Lloyds Bank Foundation, PH Holt Foundation, Merseyside Community Foundation and many others, who have allowed us to use their funding flexibly to ensure that we could meet needs of the women who accessed our services during this very difficult year.

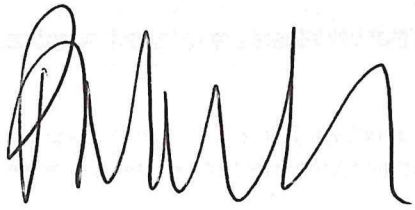
Planning for the year ahead has been challenging in an environment of increased need and short term funding for charities. We have already seen requests for our counselling service increase by more than 100% when compared to the same time in 2019.

The full, long term impact of Covid-19 will not be fully understood for many years and we are working with a range of partners to prepare for the future challenges that may come – for instance working with other services and charities to support a likely rise in the level of young people struggling with their mental health.

And I know that the staff, volunteers, supporters and funders of SWAN will come together in the years ahead to meet these new challenges. What the Coronavirus has shown us, is that together we are capable of rising to any challenge.

So, on behalf of myself and the other trustees
I want to say thank you not just for your work, dedication, creativity and perseverance in the year gone by, but also for all your continued efforts in the years ahead

P HARDY 2021



Report of the Trustees & Financial Statements for the Year Ended 31 March 2021

INTRODUCTION

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)(effective 1 January 2019).

OBJECTIVES & ACTIVITIES

Objectives and Aims

Vision

Where women and teenage girls feel secure, confident and positive, where they can transform their lives and celebrate their true worth and value

Mission

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

Public Benefit

We are ideally located, in the heart of a socially deprived community with easy access, for all, on foot or travelling by public transport.

All our charitable activities focus on the provision of support for women and girls who have experienced or are experiencing anxiety, depression, stress or poor mental health, or, those women and girls who have become socially excluded as a result of factors such as unemployment, financial hardship, ill health (physical or mental) and youth or old age. Our purpose is to support women and girls and help them overcome such difficulties through the delivery of a range of services, which support them to transform their lives and celebrating their true worth.

Staff and Volunteers

We had 10 paid members of staff during the year and over 70 volunteers. We are indebted to all of those who supported our community during this very difficult year. We have been extremely grateful to all the team who have worked throughout the pandemic to ensure that those who require our support have been able to access it whether that has been online, telephone or face to face. Throughout the year we have received over 100% increase in the request for counselling services. Without the commitment and selflessness of the entire team, we would not have been able to meet those needs. However we did and we continue to recognise that it is equally important now to care for and support our own staff and volunteers.

We have a very diverse group of volunteers who carry out many roles throughout the organisation and this allows the organisation to significantly increase the number of people that we are able to offer support and services to. They have taken part in activities such as shopping, picking up medication and telephone support during the past year. Almost all of our 70 volunteers returned to volunteer as we came out of lockdown.

Our Volunteer Co-ordinator has a lead role in ensuring that volunteers are recruited, supported and trained to carry out their roles effectively.

The Board of Trustees fully recognises the excellent work that the staff and volunteers carry out and values the contribution everyone makes to the success of the Women's Centre

Significant Activities

The significant activities of the charity that provide public benefit, include the following:

Befriending Project

This project is led by our Befriending Co-ordinator who recruits and trains women in our community to become volunteer Befrienders. Volunteers are matched with women in the local community who experience isolation, depression, anxiety and/or stress. The volunteers will offer friendship and support, sometimes meeting for a chat or supporting women to attend a local group or facility. The Befriender will also support their client to attend interviews, appointments, or sometimes just provide company for them at home. We provide this support for up to 12 months. This year we have recruited 16 volunteers who provided a befriending service to 25 women.

What we do – Case Study

Barbara has been supported by her befriender Michelle for almost two years. She initially came to the service after her husband passed away and she was experiencing loneliness and isolation. She had very clear goals and things that she wanted to achieve with her befriender. She wanted to increase her confidence and feel able to leave her home on her own. Barbara feels that she has built up a very special bond with Michelle. It is evident to see the difference in Barbara as an individual throughout the course of her time working with Michelle. She now openly meets others, challenges herself to step outside of her comfort zone socially and recently, at the time of writing, told Michelle that she is going to start saying yes to more opportunities that present themselves to her. For someone to go from struggling to go out with her befriender to now displaying such great levels of independence it is amazing to see.

Barbara described her time with Michelle as ...*'finding her in a heap'* and through working with her, leaving her *'more rounded, capable and strong'*.

Barbara now wants to volunteer for the service in the future and we have agreed to revisit this in January 2022.

Impact statement by user

"We made good progress together pre-COVID with regards to my goal of getting back into the gym, then COVID hit. I took the wins we managed in the time before then. Michelle is a star, all round fabulous human being.

In July 2021, the befriending relationship ended. It was measured, planned and co-created. Rating the service, Barbara offered a ***"5++++++++++ - I have no words for how much the service has helped me"***

Adult Counselling and Listening Service

We have been providing counselling services to women experiencing mental health problems in Sefton since 1992. Our reputation as an award winning counselling placement provider has enabled us to recruit and retain 15 qualified Volunteer Counsellors as well as offer placements to 16 Counsellors in training. We have 3 counselling employees including a Counselling and Wellbeing Manager.

Between 2020-2021, over 300 women accessed over 2000 counselling sessions. Most of these have been provided online or via telephone though when government guidance allowed, we have provided face to face sessions.

Example of Counselling - During Covid pandemic

Background: This client started her counselling on 28th September 2020, while the centre was open and working face to face with clients.

This client was an NHS nurse working on a busy surgical ward that had been 'on RED' or COVID-19 positive during the national lock down. She is very dedicated to her work and considers herself a very efficient, practical nurse; she stressed the importance of her work colleagues and how they work as a team and support each other. She is also a Mum of four children. She struggles to find time for herself.

Presenting Issues: Client is off work, she has low mood, said 'a few weeks ago she woke up feeling rubbish and this feeling hasn't gone away.' She first presented with the difficulties she was having with one of her children. She feels 'angry', 'embarrassed', 'ashamed' and 'stupid'. She was unsure if counselling could help.

During the first session we discussed her workload and the impact of COVID-19 in her job and the numbers of deaths she was witnessing at work. She didn't feel that this was the reason why she was feeling so low but it as suggested as a reason by her family and friends. In subsequent sessions she described losing three significant members of her family within the last three years. She attended to their practical needs and realised that she hadn't grieved for them as there had been a blurring of her roles as caregiver from her professional background but also as a bereaved relative.

Support: At the beginning of each session she would say, 'I don't know what I'm going to talk about.' Then she was surprised at how much she talked and what came up for her. She described herself as feeling calmer but still feeling 'no joy' and no idea how to build in time for herself to relax, she thought she might take up a new hobby. She talked about her job, that she loved its practicality, logical, problem-solving focus, she was so proud of her work and her professionalism. That she could deal with any difficult situation without becoming upset. She was able to tell me about a situation that occurred in work, it upset her deeply and she hadn't been able to talk about it to anyone. A cancer patient was recovering well from life-saving surgery and should have made a full recovery but had contracted Corona virus. This meant it was no longer possible for the family of this patient to say their goodbyes in person. This greatly affected her. She felt devastated and it reduced her to tears. At the next session she said she felt better about the situation and being able to get in touch with her emotions helped. She contracted Corona virus herself when halfway through her counselling sessions and self-isolated for a number of weeks before returning once fully recovered.

She was able to resume her counselling sessions once she felt well enough but as the national lock down prevented us working face-to-face and the last two sessions were delivered via online counselling.

Outcomes: This client felt able to talk in this 'safe space' and she felt able to express her emotions and cry freely. She was able to get in touch with her emotions something she stopped herself doing, as a coping strategy. She had initially talked about wanting to move away from nursing and had even applied for a job at her local supermarket. She said that if she did go back to nursing she would allow herself to feel emotions and not push them all away. During her final session she said that she felt ready to go back to nursing and had set a return date. She said she would be a much better nurse for having had counselling.

Counselling and Listening Service (aged 13 years +)

This is our 2nd year of providing a counselling service to teenage girls. Young people can self-refer into the services but many have come with their parents/carers or have been referred by schools or their GPs

Case Study

This young person came into the centre in May 2021, shortly after the centre reopened up after the most recent COVID lockdown. They asked if they could talk to someone as they were experiencing relationship problems at home. She said that they did not feel seen or heard by her parents. She was also experiencing some physical health problems too and parents 'blamed' her for her poor mental health as they felt she was making it up.

We worked together for 6 weeks utilising a variety of techniques including creative play. We used coloured pens and paper to explore feelings and thoughts through. Through introducing the creative elements, it transpired that this young person also experienced some level of Obsessive Compulsive Disorder. She shared with me that she was waiting for support from Children and Adolescent Mental Health Services for support with this.

Throughout her counselling sessions she was very committed to making changes in the way that she thought and very much wanted to be proactive in her own recovery. We worked together to help her identify a way forward. She created a road map for her life, one that identified her coping mechanisms and helped her create an understanding of what and why they worked for her. In her final counselling session she said that she felt that her anxiety had reduced overall. In fact when we measured her responses we found that her overall anxiety score was below that which we would expect for someone of her age.

Emotional Well-being Support Groups

These groups are facilitated by a qualified Counsellor. The aim of the group is to empower the members to make positive changes in their lives by listening, using mindful techniques, discussion and by supporting each other within the group. Most of the women who attend the groups are experiencing anxiety, stress, depression or other mental health problems.

These groups usually meet face to face but during corona virus pandemic we have moved groups online and women have accessed the support either using Zoom or sometimes on a one to one basis via the telephone.

We take a person-centred, holistic, whole-person approach to delivering support, based on the premise that all people need to feel respected and worthy of respect. They need to belong and be in contact with others in order to feel competent, recognised, listened to without judgement and understood with empathy.

The aim of the facilitator to provide a place where members feel safe enough to talk with honesty as well as build trust in the group, so there can be an exchange of genuine communications that are heard with empathy and without fear of judgement. Talking openly and honestly helps each group member to understand themselves and others better.

The groups are weekly, ninety minute meetings, at the same time each week. There are ground rules which each member has agreed to prior to joining the group. There are two groups, an afternoon and an evening group. The groups are open and referrals from self or other professionals are welcome. Prospective members have a pre-group meeting with the Counsellor and together they decide if the group will meet the needs of the perspective member and the group as a whole.

During 2020 – 2021, 25 women attended the support group (when the centre was open and we were able to run them) over 12 months. We carried out 29 telephone support sessions and 9 in house support sessions.

Outreach Service

Based at the SWAN Centre the outreach service works with women who cannot access community based services due to severe anxiety, agoraphobia or emotional problems and who often do not get any support from statutory services because they do not fit the criteria of severe mental illness. We aim to help women build their confidence and develop their individual potential to integrate into their local communities. An experienced Counsellor provides services to women at home.

During the year, the Outreach Service supported 16 women and carried out 490 support sessions over the phone.

Example of the Outreach Service during Covid pandemic

Background: Ms C was referred to the centre by Adult Social Services. We carried out an assessment of her needs and then started to provide services at home before the whole country went into lockdown in March 2020. We have carried out telephone contact on a weekly basis since then.

Ms C was in an abusive marriage for over 20 years and has been separated from her ex-partner for 10 years. She doesn't like to go out alone and depends on her daughter to go shopping for her. Ms C says that she finds it hard to concentrate and just wants to sleep most of the time. Ms C also has problems with hoarding and impulsive buying making the home very cluttered. Ms C also has a number of health issues, as well as struggling with anxiety, she also has back problems and a hearing impairment.

Actions: Before lockdown we were working with the realistic goals that she had set to help her manage her anxiety as well as other areas in her life. One of the goals was to get up at a regular time and getting dressed to add some structure to her day. Previously Ms C would spend all day in bed.

Impact of Lockdown: As a result of lockdown we have now been unable to meet face to face but we have maintained weekly telephone contact. When the lockdown began Ms C started panic buying things which in turn increased the clutter in her home. Ms C has become more anxious and she is arguing with her family more as they are at home most of the day. Ms C is spending even more time in bed which is not only impacting on her mental health but also her physical health. However Ms C is very isolated and lonely and she doesn't appear to have any friends, so our telephone conversation each week is her contact with the outside world and she likes to hear what other people are doing. We will start face to face meetings as soon as government guidance allows us to do so.

Therapeutic Allotment Project – Eco Therapy

Eco therapy is the name given to a wide range of therapeutic programmes which aim to improve your mental and physical wellbeing through engaging in nature and outdoor activities.

This project is delivered by an experienced Counsellor as well as a Gardener. It is an intensive (year long) programme and we work with women in the community who struggle with their mental health and do not engage with other mental health services.

We have an allotment that is based in Litherland and the women who attend the project work on the landscape, improve their knowledge of growing vegetables organically and engage in therapeutic sessions with the counsellor. They also make friends and create support networks that they can call on outside of this therapeutic space.

We have opened the allotment to the group when it was safe to do so. However outside of those times we have continued to provide telephone or online support to all named attendees. We work with 5 women and we carried out 82 in person/telephone or online sessions throughout the year.

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

Courses and Activities

As the centre has been closed for the majority of the year we have been unable to offer the level of in house activities or courses usually on offer. However during the periods of limited opening times we offered a number of socially distanced, small group activities such as knitting, card making, mosaic art as well as a managed number of coffee afternoons. We also kept in touch on a weekly basis via telephone throughout the pandemic with all the women who attend regular group activities. There are approximately 30 women who fall into this group.

Fundraising Activities

This year community fundraising has not been possible this year due to Covid 19 regulations.

Donations

We have received regular direct debit donations via Local Giving.

FINANCIAL REVIEW

Principal Funding Sources

The charity's principal funding sources are Southport and Formby Clinical Commissioning Group, South Sefton Clinical Commissioning Group and Sefton Council. The Steve Morgan foundation provided 3 years funding for us to deliver the Befriending Project which ended this year. Rosa Foundation provided additional funding to increase counselling provision during the Covid 19 pandemic.

As a response to the pandemic we received a number of small grants from grant making trusts and local organisations such as Sefton Stars. We used these funds to increase support services available to local women and girls during the lock down phase of epidemic.

Reserves and Investment Policy

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

General Reserves

The trustees have set a target range for free general reserves of £150,000 excluding fixed assets and aim to retain working capital within that range. The amount is representative of six months running costs, redundancy costs and provides short term financial security in the event of service level agreements with Clinical Commissioning Groups and/or Local Authorities being withdrawn or reduced. The reserve provides the trustees with sufficient solvency and time to take whatever action would be necessary in such circumstances. Net current assets at the balance sheet date amounted to **£171,902** and therefore fall within the required level expected. Community fundraising has not been possible during the year, due to restrictions related to Covid 19.

Designated Reserves

Contingency Fund:

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

Investment policy:

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

FUTURE PLANS

There is national recognition that mental health services are under resourced and we see the evidence of this. We plan to seek funding to increase our teenage girls counselling services as well women's counselling services. We are also focused on developing the charities use of digital resources so that women can still access our services outside of the centre. We are also expanding our support to pregnant and new mums who have been isolated during lockdown. We hope that by providing support and the opportunity to talk to other new mums, it will prevent pregnancy related depression or isolation. The charity will continue to look for opportunities to provide services that women and girls in our community require. We will expand ourf contracts and establish opportunities for unrestricted income. We will maintain and develop new partnerships that will enable us to continue providing services for women.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

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

Responsibilities of the Trustees

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

- The Essential Trustee
- The Hallmarks of an Effective Charity

Recruitment of New Trustees

The members of the Board are both directors of the company and charity trustees. The organisation has robust policies and procedures to identify potential trustees and to recruit appropriately skilled people. All potential board members are interviewed by the Chair and/or Vice Chair, or delegated trustees of the organisation to identify skills and values that will be of value to the organisation.

Appointment of New Trustees

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

Organisational Structure

The Board of Trustees holds 6 weekly Board meetings, an AGM and up to two development days per year, The Board develops the Strategic Plan for the organisation. The Board have a broad range of skills that include financial monitoring; risk management; human resources and training. The Board delegates the day to day management of the organisation to a Chief Executive who has responsibility for the implementation of the strategic plan and line management responsibility for staff. The Chief Executive also has responsibility for Quality Assurance and the on-going development of the organisation.

Induction and Training of New Trustees

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

Wider Network

The charity works in partnership with a range of other local organisations and has set up and facilitates the CEO Network for 3rd Sector leaders in Sefton. We are a representative on our Sefton Healthwatch, Sefton Council Overview and Scrutiny Committee (Childrens) as well as Health and Social Care Forum. We are a member of the Voluntary Sector Advisory Group in Sefton and we work closely with both Sefton's and Liverpool's voluntary sector as well as our local Council and Clinical Commissioning Groups.

Related Parties

SWAN has a wide range of stakeholders including: people who use our services, commissioning bodies such as Local Authorities and Clinical Commissioners, other funding bodies, staff and volunteers. SWAN works to a range of national and local strategies that are relevant to the services delivered. The organisation works in partnership with a range of agencies, particularly in the public and third sectors and seeks to influence both the development and implementation of strategies and policies that impact on the lives of women who experience poor mental health.

Reference And Administrative Details

Registered Company number

02720502 (Not specified/Other)

Registered Charity number

1011971

Registered office

Former Litherland Library Linacre Road Litherland
Liverpool Merseyside L21 6NR

Trustees

- Mrs P Hardy - Chair of Trustees
- Ms C Wallis- Vice Chair of Trustees
- Mrs J Anderton - Trustee
- Ms S A Oldnall - Trustee
- Ms A Horsfield- Trustee
- Miss B Kent - Trustee

Chief executive officer

- Ms K Christie

Independent Examiner

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

Bankers

Unity Trust Bank
Nine Brindley Place
Birmingham B1 2HB

Solicitors

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

Approved by order of the board of Trustees on 21st September 2021

Mrs P Hardy – Chair of Trustees

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

Independent examiner's report to the trustees of SWAN Womens Centre ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

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

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 ACCA, ICAEW

SB&P Chartered Accountants

Oriel House 2/8 Oriel Road Bootle Merseyside L20 7EP

Date: 21/9/2021

Report of the Trustees & Financial Statements for the Year Ended 31 March 2021

STATEMENT OF FINANCIAL ACTIVITIES (SOFA)

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		**12,574**	**92,394**	**104,968**	61,581
Charitable activities					
Women's support services		**-**	**129,683**	**129,683**	128,500
Other trading activities	2	**8,300**	**-**	**8,300**	35,651
Investment income	3	**20**	**-**	**20**	78
Other income		**27,950**	**-**	**27,950**	27,695
Total		**48,844**	**222,077**	**270,921**	253,505
EXPENDITURE ON					
Raising funds		**-**	**-**	**27,950**	27,695
Charitable activities	4				
Women's support services		**39,960**	**171,359**	**211,319**	197,706
Total		**39,960**	**171,359**	**239,269**	225,401
NET INCOME/(EXPENDITURE)		**(19,066)**	**50,718**	**31,652**	28,104
Transfers between funds	11	**20,307**	**(20,307)**	**-**	-
Net movement in funds		**1,241**	**30,411**	**31,652**	28,104
RECONCILIATION OF FUNDS					
Total funds brought forward		**118,253**	**21,997**	**140,250**	112,146
TOTAL FUNDS CARRIED FORWARD		**119,494**	**52,408**	**171,902**	140,250

The notes form part of these financial statements

BALANCE SHEET

Balance Sheet
31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
FIXED ASSETS					
Tangible assets	8	**19,431**	**-**	**19,431**	29,315
CURRENT ASSETS					
Debtors	9	**213**	**-**	**213**	208
Cash at bank and in hand		**107,866**	**52,409**	**160,275**	118,966
		108,079	**52,409**	**160,488**	119,174
CREDITORS					
Amounts falling due within one year	10	**(8,017)**	**-**	**(8,017)**	(8,239)
NET CURRENT ASSETS		**100,062**	**52,409**	**152,471**	110,935
TOTAL ASSETS LESS CURRENT LIABILITIES		**119,493**	**52,409**	**171,902**	140,250
NET ASSETS		**119,493**	**52,409**	**171,902**	140,250
FUNDS	11				
Unrestricted funds				**119,493**	118,253
Restricted funds				**52,409**	21,997
TOTAL FUNDS				**171,902**	140,250

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

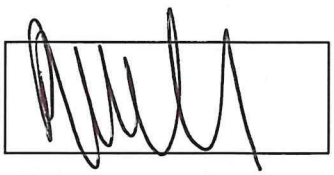
The trustees acknowledge their responsibilities for

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

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on **21st September 2021** and were signed on its behalf by: **P Hardy - Trustee**



NOTES TO THE FINANCIAL STATEMENTS

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 2022 will be a surplus of between £30,000 and £35,000.

Looking towards the year ending 31 March 2022, and again, subject to the regular grant providers (CCG'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 CCG'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.

2. OTHER TRADING ACTIVITIES

	31.3.21	31.3.20
	£	£
Fundraising events	**7,705**	31,572
Room hire	**595**	4,079
	8,300	35,651

3. INVESTMENT INCOME

	31.3.21	31.3.20
	£	£
Deposit account interest	**20**	78

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs	Totals
	£	£	£
Women's support services	**169,977**	**41,342**	**211,319**

5. NET INCOME/(EXPENDITURE)

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

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	**9,884**	9,930
Hire of plant and machinery	**2,237**	3,017

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

7. STAFF COSTS

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

	31.3.21	31.3.20
Staff	10	11

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

8. TANGIBLE FIXED ASSETS

	Short leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 April 2020 and 31 March 2021	**66,877**	**9,660**	**5,999**	**82,536**
DEPRECIATION				
At 1 April 2020	**38,216**	**9,660**	**5,345**	**53,221**
Charge for year	**9,554**	**-**	**330**	**9,884**
At 31 March 2021	**47,770**	**9,660**	**5,675**	**63,105**
NET BOOK VALUE				
At 31 March 2021	**19,107**	**-**	**324**	**19,431**
At 31 March 2020	28,661	-	654	29,315

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONEYEAR

	31.3.21 £	31.3.20 £
Prepayments and accrued income	**213**	208

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21 £	31.3.20 £
Social security and other taxes	**2,163**	3,859
Other creditors	**1,174**	1,480
Accrued expenses	**4,680**	2,900
	8,017	8,239

11. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	**103,253**	**(19,067)**	**20,307**	**104,493**
Contingency fund (designated)	**15,000**	**-**	**-**	**15,000**
	118,253	**(19,067)**	**20,307**	**119,493**
Restricted funds				
P H Holt	**6,051**	**-**	**(6,051)**	**-**
Lloyds Bank Foundation	**-**	**33,000**	**-**	**33,000**
NHS CCG's	**13**	**(12)**	**(1)**	**-**
Steve Morgan Foundation	**3,521**	**-**	**(3,521)**	**-**
MIND	**2,108**	**-**	**(2,108)**	**-**
Community Fund - Lancashire	**1,670**	**-**	**(1,670)**	**-**
Community Fund - SWACA	**8,634**	**(1,678)**	**(6,956)**	**-**
Eleanor Rathbone	**-**	**10,000**	**-**	**10,000**
SWACA	**-**	**9,409**	**-**	**9,409**
	21,997	**50,719**	**(20,307)**	**52,409**
TOTAL FUNDS	**140,250**	**31,652**	**-**	**171,902**

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**20,894**	**(39,961)**	**(19,067)**
Restricted funds			
National Lottery Community Fund	**8,454**	**(8,454)**	**-**
Lloyds Bank Foundation	**33,000**	**-**	**33,000**
Sefton Social Services	**49,850**	**(49,850)**	**-**
NHS CCG's	**79,833**	**(79,845)**	**(12)**
Allotment Project	**2,470**	**(2,470)**	**-**
Steve Morgan Foundation	**12,800**	**(12,800)**	**-**
Community Fund – Lancashire	**5,000**	**(5,000)**	**-**
Community Fund – SWACA	**-**	**(1,678)**	**(1,678)**
Eleanor Rathbone	**10,000**	**-**	**10,000**
Rosa Foundation	**9,870**	**(9,870)**	**-**
SWACA	**10,800**	**(1,391)**	**9,409**
	222,077	**(171,358)**	**50,719**
TOTAL FUNDS	**242,971**	**(211,319)**	**31,652**

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	85,176	21,586	(3,509)	103,253
Contingency fund (designated)	15,000	-	-	15,000
	100,176	21,586	(3,509)	118,253
Restricted funds				
P H Holt	1,274	3,994	783	6,051
NHS CCG's	4	(3,500)	3,509	13
Allotment Project	783	-	(783)	-
Steve Morgan Foundation	-	3,521	-	3,521
Young women project	803	(803)	-	-
MIND	9,106	(5,331)	(1,667)	2,108
Community Fund – Lancashire	-	3	1,667	1,670
Community Fund – SWACA	-	8,634	-	8,634
	11,970	6,518	3,509	21,997
TOTAL FUNDS	112,146	28,104	-	140,250

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

	Incoming resources £	Resources Movement expended £	in funds £
Unrestricted funds			
General fund	56,314	(34,728)	21,586
Restricted funds			
P H Holt	15,379	(11,385)	3,994
Sefton Social Services	49,849	(49,849)	-
NHS CCG's	78,650	(82,150)	(3,500)
Steve Morgan Foundation	25,600	(22,079)	3,521
Young women project	-	(803)	(803)
MIND	10,745	(16,076)	(5,331)
Community Fund - Lancashire	8,334	(8,331)	3
Community Fund - SWACA	8,634	-	8,634
	197,191	(190,673)	6,518
TOTAL FUNDS	253,505	(225,401)	28,104

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

13. RESTRICTED FUNDS

Sefton Social Services

The purpose of this fund is to contribute towards running costs of the charity.

NHS CCG's

Funding is received from NHS South Sefton and NHS Southport & Formby CCG's to provide the following services:

- counselling and listening
- outreach
- support group
- other running costs

P H Holt

The purpose of this fund is to utilise the allotment to develop the gardening group and provide an eco therapeutic space for vulnerable women who are struggling with mild/moderate mental health problems.

Steve Morgan Foundation

A grant awarded to assist with funding the befriending project.

Young women project

A grant awarded to provide a support group for young women to make a tangible and long term difference to their health, well being, confidence.

MIND

A grant awarded to provide specific leadership opportunities for women.

Community Fund - Lancashire

A grant awarded towards the cost of delivering counselling services to young people.

Community Fund - Merseyside

A grant awarded towards the cost of delivering counselling services to women affected by domestic abuse. Awarded in April 2020 for delivery in April 2020 and 2021.

Eleanor Rathbone

A grant awarded to help cover costs of delivering the Befriending service to local women struggling with mental health issues and isolation in Liverpool.

ROSA

A grant awarded to help cover costs of 3 counsellors to provide telephone and online counselling services for women and girls aged 14 plus.

Lloyds Bank Foundation

A grant awarded for core funding to help the development of the organisation and help towards payroll costs.

SWACA

A duel grant awarded towards the cost of delivering counselling services to women affected by domestic abuse.

14. DESIGNATED 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.

15. TRANSFERS

There have been transfers between restricted funds and unrestricted general funds which represents fully expended grants received in the year.