WISH

England & Wales · Charity number 1054621

Details

Other names	WOMEN IN SECURE HOSPITALS, WISH
Status	Registered
Legal form	Charitable company
Company number	03161744
Registered	1996-04-17
Register	View on the Charity Commission register

Contact

Address	15 Old Ford Road London E2 9PL
Phone	02089803618
Email	info@womenatwish.org.uk
Website	www.womenatwish.org.uk

Activities

Objects: THE CHARITY IS ESTABLISHED FOR THE FOLLOWING OBJECTS (“THE OBJECTS”). FOR THE PUBLIC BENEFIT: TO RELIEVE THE POVERTY AND THE PHYSICAL AND MENTAL SICKNESS AND DISTRESS OF WOMEN, PARTICULARLY THOSE WHO ARE OR HAVE BEEN IN PRISONS, SECURE UNITS OR SIMILAR UNITS; TO PROMOTE AND PRESERVE THE GOOD MENTAL HEALTH OF SUCH WOMEN AND OF WOMEN WHO ARE AT RISK OF ENTERING THE MENTAL HEALTH AND/OR CRIMINAL JUSTICE SYSTEMS; TO ADVANCE PUBLIC EDUCATION ABOUT AND TO CARRY OUT, PROMOTE OR ASSIST IN PROMOTING RESEARCH INTO THE NEEDS OF SUCH WOMEN AND TO DISSEMINATE THE USEFUL RESULTS OF SUCH RESEARCH; TO ADVANCE EDUCATION AND RAISE AWARENESS IN GENDER EQUALITY IN MENTAL HEALTH SERVICES AND CRIMINAL JUSTICE SYSTEMS; ANDTO UNDERTAKE ANY OTHER CHARITABLE OBJECTIVE.

Activities: WISH provides support and services to women with mental health needs within the Mental Health and Criminal Justice Systems, and in the community; and influences local and national policy and practice.

Downloaded from opencharities.uk/ew/1054621

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	-	-	-	-
2024-03-31	£215,585	£220,321	-	-
2023-03-31	£241,691	£236,669	-	-
2022-03-31	£216,641	£257,515	-	-
2021-03-31	£233,473	£233,351	-	-
2020-03-31	£177,912	£149,807	-	-

Trustees

Name	Role	Appointed
Alexandra Phillips		2020-07-10
Christine Pauline Spooner		2019-08-14
Dhriti Suresh Eapen		2024-07-18
Gulveen Bagri		2024-08-06
Harpreet Cheema		2024-11-20
Megan Kathleen Webster		2025-07-25

Downloaded from opencharities.uk/ew/1054621

WISH

England & Wales - Charity number 1054621

Accounts

Company number: 3161774

Charity number: 1054621

Annual Report and

Financial Statements for the year ended 31 March 2024

for

WISH

(A company limited by guarantee not having a share capital

and a registered charity)

Report of the Trustees
for the year ended 31 March 2024

Status: WISH is a company limited by guarantee without a share capital incorporated on 20 February 1996 and was registered with the Charity Commissions in April 1996 as a charity. Its governing rules are its Memorandum and Articles of Association. Under these Articles the members of the Board of Directors are elected at the TGM to serve a period of three years, appointment of directors during the year will be subject to ratification at the TGM.

Registered Charity Number: 1054621
Company Number: 3161774

Registered Office:
15 Old Ford Road
London, E2 9PL

Directors and Trustees at 31 March 2024

Chair:
Alex Phillips
Ruth Lambley
Christine Spooner
Sarah Wilson
Dr Carley Guest
Dr Rachel Seoighe
Helen Harcombe-Edwards

Independent Examiner:
Douglas Green Accountant
32 Darnley Avenue
Bristol, BS7 0BS

Bankers:
Unity Trust Bank Plc
9 Brindley Place
Birmingham B1 2HB

The Trustees, who are also directors of the charity for the purpose of the Companies Act, have presented their annual report of activities and the audited financial statements and administrative details for the year ended 31 March 2024. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in 2005 in preparing the annual report and financial statements of the charity.

Risk Management and Finances

An analysis of risks facing WISH has been undertaken by the Director and Trustees in preparing this report. In addition to statutory service capacity, and charity-sector fundraising, the areas of highest potential risk are:

• financial instability and cashflow.
• competition for contracted services from similar organisations resulting in loss of revenues;
• further cuts to public services/benefits resulting in increased demand for our work, but with no additional increase in funding.
• the pressure on staff and potential burnout

These risks are addressed by constantly addressing the need to fundraise from diverse income streams; developing evidenced-based proposals for contracted work; ensuring that staff have ongoing support. also identified that staff working with women in distress from home and remotely need additional ongoing support. Staff working directly with women are trained to work with trauma both in person and remotely. WISH will continue to work with our staff and volunteers to understand and address the pressures on them.

As with most small charities, Trustees considered that the main risk the charity can face is not being able to raise sufficient funds to continue providing its core services. While we made great strides, the year was not without its challenges. In December 2023, an unexpected financial crisis arose when a major funder withdrew a previously confirmed donation due to an internal error on their part. This setback placed WISH in a precarious position. In response, we launched the No Woman Left Behind campaign, and thanks to our supporters generosity we overcame the hurdle and continued our work without interruption. We are deeply grateful for the outpouring of support, which reaffirmed the collective commitment to our mission. We continued to be relentless in our pursuit of sustainable funding throughout the year. This effort culminated in 2024/25 with securing significant three-year funding commitments that have not only stabilised WISH financially but also positioned us for continued growth and impact in the years ahead.

The financial position at 31 March 2024 shows total funds of £14,736, which are unrestricted funds

In order to ensure the development and sustainability of WISH we are preparing to develop our next three-year business strategy for 2025-2028

A detailed overview of services is given in the WISH Year in View Report 2023/24

The Board of Trustees

The following people acted on the Board of Trustees during the period:

Alex Phillips
Ruth Lambley
Dr Rachel Seoighe
Dr Carly Guest
Christine Spooner
Sarah Wilson
Helen Harcombe-Edwards

Statement of Trustees' responsibilities

The Trustees are required under the Charities Act 2011 to prepare financial statements for each year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- follow applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with applicable law and regulations. They are also responsible for safeguarding the assets of the charity and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

So far as each director is aware, there is no relevant information, defined as "information needed by the company's auditors in connection with preparing their report", of which the company's auditors are unaware; and each Trustee has taken all steps that he ought to have taken to make himself aware of any relevant matters and to ensure that the company's auditors are aware of such information. Such steps include making inquiries of other Trustees and auditors and other steps required by the Trustees duty to exercise due care and skill.

Reserves Policy

The Trustees WISH to develop reserves to a minimum of six months total operating costs so as to avoid a breakdown in provision of core services in adverse conditions. As of 31st March 2024 we had £14,736 of unrestricted reserves. We have been active in raising unrestricted funds via our Standing Together donor fundraising campaign, and in making and being awarded charitable trust applications, for which there is much competition. Our current projected position for 31/03/25 is to hold reserves in excess of £50,000

Approval

This report was approved by the Trustees on 30/01/2025 and by order of the Trustees, signed on their behalf, by:

Alex Phillips



Director and Trustee

30/01/25

WISH
(A company limited by guarantee)

Independent Examiner's Report to The Trustees of Wish

I report on the Accounts of The Charity for the year ended 31 March 2024 which are set out on the following pages.

Respective Responsibilities Of The Trustees and Examiner

As the Trustees of The Charity you are responsible for the preparation of the Accounts: you consider that the audit requirements of section 144 of the Charities Act 2011 (the act) not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by The Charity Commissioners under section 145 of the Act whether particular matters have come to my attention.

Basis Of Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required for an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Unqualified Statement

In connection with my examination, there were no matters that have come to my attention:

1) Which gives me reasonable cause to believe that in any material respect the requirements
   *To keep accounting records in accordance with section 41 of the Act as amended
   *To prepare accounts which accord with the accounting records and so comply with the accounting requirements of the Act have not been met: or

2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Douglas Green

Douglas Green
Accountant
32 Darnley Avenue
Bristol BS7 0BS

Date 31.1.25

WISH
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
		£	£	£	£
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income	**2**	52,363		52,363	90,563
Income resources from charitable activities	**3**	95,774	67,448	163,522	151,128
Total Incoming Resources		148,137	67,448	215,885	241,691
RESOURCES EXPENDED					
Cost of generating voluntary income	**5**	25,370		25,370	25,370
Charitable activities	**5**	114,628	77,448	192,376	208,724
Governance costs	**5**	2,575		2,575	2,575
Total Resources Expended		142,573	77,448	220,321	236,669
Net Surplus/ (Deficit) For The Year		5,564	(10,000)	(4,436)	5,022
Total Funds at 1 April 2023		9,172	10,000	19,172	14,150
Total Funds at 31 March 2024		14,736		14,736	19,172

There were no recognised gains or losses other than those in the statement of Financial Activities.
All incoming resources expended derive from continuing activities.

The notes following form part of these financial statements.

WISH
(A company limited by guarantee)

BALANCE SHEET
AS AT 31 MARCH 2024

		31.03.24		31.03.23	
	Notes	£	£	£	£

FIXED ASSETS					
Fixed assets	**8**		1,832		2,618
CURRENT ASSETS					
Debtors and prepayments	**9**	31,209		29,596	
Bank		1,943		1,937	
		33,152		31,532	
CURRENT LIABILITIES					
Social security		1,059		9,634	
Creditors and accruals	**10**	19,189		5,345	
		20,248		14,978	
NET CURRENT ASSETS			12,904		16,554
TOTAL ASSETS			14,736		19,172
FUNDS					
Unrestricted Funds			14,736		9,172
Restricted Funds	**11**				10,000
TOTAL FUNDS			14,736		19,172

These financial statements were approved by the Trustees on 30/01/25

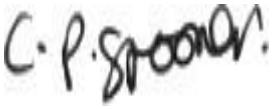
On behalf of the Trustees



Alex Phillips

Dated 30/01/25

On behalf of the Trustees



Christine Spooner

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2024

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)

Incoming resources

Income is recognised when the Charity has entitlement to the funds.

Income received in advance of provision is deferred until criteria for income recognition are met

Resources Expended
Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any Vat which cannot be fully recovered and is reported as part of the expenditure to which it relates.
Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
Governance costs include those costs associated with meeting the statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

Tangible Fixed Assets
Fixed assets are stated at cost price less accumulated depreciation. Depreciation is provided at the following annual rates in order to write off each asset over its estimated life.

fixtures and fittings	25% reducing balance
Computer equipment	25% reducing balance

Restricted fund
When income is received for purposes specified by the donor the income is shown as restricted in the Statement of Financial Activities. Expenditure for the specific purposes is shown as restricted expenditure. Any unexpended balance at the balance sheet date is carried forward as a restricted income fund.

Allocation of Expenditure
Expenditure is allocated as follows

Charitable activities. All direct expenditure incurred on performance of the charitable activities including total salaries less 30% of the director's salary

Costs of generating voluntary income. 25% of the director's salary
Governance costs. 5% of the directors salary, the accountancy fee and trustees costs

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2024

2. VOLUNTARY INCOME

Grant and donation income was received from the following sources:

	2024	2023
	£	£
Restricted Grants		
Unrestricted Grants		
Stichting Anton Jurgens Foundation		5,000
Chapman Trust		1,000
First Give		1,000

Others (Donations)	52,363	83,563
Total unrestricted donations	52,363	90,563
Total voluntary income	52,363	90,563

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2024

3. INCOME RESOURCES FROM CHARITABLE ACTIVITIES

	2024 £	2023 £
UNRESTRICTED FUNDS		
Contracts		
Riverside Healthcare	13,733	13,733
Cygnet Hospitals	79,163	79,185
Total Contract income	92,896	92,918
Other		
Consultancy	2,878	3,810
Student placement		1,400

	2,878	5,210
Total Unrestricted Funds	95,774	98,128
RESTRICTED FUNDS		
Trust For London	40,000	
The Hospital Saturday	2,000	
London Catalyst	2,000	
The Lottery	9,400	
Wakefield Trust	3,448	
Queen Adelaide	1,600	
Vandeville Trust	3,000	
Crucible Foundation		47,000
Hilden Fund	6,000	6,000
Total Restricted Funds	67,448	53,000
Total Income Resources from charitable activities	163,522	151,128

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2024

4. OPERATING SURPLUS

Operating surplus is stated after charging

	2024	**2023**
	£	**£**
Auditor's fee	380	380
Depreciation of tangible fixed assets	786	1,100

5. ANALYSIS OF TOTAL RESOURCES EXPENDED

	2024 Costs of generating voluntary income	**2024** Charitable activities	**2024** Governance costs	**2024** Total	**2023** Total
	£	£	£	£	£
Staff & consultancy costs	24,170	137,436	1,500	163,106	175,344
Other direct costs	1,200	23,465		24,665	31,840
Office expenses		14,183		14,183	14,384
Premises		17,292		17,292	14,026
Governance			1,075	1,075	1,075
	25,370	192,376	2,575	220,321	236,669

6. TRUSTEE EXPENSES

During the period, no payments were made to trustees acting in a professional capacity (2023 nil).

7 STAFF COSTS

Total staff costs were as follows:

	2024	2023
	£	£
Gross salary and employers national insurance	145,984	167,517
Employers pension contributions	8,300	6,623
	154,284	174,140

The average number of employees during the year was seven (2023 seven)

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2024

7. STAFF COSTS (Cont)

There were no employees with emoluments above £60,000.The charity does not operate its own pension fund but does contribute to the personal pension plans of seven employees (2023 seven)

8. TANGIBLE FIXED ASSETS

	2022 £
COST	
At 1 April 2023 & At 31 March 2024	41,902
DEPRECIATION	
At 1 April 2023	39,284
Charge for the year	786
At 31 March 2024	40,070
NET BOOK VALUE	1,832
At 01 April 2023	2,618

9. DEBTORS

	2022 £	2023 £
Debtors	31,209	29,596
Bank	1,943	1,936

	33,152	31,532

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2024

10. CREDITORS

	2024	2023
	£	£
Sundry creditors and accruals	20,248	5,343

11. MOVEMENT IN FUNDS

Restricted Funds

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
Trust For London		40,000	40,000	
The Hospital Saturday		2,000	2,000	
London Catalyst		2,000	2,000	
The Lottery		9,400	9,400	
Wakefield Trust		3,448	3,448	
Queen Adelaide		1,600	1,600	
Vandeville Trust		3,000	3,600	
Crucible Foundation	8,000			
Hilden Fund	2,000	6,000	6,000	
Total Restricted Funds	10,000	67,448	77,448	

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets 2024	Net current Assets 2024	Total 2023
	£	£	£
Unrestricted Funds	1,832	12,904	9,172
Restricted Funds			10,000
Total	1,832	12,904	19,172

ONE YEAR AT WISH

April 2023- March 2024

CONTENTS

03 Welcome notes

04 In a nutshell

How we help

05 Advocacy

08 Counselling

11 Community Link

13 Campaigning

14 Funding, partnerships & support

16 Financial report

17 A special thank you

Dear friends and supporters,

The past year at WISH has been one of resilience, and growth. Despite significant challenges, we've strengthened our organisation and deepened our commitment to supporting the women we serve. We are immensely proud of what we've achieved together.

Our advocacy services ensured that women and young people in mental health hospitals across England had their voices heard. By fostering confidence and self-advocacy, service users engaged more effectively with care teams, reclaiming agency in their recovery. Our trauma-informed counselling provided a safe, supportive space for women to address mental health challenges, with many reporting reduced anxiety and depression. Meanwhile, our Community Link project tackled practical and emotional barriers, offering comprehensive support to help women achieve stability and empowerment.

We also advanced key organisational priorities, including establishing the WISH Diversity Working Group to foster equality, initiating a membership review to better serve our community, and preparing for a trustee recruitment drive to increase board diversity.

While we made great strides, the year was not without its challenges. In December 2023, an unexpected financial crisis arose when a major funder withdrew a previously confirmed donation due to an internal error on their part. This setback placed WISH in a precarious position. In response, we launched the No Woman Left Behind campaign, and thanks to your generosity, we overcame the hurdle and continued our work without interruption. We are deeply grateful for the outpouring of support, which reaffirmed the collective commitment to our mission.

We continued to be relentless in our pursuit of sustainable funding throughout the year. This effort culminated in 2024/25 with securing significant three-year funding commitments that have not only stabilised WISH financially but also positioned us for continued growth and impact in the years ahead.

None of this progress would have been possible without you — our supporters, donors, staff, and volunteers. Your belief in our mission and your unwavering dedication sustain our work. Thank you for being part of this journey.

With gratitude,
Joyce Kallevik, Director, WISH

IN A NUTSHELL

ADVOCACY	**139** Women and young people supported	**11** Wards and units working with WISH	**3** Hospitals commissioned WISH
COUNSELLING	**1056** Hours of counselling delivered	**44** Women benefited from counselling	**24** Average no of free sessions per person;
COMMUNITY LINK	**783+** Support sessions with women	**45+** Women supported in the community	**430+** Direct contact support hours
COMMUNITY	**150** Members	**854** People subscribed to our newsletter	**4867** People follow us online
WISH TEAM	**7** Part time staff	**11** Volunteers and interns	**7** Trustees

ADVOCACY

Throughout the year we have been working with 139 service users across our three sites, including both women and young people:

- Cygnet Bury, where our service users included:
  - Women detained on two dedicated wards: Upper West, a medium secure ward, and Lower West, a low secure service.
  - Young people either detained under the Mental Health Act (Section 2 or Section 3) or admitted as informal patients. The Child and Adolescent Mental Health Service (CAMHS) unit includes four wards: Mulberry (low secure), Buttercup and Primrose (Pediatric Intensive Care Unit - PICU), and Wizard (acute ward).
- Cygnet Sheffield, where we provided support for:
  - Women on Spencer ward, a low secure unit.
  - Young people detained or admitted informally across three adolescent wards: Unicorn (PICU), Pegasus (general adolescent acute), and Griffin (low secure).
- Cheswold Park Hospital, Doncaster, where our support focused on:
  - Women detained in Bronte, a medium secure ward.

“I know that when I message my advocate, even if it is weekend, she will get back to me as soon as she is available.
Even just getting a text to let me know she has picked up my message has made all the difference”

L, SERVICES USER

139

Women and young people have benefited from WISH advocacy services

11

wards and units we have been working with

3

hospitals commissioned WISH

ADVOCACY

"It has been a pleasure working with WISH for another year. WISH's Advocacy Manager goes above and beyond and continues to be dedicated, loyal and supportive of both the service users and staff at the Dunes."

BETH CLAMP, REGISTERED MANAGER, DUNES, CYGNET HOSPITAL BURY

Our team is responsive and consistently goes above and beyond to support engagement. For example, we prioritise Care Programme Approach (CPA) meetings, often meeting with women and young people multiple times in advance to help them prepare self-reports. Many have experienced past challenges with services, so we understand that trust can take time to build.

WISH also continued liaising with the Children's Commissioner to support young people in care. In one case, WISH advocated for a young person whose home team had delayed their transfer to a local area, despite efforts by commissioners and Cygnet. Direct involvement from the Children's Commissioner ultimately facilitated the young person's repatriation.

Additionally, we engaged with the Head of Advocacy at the Children's Commissioner's office, as well as PALS and complaints departments, to address cases where home teams provided insufficient support. This collaborative approach resolved outstanding issues, ensuring all young people received the necessary care and services.

ADVOCACY

Our advocacy work spans a wide age range, from children as young as 12 in CAMHS units to women up to 60 years old in adult services, reflecting diverse backgrounds, languages, and needs. For example, for young people with limited English proficiency, hospitals provide interpreters, which is invaluable to communication. Additionally, we work with many service users diagnosed with autism, and we provide easy-read, pictorial information to ensure accessibility.

While each journey is unique, we often see that service users are initially hesitant to raise issues with advocacy. Establishing a trusting relationship remains essential to fostering open communication and effective advocacy.

Service user engagement remained strong overall. Building and maintaining trust is central to our advocacy approach. We invest time in creating consistent, reliable relationships with service users, ensuring they feel heard and empowered to advocate for their needs. We work with service users from admission through to discharge, meaning our time with each individual varies depending on their length of stay. It's rewarding to witness these journeys, with many service users ultimately returning to their communities.

In 2025, we plan to implement an automated reporting system to streamline data collection, enhance our advocacy insights, and further improve the efficiency of our support services.

“Before you were my advocate I would just shout and kick off, mostly I’d end up in seclusion. In my family everyone shouted so you had to shout to be heard but I have learnt that the more you shout the less likely anyone will hear you. You helped me find the words and now people listen to me.”

M, SERVICE USER

COUNSELLING

WISH's counselling services continue to be a safe space for women to address life experiences without fear of judgment.

Between April 23 and March 24, 44 women received Trauma-Informed Counselling through WISH, marking a significant increase from the previous year with 29 more women accessing these essential services. At year-end, 27 women were actively engaged in counselling sessions.

Our trauma-informed counselling approach has yielded positive results, with the majority of women showing decreases in anxiety and depression scores measured by the PHQ-9 and GAD-7 scales. Additionally, an impressive commitment to counselling was evident, with very few missed sessions and strong overall attendance.

Our counselling and support are not limited to addressing mental health. We understand that social issues, like housing and financial stress, contribute to distress. That's why we integrate practical support through our Community Link project, helping women address these issues so they can fully engage in therapy when they are ready.

1056

No of hours of counselling delivered

44

Women benefited from WISH counselling

24

Average number of free counselling sessions delivered to one person;

COUNSELLING

Our client base is diverse, with 48% of women from racialised communities, including Bangladeshi, Chinese, Afro-Caribbean, Black African, Asian, and Pakistani backgrounds.

The WISH counselling team comprises two paid counsellors and five volunteer counsellors from Bangladeshi, White British, Spanish, and Romanian backgrounds. This diversity provides a strong foundation of cultural awareness and understanding, reflecting the communities we serve.

Cultural competence at WISH goes beyond language or ethnicity; it encompasses flexible, client-centred care that honours each woman's lived experience. Our team takes a trauma-informed, gender-specific approach, recognising the complexities of racialised trauma and cultural identity. For example, our Bangladeshi counsellor provides critical insight into the stigma surrounding mental health in South Asian communities, fostering trust and reducing barriers to care. Additionally, counselling in Bengali ensures that language is never a barrier for Bangladeshi women seeking support.

Recognising that some clients prefer a counsellor from a different ethnic background to avoid cultural bias or stigma, we provide flexibility to meet their needs. By integrating culturally relevant therapy modalities, we ensure clients' ethnic, cultural, and religious values are respected, fostering meaningful progress on their therapeutic journey.

'Attending counselling sessions with you has enabled me to converse about things that have happened in my life to someone without fear of judging or being gaslight by how I feel as I have dealt with many manipulative people in my life. "

F, Service User

COUNSELLING

"I feel I benefitted immensely from your sessions and have learnt about areas in my life I need to work in like believing in myself and self-worth not only for me to show up as my best self but limit access to toxic people who will take advantage of my weaknesses."

D, Service User

The majority of referrals (57%) were directed to us through GP and social prescribing practices in Tower Hamlets, including our oldest partner, The Mission Practice, along with nine additional GP and social prescribing partners.

Another 30% of referrals came from Tower Hamlets Talking Therapies, an NHS service which provides limited short-term counselling for women but does not provide longer-term counselling for women with complex needs.

Notably, 13% of referrals were self-referrals from women encouraged by their GPs to seek longer-term, specialised support.

The increase in women in counselling, our current waiting list of 40 women, and the increase in the number of referring partners shows the incredible need for our service and the necessity for statutory funding. During the year WISH also became a member of British Association for Counselling and Psychotherapy (BACP) and we are now commission ready. There's no other counselling service that we know of which provides:

- Free, trauma-Informed Therapy for women with complex mental health needs
- Extended number of sessions .

COMMUNITY LINK

This year, our Community Link services have been a lifeline for many women facing barriers to essential support. Self-referrals increased significantly, with women reaching out directly or being signposted by organisations like MIND. Many women who sought our help were excluded from mainstream services, including GPs, A&E, and mental health support.

While these situations are often complex, our team provided a compassionate listening ear, helping women reframe their approach and regain access to necessary care. Our team's dedication, bolstered by contributions from a Youth Work student and an intern from Syracuse University, extended beyond one-on-one support.

Addressing complex needs often required several hours long, in-depth conversations to fully understand circumstances before offering assistance or signposting to appropriate organisations such as Women's Aid,Social Housing Action Campaign (SHAC) , Find Others – a central hub for victims of injustices, Citizen's Advice Bureau (CAB), MPs or local councillors.

"My neighbour, a qualified psychotherapist, volunteers for WISH and I discovered their work through her. When I visited their office I was impressed by the commitment of the staff and their imaginative understanding of the complex needs of the women they are helping. With the NHS in such disarray the demand for their services has grown dramatically."

GILLIE, WISH SUPPORTER

783+

Support sessions with women

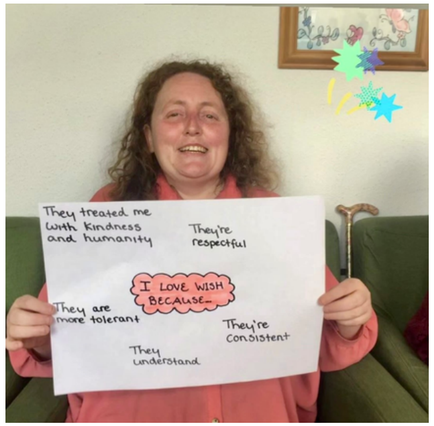
430+

Number of Community Link direct contact support hours.

45+

Women benefited from support in the community

COMMUNITY LINK



Ann, in the WISH office



Princess with WISH volunteer Georgia



XXXX with XXX

The service also fielded numerous calls from prisons, including HMP Bronzefield and HMP Downview, and letters from HMP Send and HMP Styal. We provided financial advice, emotional support, and assistance with release planning, alongside liaising with prison staff, families, and probation services to facilitate smooth transitions.

The dominant themes for the year included managing finances, fostering meaningful activities, and improving physical health. Our support ranged from assisting with Personal Independence Payment (PIP) claims and securing food vouchers to empowering women to advocate for better healthcare and embrace self-care practices like balanced nutrition and improved sleep.

Despite these challenges, we continued to support women through targeted interventions and advocacy. We provided aid via calls, social media, in-person meetings, and administrative assistance, such as drafting letters to reduce debts or applying for grants for essential items. We also supported women during outings, like a trip to the Tate Britain to see feminist art, and hosted events such as a Christmas gathering for women spending the holidays alone.

We have also recognised and celebrated small but impactful victories, such as helping a woman finally receive critical medical investigations after years of neglect by the NHS. She acknowledges that she has the power to speak and be heard now.

CAMPAIGNING

Advocating for the Care Supporters Bill
WISH joined Care Rights UK's campaign for the Care Supporters Bill, which aims to establish a legal right to a care supporter in health and social care settings.

Opposing the Illegal Migration Bill
We joined efforts with over 250 charities and organisations to oppose the Illegal Migration Bill, which undermines migrants' rights and international human rights commitments, helping to emphasise the Bill's conflict with the European Convention on Human Rights (ECHR) and its potential to erode protections for all.

Supporting the National Women's Fund Campaign
We backed the Women's Resource Centre's (WRC) campaign for a National Women's Fund, to address the disproportionate impact of the cost-of-living crisis on women and children. Chronically underfunded women-led organisations like us play a pivotal role in providing support, including domestic abuse services, mental health care, and childcare solutions. The petition called on the Government to allocate targeted financial resources, ensuring we can continue delivering essential services during an era of heightened economic instability.

Defending Democracy
WISH supported Liberty' campaign to challenge the Government's adoption of a new definition of "extremism," which risks silencing legitimate debate and undermining democracy. We also supported their legal challenge against protest law changes, which expanded police powers to shut down demonstrations.

Advocating for Mental Health Reform
Through the Mental Health Alliance, WISH co-signed an open letter to the Prime Minister, calling for urgent reform of the outdated Mental Health Act 1983. The letter highlighted the need for improved treatment, reduced racial disparities in detention, and greater investment in mental health care to prevent crises and inappropriate detentions.

Promoting Human Rights
We joined over 75 organisations in endorsing the British Institute of Human Rights' (BIHR) Human Rights Day letter. Marking the 75th anniversary of the Universal Declaration of Human Rights, we urged political leaders to protect fundamental rights and uphold the ECHR as a cornerstone of UK law.

FUNDING, PARTNERSHIPS & SUPPORT

As for any small charity ongoing fundraising is essential to service development and core functions, and we are grateful to charitable trusts and donors for supporting WISH in its core mission. Our income is gained through a number of streams:

– **Charitable Trust Funding:** Despite the competitive environment for small charities, particularly women's organisations (which receive just 1.8% of trust funding), we secured critical grants, including:

- Trust for London's Disability Justice Fund: £117,500 over three years to support membership development, communications, campaigning, and co-produced Diversity and Inclusion policies.
- Hilden Charitable Trust: £6,000 to develop work in three prisons: HMP Downview, HMP Send, and HMP East Sutton Park.
- Awards for All Lottery Funding: £9,400 for community work and trauma-informed counselling.
- Partners for Health (Saturday Hospital Fund and London Catalyst): £4,000 for healthcare-focused initiatives.
- Wakefield Trust: £3,700 to support trauma-informed counselling through GP referrals and social prescribing in Tower Hamlets.
- Small Grants: Vanderville £3,000, Queen Adelaide £1,600.

FUNDING, PARTNERSHIPS & SUPPORT

– **Contracts**: WISH provided trauma-informed advocacy in three hospitals, with the contract directly supporting the delivery of our services (£92,898 across the financial year)

– **Donor Fundraising:** Donations remain vital as they provide unrestricted funds to ensure WISH's survival and growth. In December 2023, WISH faced a financial crisis due to an unexpected withdrawal of assured funding on their part, which left WISH at risk of closure. In response, the "No Woman Left Behind" campaign was launched, supported by a Fundraising Working Group established in January 2024. The campaign, which continued in the next financial year, successfully reached its goal and raised funds to avert closure, thanks to the generosity of our community. Between February and March 2024, we raised £11,418.

– **Consultancy:** WISH carried out research on behalf of Inclusion London's Free Our People Campaign to develop guidelines for self-advocacy groups, and other user-led groups, to run safe and inclusive meetings for neurodivergent people who are at risk of being detained, or who have been detained in secure hospitals and ATU's. This project contributed £6,200 to our income.

– **Small businesses:** Partnerships with small businesses contributed significantly. For instance, Samsara Parlour and My Urban Trail collectively donated over £1,500 during the year.

FINANCIAL REPORT

Financial summary for the Year Ended 31 March 2024

Our income comes from 3 major sources:

£52, 363
Grants and Donations, Unrestricted

£67, 448
Grants, Restricted

£95, 874
Contracts, Unrestricted

	2024	2023
Incoming Resources	£215, 885	£241, 691
Resources Expended	£220, 321	£236, 669
Net Surplus/ (Deficit) For The Year	(£4, 436)	£5, 022
Total Funds at 31 March 2023/4	£14, 736	£19, 172

A SPECIAL THANK YOU

This year's achievements were made possible by the dedication and hard work of our incredible team of staff and volunteers. Their efforts go far beyond their roles, demonstrating a deep empathy and commitment to those we serve.

Staff:
Joyce Kallevik, Director
Justine Howard, Advocacy manager & IMHA
Lucy Birch, Mental Health Advocate
Penny Bennett, Community Link Manager
Kelly Royer, Community Link Worker & Counselling Manager
Diana Serban, Head of Brand, Communications and Campaigns
With thanks to Kate Morgan who left in 2023.

Volunteer Counsellors: Rebecca Sutton, Rebecca Porteous, Meera Khanna, Mercedes Belinchon, Ruxandra Zaharia.

Interns & Community Link or Administration Volunteers: Emma Draper -Coates, Ruochen Liao, Mariana Adams, Emma Hardwell, Ashley Issak, Clarissa Cowie.

Board of Trustees: Alex Phillips (Chair), Ruth Lambley, Dr Rachel Seoighe, Dr Carly Guest, Christine Spooner, Sarah Wilson and Helen Harcombe-Edwards.

7
Members of staff

11
Volunteers and interns

7
Trustees

Get in touch

+44 (0)20 89803618
info@womenatwish.org.uk

WISH
15 Old Ford Road,E2 9PL, London
Registered Charity 1054621

See you online?

womenatwish.org.uk

donate.giveasyoulive.com/charity/wish

@wishcharity #standwithWISH

linkedin.com/company/wishcharity/

WISH

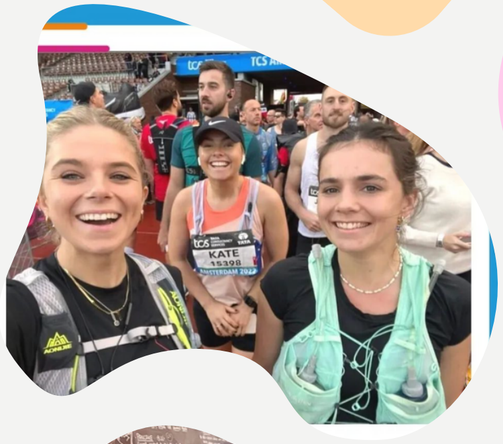
England & Wales - Charity number 1054621

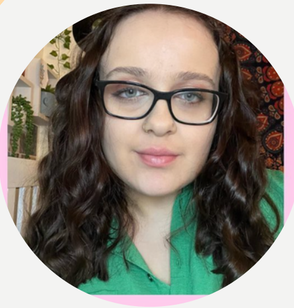
Accounts

ONE YEAR AT WISH

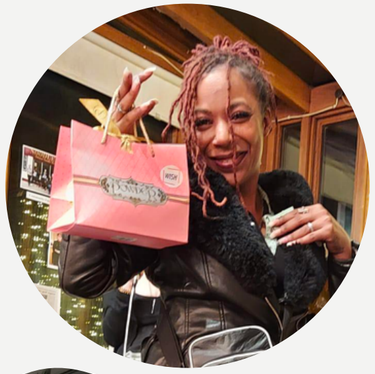
April 2022- March 2023



















CONTENTS

03 Welcome notes

04 The year in highlights

Our services

08 Advocacy

12 Counselling

15 Community Link

19 Funding, partnerships & support

20 Financial report

21 A special thank you

WELCOME

Dear friends and supporters,

As we reflect on the past year at WISH, I am compelled to share both the triumphs and challenges that have shaped our journey.

These uncertain times have presented obstacles that echo the wider challenges faced by the sector, with reduced funding casting a shadow on our mission to support under served women. Navigating through the tumultuous waters of a cost-of-living crisis, our commitment to empowering women has been put to the test. However, I am proud to report that despite these challenges, we have remained steadfast in our dedication.

Over the past year, our focus has been on fortifying WISH's infrastructure and aligning our efforts with the objectives outlined in our strategy. We welcomed three new trustees, initiated a series of policy reviews, and are currently engaged in a comprehensive review of our services. The launch of our rebrand marks a significant milestone, symbolising our commitment to growth and adaptability.

As we cautiously and purposefully build momentum to reactivate our campaigning efforts, we are optimistic about what we can achieve in the coming year. Looking forward, we see opportunities for growth, building on the solid foundation we've laid.

Our gratitude extends to each one of you who has stood by us, whether through your time, skills, financial support, or unwavering belief in our cause. Together, we remain committed to the vision of a world where all women can thrive, and we thank you for being an integral part of this journey.

With gratitude,

Joyce Kallevik, Director, WISH

THE YEAR IN HIGHLIGHTS

ADVOCACY	**200**	Women and young people supported	**11**	Wards and units working with WISH	**3** Hospitals commissioned WISH
COUNSELLING	**400**	No of hours of counselling delivered	**15**	Women benefited from counselling	**24** Average no of free sessions per person;
COMMUNITY LINK	**780+**	Total number of support hours	**45+**	Women supported in the community	**50+** Visits with women
COMMUNITY	**180**	Members	**836**	People subscribed to our newsletter	**4360** People follow us online
TEAM	**7**	Staff	**10**	Volunteers and interns	**7** Trustees

THE YEAR IN HIGHLIGHTS

Research contributions

- Vulnerable Women, Crisis Pregnancies and the Criminal Justice System by Dr. Emma Milne, Associate Professor at Durham Law School, explores the criminalisation of abortion in the UK, shedding light on recent cases where women faced arrest or prosecution for miscarriages or pregnancy termination without the consent of two doctors. We participated in Dr. Milne's collaborative workshop with speakers from the British Pregnancy Advisory Service and McAlister Olivarius, both working towards abortion decriminalisation. We also supported the parliamentary briefing and shared our stance with our online community. The paper advocates urgently needed reforms to outdated laws, emphasising the disproportionate impact on vulnerable women facing crisis pregnancies in contexts of violence or abuse.

Co- creation and consultations

- Inclusion London commissioned WISH to create guidelines for collaborating with neuro-divergent individuals and those with learning disabilities in advancing the Free Our People Now campaign. The initiative aims to challenge the detention of such individuals.
- We worked with the strategy group led by the Women's Resource Centre to develop tactics to gain further funding for the Women's Sector.
- We delivered two Gender Training sessions to Newton Lodge Forensic Unit's teams.

A fresh brand

- Work finished on our new visual identity developed with the help of the design agency Ink 105. Our online presence was refreshed, and our new visual identity was greeted with enthusiasm by our community.

THE YEAR IN HIGHLIGHTS: STANDING TOGETHER













Soon after announcing the rebranding, we started working on our **Standing Together Fundraising Campaign** and event. We aimed to raise £10.000 to support our core services, and we launched the campaign with an intimate event with close supporters and friends.

We got together at The Gallery Café at St. Margaret's House on the evening on October 10, World Mental Health Day and celebrated coming together in person after the pandemic.

The free entry evening included welcome drinks and delicious vegan snacks, an intro speech, a pop-up exhibition with WISH archive images, a raffle, singing and a Sharing Stories writing moment.

The campaign was also launched on social media on the day of the event, and shared with our extended community of supporters, donors and members through our e-newsletter. To bump our outreach efforts, we developed a new Fundraising Pack and a suite of assets our supporters can use to show they stand with us.

It took us a while but we reached our fundraising goal in late Spring, thanks to the generosity of our supporters and partners alike.

THE YEAR IN HIGHLIGHTS

Petitions and letters
(a selection)

Human Rights have been the top area of campaigning in 2022/23.

WISH joined several Human Rights organisations like British Institute of Human Rights, Liberty, Save Our Human Rights Act Coalition, Just Fair, to support specific campaigns addressing Human Rights issues.

- We were one of 82 organisations calling on the UK Government to respect human rights in the UK after many UN member states highlighted failures across the board.
- With the horrific violence targeting asylum seekers in Knowsley following only days after the Government accepted the recommendations of the Shawcross Review, WISH supported a joint statement to the Committee on Economic Social and Cultural Rights, raising concerns about the Government's continued refusal to acknowledge and tackle the danger of the far right, especially in the context of their continued attacks on asylum seekers and on our human rights framework.
- Joint letter from civil society to the new Justice Secretary to scrap plans to repeal the Human Rights Act (HRA).
- Joint society Human Rights Day letter to the Prime Minister, Rishi Sunak to commit to keeping HRA.
- Joint letter to the Justice Secretary, Dominic Raab, asking him to reconsider and to ensure that the full implications of the Bill for our human rights, constitution, and democracy can be robustly scrutinised.
- Joint letter to the Lord Chancellor Brandon Lewis to ask him to recognise the benefits of the Human Rights Act and to state his commitment to the integrity of the UK's constitutional settlement, the importance of independent oversight of public bodies, and the value of robust parliamentary scrutiny.
- We attended a drop-in session organised by Liberty, the British Institute of Human Rights, POhWER, and Inquest, sharing information on the impact of the Bill of Rights Bill (the Rights Removal Bill) on public bodies' duties to take positive steps to protect human rights, otherwise known as positive obligations.
- We joined Inclusion London together with other DPOs in running a campaign to pre-empt further cuts to essential services and benefits in the upcoming budget. We highlighted the impact of austerity on Disabled people and the government to put in place support to help through the cost-of-living crisis.

ADVOCACY

'It has been a pleasure working with you again. Kate, your patience, professionalism, and approachability made it easy for us to work with you, and for you to support ladies straight away. '

PATRICE MPLAS, WARD MANAGER, BRONTE, CHELSWOLD PARK HOSPITAL

Throughout the year, we delivered advocacy services to over 200 women and young people at the following hospitals:

Cygnet Bury, where the service users we work with were detained as follows:

- Women on two dedicated wards: Upper West - a medium secure ward and Lower West - a low secure service.
- Young people either detained under the Mental Health Act under section 2 or section 3 or admitted onto the acute ward as informal patients – Child and Adolescent Mental Health Service (CAMHS) Buttercup and Mulberry are low secure wards, Primrose is a Pediatric Intensive Care Unit (PICU), and Wizard is an acute ward.

Cygnet Sheffield, where we worked with:

- Women at Spencer, a low secure ward.
- Young people who are also detained, or there on an informal basis on the acute ward. There are three adolescent wards: Unicorn – a PICU, Pegasus – general adolescent acute ward, and Griffin – a low secure ward.

Cheswold Park Hospital Doncaster, where WISH service users were

- Women detained at Bronte, a medium secure ward.

ADVOCACY

'Thank you for all
your amazing support.
You are the best advocate.
You stuck with me through
all the ups and downs.
Don't think I could have
got here without you so
want to say a massive
THANK YOU. '

M, SERVICES USER,
UPPER WEST WARD, CYGNET BURY

Gender-specific, trauma-informed advocacy is a model WISH pioneered. Rather than offering an issue-based model of advocacy, where users are only supported through certain events, our approach continued to centre around helping service users by :

- being proactive, consistent, reliable, transparent, and honest
- individually supporting service users and attending patient council/community meetings to support groups
- ensuring verbal and written information service users can understand
- resolving most issues at ward level (when appropriate), supporting timely resolution.

One of the ongoing problems we have been supporting our users with has been around the length of time needed to identify step-downs or placements. In cases of unnecessarily delayed discharges, we have helped escalate complaints to NHS England.

We recognise recovery is an individual journey. We aim to build self–esteem and encourage motivation, so we have been working with the professionals in hospitals to focus on what service users and young people are doing well rather than what they are struggling with. Whilst respecting everyone is different, visual evidence of progress or what has helped previously appears to be a positive motivator. Having a high presence on the wards, getting to know what is important to the service users, being reliable and consistent and demonstrating warmth and empathy are crucial in the recovery process.

Mindful of the challenges faced in different wards, we continued to demonstrate flexibility by introducing joint ward rounds/advocacy drop-ins as face-to-face discussions with advocacy support are appreciated.

ADVOCACY

"I have always found Justine at WISH to be very approachable, supportive, helpful, and friendly. She is also very kind and compassionate. Justine goes the extra mile to support the patients on the ward and advocate for them. She takes the time to understand the patients as individuals and works in person-centred way, to ensure that patients receive the best standard of care and the best advocacy service possible. I think the patients find the WISH advocacy service incredibly beneficial and they know that Justine is always there to listen, support them and advocate for them if needed. Justine is also very responsive to patient requests. She communicates with the MDT regularly and she is a regular attendee at patient meetings when they request her support. WISH provide an excellent advocacy service."

DR EMILY SHAW, LEAD PSYCHOLOGIST FOR WOMEN AND DEAF, CYGNET HOSPITAL, BURY

200

Women and young people have benefited from WISH advocacy services

11

wards and units we have been working with

3

hospitals commissioned WISH

ADVOCACY

We continued to value collaborations and sharing of knowledge:

- Attending **GMPC Service User and Carer Engagement Development Meeting** to share good practice throughout Greater Manchester.
- Continuing to support a service user to attend meetings to input into **NHS England review of Secure Services for Women with a Learning Disability and Autistic Women**. A report consolidating recommended actions from the review and where progress has been made was concluded 14th September 2022.
- Liaising with **Cygnet** 's Co-Production Leads to provide recommendations of young people who had been discharged and were interested in becoming an Expert by Experience (EbE) for the hospital. This has been a wonderful opportunity for several EbE as Cygnet are clearly valuing their input and also offer financial compensation for their contribution. The role includes co-production, interviews, attending patient council meetings, attending board meetings & delivering training for staff.

"This is very exciting!
Big thanks to our friends at WISH for the support."

RAF HAMAIZIA ,
CO-PRODUCTION MANAGER & EXPERT BY EXPERIENCE LEAD AT CYGNET

COUNSELLING

Our counselling service continued to be successful with a notable increase in referrals, not only from the local GP - Mission Practice, but also from self referrals and collaborations with organisations like Mind and Tower Hamlets Talking Therapy (THTT).

A substantial portion of our referrals from the latter consists of women who have previously used their services, seeking additional therapy to address trauma related to a history of domestic violence. THTT's policies do not allow for physical ill health or crisis situations and when clients miss sessions due to hospital appointments they are taken off the list. Some women have trauma that was not addressed in previous therapy either due to lack of sessions or lack of trauma- informed experienced staff. This unique clientele requires a tailored approach, as they often do not meet the criteria for referral to Mind and Solace.

Throughout the year we managed an active caseload of 15 clients, with several individuals on the waiting list.

Our services encompass both face-to-face and online therapy sessions. The selection of online therapy is sometimes imperative, considering the safety concerns associated with in-person sessions. Despite these challenges, we proudly report a commendable success rate as clients consistently engage with their sessions.

We are now reaching a younger age range, working with a diverse range of clients, and we have a diverse range of counsellors to match their needs. For example, we currently deliver sessions in English and Spanish.

COUNSELLING

“ WISH responded to me immediately when no one else could, when I was in a life changing crisis with my young child who was critically ill in hospital. I spent days and days whilst in hospital ringing round trying to find a counsellor to speak with.

The difference with WISH is that they acted quickly, listened and offered help. WISH called within days and offered for me to go in and have a chat. I went in and spoke with Kelly who was the first person to just take a moment with me. It meant so much that day - I felt very fragile and vulnerable. I was met with understanding and kindness and an offer to help. I was offered 24 sessions which was one of the moments I knew I might get through this and be ok. I then worked with my counsellor Penny over the next year. I am so grateful to her and to WISH to have been given the time and space to begin to process and heal. Penny is an incredibly gifted counsellor; she is also a non-judgemental, kind, wise, understanding and generous person.

I will never forget WISH saying yes and helping and supporting me. It takes a lot to reach out - and it means a lot when someone responds. WISH go the extra mile because they genuinely care and wholeheartedly listen and take action. Thank you. ”

O, WISH SERVICE USER

400

No of hours of counselling delivered

15

Women benefited from WISH counselling

24

Average number of free counselling sessions delivered to one person;

COUNSELLING

Our clients often present with multifaceted needs that can potentially obstruct the therapeutic process. Most of them have a complex history, with more than one contributing factor at any given time, making it hard for them to trust and engage with services. A minimum of six months of therapy is needed in these cases.

Our dedication to maintaining a therapeutic environment conducive to their healing journey remains unwavering. An example of our commitment to our client's wellbeing is a recent incident where a client experienced a panic attack during a phone call to our office. After reassuring and calming her, we emphasised the importance of reaching out in distress. Her subsequent feedback during assessment showed that this was a unique and reassuring approach, not previously encountered.

We are fortunate to have the invaluable support of four dedicated volunteers. Whilst everyone is aligned with our holistic principles, our volunteers bring different psychotherapeutic modalities to the service, including person centred, existential, psychodynamic and body psychotherapy. These volunteers have played a pivotal role in the flexibility and inclusivity of our service, enabling us to cater to our diverse range of clients.Their dedication to the service has not only expanded our capacity but also allowed us to provide a service that adapts to the specific needs of each client, promoting inclusivity and a nurturing therapeutic environment.

As we continue to develop and grow, one of our primary objectives is to establish a robust working collaboration with Tower Hamlets Talking Therapy. This will enable us to better address the unique needs of women with a history of domestic violence and enhance our service's overall effectiveness.

"It was the first time someone told me to call if I was in distress."

L, WISH CLIENT

COMMUNITY LINK

Community Link supported 45 women throughout the year, as well as others who ring and write from prison.

Some of the women we have been working with have not fully recovered from the negative impact of lockdown and the pandemic. This has affected their physical health and home life, setting back their progress and recovery. The ongoing cost-of-living crisis has further significantly impacted their lives. In Counselling, this can dominate the sessions, which means more women are referred to our Community Link services for extended practical help.

The need for WISH's services has never been greater, and we have been active on the front lines, addressing these challenges head-on. Emotional support and managing money were the dominant themes for the year.

We have also had more self-referrals from all parts of the country, from women who do not know where to turn to for many different issues, particularly inappropriate housing, insecure accommodation and rent problems. Getting advice from Citizens Advice Bureau has been difficult, and WISH is increasingly having to do this work where previously, we would have just referred our clients to them.

We have also helped women to access their payments from the government, developed grant applications for white goods and other essentials, and gave away food vouchers.

"I really feel like you helped me and inspired me this year, so I wanted to thank you. I do feel you contributed to me making this step and getting employment"

A, WISH MEMBER

COMMUNITY LINK

"The way WISH supported me right through to the end, it was immense. It has been 10 years now and I have finally won my case and will not be deported. WISH supported me through detention and then in the community in case after case, appeals after appeals. Kelly, Penny, Laura and even Joyce took the stand in court and stood by me. WISH has always liaised with my solicitor and helped with food parcels. When my mental health was bad and I felt like I could not go on, Kelly came out to me. It has been hellish living on the breadline, not being able to work or start a relationship and having no home. It has taken a year after I won the case for my ILR papers to be reinstated but I am now finally going to be able to start building my life again."

F, WISH MEMBER

45+

Women benefited from support in the community

780+

Total number of Community Link support hours.

50+

Community Link visits

COMMUNITY LINK

"My time at WISH was extremely enriching, as I was given the opportunity to contribute to the well-being of women facing mental health issues. Not only was I able to enhance my knowledge of mental health, but I also learned the way in which a nonprofit organisation works."

ASHLEY, INTERN FROM SYRACUSE UNIVERSITY, USA

We have also assisted several women whose children were at risk of being removed through attending meetings with social workers and helping them to make changes in behaviour and lifestyle. Their children have now been taken off the Child Protection Register.

Three student interns from universities across USA and a social work student from London South Bank University supported our Community Link work across Summer and Autumn. Some have conducted workshops to help women going through situations like the ones mentioned above.

The work continues to be diverse, and includes:

- emotional support re. mental health and support relating to physical health issues
- accessing basic commodities like food and being able to pay for electricity
- accessing statutory services which are steadily dwindling
- getting and keeping medical or institutional appointments
- finances, benefits and debt issues
- housing and homelessness
- child protection work
- immigration issues
- support at court.

COMMUNITY LINK









Throughout the year we worked collaboratively with Constanza Hola, playwright and theatre maker. She has been developing Mad Women, a multidisciplinary arts project that explores the links between womanhood, arts and mental health.

WISH hosted four creative writing workshops with Constanza, attended by several women. The sessions were intense, but the positive feedback showed women were able to talk about very personal and difficult things from the past, some for the first time.

Constanza also ran several workshops at St Margaret's House titled Sexuality, Women in Arts, Motherhood and Gender Oppression. These were open to WISH members and other women from the community. We provided emotional support for attendees in need.

Many women have had small personal achievements throughout the year which has contributed to them managing their mental health and daily life better.

- A woman has finally got appropriate housing after several years of negotiations, with a WISH staff member attending every appointment to facilitate communication between all parties.
- Aqualite, one of our members, has self-published another book bringing the total to 7 books.

FUNDING, PARTNERSHIPS & SUPPORT











We are grateful to have accessed essential funding to support our core work and to reactivate plans placed on hold in recent years. **The Hilden Charitable Trust** has funded the extension of our community-based support and free trauma-informed counselling to 30 offenders /ex-offenders with long-term mental health needs. This has enabled us to re-engage with prisons in the South East, and to take forward one of our core objectives of working with women ex-offenders. We are now developing a working model and onboarding system for women with complex needs who are not "counselling ready". **The Crucible Foundation**'s funding has supported us to continue offering our key community services in London: Community Link casework; Free, gender-specific and trauma-informed counselling; and the more recently developed coaching and mentoring service. Upcoming funding from **Trust for London's Disability Justice Fund** will give us the resources to reactivate our membership-led, research-based campaigning. More to come in next year's report.

Throughout the year, we received many contributions from groups and organisations. We are particularly grateful for **Sopra Steria's Women's Inclusive Network** donation of £4,300 for our Standing Together campaign. Vitality CBD, Soroptimist, Brogan Group, the Dutch Church, Token Homo, Saltwater Sisters, Twenty London and Ringtons were just a few of our supporters. Upcoming partnerships include Stress Point Health, the creators of mental health app Sphere.

Working with students has also been rewarding. We're grateful to **The Women in Business Society from King's College London**, who helped us with administrative work in our office on their CSR Day. We also collaborated with Practera, which runs employability programmes for universities. We briefed student teams from **Botho University** in Botswana and **London School of Economics** on Fundraising & Digital Marketing Strategy projects. We then guided the teams and reviewed their final assignments.

FINANCIAL REPORT

Financial summary for the Year Ended 31 March 2023

Our income comes from 3 major sources:

£90, 563
Grants and Donations Unrestricted

£53, 000
Grants, Restricted

£98,128
Contracts, Unrestricted

	2023	2022
Incoming Resources	£241,691	£216,641
Resources Expended	£236,669	£257,515
Net Surplus/ (Deficit) For The Year	£5,022	£(40,874)
Total Funds at 31 March 20223	£19,172	£14,150

A SPECIAL THANK YOU

Our work and results of this year would not have been possible without our exceptional team of staff and volunteers. Their commitment, willingness to go the extra mile and dedication to the women we serve have truly made all the difference.

From providing unwavering support in legal battles to offering a lifeline in moments of crisis, their actions speak volumes about the genuine care and commitment they bring to their roles. They provide not only professional support but also a compassionate understanding that goes beyond expectations. They embody the spirit of WISH, going above and beyond to create a safe and supportive space for those in need.

We would also like to thank our Board of Trustees for their continuous support: Alex Phillips, Ruth Lambley, Dr Rachel Seoighe, Dr Carly Guest, Christine Spooner, Sarah Wilson and Helen Harcombe-Edwards.

And lastly, we are grateful to all of the donors, funders and partners who generously stood with us for women's mental health.

7
Members of staff

10
Volunteers and interns

7
Trustees

















WISH
standing together

Get in touch

+44 (0)20 89803618
info@womenatwish.org.uk

WISH
15 Old Ford Road
E2 9PL, London

Registered Charity 1054621

See you online?



womenatwish.org.uk



donate.giveasyoulive.com/charity/wish



@wishcharity #standwithWISH



linkedin.com/company/wishcharity/

Company number: 3161774

Charity number: 1054621

Annual Report and

Financial Statements for the year ended 31 March 2023

for

WISH

(A company limited by guarantee not having a share capital

and a registered charity)

Report of the Trustees
for the year ended 31 March 2023

Status: WISH is a company limited by guarantee without a share capital incorporated on 20 February 1996 and was registered with the Charity Commissions in April 1996 as a charity. Its governing rules are its Memorandum and Articles of Association. Under these Articles the members of the Board of Directors are elected at the TGM to serve a period of three years, appointment of directors during the year will be subject to ratification at the TGM.

Registered Charity Number: 1054621
Company Number: 3161774

Registered Office:
15 Old Ford Road
London, E2 9PL

Directors and Trustees at 31 March 2023

Chair:
Alex Phillips
Ruth Lambley
Christine Spooner
Sarah Wilson
Dr Carley Guest
Dr Rachel Seoighe
Helen Harcombe-Edwards

Independent Examiner:
Douglas Green Accountant
32 Darnley Avenue
Bristol, BS7 0BS

Bankers:
Unity Trust Bank Plc
9 Brindley Place
Birmingham B1 2HB

The Trustees, who are also directors of the charity for the purpose of the Companies Act, have presented their annual report of activities and the audited financial statements and administrative details for the year ended 31 March 2023. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in 2005 in preparing the annual report and financial statements of the charity.

Risk Management and Finances

An analysis of risks facing WISH has been undertaken by the Director and Trustees in preparing this business strategy. In addition to the potential long-term impacts of the COVID-19 pandemic on women's mental health, statutory service capacity, and charity-sector fundraising, the areas of highest potential risk are:

• financial instability and cash flow;
• competition for services from similar organisations resulting in loss of revenues;
• further cuts to public services/benefits resulting in increased demand for our work, but with no additional increase in funding.

These risks are addressed by elements of WISH's four-year business strategy and associated development plans. We have also identified that staff working with women in distress from home and remotely need additional ongoing support. We address staff and volunteer stress, triggers, trauma, and capacity issues through frequent line management, supervision and peer support, and proactively identify potential for burnout. Staff working directly with women are trained to work with trauma both in person and remotely. WISH will continue to work with our staff and volunteers to understand and address the pressures on them.

As with most small charities, Trustees considered that the main risk the charity can face is not being able to raise sufficient funds to continue providing its core services. WISH has been developing new projects and evaluating existing projects to ensure that raising funds for the charity has the best chance of success. In terms of sustainability, income generation streams have also been taken forward. In 2022/23. WISH has developed and taken forward a donor fundraising campaign, Standing Together, which raised £10,000 and we have overall increased funds from donors. The financial position at 31 March 2023 shows total funds of £19,172; £10,000 restricted funds and £9,172 unrestricted funds.

In order to ensure the development and sustainability of WISH we are following a four-year business strategy which encompasses a new theory of change and impact goals.

The Board of Trustees

The following people acted on the Board of Trustees during the period:

Alex Phillips
Ruth Lambley
Dr Rachel Seoighe
Dr Carly Guest
Christine Spooner
Sarah Wilson
Helen Harcombe-Edwards (from 23/01/23)

Statement of Trustees' responsibilities

The Trustees are required under the Charities Act 2011 to prepare financial statements for each year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- follow applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with applicable law and regulations. They are also responsible for safeguarding the assets of the charity and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

So far as each director is aware, there is no relevant information, defined as "information needed by the company's auditors in connection with preparing their report", of which the company's auditors are unaware; and each Trustee has taken all steps that he ought to have taken to make himself aware of any relevant matters and to ensure that the company's auditors are aware of such information. Such steps include making inquiries of other Trustees and auditors and other steps required by the Trustees duty to exercise due care and skill.

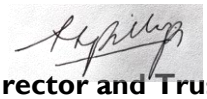
Reserves Policy

The Trustees WISH to develop reserves to a minimum of six months total operating costs so as to avoid a breakdown in provision of core services in adverse conditions. As of 31st March 2023 we had £9,172 of unrestricted reserves. We have been active in raising unrestricted funds via our Standing Together donor fundraising campaign, and in making and being awarded charitable trust applications, for which there is much competition

Approval

This report was approved by the Trustees on 12/12/2023 and by order of the Trustees, signed on their behalf, by:

Alex Phillips



Director and Trustee

WISH
(A company limited by guarantee)

Independent Examiner's Report to The Trustees of WISH

I report on the Accounts of The Charity for the year ended 31 March 2023 which are set out on the following pages.

Respective Responsibilities of The Trustees and Examiner

As the Trustees of The Charity you are responsible for the preparation of the Accounts: you consider that the audit requirements of section 144 of the Charities Act 2011 (the act) not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by The Charity Commissioners under section 145 of the Act whether particular matters have come to my attention.

Basis Of Examiner's Statement

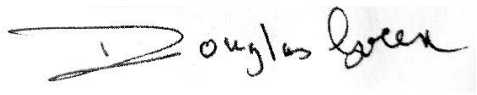
My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required for an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Unqualified Statement

In connection with my examination, there were no matters that have come to my attention:

1) Which gives me reasonable cause to believe that in any material respect the requirements
*To keep accounting records in accordance with section 41 of the Act as amended
*To prepare accounts which accord with the accounting records and so comply with the accounting requirements of the Act have not been met: or

2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Douglas Green
Accountant
32 Darnley Avenue
Bristol BS7 0BS

Date 12/12/2023

WISH
(A company limited by guarantee)
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
		£	£	£	
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income	**2**	90,563		90,563	35,813
Income resources from charitable activities	**3**	98,128	53,000	151,128	180,828
Total Incoming Resources		188,691	53,000	241,691	216,641
RESOURCES EXPENDED					
Cost of generating voluntary income	**5**	25,370		25,370	14,200
Charitable activities	**5**	159,349	49,375	208,724	240,044
Governance costs	**5**	2,575		2,575	3,271
Total Resources Expended		187,294	49,375	236,669	257,515
Net Surplus/ (Deficit) For The Year		1,397	3,625	5,022	(40,874)
Total Funds at 1 April 2022		7,775	6,375	14,150	55024
Total Funds at 31 March 2023		9,172	10,000	19,172	14,150

There were no recognised gains or losses other than those in the statement of Financial Activities. All incoming resources expended derive from continuing activities.

The notes following form part of these financial statements.

WISH
(A company limited by guarantee)

BALANCE SHEET
AS AT 31 MARCH 2023

	Notes	31.03.23 £	£	31.03.22 £	£
FIXED ASSETS					
Fixed assets	**8**		2,618		3,718
CURRENT ASSETS					
Debtors and prepayments	**9**	29,596		17,623	
Bank		1,936		9,157	
		31,532		26,780	
CURRENT LIABILITIES					
Social security		9,634		10,334	
Creditors and accruals	**10**	5,345		6,014	
		14,978		16,348	
NET CURRENT ASSETS			16,554		10,432
TOTAL ASSETS			19,172		14,150
FUNDS					
Unrestricted Funds			9,172		7,775
Restricted Funds	**11**		10,000		6,375
TOTAL FUNDS			19,172		14,150

These financial statements were approved by the Trustees on 12/12/2023

On behalf of the Trustees



Alex Phillips

On behalf of the Trustees .



Christine Spooner

Dated 12/12/2023

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2023

1. ACCOUNTING POLICIES

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)

Incoming resources
Income is recognised when the Charity has entitlement to the funds.
Income received in advance of provision is deferred until criteria for income recognition are met

Resources Expended
Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any Vat which cannot be fully recovered and is reported as part of the expenditure to which it relates.
Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
Governance costs include those costs associated with meeting the statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

Tangible Fixed Assets
Fixed assets are stated at cost price less accumulated depreciation. Depreciation is provided at the following annual rates in order to write off each asset over its estimated life.

fixtures and fittings	25% reducing balance
Computer equipment	25% reducing balance

Restricted fund
When income is received for purposes specified by the donor the income is shown as restricted in the Statement of Financial Activities. Expenditure for the specific purposes is shown as restricted expenditure. Any unexpended balance at the balance sheet date is carried forward as a restricted income fund.

Allocation of Expenditure
Expenditure is allocated as follows

Charitable activities. All direct expenditure incurred on performance of the charitable activities including total salaries less 30% of the director's salary

Costs of generating voluntary income. 25% of the director's salary
Governance costs. 5% of the directors salary, the accountancy fee and trustees costs

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2023

2. VOLUNTARY INCOME

Grant and donation income was received from the following sources:

	2023 £	2022 £
Restricted Grants		
Unrestricted Grants		
Stichting Anton Jurgens Foundation	5,000	
Chapman Trust	1,000	
First Give	1,000	
Edward Gosling Foundation		10,000
Others	83,563	25,813
Total unrestricted donations	90,563	35,813
Total voluntary income	90,563	35,813

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2023

3. INCOME RESOURCES FROM CHARITABLE ACTIVITIES

	2023 £	2022 £
UNRESTRICTED FUNDS		
Contracts		
Riverside Healthcare	13,733	12,589
Cygnet Hospitals	79,185	79,68
Total Contract income	92,918	92,278
Other		
Consultancy	3,810	375
Student placement	1,400	1,400
	5,210	1,775
Total Unrestricted Funds	98,128	94,053
RESTRICTED FUNDS		
Crucible Foundation	47,000	
Hilden Fund	6,000	
Covid Grant		270
MOJ Grant		63,755
Grant Founders for Good		1,000
Grant ROSA		18,750
Grant Second University Trust		1,000
Media Trust Grant		2,000
Total Restricted Funds	53,000	86,775
Total Income Resources from charitable activities	151,128	180,828

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2023

4. OPERATING SURPLUS

Operating surplus is stated after charging

	2023	2022
	£	£
Auditor's fee	380	380
Depreciation of tangible fixed assets	1,100	1,236

5. ANALYSIS OF TOTAL RESOURCES EXPENDED

	2023 Costs of generating voluntary income	2023 Charitable activities	2023 Governance costs	2023 Total	2022 Total
	£	£	£	£	£
Staff & consultancy costs	24,170	149,674	1,500	175,344	181,160
Other direct costs	1,200	30,640		31,840	36,587
Office expenses		14,384		14,384	24,293
Premises		14,026		14,026	13,704
Governance			1,075	1,075	1,771
	25,370	208,724	2,575	236,669	257,515

6. TRUSTEE EXPENSES

During the period, no payments were made to trustees acting in a professional capacity (2022 nil).

7 STAFF COSTS

Total staff costs were as follows:

	2023	2022
	£	£
Gross salary and employers national insurance	167,517	168,023
Employers pension contributions	6,623	5,015
	174,140	173,078

The average number of employees during the year was seven (2022 seven)

7. STAFF COSTS (Cont)

There were no employees with emoluments above £60,000.The charity does not operate its own pension fund but does contribute to the personal pension plans of seven employees (2022 seven)

8. TANGIBLE FIXED ASSETS

	2023 £
COST	
At 1 April 2022 &	
At 31 March 2023	41,902
DEPRECIATION	
At 1 April 2022	38,184
Charge for the year	1,100
At 31 March 2023	39,284
NET BOOK VALUE	
At 31 March 2023	2,618
At 01 April 2022	3,718

9. DEBTORS

	2023 £	2022 £
Debtors	29,596	17,623
Bank	1,936	9,157
	31,532	26,780

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2023

10. CREDITORS

	2023	2022
	£	£
Sundry creditors and accruals	5,345	6,014

11. MOVEMENT IN FUNDS

Restricted Funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
ROSA Grant	6,375		6,375	
Crucible Foundation		47,000	39,000	8,000
Hilden Fund		6,000	4,000	2,000
Total Restricted Funds	6,375	53,000	49,375	10,000

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets 2023	Net current Assets 2023	Total 2023
	£	£	£
Unrestricted Funds	2,618	6,554	9,172
Restricted Funds		10,000	10,000
Total	2,618	16,554	19,172

WISH

England & Wales - Charity number 1054621

Accounts

Company number: 3161774

Charity number: 1054621

Annual Report and

Financial Statements for the year ended 31 March 2022

for

WISH

(A company limited by guarantee not having a share capital

and a registered charity)

Report of the Trustees
for the year ended 31 March 2022

Status: WISH is a company limited by guarantee without a share capital incorporated on 20 February 1996 and was registered with the Charity Commissions in April 1996 as a charity. Its governing rules are its Memorandum and Articles of Association. Under these Articles the members of the Board of Directors are elected at the TGM to serve a period of three years, appointment of directors during the year will be subject to ratification at the TGM.

Registered Charity Number: 1054621
Company Number: 3161774

Registered Office:
15 Old Ford Road
London, E2 9PL

Directors and Trustees at 31 March 2022

Chair:
Alex Phillips
Karen Grayson
Ruth Lambley
Christine Spooner
Sarah Wilson
Dr Carley Guest
Dr Rachel Seoighe

Independent Examiner:
Douglas Green Accountant
32 Darnley Avenue
Bristol, BS7 0BS

Bankers:
Unity Trust Bank Plc
9 Brindley Place
Birmingham B1 2HB

The Trustees, who are also directors of the charity for the purpose of the Companies Act, have presented their annual report of activities and the audited financial statements and administrative details for the year ended 31 March 2022. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in 2005 in preparing the annual report and financial statements of the charity.

Risk Management and Finances

An analysis of risks facing Wish has been undertaken by the Director and Trustees in preparing this business strategy. In addition to the potential long-term impacts of the COVID-19 pandemic on women's mental health, statutory service capacity, and charity-sector fundraising, the areas of highest potential risk are:

• financial instability and cash flow;
• competition for services from similar organisations resulting in loss of revenues;
• further cuts to public services/benefits resulting in increased demand for our work, but with no additional increase in funding.

These risks are addressed by elements of this Wish's four year business strategy and associated development plans. We have also identified that staff working with women in distress from home and remotely need additional ongoing support. We address staff and volunteer stress, triggers, trauma, and capacity issues through frequent line management, supervision and peer support, and proactively identify potential for burnout. Staff working directly with women are trained to work with trauma both in person and remotely. Wish will continue to work with our staff and volunteers to understand and address the pressures on them

As with most small charities, Trustees considered that the main risk the charity can face is not being able to raise sufficient funds to continue providing its core services. Wish has been developing new projects and evaluating existing projects to ensure that raising funds for the charity has the best chance of success. In terms of sustainability, income generation streams are also being taken forward. In 2022/23 Wish has developed and taken forward a donor fundraising campaign, Standing Together, which is aiming to raise at least £20,000, and we have gained two small new contracts to the value of £10,000, together with starting to role out the Gender Training initiative to forensic mental health units. The financial position at 31 March 2022 shows total funds of £14,150; £6,375 restricted funds and £7,775 unrestricted funds.

In order to ensure the development and sustainability of Wish we are following a four year business strategy which encompasses a new theory of change and impact goals.

The Board of Trustees

The following people acted on the Board of Trustees during the period:

Alex Phillips	
Ruth Lambley	
Dr Rachel Seoighe	
Dr Carly Guest	
Christine Spooner	
Sarah Wilson	
Barbara Fletcher	(Resigned 19/09/21)
Jackie Carter MBE	(Resigned 09/03/22
Prof Tammi Walker	(Resigned 16/01/22)
Karen Grayson	(Resigned 01/04/22)

Statement of Trustees' responsibilities

The Trustees are required under the Charities Act 2011 to prepare financial statements for each year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- follow applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with applicable law and regulations. They are also responsible for safeguarding the assets of the charity and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

So far as each director is aware, there is no relevant information, defined as "information needed by the company's auditors in connection with preparing their report", of which the company's auditors are unaware; and each Trustee has taken all steps that he ought to have taken to make himself aware of any relevant matters and to ensure that the company's auditors are aware of such information. Such steps include making inquiries of other Trustees and auditors and other steps required by the Trustees duty to exercise due care and skill.

Reserves Policy

The Trustees wish to develop reserves to a minimum of six months total operating costs so as to avoid a breakdown in provision of core services in adverse conditions. As of 31st March 2022 we had £7,775 of unrestricted reserves. We have been active in raising unrestricted funds via our Standing Together donor fundraising campaign, and roll out of our Gender Training initiative, as well as securing additional contracts. We have also been active in making and being awarded charitable trust applications, for which there is much competition

Approval

This report was approved by the Trustees on 21/12/2022 and by order of the Trustees, signed on their behalf, by:

Alex Phillips



Director and Trustee

WISH
(A company limited by guarantee)

Independent Examiner's Report to The Trustees of Wish

I report on the Accounts of The Charity for the year ended 31 March 2022 which are set out on the following pages.

Respective Responsibilities Of The Trustees and Examiner

As the Trustees of The Charity you are responsible for the preparation of the Accounts: you consider that the audit requirements of section 144 of the Charities Act 2011 (the act) not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by The Charity Commissioners under section 145 of the Act whether particular matters have come to my attention.

Basis Of Examiner's Statement

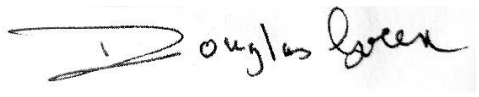
My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required for an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Unqualified Statement

In connection with my examination, there were no matters that have come to my attention:

1) Which gives me reasonable cause to believe that in any material respect the requirements
   *To keep accounting records in accordance with section 41 of the Act as amended
   *To prepare accounts which accord with the accounting records and so comply with the accounting requirements of the Act have not been met: or

2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Douglas Green
Accountant
32 Darnley Avenue
Bristol BS7 0BS

Date 20/12/2022

WISH
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted Funds 2022	Restricted Funds 2022	Total Funds 2022	Total Funds 2021
		£	£	£	£
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income	**2**	35,813		35,813	18,297
Income resources from charitable activities	**3**	94,053	86,775	180,828	215,176
Total Incoming Resources		129,866	86,775	216,641	233,473
RESOURCES EXPENDED					
Cost of generating voluntary income	**5**	14,200		14,200	13,200
Charitable activities	**5**	148,644	91,400	240,044	218,251
Governance costs	**5**	3,271		3,271	3,600
Total Resources Expended		166,115	91,400	257,515	235,051
Net Surplus/ (Deficit) For The Year		(36,249)	(4,625)	(40,874)	(1,578)
Unrecoverable debtors written off					(10,000)
Total Funds at 1 April 2021		44,024	11,000	55,024	66,602
Total Funds at 31 March 2022		7,775	6,375	14,150	55,024

There were no recognised gains or losses other than those in the statement of Financial Activities.
All incoming resources expended derive from continuing activities.

The notes following form part of these financial statements.

WISH
(A company limited by guarantee)

BALANCE SHEET
AS AT 31 MARCH 2022

	Notes	31.03.22 £	31.03.22 £	31.03.21 £	31.03.21 £
FIXED ASSETS			3,718		4,954
Fixed assets	**8**				
CURRENT ASSETS					
Debtors and prepayments	**9**	17,623		22,917	
Bank		9,157		33,092	
		26,780		56,009	
CURRENT LIABILITIES					
Social security		10,334		2,243	
Creditors and accruals	**10**	6,014		3,696	
		16,348		5,939	
NET CURRENT ASSETS			10,432		50,070
TOTAL ASSETS			14,150		55,024
FUNDS					
Unrestricted Funds			7,775		44,024
Restricted Funds	**11**		6,375		11,000
TOTAL FUNDS			14,150		55,024

These financial statements were approved by the Trustees on 21/12/2022

On behalf of the Trustees



Alex Phillips

Dated 21/12/2022

On behalf of the Trustees



Christine Spooner

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2022

1. ACCOUNTING POLICIES

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)

Incoming resources
Income is recognised when the Charity has entitlement to the funds.
Income received in advance of provision is deferred until criteria for income recognition are met

Resources Expended
Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any Vat which cannot be fully recovered and is reported as part of the expenditure to which it relates.
Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
Governance costs include those costs associated with meeting the statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

Tangible Fixed Assets
Fixed assets are stated at cost price less accumulated depreciation. Depreciation is provided at the following annual rates in order to write off each asset over its estimated life.

fixtures and fittings	25% reducing balance
Computer equipment	25% reducing balance

Restricted fund
When income is received for purposes specified by the donor the income is shown as restricted in the Statement of Financial Activities. Expenditure for the specific purposes is shown as restricted expenditure. Any unexpended balance at the balance sheet date is carried forward as a restricted income fund.

Allocation of Expenditure
Expenditure is allocated as follows

Charitable activities. All direct expenditure incurred on performance of the charitable activities including total salaries less 30% of the director's salary

Costs of generating voluntary income. 25% of the director's salary
Governance costs. 5% of the directors salary, the accountancy fee and trustees costs

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2022

2. VOLUNTARY INCOME

Grant and donation income was received from the following sources:

	2022 £	2021 £
Restricted Grants		
Unrestricted Grants		
Edward Gosling Foundation	10,000	
Others	25,813	18,297
Total unrestricted donations	35,813	18,297
Total voluntary income	35,813	18,297

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2022

3. INCOME RESOURCES FROM CHARITABLE ACTIVITIES

	2022 £	2021 £
UNRESTRICTED FUNDS		
Contracts		
Riverside Healthcare	12,589	
Inmind Ltd		788
Cheswold Park Hospital		6,294
Cygnet Hospitals	79,689	79,163
Total Contract income	92,278	86,244
Other		
Consultancy	375	641
Student Placement	1,400	700
	1,775	1,341
Total Unrestricted Funds	94,053	87,585
RESTRICTED FUNDS		
Covid Grant	270	
MOJ Grant	63,755	
Grant Founders for Good	1,000	
Grant ROSA	18,750	
Grant Second University Trust	1,000	
Media Trust Grant	2,000	
Total Restricted Funds	86,775	
Total Income Resources from charitable activities	180,828	

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2022

4. OPERATING SURPLUS

Operating surplus is stated after charging

	2022	2021
	£	£
Auditor's fee	380	380
Depreciation of tangible fixed assets	1,236	1,652

5. ANALYSIS OF TOTAL RESOURCES EXPENDED

	2022 Costs of generating voluntary income	2022 Charitable activities	2022 Governance costs	2022 Total	2021 Total
	£	£	£	£	£
Staff & consultancy costs	13,000	166,660	1,500	181,160	174,164
Other direct costs	1,200	35,387		36,587	25,552
Office expenses		24,293		24,293	20,543
Premises		13,704		13,704	11,192
Governance			1,771	1,771	3,600
	14,200	240,044	3,271	257,515	235,051

6. TRUSTEE EXPENSES

During the period, no payments were made to trustees acting in a professional capacity (2021 nil).

7 STAFF COSTS

Total staff costs were as follows:

	2022	2021
	£	£
Gross salary and employers national insurance	168,023	140,804
Employers pension contributions	5,015	3,821
	173,038	144,625

The average number of employees during the year was seven (2021 seven)

7. STAFF COSTS (Cont)

There were no employees with emoluments above £60,000.The charity does not operate its own pension fund but does contribute to the personal pension plans of seven employees (2021 seven)

8. TANGIBLE FIXED ASSETS

	2022 £
COST	
At 1 April 2021 &	
At 31 March 2022	41,902
DEPRECIATION	
At 1 April 2021	36,948
Charge for the year	1,236
At 31 March 2022	38,164
NET BOOK VALUE	
At 31 March 2022	3,718
At 01 April 2021	4,954

9. DEBTORS

	2022 £	2021 £
Debtors	17,623	14,632
Prepayments and other debtors	9,157	8,285
	26,780	22,917

WISH
(A company limited by guarantee)

Notes to the Financial Statements
for the year ended 31 March 2022

10. CREDITORS

	2022	2021
	£	£
Sundry creditors and accruals	6,014	3,696

11. MOVEMENT IN FUNDS

Restricted Funds

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Mrs Smith & Mount	2,500		2,500	
Enterprise Development Fund	8,500		8,500	
Covid Grant		250	250	
MOJ Grant		63,775	63,775	
Founders for Good Grant		1,000	1,000	
ROSA Grant		18,750	12,375	6,375
Second University Trust Grant		1,000	1,000	
Media Trust Grant		2,000	2,000	
Total Restricted Funds	11,000	86,775	91,400	6,375

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets 2022	Net current Assets 2022	Total 2022
	£	£	£
Unrestricted Funds	3,718	4,057	7,775
Restricted Funds		6,375	6,375
Total	3,718	10,432	14,150

2021- 2022

ONE YEAR AT **WISH**

Standing together
for women's mental health.



CONTENTS

03	Welcome notes
04	The year in highlights
06	Our services
07	Advocacy
09	Counselling
11	Community Link
12	Coaching
13	Financial report
14	A special thank you

WELCOME

What a challenging and exciting year it's been for WISH.

As we navigated the new way of living in the pandemic, we went through a rapid digitisation. Preparing our teams to deliver the same quality of services online and via phone calls was crucial and we are lucky we were able to efficiently make the transition.

Our gender specific and unique to sector services continued to go from strength to strength as we embarked on extending our networks with other similar minded organisations.

We are now looking at the coming year with optimism and renewed energy.

Keep on reading for a few highlights of our year, evolution of our services, snippets of stories from the women we work with every day and partners old and new.

Thank you for being part of our story, thank you for standing with us for women's mental health!

The Women at WISH



THE YEAR IN HIGHLIGHTS

Co- creation, consultations and research input

- Co-wrote the article "*The physical health of imprisoned women with SMI",* published in the British Journal of General Practice.
- Provided input into *Women's Health Strategy: Call for Evidence* with Professor Tammi Walker (Durham University), Professor Carolyn Chew-Graham (Keele University) , Dr Anna Motz (Bronzefield Prison)
- Supported women to input to : *Impacts of culture, faith and family relationships for women in the criminal justice system MOJ*
- *Organised the Workshop: What are the experiences of imprisoned women with SMI and physical health problems? What is working and what could change?*
- Joined the Women's Institute Podcast to discuss our work
- Had a consultation with the The Equality Trust to discuss strategies and future plans to reduce inequalities in the UK

Events

- Joyce Kallevic, WISH Director was part of the panel for *Time To Talk: Women, Incarceration and Mental Health,* organized by Clean Break on 3 February 2022
- Attended the combined Autumn *BAME Taskforce and Women's roundtable.*
- We organised a poetry and book reading event with Peer Consultant Aqualite. It was a wonderful evening for the women we work with , volunteers and members of the public who all enjoyed Spanish snacks and wine.



THE YEAR IN HIGHLIGHTS

Petitions and letters

- Signed the letter calling on Sajid Javid, Secretary of State for Health and Social Care, to commit to tackling institutional racism in the Mental Health Act reforms.
- Signed an open letter to the Secretary of State for Health & Social Care concerning the MHA reforms and improving access to high quality advocacy services. This was co-ordinated by Voiceability with the purpose of demonstrating the breadth and depth of support for improving access to advocacy as part of the MHA reform.

Organisational

- Developed our infrastructure, reviewed all staff and volunteer policies and implemented a new system for appraisals
- Upgraded our shared remote facilities
- Recruited and trained three new board members
- Started working on our new branding
- Started updating our Community Model

Campaigning support

- Questioned the High Intensity Network's *'Serenity Integrated Monitoring' (SIM)* which requires people in distress to be seen both by mental health professionals and police officers, often without their consent. The language was concerning and stigmatising, and we asked for the model to be urgently evaluated before it is rolled out further.
- Supported the *#Stopthe500 Campaign , against* creating 500 new prison places for women on unfounded grounds, contradicting the government's Female Offender Strategy, published in 2018 which aims to reduce the female prison population.
- Supported Women's Aid *#DeserveToBeHeard.* campaign aims to ensure the mental health needs of women survivors of domestic abuse, who are all too often not listened to and not believed, are heard and responded to effectively.

THE YEAR IN HIGHLIGHTS: OUR SERVICES

ADVOCACY

We now have a full Advocacy team onboarded, with fantastic feedback from the three hospitals we are engaged with.

The Director at Cheswold Park Hospital Doncaster asked us to take part in a Restrictive Practice review.The Hospital holds the work we do in high regard, and this offer of objective collaboration is a positive reflection of our Advocacy work at Doncaster and beyond.

COUNSELLING

Positive feedback and outcome driven results with our existing clients and even more on our waiting list clearly demonstrate the need and success of our delivery of this incredibly important gender specific service within our local borough and beyond.

We have also been approached by agencies outside of our usual referral pathways, keen to refer more clients to us, which is testament to our success and awareness in the sector.

COMMUNITY LINK

The Community Link Model continues to work incredibly well, providing invaluable support to our community of clients, existing and new, both within and outside of our borough.

We continue to attract new volunteers and students to assist us with this great work, via international and national agencies.

COACHING

Now in its early stages of trial, we hope to expand this service in the coming months as we move our clients though our Community Model where suitable.

We would like to also start hosting group sessions for common themes as a supplementary option.More information to follow in the new year as this service takes shape.

ADVOCACY

'It’s an utter pleasure working with you.
I am always in awe of your dedication, attentiveness and support you give not only the service user but the teams as well'

LAUREN COLES, MEDICAL SECRETARY AND CPA COORDINATOR – CAMHS CYGNET BURY

Throughout the year, we have delivered advocacy services at the following hospitals:

Cygnet Bury, where the service users we work with are detained as follows:

- Women have on two of dedicated wards: Upper West which is a medium secure ward and Lower West which is a low secure service.
- Young people either detained under the Mental Health Act under section 2 or section 3 or admitted onto the acute ward as an informal patient. Child and Adolescent Mental Health Service (CAMHS) Buttercup and Mulberry ward are low secure wards, Primrose is a Pediatric Intensive Care Unit (PICU), and Wizard is an acute ward.

Cygnet Sheffield, where we worked with:

- Women at Spencer, a low secure ward.
- Young people who are also detained, or there on an informal basis on the acute ward. There are three adolescent wards: Unicorn – a PICU, Pegasus – general adolescent acute ward and Griffin – a low secure ward.

Cheswold Park Hospital Doncaster, where WISH service users are

- Women detained at Bronte, a medium secure ward.

ADVOCACY

In January 2022 NHS England approached WISH advocacy to ask for support on two projects led by Christine Bakewell, The National Programme Lead for Learning Disability and Autism – Specialised Commissioning. They were looking for experts by experience, using services from different parts of the country with a set of specific circumstances.

The first project was a review of women with a learning disability and autistic women in secure care. Secondly, NHS England were setting up a working group to consider if they needed specialist secure inpatient provision for autistic adults.

This was a great opportunity open to service users who were currently in secure hospitals. We approached our partner hospitals and liaised to support them to be part of the projects.

A working group has been put together to consider the initial findings from the review, along with the further work that is needed, in order to finalise a set of recommendations and form an action plan. This work will report into the Women's Sub-Group of the Adult Secure CRG and will also inform the current review of Low and Medium secure specifications for adults.

We are pleased to have contributed to this essential review for the benefit of our users and not only.

COUNSELLING

“My counselling experience with WISH has been great from start to finish. I became more confident and much more able to manage my depression and anxiety. I am able to leave the house more now than when I started, and I have taken away a number of coping mechanisms that help me when I need them.”

P, WISH MEMBER

31

Women have successfully completed counselling

24

Average number of counselling sessions; Many women go on to have more, due to the complex nature of their needs.

8

Active cases

8

Women to start sessions

COUNSELLING

Our counselling services have been widely successful. Organisations like Mind, NHS Social Services, Tower Hamlets Talking Therapy have referred several women to WISH, on top of numerous self-referrals. We have also been successful in reaching the Black and Asian communities, historically the least likely to have access to and engage in trauma informed counselling.

Due to the pandemic, and following BACP recommended online training, we have moved to online delivery. Unfortunately the transition became quite difficult for some of our clients. Without a safe space and with family around, privacy was challenging and unfortunately six women suspended their counselling process.

“It has been like a support system when I felt I had none. The sessions also help keep somewhat of a balance in my life, which otherwise I wouldn't have. It has been a like an anchor/lifeboat during the worst periods of my life.”

L, WISH MEMBER

COMMUNITY LINK

The Community Link Project has again had a very busy year and as expected, during the pandemic we have had more self referrals from women wanting support. After the usual sources of assistance seemed to have dried up or were overwhelmed, women found WISH through researching where to get help with specific issues and emotional support.

Although we did not visit any prisons due to the restrictions, we were able to assist via telephone with issues such as finance, contacting probation and housing and providing emotional support.

We had regular contact with a PICU ward in London which we also visited, as staff were unable to assist a WISH member.

'WISH picked up the phone straight away and immediately offered me the support I needed. Suddenly a task that had caused me so much distress for over a year was made manageable. WISH helped me see that there was a way through the issues and that I was competent and capable of overcoming those issues. This small charity provided a huge amount of help and hope at a time when I felt as though I was drowning.'

F, WISH MEMBER

COACHING

Through our counselling service we have identified a need for further support after the sessions are completed. Some of the women we have worked with feel stuck, not knowing what to do next.

So we decided to pilot a coaching project to run alongside with the counselling. The aim is to have a more forward facing service, guiding women to identify their strength and goals and work towards them.

'I am proud of myself since doing coaching. I can now spell my name I am grateful for the time WISH has put in.'

M, WISH CLIENT

FINANCIAL REPORT

Financial summary for the Year Ended 31 March 2022

Our income comes from 3 major sources:

£54,110
Grants and Donations Unrestricted

£86,775
Grants, Restricted

£181,638
Contracts, Unrestricted

	2022	2021
Incoming Resources	£216,641	£233,473
Resources Expended	£257,515	£235,051
Net Surplus/ (Deficit) For The Year	£(40,874)	£ (1,578)
Total Funds at 31 March 2022	£14,150	£55,024

A SPECIAL THANK YOU

Our work and results of this year would not have been possible without the support of our wonderful team, all of the volunteers who joined forces with us, and all of the donors, funders and partners who generously donated money and time to stand with us for women's mental health.

We would also like to thank our board of trustees for their continuous support. The following people acted on the Board of Trustees during the period: Alex Phillips, Ruth Lambley, Dr Rachel Seoighe, Dr Carly Guest , Christine Spooner, Sarah Wilson , Barbara Fletcher (Resigned 19/09/21), Jackie Carter MBE (Resigned 09/03/22 , Prof Tammi Walker (Resigned 16/01/22), Karen Grayson (Resigned 01/04/22).

7
Members of Staff

15
Volunteers

10
Trustees

Funders

ROSA

The Edward Gostling Foundation

founder for good

MediaTrust

Ministry of Justice

Partners

Hibiscus Initiatives

the trussell trust

PRISONERS ABROAD

Alternatives to Violence Project Britain

Restorative Justice

St Giles
Turning a past into a future

women's resource centre