

HARROW WOMENS' CENTRE

England & Wales · Charity number 1072849

Details

Other names	Resourceful Women's Network: helping women to support themselves & their families
Status	Registered
Legal form	Charitable company
Company number	03620336
Registered	1998-12-08
Register	View on the Charity Commission register

Contact

Address	27 Northolt Road Harrow Middlesex HA2 0LH
Phone	07414932902
Email	harrowwomenscentre@outlook.com
Website	www.resourcefulwomensnetwork.org

Activities

Objects: (1) TO RELIEVE WOMEN RESIDENT IN HARROW AND SURROUNDING AREAS WHO ARE IN CONDITIONS OF NEED, HARDSHIP AND DISTRESS BY THE PROVISION OF HELP, SUPPORT AND ADVICE ON A RANGE OF ISSUES INCLUDING LEGAL RIGHTS, EMPLOYMENT, CHILD CARE, WELFARE RIGHTS, FINANCIAL MATTERS, DISCRIMINATION AGAINST WOMEN GENERALLY AND EQUALITY OF OPPORTUNITY BETWEEN MEN AND WOMEN GENERALLY. (11) THE PROTECTION AND PRESERVATION OF HEALTH OF WOMEN RESIDENTS AS AFORESAID BY MEANS OF TRAINING, COUNSELLING AND DISCUSSION GROUPS. (111) THE PROVISION IN THE INTEREST OF SOCIAL WELFARE OF FACILITIES FOR RECREATION OR OTHER LEISURE TIME OCCUPATION FOR WOMEN AND GIRLS RESIDENT AS AFORESAID.

Activities: The charity provides support and services to women resident in Harrow and surrounding areas.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Prevention Or Relief Of Poverty
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** HARROW AND SURROUNDING AREAS
- Harrow

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£67,165	£38,141	-	-
2024-03-31	£11,531	£24,992	-	-
2023-03-31	£25,138	£20,844	-	-
2022-03-31	£2,750	£12,824	-	-
2021-03-31	£1,419	£8,996	-	-

Trustees

Name	Role	Appointed
Marilyn D Devine	Chair	2019-12-14
Bindu Jolly		2025-02-15
Dr AGATHA FERRAO		2017-11-11
Ranita Tanna		2019-12-14

Accounts

Harrow Women's Centre, a Company Limited by Guarantee



Resourceful Women's Network
Women Helping Women

**Resourceful Women's Network is the new working name of
Harrow Women's Centre**

Trustees' Report & Financial Statements

Companies Accounts

For the year ended 31 March 2025

Resourceful Women's Network is the new working name of Harrow Women's Centre
Harrow Women's Centre, a Company Limited by Guarantee
Reg. company no: 03620336 Reg. charity no: 1072849

Harrow Women's Centre, a Company Limited by Guarantee

Company Information

Directors/Trustees

Agatha Ferrão
Marilyn Devine
Ranita Tanna
Lesley Williams

Co-opted

Anne Whitehead
Bindu Jolly
Hannah Whitehead

Company Number

03620336

Charity Number

1072849

Harrow Women's Centre Ltd is a private company limited by shares/guarantee and incorporated in England. Its registered office is:

27 Northolt Road
Harrow
Middlesex
HA2 0LH

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Trustees' report for the year ended 31 March 2025

The Trustees of Harrow Women's Centre, now operating under the name of Resourceful Women's Network (RWN), who are Trustees for the charity for Charities Act purposes and Directors of the company for Companies Act purposes, present their report and the financial statements for the year ended 31 March 2025. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) effective in January 2019.

Structure and Governance

Harrow Women's Centre ("HWC") was registered as a charity in 1992, and incorporated under the Companies Act 1985 on 25 August 1998, being a company limited by guarantee without share capital. The charitable company (henceforth referred to as "the charity" or "HWC") was established in accordance with the Memorandum of Association which incorporates the objects and powers of the charitable company and is governed by its Articles of Association.

The charity is governed by a Board of Trustees, while day-to-day operations are overseen by the project coordinator. The counselling service is overseen by the counselling coordinator. The Board of Trustees meets regularly, to oversee the management of the charity and provide guidance. In 2024-25 the Board has usually met once a month. Our board are entirely comprised of women, with 57% being black Asian and minority ethnic, spanning ages from their 30s to their 70s and representing women from all backgrounds. Many have lived experiences with various issues affecting the women we support, with some being former service users. This diversity reflects that of North West London, where we operate. Our board members bring professional expertise from backgrounds such as family law, health sector management, local government, direct support for domestic abuse survivors, marketing and finance.

Objectives and activities

The charity provides support through a range of services for women in Harrow, Brent and Barnet, specifically:

- I. To relieve women who are in conditions of need, hardship and distress, through the provision of advice specifically pertaining to matters within the realm of family law.
- II. To protect and preserve the health and social welfare of local women by means of counselling, discussion groups, signposting support, volunteering, training opportunities, educational classes, exercise classes, arts and crafts workshops, and other activities proven to promote well-being.

Achievements and Performance

Overview

Over the past year, we've continued to grow and strengthen our programmes, supporting women across Harrow, Barnet and Brent through community hubs, drop-ins, workshops, counselling and family law advice services. With new partnerships, vital funding and the dedication of our staff, trustees, volunteers and participants, our work has helped hundreds of women to enhance their wellbeing, develop new skills, rebuild their lives and form meaningful connections after periods of hardship.

Our weekly Warm/Community Hub at Victoria Hall in Harrow continues to thrive and expand. Supported by two generous grants from Harrow Giving (May–September 2024 and October 2024–April 2026). The hub has provided a welcoming space for women to take part in activities

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ranging from exercise, massage, NHS health checks to talks or workshops on health, wellbeing, legal rights and women's safety.

In Barnet, we have continued to run and expand our popular weekly Knitting & Crochet Circle and community drop-in at the Broadwalk Shopping Centre in Edgware. Thanks to the generosity of Ballymore in providing the space free of charge, as well as the incredible support of participants through fundraising and donations, these sessions have flourished.

In September 2024, with funding from the Brent Community Grant Fund and South Kilburn Community Chest, we launched the *Empower Her Arts Initiative: Connecting Women through Creativity in South Kilburn*. What began as knitting sessions evolved into highly requested sewing workshops at the OK Club in South Kilburn, reflecting the voices of local residents. Participants worked on a variety of creative projects, including quilt squares that were later displayed proudly at Brent Civic Centre.

For much of the year, we ran a weekly drop-in at St Peter's Church as part of Harrow Council's Conversation Café initiative. These sessions provided a welcoming and safe space for residents to meet council staff and community partners, including RWN, face-to-face. We were actively involved throughout—offering signposting support and guidance to help people access our services, while also gathering valuable insights into the issues and needs of residents.

For women unable to attend in person, we continued to offer monthly online guided meditation sessions, ensuring access to support and relaxation for those facing mobility or other barriers.

On 8th March 2025, at Victoria Hall in Harrow, we hosted a vibrant International Women's Day event, bringing together over a hundred people to celebrate women's creativity, resilience and confidence building, while also recognising the ongoing challenges many women still face, as well as the funding difficulties encountered by the women's sector. The event featured demonstrations, talks, workshops and stalls, creating a memorable day of connection, reflection and inspiration.

With the support of the National Lottery Community Fund – *Awards for All* (May 2024–May 2025), we have been able to continue and expand our low-cost counselling service for women in North West London. This vital service provides free access for women on Universal Credit, students and others facing financial hardship, while remaining affordable for all.

Demand for our free family law advice service has continued, enabling us to support women to navigate complex legal challenges and access the guidance they need during difficult times.

Thanks to a grant from the National Lottery Reaching Communities Fund (April 2024–April 2029), we are excited to expand our counselling services further, reach even more women in need and strengthen our team with additional staff and resources. This funding also provides longer-term financial stability, allowing us to plan and deliver our programmes with confidence and consistency for years to come.

The consistently high attendance at our hubs, workshops and services highlights the strong need for the support we provide. Feedback shows that women who are attendees have experienced tangible improvements in their wellbeing, skills and sense of connection. Programme design was informed by surveys and conversations with local women, alongside insights from research and community partners, ensuring that our activities remain responsive and relevant to needs.

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Community Engagement

Our community hubs continue to be vibrant, welcoming spaces where women can connect, learn and access support in a safe and inclusive environment.

At our Harrow Warm/Community Hub, women have taken part in a rich variety of sessions, including discussions, talks, and workshops on topics such as identifying unhealthy relationships, stress management, assertiveness, dementia prevention, weight management, diabetes, women's safety, housing, family law and benefits. Alongside these sessions, participants have also enjoyed practical, hands-on activities such as knitting, sewing, crochet, chair yoga, Pilates, self-defence and massage, as well as accessing NHS health checks.

These sessions have been facilitated by staff, trustees, and volunteers, as well as visiting professionals from organisations including Cranstoun, NHS teams, Diabetes UK, Dementia Prevention UK, Harrow Law Centre, and former CAB workers. These sessions were also led by a range of practitioners and instructors, including rapid transformational therapists, masseuses reflexologists, seamstresses, Brazilian Jiu-Jitsu instructors and other exercise instructors.

In Brent, our Knitting & Crochet Circle grew into a creative hub where women explored both hand and machine sewing under the guidance of a local seamstress and supporting assistants. Participants worked on projects such as quilt squares, bags, Christmas stockings, decorations and more. The workshops encouraged practical skills in mending and repairing, empowering women to apply these techniques to upcycling. Participants had the choice to work on their own personal projects or contribute to a collective quilt-making initiative, with the finished piece showcased at Brent Civic Centre, community fairs and RWN's International Women's Day celebrations.

In Barnet, our Knitting & Crochet Circle has brought women together to work on a wide range of projects, from personal creations and fundraising initiatives to support RWN and other charities, such as crafting trauma teddies for children affected by fires.

Our hubs are flexible, participant-led spaces where women can join structured activities, pursue personal projects or simply to have a friendly chat, refreshments, access to signposting support or a warm space. Sessions are adapted to accommodate women of all abilities, with multiple assistants available to ensure everyone can take part at their own pace.

Thanks to the generous support of funders and Ballymore, all sessions were offered free of charge and open to all women, regardless of their socioeconomic background. With additional support from Harrow Giving, we distributed warm packs to those most in need, while funding from Harrow Giving, Brent Council and South Kilburn Chest, enabled us to cover travel costs for participants and volunteers facing barriers to attendance. From April 2025, we also helped pilot a new transport scheme in partnership with Harrow Community Transport, making it easier for women who might otherwise struggle to reach our Harrow hub to take part.

Through these initiatives, our hubs offer more than just activities — they provide a safe and welcoming space where women can connect, reduce isolation and build confidence. By combining practical support, social interaction, creative learning and specialist guidance, our hubs empower women, strengthen community connections, and support both physical and mental wellbeing, making the process of seeking help feel less daunting.

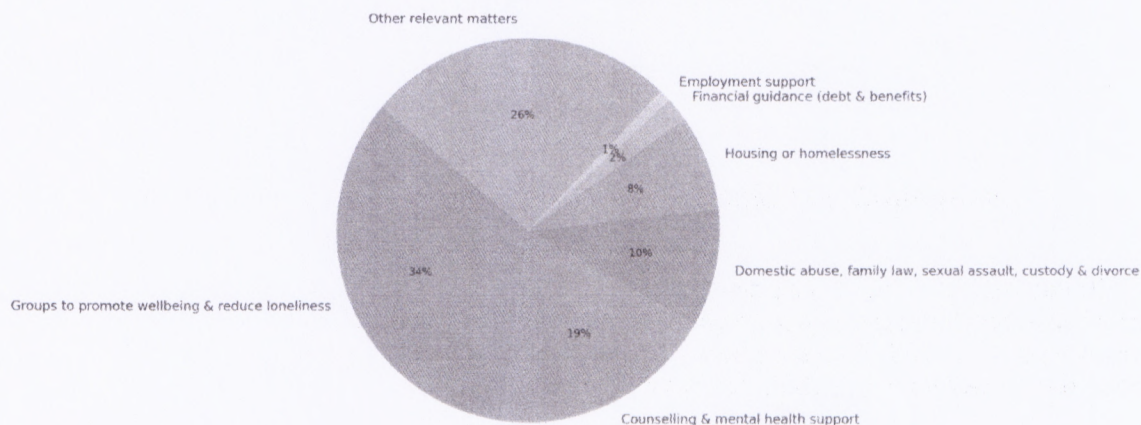
In 2024/25, we held 130 events, attended by 553 participants. During the same period, we received 576 enquiries from women and local organisations, covering a wide range of issues: groups to promote overall wellbeing and reduce loneliness (34%), counselling and mental

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health support (19%), domestic abuse, family law, sexual assault, custody and divorce (10%), housing or homelessness (8%), financial guidance including debt management and navigating benefits (2%), employment support (1%), and other relevant matters (26%). Other matters included digital skills, carer support, immigration, employment and education law advice, food poverty and ESOL classes, disability support and social care.

Our service user WhatsApp group has experienced significant growth, increasing from around

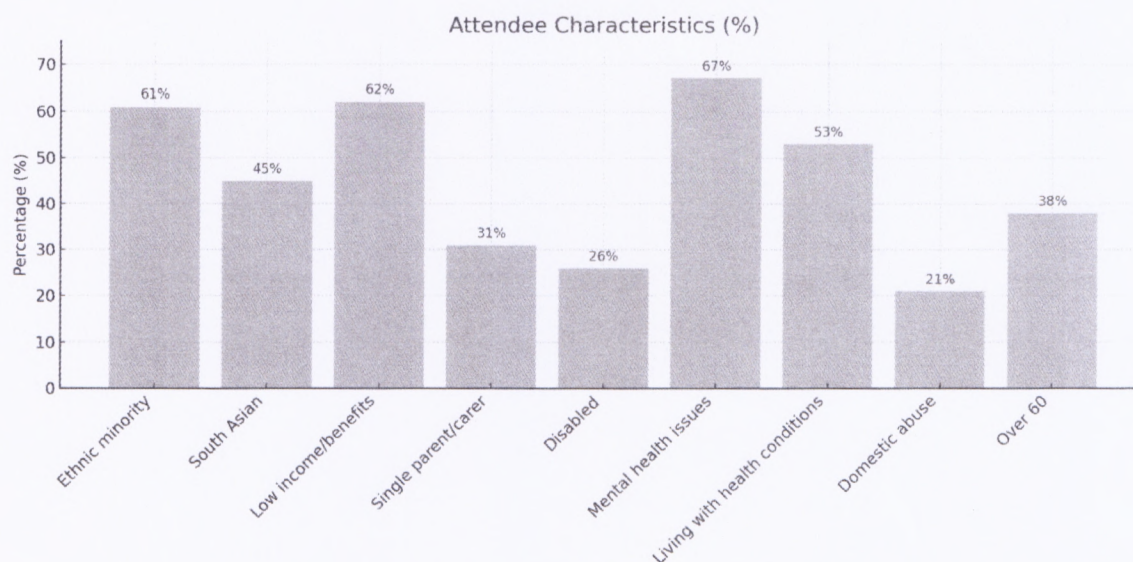
Enquiries from Women and Local Organisations by Issue



20 members in 2023 to over 100 in 2024, and reaching more than 250 members last year. This continued increase highlights the growing demand for our services and underscores the vital role we play in supporting the community.

Of the women who attended our events and completed our personal information surveys, 61% identified as Black, Asian or from other ethnic minority backgrounds, with the majority being of South Asian ethnicity (45%). 62% reported being on a low income and/or receiving benefits, 31% identified as single parents or carers, 26% as disabled, 67% reported experiencing mental health issues, 53% as living with health conditions and 21% disclosed domestic abuse. Our attendees ranged widely in age, from 18 to over 80, with the majority being over 60 (38%). Of the women who completed our feedback surveys, more than 70% reported significant improvements in various aspects of well-being after attending our sessions. These included increased confidence, with many participants expressing that their newfound confidence empowered them to take on new challenges or hobbies. Other reported benefits included enhanced self-esteem, improved mental and physical health, and greater integration within the community. Additionally, participants highlighted the acquisition of new skills through the sessions. These outcomes demonstrate we have played a role in addressing the growing issue of loneliness, which has become more prevalent following the COVID-19 pandemic and the cost-of-living crisis, as evidence shows that pre-pandemic levels of social connection have not yet been restored.

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Throughout our sessions, we continued distributing surveys and engaging in meaningful conversations with local women and the organisations supporting them. Our goal was to better understand the services that need strengthening and identify those services the women attending our sessions wish to see introduced. The key findings were similar to those of the previous year, with arts & crafts workshops, exercise classes, groups to support relaxation and mental well-being, befriending services, and counselling primarily focused on treating depression, anxiety, and trauma related to domestic abuse. Workshops on money and debt management, as well as renters' rights, were also identified as needed.

We found that most women learned about our services through word of mouth (30%), followed by notices in local community spaces (20%), social media (14%) and referrals from organisations such as Citizens Advice and Bentley House (13%).

We have actively engaged with a range of local community events and networks, including Pinn Medical Centre's Lifestyle Event, Harrow Council's Menopause Awareness Meeting, HarrowGiving's *Make Every Contact Count* training and *Help Create the Harrow Community Fund* meeting, the National Council for Voluntary Organisations Forward Planning Meeting, and Harrow Council's Domestic Violence Meeting. We also took part in the Voluntary Action Harrow Community Spaces Meeting and the Conversation Café wellbeing event alongside other local charities. We have been regular the Barnet Domestic Violence Forum and the Harrow Domestic and Sexual Abuse Forum. We also were part of the Joy Social Prescribing Register.

We remain well-positioned to identify gaps in service provision and gather evidence to support applications for larger grants, which will enable us to establish much-needed services. Our dedicated staff, volunteers, and trustees have worked tirelessly throughout the year to support women facing the lasting impacts of the pandemic and the ongoing challenges posed by the cost-of-living crisis. We are truly appreciative of their continued efforts and commitment.

Free Family Law Advice Service

During 2024/25, our family law advice rota continued offering advice. Providing vital support to women navigating relationship breakdowns, many of whom have experienced domestic

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abuse. The demand for our family law advice service has increased over the past year. 40 women have accessed our family law service during this period.

Most enquiries involve issues such as domestic violence, divorce settlements, public law children's cases where social services are involved and the local authority is considering care proceedings and private law children matters, which require decisions regarding children's living arrangements, the frequency of contact with the absent parent, the suitability of overnight stays and whether contact should be supervised.

Additional concerns frequently raised include adoption, abduction (where a child is taken out of the country without the other parent's knowledge or consent) non-molestation orders, injunction orders, occupation orders, coercive control, and harassment, following a pattern consistent with previous years.

These enquiries span a broad range of family matters, and the legal advice provided empowers women to make informed decisions when they are ready. While some women seek only initial guidance, others require referrals to external services or law firms for issues such as immigration, benefits, housing, and child maintenance (handled by the Child Maintenance Agency). A significant challenge we face is the issue of legal aid eligibility, which depends not only on a person's financial circumstances but also on the availability of "gateway evidence." This evidence may include a supporting letter from a women's aid organisation (e.g. Solace, Hestia), a police order, a GP report, documentation of a hospital stay resulting from violence, or proof that the person has stayed in a refuge.

Some clients have not been eligible for legal aid and are unable to fund solicitors. In such cases, our solicitors have provided guidance on the steps clients can take without legal representation. For example, they have advised clients on how to apply to the court independently. They have also informed clients about requesting a non-molestation order and other relevant information. Additionally, clients have been advised to install security measures, when appropriate. Clients have also been reassured that they can continue reaching out with any further questions, providing significant peace of mind, particularly for those who are unfamiliar with the law. Legal advice has been a cornerstone of RWN's services and will remain so in the future.

Low-cost Counselling service

The year 2024-2025 marked a period of consolidation and ongoing progress for the Resourceful Women's Network. Continuing on from 2023's growth, our Counselling Service continued to strengthen its capacity with a dedicated Counselling Coordinator, seven volunteer counsellors and two supervisors, enabling us to further extend the reach and quality of the support we provide.

Between 2024–2025, we received 45 enquiries from women across a wide age range, with the highest proportion from those aged 30–39. Most enquiries came from women from ethnically diverse backgrounds living in Harrow, alongside a smaller number from neighbouring boroughs.

Over this past year, more than 20 women have engaged in counselling, with the service delivering around 240 sessions. To ensure greater depth of support, clients were offered up to 12 sessions, allowing for more thorough exploration of concerns and sustained therapeutic benefits, where needed these sessions were increased in number in 6 session increments. There were changes in staffing, including a new coordinator and some counsellors leaving, which initially slowed progress, but we anticipate improvements in numbers of clients we are able to support as the service stabilises. Some clients could not be accepted due to high-risk factors, and the service increasingly received more complex cases. However, we have since

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taken on higher-skilled counsellors and increased training to ensure the team is better equipped to support clients with more complex needs.

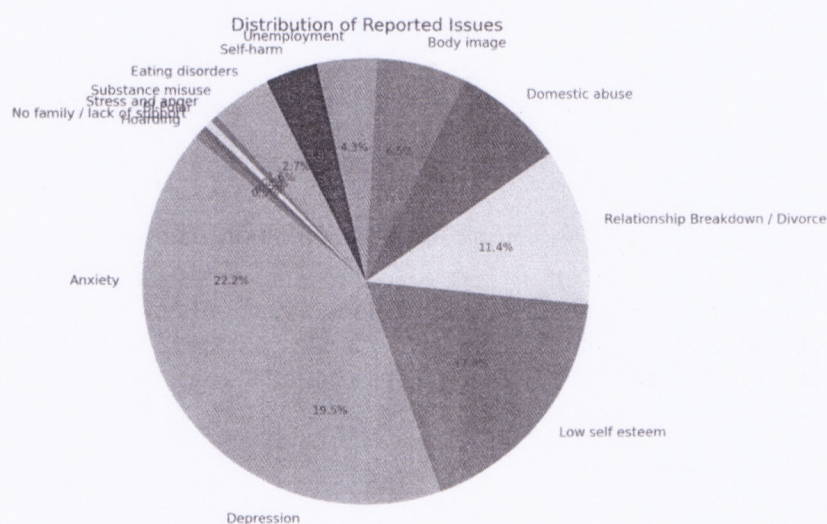
Client progress was carefully monitored through the use of the PHQ-9 (Patient Health Questionnaire) and GAD-7 (Generalised Anxiety Disorder 7) assessments, completed at the beginning and end of counselling. Results consistently demonstrated meaningful reductions in scores, highlighting positive improvements in mental health and overall well-being.

- Every client who provided feedback reported fully achieving their goals.
- All women providing feedback stated that they would recommend the service to others.

The Counselling Service continues to provide a safe, confidential, and non-judgmental space for women to explore and address a wide range of challenges. Based on client presentations, the most common areas of support included:

- 91% reported experiences of anxiety
- 80% were managing symptoms of depression
- 73% sought support for issues related to low self-esteem
- 46.7% requested help with relationship challenges

The most common issues in the dataset are Anxiety (41 mentions), Depression (36), and Low self-esteem (33), followed by frequent reports of Relationship Breakdown (21) and Domestic abuse (15), with smaller but notable occurrences of Body image concerns (12), Unemployment (8), and Self-harm (7), while rarer issues such as Eating disorders, Substance misuse, Stress and anger, No family / lack of support, and Hoarding also appear among presenting issues amongst those submitting counselling enquiries.



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While providing direct support, we continuously improved our policies and procedures to meet best practice, safeguarding standards, and the changing needs of the community, with client feedback and evidence-based approaches shaping and strengthening our service.

This year, our counsellors successfully completed two significant professional development programmes:

- Specialist Domestic Violence and Abuse (DVA) training, enhancing their ability to provide informed, sensitive, and effective support to clients affected by abuse and trauma.
- Safeguarding training provided by Voluntary Action Harrow, reinforcing our commitment to client safety and ensuring robust protective measures are consistently applied.

Together, these initiatives, alongside our wider training and development programme, have further enriched the quality of support we provide and reaffirm our mission to empower women and foster resilience across our community.

Fundraising:

We hosted stands at various fairs, including the Pinner Rotary Fair and held fundraisers during our own sessions in the Broadwalk Shopping Centre meeting room, where we organised raffles and sold knitted and crocheted items made and donated by our Barnet Knitting and Crochet Circle. While these activities raised a modest amount, the main aim was to increase awareness of our services among residents and community groups and to celebrate the wonderful creations of our participants.

Donations from service users at our events have seen a significant increase, growing to an average of £27 per week. We also continue to participate in HarrowWins, a local lottery, where we received £79.50.

In March 2024 – April 2025, we were honoured to be nominated as Harrow on the Hill Women's Institute's Charity of the Year, which led to several fundraising activities in our support. These included a Christmas Quiz and Raffle held at Harrow School Works Bar, as well as a cake sale at the Pinner Memorial Fair, with all proceeds donated to us. The Women's Institute were incredibly generous, raising a significant amount of money for our work, volunteering at our events and showing ongoing support. At our AGM, they presented us with a cheque for £1700, reflecting their commitment and generosity.

Funding:

During the financial year 2024–25, RWN was fortunate to secure several significant grants and donations, ensuring the continuation and expansion of our services. We received a National Lottery Awards for All grant of £19,930 in March 2024, which enabled the Counselling Service to operate throughout the year. A new venture in South Kilburn was supported with a £5,000 grant from Brent Council, matched by a £5,000 grant from South Kilburn Community Chest, funding the "Empowering Her Knitting & Crochet Initiative – Connecting Women through Creativity in South Kilburn". Continued support from Harrow Giving enabled the Warm/Community Hub projects to run weekly women's sessions. Two grant payments were received £6,995 covering four months and £9,554 in October forming part of a total grant of £28,660.65 over 15 months. A National Lottery Reaching Communities grant of £200,000 was pledged over five years to support the Counselling Service, staff and marketing costs; an initial

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£25,000 was received in November 2024, though the project start was delayed to April 2025 due to unforeseen circumstances.

RWN has also been supported by generous donations, including £404 from Harrow on the Hill Women's Institute raised at a cake sale at Headstone Manor in July 2024, £925 from the Pinner Fair in September 2024, £1,700 from the Christmas Quiz Night, £1,000 from Mr and Mrs Devine in March 2025, and £1,975 from sundry income, including counselling fees, RWN membership and donations from Kilburn and Harrow weekly events and International Women's Day in March 2025.

These funds contributed to a net cash flow of £29,024 for 2024–25, providing RWN with financial stability and the capacity to continue delivering vital services to women in our community.

Future Plans

Our primary focus remains on strengthening our infrastructure, which includes increasing staff hours for our counselling coordinator and project coordinator, recruiting additional staff for administrative support, project coordination and counselling supervision, as well as more counsellors, volunteers and trustees—particularly those with marketing experience—to enhance the visibility of our counselling service and make promotional materials more accessible. We are also working towards expanding resources and equipment and securing premises to serve as a central base.

To achieve this, we are focused on securing long-term funding, with an emphasis on covering core costs. This approach will enable us to enhance the services we offer, such as free family law advice, low-cost counselling and various sessions proven to promote wellbeing. These efforts aim to provide greater stability for the women we support, as well as for our staff and volunteers, ensuring a more secure future in these uncertain times.

Given the success and broad impact we have achieved this year evident in the number of women attending events, accessing services, and making enquiries, as well as the extensive data we have collected, collated and analysed on service users' needs and preferences—we are now better positioned than ever to leverage evidence from our work to apply for core funding. This progress has also given us the confidence to establish additional groups and activities for women living in North West London, which will enable us to set up pilot projects and implement targeted solutions to address the issues we have identified.

Once our infrastructure is strengthened, our goal is to reach a larger number of women across Harrow, Brent, and Barnet, providing more efficient support and establishing a stronger presence in Brent. Over the past year, we have actively worked to strengthen our connections with other organisations across these areas and we will continue this work into the next financial year.

As a contingency for our low-cost counselling service—an integral part of RWN that provides a tailored approach to supporting women in rebuilding their lives after adversity, we will explore ways to raise sufficient funds to break even and continue offering this essential service, ensuring that women who are unable to pay are subsidised. Additionally, we plan to engage with local businesses and other community resources to help raise awareness.

We also aim to enhance training for our counsellors in critical areas such as domestic violence, suicide prevention and supporting vulnerable clients at risk—key issues affecting many of the women we assist.

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To address the growing demand for family law services, we plan to recruit additional family lawyers to manage the increasing caseload.

At the last AGM, members approved the conversion of the charity into a Charitable Incorporated Organisation (CIO). This change will simplify reporting procedures by removing dual registration, meaning annual accounts, returns, and trustees' reports will only need to be submitted to one regulator—the Charity Commission. We aim to finalise the CIO conversion process, which is currently underway, as soon as possible.

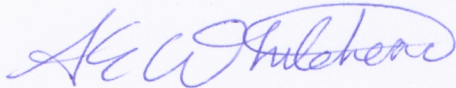
In summary, our future efforts will focus on building a stronger infrastructure by securing long term core funding. This will enable us to continue providing the vital support that women in our community need.

Finally, we would like to once again acknowledge the tireless efforts and commitment of our dedicated staff, volunteers and trustees, who have worked hard throughout the year to support local women. We are deeply grateful for their continued contributions.

Approved by the Board of Trustees on, and signed on its behalf by

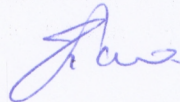
Chair

A.E. WHITEHEAD



20/12/25

RANITA TANNA



20/12/25

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Summary Statement of Financial Activities (incorporating income and expenditure account)						
For the year ended 31 March 2025						
Incoming Resources	2024/2025 General funds	2024/2025 Restricted Funds	2024/2025 Total	2023/2024 General funds	2023/2024 Restricted Funds	2023/2024 Total
Grant and Donation						
Awards for All		£19,330	£19,330			£0
South Kilburn Regeneration		£5,000	£5,000			£0
Brent Council Grant		£5,000	£5,000			
Gift Aid	£1,029		£1,029			
Big Lottery		£12,500	£12,500			
Warm Hub Harrow/Harrow Together		£16,549	£16,549		£6,976	£6,976
Donations	£5,782		£5,782	£3,030		£3,030
Sundry Income	£1,976		£1,976	£1,525		£1,525
Total incoming resources	£8,787	£58,379	£67,165	£4,555	£6,976	£11,531
Net resources available for Charitable Activities	£8,787	£58,379	£67,165	£4,555	£6,976	£11,531
Charitable Expenditure						
Admin & Other exps	£5,670	£32,150	£37,820	£9,198	£15,518	£24,716
Governance Costs	£321		£321		£276	£276
Resources Expanded	£5,991	£32,150	£38,141	£9,198	£15,794	£24,992
Net Incoming/Outgoing Resources	£2,795	£26,229	£29,024	-£4,643	-£8,818	-£13,461
Net Movement in funds	£29,024					
Total Funds as at 1 April 2024	£10,376					
Total Funds as at 31 March 2025	£39,400					
Difference in balance	£0					
Bank Accounts						
HARROW WOMENS' CENTRE LTD						
	BUSINESS ACCOUNT 01153961	TREASURERS ACCOUNT 31467460	TOTAL			
Balance @ 01/04/24	6,720	3,656	10,376			
Balance @ 31/03/25	34,609	4,791	39,400			
	27,889	1,135	29,024			

Signed by 

Title: ACCOUNTANT ACMA CGMA

Full Name: Ankita Westwell

Date: 19/12/2025

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Finance

RWN Net cash flow for the year April 2024 to 31st March 2025 was £29,024

This report has been prepared in accordance with the Statement of Recommended Practice (SORP) – Accounting and Reporting by Charities.

For the year ending March 2024 RWN qualified to file Micro-entity accounts as per guidelines set out by the Companies House.

8.1 Conditions to qualify as a micro-entity – Companies House Accounts Guidance

A micro-entity must meet at least 2 of the following conditions:

- turnover must be not more than £632,000
- the balance sheet total must be not more than £316,000
- the average number of employees must be not more than 10

Notes to the Accounts

Trustees' statements required by Sections 475 (2) and (3)

For the year ended 31 March 2025

In approving these financial statements as trustees of the company we hereby confirm:

- (a) That for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006
- (b) That no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 March 2018, and;
- (c) That we acknowledge our responsibilities for:
 - I. Ensuring that the company keep accounting records which comply with Section 386, and;
 - II. Preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

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

Harrow Women's Centre, a Company Limited by Guarantee

a) Accounting Conventions

The financial statements have been prepared under the historical cost convention and on a going concern basis, which is dependent upon the availability of adequate continued funding.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16/7/14, The Financial Reporting Standard for Smaller Entities (effective January 2015) and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Change in basis of accounting: There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

b) Incoming resources

Incoming resources are included in the SOFA when the charity becomes entitled to the resources, the Trustees are virtually certain they will receive the resources and the monetary value can be measured with sufficient certainty. Where incoming resources have related expenditure (as with fundraising for contract income), the incoming resources and related expenditure are stated gross in the SOFA. Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the funds. The value of any volunteer help received is not included in the accounts but is described in the Trustee's annual report. Investment income is included when receivable.

1. Basis of accounting and accounting policies

described in the Trustee's annual report. Investment income is included when receivable.

c) Resources Expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources. Resources expended include attributable VAT which cannot be recovered. Governance costs include costs on the preparation and examination of statutory accounts, the costs of Trustee meetings and costs of any legal advice to the Trustees on governance or constitutional matters. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of the resources e.g. Staff costs by the time spent and other costs by their usage.

d) Restricted and Unrestricted Funds

The accounts distinguish between restricted and unrestricted funds. Restricted funds are received from donors and are subject to restrictions on the purposes for which they may be used. Unrestricted funds are those where there are no externally imposed restrictions and are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

e) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Harrow Women's Centre, a Company Limited by Guarantee

f) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

g) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

h) Legal status of the Trust

The trust is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

Highlights from 2024/25

Feedback from Our Service Users

"When I started the sessions I needed to make a monumental decision. Through the sessions, *My counsellor* guided me to a place where I was able to make this decision and accept it. *My Counsellor* was very skilled in this and asked very useful questions to help me reflect on my journey, decision making and perspective. I felt understood and had a safe space on a weekly basis to share my issues and feelings. *My Counsellor* took the time to fully understand the complex situation I was in and I could tell that she put in time outside our sessions to further reflect and think about how she could support me. I really appreciated the care and dedication she showed me."

- Feedback from our counselling service

"After Covid I was deeply depressed. Coming here and being believed in has helped me overcome my fear of teachers and being creative. I didn't think I had a creative bone in my body but the teacher showed me otherwise. The class give me sense of achievement, focus. It really has made a difference to putting my life back together. I used to be so down."

- Feedback from our *Empower Her Arts Initiative: Connecting Women through Creativity in South Kilburn* session project

"They are there for me when everyone else wasn't. Thank you very much for all your support"

- Feedback from our family law advice service

"My brother asked me, 'Where do you get your love from now?' And I replied that I get my love from the women at RWN's knitting circle. They have love and respect for me here."

- Feedback from our knitting & crochet circle

"For me, attending these drop-in events has been of great help in finding support, completing necessary documents, and refreshing my mind, which often feels weighed down by life's troubles. I feel less alone since I started to attend these events, and they provide me with a sense of purpose while helping to improve my confidence. I find the environment to be welcoming and friendly. I've also become more sociable and active in my life, which is particularly important for my mental health. Attending these events has enabled me to take the initial steps towards moving beyond my past troubles, including my struggles with PTSD."

- Feedback from our drop-in sessions

"I come back here to meet people and make new friends. It makes me happy to learn new skills and for people to be so patient to take the time to teach me."

- Feedback from our Harrow Warm Hub

Harrow Women's Centre, a Company Limited by Guarantee

Photos from Our Events

Please note that we have used emojis to cover the faces of women who did not wish to be publicly identified.



Photo from our Knitting and Crochet Circle in Barnet



Photo from a sewing workshop at our Harrow Warm/Community Hub



Photo from *Empower Her Arts Initiative: Connecting Women through Creativity in South Kilburn* session project

Accounts

Harrow Women's Centre, a Company Limited by Guarantee



**Resourceful Women's Network is the new working name of
Harrow Women's Centre**

Trustees' Report & Financial Statements

Companies Accounts

For the year ended 31 March 2023

**Resourceful Women's Network is the new working name of Harrow Women's Centre
Harrow Women's Centre, a Company Limited by Guarantee
Reg. company no: 03620336 Reg. charity no: 1072849**

Harrow Women's Centre, a Company Limited by Guarantee

Company Information

Directors/Trustees	A Ferrão M Devine R Tanna L Williams S Kathirgamanathan
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Co-opted	Katrina Alcock
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Company Number	03620336
Charity Number	1072849

Harrow Women's Centre Ltd is a private company limited by shares/guarantee and incorporated in England. Its registered office is:

27 Northolt Road
Harrow
Middlesex
HA2 0LH

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Trustees' report for the year ended 31 March 2023

The Trustees of Harrow Women's Centre, now operating under the name of Resourceful Women's Network (RWN), who are Trustees for the charity for Charities Act purposes and Directors of the company for Companies Act purposes, present their report and the financial statements for the year ended 31 March 2023. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) effective in January 2019.

Structure and Governance

Harrow Women's Centre ("HWC") was registered as a charity in 1992, and incorporated under the Companies Act 1985 on 25 August 1998, being a company limited by guarantee without share capital. The charitable company (henceforth referred to as "the charity" or "HWC") was established in accordance with the Memorandum of Association which incorporates the objects and powers of the charitable company and is governed by its Articles of Association.

The charity is governed by a Board of Trustees, while day-to-day operations were overseen and the project manager. The project manager left in January 2023 and has since been partially replaced by an administrator who has taken on most of the same responsibilities. The counselling service is overseen by a qualified counselling coordinator. The Board of Trustees meets regularly, to oversee the management of the charity and provide guidance. In 2022-23 the Board has usually met once a month.

Objectives and activities

The charity provides support through a range of services for women in Harrow, Brent, and Barnet, specifically:

- I. To relieve women who are in conditions of need, hardship, and distress, through the provision of advice specifically pertaining to matters within the realm of family law.
- II. To protect and preserve the health and social welfare of local women by means of counselling, discussion groups, signposting support, volunteering, training opportunities, educational classes, exercise classes, arts and crafts workshops, and other activities proven to promote well-being.

Achievements and Performance

Overview:

The national lockdown restrictions caused by the COVID-19 pandemic meant that we were unable to hold face to face events for the first eight months of the previous year (2021).

Throughout the COVID-19 pandemic, we continued to support women through our provision of regular weekly Zoom sessions encompassing various topics, such as education, entertainment, health, and well-being, along with exercise and other wellness classes. These sessions were facilitated by our trustees, staff, volunteers, and other professionals. The number of women attending the sessions varied based on the topics and their personal commitments during the Zoom sessions throughout the year.

The positive reception of this work reinforced our commitment to providing information, support, and activities for women. Additionally, it has played a role in addressing the increasing issue of loneliness, particularly prevalent during and after the COVID-19 pandemic.

Harrow Women's Centre, a Company Limited by Guarantee

In November 2021, we re-started some face-to-face events, first with a walking group and introducing a craft session and a drop-in session at our registered address in Northolt Road, Carramea Community Resource Centre. However, we found that many women were reluctant to engage with us face to face due to uncertainty and fear of COVID-19 infections and were more willing to access our online services. In 2021/22 we held 90 events which were attended by 411 women. Additionally, 104 women contacted us for advice and support. Enquiries covered a range of issues, including support for domestic abuse, employment rights, family law inquiries for our family law advice service, and various other topics. Therefore, in 2021/22, five hundred and fifteen (515) women, accessed our services, excluding the women who used our counselling service.

As Europe and the UK transitioned into a more manageable phase of the COVID-19 pandemic, a growing number of women expressed a preference for participating in our in-person activities and sessions. Subsequently, in June 2022, we adjusted our Wednesday Zoom sessions for yoga and meditation to take place twice a month.

We began weekly drop-in sessions at North Harrow Community Library and in July 2022 started drop-in sessions at the Boardwalk Shopping Centre, Edgware. We were able to use both these venues as the organisers kindly let us have the rooms free of charge. In total, we supported 584 women in the year 2022/2023, excluding the counselling service. Among these, 432 women attended events, and 152 women contacted us for advice and support. Enquiries were consistent with the topics from the previous year.

The enquiries to the office are increasing – these enquiries generally centre around housing and domestic abuse. The number of legal enquiries has also increased. Women who accessed the drop-ins ranged from those facing homelessness, domestic abuse, legal advice enquires or loneliness.

In September 2022 we were awarded a development grant by the Greater London Authority (GLA), Civil Society Roots 3. The aim of this project was to explore the scope and feasibility of establishing another network to support and strengthen provision for women in Harrow where possible.

We achieved this by engaging with other relevant organisations and individuals working or living in Harrow through meetings and collaboration with community partners. We conducted a series of surveys and conversations with local women and the organisations that support them, expanding our existing data on service users to assess the needs of women in Harrow.

As part of this work, we employed co-production techniques to ensure that the questions we asked would yield information beneficial to the women we work with and our long-term efforts to support them. Our research comprised two strands:

1. We spoke to local women, exploring their needs and asked them to take part in an online survey.
2. We spoke to a range of local organisations, ran a separate online survey aimed at professionals and conducted face to face discussions with professionals working with women in Harrow.

Key findings from the discussions and survey were as follows:

- The women we surveyed said that they accessed information on activities through posters and flyers on noticeboards in local amenities or on Facebook.
- There was a slight preference for afternoon groups which are held face to face.

Harrow Women's Centre, a Company Limited by Guarantee

- Many of the women showed an interest in engaging in activities that promote relaxation, such as exercise classes including yoga and meditation.
- The women who took part in our survey were from a range of ethnicities and ages reflecting the diverse population of Harrow.

Through this work we were able to develop our understanding of the existing services in the borough as well as identifying any gaps. We were able to network and make contacts across the borough leading to discussions around future joint working.

The topmost needs identified by the local women who took part in the survey were:

- a) Groups to help with relaxation.
- b) Exercise classes.
- c) Counselling for low-level mental health and wellbeing issues
- d) Social groups
- e) Self-defence training

The needs identified by local professionals/organisations:

- a) Talks on recognising the signs of domestic abuse.
- b) Social groups.
- c) Groups to help with relaxation.
- d) Talks on mental health and wellbeing.
- e) Workshops on basic skills.
- f) Exercise classes.
- g) Self-defence training
- h) Employment workshops.
- i) Money management workshops.
- j) Renters' rights advice

This work has shown that the services and activities we provide are relevant to the women we support. We re-engaged with organisations we had previously worked with and made important connections across the boroughs with organisations who are interested in collaborative working.

In January 2023, a joint application with North Harrow Library to Harrow Giving to run a warm hub was successful. The weekly Warm Hub was hosted at North Harrow Library and ran from February to May, featuring a variety of informative talks, presentations, activities, and workshops.

We had a talk presented by representatives from the Harrow Association of Disabled People, providing insights on benefits advice. The Harrow Law Centre director delivered a presentation, raising awareness about their expertise in handling housing and immigration cases. Furthermore, there were informative sessions by the Metropolitan Police on women's safety, as well as discussions led by the Centre for ADHD and Autism support services. We also offered sessions focused on nurturing wellness, including talks on stress relief and empowering women to recognise signs of abusive relationships, led by RWN's counselling coordinator. Meditation sessions also took place to promote relaxation and rejuvenation, along with hand massages. In addition, we conducted arts and crafts workshops, including jewellery making, cupcake pincushion crafting, and cord making.

After our advertising campaign for the survey, in which we enquired about the services needed by local women, a potential volunteer with extensive knitting experience approached us with the idea of trialling a knitting circle/drop-in. We agreed, given the evidence that our consistently most well-attended workshops during the Warm Hub series were arts

Harrow Women's Centre, a Company Limited by Guarantee

workshops. Consequently, we decided to support this idea, and it has since evolved into a well-attended weekly group, currently ranking among our most popular activities.

We now have a core group of regular attendees, thanks to word of mouth, flyers on notice boards in local amenities, marketing efforts, and our connections with other organisations in the area. We are on the Social Prescribing register for the borough of Harrow and aim to also register in the boroughs of Brent and Barnet. During these sessions, we have taken note of other services women have desired, and overwhelmingly, they express a preference for more creative arts groups.

We are in a stronger position to identify gaps in service provision, evidence we can use to apply for larger grants to establish much needed services. Our dedicated staff, volunteers and trustee team has worked extremely hard during the last couple of years to get support to women dealing with the challenges this pandemic has created for them. We are grateful for their continued efforts and support.

Fundraising:

We were awarded a development grant from the Greater London Authority (GLA) Roots 3 programme which is a partnership between the GLA, City Bridge Trust and National Lottery Community Fund.

In February 2023, we successfully applied for National Lottery Awards for All to continue to help fund the counselling service and ensure a low-cost option (free for women receiving Universal Credit and students) is available to women in Northwest London. The National Lottery Community fund supported the Project 'Taking Time to Talk' is for 12 months.

We were successful in obtaining funding from Harrow Giving with our joint bid with North Harrow Community Library to run the warm hubs.

We were one of 3 Green token charities at the Asda in Park Royal. The cause with the most online votes receives a £500 donation with second place receiving £400 and third place £300. Voting closed on Friday 30th September 2022, we had the most online votes, thanks to our supporters so we received £500 from the Asda Foundation's Green Token Giving.

We have been accepted for Harrow Wins, a local lottery, and expect to raise about £120 a year through Harrow Wins.

We made presentations at the Pinner Rotary Club and sought corporate sponsorship from companies that donate to charities in London as part of their social responsibility programme. We received a donation from Morrisroe Ltd.

We also had stands at a number of fairs, including Made in Harrow, Greenhill Market, Pinner Fair, Harrow in Leaf and summer charity events at Watling Community Centre. Although this raised a small amount of money its main aim was to raise awareness of our services with local people as well as other community groups and organisations.

Legal Advice service

The solicitors are all female, specialising in family law, and contribute their time on a voluntary, pro bono basis. Over the last year, the number of RWN's free family law advice inquiries have grown, providing a crucial service for women leaving unhappy relationships,

Harrow Women's Centre, a Company Limited by Guarantee

many of whom have experienced domestic abuse. Most inquiries pertain to domestic violence, non-molestation orders, divorce settlements, and custody disputes.

The inquiries cover a wide range of family matters, and advice is given to enable the person to better decide how they can move forward if and when, they are ready to do so. Legal advice has been a fundamental part of what RWC has to offer and will remain so.

Support for Victims of Domestic Abuse:

Since the outbreak of COVID-19, emerging data, and reports from those on the front lines have indicated a heightened prevalence of all types of violence against women and girls, particularly domestic violence.

Consistent with national trends, the majority of women who reached out to us for support had experienced domestic abuse. Following our International Women's Day event in March 2022, there was a notable increase in calls related to domestic abuse. The inquiries we received align with and support the UN women's organisation findings.

We are a part of the Harrow Domestic and Sexual Abuse Forum and have attended all the meetings. The forum is a support network of around 65 organisations working with people experiencing domestic abuse in the Harrow area. It meets several times a year and provides members with information and support as well as opportunities to share trends in data, working practices and promote best practice.

Low-cost Counselling service:

The aftermath of COVID-19 has shown that there was a very real need for our services, including the need for a low-cost counselling service. We re-instated a counselling service in May 2021 and recruited an experienced Counselling Coordinator to develop and set up the service. This involved interviewing and recruiting counsellor volunteers and clinical supervisors, producing a Counsellors' handbook, and updating our policies and procedures. Developing a referral pathway, creating records forms for both the volunteer counsellors we recruited and clients who request our services to run the service on-line. We also registered with BACP the counselling body framework we are registered since 12th March 2021.

Through our referral pathway system clients joined our waiting list and we started offering online/ telephone counselling sessions in January 2022. In October 2022 we also began to offer face-to-face counselling sessions.

In March 2023, the RWN Counselling Service comprised 6 volunteer counsellors and 1 supervisor. Throughout the 2022-2023 period, we have offered counselling to more than 30 women across diverse age groups, with 80% falling within the 18-40 age range. The majority of recipients were from BAME backgrounds. From April 2022 until March 2023, 45 women joined our waiting list, 33 women engaged in counselling sessions, and 301 sessions took place during that period. Progress is measured by the client completing PHQ9 (Patient Health Questionnaire) GAD-7 (The Generalized Anxiety Disorder 7) at the start and ending of the counselling sessions. Out of the 33 women 51% demonstrated improvement in depression and anxiety symptoms, 33% of the women Did not complete the forms and 16% Did not attend all counselling sessions.

We have provided a safe and non-judgmental space for the clients to explore a range of issues from anxiety, depression, neurodiversity, health issues,

Harrow Women's Centre, a Company Limited by Guarantee

Funding

The financial position in 2022-23 accounts showed RWN Net cash flow for the year April 2022 to 31st March 2023 +£4294

This year RWN was grateful for the large sum donations received from Morrisroe Group for the donation of £5000 from in December 2022 and to Mr. and Mrs. Devine for the donation of £2000 in January 2023. Thank you, these donations enabled RWN to continue with the daily service to assist venerable women and improve our Counselling Service.

RWN was successful in joining the small charities scheme called Green Token Giving, whereby there was online voting to support the chosen charity Asda at park Royal had named. We came top voted charity and awarded £500 in November 2022.

RWN was also successful in receiving funding from:

- Greater London Authority: £4500 awarded in November 2022, this enabled RWN to build stronger base to investigate what further needs were required by venerable women.
- Warm Hub Harrow: £1860 awarded in February 2023 – This was a joint funding application with North Harrow Library. The library allowed us to have a free room every Saturday for 3 months, where there were talks given by our Counselling Coordinator, meditation, craft sessions. The Police participated for a week to give talk on Safe Neighborhood.
- Awards for All from the National lottery Awards for all England: £9846 was awarded in February 2023 for 12 months. This funding is used to improve and expand our Counselling Service. This funding has helped us double the size of our Counselling Service in 2023.

Future Plans

Our primary focus remains reaching more women in Harrow, Brent, and Barnet to provide the vital support they need. We have reinstated a low-cost counselling service, and as more women become aware of our services, we hope that, in time, it will be able to raise enough funds to break even and continue providing this valuable service.

The Counselling Coordinator has established and conducted training in short-term therapy, as well as a project providing additional supervision to volunteers at no cost to the service. Both one-on-one and group supervision have been implemented. Looking ahead, our plans for the counselling service involve recruiting an additional 4 counsellors to expand our team to a total of 10, along with hiring a second supervisor. Additionally, we aim to enhance training in areas such as domestic violence, suicide, and working with vulnerable clients at risk.

We are very proud of the high levels of engagement in the GLA development project, which shows just how vital our work is to women living in in these areas and the importance of providing women only services. Feedback from local women and other organisations has underlined the need for additional groups and services to tackle to low-level mental health issues and loneliness and isolation before they become more complex.

Harrow Women's Centre, a Company Limited by Guarantee

We are now able to use this evidence from our work to apply for additional funding to set up pilot projects and implement solutions to the issues identified. It has given us the confidence to establish some additional groups and activities for women living in North West London.

Like many small charities the last few years has been particularly challenging to obtain funding as the uncertainties brought about in the aftermath of the COVID-19 pandemic and the UK and European political upheavals. The cost-of-living crisis has had a major impact on our service users and staff. Staff members have had to change roles due to higher living costs and the women we support are reporting difficulties choosing between heating and eating. Local food banks and advice services are overwhelmed and the number of women locally facing eviction from rented housing is high.

As a charity we are continuing to support the women who access our services through low-cost counselling (free for women receiving universal credit or students), free family law consultations, signposting support, volunteering and training opportunities, exercise classes, arts and crafts workshops and other activities that have shown to promote wellbeing. To continue addressing these needs, we will require additional funding to cover the costs of additional staff and resources.

We contacted around 100 organisations including Hestia, Jewish Women's Aid, NOMAD and Harrow carers, as part of our profile-raising strategy. This year we have actively sought to strengthen our links with other organisations in the North West London areas of Harrow, Brent and Barnet. Work which we will continue to develop in next financial year.

At the last AGM members agreed to the conversion of the charity to a Charitable Incorporated Organisation (CIO). Given the small size of the charity the simplification of reporting procedures – the removal of dual registration means that annual accounts, annual returns and trustees' reports will only need to be filed with one regulator, the Charity Commission. This year we aim to finalise the process of conversion. At present, the CIO application is still in progress.

In summary, our future involves working towards building a stronger infrastructure by striving to obtain further funding. This will allow us to continue providing the essential support that women evidently need. We aim to expand the types and quantity of free-to-access groups we can host, diversify the venues for these groups, enhance accessibility to our counselling services across Harrow, Brent, and Barnet, and increase staff members along with resources.

Our dedicated staff, volunteers and trustee team has worked extremely hard during the last couple of years to get support to women dealing with the challenges this pandemic has created for them. We are grateful for their continued efforts and support.

Approved by the Board of Trustees on 1/12/2023, and signed on its behalf by

Agatha Ferrao

Chair

Harrow Women's Centre, a Company Limited by Guarantee

Summary Statement of Financial Activities (incorporating income and expenditure account)

<u>For the year ended 31 March 2023</u>				
Incoming Resources	2023	2023	2023	2022
	General funds	Restricted Funds	Total	Total
Grant and Donation				
Awards for All		£9,846	£9,846	
Greater London Authority		£4,500	£4,500	
Warm Hub Harrow		£1,860	£1,860	
Donations	£7,000		£7,000	£146
Big Lottery Community Grant				£1,909
Rotary club donation				£100
Captain Tom Walk				£155
Sundry Income	£1,932		£1,932	£440
Total incoming resources	£8,932	£16,206	£25,138	£2,750
Net resources available for Charitable Activities	£8,932	£16,206	£25,138	£2,750
Charitable Expenditure				
Admin & Other exps	£13,192	£7,364	£20,556	£15,214
Governance Costs	£264	£24	£288	£360
Resources Expanded	£13,456	£7,388	£20,844	£15,574
Net Incoming/Outgoing Resources	-£4,524	£8,818	£4,294	-£12,824
Net Movement in funds	£4,294			
Total Funds as at 1 April 2022	£19,543			
Total Funds as at 31 March 2023	£23,837			
Difference in balance	£0			
<u>Bank Accounts</u>				
HARROW WOMENS' CENTRE LTD	BUSINESS ACCOUNT 01153961	TREASURERS ACCOUNT 31467460	TOTAL	
Balance @ 01/04/22	17,297.02	2,246.22	19,543.24	
Balance @ 31/03/23	20,985.31	2,851.83	23,837.1	

Harrow Women's Centre, a Company Limited by Guarantee

		4
3,688.29	605.61	4,293.90

Finance

RWN Net cash flow for the year April 2022 to 31st March 2023 was + £4294.

This report has been prepared in accordance with the Statement of Recommended Practice (SORP) – Accounting and Reporting by Charities.

For the year ending March 2022 RWN qualified to file Micro-entity accounts as per guidelines set out by the Companies House.

8.1 Conditions to qualify as a micro-entity – Companies House Accounts Guidance

A micro-entity must meet at least 2 of the following conditions:

- turnover must be not more than £632,000
- the balance sheet total must be not more than £316,000
- the average number of employees must be not more than 10

Notes to the Accounts

Trustees' statements required by Sections 475 (2) and (3)

For the year ended 31 March 2023

In approving these financial statements as trustees of the company we hereby confirm:

- (a) That for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006
- (b) That no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 March 2018, and;
- (c) That we acknowledge our responsibilities for:
 - I. Ensuring that the company keep accounting records which comply with Section 386, and;
 - II. Preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

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

Harrow Women's Centre, a Company Limited by Guarantee

a) Accounting Conventions

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Change in basis of accounting: There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

b) Incoming resources

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1. Basis of accounting and accounting policies

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Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources. Resources expended include attributable VAT which cannot be recovered. Governance costs include costs on the preparation and examination of statutory accounts, the costs of Trustee meetings and costs of any legal advice to the Trustees on governance or constitutional matters. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of the resources e.g. Staff costs by the time spent and other costs by their usage.

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The accounts distinguish between restricted and unrestricted funds. Restricted funds are received from donors and are subject to restrictions on the purposes for which they may be used. Unrestricted funds are those where there are no externally imposed restrictions and are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

e) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Harrow Women's Centre, a Company Limited by Guarantee

f) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

g) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

h) Legal status of the Trust

The trust is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

Harrow Women's Centre, a Company Limited by Guarantee

Harrow Women's Centre, a Company Limited by Guarantee

Report of the Independent Examiner to the Directors of Harrow Women's Centre Limited

For the year ended 31 March 2023

I report on the financial statements for the year ended 31 March 2023 are prepared on the basis of the accounting policies.

Respective responsibilities of the Board of Directors and Independent Examiner

The Board of Directors is responsible for the preparation of the financial statements. It is my responsibility to form an independent opinion, based on my work, on those statements and to report my opinion to you.

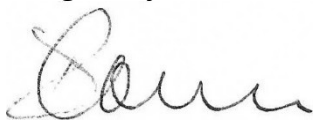
Basis of Independent Examiner's Report

An examination includes a review of the accounting records kept by the Company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, seeking explanations from the Board of Directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently we do not express an audit opinion on the view given by these accounts.

Independent Examiners Statement

In connection with my examination, no matter has come to my attention which gives me a reasonable cause to believe that in any material aspects the requirements to keep the accounting records in accordance with the Companies Act 2006 and to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed by



Independent Examiner

David Convisser

CHARTERED ACCOUNTANT

9 SYLVIA AVENUE

Hatch End

Middlesex HA5 4QW

6TH DECEMBER 2023