

SOPHIA FORUM

England & Wales · Charity number 1131629

Details

Status Registered

Legal form Charitable company

Company number [06741107](#)

Registered 2009-09-15

Register [View on the Charity Commission register](#)

Contact

Address 483 Green Lanes
London
N13 4BS

Phone 07944411054

Email info@sophiaforum.net

Website www.sophiaforum.net

Activities

Objects: THE PROTECTION AND PROMOTION OF THE GOOD HEALTH OF WOMEN, IN PARTICULAR WOMEN WHO ARE HIV POSITIVE OR WHO ARE AT RISK OF SEXUALLY TRANSMITTED DISEASES INCLUDING HIV BY:A) PROMOTING PREVENTION AND TREATMENT FOR WOMEN LIVING WITH HIV, BOTH IN THE UK AND INTERNATIONALLY;B) INCREASING AWARENESS AND UNDERSTANDING OF WOMEN'S SEXUAL HEALTH, HIV AND AIDS AMONGST HEALTH AND OTHER PROFESSIONALS, SERVICE PROVIDERS AND THE PUBLIC

Activities: Sophia Forum is a network of women, formerly part of the UNAIDS-coordinated Global Coalition on Women and AIDS. Sophia organises awareness-raising events, workshops, influences policy and research to ensure Gender and Health Equity in the HIV response. We support marginalised communities and provides an open forum for anyone concerned about HIV and how it affects women and girls

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- **Area of benefit:** NATIONAL AND OVERSEAS
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£137,375	£114,411	-	-
2024-03-31	£145,221	£83,092	-	-
2023-03-31	£57,055	£51,133	-	-
2022-03-31	£64,019	£29,275	-	-
2021-03-31	£31,190	£32,296	-	-

Trustees

Name	Role	Appointed
Mercy Lusungu Shibemba		2018-04-18
Mimie Chirwa		2022-01-01
Sipiwe Nkomo		2025-12-22
Wezi Thamm		2022-01-01
Winnie Wechie		2026-02-27

Accounts

REGISTERED COMPANY NUMBER: 06741107 (England and Wales)
REGISTERED CHARITY NUMBER: 1131629

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2024
for
Sophia Forum

Bennewith 2018 Limited
t/a A J Bennewith & Co
Upper Ground Floor
18 Farnham Road
Guildford
Surrey
GU1 4XA

Contents of the Financial Statements
for the Year Ended 31 March 2024

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Report of the Trustees
for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Organisational structure

Sophia Forum is a company limited by guarantee, incorporated on 4 November 2008 and registered as a charity on 15 September 2009. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by the Articles and Association. The trustees, who are also the directors for the tax year in question were:

Mercy Shibemba	Co-chair	
Dr. Nicoletta Polcek	Co-chair	Appointed 11.09.23, Resigned 20.08.24
Irina Lut	Treasurer	
Mimie Chirwa		
Wezi Thamm		-
Hayley Maree Lowe		Resigned 21.06.23
Stephanie Waismann		Resigned 26.09.23

OBJECTIVES AND ACTIVITIES

Objectives and aims

The organisation's purposes and aims as set out in the objects contained in the company's memorandum are to promote and advocate for the rights, health, welfare and dignity of women living with HIV through research, raising awareness and influencing policy, by a) developing and delivering our advocacy programme; b) bringing together information and research on the issues affecting women living with HIV; c) creating partnerships with organisations and individuals delivering services and d) building relationships with policy makers. These aims are consistent with the purposes for which the organisation was established.

Report of the Trustees
for the Year Ended 31 March 2024

ACHIEVEMENT AND PERFORMANCE

Impact

The trustees review the aims, objectives and activities on a quarterly basis each year. The review looks at what the organisation has achieved and the outcomes of its work in the previous year. The review looks at the success of each key activity and the benefits it has brought to those groups of people that the organisation is set up to help. The review also helps to ensure the aims, objectives and activities remain focused on the organisation's stated purposes.

Sophia Forum has had a successful year of operations despite significant funding and staffing constraints as well as the impact of COVID-19. We have successfully built on previous achievements whilst also developing sustainability of the organisation through infrastructure strengthening for the creation of future projects and organisational growth.

Programmes

- The GROWS project funded by Fast Track Cities (FTC) focuses on improving the quality of life of women over the age of 40 living with HIV. We continued to take this work forward by completing a workbook and developing related outputs (e.g., peer-reviewed papers).
- Connect to Care is a new HIV Peer Pilot Project supporting lost to follow up, delivered in partnership by Chelsea and Westminster Hospital (CW) HIV Clinics, Positively UK and Sophia Forum. It supporting people being tested via Opt-Out Testing in two CW hospital A&E departments. Those who have disengaged from care and those being newly diagnosed. In the course of a year we provided over 300 interventions. More women were picked up via A&E then men. Two caseworkers were employed and recruitment was a challenge.
- Project Respond documents the lived experiences of Black African and Black Caribbean heritage women living with HIV during the COVID-19 pandemic, between March 2020 and March 2022. It evaluates what both positive and negative health outcomes emerged and might have been missed by health care providers and how equity of care for Black African and Black Caribbean heritage women living with HIV can be improved and sustained now and in the future. It was a quality improvement project in partnership with Chelsea and Westminster Hospital. Findings have gone on to inform the cross directorate women's HIV strategy.
- We delivered another successful WiseUp event on HIV and Bone Health. The aim was to provide advocacy training and education for women living and ageing with HIV, and developing a resource on HIV and Bone health for women living with HIV. This took place over 2 days and brought together a diverse group of over 15 participants to learn, share and develop advocacy tools/asks. This additionally linked into our previous We Are Still Here campaign with a session specifically focused on this work. We are producing a new resource on HIV and Bone health for women living with HIV.
- Sophia Forum is part of a new collaborative project with THT, NAT and C12 Bureau called HIV Equity, Equity and Justice providing HIV Awareness, Peer Support and advocacy in prisons which aims to ensure equitable treatment and care for people living with HIV in prison, also providing education and training to staff and people in prison to address stigma and discrimination.
- Our PrEP Impact work aims to develop information leaflets on PrEP for women and provide online resources.

Conferences

We presented a poster on the impact of COVID-19 pandemic lockdowns on people who identify as women living with HIV and have Black African or Black Caribbean heritage at the EACS conference.

We attended the EMAS Congress in Florence where our CEO shared her lived experience of the menopause as part of the WAVE menopause research group and also share some of our partnership work that support women as they age with HIV. The session generated many follow-up conversations and we distributed menopause resources and GROWS policy reports.

Two staff members attended AIDS IMPACT presenting GROWS work and contributing to the distribution of a Bearded and Flushed abstract.

Sophia Forum

Report of the Trustees for the Year Ended 31 March 2024

British HIV Association (BHIVA): Sophia Forum used its stand to publicise work, and to build relationships with stakeholders in the HIV community at both the Spring and Autumn BHIVA conferences.

Our CEO presented two sessions at BASHH Annual conference. One on the new Quality standards developed by the BASHH specialist interest group on prisons. Sophie is a lived experience member with BASHH. The second session was on Risk to Reason, Sexual Reproductive health and HIV prevention for women.

Advocacy

We've been involved in MSD's 50 over 50 Campaign for people ageing with HIV. Sophia Forum supported MSD to identify women of diverse backgrounds to share their thoughts, fears and hopes of people living with HIV aged over 50 years of age.

Sophia Forum's menopause resources have now been translated into multiple languages collaborating with Dr's and community members to support translations for distributions throughout Europe and in African countries. We revised our longstanding prep leaflets and have further translations too support demand. These have been widely used in the UK and international orgs.

We continue to work with Gilead's 'Find your Four' campaign at an organisational level, and our CEO worked with them in the creation of their menopause resource.

Our CEO worked with ViiV European policy team in developing a section specific to the needs of women in their European HIV Policy document which was published in 2022/3.

We collaborated with London SHARE Collaborative on an urgent joint research and community response to the global outbreak of human monkeypox.

Grants

We were awarded several new grants and generated income through new partnerships. We entered into a partnership with Chelsea and Westminster NHS Foundation Trust to provide peer support to people being diagnosed via A&E BBV Opt-Out Testing, called Connect To Care. We will recruit a full-time peer caseworker. This is funded by Gilead for 1 year.

We applied to the BIG Give Kind2Mind campaign which generated a small amount of income for us.
We also received funding for our WiseUp Bone Health weekend.

A joint funding application was made with HIV Health, Equity & Justice in prisons partners

A new collaborative grant application to Fast Track Cities in partnership with other sector organisations, Positively UK, Plus Health, NAZ and CW hospital called Getting to Zero to further embed HIV peer support across North West London.

We also submitted a grant application for another WiseUp weekend on cardiovascular health, to be delivered in 2025.

We are in conversations with a funder to develop a new national policy piece of work focusing solely on women.

Personnel and organisational growth

We recruited a new board co-chair. Board membership recruitment will remain a rolling process for the board and organisation as we work towards increasing capacity.

Report of the Trustees
for the Year Ended 31 March 2024

In addition to growing our board of trustees, we continued to contribute towards the development of our trustees by attending Unconscious Bias training for all trustees. We are actively seeking further training to strengthen our boards essential knowledge. We also worked on further developing our new strategy by conducting a skills audit and planning next steps to recruit more trustees and skills on the board.

Current trustees have started a complete review and updating of all our governance documents to ensure we are compliant with charity law.

At the beginning of the financial year the co-chair of the board of trustees delivered some training on the trustee role and governance. To complement this exercise, we also carried out a skills audit of board members to identify any gaps in skills, which drove subsequent recruitment processes.

We developed a plan to update and enhance our governance documents. We developed or updated our communications strategy, safeguarding policy and employee handbook. We also started using a database system to better track our work, safely hold contact information for Sophia Forum service users and event participants as well as making our monitoring and evaluation more robust.

We have begun creating a leadership board which will support the organisation and CEO in taking forward our strategy and development of future projects.

Our CEO attended the BAYES CEO leadership course which was very supportive and useful to her development.

Community engagement

One Sophia Forum Trustee is a member of the UK Community Advisory Board (UK-CAB) Steering Group, NAT's advisory group and a regular speaker for THT Positive Voices.

Our CEO is a member of the HIV Action Plan Oversight Group, NAT Community Advisory board member and UKHSA SHARE/LEADS advisory board.

Sophie Strachan (CEO) was invited to speak about our work in a panel for World AIDS Day.

Our CEO and staff member were also invited to join ViiV's new advisory board on HIV prevention checkpoints and community-based services in Europe.

Our trustees are also invited to sit on stakeholder groups and share their expertise. We also attend a wide variety of events across the HIV and sexual health sector, including a Fast Track Cities Women and PrEP event, a U=U presentation and UK Black Pride.

Sophia Forum had a number of community members running to raise funds for our organisation through the annual LONDON REDRUN for world AIDS day in November 2023.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06741107 (England and Wales)

Report of the Trustees
for the Year Ended 31 March 2024

Registered Charity number

1131629

Registered office

483 Green Lanes
London
N13 4BS

Trustees

Mercy Shibemba	Co-chair	
Dr. Nicoletta Policek	Co-chair	Appointed 11.09.23, Resigned 07.08.24
Irina Lut	Treasurer	
Stephanie Waismann		
Mimie Chirwa		
Wezi Thamm		
Hayley Maree Lowe		Resigned 21.06.23
Stephanie Waismann		Resigned 26.09.23

CEO

Sophie Strachan

Independent Examiner

Bennewith 2018 Limited
t/a A J Bennewith & Co
Upper Ground Floor
18 Farnham Road
Guildford
Surrey
GU1 4XA

Patrons

Dr Alice Welbourn
Professor Jane Anderson
Professor Baron Peter Piot
Michelle Brewer

Bankers

The Co-operative Bank
PO Box 250 Delf House
Southway, Skelmersdale
WNB 6WT

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 27 December 2024 and signed on its behalf by:

Ms I Lut - Trustee

**Independent Examiner's Report to the Trustees of
Sophia Forum**

Independent examiner's report to the trustees of Sophia Forum ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

A J Bennewith FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA

Bennewith 2018 Limited
t/a A J Bennewith & Co
Upper Ground Floor
18 Farnham Road
Guildford
Surrey
GU1 4XA



28 December 2024

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		53,745	91,476	145,221	57,055
EXPENDITURE ON					
Charitable activities					
Project costs		11,259	67,809	79,068	48,417
Support costs		4,024	-	4,024	2,716
Total		15,283	67,809	83,092	51,133
NET INCOME		38,462	23,667	62,129	5,922
RECONCILIATION OF FUNDS					
Total funds brought forward		19,389	48,540	67,929	62,007
TOTAL FUNDS CARRIED FORWARD		57,851	72,207	130,058	67,929

The notes form part of these financial statements

Balance Sheet
31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
CURRENT ASSETS					
Debtors	5	-	4,698	4,698	-
Cash at bank		58,999	76,251	135,250	70,195
		<u>58,999</u>	<u>80,949</u>	<u>139,948</u>	<u>70,195</u>
CREDITORS					
Amounts falling due within one year	6	(1,148)	(8,742)	(9,890)	(2,266)
		<u>57,851</u>	<u>72,207</u>	<u>130,058</u>	<u>67,929</u>
NET CURRENT ASSETS					
		<u>57,851</u>	<u>72,207</u>	<u>130,058</u>	<u>67,929</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>57,851</u>	<u>72,207</u>	<u>130,058</u>	<u>67,929</u>
NET ASSETS		<u>57,851</u>	<u>72,207</u>	<u>130,058</u>	<u>67,929</u>
FUNDS	7				
Unrestricted funds				57,851	19,389
Restricted funds				<u>72,207</u>	<u>48,540</u>
TOTAL FUNDS				<u>130,058</u>	<u>67,929</u>

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Balance Sheet - continued
31 March 2024

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

The financial statements were approved by the Board of Trustees and authorised for issue on 27 December 2024 and were signed on its behalf by:

I Lut - Trustee

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

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

3. STAFF COSTS

	31.3.24	31.3.23
	£	£
Wages and salaries	33,037	35,189
Other pension costs	1,354	1,650
	<u>34,391</u>	<u>36,839</u>

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

	31.3.24	31.3.23
Project staff	2	2
	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	9,452	47,603	57,055
	<u>9,452</u>	<u>47,603</u>	<u>57,055</u>
EXPENDITURE ON			
Charitable activities			
Project costs	-	48,417	48,417
Support costs	2,716	-	2,716
	<u>2,716</u>	<u>48,417</u>	<u>51,133</u>
Total	<u>2,716</u>	<u>48,417</u>	<u>51,133</u>
NET INCOME/(EXPENDITURE)	6,736	(814)	5,922
Transfers between funds	(2,331)	2,331	-
	<u>4,405</u>	<u>1,517</u>	<u>5,922</u>
Net movement in funds	<u>4,405</u>	<u>1,517</u>	<u>5,922</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	14,984	47,023	62,007
	<u>14,984</u>	<u>47,023</u>	<u>62,007</u>
TOTAL FUNDS CARRIED FORWARD	<u>19,389</u>	<u>48,540</u>	<u>67,929</u>

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

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Other debtors	4,698	-
	<u>4,698</u>	<u>-</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Other creditors	8,869	1,426
Accrued expenses	1,021	840
	<u>9,890</u>	<u>2,266</u>

7. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	19,389	38,462	57,851
Restricted funds			
Gilead - WISE_UP+ Ageing	5,197	-	5,197
Gilead - WASH	4,341	-	4,341
MSD - WASH	4,813	-	4,813
Fast Track City GROWS	17,531	(8,702)	8,829
AAF	6,926	(1,150)	5,776
NAZ	5,954	-	5,954
PRerP Impact	3,169	(226)	2,943
Project Respond	609	4,908	5,517
Connect to Care	-	17,388	17,388
WiseUp Bones - Gilead	-	4,004	4,004
WiseUp Bones - MSD	-	7,445	7,445
	<u>48,540</u>	<u>23,667</u>	<u>72,207</u>
TOTAL FUNDS	<u>67,929</u>	<u>62,129</u>	<u>130,058</u>

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

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	53,745	(15,283)	38,462
Restricted funds			
Fast Track City GROWS	4,000	(12,702)	(8,702)
AAF	-	(1,150)	(1,150)
PRoP Impact	1	(227)	(226)
Project Respond	14,131	(9,223)	4,908
Connect to Care	51,878	(34,490)	17,388
WiseUp Bones - Gilead	12,671	(8,667)	4,004
WiseUp Bones - MSD	7,445	-	7,445
HIV Health, Equity & Justice	1,350	(1,350)	-
	<u>91,476</u>	<u>(67,809)</u>	<u>23,667</u>
TOTAL FUNDS	<u>145,221</u>	<u>(83,092)</u>	<u>62,129</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	14,984	6,736	(2,331)	19,389
Restricted funds				
Gilead - WISE_UP+ Ageing	5,197	-	-	5,197
Gilead - WASH	4,341	-	-	4,341
MSD - WASH	4,813	-	-	4,813
Fast Track City GROWS	17,218	(2,018)	2,331	17,531
AAF	9,500	(2,574)	-	6,926
NAZ	5,954	-	-	5,954
PRoP Impact	-	3,169	-	3,169
Project Respond	-	609	-	609
	<u>47,023</u>	<u>(814)</u>	<u>2,331</u>	<u>48,540</u>
TOTAL FUNDS	<u>62,007</u>	<u>5,922</u>	<u>-</u>	<u>67,929</u>

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

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	9,452	(2,716)	6,736
Restricted funds			
Fast Track City GROWS	33,285	(35,303)	(2,018)
AAF	-	(2,574)	(2,574)
PRoP Impact	5,430	(2,261)	3,169
Project Respond	8,888	(8,279)	609
	<u>47,603</u>	<u>(48,417)</u>	<u>(814)</u>
TOTAL FUNDS	<u>57,055</u>	<u>(51,133)</u>	<u>5,922</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	14,984	45,198	(2,331)	57,851
Restricted funds				
Gilead - WISE_UP+ Ageing	5,197	-	-	5,197
Gilead - WASH	4,341	-	-	4,341
MSD - WASH	4,813	-	-	4,813
Fast Track City GROWS	17,218	(10,720)	2,331	8,829
AAF	9,500	(3,724)	-	5,776
NAZ	5,954	-	-	5,954
PRoP Impact	-	2,943	-	2,943
Project Respond	-	5,517	-	5,517
Connect to Care	-	17,388	-	17,388
WiseUp Bones - Gilead	-	4,004	-	4,004
WiseUp Bones - MSD	-	7,445	-	7,445
	<u>47,023</u>	<u>22,853</u>	<u>2,331</u>	<u>72,207</u>
TOTAL FUNDS	<u>62,007</u>	<u>68,051</u>	<u>-</u>	<u>130,058</u>

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

7. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	63,197	(17,999)	45,198
Restricted funds			
Fast Track City GROWS	37,285	(48,005)	(10,720)
AAF	-	(3,724)	(3,724)
PRerP Impact	5,431	(2,488)	2,943
Project Respond	23,019	(17,502)	5,517
Connect to Care	51,878	(34,490)	17,388
WiseUp Bones - Gilead	12,671	(8,667)	4,004
WiseUp Bones - MSD	7,445	-	7,445
HIV Health, Equity & Justice	1,350	(1,350)	-
	<u>139,079</u>	<u>(116,226)</u>	<u>22,853</u>
TOTAL FUNDS	<u>202,276</u>	<u>(134,225)</u>	<u>68,051</u>

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

7. MOVEMENT IN FUNDS - continued

Gilead - WISE UP+ Ageing: The funding is for the WISE-UP+ Young Women Rising event.

Gilead - WASH: The funding is for our We Are Still Here program.

MSD - WASH: The funding is for our We Are Still Here program.

Fast Track City GROWS: The funding is for project focusing on improving the quality of life of women over the age of 40 living with HIV.

AAF: The funding is for translation of Sophia Forum resources including our menopause booklet into multiple languages.

NAZ: The funding is to create a body of work that validates, stimulates and educates audiences about the impact of HIV on the menopause.

PrEP Impact: The funding is for work aiming to develop information leaflets on PrEP for women and provide online resources.

Project Respond: The funding for a project to document the lived experiences of Black African and Black Caribbean heritage women living with HIV during the COVID-19 pandemic, between March 2020 and March 2022.

Connect to Care: The funding is for a HIV Peer Pilot Project supporting lost to follow up, delivered in partnership with Chelsea and Westminster Hospital HIV Clinics.

Wise Up Bones - Gilead: Funding provided by Gilead Foundation for WiseUp event on HIV and Bone Health.

Wise Up Bones - MSD: Funding provided by MSD Foundation for WiseUp event on HIV and Bone Health.

HIV Health, Equity & Justice: Funding for a collaborative project providing HIV Awareness, Peer Support and advocacy in prisons.

8. RELATED PARTY DISCLOSURES

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

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31.3.24 £	31.3.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,718	2,533
Grants	141,503	54,522
	145,221	57,055
Total incoming resources	145,221	57,055
EXPENDITURE		
Charitable activities		
Wages	33,037	35,189
Pensions	1,354	1,650
Project expenses	39,045	11,578
Subscriptions and memberships	4,732	-
Staff training	900	-
	79,068	48,417
Support costs		
Other		
Computer costs	908	-
Insurance	1,016	580
Postage and printing	273	243
Sundries	107	513
Website	244	279
Travel	336	261
	2,884	1,876
Governance costs		
Accountancy and legal fees	1,140	840
	83,092	51,133
Total resources expended	83,092	51,133
Net income	62,129	5,922

This page does not form part of the statutory financial statements

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2023
for
Sophia Forum

Bennewith 2018 Limited
t/a A J Bennewith & Co
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU

Contents of the Financial Statements
for the Year Ended 31 March 2023

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Report of the Trustees
for the Year Ended 31 March 2023

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

Organisational structure

Sophia Forum is a company limited by guarantee, incorporated on 4 November 2008 and registered as a charity on 15 September 2009. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by the Articles and Association. The trustees, who are also the directors for the tax year in question were:

Mercy Shibemba	Chair
Irina Lut	Treasurer
Stephanie Waismann	
Mimie Chirwa	
Wezi Thamm	-
Hayley Maree Lowe	

OBJECTIVES AND ACTIVITIES

Objectives and aims

The organisation's purposes and aims as set out in the objects contained in the company's memorandum are to promote and advocate for the rights, health, welfare and dignity of women living with HIV through research, raising awareness and influencing policy, by a) developing and delivering our advocacy programme; b) bringing together information and research on the issues affecting women living with HIV; c) creating partnerships with organisations and individuals delivering services and d) building relationships with policy makers. These aims are consistent with the purposes for which the organisation was established.

Report of the Trustees
for the Year Ended 31 March 2023

ACHIEVEMENT AND PERFORMANCE

Impact

The trustees review the aims, objectives and activities on a quarterly basis each year. The review looks at what the organisation has achieved and the outcomes of its work in the previous year. The review looks at the success of each key activity and the benefits it has brought to those groups of people that the organisation is set up to help. The review also helps to ensure the aims, objectives and activities remain focused on the organisation's stated purposes.

Sophia Forum has had a successful year of operations despite significant funding and staffing constraints as well as the impact of COVID-19. We have successfully built on previous achievements whilst also developing sustainability of the organisation through infrastructure strengthening for the creation of future projects and organisational growth.

Programmes

1. The GROWS project funded by Fast Track Cities (FTC) focuses on improving the quality of life of women over the age of 40 living with HIV. We launched the policy report for this work in October 2022 and continue to work on the GROWS Training manual workbook and creation of videos supporting HCP and WLHIV. In March 2023 we held an International Women's Day event with our partners NAM aidsmap, Positively UK and UCL along with women who had taken part in the GROWS training, showcasing our successes to the wider sector.
2. Project Respond funded by Gilead focused on the lived experiences of Black African and Black Caribbean heritage women living with HIV during the COVID-19 pandemic. A final report is due for publication in Jan 2024 and an abstract was accepted at EACS conference in Summer 2023.
3. Sophia Forum is part of a new collaborative project with THT, NAT and C12 Bureau called HIV Equity, Equity and Justice providing HIV Awareness, Peer Support and advocacy in prisons.

Conferences

British HIV Association (BHIVA): Sophia Forum used its stand to publicise work, and to build relationships with stakeholders in the HIV community at both the Spring and Autumn BHIVA conferences.

We held a live spoken word event in October 2022 associated with a previous project Bearded and Flushed which included a short film screening a partnership between NAZ, Sophia Forum, 4M and Positively UK.

Sophia Forum CEO presented on the menopause at an awareness raising even in Waltham Forest and involved with a menopause session at a women's group hosted by Positive East.

Advocacy

We've been involved in MSD's 50 over 50 Campaign for people ageing with HIV. Sophia Forum supported MSD to identify women of diverse backgrounds to share their thoughts, fears and hopes of people living with HIV aged over 50 years of age.

Sophia Forum's menopause resources have now been translated into multiple languages collaborating with Dr's and community members to support translations for distributions throughout Europe and in African countries. We revised our longstanding prep leaflets and have further translations too support demand. These have been widely used in the UK and international orgs.

We continue to work with Gilead's 'Find your Four' campaign at an organisational level, and our CEO worked with them in the creation of their menopause resource.

Our CEO worked with ViiV European policy team in developing a section specific to the needs of women in their European HIV Policy document which was published in 2022/3

Report of the Trustees
for the Year Ended 31 March 2023

We collaborated with London SHARE Collaborative on an urgent joint research and community response to the global outbreak of human monkeypox.

Our CEO is co-chair of the London PrEP Equity working group and continues our advocacy and campaign work ensuring PrEP equity for all.

Grants

We were awarded several new grants and generated income through new partnerships. We entered into a partnership with Chelsea and Westminster NHS Foundation Trust to provide peer support to people being diagnosed via A&E BBV Opt Out Testing, called Connect To Care. We will recruit a full-time peer caseworker and also develop a mandatory training module for NHS staff. This is funded by Gilead for 1 year.

Personnel and organisational growth

We recruited 3 new trustees and began recruitment of a new Co-Chair this will remain a rolling process for the board and organisation.

In addition to growing our board of trustees, we continued to contribute towards the development of our trustees by attending Unconscious Bias training for all trustees. We are actively seeking further training to strengthen our boards essential knowledge. We also worked on further developing our new strategy by conducting a skills audit and planning next steps to recruit more trustees and skills on the board.

Current trustees have started a complete review and updating of all our governance documents to ensure we are compliant with charity law.

Community engagement

One Sophia Forum Trustee is a member of the UK Community Advisory Board (UK-CAB) Steering Group, NAT's advisory group and a regular speaker for THT Positive Voices.

Our CEO is a member of the HIV action plan oversight group, NAT Advisory board member and UKHSA SHARE/LEADS advisory board.

Sophie Strachan (CEO) was invited to speak about our work in a panel for World AIDS Day. She was also invited to join ViiV's new advisory board on HIV prevention checkpoints and community-based services.

Our trustees are also invited to sit on stakeholder groups and share their expertise. We also attend a wide variety of events across the HIV and sexual health sector, including a Fast Track Cities Women and PrEP event, a U=U presentation and UK Black Pride.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06741107 (England and Wales)

Report of the Trustees
for the Year Ended 31 March 2023

Registered Charity number
1131629

Registered office
483 Green Lanes
London
N13 4BS

Trustees	
Mercy Shibemba	Chair
Irina Lut	Treasurer
Stephanie Waismann	
Mimie Chirwa	
Wezi Tham m	
Hayley Maree Lowe	

CEO
Sophie Strachan

Independent Examiner
Bennewith 2018 Limited
t/a A J Bennewith & Co
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU

Patrons
Dr Alice Welbourn
Professor Jane Anderson
Professor Baron Peter Piot
Michelle Brewer

Bankers
The Co-operative Bank
PO Box 250 Delf House
Southway, Skelmersdale
WNB 6WT

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 28 December 2023 and signed on its behalf by:

Ms I Lut - Trustee

Independent Examiner's Report to the Trustees of
Sophia Forum

Independent examiner's report to the trustees of Sophia Forum ('the Company')

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

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

A J Bennewith FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA

Bennewith 2018 Limited
t/a A J Bennewith & Co
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU

Date:

Statement of Financial Activities
for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		9,452	47,603	57,055	64,019
EXPENDITURE ON					
Charitable activities					
Project costs		-	48,417	48,417	24,531
Support costs		2,716	-	2,716	4,744
Total		2,716	48,417	51,133	29,275
NET INCOME/(EXPENDITURE)					
Transfers between funds	6	6,736 (2,331)	(814) 2,331	5,922 -	34,744 -
Net movement in funds		4,405	1,517	5,922	34,744
RECONCILIATION OF FUNDS					
Total funds brought forward		14,984	47,023	62,007	27,263
TOTAL FUNDS CARRIED FORWARD		<u>19,389</u>	<u>48,540</u>	<u>67,929</u>	<u>62,007</u>

The notes form part of these financial statements

Balance Sheet
31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
CURRENT ASSETS					
Cash at bank		20,229	49,966	70,195	70,890
CREDITORS					
Amounts falling due within one year	5	(840)	(1,426)	(2,266)	(8,883)
NET CURRENT ASSETS		<u>19,389</u>	<u>48,540</u>	<u>67,929</u>	<u>62,007</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>19,389</u>	<u>48,540</u>	<u>67,929</u>	<u>62,007</u>
NET ASSETS		<u>19,389</u>	<u>48,540</u>	<u>67,929</u>	<u>62,007</u>
FUNDS	6				
Unrestricted funds				19,389	14,984
Restricted funds				<u>48,540</u>	<u>47,023</u>
TOTAL FUNDS				<u>67,929</u>	<u>62,007</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 28 December 2023 and were signed on its behalf by:

I Lut - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

3. STAFF COSTS

	31.3.23	31.3.22
	£	£
Wages and salaries	35,189	21,913
Other pension costs	1,650	688
	<u>36,839</u>	<u>22,601</u>

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

	31.3.23	31.3.22
	2	2
Project staff	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>13,220</u>	<u>50,799</u>	<u>64,019</u>
EXPENDITURE ON			
Charitable activities			
Project costs	-	24,531	24,531
Support costs	4,744	-	4,744
	<u>4,744</u>	<u>24,531</u>	<u>29,275</u>
Total			
	<u>4,744</u>	<u>24,531</u>	<u>29,275</u>
NET INCOME	8,476	26,268	34,744
RECONCILIATION OF FUNDS			
Total funds brought forward	6,508	20,755	27,263
	<u>6,508</u>	<u>20,755</u>	<u>27,263</u>
TOTAL FUNDS CARRIED FORWARD	<u>14,984</u>	<u>47,023</u>	<u>62,007</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Other creditors	1,426	8,043
Accrued expenses	840	840
	<u>2,266</u>	<u>8,883</u>

6. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	Transfers between funds	At 31.3.23
	£	£	£	£
Unrestricted funds				
General fund	14,984	6,736	(2,331)	19,389
Restricted funds				
Gilead - WISE_UP+ Ageing	5,197	-	-	5,197
Gilead - WASH	4,341	-	-	4,341
MSD - WASH	4,813	-	-	4,813
Fast Track City	17,218	(2,018)	2,331	17,531
AAF	9,500	(2,574)	-	6,926
NAZ	5,954	-	-	5,954
PRéP Impact	-	3,169	-	3,169
Project Respond	-	609	-	609
	<u>47,023</u>	<u>(814)</u>	<u>2,331</u>	<u>48,540</u>
TOTAL FUNDS	<u>62,007</u>	<u>5,922</u>	<u>-</u>	<u>67,929</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	9,452	(2,716)	6,736
Restricted funds			
Fast Track City	33,285	(35,303)	(2,018)
AAF	-	(2,574)	(2,574)
PRéP Impact	5,430	(2,261)	3,169
Project Respond	8,888	(8,279)	609
	<u>47,603</u>	<u>(48,417)</u>	<u>(814)</u>
TOTAL FUNDS	<u>57,055</u>	<u>(51,133)</u>	<u>5,922</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	6,508	8,476	14,984
Restricted funds			
Gilead - WISE_UP+ Ageing	5,197	-	5,197
Gilead - WASH	4,341	-	4,341
MSD - WASH	4,813	-	4,813
Fast Track City	6,404	10,814	17,218
AAF	-	9,500	9,500
NAZ	-	5,954	5,954
	<u>20,755</u>	<u>26,268</u>	<u>47,023</u>
TOTAL FUNDS	<u><u>27,263</u></u>	<u><u>34,744</u></u>	<u><u>62,007</u></u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	13,220	(4,744)	8,476
Restricted funds			
Fast Track City	33,645	(22,831)	10,814
AAF	10,000	(500)	9,500
NAZ	7,154	(1,200)	5,954
	<u>50,799</u>	<u>(24,531)</u>	<u>26,268</u>
TOTAL FUNDS	<u><u>64,019</u></u>	<u><u>(29,275)</u></u>	<u><u>34,744</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	6,508	15,212	(2,331)	19,389
Restricted funds				
Gilead - WISE_UP+ Ageing	5,197	-	-	5,197
Gilead - WASH	4,341	-	-	4,341
MSD - WASH	4,813	-	-	4,813
Fast Track City	6,404	8,796	2,331	17,531
AAF	-	6,926	-	6,926
NAZ	-	5,954	-	5,954
PRoP Impact	-	3,169	-	3,169
Project Respond	-	609	-	609
	<u>20,755</u>	<u>25,454</u>	<u>2,331</u>	<u>48,540</u>
TOTAL FUNDS	<u><u>27,263</u></u>	<u><u>40,666</u></u>	<u><u>-</u></u>	<u><u>67,929</u></u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	22,672	(7,460)	15,212
Restricted funds			
Fast Track City	66,930	(58,134)	8,796
AAF	10,000	(3,074)	6,926
NAZ	7,154	(1,200)	5,954
PRoP Impact	5,430	(2,261)	3,169
Project Respond	8,888	(8,279)	609
	<u>98,402</u>	<u>(72,948)</u>	<u>25,454</u>
TOTAL FUNDS	<u><u>121,074</u></u>	<u><u>(80,408)</u></u>	<u><u>40,666</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

6. MOVEMENT IN FUNDS - continued

Gilead - WISE UP+ Ageing : The funding is for the WISE-UP+ Young Women Rising event.

Gilead - WASH : The funding is for our We Are Still Here program.

MSD - WASH : The funding is for our We Are Still Here program.

Fast Track City (GROWS Project): The funding is for project work aiming to improve the quality of life of older women living with HIV.

AAF: The funding is for translation of Sophia Forum resources including our menopause booklet into multiple languages.

NAZ: The funding is to create a body of work that validates, stimulates and educates audiences about the impact of HIV on the menopause.

7. RELATED PARTY DISCLOSURES

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

Detailed Statement of Financial Activities
for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,533	10,389
Grants	54,522	53,630
	57,055	64,019
Total incoming resources	57,055	64,019
EXPENDITURE		
Charitable activities		
Wages	35,189	21,913
Pensions	1,650	688
Project expenses	11,578	1,930
	48,417	24,531
Support costs		
Other		
Insurance	580	-
Postage and printing	243	905
Sundries	513	347
Admin	-	1,806
Website	279	381
Travel	261	-
Conference	-	465
	1,876	3,904
Governance costs		
Accountancy and legal fees	840	840
	51,133	29,275
Total resources expended	51,133	29,275
Net income	5,922	34,744

This page does not form part of the statutory financial statements

Accounts

REGISTERED COMPANY NUMBER: 06741107 (England and Wales)
REGISTERED CHARITY NUMBER: 1131629

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2022
for
Sophia Forum

Bennewith 2018 Limited
t/a A J Bennewith & Co
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU

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for the Year Ended 31 March 2022

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Sophia Forum

Report of the Trustees **for the Year Ended 31 March 2022**

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

Organisational structure

Sophia Forum is a company limited by guarantee, incorporated on 4 November 2008 and registered as a charity on 15 September 2009. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by the Articles and Association. The trustees, who are also the directors for the tax year in question were:

Mercy Ngulube	Chair
Irina Lut	Treasurer
Taslima Rashid	
Stephanie Waismann	- appointed 01 January 2022
Mimie Chirwa	- appointed 01 January 2022
Wezi Thamm	- appointed 01 January 2022
Hayley Maree Lowe	- appointed 01 January 2022
Jo Josh	- resigned 23 May 2021
Juno Roche	- resigned 4 June 2021
Nicola Stokes	- resigned 22 August 2022
Sophie Strachan	- resigned 2 February 2022

OBJECTIVES AND ACTIVITIES

Objectives and aims

The organisation's purposes and aims as set out in the objects contained in the company's memorandum are to promote and advocate for the rights, health, welfare and dignity of women living with HIV through research, raising awareness and influencing policy, by a) developing and delivering our advocacy programme; b) bringing together information and research on the issues affecting women living with HIV; c) creating partnerships with organisations and individuals delivering services and d) building relationships with policy makers. These aims are consistent with the purposes for which the organisation was established.

Report of the Trustees
for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

Impact

The trustees review the aims, objectives and activities on a quarterly basis each year. The review looks at what the organisation has achieved and the outcomes of its work in the previous year. The review looks at the success of each key activity and the benefits it has brought to those groups of people that the organisation is set up to help. The review also helps to ensure the aims, objectives and activities remain focused on the organisation's stated purposes.

Sophia Forum has had a successful year of operations despite funding and staffing constraints as well as the impact of COVID-19. We have successfully built on previous achievements whilst also putting in place foundations and building blocks for future projects and organisational growth.

Programmes

1. The GROWS project funded by Fast Track Cities (FTC) focuses on improving the quality of life of older women with HIV. As the GROWS project comes to an end, we are planning how to take this work forward with a focus on how it can better reach beyond London and what it might look like after current Fast Track Cities funding ends.
2. The We Are Still Here campaign is being developed to look across the life course of women living with HIV and highlights experiences and priorities of older women living with HIV.
3. Africa Advocacy Foundation funding was secured for translation of Sophia Forum resources including our menopause booklet into multiple languages.
4. Bearded & Flushed project: Aims to create a body of work that validates, stimulates, and educates audiences about the impact of HIV on the menopause.
5. Sophia Forum contributed to Chelsea and Westminster's Pre-Exposure Prophylaxis (PrEP) Impact study.

Conferences

We attended the EACS conference in October, representing our ongoing work and building relationships with other stakeholders in the sector.

British HIV Association (BHIVA): Sophia Forum used its stand to publicise work, and to build relationships with stakeholders in the HIV community at both the Spring and Autumn BHIVA conferences.

Our Menopause booklet was presented at an international webinar (Dignified Menopause Summit) organised by Positive Women Victoria, in Australia, showcasing that our educational resources are widely distributed and beneficial.

Advocacy

We contributed to the Women's Health Strategy and the APPG's Inquiry into HIV and COVID-19 by submitting our contributions to the calls for evidence. This was based on the results of a survey of women living with HIV which was run in partnership with National AIDS Trust in May 2021 to understand how women living with HIV were experiencing the COVID-19 pandemic.

We've been involved in MSD's 50 over 50 Campaign for people ageing with HIV. Sophia Forum supported MSD to identify women of diverse backgrounds to share their thoughts, fears and hopes of people living with HIV aged over 50 years of age.

We additionally contributed to Gilead's Project 100 digital resources.

Sophia Forum

Report of the Trustees for the Year Ended 31 March 2022

Sophia Forum's menopause resources have now been translated into many different languages for distributions throughout Europe and in African countries. We revised our longstanding prep leaflets and shared these resources to international partners.

Grants

We were awarded several new grants and generated income through new partnerships. The first was from the African Advocacy Foundation through their community grants to translate our PrEP.

Additionally, we were successful in our joint Innovation Fund bid alongside partner organisations (NAZ, 4M and Positively UK) to continue with providing women living with HIV with creative workshops on the menopause.

We started a joint research project with CW+ (the official charity of Chelsea and Westminster) in March 2022, looking at impact of COVID19 on BAME women.

Personnel and organisational growth

We brought on board new trustees as well as an intern. We also have plans to develop a leadership board which we will begin recruitment for in 2023.

In addition to growing our team, we continued to contribute towards the development of our trustees by attending Unconscious Bias training for all trustees. We also worked on further developing our new strategy by conducting a skills audit and planning next steps.

Community engagement

A Sophia Forum Trustee is a member of the UK Community Advisory Board (UK-CAB) Steering Group, NAT's advisory group and a regular speaker for THT Positive Voices. Our CEO was also a member of the HIV action plan oversight group.

IMPACT Trial: One trustee and our Chief Executive continue to sit on the IMPACT trial community advisory board advocating for women and PrEP. Sophie Strachan (CEO) is also the co-chair of the IMPACT Trial Women and Other group.

Our trustees are also invited to sit on stakeholder groups and share their expertise. We also attend a wide variety of events across the HIV and sexual health sector, including a Fast Track Cities Women and PrEP event, a U=U presentation and UK Black Pride.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06741107 (England and Wales)

Registered Charity number

1131629

Sophia Forum

**Report of the Trustees
for the Year Ended 31 March 2022**

Registered office

483 Green Lanes
London
N13 4BS

Trustees

Mercy Ngulube

Chair

Irina Lut

Treasurer

Taslima Rashid

Stephanie Waismann

- appointed 01 January 2022

Mimie Chirwa

- appointed 01 January 2022

Wezi Thamm

- appointed 01 January 2022

Hayley Maree Lowe

- appointed 01 January 2022

Jo Josh

- resigned 23 May 2021

Juno Roche

- resigned 4 June 2021

Nicola Stokes

- resigned 22 August 2022

Sophie Strachan

- resigned 2 February 2022

CEO

Sophie Strachan

Independent Examiner

Bennewith 2018 Limited

t/a A J Bennewith & Co

3 Wey Court

Mary Road

Guildford

Surrey

GU1 4QU

Patrons

Dr Alice Welbourn

Professor Jane Anderson

Professor Baron Peter Piot

Michelle Brewer

Bankers

The Co-operative Bank

PO Box 250 Delf House

Southway, Skelmersdale

WNB 6WT

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 17/01/23 and signed on its behalf by:



.....
Ms I Lut - Trustee

Independent Examiner's Report to the Trustees of
Sophia Forum

Independent examiner's report to the trustees of Sophia Forum ('the Company')

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

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

A J Bennewith FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA
Bennewith 2018 Limited
t/a A J Bennewith & Co
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU



Date: 18 January 2023

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	Unrestricted fund £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		13,220	50,799	64,019	31,190
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
EXPENDITURE ON					
Charitable activities					
Project costs		-	24,531	24,531	23,227
Support costs		4,744	-	4,744	9,069
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total		4,744	24,531	29,275	32,296
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
NET INCOME/(EXPENDITURE)		8,476	26,268	34,744	(1,106)
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
RECONCILIATION OF FUNDS					
Total funds brought forward		6,508	20,755	27,263	28,369
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD		14,984	47,023	62,007	27,263
		<u> </u>	<u> </u>	<u> </u>	<u> </u>

The notes form part of these financial statements

Sophia Forum

Balance Sheet
31 March 2022

	Notes	Unrestricted fund £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
CURRENT ASSETS					
Debtors	5	-	-	-	19,651
Cash at bank		15,824	55,066	70,890	12,187
		<u>15,824</u>	<u>55,066</u>	<u>70,890</u>	<u>31,838</u>
CREDITORS					
Amounts falling due within one year	6	(840)	(8,043)	(8,883)	(4,575)
		<u>14,984</u>	<u>47,023</u>	<u>62,007</u>	<u>27,263</u>
NET CURRENT ASSETS					
		<u>14,984</u>	<u>47,023</u>	<u>62,007</u>	<u>27,263</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>14,984</u>	<u>47,023</u>	<u>62,007</u>	<u>27,263</u>
NET ASSETS		<u>14,984</u>	<u>47,023</u>	<u>62,007</u>	<u>27,263</u>
FUNDS	7				
Unrestricted funds				14,984	6,508
Restricted funds				<u>47,023</u>	<u>20,755</u>
TOTAL FUNDS				<u>62,007</u>	<u>27,263</u>

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Sophia Forum

Balance Sheet - continued
31 March 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on 17/01/23 and were signed on its behalf by:



.....
Tina Lut - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

3. STAFF COSTS

	31.3.22	31.3.21
	£	£
Wages and salaries	21,913	18,186
Other pension costs	688	518
	<u>22,601</u>	<u>18,704</u>

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

	31.3.22	31.3.21
Project staff	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>2,484</u>	<u>28,706</u>	<u>31,190</u>
EXPENDITURE ON			
Charitable activities			
Project costs	-	23,227	23,227
Support costs	<u>9,069</u>	<u>-</u>	<u>9,069</u>
Total	<u>9,069</u>	<u>23,227</u>	<u>32,296</u>
NET INCOME/(EXPENDITURE)	(6,585)	5,479	(1,106)
Transfers between funds	<u>13,071</u>	<u>(13,071)</u>	<u>-</u>
Net movement in funds	6,486	(7,592)	(1,106)
RECONCILIATION OF FUNDS			
Total funds brought forward	22	28,347	28,369
TOTAL FUNDS CARRIED FORWARD	<u>6,508</u>	<u>20,755</u>	<u>27,263</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	31.3.22	31.3.21	
	£	£	
Other debtors	-	19,651	
	<u> </u>	<u> </u>	
6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	31.3.22	31.3.21	
	£	£	
Other creditors	8,043	3,375	
Accrued expenses	840	1,200	
	<u> </u>	<u> </u>	
	<u>8,883</u>	<u>4,575</u>	
7. MOVEMENT IN FUNDS			
	At 1.4.21	Net movement	At
	£	in funds	31.3.22
		£	£
Unrestricted funds			
General fund	6,508	8,476	14,984
Restricted funds			
Gilead - WISE_UP+ Ageing	5,197	-	5,197
Gilead - WASH	4,341	-	4,341
MSD - WASH	4,813	-	4,813
Fast Track City	6,404	10,814	17,218
AAF	-	9,500	9,500
NAZ	-	5,954	5,954
	<u> </u>	<u> </u>	<u> </u>
	<u>20,755</u>	<u>26,268</u>	<u>47,023</u>
TOTAL FUNDS	<u>27,263</u>	<u>34,744</u>	<u>62,007</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	13,220	(4,744)	8,476
Restricted funds			
Fast Track City	33,645	(22,831)	10,814
AAF	10,000	(500)	9,500
NAZ	7,154	(1,200)	5,954
	<u>50,799</u>	<u>(24,531)</u>	<u>26,268</u>
TOTAL FUNDS	<u>64,019</u>	<u>(29,275)</u>	<u>34,744</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	22	(6,585)	13,071	6,508
Restricted funds				
Gilead - WISE_UP+ Ageing	5,637	-	(440)	5,197
Gilead - WASH	5,266	(925)	-	4,341
MSD - WASH	4,813	-	-	4,813
ViiV - WISE_UP+ YWR	4,708	-	(4,708)	-
Gilead	7,923	-	(7,923)	-
Fast Track City	-	6,404	-	6,404
	<u>28,347</u>	<u>5,479</u>	<u>(13,071)</u>	<u>20,755</u>
TOTAL FUNDS	<u>28,369</u>	<u>(1,106)</u>	<u>-</u>	<u>27,263</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	2,484	(9,069)	(6,585)
Restricted funds			
Gilead - WASH	-	(925)	(925)
Fast Track City	28,706	(22,302)	6,404
	28,706	(23,227)	5,479
TOTAL FUNDS	31,190	(32,296)	(1,106)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	22	1,891	13,071	14,984
Restricted funds				
Gilead - WISE_UP+ Ageing	5,637	-	(440)	5,197
Gilead - WASH	5,266	(925)	-	4,341
MSD - WASH	4,813	-	-	4,813
ViiV - WISE_UP+ YWR	4,708	-	(4,708)	-
Gilead	7,923	-	(7,923)	-
Fast Track City	-	17,218	-	17,218
AAF	-	9,500	-	9,500
NAZ	-	5,954	-	5,954
	28,347	31,747	(13,071)	47,023
TOTAL FUNDS	28,369	33,638	-	62,007

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

7. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	15,704	(13,813)	1,891
Restricted funds			
Gilead - WASH	-	(925)	(925)
Fast Track City	62,351	(45,133)	17,218
AAF	10,000	(500)	9,500
NAZ	7,154	(1,200)	5,954
	<u>79,505</u>	<u>(47,758)</u>	<u>31,747</u>
TOTAL FUNDS	<u>95,209</u>	<u>(61,571)</u>	<u>33,638</u>

Gilead - WISE UP+ Ageing : The funding is for the WISE-UP+ Young Women Rising event.

Gilead - WASH : The funding is for our We Are Still Here program.

MSD - WASH : The funding is for our We Are Still Here program.

Fast Track City (GROWS Project): The funding is for project work aiming to improve the quality of life of older women living with HIV.

AAF: The funding is for translation of Sophia Forum resources including our menopause booklet into multiple languages.

NAZ: The funding is to create a body of work that validates, stimulates and educates audiences about the impact of HIV on the menopause.

8. RELATED PARTY DISCLOSURES

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

Detailed Statement of Financial Activities
for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	10,389	596
Grants	53,630	30,594
	64,019	31,190
Total incoming resources	64,019	31,190
 EXPENDITURE		
Charitable activities		
Wages	21,913	18,186
Pensions	688	518
Project expenses	1,930	4,523
	24,531	23,227
 Support costs		
Other		
Postage and printing	905	86
Sundries	347	552
Admin	1,806	2,586
Website	381	325
Conference	465	120
Consulting	-	4,800
	3,904	8,469
 Governance costs		
Accountancy and legal fees	840	600
Total resources expended	29,275	32,296
Net income/(expenditure)	34,744	(1,106)

This page does not form part of the statutory financial statements

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2021
for
Sophia Forum

Bennewith 2018 Limited
t/a A J Bennewith & Co
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU

Contents of the Financial Statements
for the Year Ended 31 March 2021

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Report of the Trustees
for the Year Ended 31 March 2021

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

Organisational structure

Sophia Forum is a company limited by guarantee, incorporated on 4 November 2008 and registered as a charity on 15 September 2009. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by the Articles and Association. The trustees, who are also the directors for the tax year in question were:

Sophie Strachan	Co-chair	
Mercy Ngulube	Co-chair	
Jo Josh		- resigned May 2021
Irina Lut	Treasurer	
Taslima Rashid		- appointed Dec 2019
Nicola Stokes		- appointed Mar 2020
Juno Roche		- resigned Jun 2021

OBJECTIVES AND ACTIVITIES

Objectives and aims

The organisation's purposes and aims as set out in the objects contained in the company's memorandum are to promote and advocate for the rights, health, welfare and dignity of women living with HIV through research, raising awareness and influencing policy, by a) developing and delivering our advocacy programme; b) bringing together information and research on the issues affecting women living with HIV; c) creating partnerships with organisations and individuals delivering services and d) building relationships with policy makers. These aims are consistent with the purposes for which the organisation was established.

Report of the Trustees
for the Year Ended 31 March 2021

ACHIEVEMENT AND PERFORMANCE

For the first time in our history we appointed a Director and hired our first member of staff. We also developed our 3-year Strategic Plan which we will work to implement in the coming years.

ACHIEVEMENT AND PERFORMANCE

Impact

The trustees review the aims, objectives and activities on a quarterly basis each year. The review looks at what the organisation has achieved and the outcomes of its work in the previous year. The review looks at the success of each key activity and the benefits it has brought to those groups of people that the organisation is set up to help. The review also helps to ensure the aims, objectives and activities remain focused on the organisation's stated purposes.

Sophia Forum has had a successful year of operations despite funding and staffing constraints as well as the impact of COVID-19. We have successfully built on previous achievements whilst also putting in place foundations and building blocks for future projects and organisational growth.

ACHIEVEMENT AND PERFORMANCE

In January 2021 we recruited two external consultants to support the Sophia Forum in developing a new 3-year organisational strategy.

Programmes

PrEP: We redesigned and updated our Women and PrEP leaflets, continuing to disseminate widely and receiving specific requests from leading clinics and charities in London, across the UK and international women's organisations. PrEP leaflets are being translated into 6 languages and printed for dissemination. Illustrations were also developed by a designer. As part of our Directors role with the IMPACT trial women and other group she co led on the development of advocacy videos as an education intervention as part of the IMPACT trial strategy plan.

Menopause Booklet: We developed a new menopause resource for women living with HIV in collaboration with a menopause GP specialist Dr Louise Newson. This resource has reached women across the globe and has resulted in interviews with an organisation in America. Our director took part in a podcast with Newson health to highlight issues for women living with HIV experiencing the menopause.

WASH campaign: We organised media launch of our We Are Still Here Campaign including infographics featured in blog posts and tweets. It was developed through one of our advocacy training WISEUP weekends on Ageing with HIV and the menopause. This was co-created by women living with HIV attending. We also continued to deliver some menopause support groups in Manchester specifically around the menopause with Dr Nneka Nwokolo an HIV/Menopause specialist. Our menopause resource was created as part of our Advocacy Ask 3.

GROWS project (GRowing Older Wiser & Stronger): We secured 3 years of funding from Fast Track Cities which allowed us to appoint a new director and our first member of staff two days a week. In year one project leads undertook an analysis of data and held focus groups to help inform content and themes for the training and advocacy asks. They have developed a code book based on themes from data. Next, they will develop training content and a pilot peer mentor training will be held in the following year.

Conferences

British HIV Association (BHIVA): Sophia Forum used its stand to publicise work, and to build relationships with stakeholders in the HIV community at both the Spring and Autumn BHIVA conferences.

National HIV Nurses Association: Sophia Forum presented at the June 2020 NHIVNA conference, on the topic of Women & PrEP, and continued to grow our support network and develop partnerships for future work.

Report of the Trustees
for the Year Ended 31 March 2021

PrEP Questionnaire in sexual health clinic rollout - Sophia Forum worked in collaboration with Chelsea & Westminster hospital and the IMPACT trial providing a questionnaire to women accessing a sexual health service between January 2020 and March 2020. A poster abstract was presented at BHIVA/BASHH conference to show findings.

STI & HIV 2021 World Congress: Sophia Forum had an oral presentation accepted based on our Young Women Rising WiseUP+ Advocacy weekend focusing specifically on young women living with HIV. This was co-developed by our co-chair Mercy Shibemba and an external consultant.

Advocacy

Community engagement

APPG Inquiry into HIV and COVID-19: We carried out a survey about the experiences of women living with HIV throughout the COVID pandemic, receiving 75 responses. We presented a response to this inquiry outlining the results of our survey.

IMPACT Trial: One trustee and our Director continue to sit on the IMPACT trial community advisory board advocating for women and PrEP. Sophie Strachan (Director) is also the co-chair of the IMPACT Trial Women and Other group.

HIV Commission: Our Director and our co-chair trustee were involved in the HIV Commission - one on the Advisory Board and one as a Commissioner. The HIV Commission is an independent process supported by Terrence Higgins Trust, National AIDS Trust and Elton John AIDS Foundation, to find ambitious and achievable ways to end new HIV transmissions and HIV-attributed deaths in England by 2030. The trustees took part to generate informed evidence-based recommendations to eliminate new HIV transmissions in England by 2030.

Evolving HIV Care Community Advisory Group: Our Director Sophie Strachan joined this task and finish group in September 2020. The aim of this group was to ensure the voices of people living with HIV were represented as the key priorities to support the newly formed Integrated Care Systems in London, to plan HIV services was developed.

The HIV Collective collaborative research project- Gilead; Sophia Forum was approached by Gilead to help support their new project in hearing from the community on how COVID19 has affected the community of people living with HIV

Fifty over 50 MSD: Sophia Forum supported MSD to identify women of diverse backgrounds to share their thoughts, fears and hopes of people living with HIV aged over 50 years of age. This project was affected by COVID19 so is an ongoing project.

ACHIEVEMENT AND PERFORMANCE

Medical professionals: Trustees are regularly asked to deliver training to medical professionals and academic institutions, as well as to participate in industry patient workshops and meetings. We have additionally begun receiving requests for international partnerships and to provide support to activism efforts in other countries.

Our trustees are also invited to sit on stakeholder groups and share their expertise. We also attend a wide variety of events across the HIV and sexual health sector, including a Fast Track Cities Women and PrEP event, a U=U presentation and UK Black Pride.

Community engagement: A Sophia Forum Trustee is a member of the UK Community Advisory Board (UK-CAB) Steering Group, NAT's advisory group and a regular speaker for THT Positive Voices. Further to our successes with WISE-UP+, we are working on securing funding for additional engagement workshops with women living with HIV.

Report of the Trustees
for the Year Ended 31 March 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06741107 (England and Wales)

Registered Charity number

1131629

Registered office

483 Green Lanes
London
N13 4BS

Trustees

Sophie Strachan	Co-chair	
Mercy Ngulube	Co-chair	
Jo Josh		- resigned May 2021
Irina Lut	Treasurer	
Taslima Rashid		- appointed Dec 2019
Nicola Stokes		- appointed Mar 2020
Juno Roche		- resigned Jun 2021

Independent Examiner

Bennewith 2018 Limited
t/a A J Bennewith & Co
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU

Patrons

Dr Alice Welbourn
Professor Jane Anderson
Professor Baron Peter Piot
Michelle Brewer

Bankers

The Co-operative Bank
PO Box 250 Delf House
Southway, Skelmersdale
WNB 6WT

Report of the Trustees
for the Year Ended 31 March 2021

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 31 December 2021 and signed on its behalf by:

Ms S Strachan - Trustee

**Independent Examiner's Report to the Trustees of
Sophia Forum**

Independent examiner's report to the trustees of Sophia Forum ('the Company')

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

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

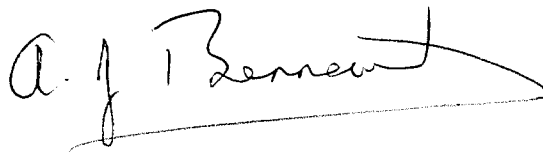
Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

A J Bennewith FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA
Bennewith 2018 Limited
t/a A J Bennewith & Co
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU



31 December 2021

Statement of Financial Activities
for the Year Ended 31 March 2021

		Unrestricted fund £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies		2,484	28,706	31,190	28,932
EXPENDITURE ON					
Charitable activities					
Project costs		-	23,227	23,227	25,188
Support costs		9,069	-	9,069	1,828
Total		9,069	23,227	32,296	27,016
NET INCOME/(EXPENDITURE)		(6,585)	5,479	(1,106)	1,916
Transfers between funds	7	13,071	(13,071)	-	-
Net movement in funds		6,486	(7,592)	(1,106)	1,916
RECONCILIATION OF FUNDS					
Total funds brought forward		22	28,347	28,369	26,453
TOTAL FUNDS CARRIED FORWARD		6,508	20,755	27,263	28,369

Balance Sheet
31 March 2021

	Notes	Unrestricted fund £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
CURRENT ASSETS					
Debtors	5	472	19,179	19,651	-
Cash at bank		7,236	4,951	12,187	28,969
		<u>7,708</u>	<u>24,130</u>	<u>31,838</u>	<u>28,969</u>
CREDITORS					
Amounts falling due within one year	6	(1,200)	(3,375)	(4,575)	(600)
		<u>6,508</u>	<u>20,755</u>	<u>27,263</u>	<u>28,369</u>
NET CURRENT ASSETS					
		<u>6,508</u>	<u>20,755</u>	<u>27,263</u>	<u>28,369</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>6,508</u>	<u>20,755</u>	<u>27,263</u>	<u>28,369</u>
NET ASSETS					
		<u>6,508</u>	<u>20,755</u>	<u>27,263</u>	<u>28,369</u>
FUNDS					
	7				
Unrestricted funds				6,508	22
Restricted funds				20,755	28,347
				<u>27,263</u>	<u>28,369</u>
TOTAL FUNDS					
				<u>27,263</u>	<u>28,369</u>

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 31 December 2021 and were signed on its behalf by:

S Strachan - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

Trustee S Strachan received a salary from the charity of £7,333 related to working one day a week on the Fast Track City project. They will be stepping down as a Trustee to take an official management position at the charity.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

2. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

A total of £900 was paid on behalf of Trustee S Strachan for executive coaching. This related to the management role she performs for the charity.

3. STAFF COSTS

	31.3.21	31.3.20
	£	£
Wages and salaries	18,186	-
Other pension costs	518	-
	<u>18,704</u>	<u>-</u>

2

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

31.3.21	31.3.20
<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	1,480	27,452	28,932
EXPENDITURE ON			
Charitable activities			
Project costs	449	24,739	25,188
Support costs	1,828	-	1,828
	<u>2,277</u>	<u>24,739</u>	<u>27,016</u>
Total	2,277	24,739	27,016
	<u> </u>	<u> </u>	<u> </u>
NET INCOME/(EXPENDITURE)	(797)	2,713	1,916
RECONCILIATION OF FUNDS			
Total funds brought forward	819	25,634	26,453
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>22</u>	<u>28,347</u>	<u>28,369</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Other debtors	19,651	-
	<u>19,651</u>	<u>-</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Other creditors	3,375	-
Accrued expenses	1,200	600
	<u>4,575</u>	<u>600</u>

7. MOVEMENT IN FUNDS

	At 1.4.20	Net movement in funds	Transfers between funds	At 31.3.21
	£	£	£	£
Unrestricted funds				
General fund	22	(6,585)	13,071	6,508
Restricted funds				
Gilead - WISE_UP+ Ageing	5,637	-	(440)	5,197
Gilead - WASH	5,266	(925)	-	4,341
MSD - WASH	4,813	-	-	4,813
ViiV - WISE_UP+ YWR	4,708	-	(4,708)	-
Gilead	7,923	-	(7,923)	-
Fast Track City	-	6,404	-	6,404
	<u>28,347</u>	<u>5,479</u>	<u>(13,071)</u>	<u>20,755</u>
TOTAL FUNDS	<u>28,369</u>	<u>(1,106)</u>	<u>-</u>	<u>27,263</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	2,484	(9,069)	(6,585)
Restricted funds			
Gilead - WASH	-	(925)	(925)
Fast Track City	28,706	(22,302)	6,404
	<u>28,706</u>	<u>(23,227)</u>	<u>5,479</u>
TOTAL FUNDS	<u>31,190</u>	<u>(32,296)</u>	<u>(1,106)</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

7. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	819	(797)	22
Restricted funds			
THT Lighthouse Fund	670	(670)	-
Gilead - WISE_UP+ Ageing	15,560	(9,923)	5,637
Gilead - WASH	-	5,266	5,266
MSD - WASH	-	4,813	4,813
ViiV - WISE_UP+ YWR	-	4,708	4,708
Viiv - WISE-UP+	1,281	(1,281)	-
Gilead	7,923	-	7,923
Awards for all	200	(200)	-
	<u>25,634</u>	<u>2,713</u>	<u>28,347</u>
TOTAL FUNDS	<u>26,453</u>	<u>1,916</u>	<u>28,369</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,480	(2,277)	(797)
Restricted funds			
THT Lighthouse Fund	-	(670)	(670)
Gilead - WISE_UP+ Ageing	-	(9,923)	(9,923)
Gilead - WASH	5,266	-	5,266
MSD - WASH	4,813	-	4,813
ViiV - WISE_UP+ YWR	17,010	(12,302)	4,708
Chelsea and Westminster - Menopause	363	(363)	-
Viiv - WISE-UP+	-	(1,281)	(1,281)
Awards for all	-	(200)	(200)
	<u>27,452</u>	<u>(24,739)</u>	<u>2,713</u>
TOTAL FUNDS	<u>28,932</u>	<u>(27,016)</u>	<u>1,916</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

7. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	819	(7,382)	13,071	6,508
Restricted funds				
THT Lighthouse Fund	670	(670)	-	-
Gilead - WISE_UP+ Ageing	15,560	(9,923)	(440)	5,197
Gilead - WASH	-	4,341	-	4,341
MSD - WASH	-	4,813	-	4,813
ViiV - WISE_UP+ YWR	-	4,708	(4,708)	-
Viiv - WISE-UP+	1,281	(1,281)	-	-
Gilead	7,923	-	(7,923)	-
Awards for all	200	(200)	-	-
Fast Track City	-	6,404	-	6,404
	<u>25,634</u>	<u>8,192</u>	<u>(13,071)</u>	<u>20,755</u>
TOTAL FUNDS	<u>26,453</u>	<u>810</u>	<u>-</u>	<u>27,263</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,964	(11,346)	(7,382)
Restricted funds			
THT Lighthouse Fund	-	(670)	(670)
Gilead - WISE_UP+ Ageing	-	(9,923)	(9,923)
Gilead - WASH	5,266	(925)	4,341
MSD - WASH	4,813	-	4,813
ViiV - WISE_UP+ YWR	17,010	(12,302)	4,708
Chelsea and Westminster - Menopause	363	(363)	-
Viiv - WISE-UP+	-	(1,281)	(1,281)
Awards for all	-	(200)	(200)
Fast Track City	28,706	(22,302)	6,404
	<u>56,158</u>	<u>(47,966)</u>	<u>8,192</u>
TOTAL FUNDS	<u>60,122</u>	<u>(59,312)</u>	<u>810</u>

The ViiV Healthcare funding is for the WISE-UP+ Young Women Rising event that took place January 2020. The Gilead Sciences and MSD funding is for our We Are Still Here program which has been delayed due to COVID19 but has been developed into an online programme, due to begin imminently. The Chelsea and Westminster funding is for the running of a women's menopause support group.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

8. RELATED PARTY DISCLOSURES

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

Detailed Statement of Financial Activities
for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	596	1,480
Grants	30,594	27,452
	31,190	28,932
Total incoming resources	31,190	28,932
EXPENDITURE		
Charitable activities		
Wages	18,186	-
Pensions	518	-
Project expenses	4,523	25,188
	23,227	25,188
Support costs		
Other		
Postage and stationery	86	110
Sundries	552	87
Admin	2,586	274
Website	325	255
Travel	-	264
Conference	120	238
Consulting	4,800	-
	8,469	1,228
Governance costs		
Accountancy and legal fees	600	600
	32,296	27,016
Net (expenditure)/income	(1,106)	1,916