

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
Taslina 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>
		8,883	4,575
		<u> </u>	<u> </u>
7. MOVEMENT IN FUNDS			
		Net	
	At 1.4.21	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>
	20,755	26,268	47,023
	<u> </u>	<u> </u>	<u> </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
	<u>64,019</u>	<u>31,190</u>
Total incoming resources	64,019	31,190
EXPENDITURE		
Charitable activities		
Wages	21,913	18,186
Pensions	688	518
Project expenses	1,930	4,523
	<u>24,531</u>	<u>23,227</u>
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
	<u>3,904</u>	<u>8,469</u>
Governance costs		
Accountancy and legal fees	840	600
Total resources expended	<u>29,275</u>	<u>32,296</u>
Net income/(expenditure)	<u>34,744</u>	<u>(1,106)</u>

This page does not form part of the statutory financial statements