WOMAN'S TRUST

England & Wales · Charity number 1143513

Details

Status	Registered
Legal form	Charitable company
Company number	06886781
Registered	2011-08-23
Register	View on the Charity Commission register

Contact

Address	Woman's Trust PO Box 70420 London NW1W 7QL
Phone	02070340303
Email	admin@womanstrust.org.uk
Website	www.womanstrust.org.uk

Activities

Objects: TO RELIEVE WOMEN AND CHILDREN, WHO ARE OR HAVE BEEN AFFECTED BY DOMESTIC ABUSE BY THE PROVISION OF A COUNSELLING AND SUPPORT SERVICE.

Activities: Woman's Trust is a woman-only charity (founded originally in 1995) which addresses the long-term mental health consequences of domestic violence, by providing high quality, free counselling and support services. Woman's Trust also provides training on domestic violence and counselling skills to front line professionals.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

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Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,060,767	£1,068,762	£528,942	38
2024-03-31	£1,044,472	£1,085,470	£536,938	41
2023-03-31	£945,407	£1,016,663	£577,937	36
2022-03-31	£1,016,213	£933,562	£649,193	32
2021-03-31	£1,006,213	£773,843	£566,542	25

Trustees

Name	Role	Appointed
Niki Scordi	Chair	2024-02-01
Althea Cribb		2025-02-03
Debbie Hartley		2016-10-06
Deborah Freeman		2024-05-20
Elizabeth Muir		2025-07-21
Florence Acquah		2025-07-21
Jaswinder Rehal		2025-02-03
LINDA MCHUGH		2012-10-17
Laura McCarthy		2021-07-27
Maya Rodriguez		2014-02-01
Nicola Peers		2017-03-22
Rebecca Williams		2025-02-03
Shivangi Medhi		2025-05-19
Vyara Stoycheva		2024-07-22

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WOMAN'S TRUST

England & Wales - Charity number 1143513

Accounts

woman's Trust

recovery from domestic abuse

Annual Report and Financial Statements

31st March 2025

Charity Registration Number 1143513
Company Registration Number 06886781 (England and Wales)

woman's Trust
recovery from domestic abuse

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The Trustees present their statutory report together with the financial statements of Woman's Trust for the year ended 31 March 2025.

This report has been prepared in accordance with Part 8 of the Charities Act 2011 and constitutes a directors' report for the purposes of company legislation.

Woman's Trust is constituted as a charity registered for charitable purposes with the Charity Commission (Charity Registration Number 1143513) and a company limited by guarantee (Company Registration Number 06886781).

Chair & CEO's Foreword

This year, women and children have continued to face worsening abuse and mental health, in the context of social and economic challenges that disproportionately affected them. With 1 in 2 women seeking mental health support due to domestic abuse (RCP, 2024), 9 out of 10 women continue to report counselling and mental health support as their priority needs (DAC, 2022) and domestic-related suicides overtook homicides for another year (NPCC, 2025).

Woman's Trust **faced increasing demand for our services,** whilst costs increased at a faster rate than funding. For the third year now, we were only able to provide direct therapeutic support to just over half of those contacting us. Without our support, women are left with nowhere to turn to, as the NHS Mental Health Services reported a million people on waiting lists this year and London's statutory services including social care and housing were also overwhelmed.

Woman's Trust **launched its report "Living without Hope"** in March 2025 making the case for improving the mental health response for survivors of domestic abuse. It amplified our call for action to prioritise the devastating impact of domestic abuse on women's and girls. We wrote an open letter to ministers, together with 100 charities, calling for domestic abuse to be made a priority by the new Government, for both the new National Health Service and Violence Against Women and Girls (VAWG) Strategies planned for launch in 2025.

In line with our Strategy, we continued to **develop innovative services and partnerships** across the whole system. We worked together with our committed and passionate funders, both existing and new, as well as statutory agencies, to provide high-quality trauma-informed services across London to more women than ever. We built on our partnerships with other specialist 'by and for' women's charities, as a member of Women's Aid Federation of England & Wales and the London VAWG Consortium, to reach those facing multiple disadvantages and diverse groups including young women and girls, and black and minoritised communities.

We are privileged to work with **passionate, committed and expert staff**, both our counsellors and front-line colleagues, as well as the wider Woman's Trust team. We recognised the impact these challenging times have had on them and continued to focus on providing a positive supportive environment, ensuring training and development, a work-life balance and flexible working.

As we enter the fourth year of our strategy, we continue to centre our work on women's and children's needs and to amplify their voices. We cannot do this without the continued support of our supporters, funders, partners and colleagues; we thank you.

Niki Scordi, Chair

Heidi Riedel, Chief Executive Officer

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Trustee Report

Our Vision, Mission and Approach

Our vision is a world where women and children have the resources to prevent domestic abuse damaging their futures.

Our mission is to help women and children affected by domestic abuse to overcome the mental and emotional harm and rebuild their life, by providing women-only, client-led counselling and mental health support services.

Woman's Trust's charitable object is to relieve women and children who are being, or have been, affected by domestic abuse, through the provision of a counselling and support service.

Woman's Trust is the leading specialist service provider of pioneering, free and confidential mental health responses for survivors of domestic abuse:

- We offer **specialist 'person-centred' counselling and therapeutic services**, informed by an understanding of the long-term mental health and emotional impacts of domestic abuse

- Through a **trauma-informed approach,** we enable women to make their own choices and decisions, in their own way, in overcoming the risk and damage caused by domestic abuse, and

- We are **expert in understanding the dynamics** of domestic abuse and its devastating and often long-lasting effects on women's lives and that of their children, providing accessible intersectional services regardless of race, religion, class, or culture.

Woman's Trust is a women-only organisation, rooted in the lived experiences of the women and the communities we serve.

We provide a safe environment for women to talk about their experiences openly and without fear of being judged, to process their thoughts; and to understand, express and learn to manage their feelings and reactions with the help of our specially trained therapists. We work with women at our dedicated Women's Centre in central London, regional hubs and online, to meet women where they are at.

Our services are accredited by the British Association for Counselling and Psychotherapy (BACP) Ethical Framework for the Counselling Professions (2018). We follow the National Quality Standard of Community Services by Women's Aid Federation for England & Wales.

We work in a whole system approach to raise awareness and improve understanding of the impact of domestic abuse and VAWG on women's and girls' mental health, aiming to deliver systems change and improve outcomes for survivors.

- We engage with voluntary and statutory sector partners, **working in partnership to develop frameworks and responses** to meet the needs of women and girls. We are part of the award-winning Angelou Partnership, the London VAWG Consortium, and Whole Housing Approach Partnership, partnering with over 30 specialist charities.

- We provide **awareness raising workshops and training for professionals and front-line workers**, both voluntary and statutory partners, on mental health, suicidal ideation and improving responses and mental health outcomes for women and girl- survivors of DA.

- We carry out **research and share practice-based evidence**, based on our almost 30 years of expertise, amplifying women experts by lived experience voices, sharing our best-practice approaches and publishing briefings to influence commissioners and policymakers across local and national government level.

Impact at a glance

1289 women referred to our services

833 women offered therapeutic support

605 women received triage advice and signposting support

Engagement in our services

503 women received Counselling
127 women attended Workshops
7 young women received counselling*

144 received Therapeutic Support Groups
41 attended Peer-led Support Groups*
34 young women attended workshops

** New services launched*

Outcomes of our services

Counselling

63% reduced suicidal thoughts and ideation
60% reduced self-harm
89% reduced feelings of anxiety and stress
86% had more control of their future

Therapeutic Support Groups

87% felt less isolated
100% improved confidence
89% reduced feelings of anxiety and stress
86% had more control of their future

Self-development workshops

84% feeling better equipped to cope
94% improved self-esteem
94% improved inter-personal interactions

woman's Trust

recovery from domestic abuse

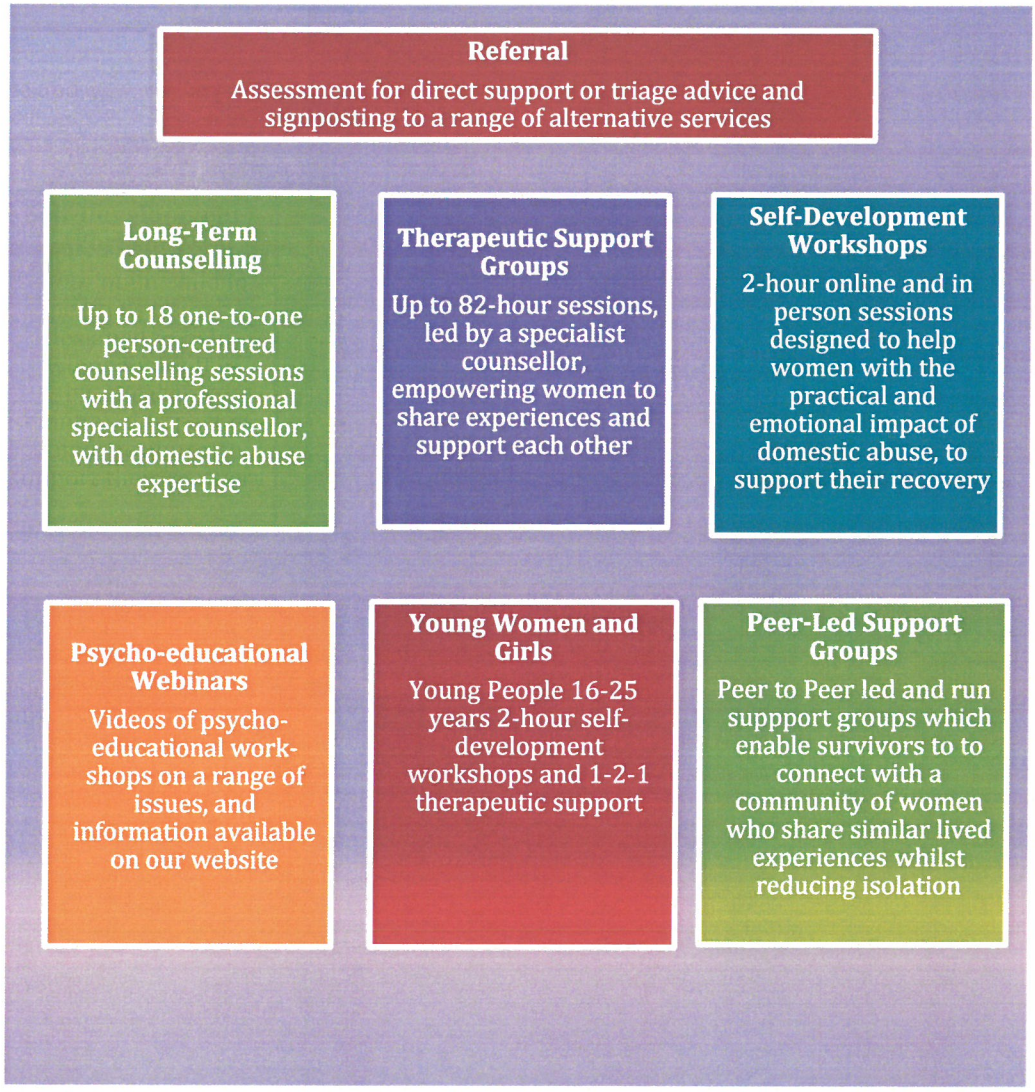
Our counselling and support services

Domestic abuse has affected or will affect one in four women in the UK. The psychological and emotional consequences of abuse, if left unaddressed, can last a lifetime for the woman and her children. Our services enable women to recover from domestic abuse and rebuild their lives.

We aim to tackle the emotional and psychological damage caused by abuse, by providing mental health services to women and their children, including

- specialist person-centred trauma-informed one-to-one counselling,
- therapeutic support groups (both BACP accredited services),
- educational and self-development workshops,
- webinar resources for anyone experiencing domestic abuse and
- help women with small grants from a hardship fund, where possible.

A Woman's Service Journey



Women access our services directly or through a referral from diverse pathways, including statutory and voluntary partners, such as the NHS and other health agencies, the police, social care and other VAWG and mental health charities.

Women can choose to access one or more services simultaneously or one after the other, as each woman's journey is tailored to her needs.

"I believe Woman's Trust should be supported because of the amazing work they do. Woman's Trust have been very supportive throughout my time there and from the very first day I felt comfortable, supported and always felt at ease. I was provided a safe space and always looked forward to my next session as I had noticed a difference in my confidence and felt I had more control over my life. I was given information of other services I could access which I found very useful.

I am now able to put things in place to keep me safe and look forward to the future. Every session I had with my counsellor left me feeling positive and hopeful for the future. Staff are always so friendly and welcoming, and Woman's Trust have impacted my life in such a positive way, I cannot thank them enough and I will forever be grateful for them."

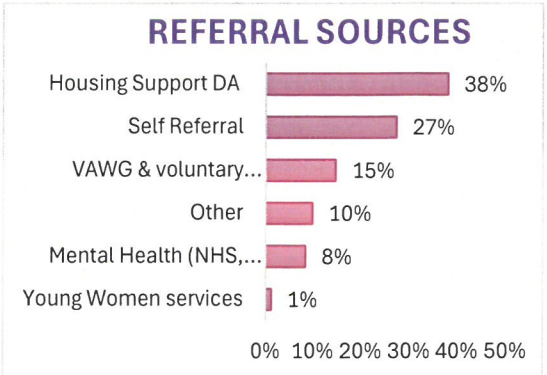
Woman supported, August 2024

Our reach: referred to and engaged with our services

Throughout the year 2024/25, Woman's Trust **received 1289 referrals** (1596 in 2023/24) from a variety of sources, **with 833 women offered direct therapeutic services** (917 in 2023/24). In addition, 605 women were provided with triage support and sign posted to alternative non-specialist services for further support, as unfortunately we were already at capacity and once again, need exceeded resources.

Our main rereferrals continue to be

- 38% from our partnerships with London Whole Housing (LWHSP) and Floating Support (PLFSS) programs, a 13% increase from 23/24
- self-referrals directly from women survivors (27%) who reach out to us, and
- referrals from VAWG organisations (15%) through our networks and partnerships.

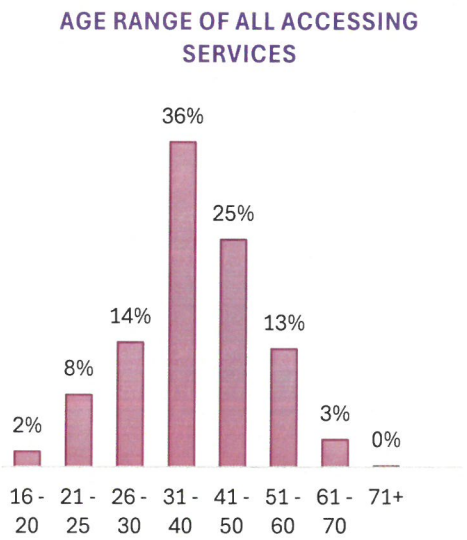


At Woman's Trust, 53% of women and girls who accessed and engaged with counselling, support groups, and workshops came from global majority (including Black, African, Asian, dual-heritage and racialised) groups, compared to 47% of London's demographic profile (Census, 2021).

Our services are offered to girls and women aged 16 years old and above.

Women aged 31 to 50 represent 61% of those engaged with our services, although demand for services to girls and young women is increasing.

Young women and girls from 16 years old to 24 years old, which now represent 10% of all clients.Since the launch of the specialist service to 16 to 25 years old, in partnership with London's Violence Reduction Unit (the Maia & LIFT Partnership) in 2022, we have been delivering one to one therapeutic counselling and awareness and self-development workshops across 6 London boroughs.



Services provided

Our goal is to offer a variety of services tailored to address the diverse needs of our clients and aid them in overcoming the trauma of domestic abuse.

Service	No of Women	% of Women
Triage advice support	463	35%
Counselling incl young women	510	39%
Therapeutic Support Groups	144	11%
Peer led Support Group	41	4%
Workshops	157	12%
All Services FY 2024- 2025 (non-unique women)	**1315**	**100%**
All Services FY2024-25 (Unique women) *	**833***	

** a unique woman is counted once irrespective of the number of services she attends*

A total of **833 women and girls were provided at least one of our services** and 60% (510 24/25, compared to 496 23/24) engaged with individual counselling sessions, with some women accessing multiple services.

Of the women accessing our services, 503 women engaged with one-to-one counselling and attended 75% of all sessions offered (4391 of total 5826 sessions).

We continue to offer an increasing amount of face-to-face counselling to women, in addition to online, to improve access and reach women where they are in the way that they want. Woman's Trust has remained a crucial support for many.

Our group sessions, including therapeutic support groups had a total of 198 sessions, consisting of 28 provided group blocks, each lasting 8 week, and psycho-educational workshops (comprising 89 sessions), were successfully continued both online and face-to-face.

"As an international person living in the UK for the first time, I was going through a challenging period and didn't know where to seek help. That's when I was referred to Woman's Trust, and they were there for me, providing much-needed counselling during that difficult time. Their support was a lifeline, and I am truly grateful for the help they gave me. The work of Woman's Trust should be supported because they offer crucial emotional and psychological assistance to women in need, especially for those who may not know where to turn during tough times. Their impact is significant and makes a real difference in the lives of many."

Woman supported, February 2025

Impact: Our Outcomes

1. **Counselling service**

A total of 510 received direct counselling support, with 5826 total counselling sessions delivered in the FY 2024/25 of which 75% (4391) were attended.

Women engaging with counselling services reported an improvement in their mental health and well-being, and reduction in suicidal ideation, as well as more able to make life choices and have better relationships and connections.

We ensure the effectiveness and impact of our services on women's lives, through the use of the Clinical Outcomes in Routine Evaluation (CORE) for counselling and entry and exit questionnaires (EQ) for all our services.

Women told us that our support helped with their recovery from domestic abuse and improved their mental health:

- 89% reduced feeling stress and anxiety
- 63% reduced suicidal thoughts and ideation
- 60% reduced self-harm
- 93% improved their self esteem
- 85% were more confident
- 86% had more control of their future

- 89% had better understanding of their rights
- 91% had knowledge of how to access services for support
- 85% had improved their interpersonal and family relationships
- 84% had improved their relationships with their children, of those with children

"I was not alone in the worst period of my life and also it helped me deal with trauma from abusive relationship. It is a safe space, nurturing and understanding, and judgment free. I felt I am talking to a friend or a cousin and the energy that I was getting was warm and gentle.

My therapist was always looking after my interests even if I was harsh to myself, she would gently correct my words and encourage me to talk kindly to myself. I felt connected and in 'safe' hands."

Woman supported, June 2024

"I was very fortunate to start Woman's Trust counselling sessions at a critical time in exiting a long-term toxic relationship. I had struggled on and off to get the support I needed through private insurance and the NHS. But there were always many parameters and long wait times. It was very hard to get the continued help I desperately needed. I was on the verge of giving up on therapy because it felt too hard and complicated to secure. My mental health would have greatly suffered during an already vulnerable time in my life.

When I was offered 18 sessions through Woman's Trust, it truly felt like a godsend. And though I'd been lucky enough to have some therapy before, it's hard to find a therapist that fully understands the dynamics of these types of relationships. Having support to get out of an unhealthy relationship is vital to the survival of many women - and largely overlooked because often coercive control is so invisible. It takes a very specific kind of expertise to empower women to break this vicious cycle.

Many women in my situation have lost a great deal of confidence and don't know where to start. Without the work of charities like Woman's Trust, I believe that we would remain stuck, powerless and hopeless. Another huge reason, in particular for myself is that the sessions are offered for free and for a significant length of time. I myself was not in a position to be able to pay for expensive therapy sessions, even though my mental health was suffering immensely.
18 sessions is a wonderful span of time to truly make progress and for the sessions to have a concrete impact on your life."

Woman supported, June 2024

2. Therapeutic Support Groups

Our specialist and trained counsellors facilitated a total of 28 Therapeutic Support Groups, with each group comprising 8 sessions. For support group programmes ending in FY2024/25, these garnered a significant attendance of 910 attendances, with 118 unique women benefiting from the service (881 attendances, 107 unique women benefiting in FY2023/24).

The impact of the Therapeutic Support Groups was overwhelmingly positive, as women reported:

- 87% felt less isolated.
- 100% of participants reported an improvement in their confidence.
- 93% experienced a reduction in stress and anxiety levels.
- 100% felt a greater sense of control over their future.
- 93% reported improved ability to participate in group discussions.
- 80% indicated an enhanced understanding of their rights.

"Listening to other group members' perspectives provides a different angle and helps me better understand certain situations. The reassurance and feeling supported by the group, and also being understood, is so uplifting. The therapist has a lovely way of helping us explore an alternative way of thinking, making me feel more confident in myself."

Woman supported, June 2024

Excellent service and I can't recommend this enough. It's a lifeline to some and this needs to be noted."

Woman supported, June 2024

"The lead of the meeting was always very understanding and created a safe place for all of us to be able to open up. I am grateful to have been given the opportunity to attend and open up about my own experience, which is heavy to carry, and that was only possible thanks to the caring nature of the support group and lead."

Woman supported, March 2025

3. Self-development workshops

Our Self-development Workshops were accessed by 102 women, with 74 workshop sessions attended and a total of 396 attendances.

Our workshops included:

- Workshops for young women aged 16 to 25 experiencing domestic abuse and additional needs including care leavers, school exclusions and at risk of exploitation and offending, as part of the Maia programme in partnership with Advance and funded by London's Violence Reduction Unit,
- Workshops aimed at supporting women and their children with housing needs in refuges and the community, part of the GLA-funded Floating Support (PLFSS) programme in partnership with the London VAWG Consortium and Refuge,
- Workshops focused on empowering women with knowledge and awareness of the effects that domestic abuse may be having on them and others, and helping to rebuild their self-esteem and confidence in a safe, supportive environment amongst peers, funded by City Women Network and the RBKC Serious Violence Unit,
- Thrive Futures Theatre workshops- partnership project aimed at providing a space for women to express themselves by connecting with other women through creative activities, and for them to rediscover and explore skills and talents.

Women, including the young women we supported reported overwhelmingly positive outcomes and impact of the workshops:

- 94% of the women experienced an improvement in their self-esteem.
- 94% reported improved interpersonal interactions.
- 94% felt an increase in their overall confidence.
- 90% increased willingness to take positive steps towards changing their lives.
- 84% felt better equipped to cope with their experiences of domestic abuse.
- 84% felt workshops improved their skillset.

The outcomes and women's feedback demonstrate the effectiveness of our Self-Development Workshops in empowering women, enhancing their well-being, and enabling them to overcome the challenges associated with domestic abuse.

"Whilst most of the patterns mentioned in the workshop were things I've already had information on, something was mentioned in the workshop that made me realise that there were behaviours from an even more recent relationship that were red flags, even though I did not recognise this relationship as "toxic" or "abusive". I thought it was a healthy behaviour, and I've learnt that it was, instead, a red flag. And that I have so much to learn and to heal."

Woman supported, October 2024

"My experience of the workshops has been overwhelmingly positive. I feel much more aware of the impact of domestic abuse on my mental health and my life and can take more steps to self-care. I feel a lot more self-awareness around resources and support and feel I will be able to take steps to freedom."

Woman supported, June 2024

"To be honest I was amazed by the content, information, guidance and general help and support. [The groupworker] has completely changed the way I think and given me clarity and confidence moving forward. The way I would describe how much I've learned from the workshop is a series of many lightbulb moments that have given me a greater understanding of domestic abuse, Childhood experiences and the relationships I have had in my life and so therefore have now a newfound confidence to change these negative things in my life. Many thanks to the [groupworkers]."

Woman supported, March 2025

"The parts of the workshop that were the most useful were the reflective exercises, analysing the topic for that week and vocally participating because, this is something I can now do in my day-to-day life, and it really does help me to put things into a visual perspective and help to boost my issues with self-confidence. Plus, the lesson on domestic violence indirectly gave me the answers to the questions that I was desperate to know which has given me peace of mind and that was exactly what I was hoping to receive out of these workshops."

Woman supported – March 2025

Raising awareness in a whole system approach

We work in a whole system approach to raise awareness and improve understanding of the impact of domestic abuse and VAWG on women's and girls' mental health, aiming to deliver systems change and improve outcomes for survivors.

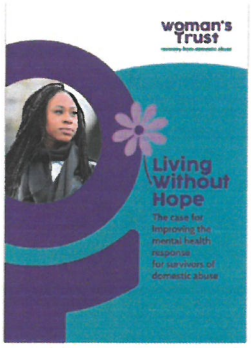
This year, we stepped up our campaigning and stakeholder engagement work significantly.

We mapped the people, organisations and influencers we have, and need to develop relationships with, to deliver systemic change on behalf of the women we support. This includes commissioners and policy makers, to raise awareness of the impact of domestic abuse on mental health and ensure more women can get the support they need.

Engagement during this period was predominantly with contacts within local authorities, the Greater London Authority (GLA), including the Mayor's Office for Policing and Crime (MOPAC), the Domestic Abuse Commissioner's office and the London Victims' Commissioner.

In March, we published of our first major report, "**Living without Hope".**

The report consolidates existing and increasing academic, government and sector research that demonstrates the significant impact of domestic abuse on women's mental health and wellness.



It the current response within agencies at national, regional and local level and the gaps in provision, The report also makes recommendations for change and improvement across the health and VAWG sectors.

The launch event at the Fishmonger's Hall was well-attended by VAWG, health and mental health professionals. With a keynote message from Baroness Merron, Minister for Mental Health and Women's Health, there was consensus and support for our calls to improve the current systems and provision for survivors.

The full report is available on our website
https://womanstrust.org.uk/wp-content/uploads/2025/03/Living-without-hope-Full-Report-March-2025.pdf

The publication also marked **the start of a national campaign to raise awareness and secure funding** for a significant increase in long-term, specialist and trauma-informed therapy for women across the country.

Through our media and social media activity we have continued raising awareness of the signs and impact of domestic abuse on mental health and the value of specialist, trauma-informed counselling on survivors' recovery. This included print and broadcast coverage highlighting the real-life impact of domestic abuse on women's psychological wellbeing; as well as a partnership with the Metro newspaper as part of a year-long campaign highlighting the incidents of and work to prevent and address violence against women and girls in the UK.

Our support for tens of thousands of women over nearly thirty years of operation has consistently demonstrated that the women who come to us often have multiple, competing demands.

Similarly, specialist support to address the mental health trauma caused by abuse remains a crucial part of women, young women and girls' journey to recovery. This is why we continue to work within the vawg sector as part of a wider, whole system approach, in conjunction with peer charities that offer different support, such as housing, legal, within the criminal justice system or reflective of different ethnic backgrounds, for example.

And within these partnerships and collaborations we continue to provide information, training and raise awareness on the impact of DA on mental health and the difference that trauma-informed, specialist therapy makes. The Angelou Partnership, the London VAWG Consortium and as members of the Women's Aid Federation.

Governance and Administrative Information

Governance, Structure and Management

Trustees

(at date of approval of financial statements, except where noted)

Niki Scordi	Chair
Debbie Hartley	
Laura McCarthy	Chair - Ethics, Practice & Safeguarding Committee
Linda McHugh	Chair - Finance, Operations & People Committee
Maya Rodriguez	Treasurer
Nicola Peers	Chair - Fundraising & Communications Committee
Althea Cribb	Appointed 2 February 2025
Deborah Freeman	Appointed 16 May 2024
Elizabeth Muir	Appointed 21 July 2025
Florence Acquah	Appointed 21 July 2025
Jazz Rehal	Appointed 2 February 2025
Rebecca Williams	Appointed 2 February 2025
Shivangi Mehdi	Appointed 19 May 2025
Vyara Stoycheva	Appointed 22 July 2024
Anthonia Ifeanyi-Okoro	Resigned 29 April 2025
Helen Smith	Resigned 4 November 2024
Joanne Baker	Resigned 16 May 2024
Nadia Mahmud	Resigned 9 April 2025
Heidi Riedel	Chief Executive Officer

Bankers

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4AT

Auditors

R E Jones & Co
132, Burnt Ash Road
Lee
London SE12 8PU

Administrative Information

Charity Registration number
1143513

Company Registration Number
06886781
(England & Wales)

Incorporation, Memorandum and Articles of Association
24 April 2009

Registered office
West End House
37 Chapel Street
London NW1 5DP

Organisational Structure

Woman's Trust's ultimate decision-making body is its Trustees, working collectively as a Board. The Trustees are the Directors of the company.

Day-to-day management of Woman's Trust is delegated to an employed Chief Executive Officer, who in turn is responsible for delegating work to staff and volunteers.

Woman's Trust maintains a small core staff, recruited for specific skills and experience. All our staff are women, dedicated to the ethos of Woman's Trust and determined to provide women in London with the service they so desperately need.

Woman's Trust Counsellors are a mixture of fully-qualified employed counsellors and volunteer counsellors, some of whom are still undertaking their training.

Trustee Recruitment, Induction and Training

The Board conducts a periodic skills audit. Board vacancies are advertised according to identified gaps. Candidates are interviewed by the Chair and at least one other Board member and once shortlisted, invited to observe at least one Board meeting before appointment by the Board.

On appointment, each Trustee is given information about Woman's Trust services, and an induction to the work of the service and key organisational aspects, including meeting with members of staff who introduce the work to them. The charity provides opportunities for Trustees to attend internal specialised domestic abuse training and external training, including governance and charity finance.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed in-line with the risk management policy. The Trustees and Chief Executive Officer undertake regular risk assessments, including an annual risk analysis which forms part of the charity's strategic planning process and the individual risk assessments of proposed new projects or developments. Quarterly Board meetings receive reports from the three Committees on any additional risks and, where major risks are identified, the Trustees will take the appropriate action to ensure that these are mitigated. Major risks and mitigation responses are identified below.

Risk Identified	Mitigation response
Trust and foundation income opportunities have reduced since our turnover	♦ We have increased investment in fundraising to focus on statutory, corporate and individual giving funding streams so we can plan longer-term;

increased to over £1m per year. Competition for funding has increased as other funding sources such as statutory have decreased.	♦ We closely monitor the bidding process timetables, so bids to renew funds or obtain new funding are made well in advance; ♦ We build our annual budget based on secured funding and the identified funding gap which becomes our fundraising target for the year; and ♦ We maintain contingency plans to make any necessary service changes, in addition to increasing unrestricted reserves and fundraising for core costs.
The loss of key staff, who would be difficult to replace, or replace quickly. Increasing difficulty in recruiting staff and the high cost of living in London	♦ We have introduced longer notice periods for key positions and ensure there are related roles that are able to provide cover during absences and vacancies. ♦ We adapted the staffing levels, increasing hours for more experienced staff, and reshaping responsibilities to make best use of the staff and volunteers we have available. ♦ We have documented systems, job descriptions and responsibilities, meetings and plans to ensure staff and volunteers can access the knowledge they would need to undertake new tasks. ♦ We have reviewed salary scales and increased pay levels where possible to be more competitive in the market.
Insufficient qualified counsellors to deliver a safe service	♦ We have reduced our dependence on volunteer counsellors by recruiting more directly employed counsellors. ♦ We continue to use some volunteer placement counsellors who may become a pool of potential employed counsellors, to ensure we respond to changes in demand and need.

Financial Activities Overview

Woman's Trust received £1,060,767 in total income in the year to March 2025. Unrestricted income of £363,798 made up to a third of Woman's Trust total income. Of that sum, unrestricted donations and gifts were £157,417. Restricted income totalled £696,969.

In the year to March 2025, expenditure was £1,068,762 decreased by 1.5% compared to the previous year. Service provision costs increased by over £10,000. The labour market tightened further in the year, and it was necessary to use specialist agencies and some sessional staff during the year, increasing staffing expenditure.

The cash position at the end of the year was £476,580, similar to last year (£479,431). Restricted funds carried forward were £27,436, reflecting the fact that project funding

is rarely aligned with financial years. The unrestricted funds stood at £501,506 at the end of the year, and this similarly includes designated funds of £80,000 set aside to cover core and project. This leaves reserves funds of £421,506 an increase of £43,304 over last year.

Reserves Policy

The Trustees review the Reserves Policy annually and the calculation of the required level of reserves is an integral part of the organisation's planning and budgeting. It takes account of the risks associated with each stream of income and expenditure being different from that budgeted, the organisation's commitments and the planned activity level.

The reserves policy requires free reserves (i.e., unrestricted funds excluding designated and Assets) to be maintained at a level which ensures that the organisation's core activity could continue during a period of unforeseen difficulty such as:

- a funding gap, possibly whilst waiting for the result of an application;
- funding short term deficits in a cash budget, when paid in arrears;
- covering unforeseen day-to-day operational costs, such as paying temporary staff in the absence of permanent staff;
- covering unforeseen emergency costs.

The Trustees believe that it is prudent for the financial reserve to be at least three months' running costs to meet the above obligations. Our medium-term objective is to move to a 6 months' reserve policy. We increased our reserves excluding designated funds in 2024/25 to £421,506 (2023/2024: £378,202) in line with our increased core costs, and plan to maintain this level in 2025/26.

Going concern

The investment we made in partnership working produced several new strands of multi-year statutory funding. In addition, we have secured several other multi-year funding grants and donations from trusts and foundations, corporate funders and donations. Our current position is sufficiently secure, supported by reserves, to give assurance that Woman's Trust remains a going concern for the following reasons:

- budget and cash flow forecasts prepared show that Woman's Trust has sufficient funds to meet its obligations for the next nine months and we have a fundraising plan, and fundraising resource, in place to raise funding beyond that time; and
- management information systems enable timely decision making.

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Fundraising Overview

Woman's Trust complies with the Fundraising Code of Practice and is registered with the Fundraising Regulator. Woman's Trust does not use any professional fundraiser or commercial participator to raise funds on our behalf. No complaints have been received about our fundraising activities.

Most of our fundraising activity is applications to charitable trusts and foundations, and to statutory funders such as the NHS, Local Authorities and central government.

We plan to increase our income from donations by community fundraising and building relationships with corporate and individual donors. Donations received as a result of active fundraising are dedicated to the purpose for which they were raised for.

We want to thank our funders and donors for their continued support, including:

The Blue Thread
Bruno Schroeder Trust
Charles Hayward Foundation
Charles S French
The Childwick Trust
City Bridge Foundation
Dr. Edwards Bishop King's Fulham Charity
Dudley & Geoffrey Cox Trust
East End Community Foundation
The Fishmongers Company
Garfield Weston Foundation
Hammersmith & Fulham Council
Hammersmith United Charity
The Henry Smith Charity
Hyde Park Place Estate Charity
Kusuma Trust
London Freemasons' Charity
Merchant Taylors' Foundation
Pathways Housing
Society of the Holy Child Jesus
Souter Charitable Trust
Strand Parshes Trust
Tara Getty Foundation
Wakefield & Tetley Trust
The Worship Company of Cutlers
West Hackney Parochial Trust
Westminster Amalgamated Charity
Westminster Almshouses Foundation
Westminster Community Priorities Programme
Zurich Community Trust
Greater London Authority
London Councils
London Violence Reduction Unit
MOPAC
NHS North-West London ICB
RBKC Community Safety

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Future Plans and Strategy 2022 to 2027

We have concluded the third year of our 5-year strategy and have delivered in-line with our strategic aims of:

- Offering high quality and effective counselling and mental health services to women and children survivors of domestic abuse
- Sustaining existing funds and growing our income to expand our offer to meet the increasing number and needs of women and their children
- Raising awareness about Woman's Trust work and influencing the debate about domestic abuse and mental health in London and nationally
- Ensure that we have the staff with the right skills, in the right place, at the right time

Our medium-term goals for the next two years remain:

- To continue to deliver high quality trauma-informed mental health services and play a significant role in the London-wide provision and improvement of specialist services offered to women affected by domestic abuse;

- To ensure we increase capacity of services to respond to the unmet demand for counselling and therapeutic support;

- Recognising that domestic abuse is part of a larger picture which includes the impact on children and mothers, young women and girls, and the criminal justice system response, use our expertise to support integrated approaches to these;

- To produce reports, based on evidence and research, on key findings such as: suicide and self-harm, mental health, the criminal justice system and mental health, and young people and mental health and our interventions to influence commissioning and delivery, as well as policy makers and government at London and National level and improve mental health and social justice outcomes;

- To continue to build partnerships with voluntary, statutory and organisations to influence on key strategies and action plans on the Mental Health of Women and Girls Survivors of DA;

- To ensure the organisation is on a robust and sustainable footing, by continuing our fundraising effectiveness and maintaining our reserves in-line with our reserves policy.

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Public Benefit Statement

Trustees have referred to the Charity Commission's general guidance on public benefit in reviewing the aims and objectives of the charity, in planning future activities and, in particular, how planned activities will contribute to those aims and objectives.

Woman's Trust's charitable objects are to relieve women and children who are or have been affected by domestic abuse, by providing counselling and support services.

Woman's Trust's services have the following benefits:

- Improving the mental health of women affected by domestic violence, reducing the likelihood that they will suffer from depression, post-traumatic stress syndrome, suicidal ideation, or any of the other mental health conditions associated with domestic abuse;
- Empowering women affected by domestic violence to function better and to make better choices, enabling them to live fuller lives through, for example, better relationships with other family members and people outside the home, improved ability to work, to control their own finances and to take an active role in society;
- Contributing towards the safety and emotional health of children whose families are affected by domestic violence;
- Enabling women in abusive relationships to build their knowledge of support services, social networks and personal strength so that they can mitigate risk, plan for a safer future, and understand what services are available to them.

These benefits relate directly or indirectly to several charitable purposes including the advancement of health (primarily mental health), the advancement of human rights and citizenship, the relief of poverty and of those in need. In extreme cases, this can extend to saving lives as women are empowered to overcome the danger and damage caused by domestic violence.

Woman's Trust's services are sex-based and offered to women and children who are or have been affected by domestic abuse but are not otherwise restricted in principle. In practice, there are certain restrictions:

- where our funding is restricted to particular local authority or other geographical areas, beneficiaries must come from those areas. This restriction varies from time to time as funders change;
- counselling is available only in certain languages;
- the needs of people with childcare (or other caring) responsibilities cannot always be met.

Woman's Trust seeks to overcome these restrictions where funding is available. All services are currently free to users and there is no exclusion due to simple inability to pay.

All private benefits – to our staff, suppliers and volunteers – contribute directly to achieving Woman's Trust's aims.

For these reasons, the Trustees are confident that Woman's Trust meets the public benefit requirements for charities.

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Statement of Trustees' Responsibilities

Company Law requires the Trustees prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period.

In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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

Signed on behalf of the Trustees:

NScordi

Niki Scordi, Chair

Approved by the Trustees on 26 January 2026

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Independent Auditors' Report to the Trustees of Woman's Trust For the year ended 31 March 2025

Opinion

We have audited the financial statements of Woman's Trust (the 'charitable company') for the year ended 31 March 2025, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

• give a true and fair view of the state of the charity's affairs as at 30 September 2024 and of its results for the year then ended;

• have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and

• have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustee's use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustee with respect to going concern are described in the relevant sections of this report.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

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Independent Auditors' Report to the Trustees of Woman's Trust For the year ended 31 March 2025

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

• the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and

• the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

• adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or

• the financial statements are not in agreement with the accounting records and returns; or

• certain disclosures of Trustees' remuneration specified by law are not made; or

• we have not received all the information and explanations we require for our audit; or

• the Trustees were not entitled to prepare the financial statements in accordance with the small

Companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a Strategic report.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees' Responsibilities, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Capability of the audit in detecting irregularities, including fraud

The objectives of our audit are to identify and assess the risks of material misstatement of the financial statements due to fraud or error; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud or error; and to respond appropriately to those risks.

Based on our understanding of the charitable sector generally, and through discussion with the Trustees and other management (as required by auditing standards), we identified that the principal risks of non-compliance with laws and regulations related to health and safety, anti-bribery and employment law. We considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006, taxation and pension legislation. We communicated identified laws and regulations throughout our team and remained alert to any indications of non-compliance throughout the audit. We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to posting inappropriate journal entries to increase revenue or reduce expenditure and management bias in accounting estimates and judgemental areas of the financial statements. Audit procedures performed by the engagement team included:

• Discussions with Trustees and assessment of known or suspected instances of non-compliance with laws and regulations (including health and safety) and fraud; and

• Assessment of identified fraud risk factors; and

• Identifying and assessing the design effectiveness of controls that management has in place to prevent and detect fraud; and

• Challenging assumptions and judgements made by management in its significant accounting estimates; and

• Performing analytical procedures to identify any unusual or unexpected relationships, including related party transactions, that may indicate risks of material misstatement due to fraud; and

• Confirmation of related parties with management, and review of transactions throughout the period to identify any previously undisclosed transactions with related parties outside the normal course of business; and

• Reading minutes of meetings of those charged with governance; and

• Review of internal controls and physical inspection of tangible assets susceptible to fraud or irregularity; and

• Review of significant and unusual transactions and evaluation of the underlying financial rationale supporting the transactions; and

• Identifying and testing journal entries, in particular any manual entries made at the year end for financial statement preparation.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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Independent Auditors' Report to the Trustees of
Woman's Trust
For the year ended 31 March 2025

As part of an audit in accordance with ISAs (UK), we exercise professional judgement and maintain professional skepticism throughout the audit. We also:

• Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

• Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charity's internal control.

• Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Trustees.

• Conclude on the appropriateness of the Trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.

• Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's Trustees, as a body, in accordance with Chapter 3 of Part 8 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the charity's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

.....

DARREN SMART
(Senior Statutory Auditor)
For and on behalf of
R.E. JONES & CO
Chartered Accountants and Statutory Auditors
132 Burnt Ash Road
Lee, London SE12 8PU
Date.....
28 Jan 2026

Woman's Trust
Statement of Financial Activities
(incorporating the Income Expenditure Account)
For the year ended 31 March 2025

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total Funds £	Note 19 2024 Total Funds £
Income and endowments from:					
Donations & legacies	2	157,417	26,729	**184,146**	**137,912**
Charitable activities					
. Grants and project funding	3	198,358	670,240	**868,598**	**898,106**
Investment income	4	8,023	-	**8,023**	**8,454**
Total income		363,798	696,969	**1,060,767**	**1,044,472**
Expenditure on:					
Raising funds					
. Fundraising costs	5	98,998	-	**98,998**	**126,423**
Charitable expenditure					
.Provision of counselling and support services	6	210,696	759,069	**969,765**	**959,047**
Total Expenditure		309,694	759,069	**1,068,762**	**1,085,470**
Net Income and movement in funds	8	54,104	(62,099)	**(7,995)**	**(40,998)**
Reconciliation of funds:					
Fund balances at 1 April 2024		447,402	89,536	**536,938**	**577,937**
Fund balances at 31 March 2025	15	**501,506**	**27,436**	**528,942**	**536,938**

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derived from continuing activities.

Woman's Trust
Balance Sheet
As at 31 March 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed Assets					
Tangible assets	**11**		10,711		20,686
Current Assets					
Debtors	**12**	90,990		73,455	
Cash in hand and at bank		476,580		479,431	
		567,570		552,885	
Creditors: Amounts falling due within one year	**13**	(49,339)		(36,634)	
Net Current Assets			518,231		516,252
Net Assets			528,942		536,938
Funds					
Restricted funds	**14**		27,436		89,536
Unrectricted funds	**15**				
- Designated funds			80,000		40,000
- General reserves			421,506		407,402
Total Funds			528,942		536,938

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.
The notes on pages 33 to 42 form part of the financial statements.

Approved by the Trustees on 26.01.2026.
and signed on their behalf by:

NScordi
.....
Chair - Niki Scordi

Company Registration Number: 06886781 (England and Wales)

Woman's Trust
Statement of Cash Flows
For the year ended 31 March 2025

	Notes	2025 £	2024 £
Net Cash Inflow/(Outflow) from Operating Activities	A	(10,873)	(42,383)
Investment income		8,023	8,454
Purchase of tangible fixed assets		-	(13,803)
Net Cash Inflow/(Outflow) provided by investing activities (bank int & fixed assets)		8,023	(5,349)
Change in cash and cash equivalents in the year		(2,850)	(47,732)
Cash and cash equivalents at 1 April 2024		479,431	527,163
Cash and cash equivalents at 31 March 2025	B	476,580	479,431

Notes to the statements of cash flows for the year to 31 March 2025

A Reconciliations of net movement in funds to net cash provided by (used in) operating activities

	2025 £	2024 £
Net movement in funds	(7,995)	(40,999)
Adjustments for:		
Depreciation	9,975	11,839
Investment income	(8,023)	(8,454)
(Increase)/decrease in debtors	(17,536)	771
Increase/(decrease) in creditors	12,705	(5,540)
Net cash (used in) provided by operating activities	(10,873)	(42,383)

B Analysis of cash and cash equivalents

	2025 £	2024 £
Total cash and cash equivalents: cash at bank and in hand	476,580	479,431

Woman's Trust
Accounting Policies
For the year ended 31 March 2025

1 **Accounting Policies**

Accounting Convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The company is a public benefit entity for the purposes of FRS 102 and a registered charity established as a company limited by guarantee and therefore has also prepared its financial statements in accordance with the 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 (The FRS 102 Charities SORP), the Companies Act 2006 and Charities Act 2011. The financial statements are prepared in sterling, which is the functional currency of the charity. Amounts presented are rounded to the nearest pound.

Going Concern

The trustees have assessed whether the use of going concern is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. In particular, the trustees have considered the charitable company's forecasts and projections and have taken account of pressures on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. The charitable company therefore continues to adopt the going concern basis in preparing its financial statements.

Critical accounting estimates and areas of judgement

Preparation of the accounts requires the Trustees to make significant judgements and estimates.

The items in the accounts where these judgements and estimates have been made are in estimating the useful economic life of tangible fixed assets.

Income

Income is recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty and it is probable that the income will be received.

Grants from government and other agencies have been included as income from charitable activities where these amount to a contract for services, but as donations where the money is given in response to an appeal or with greater freedom of use, for example monies for core funding.

Donated services comprise time donated to the charity by various counsellors, and the value of these services is estimated based on the number of sessions attended.

Donated rooms comprise rooms donated to the charity by various providers, and the value is estimated based on the number of hours the rooms are reserved to provide counselling services.

Resources Expended

Expenditure is included in the statement of financial activities when incurred and includes any attributable vat which cannot be recovered.

Charitable expenditure comprises expenditure on the charity's primary charitable purposes i.e. providing counselling and other services for women who have been subject to domestic violence.

Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset as follows:

Furniture & Equipment	25% straight line

Assets are depreciated for a whole year in the year of acquisition and not at all in the year of disposal. Items costing less than £500 are not treated as fixed assets but instead are charged as expenses in the year in which they are purchased.

Financial Instruments

Cash and cash equivalents
Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

1 Accounting Policies (continued)

Debtors and other receivables
Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are values at the amount prepaid. They have been discounted to the present value of the future cash receipt where such discounting is material.

Creditors and provisions
Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payments where such discounting is material.

Fund Accounting

The unrestricted general funds comprise the monies which may be used towards meeting the charitable objectives of the charity and which may be applied at the discretion of the Trustees. Within unrestricted funds, certain funds have been designated by the Trustees for specific purposes. Details of these are given in note 15 to the financial statements.

Restricted funds comprise monies raised for, or their use restricted to, a specific purpose, or contributions subject to donor imposed restrictions.

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the statement of financial activities as incurred.

Pension Costs

Contributions to employees' personal pension plans and to stakeholder schemes are recognised in the statement of financial activities when payable.

2 Donations and Legacies

	Unrestricted 2025 £	Restricted 2025 £	Total 2025	Total 2024 £
The donations and legacies are made up as follows:				
General donations	82,417		82,417	122,262
Donated services	-	26,729	26,729	15,650
Legacies	75,000		75,000	-
Total	157,417	26,729	184,146	137,912

Donated services comprise:

Donations of counsellors' time and spaces for services.

Time and spaces donated by volunteer counsellors and other partners during the year were £26,729 (2024:£15,560)

3 Charitable Activities

Charitable activities are made up of Unrestricted and Restricted grants and project funding as follows:

	2025 £	2024 £
Statutory - NHS North West London ICB	27,908	27,908
Statutory - RBKC - Children and Families	-	30,000
Bruno Schroder Trust	50,000	70,000
Childwick Trust	10,000	-
Dudley & Geoffrey Cox Trust	6,250	8,000
The Henry Smith Charity	70,000	70,000
Kasuma Trust	-	10,000
New Philanthropy Capital	-	15,650
Peter Stebbings Memorial Charity	10,000	10,000
Souter Charitable	5,000	5,000
The Society of the Holy Child Jesus CIO	10,000	-
Hardship funds(Father O'Mahony Memorial Trust & Grocers Charity)	-	7,000
Other funders	9,200	14,500
Unrestricted funds	198,358	268,058

Other funders include the following, and we would like to thank them - Marsh Christian Trust, Worshipful Company of Basket Makers and The Everest Trust.

3 Charitable Activities (continued)	2025	2024
	£	£
Statutory - Greater London Authority (Advance charity)	120,960	112,000
Statutory - Greater London Authority (Refuge)	125,488	106,247
Statutory - LB Hammersmith and Fulham Fast Track	14,500	4,986
Statutory - RBKC Community Safety Team - Serious Violence	5,000	5,000
Statutory - London Councils - Ascent (Women & Girls Network)	42,605	41,769
Statutory - London Violence Reduction Unit	43,406	24,059
Statutory - Tower Hamlets Local Community Fund	-	11,246
Statutory - Westminster CC Community Priorities Programme	6,000	30,643
Statutory - London CRS NHS	5,000	-
Cadogan Charity	5,000	5,000
Central Hackney Parochial Charities	-	10,000
Charles S French	5,000	-
Charles Hayward Foundation	25,000	25,000
City Bridge Foundation	48,935	38,650
Clothworkers	-	9,500
East End Community Foundation	10,000	-
Dr Edwards & Bishop King's Fulham Charity	7,650	7,650
The Fishmongers Company	21,000	20,000
Garfield Weston	40,000	-
Govia Thameslink	9,933	-
Hammersmith United Charity	-	14,700
Hyde Park Place Estate Charity	-	6,000
London Freemasons' Charity	10,500	10,000
Merchant Taylors' Foundation	5,000	5,000
Pathways Housing	-	10,000
Strand Parishes Trust	7,000	6,500
Tara Getty Foundation	-	7,640
The Vintners' Foundation	-	5,000
Wakefield and Tetley Trust	12,000	-
West Hackney Parochial Charities	10,755	10,755
Westminster Amalgamated Charity	8,000	10,000
Westminster Almshouses Foundation	10,000	7,000
The Worshipful Company of Cutlers	25,000	15,000
Zurich Community	36,000	49,000
*Other funders	10,509	21,703
Restricted funds	670,240	630,048
Total	868,598	898,106

4 Investment Income

	Unrestricted 2025 £	Unrestricted 2024 £
Bank interest received	8,023	8,454

5 Raising funds

	Unrestricted 2025 £	Unrestricted 2024 £
Staff costs (note 9)	96,728	122,003
Other costs	2,270	4,420
	98,998	126,423

6 Charitable Expenditure

Charitable expenditure comprises costs associated with the provision of counselling and support services, and are classified below.

	Unrestricted Funds £	Restricted Funds £	2025 £	Unrestricted Funds £	Restricted Funds £	2024 £
Direct Costs:						
Staff costs (note 9)	81,747	563,359	**645,105**	119,806	519,546	**639,352**
Childcare and client hardship	5,268	545	**5,813**	15,906	-	**15,906**
Counselling supervisors, volunteers training and exps	951	23,424	**24,375**	3,030	23,045	**26,075**
Paid IS assessor		6,450	**6,450**	-	-	**-**
Room and equipment hire	-	-	**-**		4,180	**4,180**
Volunteer training and expenses	-	3,481	**3,481**	-	2,675	**2,675**
Workshop and assessors expenses	-	6,540	**6,540**	-	11,126	**11,126**
Donated counselling services (note 2)	-	26,729	**26,729**	15,650	-	**15,650**
Other direct costs	133	14,440	**14,573**	-	10,695	**10,695**
	88,099	644,968	**733,066**	154,392	571,267	**725,659**
Premises Costs:						
Rent and rates	7,086	8,084	**15,170**	15,464	-	**15,464**
Administrative costs:						
Staff costs (note 9)	64,137	42,700	**106,837**	66,790	32,075	**98,865**
Central overheads	36,169	63,317	**99,486**	36,051	68,208	**104,259**
Governance costs	15,206	-	**15,206**	14,800	-	**14,800**
Total	210,696	759,069	**969,765**	287,498	671,549	**959,047**

7 Governance Costs

	Unrestricted 2025 £	Unrestricted 2024 £
Accountancy	4,800	4,800
Staff costs (note 9)	10,406	10,000
Total	15,206	14,800

8 Net Movement in Funds

This is stated after charging:

	2025 £	2024 £
Staff costs (note 9)	890,484	890,484
Audit fees (including VAT)	4,800	4,800
Depreciation	11,839	11,839
Operating lease rentals and business rates	15,464	15,464

9 Staff Costs

	2025 £	2024 £
Staff costs during the year were as follows:		
Wages and salaries	743,093	737,322
Social security costs	48,080	42,326
Employer's pension contributions	21,010	20,433
	812,183	800,082
Self employed staff	40,150	67,333
Other staff related costs (training, supervision, and travel)	5,082	3,779
Staff recruitment	13,547	19,290
	870,962	890,484

	2025 £	2024 £
Staff costs by function were as follows:		
Fundraising	96,728	122,003
Marketing/Comms/Social Media	31,196	25,125
Provision of counselling and support services	554,999	551,538
Administration	177,633	181,818
Governance	10,406	10,000
	870,962	890,484

9 Staff Costs (continued)

There was one employee with benefits (including employer's pension contribution and national insurance) between £60,001 and £70,000 per annum during the year (2024: 1).

Key Management Personnel:

Salary	No. of Employee	
	2025	2024
£60,001 - £70,000	1	1

The key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis comprise the Trustees, Chief Executive, Head of Fundraising, Head of Therapeutic Services, Head of Peoples & Operations and Finance Manager. The total remuneration including employer's pension and national insurance of the key management personnel for the year was £236,901 (2024: £242,012).

No Trustee received any remuneration in respect of their services as as trustee during the year (2024: none). No expenses were reimbursed to Trustees during the year (2024: none).

10 Taxation

Woman's Trust is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

11 Tangible Fixed Assets

	Furniture & Equipment
Cost	
At 1 April 2024	61,304
Additions	-
At 31 March 2025	**61,304**
Depreciation	
At 1 April 2024	40,618
Charge for the year	9,975
At 31 March 2025	**50,593**
Net Book Value	
At 31 March 2024	20,686
At 31 March 2025	**10,711**

12 Debtors

	2025 £	2024 £
Debtors and prepayments	2,299	1,755
Accrued income	88,691	71,699
	90,990	73,454

13 Creditors: amounts falling due within one year

	2025	2024
	£	£
Creditors and accruals	11,495	10,921
Tax and social security	13,540	12,347
Other creditors	24,304	13,366
Total	49,339	36,634

14 Restricted Funds

	At 1 April 2024	Income	Expenditure	At 31 March 2025
	£	£	£	£
Total funds	89,536	670,240	732,340	27,436

Purposes of Restricted Funds

The restricted resources comprise donations and grants from individuals or organisations to be expended for the continuation of counselling projects and support groups.

15 General funds

The general funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the Trustees for specific purposes:

	At 1 April 2024	Income	Expenditure	At 31 March 2025
	£	£	£	£
Designated Funds:				
Provision of counselling services and advocacy	10,000	50,000	10,000	50,000
Operational costs	30,000	30,000	30,000	30,000
	40,000	80,000	40,000	80,000
General Funds	407,402	350,527	336,423	421,506
Total General Funds	447,402	430,527	376,423	501,506

All designated funds will be spent within 12 months.

Unrestricted General funds split

Designated funds	£80,000
General reserves	£421,506

16 Analysis of net assets between funds

	General Funds £	Restricted Funds £	Total 2025 £
Fixed assets	10,711	-	10,711
Current assets	527,439	40,131	567,570
Creditors: amounts falling due within one year	(36,644)	(12,695)	(49,339)
	501,506	27,436	528,942

17 Lease commitments

At 31 March 2025 Woman's Trust had total commitments under operating leases on land and buildings as follows: We are on a tenancy at will with one month notice and no commitment for the year.

18 Related Party Transactions

There were no related party transactions in the financial year (2024:none)

19 Prior Year Statement of Financial Activities

	Notes	Unrestricted Funds £	Restricted Funds £	2024 Total Funds £
Income and endowments from:				
Donations	2	137,912	-	**137,912**
Charitable activities	3	268,058	630,048	**898,106**
Investment income	4	8,454	-	**8,454**
Total income		414,424	630,048	**1,044,472**
Expenditure on:				
Raising Funds	5	126,423	-	**126,423**
Charitable Expenditure	6	287,497	671,550	**959,047**
Total Expenditure		413,920	671,550	**1,085,470**
Net Income/(Expenditure)		504	(41,502)	**(40,998)**
Transfers between funds		-	-	**-**
Net Income/(Expenditure) for the Year	8	504	(41,502)	**(40,998)**
Total Funds as at 1st April		446,898	131,039	**649,193**
Total Funds as at 31st March	15	447,402	89,536	**536,938**

There are no recognised gains and losses other than those passing through the statement of financial activities account. All incoming resources and resources expended derived from continuing activities.

WOMAN'S TRUST

England & Wales - Charity number 1143513

Accounts

woman's Trust

recovery from domestic abuse

Annual Report and Financial Statements

31st March 2024

Charity Registration Number 1143513
Company Registration Number 06886781 (England and Wales)

woman's Trust
recovery from domestic abuse

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The Trustees present their statutory report together with the financial statements of Woman's Trust for the year ended 31 March 2024.

This report has been prepared in accordance with Part 8 of the Charities Act 2011 and constitutes a directors' report for the purposes of company legislation.

Woman's Trust is constituted as a charity registered for charitable purposes with the Charity Commission (Charity Registration Number 1143513) and a company limited by guarantee (Company Registration Number 06886781).

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Chair & CEO's Foreword

This year, women and children have faced worsening abuse and mental health, as a result of the country's economic and social challenges, which followed on from the pandemic. The cost-of-living crisis has left both the women and children we support and our colleagues struggling.

Woman's Trust **called for urgent action** to prioritise the devastating impact of domestic abuse on women's and girls' mental health in November 2023, as we marked 16 Days of Action. Survivors continued to tell us that counselling and mental health support is their highest need, as evidenced by the Domestic Commissioner for England and Wales's own report (A Patchwork of Provision, 2022) which she presented at our event "No women turned away". New data published since by the Royal College of Psychiatrists have provided further evidence of abuse as the main driver for women's and girls' mental ill health, with national police data revealing that suicides due to domestic abuse had overtaken homicides.

Woman's Trust **faced increasing demand for our services,** whilst costs increased at a faster rate than funding. For the second year now, we were only able to provide direct therapeutic support to only half (917 out of 1,596) of those contacting us. Without our support, women are left with nowhere to turn to, as the NHS Mental Health Services reported a million people on waiting lists this year and London's statutory services including social care and housing were also overwhelmed.

As we completed the second year of our five-year Strategy, we continued to **develop innovative services and partnerships** across the whole system. We worked together with our committed and passionate funders, both existing and new, as well as statutory agencies, to provide high-quality trauma-informed services across London to more women than ever. We built on our partnerships with other specialist 'by and for' women's charities, as a member of Women's Aid Federation of England & Wales and the London VAWG Consortium, to reach those facing multiple disadvantages and diverse groups including young women and girls, and black and minoritised communities.

We are privileged to work with **passionate, committed and expert staff**, both our counsellors and front-line colleagues, as well as the wider Woman's Trust team. We recognised the impact these difficult times have had on them and continued to focus on providing a positive supportive environment, ensuring training and development, a work-life balance and flexible working.

As the year came to a close, **Sally Field stepped down as our Chair** in February 2024. Sally's commitment and leadership for over 12 years enabled Woman's Trust to become the leading expert at the intersection of domestic abuse and mental health and a beacon of hope for survivors. We welcomed Niki Scordi, the new Chair, as we work towards developing national responses and collaborations to influence systems and deliver better outcomes for women and girls.

As we enter the third year of our strategy, we continue to centre our work on women's and children's needs and to amplify their voices. We cannot do this without the continued support of our supporters, funders, partners and colleagues; we thank you.

Niki Scordi, Chair Heidi Riedel, Chief Executive Officer

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Trustee Report

Our Vision, Mission and Approach

Our vision is a world where women have the resources to prevent domestic abuse damaging their futures.

Our mission is to help any woman in London affected by domestic abuse to overcome the mental and emotional harm and rebuild her life, by providing women-only, client-led counselling and support services.

Woman's Trust's charitable object is to relieve women and children who are being, or have been, affected by domestic abuse, through the provision of a counselling and support service.

Woman's Trust is the leading specialist service provider of pioneering, free and confidential mental health responses for survivors:

- We offer specialist 'person-centred' counselling and therapeutic services, informed by an understanding of the long-term mental health and emotional impacts of domestic abuse

- Through a trauma-informed approach, we enable women to make their own choices and decisions, in their own way, in overcoming the risk and damage caused by domestic abuse, and

- We are expert in understanding the dynamics of domestic violence and abuse and its devastating and often long-lasting effects on women's lives and that of their children, providing accessible services regardless of race, religion, class, or culture.

Woman's Trust is a women-only organisation. It is led by members of the community it was developed to serve: women who live or work in London.

We provide a safe environment for women to discuss their experiences openly and without fear of being judged, to process their thoughts; and to understand, express and learn to manage their feelings and reactions with the help of our specially trained therapists. We work with women at our dedicated Women's Centre in central London, regional London hubs and online, to meet women where they are at.

Our services are accredited by the British Association for Counselling and Psychotherapy (BACP) Ethical Framework for the Counselling Professions (2018). We are also accredited for the National Quality Standard of Community Services by Women's Aid Federation for England & Wales.

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We work in a whole system approach to raise awareness and improve understanding of the impact of domestic abuse and VAWG on women's and girls' mental health, aiming to deliver systems change and improve outcomes for survivors. We engage with voluntary and statutory sector partners, working in partnership to develop frameworks and responses to meet the needs of women and girls.

We provide awareness raising workshops and training for professionals and front line workers, both voluntary and statutory partners, on mental health, suicidal ideation and improving responses and mental health outcomes for women and girls survivors of DA.

We carry out research and share practice-based evidence, based on our almost 30 years of expertise, amplifying women experts by lived experience voices, sharing our best-practice approaches and publishing briefings to influence commissioners and policy-makers across local and national government level.

Impact at a glance

Our services

1596 referrals received

917 women offered support,
679 women received triage advice and signposting support

Service engagement

496	143	114
women in counselling	women in therapeutic Support groups	women in Workshops

Key Outcomes

Counselling	Therapeutic Support groups	Self-development Workshops
70% reduced suicidal thoughts and ideation	**100%** felt less isolated.	**97%** feeling better equipped to cope
71% reduced self-harm	**96%** improvement in confidence.	**94%** improvement in self-esteem.
94% reduced feeling stress and anxiety	**97%** reduction in stress and anxiety levels.	**93%** improved inter-personal interactions.
89% had more control of their future	**96%** greater sense of control over their future	

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Our counselling and support services

Domestic abuse has affected or will affect one in four women in the UK. The psychological and emotional consequences of abuse, if left unaddressed, can last a lifetime for the woman and her children. Our services enable women to **recover from domestic abuse** and rebuild their lives.

We aim to tackle the emotional and psychological damage caused by abuse, by providing mental health services to women and their children, including

- specialist person-centred trauma-informed one-to-one counselling,
- therapeutic support groups (both BACP accredited services),
- educational and self-development workshops,
- webinar resources for anyone experiencing domestic abuse and
- help women with small grants from a hardship fund, where possible.

A Woman's Service Journey

Women access our services directly or through a referral from diverse pathways, including statutory and voluntary partners, such as the NHS and other health agencies, the police, social care and other VAWG and mental health charities.

Women can choose to access one or more services simultaneous-sly or one after the other, as each woman's journey is tailored to her needs.

"The counselling space has been hard work, but I'm deeply grateful that I had a wonderful counsellor to help guide me through discussing trauma, overcoming and managing it. The space allowed me to validate my experience and difficulties. There were often thoughts I shared out loud and I was worried about how they might be received, but I never felt judged.

The space has been so incredibly healing for me. This was the first time I discussed the rape and miscarriage I experienced. I no longer feel so afraid to express my experiences. In a way, I feel like I've found my voice again. Since receiving counselling, I have been able to re-engage with my friends, and communicate my needs better with my partner and family.

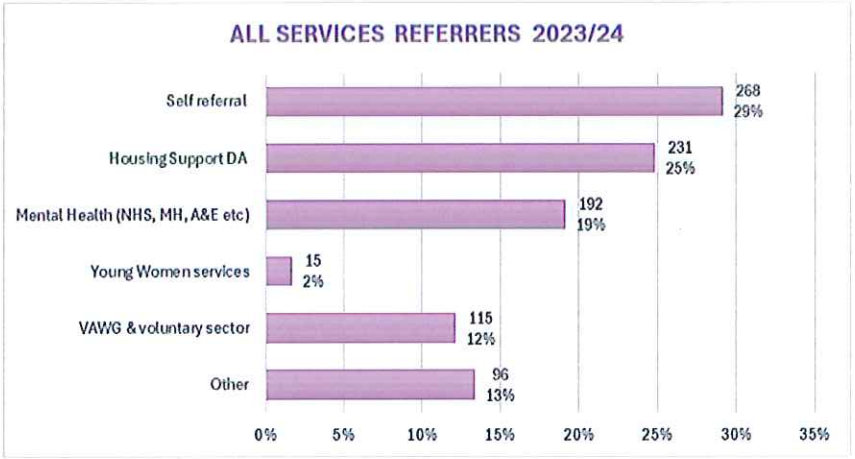
I also appreciate that, if I need to, I can return to Woman's Trust. Knowing that this service can stay as an option for me to re-engage with, greatly helps my mental health. I would like to say a personal thank you to my counsellor, who has been a wonder since my first session - a massive thank you to her."

Woman supported - February 2024

Our reach: referred to and engaged with our services

Throughout the year 2023/24, Woman's Trust **received 1596 referrals** (1758 in 2022/23) from a variety of sources, **with 917 clients offered direct therapeutic services** (632 in 2022/23). 679 women were provided with initial triage support and sign posted to alternative non-specialist services for further support, as we were at financial and resource capacity.

A quarter of total women offered services originated from our partnerships with Greater London Authority's Safer Accommodation Whole Housing (LWHSP) and Floating Support (PLFSS) programs, launched in 2022/23. Self-referrals from women survivors (29%) and referrals from the NHS (19%) continue to be the main pathways to our services.



woman's Trust
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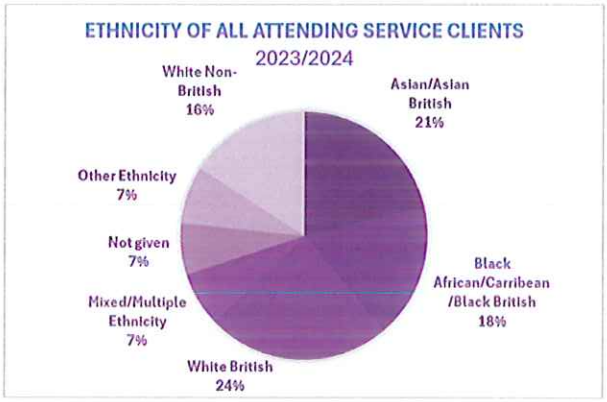
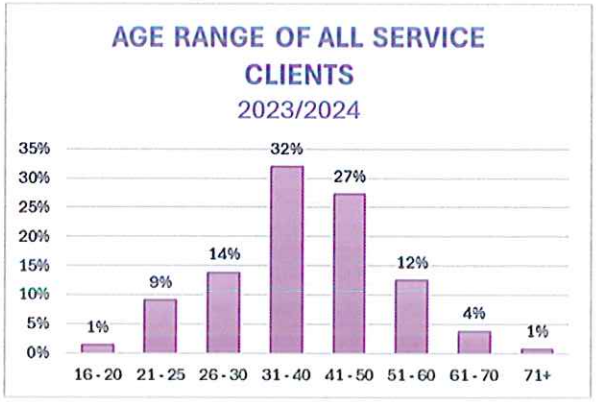
At Woman's Trust, 53% of women and girls who accessed and engaged with counselling, support groups, and workshops came from global majority (including Black, African, Asian, dual-heritage and racialised) groups, compared to 47% of London's demographic profile (Census, 2021).

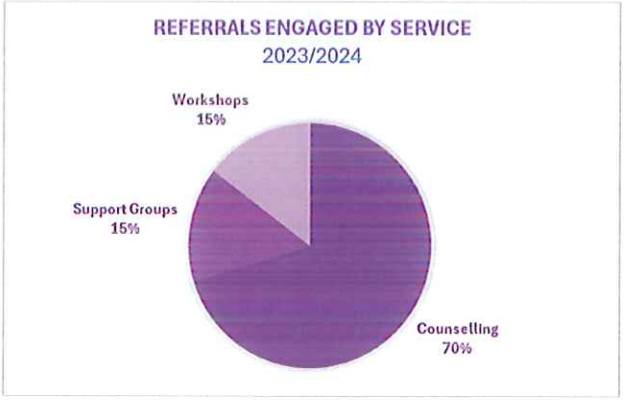
Our services are offered to young women and girls from 16 years old, as well as to adult women of all ages. Women aged 26 to 50 present 73% of those engaged with our services. Since the launch of the specialist service to 16 to 25 years old, in partnership with London's Violence Reduction Unit (the Maia & LIFT Partnership) in 2022/23, we have been delivering awareness and self-development workshops across 6 London boroughs.





Services provided

Our goal is to offer a variety of services tailored to address the diverse needs of our clients and aid them in overcoming the trauma of domestic abuse.



Service	No of Women	% Women
Counselling	496	63%
Support Group	143	18%
Workshops	144	18%
All Services FY2023-24 (Non-unique women)	**783**	**100%**

All Services FY2023-24 (Unique women)*	**663***	

* In the total, a unique woman is counted once irrespective of the number of services she attends

A total of 663 women were provided at least one of our services after assessment and 70% (496 23/24, compared to 446 22/23) engaged with individual counselling sessions, with some women accessing multiple services.

Of the women accessing our services, 496 women engaged with one-to-one counselling and attended 77% of all sessions offered (4398 of total 5711 sessions).

Following the Covid pandemic where our counselling services were mainly accessed online, this year we were able to offer an increasing amount of face-to-face counselling to women who preferred it. Woman's Trust has remained a crucial support for many individuals.

Our group sessions, including therapeutic support groups (a total of 223 sessions, consisting of 28 provided group blocks, each lasting 8 weeks) and psycho-educational workshops (comprising 86 sessions), were successfully continued both online and face-to-face.

"I think Woman's Trust should be supported, because it is a safe space for women and girls to share their experiences and be heard, and also be taught about different types of abuse and what to be aware of in the future. I have learnt about patterns of abuse by reflecting on my own experience, and it has also been incredibly validating to speak up about it and feel safe doing so. Woman's Trust helps to build our confidence after coming out of abusive relationships which most likely stripped us of it and that confidence in self is very important in order to move forward and trust yourself again."

Woman supported - February 2024

Impact: Our Outcomes

1. Counselling service

A total of 496 received direct counselling support, with 5711 total counselling sessions delivered in the FY 2023/24 of which 77% (4398) were attended.

Women engaging with counselling services reported an improvement in their mental health and well-being, and reduction in suicidal ideation, as well as more able to make life choices and have better relationships and connections.

We ensure the effectiveness and impact of our services on women's lives, through the use of the Clinical Outcomes in Routine Evaluation (CORE) for counselling and entry and exit questionnaires (EQ) for all our services.

Women told us that our support helped with their recovery from domestic abuse and improved their mental health:

- 94% reduced feeling stress and anxiety
- 70% reduced suicidal thoughts and ideation
- 71% reduced self-harm
- 57% reduced their feelings of depression
- 95% improved their self esteem
- 91% were more confident
- 89% had more control of their future
- 95% had better understanding of their rights and how to access services for support
- 95% had improved their interpersonal and family relationships
- 81% had improved their relationships with their children, of those with children

"The whole process was a complete education. The impact of dealing with the trauma was so impactful that it showed up in my emotional, mental and physical health - I never knew that this was a 'normal' consequence but having such a good relationship with my counsellor really helped as I was open with her about what I was experiencing she put me at ease with the facts around how therapy impacts the mind and body. II underestimated how much I needed to understand my adult triggers and learn the connection and the importance of learning how to sooth my inner child throughout the process."

"The importance of cultural representation was key to me making the most of the sessions offered to me, I needed to know I would be completely understood. I was happy to wait for the right therapist to be assigned to me. She was 100% worth the wait. "

"I feel empowered and privileged to be in a position to have the tools that work for me, and will forever be grateful to WT for their generosity. I have noticed I am much more open about my own-wellbeing with my family, friends and colleagues which enables conversations about how they are doing. I hope that by sharing my story people who are concerned about asking for help won't hesitate. Stigma around therapy is real yet more and more people need it to journey life as best we can, I hope this will change and that WT will be given the recognition they deserve. THANK YOU FROM THE BOTTOM OF MY HEART TO EVERYONE WT AND FUNDERS WHO MAKE WORK LIKE THIS POSSIBLE!"

Women attending counselling - June 2023

2. Therapeutic Support Groups

Our specialist trained counsellors facilitated a total of 28 Therapeutic Support Groups, with each group comprising 8 sessions. For support group programmes ending in FY2023/24, these garnered a significant attendance of 881 attendances, with 107 unique women benefiting from the service (980 attendances, 150 unique women benefiting FY2023/24).

The impact of the Therapeutic Support Groups was overwhelmingly positive, as women reported:

- 100% felt less isolated.
- 96% of participants reported an improvement in their confidence.
- 97% experienced a reduction in stress and anxiety levels.
- 96% felt a greater sense of control over their future.
- 98% reported improved ability to participate in group discussions.
- 93% indicated an enhanced understanding of their rights.

"The venue is a relaxing, friendly, welcoming and restorative space run by lovely people. It has been a pleasant surprise to be welcomed into other events held at the venue. This offers comfort and companionship and the chance to meet women supported by different groups. There is always a warm welcome and encouragement to participate - I feel a part of something positive, warm and supportive. I feel less lonely in my journey to reclaim myself."

"Being able to reveal what feels like earth shattering stories of my lived experience and receive love and support from the group. The environment that [my groupworker] has created encourages an opening up whenever one is ready to try. Listening to others has been an amazing experience. The chance to offer support to another person with a few words of comfort completely shifts the focus from the weight of one's own worries. [My groupworker] has been superb. She is the main reason I continue to attend the sessions. I feel supported by her. She manages the group very well. I feel safe in her space".

Women attending Groups - November 2023

"I have had the chance to share experiences of very difficult and traumatic things in a safe space with people that understand and give empathy. This has meant some things are no longer just locked inside or eating away at me. I have a chance to let some things go.
I also feel that I felt validated and understood by the women in the group and the facilitator. This gave me courage and a bit more confidence to face life generally."

Woman attending Groups - December 2023

3. Self-development workshops

Our Self-Development Workshops were accessed by 103 women, with 52 attended workshop sessions and a total of 367 attendances.

Our workshops included

- Workshops for young women aged 16 to 25 experiencing domestic abuse and additional needs including care leavers, school exclusions and at risk of exploitation and offending, as part of the Maia & Lift programme in partnership with Advance and funded by the LVRU,
- Workshops aimed at supporting women and their children with housing needs in refuges and the community, part of the GLA-funded PLFSS programme in partnership with the London VAWG Consortium and Refuge,
- Workshops focused on empowering women with knowledge and awareness of the effects that domestic abuse may be having on them and others, and helping to rebuild their self-esteem and confidence in a safe, supportive environment amongst peers, funded by City Women Network and the RBKC Serious Violence Unit,
- Thrive Futures Theatre workshops- partnership project aimed at providing a space for women to express themselves by connecting with other women through creative activities, and for them to rediscover and explore skills and talents.

Women, including the Young women we supported reported overwhelmingly positive outcomes and impact of the workshops:

- 94% of the women experienced an improvement in their self-esteem.
- 93% reported improved interpersonal interactions.
- 96% felt an increase in their overall confidence.
- 99% increased their confidence to change their lives.
- 97% felt better equipped to cope with their experiences of domestic abuse.
- 97% felt workshops improved their skillset.

The outcomes and women's feedback demonstrate the effectiveness of our Self-Development Workshops in empowering women, enhancing their well-being, and enabling them to overcome the challenges associated with domestic abuse.

"I felt validated by seeing how my sense of self/identity has been impacted by my history of DA and that it's no surprise I struggle with the issues of low self-esteem / poor sense of personal identity. I enjoyed the opportunity to learn and share as a group and realise I am far from alone when it comes to these problems, that I was not the originator of them but, by practicing the suggestions presented and by focusing on getting to know myself and learning to accept and value myself listed can heal and re-build my sense of self / identity going forward. I especially liked the solution part."

Woman attending Workshops - June 2023

"[The groupworker's] very insightful overview of causes of loneliness after domestic abuse was littered with very useful examples and scenarios. Her approach made it easy to see one's own situation and gave room to start thinking about lived experience compared to all that information. This overview was a useful precursor to the deeper levels of exploration throughout the workshop. Indeed, this first part of the workshop gave me an idea of just how deep and real the talk would be, triggering many thoughts and feelings; and many things I had chosen not to think of."

Woman attending Workshops - January 2024

Raising awareness in a whole system approach

We work in a whole system approach to raise awareness and improve understanding of the impact of domestic abuse and VAWG on women's and girls' mental health, aiming to deliver systems change and improve outcomes for survivors.

As part of this work we hosted events and **roundtable discussions with statutory and voluntary sector stakeholders**, including Sophie Linden the Deputy Mayor of London for Policing and Crime, and Claire Waxman London's Victims Commissioner.

In October 2023 Woman's Trust held the event **"No women turned away: meeting the needs of survivors of domestic abuse".** We hosted **Nicole Jacobs, Domestic Abuse Commissioner** (DAC), who talked about her report on the patchwork of provision for survivors of abuse, which highlighted the postcode lottery of service provision as well as women's unmet counselling and therapeutic support needs with less than half of those who wanted mental health support able to access it.

We raised awareness of the impact of domestic abuse on mental health with diverse stakeholders, including **presentations of Woman's Trust work** at the Royal College of Psychiatrists "Trauma informed Care" conference in May 2023 and the National Women's Institute event on International Women's Day, March 2024.

We also continued to work as part of **a whole system approach and in partnership** with charities from across the VAWG sector, as members of the London VAWG consortium, the Angelou Partnership and Women's Aid Federation.

Governance and Administrative Information

Governance, Structure and Management

Trustees

(at date of approval of financial statements, except where noted)

Niki Scordi	Appointed on 1 February 2024 and Chair from 25 February 2024
Maya Rodriguez	Treasurer and Chair of Finance Committee
Laura McCarthy	Chair of Ethics and Practice Committee
Sharon Citrone	Resigned on 8 November 2023
Nicola Peers Nadia Mahmud	Joint Chairs of Fundraising and Communications Committee
Anthonia Ifeanyi-Okoro	
Debbie Hartley	
Linda McHugh	
Joanne Baker	Resigned on 16 May 2024
Helen Smith	Chair of HR Committee
Sally Field	Chair until 24 February 2024; resigned as trustee on 15 May 2024
Deborah Freeman	Appointed on 16 May 2024
Vyara Stoycheva	Appointed on 22 July 2024
Heidi Riedel	Chief Executive Office

Bankers	**Auditors**
CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4AT	R E Jones 132, Burnt Ash Road Lee London SE12 8PU

Administrative Information

Charity Registration number
1143513

Company Registration Number
06886781
(England & Wales)

Incorporation, Memorandum and Articles of Association
24 April 2009

Registered office
West End House
37 Chapel Street
London NW1 5DP

Organisational Structure

Woman's Trust's ultimate decision-making body is its Trustees, working collectively as a Board. The Trustees are the Directors of the company.

Day-to-day management of Woman's Trust is delegated to an employed Chief Executive Officer, who in turn is responsible for delegating work to staff and volunteers.

Woman's Trust maintains a small core staff, recruited for specific skills and experience. All our staff are women, dedicated to the ethos of Woman's Trust and determined to provide women in London with the service they so desperately need.

Woman's Trust Counsellors are a mixture of fully qualified employed counsellors, plus volunteer counsellors some of whom are still undertaking their training.

Post-pandemic and following the re-opening of our offices, we have been able to enhance Woman's Trust staffing with some dedicated volunteers.

Trustee Recruitment, Induction and Training

The Board conducts a periodic skills audit. Board vacancies are advertised according to identified gaps. Candidates are interviewed by the Chair and at least one other Board member and once shortlisted, invited to observe at least one Board meeting before appointment by the Board.

On appointment each Trustee is given information about Woman's Trust services, the annual financial statements, job descriptions, roles and responsibilities of Trustees, the constitution, and the strategic plan.

Trustees are given an induction to the work of the service at the charity's office and key organisational aspects, including meeting with members of staff who introduce the work to them. The charity provides opportunities for Trustees to attend internal specialised domestic abuse training and external training, including governance and charity finance.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed in-line with the risk management policy. The Trustees and Chief Executive Officer undertake regular risk assessments, including an annual risk analysis which forms part of the charity's strategic planning process and the individual risk assessments of proposed new projects or developments. Quarterly Board meetings receive reports from sub-committees on any new risks and, where major risks are identified, the Trustees will take the appropriate action to ensure that these are mitigated. Major risks are identified below.

Risk Identified	Mitigation response
Trust and foundation income opportunities have reduced since our turnover increased to over £1m per year. Competition for funding has increased as other funding sources such as statutory have decreased.	♦ We have increased investment in fundraising to focus on statutory, corporate and individual giving funding streams so we can plan longer-term; ♦ We closely monitor the bidding process timetables, so bids to renew funds or obtain new funding are made well in advance; ♦ We build our annual budget based on secured funding and the identified funding gap which becomes our fundraising target for the year; and ♦ We maintain contingency plans to make any necessary service changes, in addition to increasing unrestricted reserves and fundraising for core costs.
The loss of key staff, who would be difficult to replace, or replace quickly. Increasing difficulty in recruiting staff and the high cost of living in London	♦ We have introduced longer notice periods for key positions. ♦ We adapted the staffing levels, increasing hours for more experienced staff, and reshaping responsibilities to make best use of the staff and volunteers we have available. ♦ We have documented systems, job handbooks, meetings and plans to ensure staff and volunteers can access the knowledge they would need to undertake new tasks. ♦ We have reviewed salary scales and increased pay levels where possible to be more competitive in the market. ♦ We have reduced our dependence on volunteer counsellors by recruiting more directly employed counsellors.
Insufficient qualified counsellors to deliver a safe service	♦ We continue to use some volunteer placement counsellors who may become a pool of potential employed counsellors, to ensure we respond to changes in demand and need.

Financial Activities Overview

Woman's Trust received £1,044,472 in total income in the year to March 2024. Unrestricted income of £414,424 made up more than a third of Woman's Trust total income. Of that sum, unrestricted donations and gifts were £137,912. Restricted income totalled £630,048.

In the year to March 2024, expenditure was £1,085,470 increased by 6.7% compared to the previous year. Service provision costs increased by over £79,000. The labour market tightened further in the year, and it was necessary to use specialist agencies and some sessional staff during the year, increasing staffing expenditure.

The cash position at the end of the year was £479,431, a decrease of £47,732 (9%). Restricted funds carried forward were £89,536, reflecting the fact that project funding is rarely aligned with financial years. The unrestricted funds stood at £447,402 at the end of the year, and this similarly includes designated funds of £40,000 set aside to cover core and project, £29,200 core funds carried forward. This leaves reserves funds of £378,202 an increase of £29,303 over last year.

Reserves Policy

The Trustees review the Reserves Policy annually and the calculation of the required level of reserves is an integral part of the organisation's planning and budgeting. It takes account of the risks associated with each stream of income and expenditure being different from that budgeted, the organisation's commitments and the planned activity level.

The reserves policy requires free reserves (i.e., unrestricted funds excluding designated and Assets) to be maintained at a level which ensures that the organisation's core activity could continue during a period of unforeseen difficulty such as:

- a funding gap, possibly whilst waiting for the result of an application;
- funding short term deficits in a cash budget, when paid in arrears;
- covering unforeseen day-to-day operational costs, such as paying temporary staff in the absence of permanent staff;
- covering unforeseen emergency costs.

The Trustees believe that it is prudent for the financial reserve to be at least three months' running costs to meet the above obligations. Our medium-term objective is to move to a 6 months' reserve policy. We increased our reserves in 2023/24 to £378,202 (2023: £348,899) in line with our increased core costs, and plan to maintain this level in 2024/25.

Going concern

The investment we made in partnership working produced several new strands of multi-year statutory funding. In addition, we have secured several other multi-year funding grants and donations from trusts and foundations, corporate funders and donations. Our current position is sufficiently secure, supported by reserves, to give assurance that Woman's Trust remains a going concern for the following reasons:

- budget and cash flow forecasts prepared show that Woman's Trust has sufficient funds to meet its obligations for the next nine months and we have a fundraising plan, and fundraising resource, in place to raise funding beyond that time; and
- management information systems enable timely decision making.

Fundraising Overview

Woman's Trust complies with the Fundraising Code of Practice and is registered with the Fundraising Regulator. Woman's Trust does not use any professional fundraiser or commercial participator to raise funds on our behalf. No complaints have been received about our fundraising activities. Most of our fundraising activity is applications to charitable trusts and foundations, and to statutory funders such as the NHS, Local Authorities and central government. We plan to increase our income from donations by community fundraising and building relationships with corporate and individual donors. Donations received as a result of active fundraising are dedicated to the purpose for which they were raised for.

We want to thank our funders and donors for their continued support, including:

Bruno Schroeder Trust

Charles Hayward Foundation

City Bridge Foundation

Clothworkers Foundation

Dr. Edwards Bishop King's Fulham Charity

Dudley & Geoffrey Cox Trust

The Fishmongers Company

Hammersmith United Charity

The Henry Smith Charity

Hyde Park Place Estate Charity

Kasuma Trust

London Freemason Charity

Merchant Taylors' Foundation

Pathways Housing

New Philanthropy Capital

Peter Stebbing Memorial Charity

Souter Charitable Trust

Strand Parishes Trust

Tara Getty Foundation

The Vintners' Foundation

The Worship Company of Cutlers

West Hackney Parochial Trust

Westminster Amalgamated Charity

Westminster Almshaus Foundation

Zurich Community

Greater London Authority

London Councils

London Violence Reduction Unit

NHS North West London ICB

RBKC Children & Families Services

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Future Plans and Strategy 2022 to 2027

We have concluded the second year of our 5-year strategy and have delivered in-line with our strategic aims of:

- Offering high quality and effective counselling and mental health services to women and children survivors of domestic abuse
- Sustaining existing funds and growing our income to expand our offer to meet the increasing number and needs of women and their children
- Raising awareness about Woman's Trust work and influencing the debate about domestic abuse and mental health in London and nationally
- Ensure that we have the staff with the right skills, in the right place, at the right time

Our medium-term goals for the next three years remain:

- To continue to deliver high quality trauma-informed mental health services and play a significant role in the London-wide provision and improvement of specialist services offered to women affected by domestic abuse;

- To ensure we increase capacity of services to respond to the unmet demand for counselling and therapeutic support;

- Recognising that domestic abuse is part of a larger picture which includes the impact on children and mothers, young women and girls, and the criminal justice system response, use our expertise to support integrated approaches to these;

- To produce reports, based on evidence and research, on key findings such as: suicide and self-harm, mental health, the criminal justice system and mental health, and young people and mental health and our interventions to influence commissioning and delivery, as well as policy makers and government at London and National level and improve mental health and social justice outcomes for women and girls;

- To continue to build partnerships with voluntary, statutory and organisations to influence on key strategies and action plans on the Mental Health of Women and Girls Survivors of DA;

- To ensure the organisation is on a robust and sustainable footing, by continuing our fundraising effectiveness and maintaining our reserves in-line with our reserves policy.

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Public Benefit Statement

Trustees have referred to the Charity Commission's general guidance on public benefit in reviewing the aims and objectives of the charity, in planning future activities and, in particular, how planned activities will contribute to those aims and objectives.

Woman's Trust's charitable objects are to relieve women and children who are or have been affected by domestic abuse, by providing counselling and support services.

Woman's Trust's services have the following benefits:

- Improving the mental health of women affected by domestic violence, reducing the likelihood that they will suffer from depression, post-traumatic stress syndrome, suicidal ideation, or any of the other mental health conditions associated with domestic abuse;
- Empowering women affected by domestic violence to function better and to make better choices, enabling them to live fuller lives through, for example, better relationships with other family members and people outside the home, improved ability to work, to control their own finances and to take an active role in society;
- Contributing towards the safety and emotional health of children whose families are affected by domestic violence;
- Enabling women in abusive relationships to build their knowledge of support services, social networks and personal strength so that they can mitigate risk, plan for a safer future, and understand what services are available to them.

These benefits relate directly or indirectly to several charitable purposes including the advancement of health (primarily mental health), the advancement of human rights and citizenship, the relief of poverty and of those in need. In extreme cases, this can extend to saving lives as women are empowered to overcome the danger and damage caused by domestic violence.

Woman's Trust's services are only for biological women who are or have been affected by domestic abuse but are not otherwise restricted in principle. In practice, there are certain restrictions:

- where our funding is restricted to particular local authority or other geographical areas, beneficiaries must come from those areas. This restriction varies from time to time as funders change;
- counselling is available only in certain languages;
- the needs of people with childcare (or other caring) responsibilities cannot always be met.

Woman's Trust seeks to overcome these restrictions where funding is available. All services are currently free to users and there is no exclusion due to simple inability to pay.

All private benefits – to our staff, suppliers and volunteers – contribute directly to achieving Woman's Trust's aims.

For these reasons, the Trustees are confident that Woman's Trust meets the public benefit requirements for charities.

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Statement of Trustees' Responsibilities

Company Law requires the Trustees prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period.

In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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

Signed on behalf of the Trustees:

NScordi

Niki Scordi, Chair

Approved by the Trustees on 21 October 2024

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Independent Auditors' Report to the Trustees of Woman's Trust For the year ended 31 March 2024

Opinion

We have audited the financial statements of Woman's Trust for the year ended 31 March 2024 which comprise the statement of financial activities, statement of financial position and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

•give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources for the year then ended;

•have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and

•have been prepared in accordance with the requirements of the Charities Act 2011.[1]

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated.

If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Charity's Act 2011 requires us to report to you if, in our opinion:

•the information given in the trustees' report is inconsistent in any material respect with the financial statements; or

•adequate and proper accounting records have not been kept; or

•the financial statements are not in agreement with the accounting records and returns; or

•we have not received all the information and explanations we require for our audit

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements[2]

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Capability of the audit in detecting irregularities, including fraud

The objectives of our audit are to identify and assess the risks of material misstatement of the financial statements due to fraud or error; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud or error; and to respond appropriately to those risks.

Based on our understanding of the charity and industry, and through discussion with the trustees and other managers (as required by auditing standards), we identified that the principal risks of non-compliance with laws and regulations related to health and safety, anti-bribery and employment law.

We considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Charities Act, Charities SORP (FRS 102), taxation and pension legislation. We communicated identified laws and regulations throughout our team and remained alter to any indications of non-compliance throughout the audit. We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls) and determined that the principal risks were related to posting inappropriate journal entries to increase revenue or reduce expenditure and management bias in accounting estimates. Audit procedures performed by the engagement team included:

-Discussions with Trustee's and assessment of known or suspected instances of non-compliance with laws and regulations (including health and safety) and fraud; and
-Identifying and assessing the design effectiveness of controls that management has in place to prevent and detect fraud; and
-Performing analytical procedures to identify any unusual or unexpected relationships, including related party transactions that may indicate risks of material misstatements due to fraud; and
-Identifying and testing journal entries, in particular any manual entries made ate year-end for financial statement preparation.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Darren Smart (Senior Auditor)
For and on behalf of
R E Jones & Co - Chartered Accountants and Statutory Auditor
132 Burnt Ash Road
London SE12 8PU

1 November 2024

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Statement of Financial Activities
(incorporating the Income & Expenditure Account)
For the year ended 31 March 2024

	Notes	Unrestricted Funds £	Restricted Funds £	2024 Total Funds £	(Note 19) 2023 Total Funds £
Income and endowments from:					
Donations	2	137,912	-	**137,912**	**114,335**
Charitable activities					
. Grants and project funding	3	268,058	630,048	**898,106**	**828,267**
Investment income	4	8,454	-	**8,454**	**2,805**
Total income		414,424	630,048	**1,044,472**	**945,407**
Expenditure on:					
Raising funds					
. Fundraising costs	5	126,423	-	**126,423**	**137,063**
Charitable expenditure					
.Provision of counselling and support services	6	287,497	671,550	**959,047**	**879,600**
Total Expenditure		413,920	671,550	**1,085,470**	**1,016,663**
Net Income and movement in funds	8	504	(41,502)	**(40,999)**	**(71,256)**
Reconciliation of funds:					
Fund balances at 1 April 2023		446,898	131,039	**577,937**	**649,193**
Fund balances at 31 March 2024	15	**447,402**	**89,536**	**536,938**	**577,937**

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derived from continuing activities.

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Balance Sheet
For the year ended 31 March 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed Assets					
Tangible assets	11		20,686		18,722
Current Assets					
Debtors	12	73,455		74,226	
Cash in hand and at bank		479,431		527,163	
		552,886		601,389	
Creditors: Amounts falling due within one year	13	(36,634)		(42,174)	
Net Current Assets			516,252		559,215
Net Assets			536,938		577,937
Funds					
Restricted funds	14		89,536		131,039
Unrestricted funds					
- Designated funds	15		40,000		50,000
- Core funds c/fwd			-		47,999
- General funds			407,402		348,899
Total Funds			536,938		577,937

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

The notes on pages 29 to 41 form part of the financial statements.

Approved by the Trustees on 21 October 2024
and signed on their behalf by:

N Scordi

Chair – Niki Scordi

Company Registration Number: 06886781 (England and Wales)

woman's Trust
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Statement of Cash Flow
For the year ended 31 March 2024

	Notes	2024 £	2023 £
Net Cash Inflow/(Outflow) from Operating Activities	A	(42,383)	(26,814)
Investment income		8,454	2,805
Purchase of tangible fixed assets		(13,803)	(9,668)
Net Cash Inflow/(Outflow) provided by investing activities (bank int & fixed assets)		(5,349)	(6,863)
Change in cash and cash equivalents in the year		(47,732)	(33,677)
Cash and cash equivalents at 1 April 2023		527,163	560,840
Cash and cash equivalents at 31 March 2024	B	479,431	527,163

Notes to the statements of cash flows for the year to 31 March 2024

A **Reconciliations of net movement in funds to net cash provided by (used in) operating activities**

	2024 £	2023 £
Net movement in funds	(40,999)	(71,256)
Adjustments for:		
Depreciation	11,839	8,866
Investment income	(8,454)	(2,805)
(Increase)/decrease in debtors	771	47,044
Increase/(decrease) in creditors	(5,540)	(8,663)
Net cash (used in) provided by operating activities	(42,383)	(26,814)

B **Analysis of cash and cash equivalents**

	2024 £	2023 £
Total cash and cash equivalents: cash at bank and in hand	479,431	527,163

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Principal Accounting Policies
For the year ended 31 March 2024

1 Accounting Policies

Accounting Convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The company is a public benefit entity for the purposes of FRS 102 and a registered charity established as a company limited by guarantee and therefore has also prepared its financial statements in accordance with the 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 (The FRS 102 Charities SORP), the Companies Act 2006 and Charities Act 2011. The financial statements are prepared in sterling, which is the functional currency of the charity. Amounts presented are rounded to the nearest pound.

Going Concern

The trustees have assessed whether the use of going concern is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. In particular, the trustees have considered the charitable company's forecasts and projections and have taken account of pressures on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. The charitable company therefore continues to adopt the going concern basis in preparing its financial statements.

Critical accounting estimates and areas of judgement

Preparation of the accounts requires the Trustees to make significant judgements and estimates.

The items in the accounts where these judgements and estimates have been made are in estimating the useful economic life of tangible fixed assets.

Income

Income is recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty and it is probable that the income will be received.

Grants from government and other agencies have been included as income from charitable activities where these amount to a contract for services, but as donations where the money is given in response to an appeal or with greater freedom of use, for example monies for core funding.

Donated services comprise time donated to the charity by various counsellors, and the value of these services is estimated based on the number of sessions attended.

Donated rooms comprise rooms donated to the charity by various providers, and the value is estimated based on the number of hours the rooms are reserved to provide counselling services.

Resources Expended

Expenditure is included in the statement of financial activities when incurred and includes any attributable vat which cannot be recovered.

Charitable expenditure comprises expenditure on the charity's primary charitable purposes i.e. providing counselling and other services for women who have been subject to domestic violence.

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Principal Accounting Policies
For the year ended 31 March 2024

Tangible Fixed Assets and Depreciation
Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset as follows:

Furniture & Equipment	25% straight line

Assets are depreciated for a whole year in the year of acquisition and not at all in the year of disposal. Items costing less than £500 are not treated as fixed assets but instead are charged as expenses in the year in which they are purchased.

Financial Instruments

Cash and cash equivalents
Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

Debtors and other receivables
Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are values at the amount prepaid. They have been discounted to the present value of the future cash receipt where such discounting is material.

Creditors and provisions
Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payments where such discounting is material.

Fund Accounting
The unrestricted general funds comprise the monies which may be used towards meeting the charitable objectives of the charity and which may be applied at the discretion of the Trustees. Within unrestricted funds, certain funds have been designated by the Trustees for specific purposes. Details of these are given in note 15 to the financial statements.

Restricted funds comprise monies raised for, or their use restricted to, a specific purpose, or contributions subject to donor imposed restrictions.

Operating Leases
Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the statement of financial activities as incurred.

Pension Costs
Contributions to employees' personal pension plans and to stakeholder schemes are recognised in the statement of financial activities when payable.

2 Donations

	Unrestricted 2024 £	Restricted 2024 £	Unrestricted 2023 £
The donations are made up as follows:			
General donations	122,262		97,975
Donated services	15,650		16,360
Total	137,912	-	114,335

Donated services comprise:

Donations by various counsellors' time and spaces.

Time and spaces donated by volunteer counsellors and other partners during the year were £15,560 (2023:£16,360)

3 Charitable Activities

Charitable activities are made up of Unrestricted and Restricted grants and project funding as follows:

	2024 £	2023 £
Statutory - NHS North West London ICB	27,908	28,045
Statutory - RBKC - Children and Families	30,000	30,000
Bruno Schroder Trust	70,000	-
Dudley & Geoffrey Cox Trust	8,000	10,000
Garfield Weston Foundation	-	20,000
The Henry Smith Charity	70,000	-
Impact 100 London	-	33,000
Julia and Hans Rausing Trust	-	100,000
Kasuma Trust	10,000	-
Leathersellers' Company Charitable Fund	-	10,000
New Philanthropy Capital	15,650	-
Peter Stebbings MemorialCharity	10,000	10,000
Souter Charitable	5,000	5,000
The Society of the Holy Child Jesus CIO	-	15,000
Hardship funds(Father O'Mahony Memorial Trust & Grocers Charity)	7,000	3,000
Other funders	14,500	12,600
Unrestricted funds	268,058	276,645

Other funders include the following, and we would like to thank them - Zurich Community, The Dentons UK & Middle East LLP Charitable Trust, Browne Jacobson Charitable Trust, The Everest Trust, Hammersmith United Charities and Sir Jules Thorne Trust.

3 Charitable Activities (continued)	2024	2023
	£	£
Statutory - Greater London Authority (Advance)	112,000	112,506
Statutory - Greater London Authority (Refuge)	106,247	69,540
Statutory - Hammersmith and Fulham Fast Track	4,986	5,000
Statutory - K&C Community Safety Team - Serious Violence Duty	5,000	-
Statutory - London Councils - Ascent (Women & Girls Network)	41,769	44,382
Statutory - London Violence Reduction Unit	24,059	32,230
Statutory - Tower Hamlets Local Community Fund	11,246	19,280
Statutory - Westminster CC Community Priorities Programme	30,643	-
Cadogan Charity	5,000	-
Central Hackney Parochial Charities	10,000	15,000
Charles Hayward Foundation	25,000	-
City Bridge Foundation	38,650	44,853
Clothworkers Foundation	9,500	-
Dr Edwards & Bishop King's Fulham Charity	7,650	5,567
The Fishmongers Company	20,000	16,263
Hammersmith United Charity	14,700	10,054
Hyde Park Place Estate Charity	6,000	5,000
The Kensington Foundation	-	20,000
London Freemasons' Charity	10,000	-
Merchant Taylors' Foundation	5,000	-
Pathways Housing	10,000	4,700
South Hackney Parochial Charities	-	10,873
Strand Parishes Trust	6,500	6,227
Tara Getty Foundation	7,640	3,526
The Vintners' Foundation	5,000	-
Wakefield and Tetley Trust	-	8,001
West Hackney Parochial Charities	10,755	10,873
Westminster Amalgamated Charity	10,000	8,000
Westminster Almshouses Foundation	7,000	11,806
The Worshipful Company of Cutlers	15,000	34,128
Zurich Community	49,000	40,000
*Other funders	21,703	13,813
Restricted funds	630,048	551,622
Total	898,106	828,267

*Other funders include the following, and we would like to thank them - Daisy Trust, City Women, The Worshipful Company of Chartered Secretaries and Administrators, Lyles Local fund, Co-op Local Community fund, 29th May 1961 Charity fund, Masonic Charitable foundation, Charles S French Charitable Trust, The Dentons UK & Middle East LLP Charitable Trust and Matrix Causes fund.

4 Investment Income	Unrestricted 2024 £	Unrestricted 2023 £
Bank interest received	8,454	2,805

5 Raising funds	Unrestricted 2023 £	Unrestricted 2022 £
Staff costs (note 9)	122,003	131,891
Other costs	4,420	5,172
	126,423	137,063

6 Charitable Expenditure

Charitable expenditure comprises costs associated with the provision of counselling and support services, and are classified below.

	Unrestricted Funds £	Restricted Funds £	2024 £
Direct Costs:			
Staff costs (note 9)	119,806	519,546	**639,352**
Childcare and client hardship	15,906	-	**15,906**
Counselling supervisors, volunteers training and exps	3,030	23,045	**26,075**
Room and equipment hire	-	4,180	**4,180**
Volunteer training and expenses	-	2,675	**2,675**
Workshop and assessors expenses	-	11,126	**11,126**
Donated counselling services (note 2)	15,650	-	**15,650**
Other direct costs	-	10,695	**10,695**
	154,392	571,267	**725,659**
Premises Costs:			
Rent and rates	15,464	-	**15,464**
Administrative costs:			
Staff costs (note 9)	66,790	32,075	**98,865**
Central overheads	36,051	68,208	**104,259**
Governance costs	14,800	-	**14,800**
Total	287,497	671,550	**959,047**

6 Charitable Expenditure

Comparatives...

	Unrestricted Funds £	Restricted Funds £	2023 £
Direct Costs:			
Staff costs (note 9)	123,417	456,605	**580,022**
Childcare and client hardship	3,929	-	**3,929**
Counselling supervisors, volunteers training and exps	7,777	20,548	**28,325**
Room and equipment hire		1,364	**1,364**
Volunteer training and expenses	54	1,561	**1,615**
Workshop and assessors expenses	-	21,326	**21,326**
Donated counselling services (note 2)	16,360	-	**16,360**
Other direct costs	2,499	3,040	**5,539**
	154,036	504,444	**658,480**
Premises Costs:			
Rent and rates	15,870	-	**15,870**
Administrative costs:			
Staff costs (note 9)	65,389	38,047	**103,436**
Central overheads	48,671	40,320	**88,991**
Governance costs	12,823	-	**12,823**
Total	296,789	582,811	**879,600**

7 Governance Costs

	Unrestricted 2024 £	Unrestricted 2023 £
Accountancy	4,800	3,360
Staff costs (note 9)	10,000	9,463
Total	14,800	12,823

8 Net Movement in Funds

This is stated after charging:

	2024 £	2023 £
Staff costs (note 9)	890,484	843,118
Audit fees (including VAT)	4,800	3,360
Depreciation	11,839	8,866
Operating lease rentals and business rates	15,464	15,870

9 Staff Costs

Staff costs during the year were as follows:

	2024 £	2023 £
Wages and salaries	737,323	708,556
Social security costs	42,326	51,063
Employer's pension contributions	20,433	19,683
	800,082	779,302
Self employed staff	67,333	50,172
Other staff related costs (training, supervision, and travel)	3,779	6,690
Staff recruitment	19,290	6,954
	890,484	843,118

Staff costs by function were as follows:

	2024 £	2023 £
Fundraising	122,003	131,891
Marketing/Social Media	25,125	-
Provision of counselling and support services	551,538	513,573
Administration	181,818	188,191
Governance	10,000	9,463
	890,484	843,118

The average number of employees during the year was 41 (2023: 36).

9 Staff Costs (continued)

There was one employee with benefits (including employer's pension contribution and national insurance) between £60,001 and £70,000 per annum during the year (2023: 1).

Key Management Personnel:

Salary	No. of Employee	
	2024	2023
£60,001 - £70,000	1	1

The key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis comprise the Trustees, Chief Executive, Head of Fundraising, Head of Therapeutic Services, HR & Operations Manager and Finance Manager. The total remuneration including employer's pension and national insurance of the key management personnel for the year was £242,012 (2023: £225,084).

No Trustee received any remuneration in respect of their services as as trustee during the year (2023: none). No expenses were reimbursed to Trustees during the year (2023: none).

10 Taxation

Woman's Trust is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

11 Tangible Fixed Assets

	Furniture & Equipment
Cost	
At 1 April 2023	56,419
Additions	13,803
At 31 March 2024	**70,222**
Depreciation	
At 1 April 2023	37,697
Charge for the year	11,839
At 31 March 2024	**49,536**
Net Book Value	
At 31 March 2023	18,722
At 31 March 2024	**20,686**

12 Debtors

	2024 £	2023 £
Debtors and prepayments	1,756	1,649
Accrued income	71,699	72,577
	73,455	74,226

13 Creditors: amounts falling due within one year

	2024 £	2023 £
Creditors and accruals	10,921	8,625
Tax and social security	12,347	12,250
Other creditors	13,366	21,299
Total	36,634	42,174

14 Restricted Funds

	At 1 April 2023 £	Income £	Expenditure £	At 31 March 2024 £
Total funds	131,039	630,048	671,551	89,536

Purposes of Restricted Funds

The restricted resources comprise donations and grants from individuals or organisations to be expended for the continuation of counselling projects and support groups.

15 General funds

The general funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the Trustees for specific purposes:

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
Designated Funds:				
Provision of counselling service - projects		10,000	5,000	10,000
Projects - operational costs	50,000	30,000	45,000	30,000
	50,000	40,000	50,000	40,000
General Funds	396,898	374,424	363,920	407,402
Total General Funds	446,898	414,424	413,920	447,402

All designated funds will be spent within 12 months.

Unrestricted General funds split:-	
Designated funds	£40,000
General reserves	£407,402

16 Analysis of net assets between funds

	General Funds £	Restricted Funds £	Total 2024 £
Fixed assets	20,686	-	20,686
Current assets	459,267	93,619	552,886
Creditors: amounts falling due within one year	(32,551)	(4,083)	(36,634)
	447,402	89,536	536,938

17 Lease commitments

At 31 March 2024 Woman's Trust had total commitments under operating leases on land and buildings as follows: We are on a tenancy at will with one month notice and no commitment for the year.

18 Related Party Transactions

There were no related party transactions in the financial year (2023:none)

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

19 Prior Year Statement of Financial Activities

	Notes	Unrestricted Funds £	Restricted Funds £	2023 Total Funds £
Income and endowments from:				
Donations	2	109,116	5,219	**114,335**
Charitable activities	3	276,645	551,622	**828,267**
Investment income	4	2,805	-	**2,805**
Total income		388,566	556,841	**945,407**
Expenditure on:				
Raising Funds	5	137,063	-	**137,063**
Charitable Expenditure	6	296,789	582,811	**879,600**
Total Expenditure		433,852	582,811	**1,016,663**
Net Income/(Expenditure)		(45,286)	(25,970)	**(71,256)**
Transfers between funds		-	-	**-**
Net Income/(Expenditure) for the Year	8	(45,286)	(25,970)	**(71,256)**
Total Funds as at 1st April		492,184	157,009	**649,193**
Total Funds as at 31st March	15	446,898	131,039	**577,937**

There are no recognised gains and losses other than those passing through the statement of financial activities account. All incoming resources and resources expended derived from continuing activities.

WOMAN'S TRUST

England & Wales - Charity number 1143513

Accounts

woman's Trust

recovery from domestic abuse

Annual Report and Independently Examined Financial Statements 31st March 2023

Charity Registration Number 1143513

Company Registration Number 06886781 (England and Wales)

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The Trustees present their statutory report together with the financial statements of Woman's Trust for the year ended 31 March 2023.

This report has been prepared in accordance with Part 8 of the Charities Act 2011 and constitutes a directors' report for the purposes of company legislation.

Woman's Trust is constituted as a charity registered for charitable purposes with the Charity Commission (Charity Registration Number 1143513) and a company limited by guarantee (Company Registration Number 06886781).

Chair's and CEO's foreword

2022/23 has been a successful as well as challenging year for Woman's Trust and for the sector overall.

We started delivery of several new partnership projects during the year. The Ascent partnership project was funded by London Councils; the London Whole Housing Service Partnership (LWHSP) and Pan London Floating Support Service (PLFSS) funded through the Greater London Authority; and the Maia & Lift project funded by the Mayor's London Violence Reduction Unit (LVRU), focussed on work with young women.

This year we re-introduced face-to-face counselling and therapeutic support groups for clients who requested them, and continued remote delivery via phone and video for most clients who find this more accessible.

Overall, we provided over 6,200 sessions for clients: 616 initial assessments, 5,591 counselling sessions, 272 support group sessions and 86 workshops. In total we supported 716 women during the year. The cost-of-living crisis increasingly impacted on our clients, and we were also able to help some women with grants from our hardship funds.

In November 2022, the Domestic Abuse Commissioner published the findings of an extensive survey including hearing from over 4,000 survivors of abuse. Her report shows that provision of services is a postcode lottery: our own experience includes having to turn women away because they live in a postcode where we have no funding for services. The report also asked survivors what their priority needs were: the top requirement (83% of women) wanted counselling and therapeutic support. Less than half of those who wanted this mental health support were able to access it.

In January 2023, Women's Aid reported in their research into what survivors valued in the type of mental health support provided to them. Their conclusions describe exactly what Woman's Trust delivers: a service that is expert in the dynamics of domestic abuse, trauma-informed, women-only, long-term, empathetic and non-judgemental.

The need for our services continued, and continues, to exceed our funding. While we expect the economic challenges to ease somewhat in the next year, our vision remains: to help many more women to recover from their experiences of abuse and we will work tirelessly to achieve that.

We end this message with one from a client:

"Having ... therapy with a service who are specialised in domestic violence allowed me to feel safe to discuss what happened to me and to not feel judged. My therapist was absolutely amazing; she made me feel so understood and has been a vital support during such a difficult time. I cannot imagine what state I would be in now if I had not had these 18 sessions."

Sally Field

Chair

Heidi Riedel

Chief Executive Officer

Trustee Report

Our Vision

A world where women have the resources to prevent domestic abuse damaging their futures.

Our Mission

To help any woman in London affected by domestic abuse to overcome the mental and emotional harm and rebuild her life, by providing women-only, client-led counselling and support services.

Charitable object

Woman's Trust's charitable object is:

To relieve women and children who are being, or have been, affected by domestic abuse, through the provision of a counselling and support service.

Woman's Trust is special because we:

- offer specialist 'person-centred' counselling and therapeutic services, informed by an understanding of the long-term mental health and emotional impacts of domestic abuse
- Through a trauma-informed approach enable women to make their own choices and decisions, in their own way, in overcoming the risk and damage caused by domestic abuse
- provide accessible services regardless of race, religion, class, or culture; and
- are expert in understanding the dynamics of domestic violence and abuse and its effects on women's lives and that of their children.

Woman's Trust is a women-only organisation. It is led by members of the community it was developed to serve: women who live or work in London.

Overall aims and outcomes

Domestic abuse has affected or will affect one in four women in the UK. The psychological and emotional consequences of abuse, if left unaddressed, can last a lifetime for the woman and her children. The primary aim of our service is to enable women to rebuild their lives.

The services that we provide

We aim to tackle the emotional and psychological damage caused by abuse, by providing appropriate mental health services: specialist person-centred trauma-informed one-to-one counselling and therapeutic support groups (both BACP accredited services), and self-development workshops. We also provide webinar resources for anyone experiencing domestic abuse; and help some clients with small grants from a hardship fund.

Our Client's Journey

*Women can choose to access one or more services simultaneously or one after the other

Referral

Deciding on suitability for our services, and signposting to a range of other services to give women the support they need

Long-Term Counselling

Up to 18 weekly 50 minute one-to-one person-centred counselling sessions with a professional counsellor, trained to understand the specific dynamics and issues associated with domestic abuse

Therapeutic Support Groups

Eight weekly sessions of 2 hours, where women share their stories with other women to support each other in their recovery

Self-Development Workshops

We offer two hour online sessions designed to help women with the practical and emotional fall-out from domestic abuse, and move on with their lives

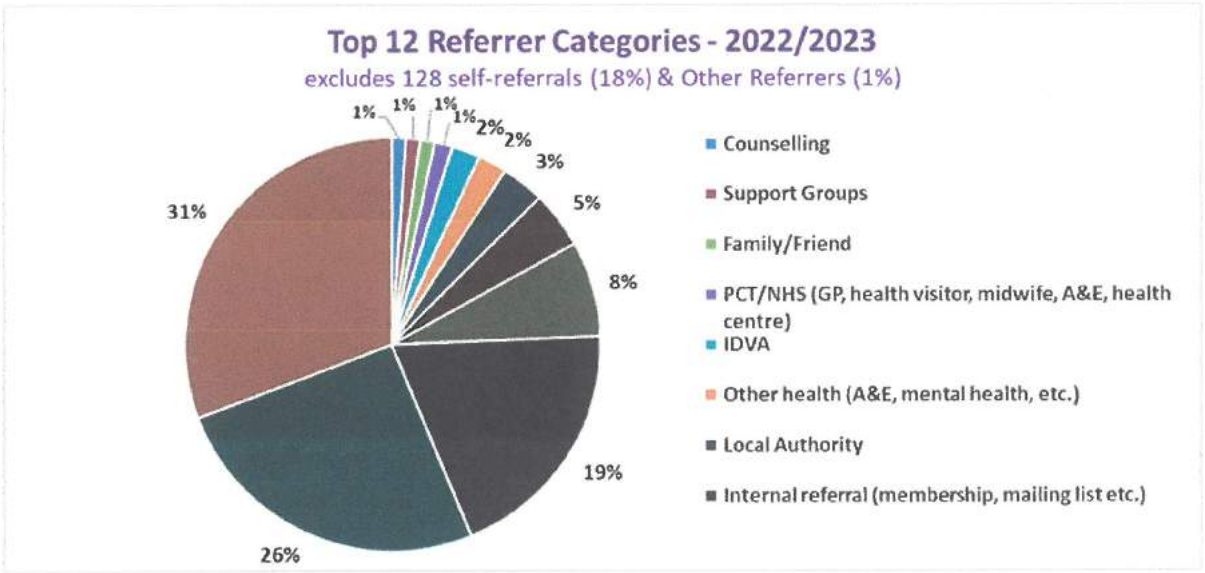
Webinars

Recorded psycho-educational work-shops available on our website

Our reach

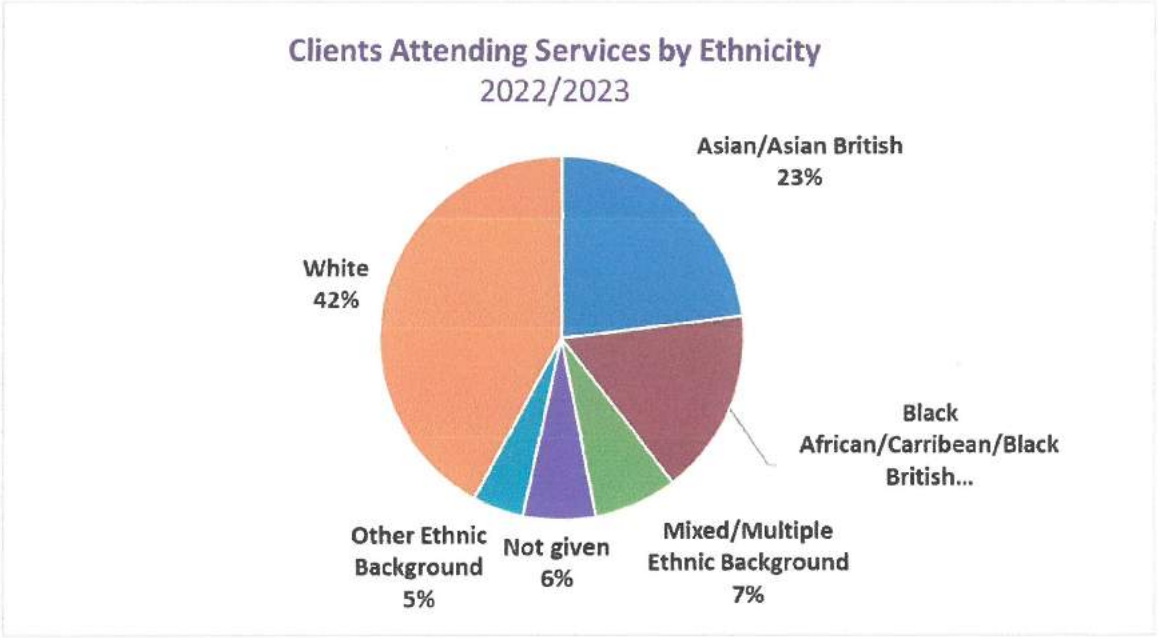
During the 2022/23 period, Woman's Trust received 632 client referrals from a plethora of sources.

The overall number of referrals for the year remained at a similar level, with only a 0.3% reduction from the previous year. A significant number of referrals came from our Greater London Authority's Safer Accommodation LWHSP and PLFSS partnerships. Additionally, we received referrals from other organisations such as voluntary organisations, family and friends, CAB, housing-related organizations, children's centres, GP practices, and Social Services - Children and Families.

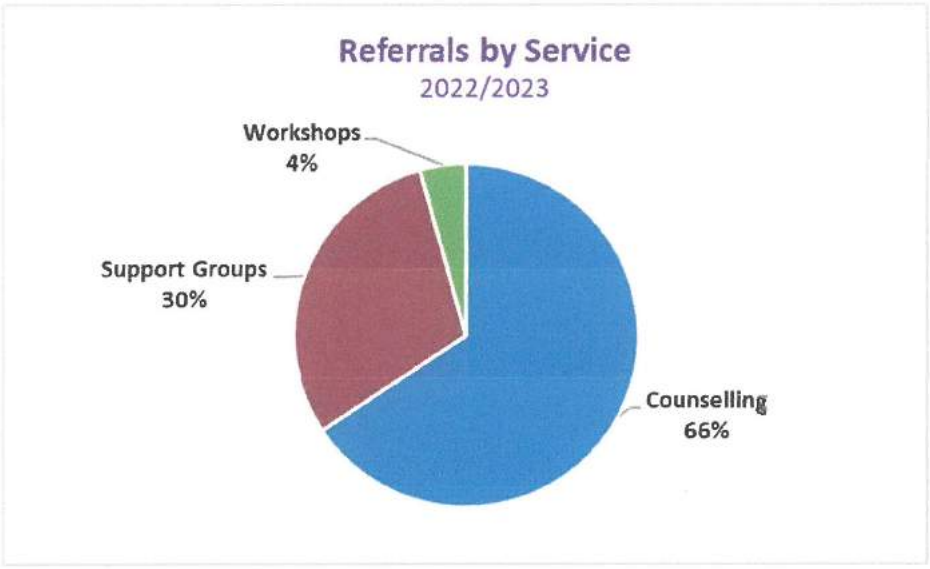


Who accessed our services?

In London, the Black Asian and Minority Ethnic (BAME) population represents 46% of the total population according to the 2021 Census. At Woman's Trust, 51% of our clients who accessed counselling, support groups, and workshops were from ethnic minority backgrounds.



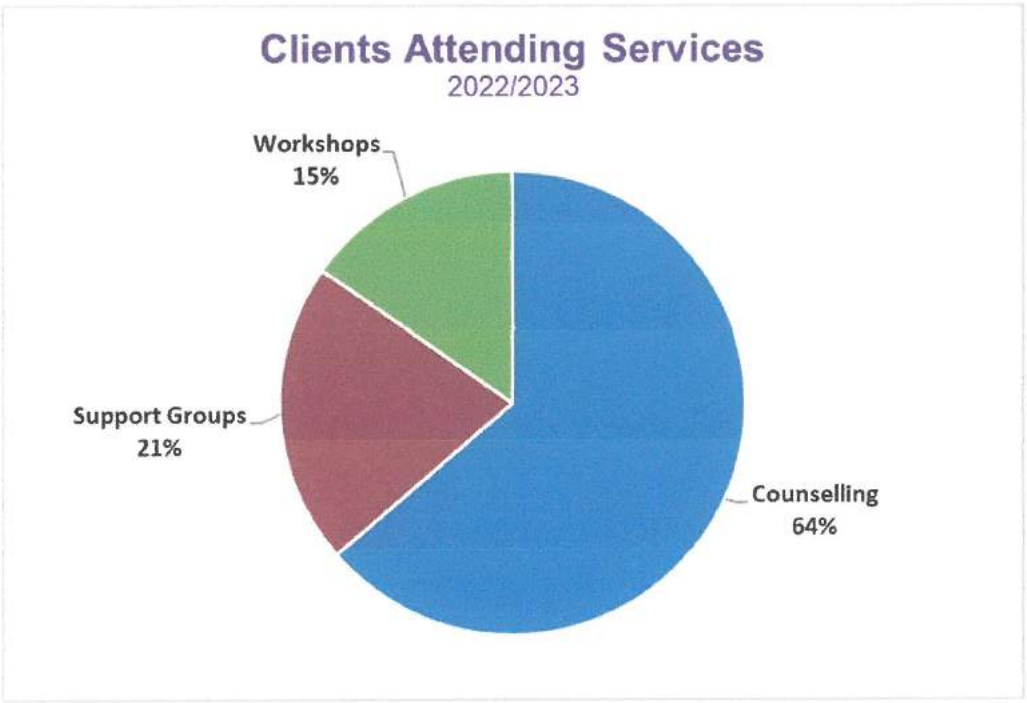
Services provided



We aim to provide a range of services tailored to meet the diverse needs of our clients and help them overcome the trauma of domestic abuse.

Counselling offers clients the opportunity to work with trained counsellors, while workshops provide psycho-educational resources to help women understand their experiences and improve their well-being. Support groups offer a valuable platform for women to share their experiences and alleviate feelings of isolation. We also provide pre-recorded psycho-educational sessions that can be accessed directly from our website and YouTube, serving as a continuous resource for women in need.

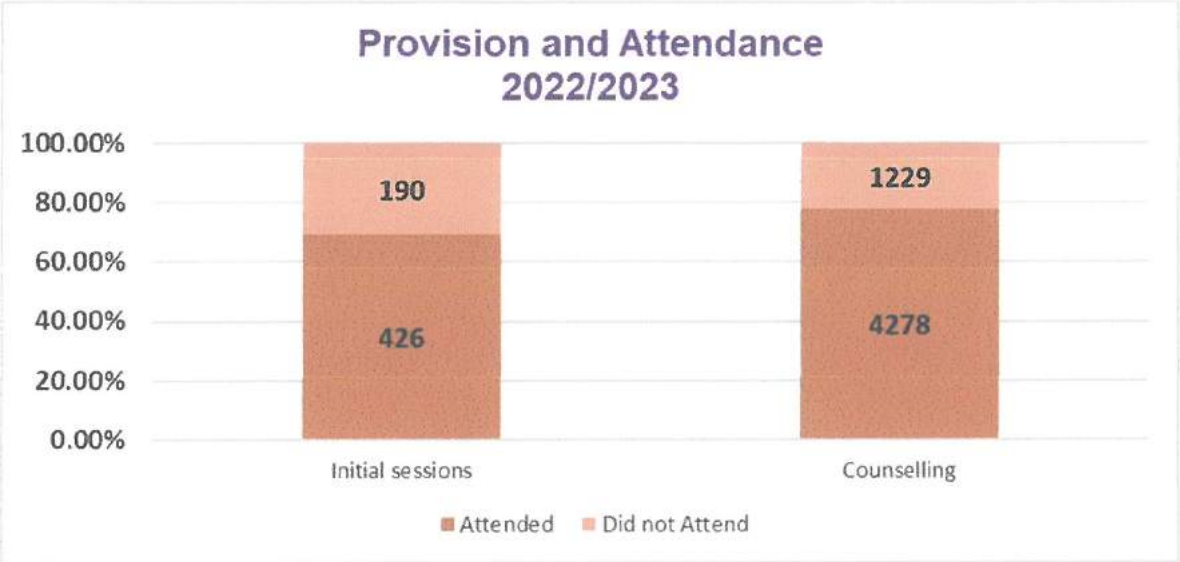
Approximately 65% of the clients referred to us requested one-to-one counselling, and some women sought multiple services.



A total of 470 women were provided with counselling sessions, with 446 attending at least one session. Support group sessions were provided to 187 women, with 147 women attending at least one session. Workshops were provided to 175 women, with 107 women participating in at least one session.

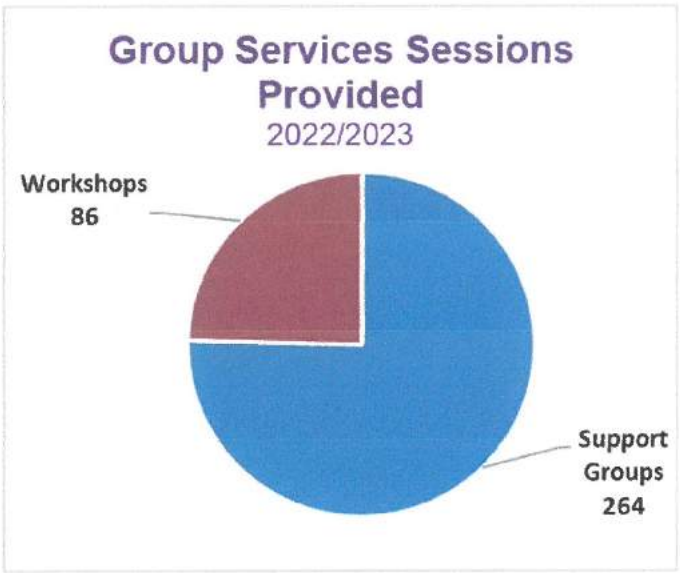
A survey conducted among our clients revealed that many women would continue to prefer remote counselling even after we resumed some in-person services. This year, we were able to offer some face-to-face counselling to women who expressed a preference for it. Woman's Trust has remained a lifeline for many individuals.

Service sessions provision and attendance



In 2022/2023 fiscal year, we conducted 616 initial assessment sessions, of which 426 were attended.

We delivered 5,507 one-to-one counselling sessions to 470 women, achieving an impressive attendance rate of 78%. Both the provision of counselling and the attendance rate remained relatively stable when comparing year-on-year data.



Our group sessions, including therapeutic support groups (consisting of 33 provided group blocks, each lasting 8 weeks) and psycho-educational workshops (comprising 86 sessions), were successfully continued both online and face-to-face.

Outcomes

In terms of evaluating the effectiveness of our services, Woman's Trust utilises two primary assessment systems: the Clinical Outcomes in Routine Evaluation (CORE) for counselling and Woman's Trust's own entrance and exit questionnaires (EQ) for all our services. These evaluation methods allow us to observe and understand the positive impact we have on the lives of women we serve.

Counselling – 470 Women Attended

Measures of health and well-being % of Women reporting improvement after accessing Woman's Trust counselling services		EQ (114 RESPONSES)	CORE (49 RESPONSES)
		Improvement	
HEALTHIER	Trauma (PTSD)	N/A	69%
	Stress/Anxiety	93%	66%
	Depression	N/A	66%
	Self-esteem	89%	59%
	Isolation	89%	54%
	Suicidal	N/A	22%
	Self-harming	N/A	20%
AUTONOMY AND LIFE CHOICES	Control over future	91%	66%
	Confidence	89%	56%
	Knowledge of own rights	86%	N/A
	Knowledge of other support services	87%	N/A
ABILITY TO FUNCTION	Relationship with children	68%	N/A
	Interpersonal relationships	89%	44%
	Self-care	91%	N/A

Client testimonials

"I found counselling really helpful, giving me a safe and empathetic space to speak about difficult and painful experiences and grow from that experience. Counselling was beneficial with moments of insight."

December 2022

"My time with my therapist has been invaluable. From start to finish, in every session [my counsellor] was so incredibly warm, validating and emphatic. She made me feel safe within our sessions to express how I was feeling and she offered very insightful reflections which have enabled me to process the difficult relationship that I was in as well as reflect on other areas of my life where I have been experiencing difficulties. The therapy has been instrumental in helping me to understand and come to terms with what I was subject to and how to move forward with my life. I cannot thank [my counsellor] enough for all her support."

February 2023

"My experience with Woman's Trust has been so important for me. It has provided me with the space to properly process the domestic abuse relationship that I was in. My relationship left me feeling a lot of shame and embarrassment and I felt like I could not speak to anyone about what I was actually subject to during the relationship to any friends or family. Having ... therapy with a service who are specialised in domestic abuse # allowed me to feel safe to discuss what happened to me and to not feel judged. My therapist was absolutely amazing; she made me feel so understood and has been a vital support during such a difficult time. I cannot imagine what state I would be in now if I had not had these 18 sessions."

March 2023

We facilitated a total of 33 attended Therapeutic Support Groups, with each group comprising 8 sessions. These groups garnered a significant attendance of 980 participants, with 147 unique women benefiting from the service.

The feedback from women about the impact of these groups was overwhelmingly positive. Here are some key findings:

- 91% of participants reported an improvement in their confidence.
- 89% experienced a reduction in stress and anxiety levels.
- 89% indicated an enhanced understanding of their rights.
- 94% felt a greater sense of control over their future.
- 83% reported improved relationships with their children.

These statistics highlight the effectiveness of the Therapeutic Support Groups in empowering and positively influencing the lives of the women we serve.

Client testimonials

"It's helped me to get back on track, particularly after my bereavement and it's given me a chance to process exactly where I have been and how I need to move forward now with official avenues in respect of my former partner - with the bottom line being that the safety and welfare of our children come first."

December 2022

"I have found the group therapy I received at Woman's Trust to be the most helpful and life-changing experience in my situation. As someone who did not know that I was experiencing domestic abuse until the end of my relationship, and was struggling with understanding it leading to my mental health suffering greatly, I found the group therapy sessions to be extremely validating to my experiences. Although I was not expecting it to be very helpful initially, I gave it a chance (thanks to [the group counsellor's] initial phone call) and I'm so glad I did. Although all the women in my group had different experiences and backgrounds, we were able to find commonalities in our experiences of being controlled and abused and thus were able to realise that we are not alone in our predicaments, that we are not crazy. This goes for talking about our abusive relationships, the fallout from them, and our horrifying experiences of trying to get justice no matter which system we are forced to go through and deal with. This understanding and support was crucial, and the solidarity priceless, during the most difficult time of my life."

March 2023

What has been positive: "Woman's Trust group support has been my lifeline, being in weekly contact with fellow survivors, encouragement from them, love and support from them, also a weekly opportunity to help other women identify DA and DV. The support of the facilitator and the other women has kept me sane, kept me safe, prevented me from total isolation, reminded me how to take care of myself each week. I would not be here without it.... It saved my life."

March 2023

Our Self-Development Workshops involved 86 attended workshop sessions with a total of 470 attendances. Among these attendees, 107 unique women came to the workshops, with many of them attending multiple sessions.

Workshops included 25 sessions of Thrive Futures Theatre workshops, 18 sessions of the LVRU Maia & Lift programme, 12 sessions of GLA Refuge PLFSS funded workshops, and 16 sessions of London Councils: Moving Forward programme (East and Southeast areas). There were a further 15 sessions consisting of 4 workshop blocks including Theramax employability workshops, and legal advice.

The impact of these workshops on the participants was significant. Here are the key outcomes reported by the women:

- 95% of the women experienced an improvement in their self-esteem.
- 100% reported improved interpersonal interactions.
- 95% felt a boost in their overall confidence.
- 94% increased their willingness to take positive steps towards changing their lives.
- 95% felt better equipped to cope with their experiences of domestic abuse.
- 94% reported a reduced sense of isolation.

These statistics highlight the positive impact our service has had on our clients, leading to improvements in various aspects of their lives, such as self-esteem, social interactions, confidence, coping mechanisms for domestic abuse, and a sense of connection with others.

The majority of women also expressed a preference to access workshops remotely online going forwards. These results demonstrate the effectiveness of our Self-Development Workshops in empowering women, enhancing their well-being, and enabling them to overcome the challenges associated with domestic abuse.

Client testimonials

"Having a safe space where I learned of shared experiences and guided lessons provided me a sense that I am not uniquely broken. It encouraged me to see that others have the same experiences and concerns. The fact that we are provided information on how or why that could be helps to hold it in a healthier way; to know that it's not our fault and it makes sense in the context of our lives which we have the ability to alter when we are ready."

March 2023

What was positive: "Being able to talk about my experience and feel heard and believed but not judged."

March 2023

"It was helpful [to access this workshop online] ... it made is accessible for me (it may not have been otherwise) and I met a great variety of people that allowed me to see lots of different people experience this too."

March 2023

Reference and administrative information

Governance, Structure and Management

Trustees (at date of approval of financial statements, except where noted)		Reference and Administrative Information
Sally Field	Chair	
Maya Rodriguez	Treasurer Chair of Finance Committee	
Laura McCarthy	Chair of Ethics and Practice Committee from 21 July 2022	
Sharon Citrone	Chair of HR Committee	
Nicola Peers **Nadia Mahmud**	Joint Chairs of Marketing and Communications Committee	**Charity Registration number** 1143513
Debbie Hartley **Linda McHugh** **Joanne Baker** **Helen Smith** **Anthonia Ifeanyi-Okoro** **Helen Hayes**	Trustee and Chair of Ethics and Practice Committee to 21 July 2022	**Company Registration Number** 06886781 (England & Wales) **Incorporation, Memorandum and Articles of Association** 24 April 2009
Heidi Riedel	**Chief Executive Officer**	**Registered office** West End House 37 Chapel Street London NW1 5DP
Bankers **CAF Bank Limited** **25 Kings Hill Avenue** **Kings Hill** **West Malling** **Kent ME19 4AT**	**Independent Examiner** R E Jones 132, Burnt Ash Road Lee London SE12 8PU	

Organisational structure

Woman's Trust's ultimate decision-making body is its Trustees, working collectively as a Board. The Trustees are the Directors of the company.

Day-to-day management of Woman's Trust is delegated to an employed Chief Executive, who is in turn responsible for delegating work to staff and volunteers.

Executive and administrative Staff

Woman's Trust maintains a small core staff, recruited for specific skills and experience.

All our staff are women, dedicated to the ethos of Woman's Trust and determined to provide women in London with the service they so desperately need.

Therapeutic Staff

Woman's Trust Counsellors are a mixture of fully qualified employed counsellors, plus volunteer counsellors some of whom are still undertaking their training.

Office Volunteers

Post-pandemic and following the re-opening of our offices, we have been able to enhance Woman's Trust staffing with some dedicated volunteers.

Trustee Recruitment, Induction and Training

The Board conducts a periodic skills audit. Board vacancies are advertised according to identified gaps. Candidates are interviewed by the Chair and one other Board member and once shortlisted, invited to observe at least one Board meeting before appointment by the Board.

On appointment each Trustee is given a welcome pack which includes information about Woman's Trust services, the annual financial statements, job descriptions, roles and responsibilities of Trustees, the constitution, and the strategic plan.

Trustees are given an induction to the work of the service at the charity's office, spending time with members of staff who introduce the work to them. The charity provides opportunities for Trustees to attend internal specialised domestic abuse training and external training, including governance and charity finance.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed in line with the risk management policy. The policy involves an annual risk analysis which forms part of the charity's strategic planning process and the individual risk assessments of proposed new projects or developments. Quarterly Board meetings receive reports from sub-committees on any new risks and, where major risks are identified, the Trustees will take the appropriate action to ensure that these are mitigated. Major risks are identified below.

Risk Identified	Mitigation response
Trust and foundation income opportunities have reduced since our turnover increased to over £1m per year. Competition for funding has increased	♦ We have increased investment in fundraising to focus on corporate and community funding streams so we can plan longer-term; ♦ We maintain logs of all funding streams so that we know exactly when a funding stream ends; ♦ We closely monitor the bidding process timetables, so bids to renew funds or obtain new funding are made well in advance; ♦ We build our annual budget based on secured funding and the identified funding gap which becomes our fundraising target for the year; and ♦ We maintain contingency plans to make any necessary service changes.
The loss of one or two key staff, who would be difficult to replace, or replace quickly. **Increasing difficulty in recruiting staff due to higher pay being offered across all employment sectors, and the high cost of living in London**	♦ We have introduced some longer notice periods, ♦ Where possible, we flex the staffing levels, increasing hours for more experienced staff, and reshaping responsibilities to make best use of the staff and volunteers we have available. ♦ We have documented systems, job handbooks, meetings and plans to ensure staff and volunteers can access the knowledge they would need to undertake new tasks. ♦ We have reviewed salary scales and increased pay levels where possible to be more competitive in the market.
Insufficient qualified counsellors to deliver a safe service	♦ We have reduced our dependence on volunteer counsellors by recruiting more directly employed counsellors and continue to use sessional counsellors who may become a pool of potential employed counsellors.

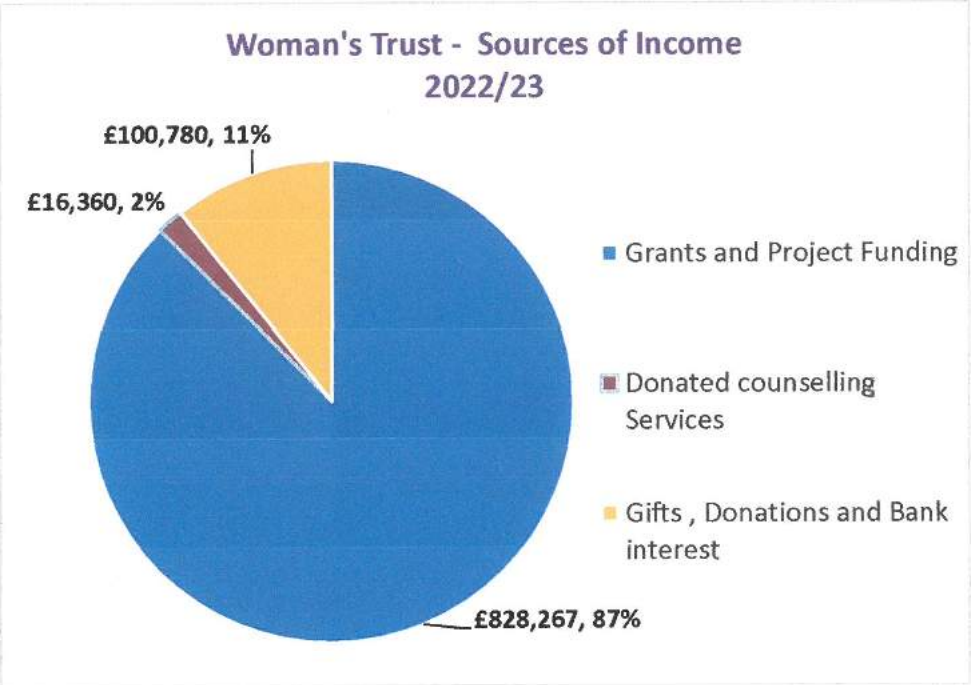
Statement of financial activities

Financial position

- We reached 92% of our fundraising target for the year
- We reduced our expenditure on overheads in line with a reduced budget
- We invested in new technology to increase the efficiency of our data collection
- We increased our free reserves to maintain the sustainability of Woman's Trust at the new (higher) expenditure levels.

Income

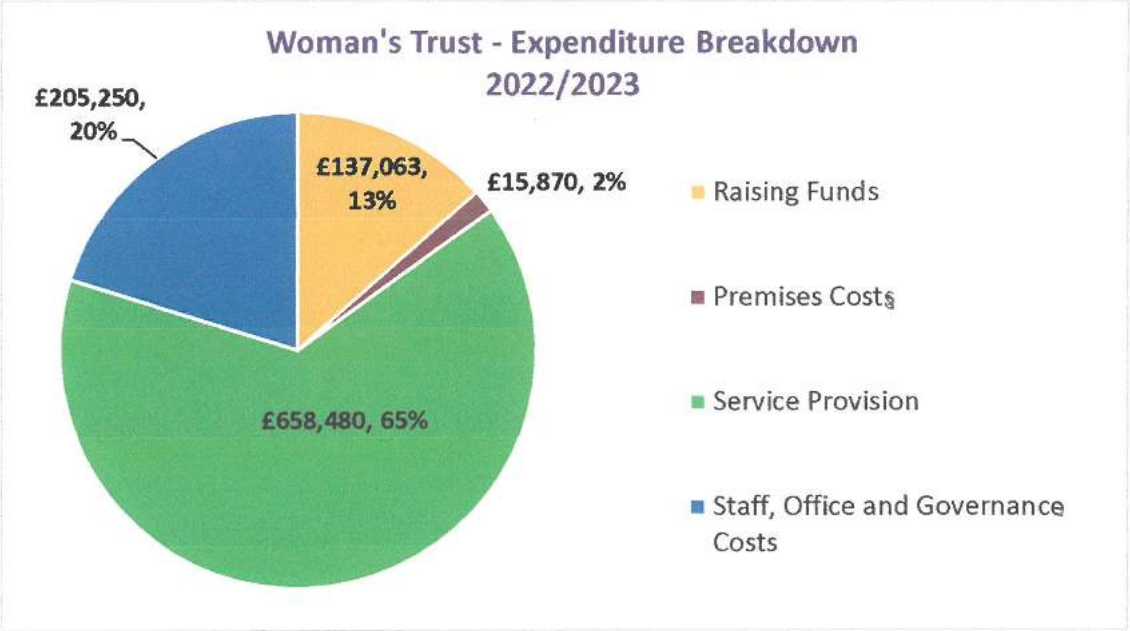
Woman's Trust received £945,407 in total income in the year to March 2023. Unrestricted income of £388,566 made up more than a third of Woman's Trust total income. Of that sum, unrestricted donations and gifts were £95,561. Restricted income totalled £556,841, of which £5,219 was donations and gifts.



Donated counselling services further reduced from £61,020 to £16,360 as we took on more employed counsellors in the year and reduced the number of sessions provided by volunteers.

Expenditure

In the year to March 2023, expenditure was £1,016,663 slightly more than last year. As specific Covid-related grants came to an end, we increased the number of staff devoted to raising funds to grow our sources of income. Service provision costs increased by over £60,000. The labour market tightened further in the year and it was necessary to use specialist agencies and some agency staff during the year, increasing staffing expenditure.



Financial position at the end of the year

The cash position at the end of the year was £527,163, a decrease of £33,678 or 6%. Restricted funds carried forward were £131,039, reflecting the fact that project funding is rarely aligned with financial years. The unrestricted funds stood at £446,898 at the end of the year, and this similarly includes designated funds of £50,000 set aside to cover core and project, £47,999 core funds carried forward. This leaves reserve funds of £348,899, an increase of £42,384 over last year.

Reserves policy

The Trustees review the reserves policy annually and the calculation of the required level of reserves is an integral part of the organisation's planning and budgeting. It takes account of the risks associated with each stream of income and expenditure being different from that budgeted, the organisation's commitments and the planned activity level.

The reserves policy requires free reserves (i.e., unrestricted funds excluding designated and Assets) to be maintained at a level which ensures that the organisation's core activity could continue during a period of unforeseen difficulty such as:

- a funding gap, possibly whilst waiting for the result of an application;
- funding short term deficits in a cash budget, when paid in arrears;
- covering unforeseen day-to-day operational costs, such as paying temporary staff in the absence of permanent staff;
- covering unforeseen emergency costs.

The Trustees believe that it is prudent for the financial reserve to be at least three months' running costs to meet the above obligations. Our medium-term objective is to move to a 6 months' reserve policy. We increased our reserves in 2022/23 to £348,899 in line with our increased core costs, and plan to maintain this level in 2023/24.

Going concern

As noted in last year's Annual Report, the investment we made in partnership working produced several new strands of multi-year funding starting in April 2022. In addition, we have secured several other multi-year funding grants and donations. The net effect is that, whilst we still have a budget gap to fill, we believe our position is secure enough to give assurance that Woman's Trust remains a going concern for the following reasons:

- budget and cash flow forecasts prepared show that Woman's Trust has sufficient funds to meet its obligations for the next nine months and we have a fundraising plan, and fundraising resource, in place to raise funding beyond that time; and
- management information systems enable timely decision making.

Fundraising Practices

Woman's Trust complies with the Fundraising Code of Practice and is registered with the Fundraising Regulator. Woman's Trust does not use any professional fundraiser or commercial participator to raise funds on our behalf. No complaints have been received about our fundraising activities. Most of our fundraising activity is applications to charitable trusts and foundations, and to statutory funders such as the NHS, Local Authorities and central government. We plan to increase our income from donations by community fundraising and building relationships with corporate and individual donors. Donations received as a result of active fundraising are dedicated to the purpose for which they were raised for.

Future plans

Our medium-term goals remain:

- To continue to deliver high quality trauma-informed services and play a significant role in the London-wide provision and improvement of specialist services offered to women affected by domestic abuse;
- Recognising that domestic abuse is part of a larger picture which includes sexual violence and child welfare, use our expertise to support integrated approaches to these overlapping issues;
- To grow capacity year-on-year to meet the unmet demand for counselling and therapeutic support;
- To continue a mix of remote and face to face work to meet clients' needs;
- To pursue partnerships with other organisations in response to the needs identified amongst the women we work with;
- To raise the awareness to funders and providers of the prevalence of domestic abuse, its impact on women's mental health, and the benefit of Woman's Trust's specialist approach in addressing that impact;
- To research the mental health impacts of domestic abuse and our interventions, to influence commissioning and delivery; and
- To ensure the organisation is on a robust and sustainable footing, by continuing our fundraising effectiveness and maintaining our reserves at a level in line with our reserves policy.

Public benefit statement

Trustees have referred to the Charity Commission's general guidance on public benefit in reviewing the aims and objectives of the charity, in planning future activities and, in particular, how planned activities will contribute to those aims and objectives.

Woman's Trust's charitable objects are to relieve women and children who are or have been affected by domestic abuse, by providing counselling and support services.

Woman's Trust's services have the following benefits:

- Improving the mental health of women affected by domestic violence, reducing the likelihood that they will suffer from depression, post-traumatic stress syndrome, suicidal ideation, or any of the other mental health conditions associated with domestic abuse;
- Empowering women affected by domestic violence to function better and to make better choices, enabling them to live fuller lives through, for example, better relationships with other family members and people outside the home, improved ability to work, to control their own finances and to take an active role in society;
- Contributing towards the safety and emotional health of children whose families are affected by domestic violence;
- Enabling women in abusive relationships to build their knowledge of support services, social networks and personal strength so that they can mitigate risk, plan for a safer future, and understand what services are available to them.

These benefits relate directly or indirectly to several charitable purposes including the advancement of health (primarily mental health), the advancement of human rights and citizenship, the relief of poverty and of those in need. In extreme cases, this can extend to saving lives as women are empowered to overcome the danger and damage caused by domestic violence.

Woman's Trust's services are only for biological women who are or have been affected by domestic abuse but are not otherwise restricted in principle. In practice, there are certain restrictions:

- where our funding is restricted to particular local authority or other geographical areas, beneficiaries must come from those areas. This restriction varies from time to time as funders change;
- counselling is available only in certain languages;
- the needs of people with childcare (or other caring) responsibilities cannot always be met.

Woman's Trust seeks to overcome these restrictions where funding is available. All services are currently free to users and there is no exclusion due to simple inability to pay.

All private benefits – to our staff, suppliers and volunteers – contribute directly to achieving Woman's Trust's aims.

For these reasons, the Trustees are confident that Woman's Trust meets the public benefit requirements for charities.

Statement of Trustees' Responsibilities

Company law requires the Trustees prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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

Signed on behalf of the Trustees:

Sally Field

Chair

Approved by the Trustees on 2/10/2023

WOMAN'S TRUST

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Woman's Trust

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of Woman's Trust for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 the Woman's Trust accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Woman's Trust gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Woman's Trust as required by section 386 of the 2006 Act; or

2. the financial statements do not accord with those records; or

3. the financial statements 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 financial statements 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.

D Smart
Independent Examiner

132 Burnt Ash Road
Lee
London
SE12 8PU
Dated.....10...Oct..2023

WOMAN'S TRUST

Statement of Financial Activities

(incorporating the Income & Expenditure Account)

For the year ended 31 March 2023

	Notes	Unrestricted Funds £	Restricted Funds £	2023 Total Funds £	(Note 19) 2022 Total Funds £
Income and endowments from:					
Donations	2	109,116	5,219	**114,335**	**285,688**
Charitable activities					
. Grants and project funding	3	276,645	551,622	**828,267**	**730,463**
Investment income	4	2,805	-	**2,805**	**62**
Total income		388,566	556,841	**945,407**	**1,016,213**
Expenditure on:					
Raising funds					
. Fundraising costs	5	137,063	-	**137,063**	**114,765**
Charitable expenditure					
.Provision of counselling and support services	6	296,789	582,811	**879,600**	**818,797**
Total Expenditure		433,852	582,811	**1,016,663**	**933,562**
Net Income/(Expenditure)	8	(45,286)	(25,970)	**(71,256)**	**82,651**
Transfers between funds		-	-	-	-
Net Income/(Expenditure) for the Year		(45,286)	(25,970)	**(71,256)**	**82,651**
Total Funds as at 1st April		492,184	157,009	**649,193**	**566,542**
Total Funds as at 31st March	15	446,898	131,039	**577,937**	**649,193**

WOMAN'S TRUST

Balance Sheet

For the year ended 31 March 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed Assets					
Tangible assets	11		18,722		17,920
Current Assets					
Debtors	12	74,226		121,270	
Cash in hand and at bank		527,163		560,841	
		601,389		682,111	
Creditors: Amounts falling due within one year	13	(42,174)		(50,837)	
Net Current Assets			559,215		631,273
Net Assets			577,937		649,193
Funds					
Restricted funds	14		131,039		157,009
Unrestricted funds					
- Designated funds	15		50,000		40,000
- Core funds c/fwd			47,999		145,667
- General funds			348,899		306,515
Total Funds			577,937		649,193

For the year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act ("The Act") relating to small companies.

The members have not required the company to obtain an audit of its financial statements for the financial year in question in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

The notes on pages 28 to 38 form part of the financial statements.

Approved by the Trustees on 21/10/2023
and signed on their behalf by:

.....

Chair - Sally Field

Company Registration Number: 06886781 (England and Wales)

WOMAN'S TRUST

Statement of Cash Flows

For the year ended 31 March 2023

	Notes	2023 £	2022 £
Net Cash Inflow/(Outflow) from Operating Activities	A	(26,814)	(15,905)
Investment income		2,805	62
Purchase of tangible fixed assets		(9,668)	(2,993)
Net Cash Inflow/(Outflow) provided by investing activities (bank int & fixed assets)		(6,863)	(2,931)
Change in cash and cash equivalents in the year		(33,677)	(18,836)
Cash and cash equivalents at 1 April 2022		560,840	579,676
Cash and cash equivalents at 31 March 2023	B	527,163	560,840

Notes to the statements of cash flows for the year to 31 March 2023

A **Reconciliations of net movement in funds to net cash provided by (used in) operating activities**

	2023 £	2022 £
Net movement in funds	(71,256)	82,651
Adjustments for:		
Depreciation	8,866	8,351
Investment income	(2,805)	(62)
(Increase)/decrease in debtors	47,044	(105,562)
Increase/(decrease) in creditors	(8,663)	(1,283)
Net cash (used in) provided by operating activities	(26,814)	(15,905)

B **Analysis of cash and cash equivalents**

	2023 £	2022 £
Total cash and cash equivalents: cash at bank and in hand	527,163	560,840

WOMAN'S TRUST

Principal Accounting Policies

For the year ended 31 March 2023

1 Accounting Policies

Accounting Convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The company is a public benefit entity for the purposes of FRS 102 and a registered charity established as a company limited by guarantee and therefore has also prepared its financial statements in accordance with the 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 (The FRS 102 Charities SORP), the Companies Act 2006 and Charities Act 2011. The financial statements are prepared in sterling, which is the functional currency of the charity. Amounts presented are rounded to the nearest pound.

Going Concern

The trustees have assessed whether the use of going concern is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. In particular, the trustees have considered the charitable company's forecasts and projections and have taken account of pressures on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. The charitable company therefore continues to adopt the going concern basis in preparing its financial statements.

Critical accounting estimates and areas of judgement

Preparation of the accounts requires the Trustees to make significant judgements and estimates.

The items in the accounts where these judgements and estimates have been made are in estimating the useful economic life of tangible fixed assets.

Income

Income is recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty and it is probable that the income will be received.

Grants from government and other agencies have been included as income from charitable activities where these amount to a contract for services, but as donations where the money is given in response to an appeal or with greater freedom of use, for example monies for core funding.

Donated services comprise time donated to the charity by various counsellors, and the value of these services is estimated based on the number of sessions attended.

Donated rooms comprise rooms donated to the charity by various providers, and the value is estimated based on the number of hours the rooms are reserved to provide counselling services.

Resources Expended

Expenditure is included in the statement of financial activities when incurred and includes any attributable vat which cannot be recovered.

Charitable expenditure comprises expenditure on the charity's primary charitable purposes i.e. providing counselling and other services for women who have been subject to domestic violence.

WOMAN'S TRUST

Principal Accounting Policies

For the year ended 31 March 2023

Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset as follows:

Furniture & Equipment	25% straight line

Assets are depreciated for a whole year in the year of acquisition and not at all in the year of disposal. Items costing less than £500 are not treated as fixed assets but instead are charged as expenses in the year in which they are purchased.

Financial Instruments

Cash and cash equivalents
Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

Debtors and other receivables
Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are values at the amount prepaid. They have been discounted to the present value of the future cash receipt where such discounting is material.

Creditors and provisions
Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payments where such discounting is material.

Fund Accounting

The unrestricted general funds comprise the monies which may be used towards meeting the charitable objectives of the charity and which may be applied at the discretion of the Trustees. Within unrestricted funds, certain funds have been designated by the Trustees for specific purposes. Details of these are given in note 15 to the financial statements.

Restricted funds comprise monies raised for, or their use restricted to, a specific purpose, or contributions subject to donor imposed restrictions.

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the statement of financial activities as incurred.

Pension Costs

Contributions to employees' personal pension plans and to stakeholder schemes are recognised in the statement of financial activities when payable.

2 Donations

	Unrestricted 2023 £	Restricted 2023 £	Unrestricted 2022 £
The donations are made up as follows:			
General donations	92,756	5,219	224,608
Donated services			
- Counselling rooms	-		-
- Counselling services	16,360		61,020
Total	109,116	5,219	285,628

Donated services comprise:

- Time donated to the charity by various counsellors, the value estimated based on the number of sessions attended at £40 per session.
- Rooms donated to the charity by various providers, the value estimated based on the numbers of hours (£10 per hour) for which the rooms are reserved to provide counselling services. No room donated this year due to remote working.

3 Charitable Activities

Charitable activities are made up of grants and project funding as follows:

	2023 £	2022 £
Leathersellers' Company Charitable	10,000	10,000
Peter Stebbings Memorial Charity	10,000	-
Haramead Trust	-	5,000
Lloyds Bank Foundation, England and Wales	-	25,000
Impact 100	33,000	33,000
West London CCG (Now called North West London ICB)	28,045	27,900
RBKC - Children and Families	30,000	26,500
The Everest Trust	3,000	5,000
The Dischma Charitable Trust	1,000	-
Gowling WLG	-	1,000
The Edward Gostling Foundation	-	5,000
Leonie Schroder	-	140,000
Steven Prevezer Charitable Trust	500	500
Sir Jules Thorne Trust	3,000	1,500
Edward Harvist	4,000	-
Hammersmith United Charity	500	-
Marsh Christian Trust	600	400
Dudley & Geoffrey Cox Trust	10,000	5,000
Garfield Weston foundation	20,000	20,000
Souter Charitable	5,000	3,000
Trees Cazenove Charitable	-	750
Society of the Holy Child Jesus	15,000	25,000
Hardship funds(London Catalyst, Arnold & Gowling	3,000	2,750
Julia and Hans Rausing Trust	100,000	-
Unrestricted funds	276,645	337,300

3 Charitable Activities (continued)	2023	2022
	£	£
Statutory - London Councils (Women & Girls Network)	44,382	-
Statutory - GLA Advance	112,506	-
Statutory - GLA Refuge	69,540	-
Statutory - LVRU	32,230	-
The National Lottery Community Fund - Support Groups		105,454
City Bridge Trust	44,853	46,250
London North Eastern Railway		50,000
Daisy Trust	2,813	2,000
Westminster City Council	-	-
Dudley & Geoffrey Cox Charitable Trust	-	-
East End Community Foundation	-	-
Dr Edwards & Bishop Kings Fulham Charity	5,567	5,373
Candy Foundation	-	10,000
Central Hackney Parochial Charities	15,000	-
West Hackney Parochial Charities	10,873	
South Hackney Parochial Charities	10,873	
Tower Hamlets Local Community Fund	19,280	19,279
Hammersmith United Charity	10,054	10,000
Hyde Park Place Estate Charity	5,000	5,000
Cadogan	-	5,000
The London Community Foundation (Centreview)	-	16,666
London Borough of Hammersmith and Fulham	5,000	-
London Catalyst	-	3,000
MOPAC/MOJ	-	46,549
29th May 1961	4,000	4,000
Westminster Ward Councillors	-	3,333
Tara Getty Foundation	3,526	-
The Worshipful Company of Cutlers	34,128	-
Fishmongers Company	16,263	-
Tesco	-	1,000
Clarke Charitable Trust	3,000	-
Strand Parishes Trust	6,227	6,000
The Danson foundation & RSA Community	-	-
Westminster Almshouses	11,806	10,000
The Kensington Foundation	20,000	-
Wakefield and Tetley Trust	8,001	-
Zurich Community	40,000	-
Advance	-	28,759
Westminster Amalgamated Charity	8,000	10,000
Paddington Welfare charities	-	-
Pathway Trust	4,700	1,500
Dentons	1,000	1,000
Matrix Causes fund	3,000	3,000
Restricted funds	551,622	393,163
Total	828,267	730,463

4 Investment Income

	Unrestricted 2023 £	Unrestricted 2022 £
Bank interest received	2,805	62

5 Raising funds

	Unrestricted 2023 £	Unrestricted 2022 £
Staff costs (note 9)	131,891	107,954
Other costs	5,172	6,810
	137,063	114,765

6 Charitable Expenditure

Charitable expenditure comprises costs associated with the provision of counselling and support services, and are classified below.

	Unrestricted Funds £	Restricted Funds £	2023 £
Direct Costs:			
Staff costs (note 9)	123,417	456,605	**580,022**
Childcare and client hardship	3,929	-	**3,929**
Counselling supervisors and training	7,777	20,548	**28,325**
Paid counsellor's fees	-	-	-
Room and equipment hire	-	1,364	**1,364**
Volunteer training and expenses	54	1,561	**1,615**
Workshop expenses	-	13,275	**13,275**
Donated counselling services (note 2)	16,360	-	**16,360**
Donated counselling rooms (note 2)	-	-	-
Paid assessor's fees	-	8,051	**8,051**
Other direct costs	2,499	3,040	**5,539**
	154,036	504,444	**658,480**
Premises Costs:			-
Rent and rates	15,870	-	**15,870**
Administrative costs:			
Staff costs (note 9)	65,389	38,047	**103,436**
Office overheads	48,671	40,320	**88,991**
Governance costs	12,823	-	**12,823**
Total	296,789	582,811	**879,600**

6 Charitable Expenditure

Comparatives...	Unrestricted Funds £	Restricted Funds £	2022 £
Direct Costs:			
Staff costs (note 9)	103,261	381,719	**484,980**
Childcare and client hardship	750	4,053	**4,803**
Counselling supervisors and training	15,721	13,855	**29,576**
Paid counsellor's fees	235	2,590	**2,825**
Room and equipment hire	-	-	-
Volunteer training and expenses	-	5,414	**5,414**
Workshop expenses	-	8,200	**8,200**
Donated counselling services (note 2)	61,020	-	**61,020**
Donated counselling rooms (note 2)	-	-	-
Paid assessor's fees	535	14,228	**14,763**
Other direct costs	138	5,405	**5,543**
	181,660	435,464	617,124
Premises Costs:			-
Rent and rates	14,725	-	**14,725**
Administrative costs:			
Staff costs (note 9)	60,522	42,625	**103,147**
Office overheads	26,224	43,321	**69,545**
Governance costs	14,256	-	**14,256**
Total	297,388	521,409	**818,797**

7 Governance Costs

	Unrestricted 2023 £	Unrestricted 2022 £
Accountancy	3,360	4,800
Staff costs (note 9)	9,463	9,456
Total	12,823	14,256

8 Net Movement in Funds

This is stated after charging:

	2023 £	2022 £
Staff costs (note 9)	843,117	725,063
Audit fees (including VAT)	3,360	4,800
Depreciation	8,866	8,351
Operating lease rentals and business rates	15,870	14,725

9 Staff Costs

	2023 £	2022 £
Staff costs during the year were as follows:		
Wages and salaries	708,556	601,541
Social security costs	51,063	40,256
Employer's pension contributions	19,683	15,244
	779,302	657,041
Self employed staff	50,172	41,922
Other staff related costs (training, supervision, and travel)	6,690	5,850
Staff recruitment	6,954	20,250
	843,118	725,063

	2023 £	2022 £
Staff costs by function were as follows:		
Fundraising	131,891	107,954
Marketing/Social Media	-	-
Provision of counselling and support services	513,573	434,012
Administration	188,191	173,640
Governance	9,463	9,456
	843,118	725,063

9 Staff Costs (continued)

There was one employee (including employer pension contribution and employer's national insurance) with employee benefits between £60,001 and £70,000 per annum during the year (2022: none).

The average number of employees during the year was 36 (2022: 32).

The key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis comprise the Trustees, the Chief Executive, the Head of Fundraising, Clinical Director, HR & Operations Manager and the Finance Manager. The total remuneration including employer pension and employer national insurance of the key management personnel for the year was £225,084 (2022: £173,702).

No Trustee received any remuneration in respect of their services as trustee during the year (2022: none). No expenses were reimbursed to Trustees during the year (2022: none).

10 Taxation

Woman's Trust is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

11 Tangible Fixed Assets

	Furniture & Equipment
Cost	
At 1 April 2022	46,751
Additions	9,668
At 31 March 2023	**56,419**
Depreciation	
At 1 April 2022	28,831
Charge for the year	8,866
At 31 March 2023	**37,697**
Net Book Value	
At 31 March 2022	17,920
At 31 March 2023	**18,722**

12 Debtors

	2023	2022
	£	£
Debtors and prepayments	1,648	744
Accrued income	72,577	120,526
	74,226	121,270

13 Creditors: amounts falling due within one year

	2023 £	2022 £
Creditors and accruals	8,625	11,944
Deferred income	-	11,806
Tax and social security	12,250	17,722
Other creditors	21,299	9,365
Total	42,174	50,837

Deferred Income	2023 £	2022 £
Amount brought forward	11,806	20,373
Released in year	(11,806)	(20,373)
Deferred in year	-	11,806
Amount carried forward	-	11,806

14 Restricted Funds	At 1 Apr 22 £	Income £	Expenses £	At 31 Mar 23 £
Zurich Community	-	40,000	21,945	18,055
The National Community Fund – Support Groups	13,626	-	7,626	6,000
Charles S French Charitable Trust etc	1,000	3,300	4,300	-
Lady Balogh Trust	-	1,500	-	1,500
Westminster Almshouses	-	11,806	11,806	-
Dr Edwards & Bishop Kings Fulham Charity	-	5,567	1,457	4,110
UNITED in Hammersmith & Fulham	5,513	10,054	6,567	9,001
Hyde Park Place Estate Charity	3,464	5,000	5,964	2,500
Central Hackney Parochial Charities	-	15,000	9,035	5,966
West Hackney Parochial Charities		10,873	7,377	3,496
South Hackney Parochial Charities		10,873	8,016	2,857
Cadogan	5,000	-	5,000	-
London Catalyst	3,000	-	3,000	-
Dentons & Zettle	-	1,419	1,419	-
Clarke Settlement	-	3,000	3,000	-
Candy Foundation	7,502		7,502	-
The Getty Foundation	-	3,526	3,526	-
The Kensington & Chelsea Foundation	-	20,000	13,523	6,478
City of London Solicitors	750	-	750	-
Hammersmith & Fulham Fast Track	-	5,000	5,000	-
Tower Hamlet Local Comm Fund	5,724	19,280	25,004	-
Strand Parishes Trust	-	6,227	6,227	-
London Community Foundation (Centreview)	13,117		13,117	-
The Daisy Trust	1,361	2,813	4,174	-
Westminster Amalgamated Charity	-	8,000	4,802	3,198
London councils (Women & Girls Network)		44,382	44,382	-
GLA Advance		112,506	112,506	-
GLA Refuge	-	69,540	69,540	-
LVRU	-	32,230	14,913	17,318
City Bridge Trust	7,500	44,853	35,686	16,668
Wakefield & Tetley Trust	-	8,001	5,943	2,058
Vanguard	4,670	-	4,670	-
The Worshipful company of Cutlers	2,678	34,128	13,941	22,866
Fishmongers Company		16,263	16,263	-
29th May 1961	2,653	4,000	6,653	-
Vitol Foundation	29,451	-	29,451	-
CVC Philanthropy	50,000	-	43,208	6,793
Matrix Causes fund	-	3,000	825	2,176
Pathway Trust	-	4,700	4,700	-
	157,009	556,841	582,811	131,039

Purposes of Restricted Funds

The restricted resources comprise donations and grants from individuals or organisations to be expended for the continuation of counselling projects and support groups.

15 General funds

The general funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the Trustees for specific purposes:

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Designated Funds:				
Provision of counselling service - projects	25,000	25,000	25,000	
Projects - operational costs	15,000	15,000	15,000	50,000
	40,000	40,000	40,000	50,000
General Funds	452,184	348,566	393,852	396,898
Total General Funds	492,184	388,566	433,852	446,898

All designated funds will be spent within 12 months.

General funds split	
Funds c/fwd	£47,999
Reserves	£348,899
Designated funds 23/24	£50,000

16 Analysis of net assets between funds

	General Funds £	Restricted Funds £	Total 2023 £
Fixed assets	18,722	-	18,722
Current assets	453,921	147,952	601,873
Creditors: amounts falling due within one year	(25,745)	(16,429)	(42,174)
	446,898	131,523	578,421

17 Lease commitments

At 31 March 2023 Woman's Trust had total commitments under operating leases on land and buildings as follows: We are on a tenancy at will with one month notice and no commitment for the year.

18 Related Party Transactions

There were no related party transactions in the financial year (2022:none)

19 Prior Year Statement of Financial Activities

	Notes	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £
Income and endowments from:				
Donations	2	175,250	110,438	**285,688**
Charitable activities	3	337,300	393,163	**730,463**
Investment income	4	62	-	**62**
Total income		512,612	503,601	**1,016,213**
Expenditure on:				
Raising Funds	5	114,765	-	**114,765**
Charitable Expenditure	6	297,388	521,409	**818,797**
Total Expenditure		412,153	521,409	**933,562**
Net Income/(Expenditure)	8	100,459	(17,808)	**82,651**
Transfers between funds		-	-	**-**
Net Income/(Expenditure) for the Year		100,459	(17,808)	**82,651**
Total Funds as at 1st April		391,724	174,818	**566,542**
Total Funds as at 31st March	15	492,184	157,009	**649,193**

There are no recognised gains and losses other than those passing through the statement of financial activities account. All incoming resources and resources expended derive from continuing activities.

WOMAN'S TRUST

England & Wales - Charity number 1143513

Accounts

Annual Report and Audited Financial Statements

31st March 2022

Charity Registration Number 1143513

Company Registration Number 06886781 (England and Wales)

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The Trustees present their statutory report together with the financial statements of Woman's Trust for the year ended 31 March 2022.

This report has been prepared in accordance with Part 8 of the Charities Act 2011 and constitutes a directors' report for the purposes of company legislation.

Woman's Trust is constituted as a charity registered for charitable purposes with the Charity Commission (Charity Registration Number 1143513) and a company limited by guarantee (Company Registration Number 06886781).

Chair's & CEO's foreword

Last year we reported on the impact of the Covid pandemic and first lockdowns on our services, our clients and our staff and volunteers. 2021 was another challenging year as the pandemic continued. Our staff and volunteers continued to work from home, providing vital support to our clients as the effects of domestic abuse and isolation took their toll. We want to pay tribute to the resilience and dedication of our staff.

Overall, we provided over 6,700 sessions for clients: 800 initial assessments, 5,500 counselling sessions, 312 support group sessions and 37 workshops. Although the number of women referred to us dropped slightly, we provided more women with more services. In total we supported 838 women during the year. The need for our services continued, and continues, to far exceed our funding. Our vision is to help many more women and we will work tirelessly to achieve that.

We want to thank all our funders and fundraisers. Remarkably, donations increased by over 40% and thanks to their generous support our income exceeded 1 million pounds for the first time ever.

Woman's Trust has been, and is being, affected by the current economic conditions. The low rate of unemployment has made it more difficult for us to recruit staff and has driven up wage costs. The increases in inflation we are all experiencing will also lead to higher costs. We are continuing to invest in our fundraising efforts to bridge these gaps and – most importantly for us – to increase the number of women we can support year-on-year

In 2021 we joined a number of successful partnership and consortium funding bids so that we will be able to increase the number of women we can help in 2022. These are the Ascent partnership funded by London Councils, the London Whole Housing Service Partnership (LWHSP) and Pan London Floating Support Service (PLFSS) which are both funded through the Greater London Authority's Safer Accommodation funding. We are also part of the Maia & Lift project funded by the Mayor's London Violence Reduction Unit (LVRU) which focusses on work with young women. We have secured new funding to expand our main services into 4 new London Boroughs, making our support available in areas where there was none.

We end the year with a positive outlook. The new Domestic Abuse Act is coming into force and recognises the need for therapeutic mental health support for victims and survivors. The new Domestic Abuse Commissioner is supporting our efforts to get our voice heard across local and national government. During the year we provided evidence to the government consultation on mental health and wellbeing, the London Police and Crime Committee, and the All-Party Parliamentary Group on Domestic Abuse. We know we make a huge difference to the women who access our services.

We end this message with one from a client

"It is an amazing support. As a woman experiencing domestic abuse we often feel alone, isolated and scared. It is very difficult to trust people, as our safety can be affected. With Woman's Trust I felt safe talking about what had happened, and they helped me understand more about the abuse. It helped build a brighter future for me and my child"

Sally Field

Chair

Heidi Riedel

Chief Executive Officer

Trustee Report

Our Vision

A world where women have the resources to prevent domestic abuse damaging their futures.

Our Mission

To help any woman in London affected by domestic abuse to overcome the mental and emotional harm and rebuild her life, by providing women-only, client-led counselling and support services.

Charitable object

Woman's Trust's charitable object is:

To relieve women and children who are being, or have been, affected by domestic abuse, through the provision of a counselling and support service.

Woman's Trust is special because we:

- offer specialist 'person-centred' counselling and therapeutic services, informed by an understanding of the long-term mental health and emotional impacts of domestic abuse
- Through a trauma informed approach enable women to make their own choices and decisions, in their own way, in overcoming the risk and damage caused by domestic abuse
- provide accessible services regardless of race, religion, class, or culture; and
- are expert in understanding the dynamics of domestic violence and abuse and its effects on women's lives and that of their children.

Woman's Trust is a women-only organisation. It is led by members of the community it was developed to serve: women who live or work in London.

Overall aims and outcomes

Domestic abuse has affected or will affect one in four women in the UK. The psychological and emotional consequences of abuse, if left unaddressed, can last a lifetime for the woman and her children. The primary aim of our service is to enable women to rebuild their lives.

The services that we provide

We aim to tackle the emotional and psychological damage caused by abuse, by providing appropriate mental health services: specialist person-centred one-to-one counselling and therapeutic support groups (both BACP accredited services), self-development workshops,. We also provide webinar resources for anyone experiencing domestic abuse.

Our Client's Journey

*Women can choose to access one or more services simultaneously or one after the other

•Referral

•Deciding on suitability for our services, and signposting to a range of other services to give women the support they need

•Long-Term Counselling

•Up to 18 weekly 50-minute one-to-one person-centred counselling sessions with a professional counsellor, trained to understand the specific dynamics and issues associated with domestic abuse

•Therapeutic Support Groups

•Eight weekly sessions of 2 hours, where women share their stories with other women to support each other in their recovery

•Self-Development Workshops

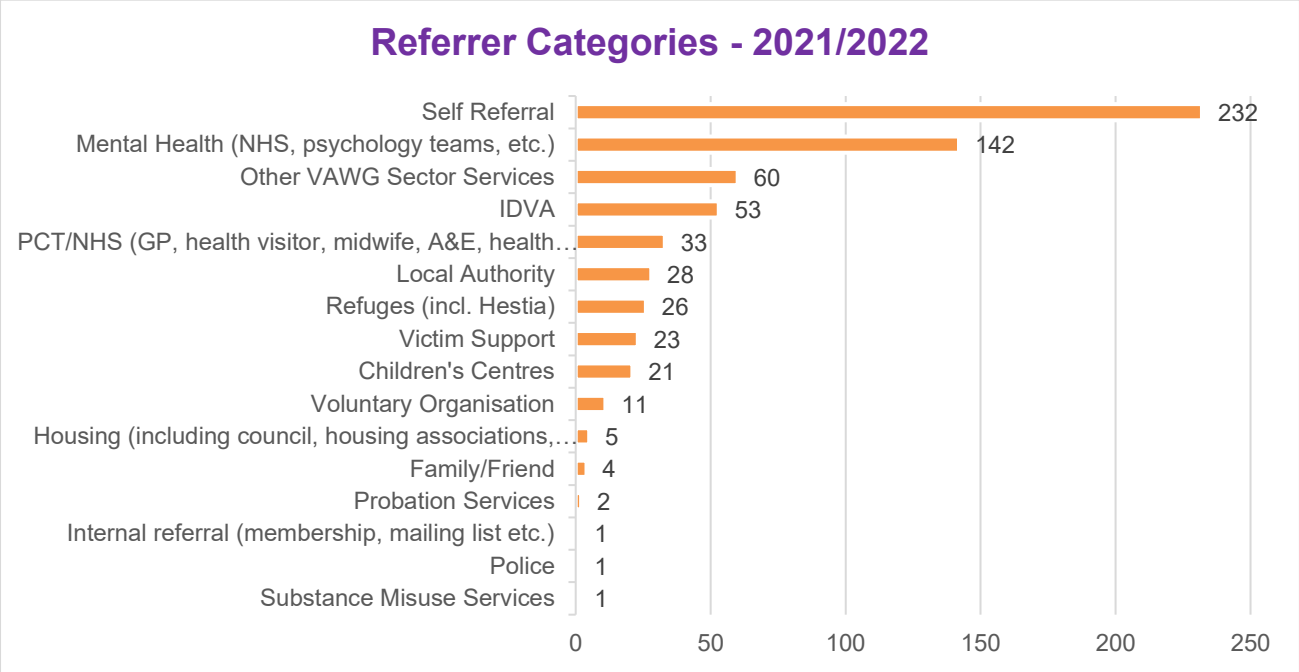
•We offer one-day sessions designed to help women with the practical and emotional fall-out from domestic abuse, and move on with their lives

•Webinars

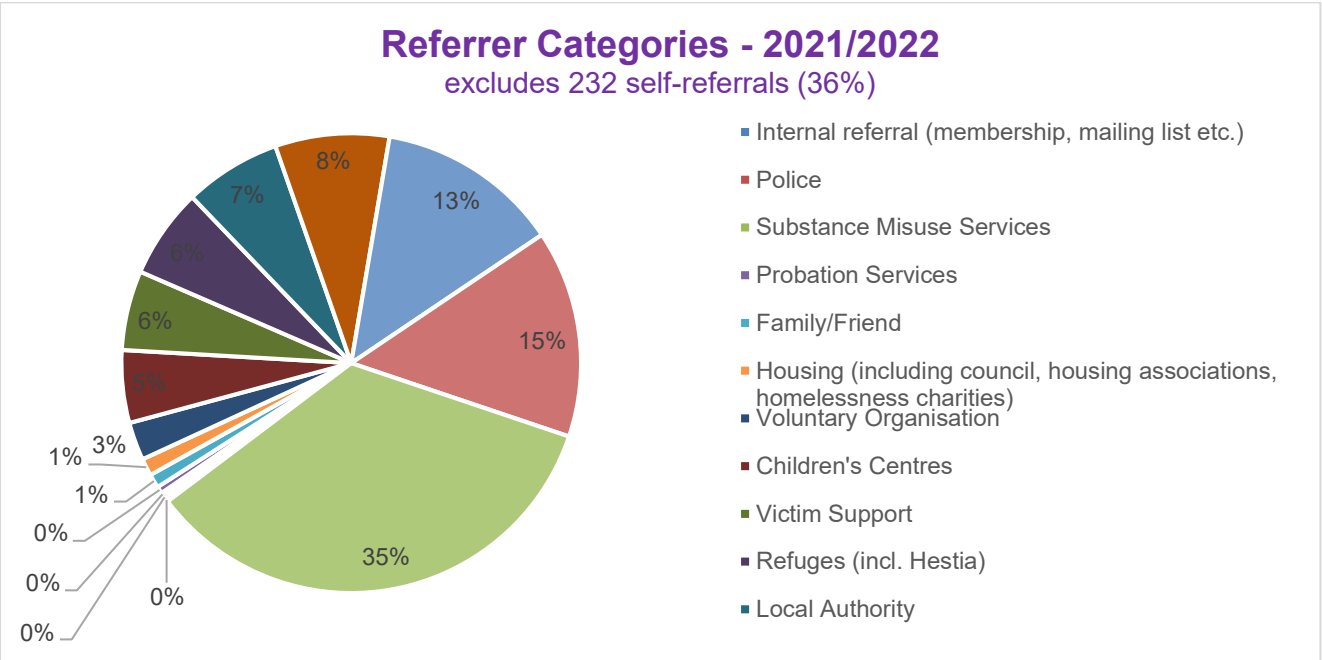
•Recorded psycho-educational work-shops that do not involve participation from clients. These are then uploaded on to our website along with supportive handouts functioning as a lasting reference for women facing abuse. These were stopped in July 2021 and will resume when more funding is available.

Our reach

During 2021/22, Woman's Trust received 643 client referrals from a wide variety of sources.

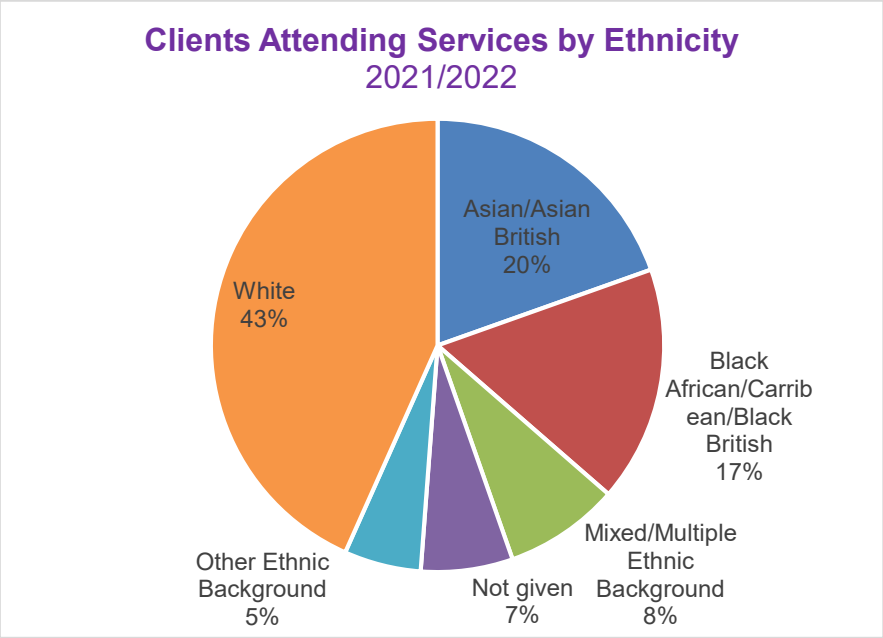


The overall number of referrals for the year was slightly lower than 2020/21 (673). During this year, we could not accept any new referrals during periods of time while we offered our services to clients who had been waiting for face-to-face services and that caused a drop in the number of referrals we received. However, the number of sessions provided and clients in services did increase.



Who accessed our services?

Across London, the Black Asian and Minority Ethnic (BAME) population is 40% of the total population [Census 2011]. Woman's Trust clients who accessed counselling, support groups and workshops reflect this diversity with 50% of our clients identifying as Black, Asian or Minority Ethnic.



Services provided

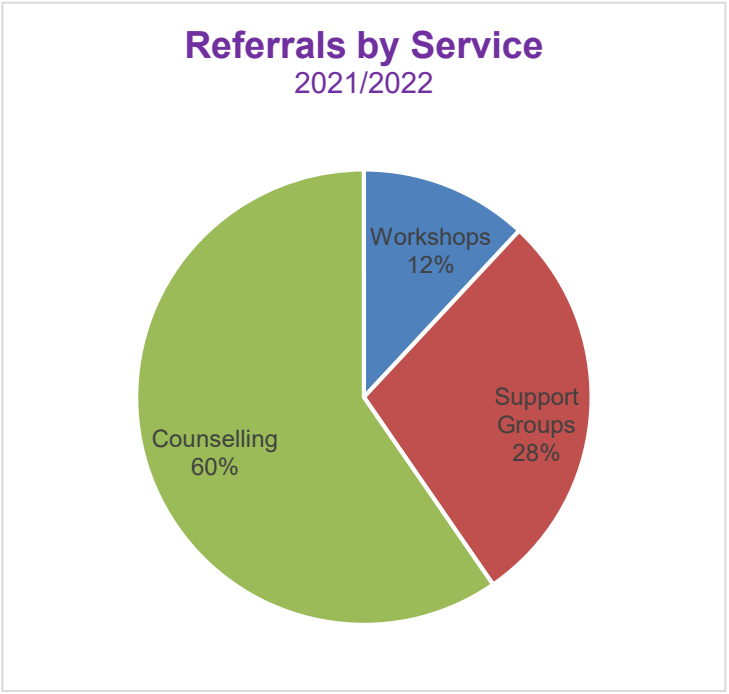
We enable women to overcome the trauma of domestic abuse by providing a range of services to cater for the different needs of our clients.

Counselling gives the client an opportunity to work with a trained counsellor.

Workshops are psycho-educational, providing women with information and tools to help them understand their experiences and improve the management of their well-being.

Support Groups provide an invaluable opportunity for women to share their experiences and reduce their isolation.

Pre-recorded psycho-educational sessions that can be accessed direct from our website provide an on-going resource for any women needing help.



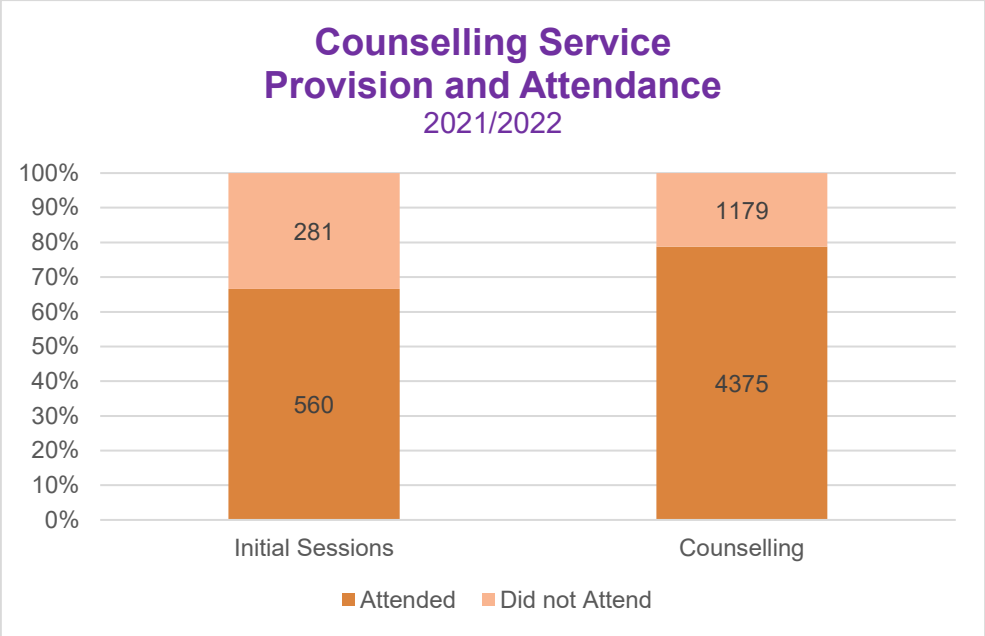
Approximately 60% of clients referred to us asked for one-to-one counselling. Some women asked for more than one service.

There were 472 women that accessed counselling, 121 women attended support group sessions; 172 women attended workshop sessions and 39 accessed webinar sessions.

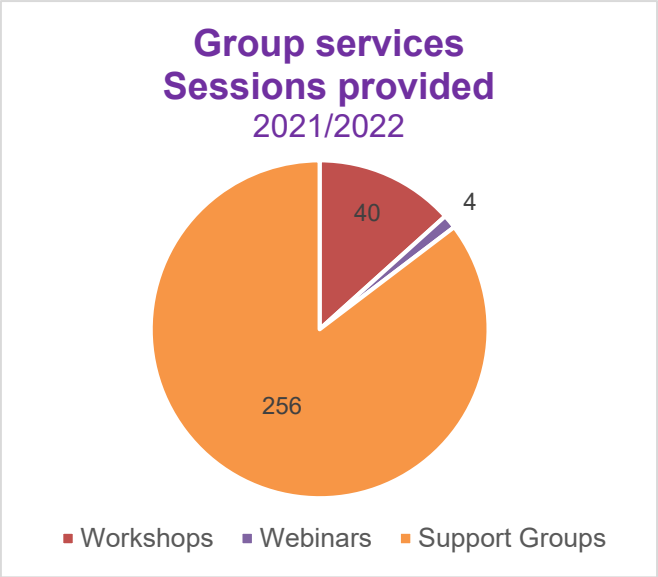
Only women who had undertaken an assessment were able to access our workshops, which meant fewer women overall, but we developed on-line webinar sessions which proved to be popular with clients who could not commit to fixed-time sessions.

A survey of clients found that many women would continue to use remote counselling even after services return to in-person offering. Woman's Trust was a lifeline to many.

Service sessions provision and attendance



This year we provided 841 initial assessment sessions, 7% more than last year, and 5,554 one to one counselling sessions to 472 women with an excellent attendance rate of 79%. We were able to provide 22 more women with counselling this year compared to last.



Our group sessions such as the therapeutic support groups (32 groups, each 8 weeks long) and psycho-educational workshops continued on-line.

Outcomes

Woman's Trust uses two main evaluation systems to measure the efficacy of our services: Clinical Outcomes in Routine Evaluation (CORE) for counselling; and Woman's Trust's own entrance and exit questionnaires (EQ) for all our services. These measures help us see the positive difference we make to women's lives.

Counselling – 472 women attended

Measures of health and well-being % of Women reporting improvement after accessing Woman's Trust counselling services		EQ (83 RESPONSES)	CORE (90 RESPONSES)
		Improvement	
HEALTHIER	Trauma (PTSD)	N/A	65%
	Stress/Anxiety	97%	56%
	Depression	N/A	59%
	Self-esteem	96%	59%
	Isolation	93%	56%
	Suicidal	N/A	61%
	Self-harming	N/A	35%
AUTONOMY AND LIFE CHOICES	Control over future	96%	57%
	Confidence	96%	52%
	Knowledge of own rights	89%	N/A
	Knowledge of other support services	92%	N/A
ABILITY TO FUNCTION	Relationship with children	87%	N/A
	Interpersonal relationships	96%	49%
	Self-care	95%	N/A

Client testimonials

When I came to Woman's Trust (WT) back in the beginning of 2020, I was very fragile, and I needed a lot of support and guidance. I have done support groups, workshops and webinars, got legal help, and I have done 1:1 counselling with WT.

Without these services I wouldn't be in the position I am now. I feel my healing has been sped up because of the support I have received. Without the support of WT, I would be struggling at lot more to heal. My situation was very complex and difficult, and I have seen the difference in how all these services have helped me within WT.

I believe that women need access to vital services such as WT, otherwise we're just left alone with dangerous people and feelings of hopelessness.

Some people turn to drugs and alcohol which is very easy to fall into, it can also lead to a spiral of violence between perpetrators and survivors, often leading to fatal outcomes.

March 2022

I'm still recovering from domestic abuse, four years after leaving my husband, and I'm still learning how to cope with post-separation control. The workshops and counselling from Woman's Trust services have been very helpful for me and have improved my resilience and the way I think about the situation I am now in.

July 2021

Therapeutic Support Groups – 32 groups (8 sessions each), 1097 attendances by 121 unique women

Women were overwhelmingly positive about the impact of this service.

- 95% felt improvement in confidence
- 90% felt improvement in stress and anxiety level
- 89% had improved knowledge of their rights,
- 89% felt more in control of their future
- 76% reported better relationships with their children

Client testimonials

"I was first referred to Woman's Trust in early 2020 and attended 1 in person Group Session. As the lockdown started, I began to attend online Workshops and Webinars. I have just completed my first 8-week support group which has been an amazing experience. I have gained a greater awareness of domestic abuse and the services I have accessed have helped my healing journey. I feel that the work should be supported because without these services I would not have been able to heal or gain peace in my situation. I had a yearlong battle in court with my abuser and the way I process things and face challenges is completely different due to the help i have received from Woman's Trust. Thank you so much and I look forward to the next group session."

December 2021

"A valuable for resource for women going through different stages of DV. From the beginning red flags, to the crisis and the aftermath effects when the relationship has ended"

March 2022

Self-Development Workshops – 41 workshops, 480 attendances by 172 unique women, many of whom attended several workshops

As a result of their attendance, 97% women reported an improvement in their level of self-esteem, in interaction with others and confidence. There was also a 95% improvement in their readiness to take positive steps to change their lives.

- 98% of women felt they could cope better with their experience of domestic abuse
- 92% of women said they had a reduced feeling of isolation

Client testimonials

> *"[Counsellor's] talks […] were really helpful. It was also the very first time I'd heard others speak about abuse. It was reassuring to hear people had similar feelings."*
>
> ***February 2022***

> *"[Counsellor] was able to provide a safe space for everyone to discuss their experiences. This has been my favourite workshop as there was a practical plan that I can implement in my journey of recovery. It is so important to be around women who have gone through this and I feel so much better. Thank you again"*
>
> ***May 2022***

Webinars – 4 webinars, 56 attendances by 39 unique women

Webinars are uploaded on our website and available for viewing by anyone accessing the website.

Women who attended the live webinars reported (21 responses):

- 95% of the women have gained a greater understanding of domestic abuse
- 95% of the women feel better able to cope with their experiences of domestic violence
- 95% of the women feel more ready to take positive steps to change their life after attending this webinar
- 95% report an improvement in their self-esteem and/or their self-worth
- 90% report an improvement in their levels of confidence

Reference and administrative information

Governance, Structure and Management

Trustees (at date of approval of financial statements, except where noted)	
Sally Field	Chair
Helen Hayes	Vice Chair Chair of Ethics and Practice Committee to 20 July 2022
Maya Rodriguez	Treasurer Chair of Finance Committee
Laura McCarthy	Chair of Ethics and Practice Committee from 21 July 2022
Sharon Citrone	Chair of HR Committee
Nicola Peers **Nadia Mahmud**	Joint Chairs of Marketing and Communications Committee
Cheryl Andani **Debbie Hartley** **Linda McHugh** **Joanne Baker** **Helen Smith** **Anthonia Ifeanyi-Okoro**	
Heidi Riedel	**Chief Executive Officer**

Reference and Administrative Information

Charity Registration number
1143513

Company Registration Number
06886781
(England & Wales)

Incorporation, Memorandum and Articles of Association
24 April 2009

Registered office
West End House
37 Chapel Street
London NW1 5DP

Bankers
CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4AT

Auditors
R E Jones
132, Burnt Ash Road
Lee
London SE12 8PU

Organisational structure

Woman's Trust's ultimate decision-making body is its Trustees, working collectively as a Board. The Trustees are the Directors of the company.

Day-to-day management of Woman's Trust is delegated to an employed Chief Executive, who is in turn responsible for delegating work to staff and volunteers.

Executive and administrative Staff

Woman's Trust maintains a small core staff, recruited for specific skills and experience.

All our staff are women, dedicated to the ethos of Woman's Trust and determined to provide women in London with the service they so desperately need.

Therapeutic Staff

Woman's Trust Counsellors are a mixture of fully qualified employed and sessional counsellors, plus volunteer counsellors some of whom are still undertaking their training. We reported last year in our strategy to increase the number of employed counsellors: we have increased recruitment from our newly qualified volunteers, our sessional counsellors and direct recruitment. By the end of the year, we had 15 employed counsellors.

Office Volunteers

Prior to the pandemic, Woman's Trust staffing was enhanced by many dedicated volunteers. Due to the many months of government required closures and without sufficient ventilation to be Covid-safe, our offices remained closed for the whole year.

Trustee Recruitment, Induction and Training

The Board conducts a periodic skills audit. Board vacancies are advertised according to identified gaps. Candidates are interviewed by the Chair and one other Board member and, once shortlisted, invited to observe at least one Board meeting before appointment by the Board.

On appointment each Trustee is given a welcome pack which includes information about Woman's Trust services, the annual financial statements, job descriptions, roles and responsibilities of Trustees, the constitution, and the strategic plan.

Trustees are given an induction to the work of the service at the charity's office, spending time with members of staff who introduce the work to them. The charity provides opportunities for Trustees to attend internal specialised domestic abuse training and external training, including governance and charity finance.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed in line with the risk management policy. The policy involves an annual risk analysis which forms part of the charity's strategic planning process and the individual risk assessments of proposed new projects or developments. Annual monitoring is supplemented by update reports throughout the financial year. Where major risks are identified, the Trustees will take the appropriate action to ensure that these are mitigated. Major risks are identified below.

Risk Identified	Mitigation response
Reliance on Trust and foundation income because public sector policy makers and commissioners do not appreciate the mental health impacts of domestic abuse. Increased competition for funding	♦ We have increased investment in fundraising to further diversify our funding streams so we can plan longer-term; ♦ We maintain logs of all funding streams so that we know exactly when a funding stream ends; ♦ We closely monitor the bidding process timetables, so bids to renew funds or obtain new funding are made well in advance; ♦ We build our annual budget based on secured funding and the identified funding gap which becomes our fundraising target for the year; and ♦ We maintain contingency plans to make any necessary service changes.
The loss of one or two key staff, who would be difficult to replace, or replace quickly. Increasing difficulty in recruiting staff due to higher pay being offered in the public and private sector, and the high cost of living in London	♦ We have introduced some longer notice periods, ♦ Where possible, we flex the staffing levels, increasing hours for more experienced staff, and reshaping responsibilities to make best use of the staff and volunteers we have available. ♦ We have documented systems, job handbooks, meetings and plans to ensure staff and volunteers can access the knowledge they would need to undertake new tasks. ♦ We have reviewed salary scales and increased pay levels where possible to be more competitive in the market.
Insufficient qualified counsellors to deliver a safe service	♦ We have reduced our dependence on volunteer counsellors by recruiting more directly employed counsellors and continue to use sessional counsellors who may become a pool of potential employed counsellors.

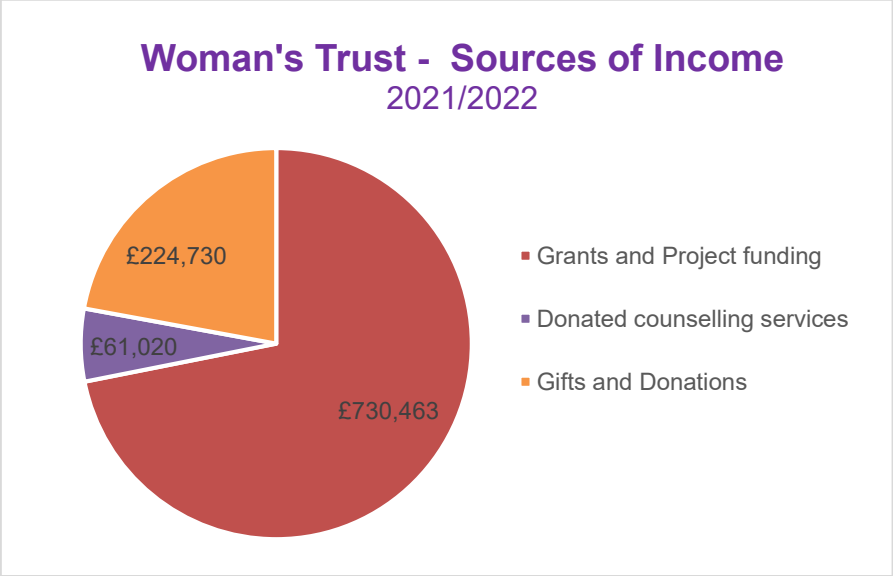
Statement of financial activities

Financial position

- We met our fundraising target for the year
- We continued to improve the efficiency of our counselling service by using more employed counsellors.
- We continued to invest in new technology to enable remote working by all our staff
- We introduced a new IT system for Human Resources to improve the efficiency of our administration
- We increased our free reserves to maintain the sustainability of Woman's Trust at the new (higher) expenditure and activity levels.

Income

Woman's Trust received £1,016,213 in total income in the year to March 2022. Unrestricted income of £512,612 made up more than half of Woman's Trust total income. Of that sum, unrestricted donations and gifts increased from £80,000 to £114,230. Restricted income totalled £503,601, of which £110,438 was donations and gifts.

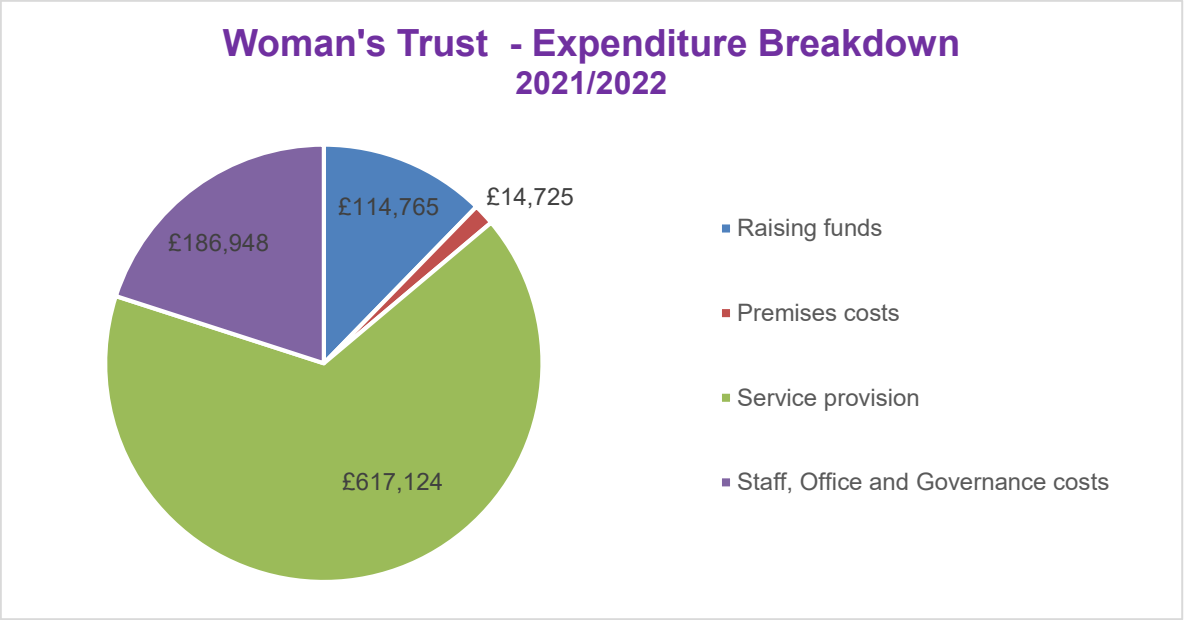


Owing to the continued pandemic, we did not need donated counselling rooms as services were delivered online or by telephone. Donated counselling services further reduced from £87,450 to £61,020 as we took on more employed counsellors in the year and reduced the number of sessions provided by volunteers.

Expenditure

In the year to March 2022, expenditure came to about £933,562 an increase of 22% on last year. As specific Covid-related grants came to an end, we increased the number of staff devoted to raising funds to grow our sources of income. Service provision costs increased by

over £100,000. The labour market tightened in the year and it was necessary to use specialist agencies and some agency staff during the year, increasing staffing expenditure.



We expect to increase our counselling service provision in 2022 and costs are also likely to rise as we resume some face-to-face counselling and support. Expenditure on premises is likely to increase if we secure new premises and the labour market continues to be challenging as well as put upward pressure on salary rates.

Financial position at the end of the year

The cash position at the end of the year was £649,193, an increase of £82,651 or 15%. Restricted funds carried forward were £157,009, reflecting the fact that project funding is rarely aligned with financial years. The unrestricted funds stood at £492,182 at the end of the year, and this similarly includes designated funds of £40,000 set aside to cover project and £145,667 core funds carried forward. This leaves reserve funds of £306,515, an increase of £50,804 over last year.

Reserves policy

The Trustees review the reserves policy annually and the calculation of the required level of reserves is an integral part of the organisation's planning and budgeting. It takes account of the risks associated with each stream of income and expenditure being different from that budgeted, the organisation's commitments and the planned activity level.

The reserves policy requires free reserves (i.e., unrestricted funds excluding designated and Assets) to be maintained at a level which ensures that the organisation's core activity could continue during a period of unforeseen difficulty such as:

- a funding gap, possibly whilst waiting for the result of an application;
- funding short term deficits in a cash budget, when paid in arrears;
- covering unforeseen day-to-day operational costs, such as paying temporary staff in the absence of permanent staff;
- covering unforeseen emergency costs.

The Trustees believe that it is prudent for the financial reserve to be at least three months' running costs to meet the above obligations. Our medium-term objective is to move to a 6 months' reserve policy. We increased our reserves in 2021/22 in line with our increased core costs, and plan to continue this in 2022/23. At planned levels of expenditure, the target level of free reserves for 2022/23 is £306,515.

Going concern

Though some special Covid funding came to an end, the investment we made in partnership working has produced several new strands of multi-year funding starting in April 2022, most notably through:

- the London Violence Against Women and Girls (LVAWG) consortium securing funding from London Councils and the GLA
- The Angelou partnership securing funding from the tri-borough (VAWG) contract and the London Violence Reduction Unit.

The net effect is that, whilst we still have a budget gap to fill, we believe our position is secure enough to give assurance that Woman's Trust remains a going concern for the following reasons:

- budget and cash flow forecasts prepared show that Woman's Trust has sufficient funds to meet its obligations for the next nine months and we have a fundraising plan, and fundraising resource, in place to raise funding beyond that time; and
- management information systems enable timely decision making.

Fundraising Practices

Woman's Trust complies with the Fundraising Code of Practice and is registered with the Fundraising Regulator. Woman's Trust does not use any professional fundraiser or commercial participator to raise funds on our behalf. No complaints have been received about our fundraising activities. The majority of our fundraising activity is applications to charitable trusts and foundations, and to statutory funders such as the NHS, Local Authorities and central government. We plan to increase our income from donations by community fundraising and building relationships with corporate and individual donors. Donations received as a result of active fundraising are dedicated to the purpose for which they were raised for.

Future plans

Our medium-term goals remain:

- To continue to deliver high quality trauma informed services and play a significant role in the London-wide provision and improvement of specialist services offered to women affected by domestic abuse;

- Recognising that domestic abuse is part of a larger picture which includes sexual violence and child welfare, use our expertise to support integrated approaches to these overlapping issues;

- To grow capacity to meet further demand as women begin re-presenting after the pandemic eases. We are aiming for growth of 20% in service capacity in each of the coming years;

- To continue a mix of remote and face to face work and develop it to build on what has worked;

- To pursue partnerships with other organisations in response to the needs identified amongst the women we work with;

- To raise the awareness to funders and providers of the prevalence of domestic abuse, its impact on women's mental health, and the benefit of the Woman's Trust specialist approach in addressing that impact;

- To research the mental health impacts of domestic abuse and our interventions, to influence commissioning and delivery;

- To sustain the current capacity and delivery achieved in 2021/22; and

- To ensure the organisation is on a robust and sustainable footing, by continuing our fundraising effectiveness and maintaining our reserves at a level in line with our reserves policy.

Public benefit statement

Trustees have referred to the Charity Commission's general guidance on public benefit in reviewing the aims and objectives of the charity, in planning future activities and, in particular, how planned activities will contribute to those aims and objectives.

Woman's Trust's charitable objects are to relieve women and children who are or have been affected by domestic abuse, by providing counselling and support services.

Woman's Trust's services have the following benefits:

- Improving the mental health of women affected by domestic violence, reducing the likelihood that they will suffer from depression, post-traumatic stress syndrome, suicidal ideation, or any of the other mental health conditions associated with domestic abuse;
- Empowering women affected by domestic violence to function better and to make better choices, enabling them to live fuller lives through, for example, better relationships with other family members and people outside the home, improved ability to work, to control their own finances and to take an active role in society;
- Contributing towards the safety and emotional health of children whose families are affected by domestic violence;
- Enabling women in abusive relationships to build their knowledge of support services, social networks and personal strength so that they can mitigate risk, plan for a safer future, and understand what services are available to them.

These benefits relate directly or indirectly to several charitable purposes including the advancement of health (primarily mental health), the advancement of human rights and citizenship, the relief of poverty and of those in need. In extreme cases, this can extend to saving lives as women are empowered to overcome the danger and damage caused by domestic violence.

Woman's Trust's services are only for women who are or have been affected by domestic abuse, but are not otherwise restricted in principle. In practice, there are certain restrictions:

- beneficiaries must be able to reach our offices or points of service delivery;
- where our funding is restricted to particular local authority or other geographical areas, beneficiaries must come from those areas. This restriction varies from time to time as funders change;
- counselling is available only in certain languages;
- the needs of people with childcare (or other caring) responsibilities cannot always be met.

Woman's Trust seeks to overcome these restrictions where funding is available. All services are currently free to users and there is no exclusion due to simple inability to pay.

All private benefits – to our staff, suppliers and volunteers – contribute directly to achieving Woman's Trust's aims.

For these reasons, the Trustees are confident that Woman's Trust meets the public benefit requirements for charities.

Statement of Trustees' Responsibilities

Company law requires the Trustees prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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

Signed on behalf of the Trustees:

Sally Field.

Sally Field

Chair

Approved by the Trustees on 2/11/22

Woman's Trust
Independent Auditor's Report
To the Officers and Trustees of the Charity
For the year ended 31 March 2022

Opinion

We have audited the financial statements of Woman's Trust for the year ended 31 March 2022, which comprise the statement of financial activities, the Balance Sheet and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended,
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011 and the Charity SORP FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

1) the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
2) the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The officers and trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters where the Charities Act 2011 requires us to report to you if, in our opinion:

1) the information given in the trustees' report is inconsistent in any material respect with the financial statements; or

2) adequate accounting records have not been kept; or

3) the financial statements are not in agreement with the accounting records and returns; or

4) we have not received all the information and explanations we require for our audit; or

Responsibilities of officers and trustees

the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Capability of the audit in detecting irregularities, including fraud

The objectives of the audit are to identify and assess the risks of material misstatement of the financial statements due to fraud or error; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud or error; and to respond appropriately to

Based on our understanding of the company and industry, and through discussion with the directors and other management (as required by auditing standards), we identified that the potential risks of non-compliance with laws and regulations related to health and safety, anti-bribery and data protection. We considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006, taxation and pension legislation. We communicated identified laws and regulations throughout our team and remained alert to any indications of non-compliance throughout the audit. We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls) and determined that the principal risks were related to inappropriate transactions to increase revenue or reduce expenditure, together with management bias, in accounting provisions. Audit procedures performed by the engagement team included:

- Discussions with management and assessment of known or suspected instances of non-compliance with laws and regulations (including health and safety) and fraud; and
- Identifying and assessing the design effectiveness of controls that management has in place to prevent and detect fraud; and
- Performing analytical procedures to identify any unusual or unexpected relationships, including related party transactions, that may indicate risks of material misstatement due to fraud; and
- Identifying and testing journal entries, in particular and manual entries made at the year end for the financial statements.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misreprentations, or through collusion.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.

- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the company to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Woman's Trust
Independent Auditor's Report
To the Officers and Trustees of the Charity
For the year ended 31 March 2022

Use of our report

This Report is made solely to the charity, as a body, in accordance with section 144 of the Charities Act 2011 and the regulations made under section 154 of that act. Our audit work has been undertaken so that we might state to the Charity, those matters we are required to state to them in an auditor's report, and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity and the Members as a body,

Darren Smart
(Statutory Auditor)
For and on behalf of
R.E. JONES & CO
Chartered Accountants and Statutory Auditors

132 Burnt Ash Road
Lee
London SE12 8PU

Date: 25/11/22

Woman's Trust
Statement of Financial Activities
(incorporating the Income Expenditure Account)
For the year ended 31 March 2022

	Notes	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	Note 19 2021 Total Funds £
Income and endowments from:					
Donations	2	175,250	110,438	**285,688**	**168,426**
Charitable activities					
. Grants and project funding	3	337,300	393,163	**730,463**	**837,704**
Investment income	4	62	-	**62**	**83**
Total income		512,612	503,601	**1,016,213**	**1,006,213**
Expenditure on:					
Raising funds					
. Fundraising costs	5	114,765	-	**114,765**	**62,399**
Charitable expenditure					
.Provision of counselling and support services	6	297,388	521,409	**818,797**	**711,444**
Total Expenditure		412,153	521,409	**933,562**	**773,843**
Net Income/(Expenditure)	8	100,459	(17,808)	**82,651**	**232,370**
Transfers between funds		-	-	**-**	**-**
Net Income/(Expenditure) for the Year		100,459	(17,808)	**82,651**	**232,370**
Total Funds as at 1st April		391,724	174,818	**566,542**	**334,172**
Total Funds as at 31st March	15	492,182	157,011	**649,193**	**566,542**

Woman's Trust
Balance Sheet
As at 31 March 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed Assets					
Tangible assets	11		17,920		21,554
Current Assets					
Debtors	12	121,270		15,708	
Cash in hand and at bank		560,841		579,676	
		682,111		595,384	
Creditors: Amounts falling due within one year	13	(50,837)		(52,120)	
Net Current Assets			631,273		543,264
Net Assets			649,193		564,818
Funds					
Restricted funds	14		157,009		174,818
Unrectricted funds					
- Designated funds	15		40,000		40,000
- Core funds c/fwd			145,667		96,013
- General funds			306,515		255,711
Total Funds			649,193		566,542

For the year ended 31 March 2022 the company was entitled to exemption from audit under section 477 of the Companies Act ("The Act") relating to small companies.

The members have not required the company to obtain an audit of its financial statements for the financial year in question in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.
The notes on pages 27 to 40 form part of the financial statements.

Approved by the Trustees on 2/11/22
and signed on their behalf by:

.....

Chair - Sally Field

Company Registration Number: 06886781 (England and Wales)

Woman's Trust
Statement of Cash Flows
For the year ended 31 March 2022

	Notes	2022 £	2021 £
Net Cash Inflow/(Outflow) from Operating Activities	A	(15,905)	243,486
Investment income		62	83
Purchase of tangible fixed assets		(2,993)	(21,599)
Net Cash Inflow/(Outflow) provided by investing activities		(2,931)	(21,516)
Change in cash and cash equivalents in the year		(18,836)	221,969
Cash and cash equivalents at 1 April 2021		579,676	357,707
Cash and cash equivalents at 31 March 2022	B	560,840	579,676

Notes to the statements of cash flows for the year to 31 March 2022

A Reconciliations of net movement in funds to net cash provided by (used in) operating activities

	2022 £	2021 £
Net movement in funds	82,651	232,370
Adjustments for:		
Depreciation	8,351	4,717
Investment income	(62)	(83)
(Increase)/decrease in debtors	(105,562)	(15,146)
Increase/(decrease) in creditors	(1,283)	21,628
Net cash (used in) provided by operating activities	(15,905)	243,486

B Analysis of cash and cash equivalents

	2022 £	2021 £
Total cash and cash equivalents: cash at bank and in hand	560,840	579,676

1 Accounting Policies

Accounting Convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The company is a public benefit entity for the purposes of FRS 102 and a registered charity established as a company limited by guarantee and therefore has also prepared its financial statements in accordance with the 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 (The FRS 102 Charities SORP), the Companies Act 2006 and Charities Act 2011. The financial statements are prepared in sterling, which is the functional currency of the charity. Amounts presented are rounded to the nearest pound.

Going Concern

The trustees have assessed whether the use of going concern is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. In particular, the trustees have considered the charitable company's forecasts and projections and have taken account of pressures on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. The charitable company therefore continues to adopt the going concern basis in preparing its financial statements. The trustees have considered the impact of Covid-19.

Critical accounting estimates and areas of judgement

Preparation of the accounts requires the Trustees to make significant judgements and estimates.

The items in the accounts where these judgements and estimates have been made are in estimating the useful economic life of tangible fixed assets.

Income

Income is recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty and it is probable that the income will be received.

Grants from government and other agencies have been included as income from charitable activities where these amount to a contract for services, but as donations where the money is given in response to an appeal or with greater freedom of use, for example monies for core funding.

Donated services comprise time donated to the charity by various counsellors, and the value of these services is estimated based on the number of sessions attended.

Donated rooms comprise rooms donated to the charity by various providers, and the value is estimated based on the number of hours the rooms are reserved to provide counselling services.

Resources Expended

Expenditure is included in the statement of financial activities when incurred and includes any attributable vat which cannot be recovered.

Charitable expenditure comprises expenditure on the charity's primary charitable purposes i.e. providing counselling and other services for women who have been subject to domestic violence.

Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset as follows:

Furniture & Equipment	25% straight line

Assets are depreciated for a whole year in the year of acquisition and not at all in the year of disposal. Items costing less than £500 are not treated as fixed assets but instead are charged as expenses in the year in which they are purchased.

Financial Instruments

Cash and cash equivalents
Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

1 **Accounting Policies (continued)**

Debtors and other receivables
Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are values at the amount prepaid. They have been discounted to the present value of the future cash receipt where such discounting is material.

Creditors and provisions
Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payments where such discounting is material.

Fund Accounting

The unrestricted general funds comprise the monies which may be used towards meeting the charitable objectives of the charity and which may be applied at the discretion of the Trustees. Within unrestricted funds, certain funds have been designated by the Trustees for specific purposes. Details of these are given in note 15 to the financial statements.

Restricted funds comprise monies raised for, or their use restricted to, a specific purpose, or contributions subject to donor imposed restrictions.

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the statement of financial activities as incurred.

Pension Costs

Contributions to employees' personal pension plans and to stakeholder schemes are recognised in the statement of financial activities when payable.

2 Donations

	Unrestricted 2022 £	Restricted 2022 £	Unrestricted 2021 £
The donations are made up as follows:			
General donations	114,230	110,438	80,976
Donated services			
- Counselling rooms	-		-
- Counselling services	61,020		87,450
Total	175,250	110,438	168,426

Donated services comprise:

- Time donated to the charity by various counsellors, the value estimated based on the number of sessions attended at £30 per session.
- Rooms donated to the charity by various providers, the value estimated based on the numbers of hours (£10 per hour) for which the rooms are reserved to provide counselling services. No room donated this year due to remote working.

3 Charitable Activities

Charitable activities are made up of grants and project funding as follows:

	2022 £	2021 £
Leathersellers' Company Charitable	10,000	15,000
CAF Resilience Fund	-	3,850
Haramead Trust	5,000	-
Lloyds Bank Foundation, England and Wales	25,000	44,319
Impact 100	33,000	34,000
NHS West London CCG	27,900	27,908
City Bridge Trust	-	47,674
RBKC - Children and Families	26,500	26,500
The Everest Trust	5,000	-
Two Magpies Fund	-	15,000
The London Community Foundation	-	5,000
Gowling WLG	1,000	-
Treebeard Trust	-	25,000
The Edward Gostling Foundation	5,000	5,000
Leonie Schroder	140,000	-
Steven Prevezer Charitable Trust	500	500
Sir Jules Thorne Trust	1,500	1,250
Edward Harvist	-	3,000
Newby Trust	-	3,000
Tesco & Marsh Christian Trust	400	850
Dudley & Geoffrey Cox Trust	5,000	5,000
Garfield Weston foundation	20,000	-
Souter Charitable	3,000	-
Trees Cazenove Charitable	750	-
Society of the Holy Child Jesus	25,000	-
Hardship funds(Lon Catalyst, Arnold, Father etc	2,750	-
Hans Rausing Trust	-	83,167
Unrestricted funds	337,300	346,018

3 Charitable Activities (continued)	2022 £	2021 £
Peter Stebbings Memorial Charity	-	10,000
CAF Resilience	-	6,150
The National Lottery Community Fund - Counselling	-	52,706
The National Lottery Community Fund - Support Groups	105,454	102,537
City Bridge Trust	46,250	37,500
London North Eastern Railway	50,000	-
Daisy Trust	2,000	1,100
Westminster City Council	-	30,000
Dudley & Geoffrey Cox Charitable Trust	-	5,000
East End Community Foundation	-	7,000
Dr Edwards & Bishop Kings Fulham Charity	5,373	2,000
Candy Foundation	10,000	-
Hackney Parochial Charities	-	15,007
Tower Hamlets Local Community Fund	19,279	19,279
Hammersmith United Charity	10,000	1,000
Hyde Park Place Estate Charity	5,000	-
Cadogan	5,000	-
The London Community Foundation (Centreview)	16,666	-
London Borough of Hammersmith and Fulham	-	4,000
London Catalyst	3,000	-
MOPAC/MOJ	46,549	45,540
29th May 1961	4,000	-
Westminster Ward Councillors	3,333	-
MIND (CMHRF)	-	49,990
Merchant Taylors' Consolidated Charities	-	14,800
The Goldsmith's Company	-	3,000
Tesco	1,000	-
Assura Community fund	-	4,987
Strand Parishes Trust	6,000	5,665
The Danson foundation & RSA Community	-	6,500
Westminster Almshouses	10,000	-
London Community Foundation COVID	-	37,675
Wakefield and Tetley Trust	-	10,000
London Borough of Newham	-	11,750
Advance	28,759	-
Westminster Amalgamated Charity	10,000	8,000
Paddington Welfare charities	-	500
Pathway Trust	1,500	-
Dentons	1,000	-
Matrix Causes fund	3,000	-
Restricted funds	393,163	491,686
Total	730,463	837,704

4 Investment Income

	Unrestricted 2022 £	Unrestricted 2021 £
Bank interest received	62	83

5 Raising funds

	Unrestricted 2022 £	Unrestricted 2021 £
Staff costs (note 9)	107,954	60,802
Other costs	6,810	1,596
	114,765	62,399

6 Charitable Expenditure

Charitable expenditure comprises costs associated with the provision of counselling and support services, and are classified below.

	Unrestricted Funds £	Restricted Funds £	2022 £	Unrestricted Funds £	Restricted Funds £	2021 £
Direct Costs:						
Staff costs (note 10)	103,261	381,719	**484,980**	67,443	267,623	**335,066**
Childcare and client hardship	750	4,053	**4,803**	6,715	2,412	**9,127**
Counselling supervisors and training	15,721	13,855	**29,576**	9,653	19,852	**29,505**
Paid counsellor's fees	235	2,590	**2,825**	-	13,385	**13,385**
Room and equipment hire	-	-	**-**	-	-	**-**
Volunteer training and expenses	-	5,414	**5,414**	-	2,701	**2,701**
Workshop expenses	-	8,200	**8,200**	200	15,465	**15,665**
Donated counselling services (note 2)	61,020	-	**61,020**	87,450	-	**87,450**
Donated counselling rooms (note 2)	-	-	**-**	-	-	**-**
Paid assessor's fees	535	14,228	**14,763**	-	13,275	**13,275**
Other direct costs	138	5,405	**5,543**	934	4,386	**5,320**
	181,660	435,464	**617,124**	172,395	339,099	**511,494**
Premises Costs:			**-**			**-**
Rent and rates	14,725	-	**14,725**	14,561	-	**14,561**
Administrative costs:						
Staff costs (note 10)	60,522	42,625	**103,147**	79,904	34,969	**114,873**
Office overheads	26,224	43,321	**69,545**	13,183	43,238	**56,421**
Governance costs	14,256	-	**14,256**	14,095	-	**14,095**
Total	297,388	521,409	**818,797**	294,138	417,306	**711,444**

7 Governance Costs

	Unrestricted 2022 £	Unrestricted 2021 £
Accountancy	4,800	4,800
Staff costs (note 10)	9,456	9,295
Total	14,256	14,095

8 Net Movement in Funds

This is stated after charging:

	2022 £	2021 £
Staff costs (note 9)	725,063	527,036
Audit fees (including VAT)	4,800	4,800
Depreciation	8,351	4,717
Operating lease rentals and business rates	14,725	14,561

The full office rent is £51,000 but discounted due COVID-19 as staff continue to work from home hence the low amount shown

9 Staff Costs

Staff costs during the year were as follows:

	2022 £	2021 £
Wages and salaries	601,541	469,408
Social security costs	40,256	32,009
Employer's pension contributions	15,244	13,244
	657,041	514,661
Self employed staff	41,922	2,602
Agency staff cost	-	-
Other staff related costs (training, supervision, and travel)	5,850	5,942
Staff recruitment	20,250	3,831
	725,063	527,036

Staff costs by function were as follows:

	2022 £	2021 £
Fundraising	107,954	60,802
Marketing/Social Media	-	1,248
Provision of counselling and support services	434,012	293,097
Administration	173,640	162,593
Governance	9,456	9,295
	725,063	527,036

9 Staff Costs (continued)

No employee benefits (excluding employer pension costs) earned more than £60,000 per annum during the year (2021: none).

The average number of employees during the year was 32 (2021: 25).

The key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis comprise the Trustees, the Chief Executive, the Fundraising and Development Manager, Therapeutic Services Manager, Operations Manager and the Finance Manager. The total remuneration including pension of the key management personnel for the year was £173,702 (2021: £173,484).

No Trustee received any remuneration in respect of their services as as trustee during the year (2021: none). No expenses were reimbursed to Trustees during the year (2021: none).

10 Taxation

Woman's Trust is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

11 Tangible Fixed Assets

	Furniture & Equipment
Cost	
At 1 April 2021	43,758
Additions	2,993
At 31 March 2022	**46,751**
Depreciation	
At 1 April 2021	20,480
Charge for the year	8,351
At 31 March 2022	**28,831**
Net Book Value	
At 31 March 2021	6,395
At 31 March 2022	**17,920**

12 Debtors

	2022 £	2021 £
Debtors and prepayments	744	708
Accrued income	120,526	15,000
	121,270	15,708

13 Creditors: amounts falling due within one year

	2022 £	2021 £
Creditors and accruals	11,944	8,273
Deferred income	11,806	20,373
Tax and social security	17,722	10,967
Other creditors	9,365	12,507
Total	50,837	52,120

	2022 £	2021 £
Amount brought forward	20,373	10,000
Released in year	(20,373)	(10,000)
Deferred in year	11,806	20,373
Amount carried forward	11,806	20,373

14 Restricted Funds

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
London North Eastern Railway	-	50,000	50,000	-
The National Community Fund – Support Groups	39,341	105,454	131,169	13,626
Charles Hayward Foundation	-	-	-	-
Charles S French Charitable Trust	1,000	-	-	1,000
Lady Balogh Trust	657	-	657	-
Westminster Almshouses	-	10,000	10,000	-
Dr Edwards & Bishop Kings Fulham Charity	-	5,373	5,373	-
East End Community Foundation	5,916	-	5,916	-
UNITED in Hammersmith & Fulham	-	10,000	4,487	5,513
Hyde Park Place Estate Charity	-	5,000	1,536	3,464
MIND (CMHRF)	9,641	-	9,641	-
Hackney Parochial Charities	13,686	-	13,686	-
Cadogan	-	5,000	-	5,000
London Catalyst East London	-	3,000	-	3,000
Tesco	-	1,000	1,000	-
Dentons	-	1,000	1,000	-
Merchant Taylors	15,874	-	15,874	-
Advance	-	28,759	28,759	-
Candy Foundation	-	10,000	2,498	7,502
Ministry of Justice MOPAC/MOJ	-	46,549	46,549	-
Assura Community fund	4,987	-	4,987	-
City of London Solicitors	750	-	-	750
Hammersmith & Fulham Fast Track	3,033	-	3,033	-
Tower Hamlet Local Comm Fund	2,507	19,279	16,062	5,724
Strand Parishes Trust	1,201	6,000	7,201	-
Paddington Welfare, Rotary & Royal Lancaster	1,070	1,000	2,070	-
The Danson Foundation, RSA comm. etc	11,578	-	11,578	-
London Community Foundation (Centreview)	-	16,666	3,549	13,117
The Daisy Trust	1,100	2,000	1,739	1,361
Westminster Amalgamated Charity	-	10,000	10,000	-
LB of Westminster	22,500	-	22,500	-
LB of Newham	9,834	-	9,834	-
City Bridge Trust	23,500	46,250	62,250	7,500
Wakefield & Tetley Trust	4,353	-	4,353	-
Vanguard	-	19,724	15,054	4,670
The Worshipful companies		10,263	7,585	2,678
Westminster Ward Councillors	-	3,333	3,333	-
29th May 1961	-	4,000	1,347	2,653
Vitol Foundation	-	29,451	-	29,451
CVC Philanthropy	-	50,000	-	50,000
Matrix Causes fund	-	3,000	3,000	-
Westway Trust	2,290	-	2,290	-
Pathway Trust	-	1,500	1,500	-
	174,818	503,601	521,410	157,009

Purposes of Restricted Funds

The restricted resources comprise donations and grants from individuals or organisations to be expended for the continuation of counselling projects and support groups.

15 General funds

The general funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the Trustees for specific purposes:

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Designated Funds:				
Provision of counselling service - projects	25,000	25,000	25,000	25,000
Projects - operational costs	15,000	15,000	15,000	15,000
	40,000	40,000	40,000	40,000
General Funds	351,724	472,612	372,153	452,182
Total General Funds	391,724	512,612	412,153	492,182

All designated funds will be spent within 12 months.

General funds split	
Funds c/fwd	£145,667
Reserves	£346,515

16 Analysis of net assets between funds

	General Funds £	Restricted Funds £	Total 2022 £
Fixed assets	17,920	-	17,920
Current assets	503,930	178,181	682,111
Creditors: amounts falling due within one year	(29,666)	(21,171)	(50,837)
	492,182	157,010	649,193

17 Lease commitments

At 31 March 2022 Woman's Trust had total commitments under operating leases on land and buildings as follows: We are on a tenancy at will with one month notice and no commitment for the year.

18 Related Party Transactions

There were no related party transactions in the financial year (2021:none)

19 Prior Year Statement of Financial Activities

	Notes	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £
Income and endowments from:				
Donations	2	152,723	15,703	**168,426**
Charitable activities	3	346,018	491,686	**837,704**
Investment income	4	83	-	**83**
Total income		498,824	507,389	**1,006,213**
Expenditure on:				
Raising Funds	5	62,399	-	**62,399**
Charitable Expenditure	6	294,138	417,306	**711,444**
Total Expenditure		356,537	417,306	**773,843**
Net Income/(Expenditure)	8	142,288	90,083	**232,371**
Transfers between funds		7,475	(7,475)	**-**
Net Income/(Expenditure) for the Year		149,763	82,608	**232,371**
Total Funds as at 1st April		241,964	92,208	**334,368**
Total Funds as at 31st March	15	391,728	174,816	**566,542**

There are no recognised gains and losses other than those passing through the statement of financial activities account. All incoming resources and resources expended derive from continuing activities.

WOMAN'S TRUST

England & Wales - Charity number 1143513

Accounts

Annual Report and Audited Financial Statements

31st March 2021

Company Registration Number 06886781 (England and Wales)

Charity Registration Number 1143513

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The following page does not form part of the financial statements:

Detailed analysis of income and expenditure

The Trustees present their statutory report together with the financial statements of Woman's Trust for the year ended 31 March 2021.

This report has been prepared in accordance with Part 8 of the Charities Act 2011 and constitutes a directors' report for the purposes of company legislation.

Woman's Trust is constituted as a charity registered for charitable purposes with the Charity Commission (Charity Registration Number 1143513) and a company limited by guarantee (Company Registration Number 06886781).

Chair's foreword

Chair's & CEO's foreword

The last year has been a very challenging one for everyone, coping with the Covid restrictions. In particular for all those with existing mental health problems caused by domestic abuse, and those women still living with their abuser who have been trapped for long periods. We know their mental health deteriorated, and their trauma deepened, so that the effects will be long-lasting unless they are able to access long-term support like ours.

We were pleased that both national and local government responded with emergency funding, money that had not been available before - but it is clear that, when the need is recognised, funding can be made available by the Government. The extra funding meant we were able to meet the costs of the change to how we delivered services such as investments in basic technology. We were also able to help some women directly with the technology they needed to access our services, and introduce phone check-ins for those women who could not engage in regular sessions, thereby extending the support we were able to provide.

However, the application process for government funding was very demanding of smaller charities; the funding was slow in coming through, and some time limits (some as little as 6 months) were set on when the money was to be spent. Mental health services such as ours need longer-term funding. The demand for our services was far greater than the funding provided, and though we delivered a record number of sessions, we could have done more.

It has been a tough year for charities in general, with many fewer organised fundraising events. Corporate funding dropped as companies sought to cope with the financial pressures on their businesses. However, many of our supporters were imaginative in what they could do to raise funds in different ways, and many simply donated. We, and the women who benefit from the free support that we are able to provide as a result, are eternally grateful.

Many of our Trust and Foundations funders responded with much-needed flexibility in how we spent their funding, for example enabling Woman's Trust to switch resources from one service to another so that we could meet women's immediate needs. This gave us certainty in our budget, and we were able to take on more employed counsellors to meet the increased demand from clients who accessed more sessions than clients in previous years. This reflected both increased trauma levels and that some clients were able to participate for longer because they could access our service from home.

At Woman's Trust, we know the extra support provided during the pandemic will be challenging to sustain. Although we expanded our service, we continued (and continue) to have to turn women away – the demand is so great. Fundraising to sustain our current level of service is a key priority for future years.

We were pleased to see the media publicity highlighting both domestic abuse and mental health issues during the pandemic, but despite well-organised campaigns, there remains very little acknowledgement of the link between the two – the biggest single cause of depression in women is domestic abuse and other mental health effects include anxiety, trauma (PTSD) and suicidal thoughts. On average, two women a week are killed by their partner or ex-

partner, but these numbers don't include women who take their own lives because of the abuse. This is why Woman's Trust's free services are so vital.

During the year, we continued to work in partnership with other organisations so that in specific geographical areas, a holistic joined-up service can be provided to meet women's needs. Partnerships are increasingly sought by funders and Woman's Trust is seeking new partnerships modelled on the success of the Angelou project in West London. We are working with the London Violence Against Women and Girls consortium to plan a joined-up service from 2022.

We reported last year on our initial response to the pandemic, moving swiftly to ensure all our services, which were previously delivered exclusively in person. to telephone, video conferencing or online to ensure minimum disruption to what are often life-saving services to vulnerable women. This involved a tremendous effort by all our staff, and we are so proud of the dedication and determination they have shown to continue to support women across London.

Woman's Trust staff and volunteers were affected by the pandemic too. Without the normal office interactions, working in isolation with often very traumatised women, some coping with childcare and home schooling and dealing with disruption in their personal lives. In common with many health care workers, it was a very stressful time for our staff.

Throughout the year, we were inspired by the women we helped. We gained strength from the strength they gained – to see and hear their journeys of recovery is truly heartwarming. Our vision remains clear – a world where women have the resources they need to prevent domestic abuse damaging their futures.

> *I didn't know who to turn to following traumatic experience of being in [an] abusive marriage and losing friends, having absolutely nothing, without family in the UK, and not looking positively into the world. I have been searching for support and contacted this organisation and after sharing my story was given [free counselling] sessions. It helped me enormously. I am very grateful to whoever funds this organisation, because you have just pulled me out of a very difficult emotional stage, I feel like I can move on now, I have more strength and trust in myself, thank* you. (Telephone counselling client, February 2021)

Sally Field — Chair

Heidi Riedel — Chief Executive Officer

Our Vision

A world where women have the resources to prevent domestic abuse damaging their futures.

Our Mission

To help any woman in London affected by domestic abuse to overcome the mental and emotional harm and rebuild her life, by providing women-only, client-led counselling and support services.

Charitable object

Woman's Trust's charitable object is:

To relieve women and children who are being, or have been, affected by domestic abuse, through the provision of a counselling and support service.

Woman's Trust is special because we:

- offer specialist 'person-centred' counselling and therapeutic services, informed by an understanding of the long-term mental health and emotional impacts of domestic abuse
- Through a trauma informed approach enable women to make their own choices and decisions, in their own way, in overcoming the risk and damage caused by domestic abuse
- provide accessible services regardless of race, religion, class, or culture; and
- are expert in understanding the dynamics of domestic violence and abuse and its effects on women's lives and that of their children.

Woman's Trust is a women-only organisation. It is led by members of the community it was developed to serve: that is, women who live or work in London.

Overall aims and outcomes

Domestic abuse has or will affect one in four women in the UK. The psychological and emotional consequences of abuse, if left unaddressed, can last a lifetime for the woman and her children. The primary aim of our service is to enable women to rebuild their lives.

The services that we provide

We aim to tackle the emotional and psychological damage caused by abuse, by providing appropriate mental health services: specialist person-centred one-to-one counselling and therapeutic support groups (both BACP accredited services), self-development workshops, and crisis-counselling. We also provide webinar resources for anyone experiencing domestic abuse.

Our Client's Journey

*Women can choose to access one or more services simultaneously or one after the other

•Referral

•Deciding on suitability for our services, and signposting to a range of other services to give women the support they need

•Crisis Counselling

•Up to three sessions to help women in urgent need to cope while they wait for counselling. These have been replaced during remote working by telephone check-ins with clients who were unable to hold remote counselling sessions

•Long-Term Counselling

•Up to 18 weekly 50-minute one-to-one person-centred counselling sessions with a professional counsellor, trained to understand the specific dynamics and issues associated with domestic abuse

•Therapeutic Support Groups

•Eight weekly sessions of 2 hours, where women share their stories with other women to support each other in their recovery

•Self-Development Workshops

•Up to six, weekly, one day sessions designed to help women with the practical and emotional fall-out from domestic abuse, and move on with their lives

•Webinars

•Recorded psycho-educational work-shops that do not involve participation from clients. These are then uploaded on to our website along with supportive handouts functioning as a lasting reference for women facing abuse

Overall service delivery in 2020/21 and our response to Covid19

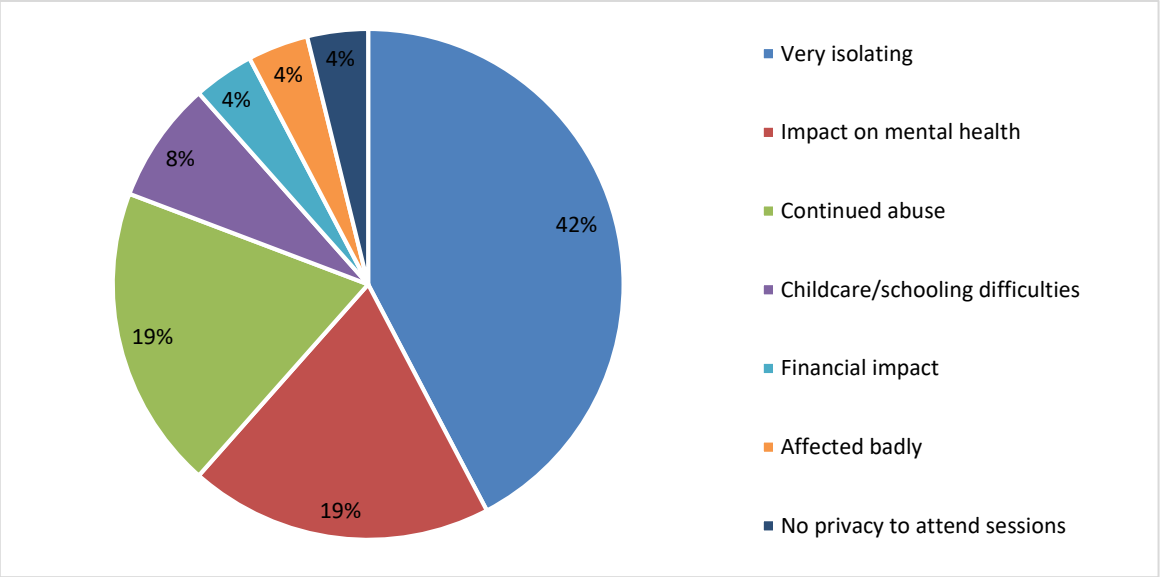
We reported last year on our initial response to the pandemic. It was initially necessary to suspend our services. We immediately arranged remote access to our IT systems; and discussed and decided how we could safely deliver our services by telephone, conference calls and remote video facilities. We purchased laptops, phones and headsets for our staff and volunteers.

We contacted all our clients who were at that point receiving services; and promised to stay in touch with those who desperately needed our support even if that was just a reassuring phone call or text.

For counselling, we were only closed for a week, re-starting counselling by telephone from 21st March. By April we were able to re-start support groups on-line, and by June we were able to re-start workshops, also on-line.

For many clients, being able to have a private space for phone calls was a significant challenge – most especially those still living with their perpetrator and those with children at home who should not have to see or hear the very private conversations. Some clients took their calls while their children were looked after by other family members; others used their car as their safe space. We set up frequent check-ins for those women for whom it was unsafe to take up telephone or on-line services. From our hardship funds, we were able to provide some clients with funds for phone top-ups, and for others we provided a telephone.

This is what our clients told us about how they felt affected by the pandemic and lockdowns.



Our staff and volunteers worked tirelessly to change their working methods and showed a great deal of resilience. We did not furlough any staff.

Prior to the pandemic, all our services were face-to-face. Moving our services to telephone and on-line did allow us to assess the benefits of this approach. From our client surveys, we found that some clients actually preferred the remote access: for some it was more convenient; for others the anonymity of telephone counselling was easier for them to cope with. The surveys revealed a need for a mixed model of delivery in future.

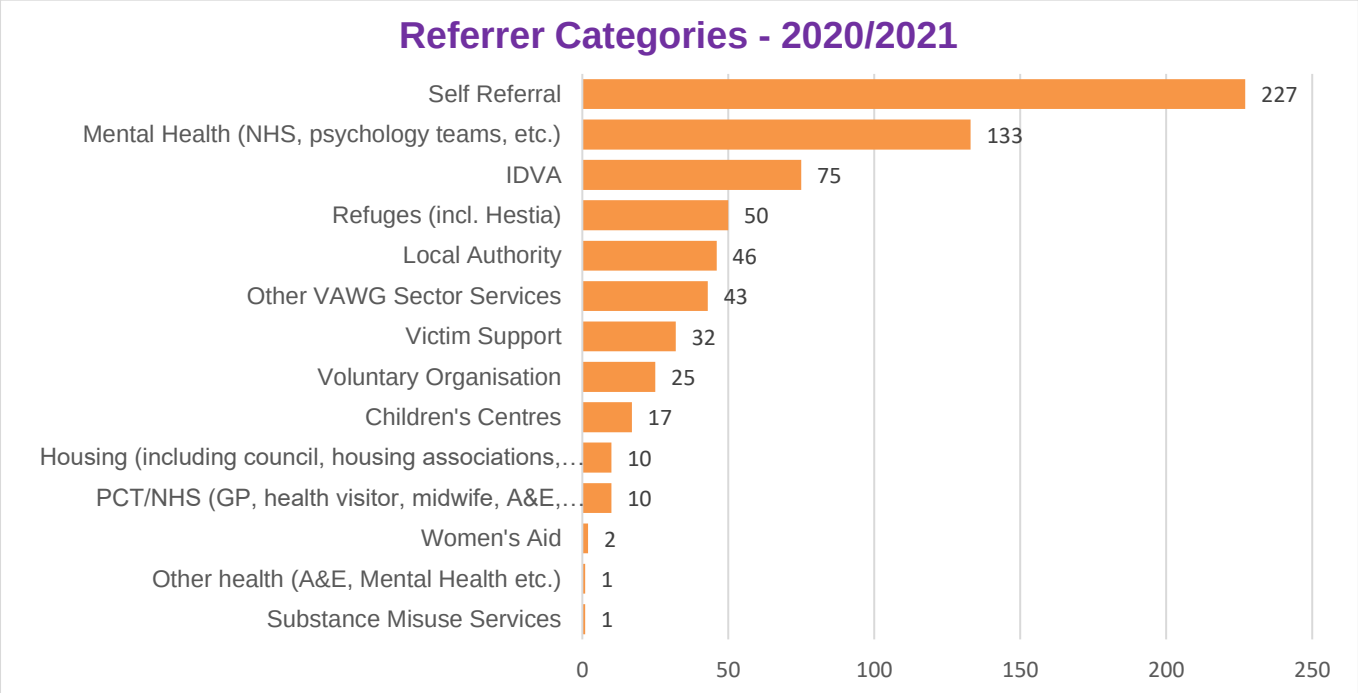
What is evident from the number of women and number of sessions is that many women accessed more sessions. For counselling in particular, women could maintain attendance for longer.

We also know that for support groups and workshops we needed to reduce the number of women in each session as on-line delivery was harder to manage with a large group.

Consequently, we needed to deliver more sessions to reach the same number of women.

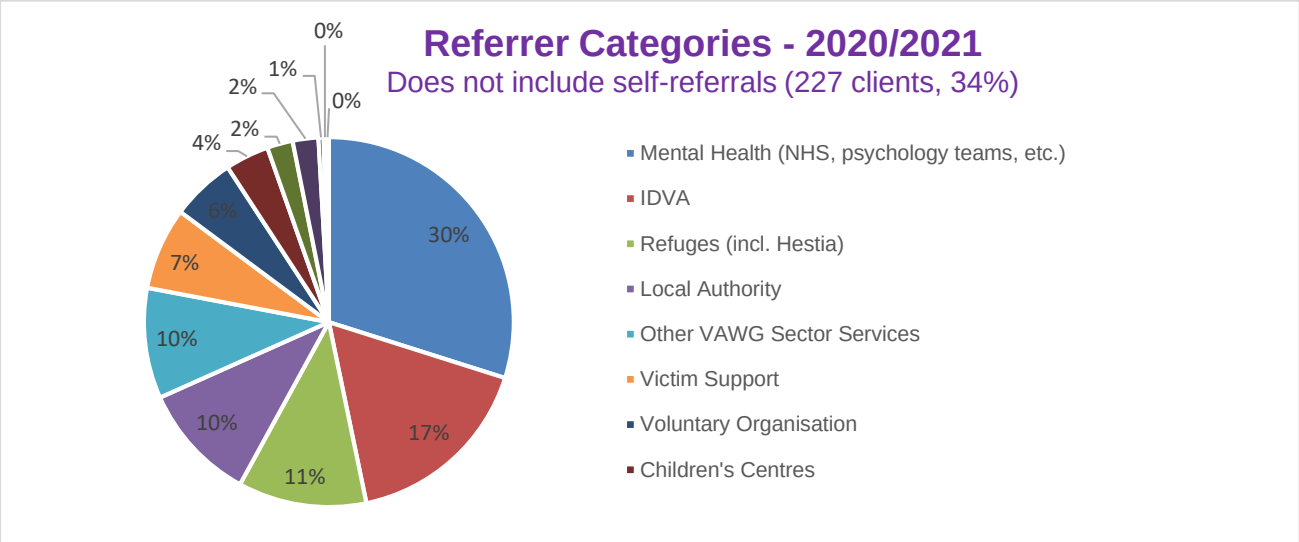
Our reach

During 2020/21, Woman's Trust received 673 client referrals from a wide variety of sources.



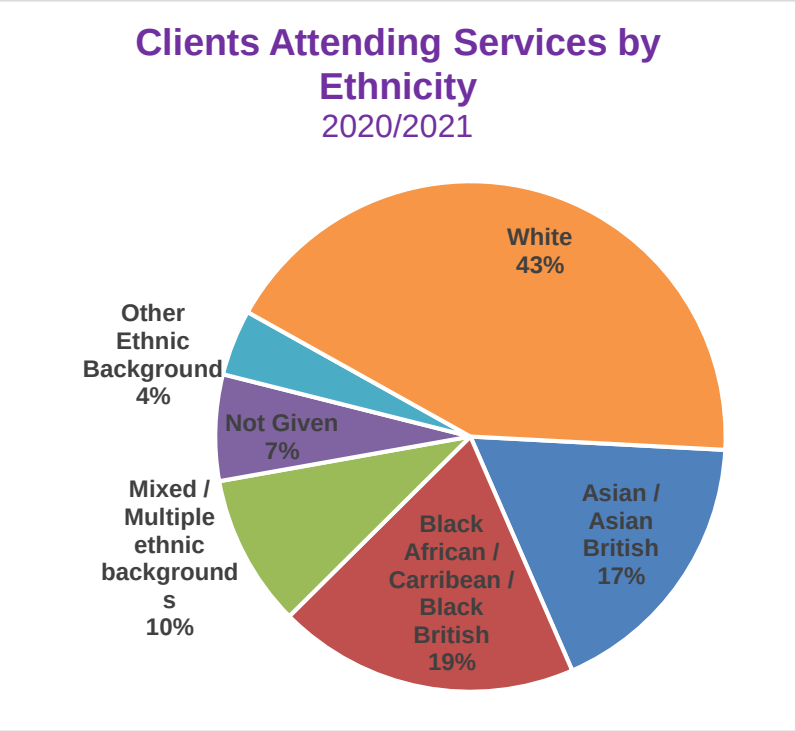
The overall number of referrals for the year were lower than 2019/20 because we could not accept any new referrals during April and May 2020 while we transitioned our services from face-to-face to remote delivery.

Working closely with other organisations providing services to women is a significant source of referrals from agencies. The number of self-referrals were lower, partly due to the necessary restrictions during April and May, but also because during the early periods of the national lockdown women living with their perpetrator had extremely limited or no opportunity to make private phone calls.



Who accessed our services?

Across London, the Black Asian and Minority Ethnic (BAME) population is 40% of the total population [Census 2011]. Woman's Trust clients who accessed counselling, support groups and workshops reflect this diversity with 50% of our clients identifying as Black, Asian or Minority Ethnic.



Services provided

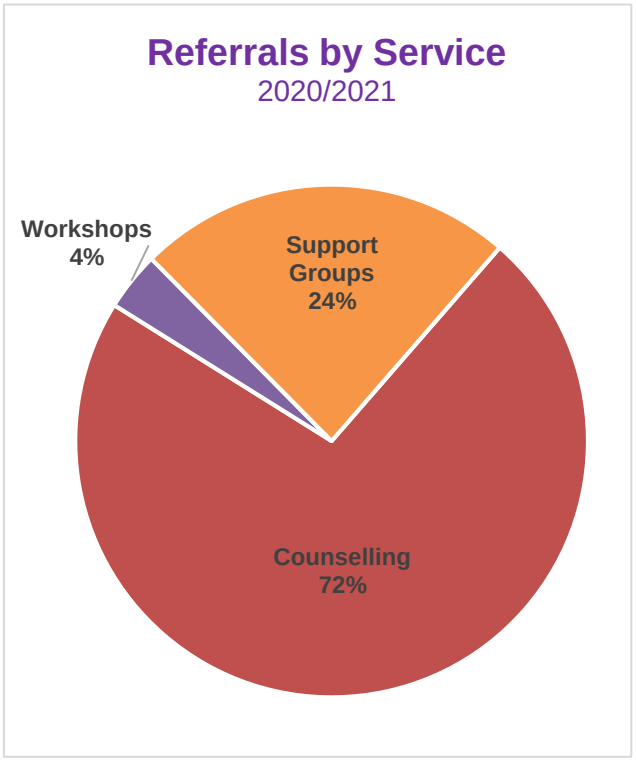
We enable women to overcome the trauma of domestic abuse by providing a range of services to cater for the different needs of our clients.

Counselling gives the client an opportunity to work with a trained counsellor.

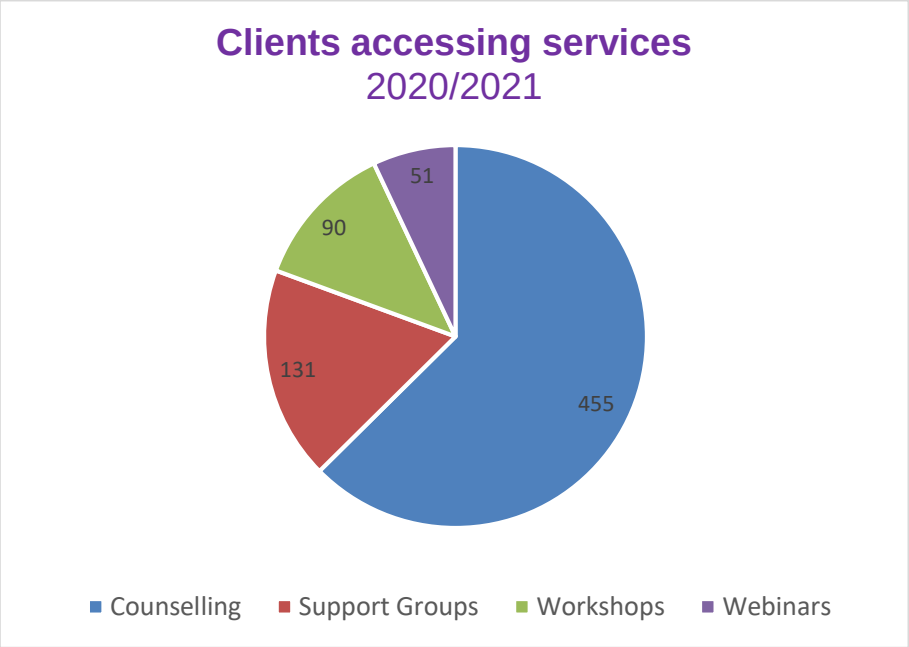
Workshops are psychoeducational, providing women with information and tools to help understand their experiences and improve the management of their well-being.

Support Groups provide an invaluable opportunity for women to share their experiences and reduce their isolation.

Pre-recorded psychoeducational sessions that can be accessed direct from our website provide an on-going resource for any women needing help.



Approximately 72% of clients referred to us asked for 1-to-1 counselling. Some women asked for more than one service.

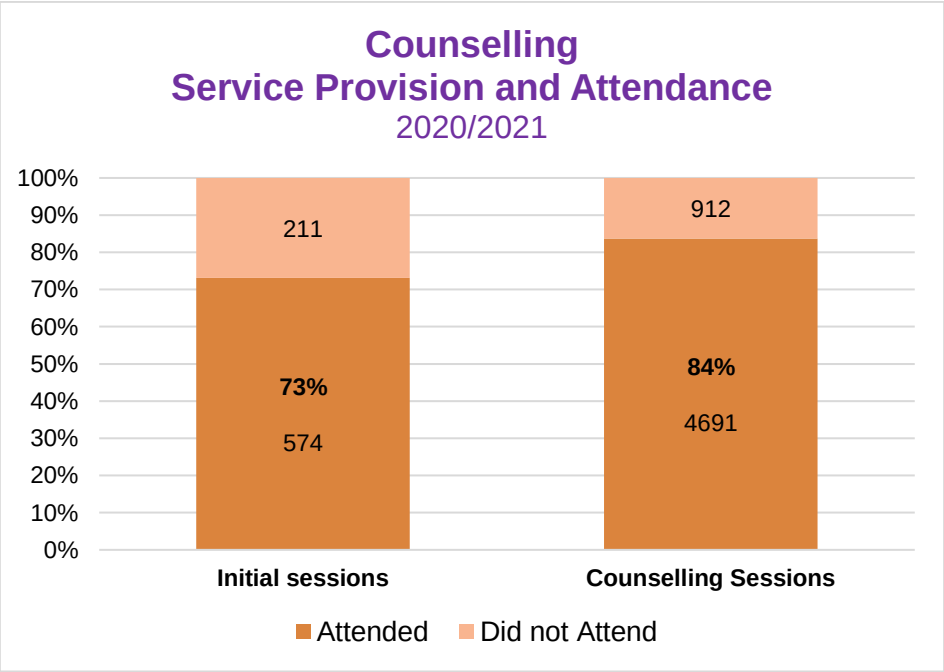


455 women accessed counselling, 131 women attended support group sessions; 90 women attended workshop sessions and 51 accessed webinar sessions.

Only women who had undertaken an assessment were able to access our workshops, which meant fewer women overall, but we developed on-line webinar sessions which proved to be popular with clients who could not commit to fixed-time sessions.

A survey of clients found that many women preferred the telephone and on-line services as they were easier to access. Easier access and increased isolation during the pandemic led more women to access more services. Woman's Trust was a lifeline to many.

Service sessions provision and attendance



This year we provided 785 initial assessment sessions and 5603 one to one counselling sessions to 455 women with an outstanding attendance rate of 84%.

We were able to provide 60 more women with counselling this year compared to last, and our clients attended more sessions. Overall, counselling sessions increased by 1,169, a 26% increase. Instead of Crisis Counselling we provided a telephone check-in service for those women we were most concerned about while they waited for counselling.

Our group sessions such as the therapeutic support groups (39 groups, each 8 weeks long) and psycho-educational workshops moved to on-line, due to this change we ran the sessions with fewer women. Additional funding enabled us; however, to run 9 more support groups than the previous year. Similarly, to enable a wider reach, we developed webinars now accessible from our website as additional support tool.

Outcomes

Woman's Trust uses two main evaluation systems to measure the efficacy of our services: Clinical Outcomes in Routine Evaluation (CORE) for counselling; and Woman's Trust's own entrance and exit questionnaires (EQ) for all our services. These measures help us see the positive difference we make to women's lives.

Counselling – 455 women attended

MEASURES OF HEALTH AND WELL-BEING % OF WOMEN REPORTING IMPROVEMENT AFTER ACCESSING WOMAN'S TRUST SERVICES		EQ (125 RESPONSES)	CORE (84 RESPONSES)
		Improvement	
HEALTHIER	TRAUMA (PTSD)	N/A	64%
	STRESS/ANXIETY	95%	57%
	DEPRESSION	N/A	60%
	SELF-ESTEEM	96%	61%
	ISOLATION	96%	63%
	SUICIDAL	N/A	69%
	SELF HARMING	N/A	86%
AUTONOMY AND LIFE CHOICES	CONTROL OVER FUTURE	93%	63%
	CONFIDENCE	94%	58%
	KNOWLEDGE OF OWN RIGHTS	86%	N/A
	KNOWLEDGE OF OTHER SUPPORT SERVICES	93%	N/A
ABILITY TO FUNCTION	RELATIONSHIP WITH CHILDREN	78%	N/A
	INTERPERSONAL REALTIONSHIPS	96%	53%
	SELF CARE	96%	N/A

"I was in an 18-year domestically violent and psychologically violent [relationship]. I was, as I have found it to be so the word, programmed. Woman's Trust has given me that insight into what I went through and worked well and slowly with me. I now focus on having good and positive relationships may it be with my current partner or friends and family. I am able to assert myself and have built up the confidence and awareness to stop anything toxic before it starts and that I believe is with the help of Woman's Trust. I will forever be thankful."

- *Counselling Client, May 2020*

"Life changing, given hope for survival, you can be whole again. ."

- *Counselling Client, July 2020*

Therapeutic Support Groups – 39 groups (8 sessions each), 1138 attendances by 131 unique women

Women were overwhelmingly positive about the impact of this service.

- 81% had improved knowledge of their rights,
- 87% felt more in control of their future
- 96% felt improvement in stress and anxiety level
- 98% felt improvement in confidence
- 74% reported better relationships with their children

> *"[Support Groups were an] invaluable resource for women at a difficult time. Gives direction when there is none. The support is lifesaving."*
>
> - *Support Group Client, March 2021*

Self-Development Workshops – 37 workshops, 282 attendances by 90 unique women, many of whom attended several workshops

As a result of their attendance, 99% women reported an improvement in their level of self-esteem, in interaction with others and confidence. There was also a 99% improvement in their readiness to take positive steps to change their lives.

- 98% of women said they had a reduced feeling of isolation
- 97 % of women felt they could cope better with their experience of domestic abuse

> *"[Workshops carried out via Zoom] were really good - just like if it were a physical session. It was also really nice that it was a small group, we all got to share and talk and ask questions and relate to one another."*
>
> - *Workshop Client, November 2020*

Webinars – 14 webinars, 133 attendances by 51 unique women

Webinars are uploaded on our website and available for viewing by anyone accessing the website.

Women who attended the live webinars reported (49 responses):

- 80% of the women have gained a greater understanding of domestic abuse
- 92% of the women feel better able to cope with their experiences of domestic violence
- 92% of the women feel more ready to take positive steps to change their life after attending this webinar
- 94% report an improvement in their self-esteem and/or their self-worth
- 96% report an improvement in their levels of confidence

Governance, Structure and Management

Trustees (at date of approval of financial statements, except where noted)		Reference and Administrative Information
Sally Field	Chair	**Charity Registration number** 1143513 **Company Registration Number** 06886781 (England & Wales) **Incorporation, Memorandum and Articles of Association** 24 April 2009 **Registered office** West End House 37 Chapel Street London NW1 5DP **Bankers** CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4AT **Auditors** R E Jones 132, Burnt Ash Road Lee London SE12 8PU
Helen Hayes	Vice Chair Chair of Ethics and Practice Committee	
Maya Rodriguez	Treasurer Chair of Finance Committee	
Sharon Citrone	Chair of HR Committee	
Nicola Peers **Nadia Mahmud**	Joint Chairs of Marketing and Communications Committee	
Cheryl Andani **Debbie Hartley** **Linda McHugh** **Joanne Baker** **Helen Smith** **Laura McCarthy** **Anthonia Ifeanyi-Okoro**	Board members	
Amy Provan	Resigned November 2020	
Heidi Riedel	**Chief Executive Officer**	

Organisational structure

Woman's Trust's ultimate decision-making body is its Trustees, working collectively as a Board. The Trustees are the Directors of the company.

Day-to-day management of Woman's Trust is delegated to an employed Chief Executive, who is in turn responsible for delegating work to staff and volunteers.

Executive and administrative Staff

Woman's Trust maintains a small core staff, recruited for specific skills and experience.

All our staff are women, dedicated to the ethos of Woman's Trust and determined to provide women in London with the service they so desperately need.

Therapeutic Staff

Woman's Trust Counsellors are a mixture of fully qualified employed and sessional counsellors, plus volunteer counsellors some of whom are still undertaking their training. We reported last year on our strategy to increase the number of employed counsellors: we have increased recruitment from our newly qualified volunteers, our sessional counsellors and direct recruitment. By the end of the year, we had 13 employed counsellors.

Office Volunteers

Prior to the pandemic, Woman's Trust staffing was enhanced by many dedicated volunteers. Due to the many months of government-required closure and without sufficient ventilation to be Covid-safe, our offices remained closed for the whole year.

Trustee Recruitment, Induction and Training

The Board conducts a periodic skills audit. Board vacancies are advertised according to identified gaps. Candidates are interviewed by the Chair and one other Board member and, once shortlisted, invited to observe at least one Board meeting before appointment by the Board.

On appointment each Trustee is given a welcome pack which includes information about all Woman's Trust services, the annual financial statements, job descriptions, roles and responsibilities of Trustees, the constitution, and the strategic plan.

Trustees are given an induction to the work of the service at the charity's office, spending time with members of staff who introduce the work to them. The charity provides opportunities for Trustees to attend internal specialised domestic abuse training and external training, including governance and charity finance.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed in line with the risk management policy. The policy involves an annual risk analysis which forms part of the charity's strategic planning process and the individual risk assessments of proposed new projects or developments. Annual monitoring is supplemented by update reports throughout the financial year. Where major risks are identified, the Trustees will take the appropriate action to ensure that these are mitigated. Three of the major risks are identified below.

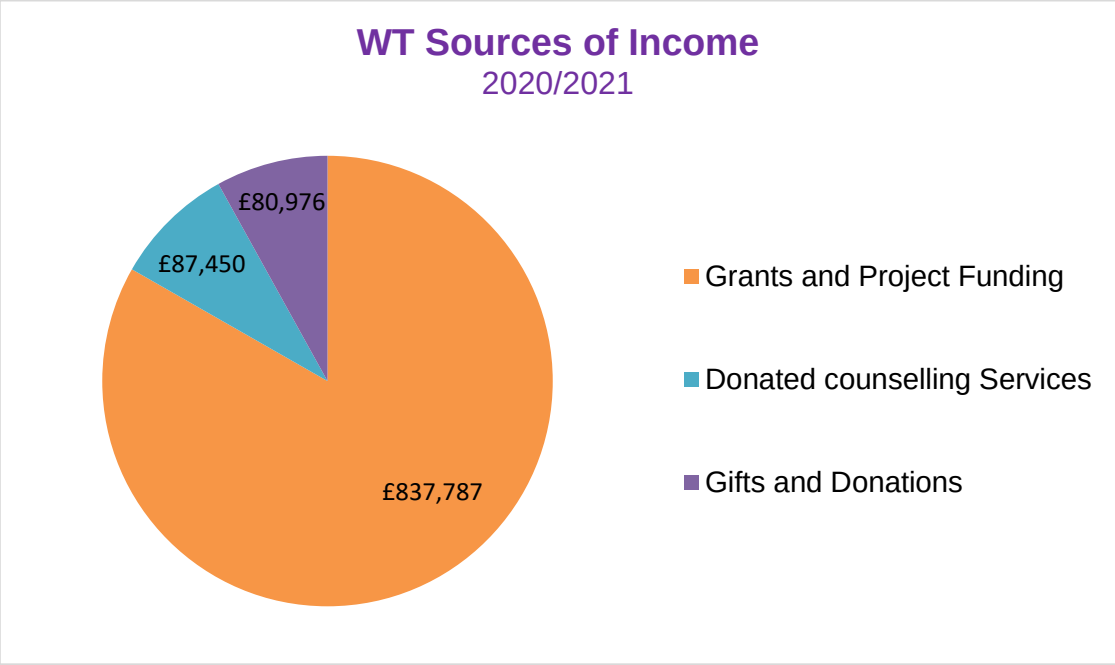
Risk Identified	Mitigation response
Reliance on Trust and foundation income because public sector policy makers and commissioners do not appreciate the mental health impacts of domestic abuse. Increased competition for funding	♦ We have increased investment in fundraising to further diversify our funding streams so we can plan longer-term ♦ We maintain logs of all funding streams so that we know exactly when a funding stream ends; ♦ We closely monitor the bidding process timetables, so bids to renew funds or obtain new funding are made well in advance; ♦ We build our annual budget based on secured funding and the identified funding gap which becomes our fundraising target for the year; and ♦ We maintain contingency plans to make any necessary service changes
The loss of one or two key staff, who would be difficult to replace, or replace quickly. Increasing difficulty in recruiting staff due to higher pay being offered in the public and private sector, and the high cost of living in London	♦ We have introduced some longer notice periods, ♦ Where possible, we flex the staffing levels, increasing hours for more experienced staff, and reshaping responsibilities to make best use of the staff and volunteers we have available. ♦ We have documented systems, job handbooks, meetings and plans to ensure staff and volunteers can access the knowledge they would need to undertake new tasks. ♦ We have reviewed salary scales and increased pay levels where possible to be more competitive in the market
Insufficient qualified counsellors to deliver a safe service	♦ We have reduced our dependence on volunteer counsellors by recruiting more directly employed counsellors, and continued to use sessional counsellors who may become a pool of potential employed counsellors

Financial review
Financial position

- We far exceeded our fundraising target for the year
- We continued to improve the efficiency of our counselling service by using more employed counsellors.
- We invested in new technology to enable remote working by all our staff and upgraded our IT systems to improve the efficiency of our administration
- We increased our free reserves to maintain the sustainability of Woman's Trust at the new (higher) expenditure and activity levels.

Income

Woman's Trust received £1,006,213 in total income in the year to March 2021; an increase of 36% on last year. Restricted income of £507,389 made up more than half of Woman's Trust total income. Unrestricted income totalled £498,824 including over £80,000 from gifts and donations.



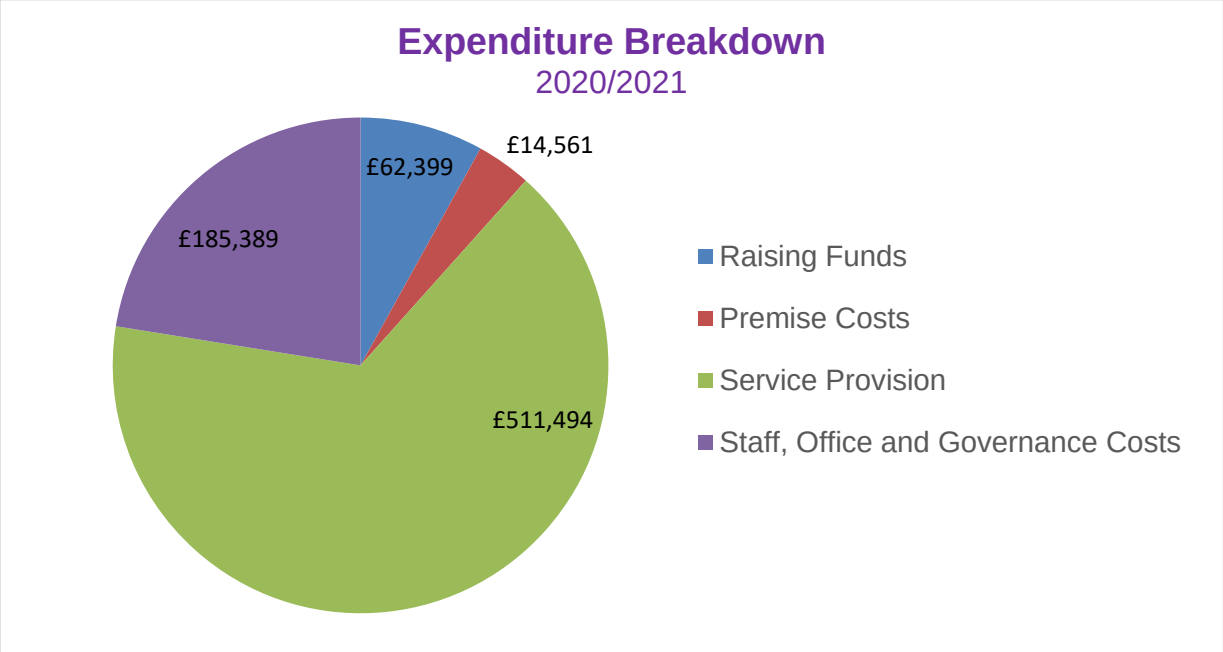
Prior to the pandemic, we made use of rooms donated by other organisations to deliver some of our face-to-face services. Moving our services from face-to-face to telephone and on-line meant that we did not have any need for counselling rooms to be donated. Donated counselling services are the sessions provided by our volunteer counsellors. We took on more employed counsellors in the year and slightly reduced the number of sessions provided by volunteers.

Despite the lack of opportunity for fundraising events, donations to Woman's Trust were maintained at last year's level thanks to our wonderful supporters.

Our income from grants and project funds increased by £330,865 due to the availability of special funding for charities to support services during the Covid19 pandemic.

Expenditure

In the year to March 2021, expenditure came to about £773,843 an increase of 5% on last year. Expenditure on raising funds increased slightly, but stayed at about 8% of total expenditure.



Towards the end of the year, we increased our investment in fundraising, a trend that will continue into 21/22 as we seek to broaden our community supporter base and find support from corporate donors.

Though we increased our counselling service provision by 26% from the year before, expenditure on providing our service only increased by 5% due to the move to a telephone and on-line service, and reductions in overheads such as premises costs. As we re-start some face-to-face counselling and support in 2022, we expect this to increase.

Financial position at the end of the year

The cash position at the end of the year was £579,676, an increase of £221,969 or 62%. Restricted funds carried forward were £174,818, reflecting the fact that project funding is rarely aligned with financial years. The unrestricted funds stood at £391,724 at the end of the year, and this similarly includes designated funds of £40,000 set aside to cover project and core costs and £96,013 unspent grant carried forward to 2021/2022. This leaves reserve funds of £255,711, an increase of £73,747 over last year.

Reserves policy

The Trustees review the reserves policy annually and the calculation of the required level of reserves is an integral part of the organisation's planning and budgeting. It takes account of the risks associated with each stream of income and expenditure being different from that budgeted, the organisation's commitments and the planned activity level.

The reserves policy requires free reserves (i.e., unrestricted funds excluding designated and Assets) to be maintained at a level which ensures that the organisation's core activity could continue during a period of unforeseen difficulty such as:

- a funding gap, possibly whilst waiting for the result of an application;
- funding short term deficits in a cash budget, when paid in arrears;
- covering unforeseen day to day operational costs, such as paying temporary staff in the absence of permanent staff;
- covering unforeseen emergency costs.

The Trustees believe that it is prudent for the financial reserve to be at least three months' running costs to meet the above obligations. Our medium-term objective is to move to a 6 months' reserve policy. In the upcoming year, we will increase our fundraising capacity to increase our reserves. At planned levels of expenditure, the target level of free reserves for 2021/22 is over £300,000 (depending on our success in maintaining /growing project funding).

Going concern

Earlier in his report, we explained the changes we made to our services in response to the COVID-19 pandemic. In common with most other charities, a significant number of fundraising events did not take place, which also had a significant effect on our corporate donor income in 2020.

However, the Government and Trusts and Foundations responded with new funds, in some cases with fewer restrictions on how we spend the grants. Moving services online has contributed to a reduction in expenditure on premises, and some of the equipment needed has also been funded by these grants.

The net effect is that, whilst we still have a budget gap to fill, we believe our position is secure enough to give assurance that Woman's Trust remains a going concern for the following reasons:

- budget and cash flow forecasts prepared show that Woman's Trust has sufficient funds to meet its obligations for the next nine months and we have a fundraising plan, and fundraising resource, in place to raise funding beyond that time; and
- management information systems enable timely decision making.

Fundraising Practices

Woman's Trust complies with the Fundraising Code of Practice and is registered with the Fundraising Regulator. Woman's Trust does not use any professional fundraiser or commercial participator to raise funds on our behalf. No complaints have been received about our fundraising activities. The majority of our fundraising activity is applications to charitable trusts and foundations, and to statutory funders such as the NHS, Local Authorities and central government. Donations/grants received as a result of active fundraising are dedicated to the purpose for which they were raised for.

Future plans

Our medium-term goals remain:

- To continue to deliver high quality trauma informed services and play a significant role in the London-wide provision and improvement of specialist services offered to women affected by domestic abuse;

- Recognising that domestic abuse is part of a larger picture which includes sexual violence and child welfare, use our expertise to support integrated approaches to these overlapping issues;

- To grow capacity to meet further demand as women begin re-presenting after the pandemic eases. We are aiming for growth of 20% in service capacity in each of the coming years;

- To continue a mix of remote and face to face work and develop it to build on what has worked;

- To pursue partnerships with other organisations in response to the needs identified amongst the women we work with;

- To raise the awareness to funders and providers of the prevalence of domestic abuse, its impact on women's mental health, and the benefit of the Woman's Trust specialist approach in addressing that impact;

- To research the mental health impacts of domestic abuse and our interventions, to influence commissioning and delivery;

- To sustain the capacity and delivery achieved in response to COVID 19; and

- To ensure the organisation is on a robust and sustainable footing, by continuing our fundraising effectiveness and maintaining our reserves at a level in line with our reserves policy.

Public benefit statement

Trustees have referred to the Charity Commission's general guidance on public benefit in reviewing the aims and objectives of the charity, in planning future activities and, in particular, how planned activities will contribute to those aims and objectives

Woman's Trust's charitable objects are to relieve women and children who are or have been affected by domestic abuse, by providing counselling and support services.

Woman's Trust's services have the following benefits:

- improving the mental health of women affected by domestic violence, reducing the likelihood that they will suffer from depression, post-traumatic stress syndrome, suicidal ideation, or any of the other mental health conditions associated with domestic abuse;
- empowering women affected by domestic violence to function better and to make better choices, enabling them to live fuller lives through, for example, better relationships with other family members and people outside the home, improved ability to work, to control their own finances and to take an active role in society;
- contributing towards the safety and emotional health of children whose families are affected by domestic violence;
- enabling women in abusive relationships to build their knowledge of support services, social networks and personal strength so that they can mitigate risk, plan for a safer future, and understand what services are available to them.

These benefits relate directly or indirectly to several charitable purposes including the advancement of health (primarily mental health), the advancement of human rights and citizenship, the relief of poverty and of those in need. In extreme cases, this can extend to saving lives as women are empowered to overcome the danger and damage caused by domestic violence.

Woman's Trust's services are only for women who are or have been affected by domestic abuse, but are not otherwise restricted in principle. In practice, there are certain restrictions:

- beneficiaries must be able to reach our offices or points of service delivery;
- where our funding is restricted to particular local authority or other geographical areas, beneficiaries must come from those areas. This restriction varies from time to time as funders change;
- counselling is available only in certain languages;
- the needs of people with childcare (or other caring) responsibilities cannot always be met.

Woman's Trust seeks to overcome these restrictions where funding is available. All services are currently free to users and there is no exclusion due to simple inability to pay.

All private benefits – to our staff, suppliers and volunteers – contribute directly to achieving Woman's Trust's aims.

For these reasons, the Trustees are confident that Woman's Trust meets the public benefit requirements for charities.

Statement of Trustees' Responsibilities

Company law requires the Trustees prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure of the charitable company for that period.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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

Signed on behalf of the Trustees:

Sally Field

Chair

Approved by the Trustees on 13 December 2021

Woman's Trust
Independent Auditor's Report
To the Officers and Trustees of the Charity
For the year ended 31 March 2021

Opinion

We have audited the financial statements of Woman's Trust for the year ended 31 March 2021, which comprise the statement of financial activities, the Balance Sheet and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended,
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011 and the Charity SORP FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

1) the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or

2) the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The officers and trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters where the Charities Act 2011 requires us to report to you if, in our opinion:

1) the information given in the trustees' report is inconsistent in any material respect with the financial statements; or

2) adequate accounting records have not been kept; or

3) the financial statements are not in agreement with the accounting records and returns; or

4) we have not received all the information and explanations we require for our audit; or

Responsibilities of officers and trustees

As explained more fully in the trustees' responsibilities statement, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This Report is made solely to the charity, as a body, in accordance with section 144 of the Charities Act 2011 and the regulations made under section 154 of that act. Our audit work has been undertaken so that we might state to the Charity, those matters we are required to state to them in an auditor's report, and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity and the Members as a body, for our audit work, for this report, or for the opinions we have formed.

Darren Smart
(Statutory Auditor)
For and on behalf of
R.E. JONES & CO
Chartered Accountants and Statutory Auditors

132 Burnt Ash Road
Lee
London SE12 8PU

Date: 16 December 2021

Woman's Trust
Statement of Financial Activities
(incorporating the Income Expenditure Account)
For the year ended 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	Note 19 2020 Total Funds £
Income and endowments from:					
Donations	**2**	152,723	15,703	**168,426**	**211,193**
Charitable activities					
. Grants and project funding	**3**	346,018	491,686	**837,704**	**526,769**
Investment income	**4**	83	-	**83**	**306**
Total income		498,824	507,389	**1,006,213**	**738,268**
Expenditure on:					
Raising funds					
. Fundraising costs	**5**	62,399	-	**62,399**	**55,602**
Charitable expenditure					
.Provision of counselling and support services	**6**	294,139	417,305	**711,444**	**682,863**
Total Expenditure		356,538	417,305	**773,843**	**738,465**
Net Income/(Expenditure)	**8**	142,286	90,084	**232,370**	**(197)**
Transfers between funds		7,475	(7,475)	**-**	**-**
Net Income/(Expenditure) for the Year		149,761	82,609	**232,370**	**(197)**
Total Funds as at 1st April		241,964	92,208	**334,172**	**334,368**
Total Funds as at 31st March	**15**	391,724	174,818	**566,542**	**334,172**

Woman's Trust
Balance Sheet
As at 31 March 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Fixed Assets					
Tangible assets	**11**		23,278		6,395
Current Assets					
Debtors	**12**	15,708		562	
Cash in hand and at bank		579,676		357,707	
		595,384		358,269	
Creditors: Amounts falling due within one year	**13**	(52,120)		(30,492)	
Net Current Assets			543,264		327,777
Net Assets			566,542		334,172
Funds					
Restricted funds	**14**		174,818		92,208
Unrectricted funds					
- Designated funds	**15**		40,000		60,000
- General funds			351,724		181,964
Total Funds			566,542		334,172

For the year ended 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act ("The Act") relating to small companies.

The members have not required the company to obtain an audit of its financial statements for the financial year in question in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.
The notes on pages 27 to 40 form part of the financial statements.

Approved by the Trustees on 13 December 2021
and signed on their behalf by:

.....
Chair - Sally Field

Company Registration Number: 06886781 (England and Wales)

Woman's Trust
Statement of Cash Flows
For the year ended 31 March 2021

	Notes	2021 £	2020 £
Net Cash Inflow/(Outflow) from Operating Activities	**A**	243,486	24,053
Investment income		83	306
Purchase of tangible fixed assets		(21,599)	(2,601)
Net Cash Inflow/(Outflow) from Returns on Investment Activities		(21,517)	(2,295)
Change in cash and cash equivalents in the year		221,969	(26,348)
Cash and cash equivalents at 1 April 2020		357,707	384,055
Cash and cash equivalents at 31 March 2021	**B**	579,676	357,707

Notes to the statements of cash flows for the year to 31 March 2021

A Reconciliations of net movement in funds to net cash provided by (used in) operating activities

	2021 £	2020 £
Net movement in funds	232,370	(197)
Adjustments for:		
Depreciation	4,717	2,828
Investment income	(83)	(306)
(Increase)/decrease in debtors	(15,146)	17,783
Increase/(decrease) in creditors	21,628	(44,161)
Net cash (used in) provided by operating activities	243,486	(24,053)

B Analysis of cash and cash equivalents

	2021 £	2020 £
Total cash and cash equivalents: cash at bank and in hand	579,676	357,707

1 Accounting Policies

Accounting Convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The company is a public benefit entity for the purposes of FRS 102 and a registered charity established as a company limited by guarantee and therefore has also prepared its financial statements in accordance with the 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 (The FRS 102 Charities SORP), the Companies Act 2006 and Charities Act 2011. The financial statements are prepared in sterling, which is the functional currency of the charity. Amounts presented are rounded to the nearest pound.

Going Concern

The trustees have assessed whether the use of going concern is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. In particular, the trustees have considered the charitable company's forecasts and projections and have taken account of pressures on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. The charitable company therefore continues to adopt the going concern basis in preparing its financial statements. The trustees have considered the impact of Covid-19.

Critical accounting estimates and areas of judgement

Preparation of the accounts requires the Trustees to make significant judgements and estimates.

The items in the accounts where these judgements and estimates have been made are in estimating the useful economic life of tangible fixed assets.

Income

Income is recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty and it is probable that the income will be received.

Grants from government and other agencies have been included as income from charitable activities where these amount to a contract for services, but as donations where the money is given in response to an appeal or with greater freedom of use, for example monies for core funding.

Donated services comprise time donated to the charity by various counsellors, and the value of these services is estimated based on the number of sessions attended.

Donated rooms comprise rooms donated to the charity by various providers, and the value is estimated based on the number of hours the rooms are reserved to provide counselling services.

Resources Expended

Expenditure is included in the statement of financial activities when incurred and includes any attributable vat which cannot be recovered.

Charitable expenditure comprises expenditure on the charity's primary charitable purposes i.e. providing counselling and other services for women who have been subject to domestic violence.

Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset as follows:

Furniture & Equipment 25% straight line

Assets are depreciated for a whole year in the year of acquisition and not at all in the year of disposal. Items costing less than £500 are not treated as fixed assets but instead are charged as expenses in the year in which they are purchased.

Financial Instruments

Cash and cash equivalents
Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

1 Accounting Policies (continued)

Debtors and other receivables
Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are values at the amount prepaid. They have been discounted to the present value of the future cash receipt where such discounting is material.

Creditors and provisions
Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payments where such discounting is material.

Fund Accounting

The unrestricted general funds comprise the monies which may be used towards meeting the charitable objectives of the charity and which may be applied at the discretion of the Trustees. Within unrestricted funds, certain funds have been designated by the Trustees for specific purposes. Details of these are given in note 15 to the financial statements.

Restricted funds comprise monies raised for, or their use restricted to, a specific purpose, or contributions subject to donor imposed restrictions.

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the statement of financial activities as incurred.

Pension Costs

Contributions to employees' personal pension plans and to stakeholder schemes are recognised in the statement of financial activities when payable.

2 Donations

	Unrestricted 2021 £	Restricted 2021 £	Unrestricted 2020 £
The donations are made up as follows:			
General donations	65,273	15,703	103,903
Donated services			
- Counselling rooms	-		15,490
- Counselling services	87,450		91,800
Total	152,723	15,703	211,193

Donated services comprise:

- Time donated to the charity by various counsellors, the value estimated based on the number of sessions attended at £30 per session.
- Rooms donated to the charity by various providers, the value estimated based on the numbers of hours (£10 per hour) for which the rooms are reserved to provide counselling services. No room donated this year due to remote working.

3 Charitable Activities

Charitable activities are made up of grants and project funding as follows:

	2021 £	2020 £
Leathersellers' Company Charitable	15,000	10,000
CAF Resilience Fund	3,850	-
Spear Charitable Trust		5,000
Lloyds Bank Foundation, England and Wales	44,319	45,000
Impact 100	34,000	-
NHS West London CCG	27,908	27,908
City Bridge Trust	47,674	-
RBKC - Children and Families	26,500	26,500
The Everest Trust		2,500
Two Magpies Fund	15,000	-
The London Community Foundation	5,000	-
William Allen Young		2,000
Treebeard Trust	25,000	25,000
The Edward Gostling Foundation	5,000	-
Persula Foundation		1,000
Steven Prevezer Charitable Trust	500	100
Sir Jules Thorne Trust	1,250	-
Edward Harvist	3,000	
Newby Trust	3,000	
Tesco & Marsh Christian Trust	850	
Dudley & Geoffrey Cox Trust	5,000	
Blakemore Foundation		100
Souter Charitable		2,000
Hans Rausing Trust	83,167	
Unrestricted funds	346,018	147,108

3 Charitable Activities (continued)	2021	2020
	£	£
Peter Stebbings Memorial Charity	10,000	-
CAF Resilience	6,150	-
The National Lottery Community Fund - Counselling	52,706	104,644
The National Lottery Community Fund - Support Groups	102,537	98,624
City Bridge Trust	37,500	-
Charles Hayward Foundation		35,000
Charles S French Charitable Trust	-	2,000
City of London Solicitors		1,500
Daisy Trust	1,100	2,000
Westminster City Council	30,000	-
Dudley & Geoffrey Cox Charitable Trust	5,000	14,790
East End Community Foundation	7,000	-
Dr Edwards & Bishop Kings Fulham Charity	2,000	3,514
Gowling WLG	-	1,000
Hackney Parochial Charities	15,007	-
Tower Hamlets Local Community Fund	19,279	9,640
Hammersmith United Charity	1,000	-
Hyde Park Place Estate Charity		10,000
Lyles		1,268
Axis Foundation		3,351
London Borough of Hammersmith and Fulham	4,000	3,500
London Catalyst		2,000
MOPAC/MOJ	45,540	-
The Marylebone Hotel		2,000
The Shanly Foundation		1,000
MIND (CMHRF)	49,990	-
Merchant Taylors' Consolidated Charities	14,800	20,080
The Goldsmith's Company	3,000	-
John Lewis		1,000
Assura Community fund	4,987	-
Strand Parishes Trust	5,665	5,500
The Danson foundation & RSA Community	6,500	-
HM Treasury Tampon Tax		24,000
London Community Foundation COVID	37,675	5,000
Wakefield and Tetley Trust	10,000	-
London Borough of Newham	11,750	-
Lady Balogh Trust		3,000
Westminster Amalgamated Charity	8,000	-
Paddington Welfaere charities	500	
Westway Trust		2,500
Dentons		1,000
Transformation fund - Angelou		21,750
Restricted funds	491,686	379,661
Total	837,704	526,769

4 Investment Income	Unrestricted 2021 £	Unrestricted 2020 £
Bank interest received	83	306

5 Raising funds	Unrestricted 2021 £	Unrestricted 2020 £
Staff costs (note 9)	60,802	53,509
Other costs	1,596	2,093
	62,399	55,602

6 Charitable Expenditure

Charitable expenditure comprises costs associated with the provision of counselling and support services, and are classified below.

	Unrestricted Funds £	Restricted Funds £	2021 £	Unrestricted Funds £	Restricted Funds £	2020 £
Direct Costs:						
Staff costs (note 10)	67,443	267,623	**335,066**	53,483	186,033	**239,516**
Childcare and client hardship	6,715	2,412	**9,127**	118	3,285	**3,403**
Counselling supervisors and training	9,653	19,852	**29,505**	4,453	21,293	**25,746**
Paid counsellor's fees	-	13,385	**13,385**	10,250	8,944	**19,194**
Room and equipment hire	-	-	**-**	4,679	45,171	**49,850**
Volunteer training and expenses	-	2,701	**2,701**	653	6,478	**7,131**
Workshop expenses	200	15,465	**15,665**	2,000	17,174	**19,174**
Donated counselling services (note 2)	87,450	-	**87,450**	91,800	-	**91,800**
Donated counselling rooms (note 2)	-	-	**-**	15,490	-	**15,490**
Paid assessor's fees		13,275	**13,275**	2,000	5,151	**7,151**
Other direct costs	934	4,386	**5,320**	1,087	10,470	**11,557**
	172,395	339,099	**511,494**	186,013	303,999	**490,012**
Premises Costs:			**-**			**-**
Rent and rates	14,561	-	**14,561**	8,826	-	**8,826**
Administrative costs:						
Staff costs (note 10)	79,904	34,969	**114,873**	86,163	41,635	**127,798**
Office overheads	13,183	43,238	**56,421**	-	44,391	**44,391**
Governance costs	14,095	-	**14,095**	11,836	-	**11,836**
Total	294,139	417,305	**711,444**	292,838	390,025	**682,863**

7 Governance Costs

	Unrestricted 2021 £	Unrestricted 2020 £
Accountancy	4,800	4,200
Staff costs (note 10)	9,295	7,636
Total	14,095	11,836

8 Net Movement in Funds

This is stated after charging:

	2021 £	2020 £
Staff costs (note 10)	572,036	432,658
Audit fees (including VAT)	4,800	4,200
Depreciation	4,717	2,828
Operating lease rentals and business rates	14,561	21,854

The full office rent is £51,000 but discounted due COVID-19 as staff are working from home hence the low amount shown

9 Staff Costs

	2021 £	2020 £
Staff costs during the year were as follows:		
Wages and salaries	469,408	372,491
Social security costs	32,009	25,444
Employer's pension contributions	13,244	11,815
	514,661	409,750
Self employed staff	2,602	4,047
Agency staff cost	-	6,893
Other staff related costs (training, supervision, and travel)	5,942	7,248
Staff recruitment	3,831	4,720
	527,036	432,658

	2021 £	2020 £
Staff costs by function were as follows:		
Fundraising	60,802	53,509
Marketing/Social Media	1,248	3,815
Provision of counselling and support services	293,097	229,940
Administration	162,593	137,758
Governance	9,295	7,636
	527,036	432,658

9 Staff Costs (continued)

No employee earned £60,000 per annum or more (including benefits) during the year (2020: none).

The average number of employees during the year was 25 (2020: 20).

The key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis comprise the Trustees, the Chief Executive, the Fundraising and Development Manager, Therapeutic Services Manager and the Finance Manager. The total remuneration (including taxable benefits) of the key management personnel for the year was £173,484 (2020: £151,353).

No Trustee received any remuneration in respect of their services as as trustee during the year (2020: none). No expenses were reimbursed to Trustees during the year (2020: none).

10 Taxation

Woman's Trust is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

11 Tangible Fixed Assets

	Furniture & Equipment
Cost	
At 1 April 2020	38,906
Additions	21,599
At 31 March 2021	**60,506**
Depreciation	
At 1 April 2020	32,511
Charge for the year	4,717
At 31 March 2021	**37,228**
Net Book Value	
At 31 March 2020	6,395
At 31 March 2021	**23,278**

12 Debtors

	2021 £	**2020 £**
Debtors and prepayments	708	562
Accrued income	15,000	-
	15,708	562

13 Creditors: amounts falling due within one year

	2021 £	2020 £
Creditors and accruals	8,273	4,855
Deferred income	20,373	10,000
Tax and social security	10,967	7,808
Other creditors	12,507	7,829
Total	52,120	30,492

	2021 £	2020 £
Amount brought forward	10,000	49,138
Released in year	(10,000)	(49,138)
Deferred in year	20,373	10,000
Amount carried forward	20,373	10,000

14 Restricted Funds

	At 1 April 2020	Income	Expenditure	Transfer	At 31 March 2021	
	£	£	£		£	
The National Community Fund – Counselling	16,942	52,706	69,648		-	
The National Community Fund – Support Groups	17,875	102,537	81,071		39,341	
Charles Hayward Foundation	15,593	-	15,593		-	
Charles S French Charitable Trust	1,000	-	-		1,000	
Lady Balogh Trust	2,445	-	1,788		657	
Dudley & Geoffrey Cox Charitable Trust	-	5,000	5,000		-	
Dr Edwards & Bishop Kings Fulham Charity	-	2,000	2,000		-	
East End Community Foundation	-	7,000	1,084		5,916	
UNITED in Hammersmith & Fulham	-	1,000	1,000		-	
Hyde Park Place Estate Charity	5,000	-	5,000		-	
MIND (CMHRF)	-	49,990	38,749	1,600	9,641	
Hackney Parochial Charities	-	15,007	1,321		13,686	
CAF Resilience	-	6,150	6,150		-	
London Catalyst East London	462	-	462		-	
Marylebone Hotel	-	2,000	2,000		-	
Dentons	-	1,000	1,000		-	
Merchant Taylors' Consolidated Charities	10,144	14,800	9,070		15,874	
Axis Foundation	3,351	-	3,351		-	
Peter Stebbings Memorial Charity	-	10,000	10,000		-	
Ministry of Justice MOPAC/MOJ	-	45,540	41,540	4,000	-	
Assura Community fund	-	4,987	-		4,987	
The Goldsmithss' company	-	3,000	3,000		-	
City of London Solicitors	750	-	-		750	
Hammersmith & Fulham council Fast Track	-	4,000	967		3,033	
Tower Hamlet Local Community Fund	6,279	19,279	23,051		2,507	
Strand Parishes Trust	1,833	5,665	6,297		1,201	
Paddington Welfare, Rotary & Royal Lancaster	-	3,903	2,833		1,070	
The Danson Foundation, RSA comm. etc		18,800	7,222		11,578	
HM Treasury Tampon Tax (Hestia)	8,243	-	8,243		-	*
London Community Foundation	-	37,675	37,675		-	
The Daisy Trust	-	1,100	-		1,100	
Westminster Amalgamated Charity	-	8,000	8,000		-	
LB of Westminster	-	30,000	6,625	875	22,500	
LB of Newham	-	11,750	916	1,000	9,834	
City Bridge Trust	-	37,500	14,000		23,500	
Wakefield & Tetley Trust	-	10,000	5,647		4,353	
Westway Trust	2,290	-	-		2,290	*
	92,208	510,389	420,305	7,475	174,818	

The transfer is the money spent on project equipment which is part of the Fixed Assets in the Balance sheet. This amount is transferred to the Unrestricted funds for it to be depreciated over 4 years

Prior year adjustment

* The closing balance for Westway Trust should have been £2,290 but the amount was part of HM Treasury Tampon tax (Hestia) hence the split

Purposes of Restricted Funds

The restricted resources comprise donations and grants from individuals or organisations to be expended for the continuation of counselling projects and support groups.

15 General funds

The general funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the Trustees for specific purposes:

	At 1 April 2020	Income	Expenditure	Transfer	At 31 March 2021
	£	£	£		£
Designated Funds:					
Provision of counselling service - projects	15,000	15,000	15,000		25,000
Projects - operational costs	45,000	25,000	45,000		15,000
	60,000	40,000	60,000	-	40,000
General Funds	181,964	458,824	296,539	7,475	351,724
Total General Funds	241,964	498,824	356,539	7,475	391,724

All designated funds will be spent within 12 months.

General funds split	
Funds c/fwd	£96,013
Reserves	£255,711

16 Analysis of net assets between funds

	General Funds £	Restricted Funds £	Total 2021 £
Fixed assets	23,278	-	23,278
Current assets	400,193	195,191	595,384
Creditors: amounts falling due within one year	(31,747)	(20,373)	(52,120)
	391,724	174,818	566,542

17 Lease commitments

At 31 March 2021 Woman's Trust had total commitments under operating leases on land and buildings as follows: We are at the moment on tenancy at will due to staff stll working at home but negotiation is currently on going to establish a contract.

	2021 £	2020 £
Within one year	-	9,641
Within two to five years	-	-
	-	9,641

18 Related Party Transactions

There were no related party transactions in the financial year (2020:none)

19 Prior Year Statement of Financial Activities

	Notes	Unrestricted Funds £	Restricted Funds £	2020 Total Funds £
Income and endowments from:				
Donations	**2**	211,193	-	**211,193**
Charitable activities	**3**	147,108	379,661	**526,769**
Investment income	**4**	306	-	**306**
Total income		358,607	379,661	**738,268**
Expenditure on:				
Raising Funds	**5**	55,602	-	**55,602**
Charitable Expenditure	**6**	292,838	390,025	**682,863**
Total Expenditure		348,440	390,025	**738,465**
Net Income/(Expenditure)	**8**	10,167	(10,364)	**(197)**
Transfers between funds				**-**
Net Income/(Expenditure) for the Year		10,167	(10,364)	**(197)**
Total Funds as at 1st April		231,796	102,572	**334,368**
Total Funds as at 31st March	**15**	241,964	92,208	**334,172**

There are no recognised gains and losses other than those passing through the statement of financial activities account. All incoming resources and resources expended derive from continuing activities.