

**EXCEL WOMEN'S CENTRE**  
**(Limited by Guarantee)**

**Report and financial statements**

**For the year ended**

**31 March 2024**

**COMPANY NO.: 06934326**

**CHARITY NO.: 1144357**

**EXCEL WOMEN'S CENTRE**  
**(A Company Limited by Guarantee)**  
**FOR THE YEAR ENDED 31 MARCH 2024**

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**EXCEL WOMEN'S CENTRE**  
**(A Company Limited by Guarantee)**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**Directors & Trustees:**

Fatima Asker- Chair  
Rhoda Ashur- Secretary  
Fatha Ali  
Rukayat Suleman  
Amina Aden

Company Secretary: Rhoda Ashur

Registered Office: 13 London Road, Barking, Essex IG11 8AA

Independent Examiner:

Fidelia Igbodo FCCA  
Bennic Ltd  
Chartered Certified Accountants  
Selby Centre Selby Road  
Tottenham London N17 8JL

Charity registration number: 1144357

Company registration number: 06934326

**EXCEL WOMEN'S CENTRE**  
**(A COMPANY LIMITED BY GUARANTEE)**

**Directors' report**

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 31st March 2024. The trustees have undertaken the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in January 2015 in preparing the annual report and financial statements of the charity.

**Directors' responsibilities**

Company Law which is also applicable to charitable companies in England and Wales requires the directors, who are also trustees of the company, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the results of the company for that year.

In preparing those financial statements, the directors/trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

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

In accordance with company law, as the company's directors we certify that as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of our responsibilities in record keeping and safeguarding of the charity's assets.

**REPORT OF THE TRUSTEES**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing Document**

Excel Women's Centre is registered charity governed by its Memorandum article of association.

**Appointment of trustees**

At the annual general meeting all the trustees shall retire from office and at every subsequent annual general meeting one-third of the trustees who are subject to retirement by rotation or, if their number is not three or a multiple of three, the number nearest to one third shall retire from office; but, if there is only one trustee who is subject to retirement by rotation, he/she shall retire.

As set out in the memorandum article the chair of the trustees is nominated by Excel

**EXCEL WOMEN'S CENTRE**  
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Women's Centre one new or same trustee is elected annually by the members of the charitable company attending the Annual General Meeting and another one to be co-opted.

**Trustees' induction and training:**

Trustees receive induction detailing their responsibilities, and are provided with a Code of Conduct policy, meetings' timetable, Conflict of Interest policy, procedures and declaration forms, CC3 (Responsibilities of Charity Trustees) paper and Equal Opportunities policy. Trustees welcome pack and Additional documentation and support is provided to Trustees depending on their area of specialism, for example Human Resources (HR) Finance, Safeguarding and Inclusion, Operations and the relevant sub-committees they will be a part of.

The induction of new trustees will wherever possible be undertaken by the two most senior office holders and most senior staff members who have already undergone the induction procedure. The induction of new trustees will take place at the Excel Women's Centre offices no later than ten working days after the election of the new trustee.

The new trustee will be introduced to other trustees and Excel Women's Centre employees and volunteers and will be given a description of the work each of them undertakes.

The new trustee will be shown round the Excel Women's Centre Premises and offices and will be expected to familiarise themselves with the services provided and who takes the lead in providing those services.

The inductors will provide the new trustee with the following documents:

- The most up to date Charity Commission booklets outlining their roles and responsibilities
- Welcome Pack
- The Memorandum article
- The Policies and Procedures
- The Annual Report and Business Plan
- The minutes of Trustees meetings
- The contact details of all other Trustees.

**Notes from the Trustees of Excel Women's Centre a year 2023-2024**  
**Overview Report**

Our main mission is to improve the quality of life for women and girls and families, and to promote community cohesion, integration and Inclusion to wider society in Barking and Dagenham and surrounding Boroughs. This year our priority was to provide holistic support for families affected by the current cost of living crisis, supporting families with young school age children, older people in isolation, young people and people with disabilities, particularly women and girls with Mental Health issues.

## **EXCEL WOMEN'S CENTRE**

### **(A COMPANY LIMITED BY GUARANTEE)**

We have provided support in a number of ways – one to one - support at our centre, digital and online support and in-person outreach support in community space, schools and community centres. Our range of services and activities included the following: Information Advice and Guidance in Welfare Benefits, Wellness Café, Digital club and IT training support, Creative English classes to help practice spoken English, Workshops to support women effected Violence against Women and Girls, Exercise and Wellbeing sessions, Sport activities for Ladies ONLY, Social activities and get-togethers, as well as public events like Black History Month, Refugee week/ Peace week and 16 days of action. In addition, the trustees continued to help women and girls struggling with welfare and family issues which has double negative impact of the cost-of-living crisis, mental health support and help to tackle isolation at the forefront of our efforts – and with three of our trustees working in the health field they've been able to bring their professional experience to the organisation. As part of our efforts to increase house-hold income we have provided support for employability skills and confidence building post pandemic and now cost-of-living crisis creating opportunities for women to find work and therefore support themselves. Trustees have been further improving and developing governance, management and overall organisational structure of the charity. The trustees have worked hard to develop a robust financial strategy and drive regular fundraising and bid writing to try to increase our income after a deep year, and demands of our support services. We have increased our core and project funding, staff salary, rent and overhead costs especially needed during the cost of living crisis in order to support families and our staff and their families.

### **Excel Women's Centre Trustees Statement**

This year we've changed the Charity Name to Excel Women's Centre in line with our socials and our Women's Centre, we have increased networking and reconnecting with local organisations and community members which we felt was the right approach as all providers and organisation of the Borough worked collectively to support families through the cost of living crisis.

During this year, we have focused on Capacity building, networking with partners and digital enhancement, we have increased engagement and participation to find out what are the needs of Women and Girls are, share learning co-design solutions to meet their needs; and working out how we can best improve lives collectively. We have implemented user led support, In the past year, we've worked closely with providers and networking groups in the Borough and London-wide to share what we learned and delivered number of community projects, we have further developed our Business Model and enabled people to improve their own lives with the help of support services. This has partly involved developing our digital presence online, we do have digital communication project - as such we have improved our website and social media and one of the trustees is now leading work stream to develop digital strategy and finding new way of working, collect data and do surveys online, online café and interactive platforms for women and girls we work with to make it easier for them to access support services.

## **EXCEL WOMEN'S CENTRE**

**(A COMPANY LIMITED BY GUARANTEE)**

### **Public Benefit**

The trustees are aware of the Charity Commission guidance on public benefit reporting as set out in Section 17 Charities Act 2011. The trustees believe that the charity achieves a public benefit by providing these services as detailed in this report.

### **Financial Review Reserves**


At the year end, the charity had total reserve of £66,027 (2023: £15,988). Of the total reserves £19,424 (2023:£15,988) were unrestricted and £46,603 (2023 £nil) were restricted reserves.

The trustees believe that necessary funds will be raised as and when required and charity is a going concern. The trustees are in the process of setting up a reserve policy.

We will need to carry on hiring out our facilities to other groups and training providers in order to raise funds. IT suite, Training room and hot desk should raise funds for paying the revenue, and also apply funding to trusts and foundations for projects.

This report was approved by the Excel Women's Centre board on *24/01/2025* and signed on its behalf.

Fatima Asker- Trustee

  
FATMA ASKER

**EXCEL WOMEN'S CENTRE**  
**(A COMPANY LIMITED BY GUARANTEE)**

**Independent Examiner's Report to the Trustees of Excel Women's Centre**

**For the year ended 31 March 2024**

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

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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



Fidelia Igbodo FCCA  
Bennic Ltd  
Chartered Certified Accountants  
Selby Centre Selby Road  
London, N17 8JL



## Excel Women's Centre

### Excel Women's Centre

#### Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 March 2024

	Note	Restricted £	Unrestricted £	2024 Total £	Restricted £	Unrestricted £	2023 Total £
<b>Income from:</b>							
Charitable activities							
Donations and legacies	2	179,570	-	179,570	126,042	12,376	138,418
Charitable activities	3		3,437	3,437		2,699	2,699
<b>Total income</b>		<b>179,570</b>	<b>3,437</b>	<b>183,006</b>	<b>126,042</b>	<b>15,075</b>	<b>141,117</b>
<b>Expenditure on:</b>							
Raising funds		11,500		11,500	16,411	-	16,411
Charitable activities				-			
Women Wellbeing		121,467		121,467	125,847	17,430	143,277
<b>Total expenditure</b>	4	<b>132,967</b>	<b>-</b>	<b>132,967</b>	<b>142,258</b>	<b>17,430</b>	<b>159,688</b>
<b>Net income / (expenditure)</b>		<b>46,603</b>	<b>3,437</b>	<b>50,039</b>	<b>(16,216)</b>	<b>(2,355)</b>	<b>(18,571)</b>
<b>Net movement in funds</b>		<b>46,603</b>	<b>3,437</b>	<b>50,039</b>	<b>(16,216)</b>	<b>(2,355)</b>	<b>(18,571)</b>
<b>Reconciliation of funds:</b>							
Total funds brought forward		-	15,987	15,987	11,577	22,981	34,558
<b>Total funds carried forward</b>	11	<b>46,603</b>	<b>19,424</b>	<b>66,027</b>	<b>(4,639)</b>	<b>20,626</b>	<b>15,987</b>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above.

The notes on pages 9 to 15 form part of these financial statements.

**Excel Women's Centre**

Charity No. 1144357

**Balance sheet**Company No.  
06934326**As at 31 March 2024**

	Note	2024 £	2023 £
<b>Fixed assets</b>		-	-
<b>Current assets</b>	8		
Cash at bank and in hand		<u>69,227</u>	<u>18,888</u>
		<b>69,227</b>	<b>18,888</b>
Creditors: Amounts falling due within one year	9	<u>(3,200)</u>	<u>(2,900)</u>
<b>Net current assets</b>		<u><b>66,027</b></u>	<u><b>15,988</b></u>
<b>Net Assets</b>	11	<u><u><b>66,027</b></u></u>	<u><u><b>15,988</b></u></u>
<b>Funds</b>	12		
Restricted funds		<b>46,603</b>	<b>(4,639)</b>
Unrestricted funds:			
Designated funds			
General funds		<u>19,424</u>	<u>20,626</u>
<b>Total funds</b>		<u><u><b>66,027</b></u></u>	<u><u><b>15,987</b></u></u>

For the period ending 31 March 2024, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Directors' responsibilities:**

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

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

Approved by the Board of Trustees on *24/01/2025* and signed on its behalf by:

Fatima Asker – Chair

FATMA ASKER

## Excel Women's Centre

### Notes to the financial statements

For the year ended 31 March 2024

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#### 1. Accounting policies

##### a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (August 2014) and the Companies Act 2006.

Excel Women's Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

##### b) Going Concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

No key judgements have been made by the charitable company which have a significant effect on the accounts.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

##### c) Income

Income, including income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Grants are credited to incoming resources when they are receivable as the charity's own money, unless they are for activities that relate to a specific future period, in which case they are deferred to that period.

##### d) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

##### e) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise of trading costs and the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of training, events, capacity building and business mentoring undertaken to further the purposes of the charity and their associated support costs.

**f) Allocation of support costs**

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 4.

**g) Debtors**

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

**h) Cash at bank and in hand**

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

**i) Creditors and provisions**

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

**2. Income from donations and legacies**

	Restricted	Unrestricted	2024 Total	2023 Total
	£	£	£	£
Big Lottery Fund	115,569.50		<b>115,570</b>	-
Trust for London	57,000		<b>57,000</b>	20,000
Barking & Dagenham	-		-	25,280
The London Community Fund	-		-	65,762
Garfield Weston Foundation	-		-	15,000
The Hilden CF	7,000		<b>7,000</b>	-
Other Income	-	-	-	12,376
	<b>179,570</b>	<b>-</b>	<b>179,570</b>	<b>138,418</b>

**3. Income from charitable activities**

	Restricted	Unrestricted	2024 Total	2023 Total
	£	£	£	£
Donations		3,437	<b>3,437</b>	2,699
	-	3,437	3,437	2,699
	<b>179,570</b>	<b>3,437</b>	<b>183,006</b>	<b>141,117</b>

#### 4. Analysis of expenditure

	Costs of raising funds	Direct charitable expenditure	Governance costs	Support costs	2024 Total
	£	£	£	£	£
Staff remuneration	-	35,928		8,982	44,910
Fundraising	11,500	-	-	-	11,500
Professional fees	-	22,563	-	-	22,563
Office & admin expenses	-	4,983		1,250	6,233
Premises and venue expenses		12,710	-	4,236	16,946
Heating & Lighting		1,454			1,454
Events expenses	-	22,453	-	-	22,453
Tax & NIC		2,531			2,531
Pension contribution		1,177	-	-	1,177
Accountancy & IE	-	-	3,200		3,200
	11,500	103,799	3,200	14,468	132,967
Governance costs	-	3,200	(3,200)	-	-
Support Costs		14,468		(14,468)	-
<b>Total expenditure 2024</b>	<b>11,500</b>	<b>121,467</b>	<b>132,967</b>		<b>132,967</b>
Total expenditure 2023	16,411	143,277	159,688		
Of which unrestricted		-			
Total restricted		132,967			
		<b>132,967</b>			

	<b>2024</b>	2023
	<b>Total</b>	
	<b>£</b>	<b>£</b>
Staff remuneration	<b>44,910</b>	44,750
Fundraising	<b>11,500</b>	16,411
Professional fees	<b>22,563</b>	52,097
Office & admin expenses	<b>6,233</b>	10,326
Premises and venue expenses	<b>16,946</b>	6,030
Heating & Lighting	<b>1,454</b>	1,733
Events expenses	<b>22,453</b>	19,765
Pension contribution	<b>1,177</b>	1,177
Accountancy & IE	<b>3,200</b>	2,900
Tax & Social Service	<b>2,531</b>	4,500
<b>Total expenditure</b>	<b>132,967</b>	159,688

Support costs have been allocated on the basis of staff hours engaged in each activity.  
Of the total expenditure, £nil was unrestricted and £132,967 was restricted during the period.

## 5. Net income / (expenditure) for the year

This is stated after charging:

	<b>2024</b>	2023
	<b>£</b>	<b>£</b>
Accountancy fees	<b>2,800</b>	2,500
Independent examiner's fee	400	400
	<b>3,200</b>	<b>2,900</b>

## 6. Analysis of staff costs and key management personnel

Staff costs were as follows:

	<b>2024</b>	2023
	<b>£</b>	<b>£</b>
Salaries and wages	<b>44,910</b>	44,750
Tax & Social Service	<b>2,531</b>	4,500
	<b>47,441</b>	49,250

No employee received employee benefits (excluding employer pension) exceeding £60,000 during the year 2024.

The total employee benefits including pension contributions of the key management personnel were £2,531 2024.

The charity trustees were not paid or received any other benefits from employment with the charity in the year 2024, neither were they reimbursed expenses during the year 2024. No charity trustee received payment for professional or other services supplied to the charity in 2024.

#### Staff numbers

The average number of employees (head count based on number of staff employed) during the year 2023-2024 was 4. They were directly engaged in providing charitable activities, namely training, events, capacity building and business mentoring.

#### 7. Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

#### 8. Creditors : Amounts falling due within one year

	2024	2023
	£	£
Accrued expenditure	<u>3,200</u>	<u>2,900</u>
	<u><b>3,200</b></u>	<u><b>2,900</b></u>

#### 9. Related party transactions

There are no related party transactions to disclose for 2024

#### 10. Analysis of net assets between funds

	Restricted funds	Unrestricted funds	Total funds
	£	£	£
Current assets	49,803	19,424	<b>69,227</b>
Creditors: Amounts falling due within one year	<u>(3,200)</u>	<u>-</u>	<u><b>(3,200)</b></u>
<b>Net assets at 31 March 2024</b>	<u><b>46,603</b></u>	<u><b>19,424</b></u>	<u><b>66,027</b></u>

# 11. Movements in funds

	At 1 April 2023 £	Income £	Expenditure £	At 31 March 2024 £
<b>Restricted funds:</b>				
Big Lottery Fund		115,570	(92,097)	23,472
Trust for London		57,000	(40,620)	16,380
Other Funds		7,000.00	(250)	6,750
<b>Total restricted funds</b>	-	179,570	(132,967)	46,603
<b>Unrestricted funds:</b>				
General funds	15,987	3,437	-	19,424
<b>Total unrestricted funds</b>	15,987	3,437	-	19,424
<b>Total funds</b>	15,987	183,006	(132,967)	66,027

## Purpose of restricted funds

National Lottery Community Fund	Women Wellbeing & Capacity Building
The London C Fund	Social Impact Fund
Trust for London	Information, Advice & Guidance

# 12. Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2024 £	2023 £
<b>Net movement in funds for the reporting period</b>	<b>50,039</b>	<b>(18,571)</b>
<b>(as per the statement of financial activities)</b>		
Depreciation charges & written off		
(Increase)/ decrease in debtors	-	-
Increase/ (decrease) in creditors	300	-
<b>Net cash provided by / (used in) operating activities</b>	<b>50,339</b>	<b>(18,571)</b>



**13. Analysis of cash and cash equivalents**

	At 1 April 2023	Cash flows	At 31 March 2024 £
Cash at bank and in hand	18,888	50,339	<u>69,227</u>
<b>Total cash and cash equivalents</b>	<u>18,888</u>	<u>50,339</u>	<u>69,227</u>

**14. Company limited by  
guarantee**

Excel Women's Centre is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.