

# COMPASSION

England & Wales · Charity number 1157970

## Details

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**Status** Registered

**Legal form** Other

**Registered** 2014-07-23

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

## Contact

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**Address** South Suffolk Business Centre  
Alexandra Road  
Sudbury  
Suffolk  
CO10 2ZX

**Phone** 07354 653771

**Website** [www.compass-ion.org](http://www.compass-ion.org)

## Activities

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**Objects:** 1. THE RELIEF OF EMOTIONAL DISTRESS AND SUFFERING AND THE PRESERVATION AND PROTECTION OF THE MENTAL AND PHYSICAL HEALTH OF MEN, WOMEN, YOUNG PEOPLE AND CHILDREN WHO HAVE SUFFERED OR ARE EXPOSED TO DOMESTIC ABUSE BY THE PROVISION OF ADVICE, INFORMATION, PROGRAMMES OF SUPPORT AND SUCH OTHER WAYS AS SHALL BE DETERMINED. 2. TO ADVANCE THE EDUCATION OF THE PUBLIC, ORGANISATIONS AND AGENCIES IN ALL ASPECTS OF DOMESTIC VIOLENCE INCLUDING ITS IMPACT ON INDIVIDUALS AND WIDER SOCIETY.

**Activities:** Providing support for victims of domestic violence.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Economic/community Development/employment
- **Who:** Children/young People, The General Public/mankind

## Geography

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- Suffolk

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | £80,279 | £75,138     | -      | -         |
| 2024-03-31 | £34,140 | £35,949     | -      | -         |
| 2023-03-31 | £34,139 | £42,760     | -      | -         |
| 2022-03-31 | £37,344 | £33,142     | -      | -         |
| 2021-03-31 | £34,591 | £25,510     | -      | -         |

## Trustees

| Name                 | Role | Appointed  |
|----------------------|------|------------|
| Anthony Ralph Howard |      | 2025-05-27 |
| JULIA KORONA         |      | 2018-04-19 |
| Kirsten Robins       |      | 2022-06-04 |
| Nicholas Pearson     |      | 2022-11-17 |

**COMPASSION**

England & Wales - Charity number 1157970

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# Accounts

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Annual Report

2024-2025

Charity Reg. No. 1157970

## REFERENCE AND ADMINISTRATIVE INFORMATION AS AT DECEMBER 2025

|                        |                                                                                  |
|------------------------|----------------------------------------------------------------------------------|
| Charity Name           | Compassion                                                                       |
| Registered Charity no. | 1157970                                                                          |
| Registered address     | The South Suffolk Business Centre, Alexandra Road, Sudbury,<br>Suffolk, CO10 2ZX |
| Website address        | <a href="http://www.compass-ion.org">www.compass-ion.org</a>                     |

|          |                                                                                                                                           |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------|
| Trustees | Tony Howard (Trustee and Fundraiser)<br><br>Julia Korona (Chair)<br><br>Nicholas Pearson OBE<br><br>Kirsten Robins<br><br>Angela Verghese |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------|

|                 |                   |
|-----------------|-------------------|
| Treasurer       | Michael Ford      |
| Project Manager | Louise Richardson |

|       |                                                                                                                                                                             |
|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Banks | <b>Barclays Bank</b><br><br>Leicester<br><br>LE87 2BB<br><br><b>Handelsbanken</b><br><br>1 The Oaks<br><br>Apex 12<br><br>Old Ipswich Road<br><br>Colchester<br><br>CO7 7QR |
|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## **TRUSTEES' REPORT**

### **FOR THE YEAR ENDING 31<sup>st</sup> March 2025.**

The Trustees present their annual report for the year ended March 2025, incorporating the Reference and Administration information on page 1.

#### **Structure, Governance and Management**

Compassion was established in 2001 as a voluntary organisation and became registered as a Charitable Incorporated Organisation, by the Charity Commission in 2014.

Under the constitution, as amended, the power to appoint Trustees, of which there shall be at least 3 and is not limited by any maximum. There is also the power to hold meetings remotely / hybrid.

In the event of the Charity being wound up, the Trustees of the Charitable Incorporated Organisation have no liability to contribute to its assets and no personal responsibility for settling its debts or liabilities.

The Trustees met seven times during the year in pursuance of the Charity's objectives, performance, policies, management and to decide strategic direction and in support of the volunteers in their work with women, children, young people, and partner organisations. All meetings took place in person, as well as trustees, facilitators, the project coordinator and volunteers promoting the charity with fundraising and social activities.

We have also been very fortunate to be appointed as Babergh Chair's Charity of the Year, raising the profile of the charity and benefiting for several charitable events.

#### **Objectives and Activities**

1. The relief of emotional distress and suffering and the preservation and protection of the mental and physical health of men, women, young people, and children who have suffered or are exposed to domestic abuse by the provision of advice, information, programmes of support and such other ways as shall be determined.
2. To advance the education of the public, organisations, and agencies in all aspects of domestic violence including its impact on individuals and wider society.

#### **Public benefit**

The charity's public benefits are outlined in the charitable objectives above. All our charitable activities focus on the relief of need, hardship and distress of persons who have suffered and are suffering from domestic abuse and any children of such persons. These activities are undertaken to further our charitable purposes for the public benefit.

#### **Financial Review**

The financial statements are included in the report, for the year and the financial situation as at 31<sup>st</sup> March 2025. The Charity was extremely fortunate in their fundraising for the period, which included a successful bid from larger organisations such as the Lloyds Bank Foundation, the Rope Foundation and the Suffolk Community Foundation.

The Charity has been able to create a Finance Sub- Committee to help manage financial control and support to development of the charity with the Treasurer and Trustees (excluding the Chair).

## **REVIEW OF THE YEAR'S ACTIVITIES, PERFORMANCE AND ACHIEVEMENTS**

### **Chair's Review 2024 - 2025**

This year has seen a significant rise in the number and range of programmes and direct support we have been able to deliver as a result of benefitting from a significant rise in the level of financial support from funding providers.

Between April 2024 and March 2025 we received 231 new referrals (106 self-referrals, 125 agency referrals). Programme delivery and the range of services of support offered continue to be delivered both face to face or online depending on the needs and the practical requirements of attendees.

This varied approach towards support is important, as it allows us to be responsive to the individual needs of victims, some of whom prefer in person support, whereas others who are suffering with complex trauma often feel unable to leave the house.

We are planning to offer face to face delivery for some of our Who's In Charge (WIC) courses, in order to include clients in other parts of Suffolk. We have been fortunate in attracting funding for the delivery of WIC in Haverhill on a face to face basis during 2025 into 2026. West Suffolk Council clearly identify this as an area in need of this kind of support.

We have also developed our support side for victims with the establishment of weekly coffee mornings and the reintroduction of online group meetings where victims can share their experiences while engaging in group activities.

We expect to have delivered 14 programmes to over 116 participants, including 17 children at two local schools attending Escape The Trap (ETT) sessions. This compares to 75 participants in total two years ago.

During this financial year we have delivered six programmes of the 12 -week VOICE (Victims of Intimate Coercive Experience). This has resulted in 54 successful completions. We are also currently completing the delivery of one further VOICE course to 6 victims in Stowmarket in collaboration with Restore (formerly Women's Aid). Delivery of all these courses has been in the form of online and face to face delivery.

We have delivered four full 10 week courses of the Who's in Charge? (WiC), with 39 successful completions (including some partners/co parents). It is important to note, that in addition to the victims of abuse that attended these courses of intervention, the programme completions also benefitted other children in the families as well as the children with violence issues. Additionally, the benefit of this work has a positive effect on the community as a whole, including the police, schools and social services. Universally, positive feedback by our clients shows a significant impact upon both their and their families' lives through engagement with the programme. All of this has been made possible by an increase in the level of funding benefitting the charity.

We have delivered one eight week Escape the Trap Programme (ETT) on a group basis to 9 teenage female pupils aged 12 – 14 at Stour Valley School in Clare and are near the end of delivering a second course to 8 pupils at Thomas Gainsborough School in Sudbury. The course is focused upon developing healthy relationships with their peers and avoid abusive and controlling relationships with others. Its impact on a direct benefit basis is to the children attending improving behaviour, personal safety as well as on the families involved and the community in general. We will continue to market this course actively in the area. Stour Valley School have asked for the delivery of the programme to a second group. We attach a copy of their feedback – the impact of the course on attendees has been significant and they have agreed to finance part of the costs for future deliveries in 2025 and 2026. We are now planning to deliver the course to a group from outside the school system of five young people seeking 1 to 1 delivery. Feedback by the Deputy Head of the school is set out below.

The challenges for us have been around servicing the growing demand for help and support. As our service becomes widely known across Suffolk so the demand has grown with more people accessing our programmes than before. All of this not only requires an increase in the number of programmes to be delivered but the need for more information that can enable us to manage each client's pathway to recovery and improving the quality of their lives. To this end we are reviewing the application of a formal client management system rather than relying upon spreadsheets and physical files. We are also investing in more training for our staff, old and new which, while crucial, again comes at a cost.

We continue to provide a strong level of personal support to victims of Domestic Violence and Abuse, through befriending, weekly coffee mornings, group chat and access to legal support through our relationship with local solicitors Birketts LLP. This whole area of support is crucial since it enables us to determine the level of help and care required for each victim and sets them on a pathway for recovery and being able to move forward in their lives. It can also enable us to refer them to other agencies for support.

Once we have established a pathway for recovery, we can decide with the client whether they should access our two programmes for recovery, based around partner/family violence and Child to Adult violence, VOICE and Who's In Charge

We have been able to fundraise locally. Our Danceathon event in July was a great success raising over £1,200 and promoting the work we do locally in the Babergh area. We held a Charity Ball in October attended by over 80 people raising our profile with local services including the mayor's office, Women's Institute and local accountants and solicitors. The event raised over £4,000. In November we raised the public's awareness to domestic abuse with a tour of the local area with a "Use my Phone" initiative for local businesses as part of the White Ribbon Day international event. Every year at Christmas we participated in the Christmas Tree event in Sudbury to raise awareness of the level of domestic abuse and violence in the area. We have also been chosen by the Council Babergh Chair as her charity for the year.

In order to meet the needs around the increase in programme delivery, we have recruited four additional staff who are paid on a self-employed basis as and when required. All new staff are receiving accredited training from the staff of Awareness Matters who produced the courses mentioned above. It is important we have the maximum availability in resources for providing support for victims in all aspects of the services we provide.

We continue to deliver VOICE courses jointly with Restore in Stowmarket and plan to extend our collaboration next year into other areas, possibly the Hadleigh area. Both organisations are mutually supportive, cross referring victims from other areas in Suffolk when appropriate.

Ultimately, we want to become self-funding, through the provision of training, including a funded primary and secondary school education programme, and an income stream from a charity shop. We simply could not do this without the amazing support, dedication and committed trustees, treasurer, project manager, facilitators and volunteers. We are sincerely grateful for the outstanding commitment given by all in changing lives.

Julia Korona– Chair

## ADDITIONAL COMMENT BY STOUR VALLEY RE ETT

### Escape the Trap feedback- November 2024

At Stour Valley Community School we have recently had the privilege to launch the Escape The Trap programme.

Although we have only just started our work with them the feedback from pupils on the course has been outstanding. Our pupils are engaged and motivated to participate and are appreciative of the opportunity. So far, the space they have created to discuss issues and develop strategies has been first class. This is down to the fantastic work of the team and the staff being able to engage our young people. They have built excellent professional relationships with the group and the targeted work they are leading has been priceless. Most important, the young people feel supported and speak about the course in such a positive light. Again, although we have only worked with them for a short period, we have already seen a significant improvement in the mental health of the pupils involved. Since the course has been running, we also have seen behavioural improvements, so the course has already had a direct positive improvement.

We have had parental feedback, and they equally are really appreciative of the course. They are recognising the positive impact and have been able to have positive conversations with their children.

All the staff have been approachable, supportive and engaged in the school community. The topics and themes are current and relevant so are up to date with providing engaging activities. The resources they provide are also outstanding. The provision they have so far provided has been fundamental in supporting our pastoral system and allowed us access to high level support. The organisation and running of the course has simply been fantastic.

Looking ahead this would be a provision as a school that we would be continuing to look to work with in the future due to the positive impact it has already had on our school community.

*Amy Jamieson*

*Assistant Headteacher and DSL*

*Stour Valley School*

# Independent examiner's report on the accounts

## Section A

## Independent Examiner's Report

**Report to the trustees**

Compassion

**On accounts for the year ended**

31 March 2025

**Charity no  
(if any)**

1157970

**Set out on pages**

Receipts & Payments Summary page

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

**Responsibilities and basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**



**Date:**

30.01.2026

**Name:**

Vincent Chandler

**Relevant professional qualification(s) or body (if any):**

FCA FCCA

**Address:**

Moore Green

22 Friars Street

Sudbury, Suffolk. CO10 2AA

**Section B****Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

CompassionReceipts and Payments Accounts for the Year Ended 31 March 2025

|                                             | Unrestricted | Restricted |                                           | Unrestricted | Restricted |
|---------------------------------------------|--------------|------------|-------------------------------------------|--------------|------------|
| Restricted Suffolk Police b/fwd             |              | 3,048.43   |                                           |              |            |
| Restricted Community Action Suffolk b/fwd   |              | 2,348.00   |                                           |              |            |
| Unrestricted Community Account B/Fwd        | 30,796.65    |            |                                           |              |            |
| Unrestricted Prior year adjustment to funds | - 5,140.93   |            |                                           |              |            |
| Income                                      | 2,794.57     | -          | Expenses:-                                | 843.44       |            |
| Fundraising                                 | 480.00       | -          | Insurance                                 | 544.25       | 12,000.00  |
| Stanbury-Jones donations                    | 19,241.98    | -          | N Johnson Facilitator (restricted)        | 24,587.50    |            |
| Suffolk Community Fund donation/grants      | 3,830.00     | -          | Programme delivery costs                  | 9,625.00     | 6,500.00   |
| Restore Women Stowmarket project            | 1,045.50     | -          | A Howard administrator fees (restricted)  |              | 1,500.00   |
| Groundwork UK - TE                          |              | 20,000.00  | P Devaux administrator fees (restricted)  | 2,585.34     |            |
| Suffolk Police (restricted)                 | 8,000.00     | -          | Mileage and travel costs                  | 904.47       |            |
| Coca-Cola grant                             | 1,130.00     | -          | Disbursements                             | 638.40       |            |
| Hadl Physio swimathon donation              | 1,300.00     | -          | Stationery costs                          | 1,315.00     |            |
| Miller Trust                                | 1,000.00     | -          | Training                                  | 517.00       |            |
| Sfty Tch + LG - Donation                    | 5,392.61     | -          | Laptop/mobile phone                       | 7,023.85     |            |
| Other donations/Misc. Income                | 5,671.00     | -          | T Howard fund raising commissions         | -            |            |
| Charity Ball                                | 6,600.00     | -          | Miscellaneous                             | 1,800.00     |            |
| Trustees Mrs LD Rope Charity donation       | 2,758.00     | -          | Website                                   | 196.55       |            |
| Restore Women- Stowmarket project           | -            | -          | Marketing                                 | 99.98        |            |
| Gift Aid claims                             | 840.55       | -          | Telephone costs                           | 4,127.00     |            |
| Sumup donation                              | 195.00       | -          | Charity Ball 2024 event costs             | 226.00       |            |
| Commissions refunded                        |              | -          | DBS checks                                | 105.00       |            |
|                                             |              |            | Charities Aid Foundation                  | - 3,048.43   | 3,048.43   |
|                                             |              |            | Costs allocated between funds             | 52,090.35    | 23,048.43  |
|                                             |              |            | Expenses Total                            |              |            |
| Income Total                                | 60,279.21    | 20,000.00  |                                           |              |            |
|                                             |              |            | Restricted Community Action Suffolk c/fwd |              | 2,348.00   |
|                                             |              |            | Unrestricted Community Account c/fwd      | 33,844.58    |            |
|                                             | 85,934.93    | 25,396.43  |                                           | 85,934.93    | 25,396.43  |

Bank reconciliation

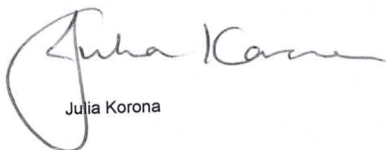
|                               |           |
|-------------------------------|-----------|
| Income                        | 80,279.21 |
| Expenditure                   | 75,138.78 |
| -Loss/Profit for the Year     | 5,140.43  |
| Bank Accounts Brought Forward | 31,052.15 |
| Cash expenses                 | -         |
| Bank Accounts Carried Forward | 36,192.58 |
| O/s payments                  | -         |
| Bank balance per statement    | 36,192.58 |

Funds summary

|                    |           |
|--------------------|-----------|
| Restricted Funds   | 2,348.00  |
| Unrestricted Funds | 33,844.58 |
|                    | 36,192.58 |

Trustees fees totalling £16,125 incurred during the year related to Anthony Howard administrator fees

These accounts have been prepared by the trustees and approved by them on the 30th January 2026



Julia Korona

Chairman

**COMPASSION**

England & Wales - Charity number 1157970

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# Accounts

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## Annual Report

2023-2024

Charity Reg. No. 1157970

REFERENCE AND ADMINISTRATIVE INFORMATION AS AT OCTOBER 2021

|                        |                                                              |
|------------------------|--------------------------------------------------------------|
| Charity Name           | Compassion                                                   |
| Registered Charity no. | 1157970                                                      |
| Registered address     | TBA                                                          |
| Website address        | <a href="http://www.compass-ion.org">www.compass-ion.org</a> |
| Trustees               | Julia Korona Chair                                           |
|                        | Nicholas Pearson                                             |
|                        | Tracey Barton                                                |
|                        | Vince Chandler Treasurer                                     |
|                        | Kirsten Robins                                               |
|                        | Katie Beaven                                                 |
| Projects Manager       | Paula Devaux (succeeded by Tony Howard)                      |
| Bankers                | Barclays Bank                                                |
|                        | TBA                                                          |

## **TRUSTEES' REPORT**

### **FOR THE YEAR ENDING 31<sup>st</sup> March 2024**

The Trustees present their annual report for the year ended March 2024, incorporating the Reference and Administration information on page 1.

#### **Structure, Governance and Management**

Compassion was established in 2001 as a voluntary organisation and became registered as a Charitable Incorporated Organisation, by the Charity Commission in 2014.

Under the constitution the power to appoint Trustees, of which there shall be at least 3 and is not limited by any maximum.

In the event of the Charity being wound up, the Trustees of the Charitable Incorporated Organisation have no liability to contribute to its assets and no personal responsibility for settling its debts or liabilities.

The Trustees met five times during the year in pursuance of the Charity's objectives, performance, policies, management and to decide strategic direction and in support of the volunteers in their work with women, children, young people, and partner organisations. All meetings took place remotely.

#### **Objectives and Activities**

1. The relief of emotional distress and suffering and the preservation and protection of the mental and physical health of men, women, young people, and children who have suffered or are exposed to domestic abuse by the provision of advice, information, programmes of support and such other ways as shall be determined.
2. To advance the education of the public, organisations, and agencies in all aspects of domestic violence including its impact on individuals and wider society.

#### **Public benefit**

The charity's public benefits are outlined in the charitable objectives above. All our charitable activities focus on the relief of need, hardship and distress of persons who have suffered and are suffering from domestic abuse and any children of such persons. These activities are undertaken to further our charitable purposes for the public benefit.

#### **Financial Review**

The financial statements are included in the report, for the year and the financial situation as at 31<sup>st</sup> March 2024.

## **REVIEW OF THE YEAR'S ACTIVITIES, PERFORMANCE AND ACHIEVEMENTS**

### **Chair's Review 2023 - 2024**

This year has seen us consolidate and refine our existing services for victims in the area. We have received 210 new referrals (over half of which were agency referrals) who were all victims of coercion, violence and whose lives have been damaged by trauma and are looking for ways to take back control of their lives.

During the year we provided four areas of direct support for our clients:

- Befriending on a one to one basis to (19 clients)
- Attendance at online and face to face support group – (over 50 clients)
- Access to free legal support at a monthly law clinic made possible by Birketts LLP (26 clients)
- Access to our programmes, designed to provide support and guidance for the future (75 clients).

Our ability to offer a hybrid form of support - online and face to face - allows us to be responsive to the individual needs of victims, some of which prefer in person support, whereas others who are suffering with complex trauma often feel unable to leave the house.

A key part of our service is the provision of three different programmes aimed at providing support for victims of coercive and physical abuse from their partners (VOICE) or a third party, parents who are suffering abuse by their children WIC (Who's In Charge) and young people wanting to find ways of developing healthy relationships with their peers (Escape the Trap).

During the year, we also ran a number of external activities, to raise the profile of the support we can offer victims and raising the whole level of public awareness around domestic abuse. We designed and launched our own domestic abuse campaign called #UseMyPhone which was rolled out in parallel with the National White Ribbon Campaign, 16 Days of Action. We also took part in the Rotary Christmas Tree Exhibition in Sudbury in December 23, which again raised the profile of the charity and of Domestic Abuse. Our theme was to highlight the devastating consequences of Domestic Abuse and pay our respects to the 108 victims of domestic homicide in the UK in 2022.

This year has enabled us to develop and strengthen our team to broaden our reach in the county and widen the kind of support we can give victims of Domestic Abuse. At the time of writing, because of this investment in planning, resource and training, our level of engagement in programme delivery and range of support has increased significantly thanks to work of the trustees, staff and volunteers at Compassion.

**Julia Korona – Chair**

**Compassion****Charity number 1157970****Receipts and Payments Accounts for the Year Ended 31 March 2024**

|                                           |                 |                                           |                 |
|-------------------------------------------|-----------------|-------------------------------------------|-----------------|
| Restricted Suffolk Police b/fwd           | 6182.04         |                                           |                 |
| Restricted Community Action Suffolk b/fwd | 2348.00         |                                           |                 |
| Unrestricted Community Account B/Fwd      | 27123.70        |                                           |                 |
|                                           |                 | Expenses:-                                |                 |
|                                           |                 | Insurance                                 | 786.54          |
| Income                                    |                 |                                           |                 |
| Fundraising                               | 2200.69         | WIC Programme Co-Ordinator's              | 7825.00         |
|                                           |                 | S Ansell fees                             | 7155.00         |
| Stanbury-Jones donations                  | 480.00          | Stationery costs etc                      | 558.18          |
| Suffolk Community Fund donation/grants    | 5080.00         | Training                                  | 120.00          |
|                                           |                 | Projector                                 | 57.99           |
|                                           |                 | Trustees expenses reimbursements          | 0.00            |
| Suffolk Police                            | 20000.00        | T Howard fund raising commissions         | 1302.00         |
| Other donations                           |                 | Miscellaneous                             | 683.31          |
|                                           |                 | Website                                   | 720.76          |
|                                           |                 | Marketing                                 | 467.12          |
| CAF anonymous donations                   | 32.00           |                                           |                 |
| Miscellaneous income                      | 20.24           | P Devaux administrator fees               | 15375.00        |
|                                           |                 | Mileage costs                             | 483.73          |
|                                           |                 | Telephone costs                           | 119.88          |
| Trustees Mrs LD Rope Charity donation     | 5600.00         | Charity Ball 2024 event costs             | 294.00          |
| Gift Aid claims                           | 726.92          | DBS checks -Community Restart             | 0.00            |
|                                           |                 | Community Fund                            |                 |
| Income Total                              | 34139.85        | Expenses Total                            | 35948.51        |
|                                           |                 | Restricted Suffolk Police c/fwd           | 3048.43         |
|                                           |                 | Restricted Community Action Suffolk c/fwd | 2348.00         |
|                                           |                 | Unrestricted Community Account c/fwd      | 30796.65        |
|                                           | <u>69793.59</u> |                                           | <u>69793.59</u> |

**Bank reconciliation****Funds summary**

|                               |                 |                    |                 |
|-------------------------------|-----------------|--------------------|-----------------|
| Income                        | 34139.85        | Restricted Funds   | 5396.43         |
| Expenditure                   | <u>35948.51</u> | Unrestricted Funds | 30796.65        |
| -Loss/Profit for the Year     | -1808.66        |                    | <u>36193.08</u> |
| Bank Accounts Brought Forward | 32860.81        |                    |                 |
| Cash expenses                 | 0.00            |                    |                 |
| Bank Accounts Carried Forward | <u>31052.15</u> |                    |                 |
| O/s payments                  |                 |                    |                 |
| Bank balance per statement    | <u>31052.15</u> |                    |                 |

Trustees expenses incurred during the year related to reimbursement of expenses of £N,NNN which are included in the expense ty in the accounts above.

No Trustees were paid for their services nor had any form of remuneration.

Independent Examiners Report



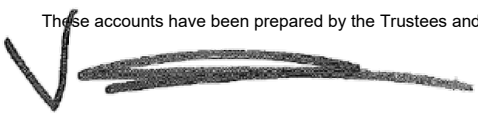
**Compassion****Charity number 1157970****Receipts and Payments Accounts for the Year Ended 31 March 2024**

|                                           |                 |                                           |                 |
|-------------------------------------------|-----------------|-------------------------------------------|-----------------|
| Restricted Suffolk Police b/fwd           | 6182.04         |                                           |                 |
| Restricted Community Action Suffolk b/fwd | 2348.00         |                                           |                 |
| Unrestricted Community Account B/Fwd      | 27123.70        |                                           |                 |
| Expenses:-                                |                 |                                           |                 |
|                                           | Insurance       |                                           | 786.54          |
| Income                                    |                 |                                           |                 |
| Fundraising                               | 2200.69         | WIC Programme Co-Ordinator's              | 7825.00         |
|                                           |                 | S Ansell fees (Restricted)                | 7155.00         |
| Stanbury-Jones donations                  | 480.00          | Stationery costs etc                      | 444.18          |
| Suffolk Community Fund donation/grants    | 5080.00         | Training                                  | 120.00          |
|                                           |                 | Projector                                 | 57.99           |
|                                           |                 | Trustees expenses reimbursements          | 0.00            |
| Suffolk Police (Restricted)               | 20000.00        | T Howard fund raising commissions         | 1302.00         |
|                                           |                 | Miscellaneous                             | 683.31          |
|                                           |                 | Website                                   | 720.76          |
|                                           |                 | Marketing                                 | 467.12          |
| CAF anonymous donations                   | 32.00           |                                           |                 |
| Miscellaneous income                      | 20.24           | P Devaux administrator fees (restricted)  | 15375.00        |
|                                           |                 | Mileage costs (restricted)                | 597.73          |
|                                           |                 | Telephone costs (restricted)              | 119.88          |
| Trustees Mrs LD Rope Charity donation     | 5600.00         | Charity Ball 2024 event costs             | 294.00          |
| Gift Aid claims                           | 726.92          | DBS checks -Community Restart             | 0.00            |
|                                           |                 | Community Fund                            |                 |
| Income Total                              | 34139.85        | Expenses Total                            | 35948.51        |
|                                           |                 | Restricted Suffolk Police c/fwd           | 2934.43         |
|                                           |                 | Restricted Community Action Suffolk c/fwd | 2348.00         |
|                                           |                 | Unrestricted Community Account c/fwd      | 30910.65        |
|                                           | <u>69793.59</u> |                                           | <u>69793.59</u> |

**Bank reconciliation****Funds summary**

|                               |                 |                    |                 |
|-------------------------------|-----------------|--------------------|-----------------|
| Income                        | 34139.85        | Restricted Funds   | 5282.43         |
| Expenditure                   | <u>35948.51</u> | Unrestricted Funds | 30910.65        |
| -Loss/Profit for the Year     | -1808.66        |                    | <u>36193.08</u> |
| Bank Accounts Brought Forward | 32860.81        |                    |                 |
| Cash expenses                 | <u>0.00</u>     |                    |                 |
| Bank Accounts Carried Forward | <u>31052.15</u> |                    |                 |
| O/s payments                  |                 |                    |                 |
| Bank balance per statement    | <u>31052.15</u> |                    |                 |

These accounts have been prepared by the Trustees and approved by them on 7 January 2025

  
Vincent Chandler (acting Treasurer)

Trustees expenses incurred during the year related to reimbursement of expenses of £719 which are included in the expense type in the accounts above.

No Trustees were paid for their services nor had any form of remuneration.

**Independent Examiners Report**

I have examined these receipts and payments accounts as prepared by the Trustees and confirm that the charity qualifies for exemption from audit and also qualifies for exemption from preparing the accounts under the accruals basis.

  
Clare Anderson FCCA

Clare Anderson FCCA

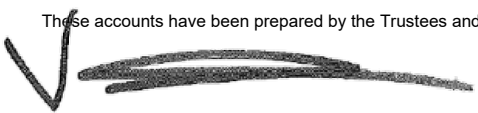
**Compassion****Charity number 1157970****Receipts and Payments Accounts for the Year Ended 31 March 2024**

|                                           |                 |                                           |                 |
|-------------------------------------------|-----------------|-------------------------------------------|-----------------|
| Restricted Suffolk Police b/fwd           | 6182.04         |                                           |                 |
| Restricted Community Action Suffolk b/fwd | 2348.00         |                                           |                 |
| Unrestricted Community Account B/Fwd      | 27123.70        |                                           |                 |
| Expenses:-                                |                 |                                           |                 |
|                                           | Insurance       |                                           | 786.54          |
| Income                                    |                 |                                           |                 |
| Fundraising                               | 2200.69         | WIC Programme Co-Ordinator's              | 7825.00         |
|                                           |                 | S Ansell fees (Restricted)                | 7155.00         |
| Stanbury-Jones donations                  | 480.00          | Stationery costs etc                      | 444.18          |
| Suffolk Community Fund donation/grants    | 5080.00         | Training                                  | 120.00          |
|                                           |                 | Projector                                 | 57.99           |
|                                           |                 | Trustees expenses reimbursements          | 0.00            |
| Suffolk Police (Restricted)               | 20000.00        | T Howard fund raising commissions         | 1302.00         |
|                                           |                 | Miscellaneous                             | 683.31          |
|                                           |                 | Website                                   | 720.76          |
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Clare Anderson FCCA

Clare Anderson FCCA

**COMPASSION**

England & Wales - Charity number 1157970

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# Accounts

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# Annual Report

2022-2023

Charity Reg. No. 1157970

REFERENCE AND ADMINISTRATIVE INFORMATION AS AT OCTOBER 2021

|                        |                                                                  |
|------------------------|------------------------------------------------------------------|
| Charity Name           | Compassion                                                       |
| Registered Charity no. | 1157970                                                          |
| Registered address     | 19 Kings Hill<br>Great Cornard<br>Sudbury<br>Suffolk<br>CO10 0EH |
| Website address        | <a href="http://www.compass-ion.org">www.compass-ion.org</a>     |

|          |                  |           |
|----------|------------------|-----------|
| Trustees | Julia Korona     | Chair     |
|          | Vince Chandler   | Treasurer |
|          | Tracey Barton    |           |
|          | Jane Kiddy       |           |
|          | Kirsten Robins   |           |
|          | Nicholas Pearson |           |
|          | Katie Beaven     |           |

|                 |              |
|-----------------|--------------|
| Project Manager | Paula Devaux |
|-----------------|--------------|

|         |                                                                   |
|---------|-------------------------------------------------------------------|
| Bankers | Barclays Bank<br>35 Market Hill<br>Sudbury<br>Suffolk<br>CO10 2EP |
|---------|-------------------------------------------------------------------|

# TRUSTEES' REPORT

## FOR THE YEAR ENDING 31<sup>st</sup> March 2023.

The Trustees present their annual report for the year ended March 2023, incorporating the Reference and Administration information on page 1.

### **Structure, Governance and Management**

Compassion was established in 2001 as a voluntary organisation and became registered as a Charitable Incorporated Organisation, by the Charity Commission in 2014.

Under the constitution the power to appoint Trustees, of which there shall be at least 3 and is not limited by any maximum.

In the event of the Charity being wound up, the Trustees of the Charitable Incorporated Organisation have no liability to contribute to its assets and no personal responsibility for settling its debts or liabilities.

The Trustees met eight times during the year in pursuance of the Charity's objectives, performance, policies, management and to decide strategic direction and in support of the volunteers in their work with women, children, young people, and partner organisations. All meetings took place remotely.

### **Objectives and Activities**

1. The relief of emotional distress and suffering and the preservation and protection of the mental and physical health of men, women, young people, and children who have suffered or are exposed to domestic abuse by the provision of advice, information, programmes of support and such other ways as shall be determined.
2. To advance the education of the public, organisations, and agencies in all aspects of domestic violence including its impact on individuals and wider society.

### **Public benefit**

The charity's public benefits are outlined in the charitable objectives above. All our charitable activities focus on the relief of need, hardship and distress of persons who have suffered and are suffering from domestic abuse and any children of such persons. These activities are undertaken to further our charitable purposes for the public benefit.

### **Financial Review**

The financial statements are included in the report, for the year and the financial situation as at 31<sup>st</sup> March 2023.

The Trustees are conscious that there is considerable unmet need that could be met by the Charity with greater funds and funding applications will continue to be made. The Compassion team remain focused on the long-term development and sustainability of the charity and being able to retain core services, particularly following the Covid 19 pandemic.

## **REVIEW OF THE YEAR'S ACTIVITIES, PERFORMANCE AND ACHIEVEMENTS**

### **Chair's Review 2022 – 2023**

Within this reporting period we have supported a total of 423 victims (receiving 156 telephone calls and 247 emails enquiring for support, in addition to those 20 existing victims from the previous period). Out of this total figure 256 resulted in referrals (113 self-referrals and 143 agency referrals). Programme delivery and service user support has continued to be offered online throughout this reporting period. Compassion is pleased to report that within this 12mth review period this has included the completion of 4 full courses of the Who's In Charge (WiC?) programme, resulting in 31 successful completions of the full 9 week course. This is a parenting programme designed for those who have children/ young people who are using violence or abusive behaviour towards their care givers.

The impact of programme completion will be far reaching, given that partners/ co-parents of attendees will also benefit from the learning, as will the children (both those using abusive behaviour and those siblings who are non-abusive). It is important to note that most families we work with have at least 2 children, so the whole family will directly benefit from the skills and strategies taught on the programme, improving the whole family experience within and outside of the home.

Having adopted the new VOICE programme (which stands for Victims of Intimate Coercive Experience), to replace the previous delivery of the Freedom Programme, we are pleased to report 4 full 10 week courses being completed within this reporting period. This has resulted in 26 successful completions of the programme. This included the delivery of the one-to-one version for a male victim.

The intervention Escape the Trap was also delivered on a one-to-one basis during this period, with 3 successful completions. This is a programme designed for young people, a proactive approach to tackling domestic abuse, educating our young people to recognise the early warning signs of an abusive relationship. We have also supported victims through the one-to-one Befriending Service (9 individuals have accessed this in total in this period). This is for those who are unable or not ready for programme engagement and who benefit from more individually focused one to one support.

Within this period, we have renamed our online support group to 'The 3 C's' Compassion Cuppa & Catch Up, having spoken to our service users and their feedback being that 'Support Group' may 'put some people off'. We have therefore responded with a new name, which has been well received and offers a more relaxed invitation to enable peer support and empowerment either pre or post group engagement. Within this period the drop in online 3'C's Group (which is once a month) has been attended by 40 service users (many of which log on regularly on a monthly basis).

A new support service introduced within this period is our Law Clinic, offering free legal advice sessions, in partnership with Birketts Solicitors. This provides our service users with the opportunity to access 30 minutes free legal advice (by telephone) on the first Monday of each month. To date we have had 12 individuals utilise this service and we have established a solid partnership with Birketts Solicitors Firm.

We held our first Charity Ball on the 1st of October 22, which was a real milestone post COVID. We sold 58 tickets to attend the event, which included a three-course meal, Charity Auction and live band. The aim was to raise awareness of the Charity and Domestic Abuse issues, in addition to raising much needed funds to bolster the Charity. It was a great success, receiving fantastic feedback following the event and in total, minus expenses, raised just over £3'000. Given its success we have already booked the venue to host the Ball once again in 2024.

Compassion's biggest challenge during this period has been recruiting, both volunteers and Trustees to bolster our existing team. The cost of living crisis has impacted hugely on volunteer availability, with many needing to increase their paid working hours to cover the costs of increased bills etc To boost recruitment we have placed adverts via Community Action Suffolk as well as sharing throughout the numerous DA Forums we attend, in addition to our social media. We are very pleased to report that we have successfully recruited two new Trustees to the Board and a dedicated fundraiser. An additional challenge we have seen in this period of review is an increase in service users finding it difficult to commit to attending group work intervention, due to them being required by their employers to return to work in the physical office (as opposed to the flexibility of working from home). This is something we will monitor. We are considering offering evening programme options to accommodate those that work, but again this could result in barriers to engagement due to child care and possible presence of a perpetrator. We would also need to consider how viable an evening programme is in terms of our facilitator availability. We have also simplified our referral form, following feedback from service users that it was too extensive and for some overwhelming, particularly for those with literacy issues. We hope that this will have a positive impact and seek to remove additional barriers to engagement.

In summary, it has been another positive year for Compassion as a Charity and we seek to build upon this into 2024.

As outlined in the previous report, the Suffolk Police and Crime Commissioner committed to part fund the Chairity for three years, which runs through to March 2025. This is indeed fantastic news, with the recognition of the importance of the employment of the Lead Programme Facilitator and Project Coordinator role to manage and run support groups, one to one services and structured programmes for victims of domestic abuse; all services that are essential to those suffering and recovering from abuse.

**Here at Compassion, we feel it is important to reflect the voice of our service users to demonstrate the impact our service has, so please see below some feedback provided;**

- *'There was a lot I wasn't aware of that I thought was normal, but it wasn't. When you grow up with it, it feels normal, so it's hard to know what isn't.'*  
**A participant of the VOICE Programme.**
- *'I have learnt a lot and I'm glad I've done the programme, I know more about self care now and make the time to do it.'*  
**A participant of the VOICE Programme.**
- *'This has helped me to realise what I've been going through, I am so thankful to have found this programme, it has taught me so much.'*  
**A participant of the VOICE Programme.**
- *'I feel better able to cope now, where as I didn't before, I now know ways to help my situation and manage things better in the future.'*  
**A participant of the WIC Programme.**
- *'I feel stronger and in more control now than I ever did, other courses didn't really work, so I was sceptical at first, but doing this has made such a big difference to all our lives really, we are all much happier at home.'*  
**A participant of the WIC Programme.**

- *Who's in Charge has been absolutely amazing and taught me a lot about myself and not expect anything less than respect. There are and have been times where I've thought I'm out of control of my mind and home because it has been taken over by my son and I have become the underdog again. However, WIC have continued to support me and have been consistent in keeping to their promises of group work and support which is awesome and very easy to understand. I have made a couple of very good friends from the group and we hope to meet up in the future without kiddies 😊. I would never have thought that I could say no and lay things down to my children without being or feeling rejected and treated like dirt. The tutors are an amazing team and have been gentle and firm (in a good way) whenever I have needed it. I came to WIC for support following my daughter who is in an abusive relationship and refusing to have any contact with me whatsoever which left me without a relationship with my grandchildren. I now have a relationship with my daughter and an especially nice one with my grandchildren. I have stayed firm and consistent with what I will and will not accept, considering 2 years ago I went through a breakdown following ending up in a refuge. My whole family turned against me because I stood up for myself and they didn't like it to the point I thought I was worth nothing more and attempted suicide. I am currently a university student for the first time in my life and in a job where I support victims both adults and children who suffer abuse. I recommend Who's in Charge to a lot to people I know.*

***A participant of the Who's In Charge Programme.***

Below is a poem from one of our ladies from the VOICE Programme who has moved into sheltered accommodation now, so finally has her own place she can call home, after leaving her abusive relationship.

**My Life**

Cook the dinner,  
Wash the clothes,  
Do the garden,  
Prune the rose.  
Make appointments,  
Pick up meds,  
Post the letters,  
Change the beds.  
Grab that cuppa,  
It's gone cold!  
No such me time,  
I feel old.  
No more rowing,  
It is quiet,  
Better for me  
Than a riot  
Finger nails are now quite long,  
I can listen to a song,  
I can visit with my mates,  
Even if I don't want dates.  
Have jokes and laughs  
And long hot baths,  
Relax and curl up with my toe'sies,  
Wake up glad, to smell the roses.

From KC

Thanks for everything xx

We as trustees and volunteers are exceptionally proud at the lifechanging impact that the charity has had on the families in Babergh and further afield. We continue to provide a range of services of support and hope to grow from strength to strength in the future, to develop the programmes offered to educate, support, and raise awareness to make sure domestic abuse is legally and socially unacceptable on every level.

As a charity, we cannot provide the amazing work without the dedication and commitment of our volunteers who continue to support the victims, children, and young people. We are humbled and sincerely grateful for the outstanding commitment given by the trustees, tutors, and volunteers.

Julia Korona– Chair

**Charity number 1157970**

|                                           |          |
|-------------------------------------------|----------|
| Restricted Joy Abbott Fund b/fwd          | 2000.00  |
| Restricted Suffolk Police b/fwd           | 13764.04 |
| Restricted Dulverton Trust b/fwd          | 4379.00  |
| Restricted Community Action Suffolk b/fwd | 2496.00  |
| Unrestricted Community Account B/Fwd      | 19287.06 |

|                                        |                 |                                           |                 |
|----------------------------------------|-----------------|-------------------------------------------|-----------------|
| Income                                 |                 | Insurance                                 | 614.48          |
|                                        |                 | WIC Programme Co-Ordinator's              | 4639.00         |
|                                        |                 | S Ansell fees                             | 11088.00        |
| Stanbury-Jones donations               | 480.00          | Stationery costs etc                      | 344.61          |
| Suffolk Community Fund donation/grants | 0.00            | Training                                  | 300.00          |
|                                        |                 | Trustees expenses reimbursements          | 0.00            |
| Suffolk Police                         | 21025.00        | P Press commission for raising funds      | 2550.00         |
| Other donations                        | 707.51          | Miscellaneous                             | 136.76          |
| Waitrose donation                      | 375.00          | Website                                   | 1785.32         |
| Charity Ball Black Tie event           | 6542.00         | Advertising                               | 0.00            |
| CAF anonymous donations                | 570.00          |                                           |                 |
| Miscellaneous income                   | 15.00           | P Devaux administrator fees               | 17250.00        |
| PJ Stores Charitable Trust             | 2000.00         | Mileage costs                             | 169.20          |
| Sudbury Rotary                         | 1000.00         | Telephone costs                           | 99.80           |
| Groundwork UK                          | 1000.00         | Charity Ball Black Tie event costs        | 3634.00         |
| Sudbury Town Council                   | 424.30          | DBS checks -Community Restart             | 148.00          |
|                                        |                 | Community Fund                            |                 |
| Income Total                           | 34138.81        | Expenses Total                            | 42759.17        |
|                                        |                 | Restricted Joy Abbott Fund c/fwd          | 0.00            |
|                                        |                 | Restricted Suffolk Police c/fwd           | 6182.04         |
|                                        |                 | Restricted Dulverton Trust c/fwd          | 0.00            |
|                                        |                 | Restricted Community Action Suffolk c/fwd | 2348.00         |
|                                        |                 | Unrestricted Petty Cash c/fwd             | 0.00            |
|                                        |                 | Unrestricted Community Account c/fwd      | 27123.70        |
|                                        | <u>76064.91</u> |                                           | <u>76064.91</u> |

## Funds summary

|                               |                        |                    |                        |
|-------------------------------|------------------------|--------------------|------------------------|
| Income                        | 34138.81               | Restricted Funds   | 8530.04                |
| Expenditure                   | <u>42759.17</u>        | Unrestricted Funds | <u>27123.70</u>        |
| Profit for the Year           | -8620.36               |                    | <u><u>35653.74</u></u> |
| Bank Accounts Brought Forward | 41481.17               |                    |                        |
| Cash expenses                 | <u>0.00</u>            |                    |                        |
| Bank Accounts Carried Forward | <u><u>32860.81</u></u> |                    |                        |
| O/s payments                  |                        |                    |                        |
| Bank balance per statement    | <u>32860.81</u>        |                    |                        |

✓

Trustees expenses incurred during the year related to reimbursement of expenses of £1,968 which are included in the expense type in the accounts above.

No Trustees were paid for their services nor had any form of remuneration.

The Joy Abbott Fund and Dulverton Trust Fund were both for use on specific projects which have now been completed and fully spent. The Trustees agreed with confirmation from the providers of the funds that these could now be released to unrestricted reserves and no longer show as restricted funds.

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E Anderson

Clare Anderson FCCA

30/01/2024

**Charity number 1157970**

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E Anderson

Clare Anderson FCCA

30/01/2024

**COMPASSION**

England & Wales - Charity number 1157970

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# Accounts

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## Annual Report

2021-2022

Charity Reg. No. 1157970

REFERENCE AND ADMINISTRATIVE INFORMATION AS AT OCTOBER 2021

|                        |                                                                  |
|------------------------|------------------------------------------------------------------|
| Charity Name           | Compassion                                                       |
| Registered Charity no. | 1157970                                                          |
| Registered address     | 19 Kings Hill<br>Great Cornard<br>Sudbury<br>Suffolk<br>CO10 0EH |
| Website address        | <a href="http://www.compass-ion.org">www.compass-ion.org</a>     |

|          |                |           |
|----------|----------------|-----------|
| Trustees | Julia Korona   | Chair     |
|          | Vince Chandler | Treasurer |
|          | Tracey Barton  |           |
|          | Jane Kiddy     |           |
|          | Kirsten Robins |           |

|                 |              |
|-----------------|--------------|
| Project Manager | Paula Devaux |
|-----------------|--------------|

|         |                                                                   |
|---------|-------------------------------------------------------------------|
| Bankers | Barclays Bank<br>35 Market Hill<br>Sudbury<br>Suffolk<br>CO10 2EP |
|---------|-------------------------------------------------------------------|

## **TRUSTEES' REPORT**

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The Trustees present their annual report for the year ended March 2022, incorporating the Reference and Administration information on page 1.

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2. To advance the education of the public, organisations, and agencies in all aspects of domestic violence including its impact on individuals and wider society.

#### **Public benefit**

The charity's public benefits are outlined in the charitable objectives above. All our charitable activities focus on the relief of need, hardship and distress of persons who have suffered and are suffering from domestic abuse and any children of such persons. These activities are undertaken to further our charitable purposes for the public benefit.

#### **Financial Review**

The financial statements are included in the report, for the year and the financial situation as at 31<sup>st</sup> March 2022.

The Trustees are conscious that there is considerable unmet need that could be met by the Charity with greater funds and funding applications will continue to be made. The Compassion team remain focused on the long-term development and sustainability of the charity and being able to retain core services, particularly following the Covid 19 pandemic.

## **REVIEW OF THE YEAR'S ACTIVITIES, PERFORMANCE AND ACHIEVEMENTS**

### **Chair's Review 2021 – 2022**

Within this reporting period Compassion has continued to play a crucial role in responding to the exacerbating impact Covid 19 has had upon domestic abuse and the ricochet effect we are all still experiencing as a result. Victims in lockdown with their abuser were less able to get breathing space. It was so much harder to text or call to get support from friends and family, and from specialist support services. Also, child survivors no longer had the respite of school or nursery, that safe space to access support. The slogan 'Stay Home, Stay Safe' sadly did not apply to those living within an abusive household and as such Compassion had risen to the challenges that the pandemic brought, to ensure that victims could continue to access the support they need more than ever. The Compassion team were very quick to recognise the need to offer virtual support and intervention, working extremely hard to adapt to online delivery in 2020, as reported in the last submission.

Programme delivery and service user support has continued to be offered online throughout this reporting period, due to the ongoing impact of the pandemic. Compassion is proud to report that within this review period this has included the completion of 6 full Who's In Charge (WiC?) programmes.

WiC? is a 9-week programme combining educational and therapeutic sessions for parents of children, who are verbally or physically abusive and beyond parental control. The programme works with parents to understand the complex nature of abuse. The group works towards empowering parents to develop ideas on improving family relationships and building strategies to promote the reduction of children's violent and abusive behaviours.

It is important to note that enquires for the Who's in Charge? programme (WiC?) have continued to notably increase during this period and national research shows that the demand for this intervention is at an all-time high, with limited support available. Research shows that the number of reported crimes involving children attacking parents has doubled in the past three years and 70% of parents experiencing this saw an increase in violent episodes during Lockdown. Our current waiting list for WiC is 30, which would equate to 3 further groups required to meet the demand at this time.

Compassion recognises the essential service they are providing to fearful and desperate parents to fill this intervention and support void and would like funders to be aware that more investment is crucial to continue to offer these programme into 2022.

Until January 2022, we continued the ongoing delivery of the Freedom Programme (FP). However, from January 2022 the new recovery programme VOICE was adopted to replace the Freedom Programme and has delivered one full 10 week group by date of submission. It has been so refreshing to embrace the new programme approach of VOICE, which supports victims to identify the broad spectrum of abusive behaviours, including Coercive Control, enabling victims to learn about self-regulation and self-care. It is available to all those who are affected by the impact of an abusive partner past or present. We use discussion, self-reflective exercises, visual media & active participation to generate learning for all participants and the feedback has been extremely positive.

We have also supported victims through the online peer support group and one to one Befriending Service, designed for those who are not ready or able to commit to structured programme intervention.

In total we have supported a total of **111** victims within this reporting period to successfully complete the interventions mentioned above.

As outlined in the previous report, funding was secured for the recruitment of a part time Lead Programme Facilitator. Sharon Ansell commenced her post in October 2020 and remains in post, proven to be a real asset to Compassion. She leads the referral process, scheduling and delivery of the range of programmes outlined above. I am pleased to report that the Suffolk Police and Crime Commissioner has committed to fund this post for a further three years, through to March 2025. This is indeed fantastic news, with the recognition of the importance of the employment of the Lead Programme Facilitator role to run support groups, one to one support and structured programmes for victims of domestic abuse; all services that are essential to those suffering and recovering from abuse.

In addition to the above post, Compassion gratefully received part funding of £9,000 for a DA Coordinator to provide specialist support. Paula DeVaux (PD) commenced her role in Sept 2021 and brought with her a wealth of knowledge and experience, having specialised in DA for 18 years. Paula quickly established contact with local DA Forums across the County and has a strong presence at partnership meetings, to expand and develop services whilst maintaining existing ongoing programmes and support services. Within this reporting period, Paula has forged a strong partnership between Compassion and Birketts Solicitors based in Ipswich, introducing a news service for victims to access. On the first Monday of every month, a Family Law Surgery is available to our Service Users, in which they can book a 30 minute slot for free Family Law advice/ guidance. This service has been gratefully received with very positive feedback.

**Here at Compassion, we feel it is important to reflect the voice of our service users to demonstrate the impact our service has, so please see below some feedback provided;**

- Thank you for all you have done. I feel like I can breathe again.
- Being part of a supportive group was helpful as I think we helped each other with our own individual situations. I didn't feel judged, shamed or criticised and that was very important. We didn't need to pretend or cover up how bad things were, and by seeing and owning the problems we managed to find some solutions that worked. This has been such a life line.
- I feel incredibly lucky to have had the opportunity to go on the programme and have appreciated your thoughtful and supportive facilitation of it. I have learnt a lot and I know it will stand me in good stead as I move forward.
- I would like to say how helpful the sessions were and how much I enjoyed meeting you and everyone else in the group. You have all been such a great support to me and I have learnt so much. I am very keen to implement the strategies and I have just emailed the Social Worker to tell her about the course and what I have learnt.
- It's not a quick or simple fix, but a slow process of turning things around. It's hard work and I kept mucking up but I've learned to keep trying and that gives good results over time. It's good to look back at the notes to remind myself as it's hard to unlearn the habits of a lifetime.
- I was focussing on my relationship with my child but this course helped me see that some of my other relationships were also abusive, or had abusive elements. I've managed to distance myself from those people more which has given me more strength. And I've built up some more mutually supportive friendships. The skills we were taught were transferable. Being more assertive feels good, though it's been a shock to some of my family and friends.
- I've found that I don't have to do what's expected of me and the world doesn't end when I say no. I now have more time and energy to do the things that I think are important.

- I have learnt so much from the group, the knowledge I have gained has been very helpful to me. Many thanks to everyone.
- Once again, thank you VERY much. It is amazing how helpful those sessions were. and I think they themselves ground me as well in all the madness that is going on at the moment. SO I am very much looking forward to the 'tea catchup' session. Thank you again for the great work you are doing!
- What I'm going to take most away from the course is the importance of self-care and to keep doing it – I'm good enough!
- What the course has taught me is that I was blaming myself, when actually it wasn't all me! I can see black and white now – there is no grey area.
- I believe that it happened now and I don't doubt myself'. I've learnt so much and taking away so much, but mainly knowing now that none of us deserve this, we're all intelligent and strong. We shouldn't blame their issues or ourselves.

We as trustees and volunteers are exceptionally proud at the lifechanging impact that the charity has had on the families in Babergh and further afield. We continue to provide a range of services of support and hope to grow from strength to strength in the future, to develop the programmes offered to educate, support, and raise awareness to make sure domestic abuse is legally and socially unacceptable on every level.

As a charity, we cannot provide the amazing work without the dedication and commitment of our volunteers who continue to support the victims, children, and young people. We are humbled and sincerely grateful for the outstanding commitment given by the trustees, staff, and volunteers, especially for the delivery of lifechanging support and services during the global pandemic.

Julia Korona– Chair

**Compassion****Charity number 1157970****Receipts and Payments Account for the Year Ended 31st March 2022**

|                                      |          |
|--------------------------------------|----------|
| Restricted Joy Abbott Fund b/fwd     | 2000.00  |
| Restricted Suffolk Police b/fwd      | 17919.39 |
| Restricted Dulverton Trust b/fwd     | 4379.00  |
| Unrestricted Petty Cash b/fwd        | 236.08   |
| Unrestricted Community Account B/Fwd | 10694.16 |

**Expenses:-**

|                                         |          |                                           |          |
|-----------------------------------------|----------|-------------------------------------------|----------|
| Income                                  |          | Insurance                                 | 614.48   |
|                                         |          | Freedom Programme Co-Ordinator's          | 7445.00  |
|                                         |          | S Ansell fees                             | 10164.00 |
| Stanbury-Jones donations                | 320.00   | Stationery costs etc                      | 1065.99  |
| Suffolk Community Fund donation/grants  | 5000.00  | Training                                  | 1200.00  |
| A Rimmer Donation                       | 1030.00  | Awareness Matters charges                 | 0.00     |
| Babergh DC grant                        | 1000.00  | Trustees expenses reimbursements          | 43.17    |
| Suffolk Police                          | 15075.00 | P Press commission for raising funds      | 988.50   |
| Other donations                         | 1920.87  | Miscellaneous                             | 700.68   |
| Marathon Run                            | 1006.00  | Website                                   | 639.88   |
| Fundraising                             | 2220.90  | Advertising                               | 75.00    |
| CAF anonymous donations                 | 535.00   | Offshoot Films production                 | 750.00   |
| Miscellaneous income                    | 150.00   | P Devaux administrator fees               | 9000.00  |
| Who's in charge programme donations     | 2590.00  | Mileage costs                             | 65.70    |
| Ganzoni Charitable Trust Donation       | 2000.00  | Telephone costs                           | 0.65     |
| Gt Cornard Lands Trust Donation         | 2000.00  | Charity anniversary event costs           | 389.25   |
| Community Action Suffolk training grant | 2496.00  | FP Delivery Fee - Suffolk Coronavirus     | 0.00     |
|                                         |          | Community Fund                            |          |
| Income Total                            | 37343.77 | Expenses Total                            | 33142.30 |
|                                         |          | Restricted Joy Abbott Fund c/fwd          | 2000.00  |
|                                         |          | Restricted Suffolk Police c/fwd           | 13764.04 |
|                                         |          | Restricted Dulverton Trust c/fwd          | 4379.00  |
|                                         |          | Restricted Community Action Suffolk c/fwd | 2496.00  |
|                                         |          | Unrestricted Petty Cash c/fwd             | 0.00     |
|                                         |          | Unrestricted Community Account c/fwd      | 19287.06 |
|                                         | 72572.40 |                                           | 72572.40 |

**Bank reconciliation****Funds summary**

|                               |                 |                    |                 |
|-------------------------------|-----------------|--------------------|-----------------|
| Income                        | 37343.77        | Restricted Funds   | 20143.04        |
| Expenditure                   | <u>33142.30</u> | Unrestricted Funds | 19287.06        |
| Profit for the Year           | 4201.47         |                    | <u>39430.10</u> |
| Bank Accounts Brought Forward | 37043.62        |                    |                 |
| Cash expenses                 | <u>236.08</u>   |                    |                 |
| Bank Accounts Carried Forward | <u>41481.17</u> |                    |                 |
| O/s payments                  |                 |                    |                 |
| Bank balance per statement    | <u>41481.17</u> |                    |                 |

These accounts have been prepared by the Trustees and approved by them on 30.11.2022



Vincent Chandler (acting Treasurer)

Trustees expenses incurred during the year related to reimbursement of expenses of £43.17 and services in connection with Awareness Matters of £Nil.

**Independent Examiners Report**

I have examined these receipts and payments accounts as prepared by the Trustees and confirm that the charity qualifies for exemption from audit and also qualifies for exemption from preparing the accounts under the accruals basis.



Clare Anderson FCCA

**Compassion****Charity number 1157970****Receipts and Payments Account for the Year Ended 31st March 2022**

|                                      |          |
|--------------------------------------|----------|
| Restricted Joy Abbott Fund b/fwd     | 2000.00  |
| Restricted Suffolk Police b/fwd      | 17919.39 |
| Restricted Dulverton Trust b/fwd     | 4379.00  |
| Unrestricted Petty Cash b/fwd        | 236.08   |
| Unrestricted Community Account B/Fwd | 10694.16 |

**Expenses:-**

|                                         |                                               |                 |
|-----------------------------------------|-----------------------------------------------|-----------------|
| Income                                  | Insurance                                     | 614.48          |
|                                         | Freedom Programme Co-Ordinator's              | 7445.00         |
|                                         | S Ansell fees                                 | 10164.00        |
| Stanbury-Jones donations                | 320.00 Stationery costs etc                   | 1065.99         |
| Suffolk Community Fund donation/grants  | 5000.00 Training                              | 1200.00         |
| A Rimmer Donation                       | 1030.00 Awareness Matters charges             | 0.00            |
| Babergh DC grant                        | 1000.00 Trustees expenses reimbursements      | 43.17           |
| Suffolk Police                          | 15075.00 P Press commission for raising funds | 988.50          |
| Other donations                         | 1920.87 Miscellaneous                         | 700.68          |
| Marathon Run                            | 1006.00 Website                               | 639.88          |
| Fundraising                             | 2220.90 Advertising                           | 75.00           |
| CAF anonymous donations                 | 535.00 Offshoot Films production              | 750.00          |
| Miscellaneous income                    | 150.00 P Devaux administrator fees            | 9000.00         |
| Who's in charge programme donations     | 2590.00 Mileage costs                         | 65.70           |
| Ganzoni Charitable Trust Donation       | 2000.00 Telephone costs                       | 0.65            |
| Gt Comard Lands Trust Donation          | 2000.00 Charity anniversary event costs       | 389.25          |
| Community Action Suffolk training grant | 2496.00 FP Delivery Fee - Suffolk Coronavirus | 0.00            |
|                                         | Community Fund                                |                 |
| Income Total                            | 37343.77 Expenses Total                       | 33142.30        |
|                                         | Restricted Joy Abbott Fund c/fwd              | 2000.00         |
|                                         | Restricted Suffolk Police c/fwd               | 13764.04        |
|                                         | Restricted Dulverton Trust c/fwd              | 4379.00         |
|                                         | Restricted Community Action Suffolk c/fwd     | 2496.00         |
|                                         | Unrestricted Petty Cash c/fwd                 | 0.00            |
|                                         | Unrestricted Community Account c/fwd          | 19287.06        |
|                                         |                                               |                 |
|                                         | <u>72572.40</u>                               | <u>72572.40</u> |

**Bank reconciliation****Funds summary**

|                               |                 |                    |                 |
|-------------------------------|-----------------|--------------------|-----------------|
| Income                        | 37343.77        | Restricted Funds   | 20143.04        |
| Expenditure                   | <u>33142.30</u> | Unrestricted Funds | 19287.06        |
| Profit for the Year           | 4201.47         |                    | <u>39430.10</u> |
| Bank Accounts Brought Forward | 37043.62        |                    |                 |
| Cash expenses                 | <u>236.08</u>   |                    |                 |
| Bank Accounts Carried Forward | <u>41481.17</u> |                    |                 |
| O/s payments                  |                 |                    |                 |
| Bank balance per statement    | <u>41481.17</u> |                    |                 |

These accounts have been prepared by the Trustees and approved by them on **30.11.2022**



Vincent Chandler (acting Treasurer)

Trustees expenses incurred during the year related to reimbursement of expenses of £43.17 and services in connection with Awareness Matters of £Nil.

**Independent Examiners Report**

I have examined these receipts and payments accounts as prepared by the Trustees and confirm that the charity qualifies for exemption from audit and also qualifies for exemption from preparing the accounts under the accruals basis.



Clare Anderson FCCA

**COMPASSION**

England & Wales - Charity number 1157970

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# Accounts

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# Annual Report

2020-2021

Charity Reg. No. 1157970

REFERENCE AND ADMINISTRATIVE INFORMATION AS AT OCTOBER 2021

|                        |                                                                                             |
|------------------------|---------------------------------------------------------------------------------------------|
| Charity Name           | Compassion                                                                                  |
| Registered Charity no. | 1157970                                                                                     |
| Registered address     | 19 Kings Hill<br>Great Cornard<br>Sudbury<br>Suffolk<br>CO10 0EH                            |
| Website address        | <a href="http://www.compass-ion.org">www.compass-ion.org</a>                                |
| Trustees               | Tracey Barton<br>Vince Chandler    Treasurer<br>Jane Kiddy<br>Julia Korona            Chair |
| Project Manager        | Paula Devaux                                                                                |
| Bankers                | Barclays Bank<br>35 Market Hill<br>Sudbury<br>Suffolk<br>CO10 2EP                           |

## **TRUSTEES' REPORT**

### **FOR THE YEAR ENDING 31<sup>st</sup> March 2021.**

The Trustees present their annual report for the year ended March 2021, incorporating the Reference and Administration information on page 1. This delay to the usual filing date was as a direct result of Covid 19 and the increased contact and referrals we have responded to throughout the pandemic.

#### **Structure, Governance and Management**

Compassion was established in 2001 as a voluntary organisation and became registered as a Charitable Incorporated Organisation, by the Charity Commission in 2014.

Under the constitution the power to appoint Trustees, of which there shall be at least 3 and is not limited by any maximum.

In the event of the Charity being wound up, the Trustees of the Charitable Incorporated Organisation have no liability to contribute to its assets and no personal responsibility for settling its debts or liabilities.

The Trustees met eight times during the year in pursuance of the Charity's objectives, performance, policies, management and to decide strategic direction and in support of the volunteers in their work with women, children, young people, and partner organisations. All meetings took place remotely.

#### **Objectives and Activities**

1. The relief of emotional distress and suffering and the preservation and protection of the mental and physical health of men, women, young people, and children who have suffered or are exposed to domestic abuse by the provision of advice, information, programmes of support and such other ways as shall be determined.
2. To advance the education of the public, organisations, and agencies in all aspects of domestic violence including its impact on individuals and wider society.

#### **Public benefit**

The charity's public benefits are outlined in the charitable objectives above. All our charitable activities focus on the relief of need, hardship and distress of persons who have suffered and are suffering from domestic abuse and any children of such persons. These activities are undertaken to further our charitable purposes for the public benefit.

#### **Financial Review**

The financial statements are included in the report, for the year and the financial situation as at 31<sup>st</sup> March 2021.

The Trustees are conscious that there is considerable unmet need that could be met by the Charity with greater funds and funding applications were made for Covid 19 grants and will continue to be made and remain focused on the long-term development and sustainability of the charity and being able to retain core services, particularly following the Covid 19 pandemic and the need to replace the Project Manager - the reserves policy has been considered for this appointment.

## **REVIEW OF THE YEAR'S ACTIVITIES, PERFORMANCE AND ACHIEVEMENTS**

### **Chair's Review 2020 - 2021**

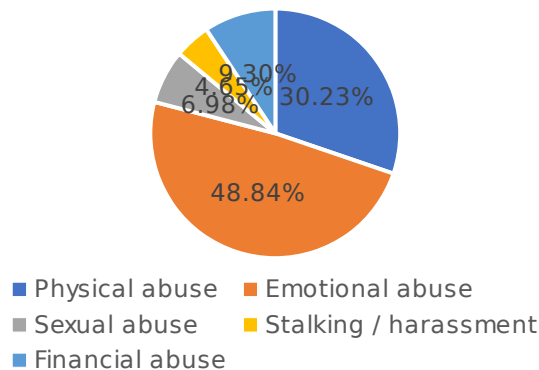
Within this reporting period Compassion has played a crucial role in responding to the exacerbating impact Covid 19 has had upon domestic abuse. Victims in lockdown with their abuser have been less able to get breathing space. It has been so much harder to text or call to get support from friends and family, and from specialist support services. Also, child survivors have no longer had the respite of school or nursery, that safe space to access support. The slogan 'Stay Home, Stay Safe' sadly does not apply to those who live within an abusive household and as such Compassion has risen to the challenges that the pandemic has brought, to ensure that victims can continue to access the support they need now more than ever. The Compassion team were very quick to recognise the need to offer virtual support and programme intervention, working extremely hard to adapt to online delivery in 2020. This was by no means an easy task, upholding the integrity of the programmes, whilst interpreting it into suitable and impactful online content and ensuring the safety and wellbeing of those looking to access the support. It is important to note that Compassion has seen a 178% increase in referral rate since COVID struck.

During 2020 - 2021 Compassion not only had to adapt to deliver programmes and support services remotely during Covid 19, but also cope without an overall Project Manager (vacancy remained unfilled until Sept 2021), whilst tirelessly submitting numerous funding applications to secure the service provision. We submitted 3 x COVID-19 emergency funding requests for PCC-Commissioned Services, in order to increase staffing levels and fund the development and delivery of digital programmes. We are pleased to report these applications were successful and as a result the essential interventions and support Compassion offers has continued.

Funding provided by the Suffolk Police and Crime Commissioner (PCC) was secured to proceed with the recruitment of a part time *Lead Programme Facilitator*, Sharron Ansell, who commenced her post in October 2020 and has proven to be a real asset to Compassion. Sharron leads the referral process, through triage of calls and emails directly from victims and referring agencies, whilst scheduling and delivering a range of programmes. Continued funding supports the employment of the part time Lead Programme Facilitator to run support groups, offer one to one support and programme intervention for victims of domestic abuse; all services that are essential to those suffering and recovering from abuse.

In addition to the above post, Compassion secured part funding from the PCC for a Project Coordinator to provide specialist support. Paula DeVaux (PD) is the newly appointed Project Coordinator for Compassion and brings with her a wealth of knowledge and experience, having specialised in DA for 18 years. Paula commenced her role with Compassion on the 1<sup>st</sup> of September and is working closely with Trustee's to explore ways to develop and sustain the charity. She has already established contact with local DA Forums across the County and will have a continued presence at partnership meetings, to expand and develop services whilst maintaining existing ongoing programmes and support services.

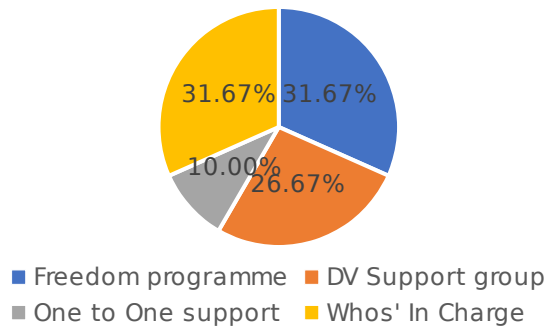
Breakdown of type of abuse



The impact of Lockdown has been profound, particularly upon women, with higher numbers of service users reporting domestic abuse, coercive and financial control, and a notable increase in intensity and severity of the abuse upon them and their children. As lockdown restrictions were eased, the reports of physical abuse peaked, as well as the use of threats and harassment following separation. In January 2021 Compassion received 73 referrals in just one month and were able to support 305 women in

total throughout this 12-month reporting period.

Type of support offered



Our team of volunteers have provided invaluable befriending services and weekly “drop in” online Zoom support groups, which many described as a ‘life line’. This is an online support group, allowing participants to utilize the support as and when needed and when safe to do so. This has been particularly popular during periods of Lockdown, with one service user building the support group into her daily exercise time

away from the house whilst her perpetrator was on furlough. The Freedom Programme was also quickly adapted for online delivery, with the demand being so high that at one point there were up to three groups a week running to meet the need.

Compassion have also been able to deliver the Who’s in Charge? Programme (WiC?) online, a 9-week programme combining educational and therapeutic sessions for parents of children, who are verbally or physically abusive and beyond parental control. The programme works with parents to understand the complex nature of child on parent abuse. The group works towards empowering parents to develop ideas on improving family relationships and building strategies to promote the reduction of children’s violent and abusive behaviours. It is important to note that enquires for the WiC? programme have notably increased during this period and national research shows that the demand for this intervention is at an all-time high, with limited support available. Research shows that the number of reported crimes involving children attacking parents has doubled in the past three years and 70% of parents experiencing this saw an increase in violent episodes during Lockdown.

Unfortunately, we were unable to offer the Escape the Trap programme during this review period due to Covid 19, however there is a scheduled group due to commence in November 2021.

Here at Compassion, we feel it is important to reflect the voice of our service users to demonstrate the impact our service has, so please see below some feedback provided;

**What was the single most helpful thing about completing the group?**

- Being treated as an equal.
- Meetings are just the right length of time. Work covered in each session is so helpful, not too much to absorb and the work given to do at home fits onto family life well – great course.
- Speaking to others who totally get and understand the issues and behaviours being experienced.
- I have been given strategies and confidence to manage things. Also, permission to put my own needs higher up and express my view that abuse is unacceptable and what's more, I believe it and I won't accept it. Feelings of shame are reduced.
- Group leaders were good and very nurturing and supportive. They allowed all feelings to be expressed in a safe atmosphere.
- Listening to each other without judgement or shame.
- The course has helped me to come up with strategies moving forward.
- Knowing there are other parent's and you are not alone.
- This group has literally been a life changer for me. I have learnt so many methods to help deal with not only the child I have major issues with, but also my other two children. The support from the other ladies in the group has been amazing and some of us have kept in touch via WhatsApp for times where we have needed that extra, non- judgemental support.

### **General comments from group participants:**

- Thank you to those that run this and who fund this!
- Thank you so much for running this group – so so helpful.
- Homelife is so much less stressful and for the first time in so long I enjoy my home life and don't feel like I am treading on eggshells all the time.

This year marks Compassions 20<sup>th</sup> Anniversary. We as trustees and volunteers are exceptionally proud at the lifechanging impact that the charity has had on the families in Babergh and further afield. We continue to provide free initial family law advice and signposting to other agencies for support services and information and hope to grow from strength to strength in the future to develop the programmes offered to educate, support, and raise awareness to make sure domestic abuse is legally and socially unacceptable on every level. Our aim is to become self-funding through the provision of training, including a funded primary and secondary school education programme and an income stream from a charity shop.

As a charity, we cannot provide the amazing work without the dedication and commitment of our volunteers who continue to support the victims, children, and young people. We are humbled and sincerely grateful for the outstanding commitment given by the trustees, staff, and volunteers, especially for the delivery of lifechanging support and services during the global pandemic.

Julia Korona- Chair

Receipts and Payments Account for the Year Ended 31st March 2021

|                                      |          |
|--------------------------------------|----------|
| Restricted Joy Abbott Fund b/fwd     | 2000.00  |
| Restricted Suffolk Police b/fwd      | 12949.08 |
| Restricted Dulverton Trust b/fwd     | 4379.00  |
| Unrestricted Petty Cash b/fwd        | 236.08   |
| Unrestricted Community Account B/Fwd | 6583.34  |

## Expenses:-

|                                        |          |                                       |          |
|----------------------------------------|----------|---------------------------------------|----------|
| Income                                 |          | Insurance                             | 614.48   |
|                                        |          | Freedom Programme Co-Ordinator's      | 0.00     |
| Survivors Stories DVD's                |          |                                       |          |
| Stanbury-Jones donations               | 480.00   |                                       |          |
| Suffolk Community Fund donation/grants | 8992.00  | Training                              | 3125.00  |
| Colchester Community High School       |          | Awareness Matters charges             | 555.00   |
| Esther Hannel Charitable Trust         |          | Trustees expenses reimbursements      | 74.45    |
| Suffolk Police                         | 22852.85 |                                       |          |
| Other donations                        | 145.00   | Miscellaneous                         | 426.38   |
| Sfty Tch & LG                          |          | Website                               | 256.96   |
| Pamper evening                         | 631.09   | Advertising                           | 75.00    |
| CAF donation                           | 1000.00  |                                       |          |
| Miscellaneous income                   | 490.00   | Salaries                              | 17719.51 |
|                                        |          | Mileage costs                         | 23.08    |
|                                        |          | Telephone costs                       | 139.95   |
|                                        |          | FP Delivery Fee - Suffolk Coronavirus | 2500.00  |
|                                        |          | Community Fund                        |          |
| Income Total                           | 34590.94 | Expenses Total                        | 25509.81 |
|                                        |          | Restricted Joy Abbott Fund c/fwd      | 2000.00  |
|                                        |          | Restricted Suffolk Police c/fwd       | 17919.39 |
|                                        |          | Restricted Dulverton Trust c/fwd      | 4379.00  |
|                                        |          | Unrestricted Petty Cash c/fwd         | 236.08   |
|                                        |          | Unrestricted Community Account c/fwd  | 10694.16 |
|                                        | 60738.44 |                                       | 60738.44 |

Bank reconciliationFunds summary

|                               |                 |                    |                 |
|-------------------------------|-----------------|--------------------|-----------------|
| Income                        | 34590.94        | Restricted Funds   | 24298.39        |
| Expenditure                   | <u>25509.81</u> | Unrestricted Funds | 10930.24        |
| Profit for the Year           | 9081.13         |                    | <u>35228.63</u> |
| Bank Accounts Brought Forward | 27962.49        |                    |                 |
| Cash expenses                 | <u>0.00</u>     |                    |                 |
| Bank Accounts Carried Forward | <u>37043.62</u> |                    |                 |
| O/s payments                  | 2187.40         |                    |                 |
| Bank balance per statement    | <u>39231.02</u> |                    |                 |

These accounts have been prepared by the Trustees and approved by them on 16/9/21



Vincent Chandler (acting Treasurer)

Trustees expenses incurred during the year related to reimbursement of expenses of £74.45 and services in connection with Awareness Matters of £555.00.

## Independent Examiners Report

I have examined these receipts and payments accounts as prepared by the Trustees and confirm that the charity qualifies for exemption from audit and also qualifies for exemption from preparing the accounts under the accruals basis.



Clare Anderson FCCA

Receipts and Payments Account for the Year Ended 31st March 2021

|                                      |          |
|--------------------------------------|----------|
| Restricted Joy Abbott Fund b/fwd     | 2000.00  |
| Restricted Suffolk Police b/fwd      | 12949.08 |
| Restricted Dulverton Trust b/fwd     | 4379.00  |
| Unrestricted Petty Cash b/fwd        | 236.08   |
| Unrestricted Community Account B/Fwd | 6583.34  |

## Expenses:-

|                                        |          |                                       |          |
|----------------------------------------|----------|---------------------------------------|----------|
| Income                                 |          | Insurance                             | 614.48   |
|                                        |          | Freedom Programme Co-Ordinator's      | 0.00     |
| Survivors Stories DVD's                |          |                                       |          |
| Stanbury-Jones donations               | 480.00   |                                       |          |
| Suffolk Community Fund donation/grants | 8992.00  | Training                              | 3125.00  |
| Colchester Community High School       |          | Awareness Matters charges             | 555.00   |
| Esther Hannel Charitable Trust         |          | Trustees expenses reimbursements      | 74.45    |
| Suffolk Police                         | 22852.85 |                                       |          |
| Other donations                        | 145.00   | Miscellaneous                         | 426.38   |
| Sfty Tch & LG                          |          | Website                               | 256.96   |
| Pamper evening                         | 631.09   | Advertising                           | 75.00    |
| CAF donation                           | 1000.00  |                                       |          |
| Miscellaneous income                   | 490.00   | Salaries                              | 17719.51 |
|                                        |          | Mileage costs                         | 23.08    |
|                                        |          | Telephone costs                       | 139.95   |
|                                        |          | FP Delivery Fee - Suffolk Coronavirus | 2500.00  |
|                                        |          | Community Fund                        |          |
| Income Total                           | 34590.94 | Expenses Total                        | 25509.81 |
|                                        |          | Restricted Joy Abbott Fund c/fwd      | 2000.00  |
|                                        |          | Restricted Suffolk Police c/fwd       | 17919.39 |
|                                        |          | Restricted Dulverton Trust c/fwd      | 4379.00  |
|                                        |          | Unrestricted Petty Cash c/fwd         | 236.08   |
|                                        |          | Unrestricted Community Account c/fwd  | 10694.16 |
|                                        | 60738.44 |                                       | 60738.44 |

Bank reconciliationFunds summary

|                               |                 |                    |                 |
|-------------------------------|-----------------|--------------------|-----------------|
| Income                        | 34590.94        | Restricted Funds   | 24298.39        |
| Expenditure                   | <u>25509.81</u> | Unrestricted Funds | 10930.24        |
| Profit for the Year           | 9081.13         |                    | <u>35228.63</u> |
| Bank Accounts Brought Forward | 27962.49        |                    |                 |
| Cash expenses                 | <u>0.00</u>     |                    |                 |
| Bank Accounts Carried Forward | <u>37043.62</u> |                    |                 |
| O/s payments                  | 2187.40         |                    |                 |
| Bank balance per statement    | <u>39231.02</u> |                    |                 |

These accounts have been prepared by the Trustees and approved by them on 16/9/21



Vincent Chandler (acting Treasurer)

Trustees expenses incurred during the year related to reimbursement of expenses of £74.45 and services in connection with Awareness Matters of £555.00.

## Independent Examiners Report

I have examined these receipts and payments accounts as prepared by the Trustees and confirm that the charity qualifies for exemption from audit and also qualifies for exemption from preparing the accounts under the accruals basis.



Clare Anderson FCCA