



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 Great Cornard Sudbury Suffolk CO10 0EH
Website address	www.compass-ion.org

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

Project Manager	Paula Devaux
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Bankers	Barclays Bank 35 Market Hill Sudbury Suffolk CO10 2EP
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TRUSTEES' REPORT

FOR THE YEAR ENDING 31st March 2022.

The Trustees present their annual report for the year ended March 2022, 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 31st 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	Stationery costs etc	1065.99
Suffolk Community Fund donation/grants	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

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