



Annual Report

2022-2023

Charity Reg. No. 1157970

REFERENCE AND ADMINISTRATIVE INFORMATION AS AT OCTOBER 2021

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| Charity Name | Compassion |
| Registered Charity no. | 1157970 |
| Registered address | 19 Kings Hill Great Cornard Sudbury Suffolk CO10 0EH |
| Website address | www.compass-ion.org |

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

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| 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 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 31st 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

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|---|----------|
| 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 |

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|--|-----------------|---|-----------------|
| 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

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|-------------------------------|------------------------|--------------------|------------------------|
| 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> | | |

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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.

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.

E Anderson

Clare Anderson FCCA

30/01/2024

Charity number 1157970

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|---|----------|
| Restricted Joy Abbott Fund b/fwd | 2000.00 |
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| Income | 34138.81 | Restricted Funds | 8530.04 |
| Expenditure | <u>42759.17</u> | Unrestricted Funds | 27123.70 |
| Profit for the Year | -8620.36 | | <u>35653.74</u> |

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| Bank Accounts Brought Forward | 41481.17 |
| Cash expenses | 0.00 |
| Bank Accounts Carried Forward | <u>32860.81</u> |

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