

SAFE AND SOUND DORSET

England & Wales · Charity number 1172371

Details

Status Registered

Legal form CIO

Registered 2017-04-03

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

Contact

Address 1 Browning Avenue
Bournemouth
BH5 1NP

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Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AMONG VULNERABLE WOMEN AND GIRLS BY PREVENTING WOMEN AND GIRLS FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF WOMEN AND GIRLS WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY. EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY); AND VULNERABLE WOMEN MEANS WOMEN WHO HAVE BEEN, OR ARE AT RISK OF BEING, PHYSICALLY, SEXUALLY, EMOTIONALLY OR PSYCHOLOGICALLY ABUSED OR EXPERIENCED HOMELESSNESS, MENTAL, PHYSICAL HEALTH OR SUBSTANCE MISUSE PROBLEMS OR INVOLVED IN PROSTITUTION OR TRAFFICKING.

Activities: We work with women for social inclusion, who are isolated, marginalised, at risk of exploitation or homeless, vulnerably housed or in supported housing. We do outreach on the streets in Bournemouth to meet girls at their most vulnerable. We run a cafe and creative lifestyle sessions 10 times a week where we eat together, collaboratively sign post to support services and run art/craft activities.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Accommodation/housing, Arts/culture/heritage/science, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- Bournemouth
- Dorset
- Hampshire
- Poole

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£351,862	£320,733	-	-
2024-03-31	£223,771	£244,794	-	-
2023-03-31	£218,976	£232,611	-	-
2022-03-31	£136,249	£133,853	-	-
2021-03-31	£123,816	£87,820	-	-

Trustees

Name	Role	Appointed
MARY DOREEN RICHARDS	Chair	2017-02-16
Delia Smith		2022-10-15
Hannah Louise Rees		2022-10-15
Rachel Flynn		2022-10-15
Victoria Anne Westerby Mrs		2019-08-03

SAFE AND SOUND DORSET

England & Wales - Charity number 1172371

Accounts

Charity Registration Number 1172371

Safe and Sound Dorset

Annual Report and Financial Statements

For the Year ended 31st March 2025

Sue Wintle FMAAT
27 Bascott Road
Bournemouth
BH11 8RJ

Safe and Sound Dorset

Reference and Administrative Details

Trustees

Mary Richards
Victoria Westerby
Hannah Rees
Delia Smith
Rachel Flymm

Principal Office

1 Browning Avenue
Bournemouth
Dorset
BH5 1NP

Charity Registration Number

1172371

Gift Aid Registration

EW77430

Independent Examiner

Sue Wintle FMAAT
27 Bascott Road
Bournemouth
BH11 8RJ

April 2025
Safe and Sound Dorset
Annual Report 2025
Written by Dot Pickett
Endorsed by Mary Richards

Our mission statement

Working with women who are isolated or at risk, building confidence through creativity and community, encouraging social inclusion, responsibility and personal choice.

Our strategy at Safe and Sound Dorset is always underpinned by our beliefs and values. These values include an understanding of how much a support system around each person can make a huge difference. Belonging to a community addresses social issues of positive inclusion enabling women to build their confidence. Barriers of disadvantage and low income affect the lives of many women struggling in isolation and can be alleviated through small means such as creating safe spaces, sign posting to vital appropriate services, accessibility to food vouchers, community meals, laundry and shower facilities as well as a chance to connect up in small ways throughout each week, eat together and do activities together. Our therapeutic creative activities enable women to develop their lives cognitively, creatively, relationally for well-being as well as for practical support. This holistic approach has always been our focus and with our coffee lounge we have been more able to embrace this way of life.

Our most recent impact report showed the majority of women to benefit from our funding fell under the theme of isolation, mental and physical health, poverty and disadvantage. The energy and the cost of living crises have seen increased demand for winter food and warmth sessions funded by grants, funding for food vouchers and warm meals and increased demand for safe support services including mental health, housing and homelessness, relationship support and domestic violence.

Our Social Value evaluation:

Supported by DCA, we have used the Social Value Engine, an online tool accredited by Social Value International, to quantify the social impact of our services. The SVE uses the UN Sustainable Development Goals to help organisations see how their activity builds a more attractive & sustainable community/place.

IMPACT IN NUMBERS:

€828,828.68 of social value achieved

For every £1 invested, £8.20 of social and economic value is returned.

Poverty and disadvantage has a direct impact on health increasing poor nutrition, poor mental health and worsening longterm physical health conditions due to an inability to move and keep warm. Investing in Safe and Sound Dorset alleviates this.

At this time women's and girl's organisations are facing a funding crisis. 'Our new research found that the women and girls sector received just 1.8% of the £4.1 billion worth of grants awarded to charities in 2021. And of that, a third went to organisations with no specific focus on women and girls and just 3.9% went to the small and micro-organisations at the heart of the sector. If we really value an equitable future for women and girls, then we need to invest in it.' (Rosa)

Safe and Sound Dorset is still at an important transformational stage in its development and growth. With the opening of The Well coffee lounge, our not-for-profit cafe, 3 years ago and its expansion, we are at a crucial development point. Here are some statistics, collated by Kriss Cocomazzi to underpin where we are placed within our community.

In March 2023 inflation was 10.4% that was a rise by 4.7% from 2022 and we have experienced an even higher increase in 2024.

Nominal wages rose by 8.9% 2022-2023 and therefore workers living in Bournemouth were £27 per month poorer in 2023 than the previous year. This alone has seen an increase in demand for our services, especially for food provision. We have also seen a need for food support amongst all age groups and demographics. We would estimate that 2025 into 2026 will be one of the worst recorded for our area.

There has also been an increase in domestic violence and new reports coming in weekly as pressures rise adding to the vulnerability of the women and girls we serve.

Homelessness is devastating, dangerous and isolating. The average age of death for women experiencing homelessness is 42. People sleeping on the street are almost 17 times more likely to have been victims of violence. More than one in three people sleeping rough have been deliberately hit, kicked, or experienced some other form of violence whilst homeless. Homeless people are over nine times more likely to take their own life than the general population.

<https://www.crisis.org.uk/>

Our weekly housing group is consistently active, and more women are also requesting help with maintaining housing that is sub-standard. We regularly support women to cope with staying on top of their bills. Without this support some would fall behind in their responsibilities and end up evicted and back into a more vulnerable situation.

We collaborate with Citizen's Advice Bureau and Shelter to support housing and housing stability.

The research also identifies ongoing health issues in 90 per cent of those who participated, including mental health issues (72%) and addiction (69%). It also highlighted significant gender differences: men were less likely to have a mental illness and less likely to have an addiction than women.

As The Big Issue has highlighted recently, digital poverty is a growing concern in a world where everything from healthcare and housing to financial services and benefits is now online. Bournemouth University's research showed that 77% of participants owned a mobile or smartphone, yet only 50% could access the internet regularly.

Women experience many more barriers than men.

Overall confidence in using the internet was generally poorer for women, with approximately half (49%) stating they had low/very low confidence, and this was lower in both older participants and in women. We run digital up-skilling in our new meeting room which will enable women to regularly use technology and upgrade their IT experience, thanks to funding.

The interviews identified numerous barriers. These included the inability to access support because of lack of local connection; no address or verification of homeless status; inadequate

information regarding how to access services; personal difficulties and a perception of prejudice that made seeking help difficult.

And in digital literacy and connectivity, homeless women again experienced many more barriers than men. As a result, many services deemed excellent by participants are not being accessed; information is poor, hard to find and rarely updated, which leads to a reliance on word of mouth to find services.

This research highlights the need for both policymakers and practitioners to have an awareness of the differences of experiences between men and women who are homeless when developing services, as well as the importance of ensuring that digital health technologies policy and practices do not further disadvantage those who are homeless. (Taken from the Big Issue)

Safe space for women

We believe that with support all women can be empowered to recognise and develop their strengths, confidence and self-esteem, and are more able to manage their lives positively.

Our staff and volunteers support women often with multiple disadvantages. Through our creative sessions we offer community support, specialist relationship courses, financial resilience, housing support and through our coffee lounge we offer the opportunity for community gatherings as well as volunteering opportunities, employment and training. Relationship breakdown, homelessness, longterm mental and physical health issues can affect us all and we understand the need for support through temporary and supported housing and while moving into long term accommodation, as having a home is a first step to a more stable environment. Our safe space for women has become a support system whilst women stabilise their housing options, get better from health crises, work through relational issues and more.

We got some feedback from Dorset Community Foundation and the NHS funders:

‘Thank you so much for accommodating us at the visit on Friday. I know your time is a precious commodity so it’s really appreciated! The NHS manager really got an awful lot from the whole day and is now even more energised about how different and how effective community based solutions are. Brilliant!’

We wrote back: **We have grown as a charity from roots upwards so there is a strong, organic support system in place which is natural and flourishes with good tending, good funding and good resources. We are able to gather people who fall through other statutory services and provide a safe space for women from diverse and varied backgrounds, cultures and life experiences.’**

Since opening our community cafe, The Well, in the Royal Arcade in Boscombe, we have begun to organise sessions and events which fit in with the location. Our cafe manager, chefs, kitchen assistants, volunteers and work experience placements all make this a longterm concern, with sustainability a key word. The coffee lounge is a training venue for people wanting to gain confidence and build up employability skills, self-esteem and soft skills, such as communication, teamwork, adaptability, problem-solving, creativity, work ethic, interpersonal skills and time management.

At the coffee lounge they can gain their Food Safety certificates (L2/L3) and build their confidence through hospitality skills.

We have collaborated with the **South West Region Assessment Centre (SWRAC), Bournemouth College, and Send4** by taking work placements for 16-25 year olds as kitchen assistants committed to up to 16 hours a week each on their work placement for a year at a time.

Mary Richards, Chair of Trustees:

We continue to provide a beautiful community space at The Well coffee lounge. The staff and volunteers are thriving in the work they do to bring a homely and supported environment giving lovely, reasonably priced food to their growing customer base. We continue to be able to give paid work and we are looking forward to seeing more women thrive, come out of the shadows of loneliness and together create a peaceful place for people to come and enjoy community in the town.

We have reached our 8th year as a charity and I am so proud of the hard work that all the staff do every day.

The Well Coffee lounge and the space it gives has proven to be the hub which Safe and Sound Dorset works from and has taken us to a new level of being able to care for and support our community.

We have been able to create a secure space for women, and also the wider community of our town to gather together, to not only eat and socialise, but also to provide opportunities of employment, creativity and personal growth and care.

It was a joy for me to be involved again in the wonderful Christmas party. Our women were so grateful and it always moves me to tears to be able to call out each name, wish them a Happy Christmas and give them such lovely gifts. Some of them were overwhelmed to receive the oversized warm furry fleece we were able to give each of them (funded by our food and warmth grant from BCP/DCF) and couldn't believe their eyes!

A highlight of the year for me was being able to join everyone on several trips to Brownsea Island, gifted to us by The National Trust, for the health and well being of our community.

Our faces were a picture as we saw red squirrels, peacocks, deer and numerous species of birds. Even the trip over on the boat was exciting as many had never experienced this before including myself. In a beautiful tranquil setting relationships grew and a sense of belonging was evident amongst us, each story treated with dignity and everyone's life honoured and valued.

National Trust gifted 25 women a visit to Brownsea Island on International Women's Day with 4 subsequent funded visits.

One participant's story:

I did a lot of firsts: Hugged trees, bark rubbings, journaling, writing in the book the National Trust gave us. I felt like layers over me were parting with light coming through, I remember reading books to my children and going to guides and scouts, where I had first heard of Brownsea Island and always wanted to visit. The island was an inspiration for me since my childhood.

What I appreciated was that we had a trip on our own, an incredible discovery of nature bathing, creation, trees, barks, textures, very sensory, walking on bracken. Caroline our volunteer told us to find a stone, put all your anxieties on it and throw it away. This helped me start to absorb the atmosphere and lose all my worries. When I got home, I was still engaged, and let it all bathe over with a sense of quietude, serenity. Next day,

unexpectedly, I had such a restorative peaceful, tranquility and was able to give myself permission to sleep and have a mind shift of well-being, having suffered chronic insomnia. It stayed with me and I slept at one with myself like a baby in a peaceful rest.'

Our Late-night Outreach

We have seen slightly less women on the streets this year, down from 62 in previous years with 57 unique women being helped during street outreach in 2024. Up to 10 of these women have regularly engaged in our sessions and housing services. This interaction across our charity indicates the trust built through our consistent approach and the accessibility of The Well coffee lounge as a venue for women to approach.

We recorded 759 interactions in 2024 over approximately 45 weeks of the year averaging seeing 16 women on a Friday night. Our weekly outreach around Boscombe and Bournemouth reaches the girls at their most vulnerable who are in temporary or supported housing or newly housed, homeless, sofa surfing or working on the streets, some straight out of prison. Greggs Bakery supply us with their left over food so we can offer food and drinks, as well as warm clothing, toiletries and sign posting women to services in the area: housing, sexual health clinics, domestic violence support services as well as to our sessions. We encourage them to attend sessions weekly, in various locations, where community inclusion is promoted, offering a shower and laundry facilities in some venues and participation in creative arts in small groups or help with housing or appointments. We have seen more progression from the streets to supported housing or homes. This is a most important service we offer, as we reach out to women at their most vulnerable.

Notes from a typical Friday outreach 7-10.30pm (All initials changed to keep anonymity.)

P & G plus new volunteer

12 x Greggs food bags

7.10pm Boscombe

B: Food-bag ; Recently out of hospital. Seemed quite upbeat. We will support with next hospital visit

7.20pm Pokesdown

O: Food-bag left as she was away from her bedding and belongings.

St Mungos aware.

7.45pm Winton

R: Food-bag: sofa surfing with friend. Police were in her dad's place tonight sorting out issue with her brother.

8pm Kinson

E: Food-bag Does want to engage with our sessions but has not been well but feeling better. Text us to say she was starving hungry. Very grateful for food.

8.10pm Kinson

S: Food-bag. Had ulcer on her leg, she has antibiotics and cream but does not feel better so was going to go to A&E tonight, she said she would let us know how it goes.

8.30pm Bournemouth

M: Food-bag, Seemed well, was going to sofa surf with friend as she likes company, really wants to come to our sessions. Leaflet given

8.40pm Bournemouth

K: Food-bag. She really wanted a chicken bake and we had one, she was really happy with it! She didn't look well and had sores on body, sleeping rough and did not have a room anywhere, she said she would come to The Well during the week.

8.50pm Bournemouth

B car park: had a chat as at risk with men in car park. The group in car park have dispersed to squats around Bournemouth, they still go to the carpark in really bad weather. Risk reported to Adult Social Care

9pm Bournemouth

T: food bag given, rough sleeping Was grateful.

S:(very thin, black hair, young but said she was older than she looked) Gave food, condoms, care package, toiletries, voucher for The Well. She says she does have somewhere to live, locally. Working and using Heroin. Asked for our leaflet and did engage, but not seen us before. We said we could support her to appointment to get a prescription to come off heroin

9.20pm Boscombe

F: Food-bag: looked really well, said she had seen the women's house today and will move in next week. So excited and so are we! She said the engagement they want from her is not overwhelming and she knows its a long way in the future but she has even thought about going to college. Will keep in touch.

9.30pm Boscombe

K carpark: Food-bag given K has been evicted from supported housing. St Mungos are aware

9.40pm Boscombe

G: Left over food, always very grateful and had a long chat with us as she feels isolated and overwhelmed, has not been in the best place.

Contacted by text :C & G but no reply.

9.50pm: Team Debrief: any issues, upsets, disturbing feelings, from going out tonight?

New volunteer: Feeling overwhelmed by so much but glad to be involved and experience an evening with the team.

We are on the phone if anyone needs to talk.

Next day texts between team members:

New volunteer:

Morning. I felt quite upset seeing the young girls, especially S, last night but at the same time it was helpful for me to come along and really lovely to see what you do for the women.

Response:

Thanks for letting me know how you are feeling. Sometimes it's difficult to see how others choose to live 😞 The way I try to look at it which helps me is: For S, maybe we are the first people who have reached out to help her. She was a bit cagey, but it may have been important for her. That's why we do this and are able to ask girls to consider the risks they are taking, give them food and some toiletries and invite them to our sessions.

We may never see her again. That's the nature of the outreach.

The outreach team are aware that we aren't out there to rescue people, because we can't do this, but to give them connection and a way to help themselves.

Some of the others we saw last night used to be like 'S' but are now housed and off drugs and still in contact with us which allows us to see their story.

Welcome to Safe and Sound Dorset!

Have a great weekend!

New volunteer: Thanks, that does help to see it in another perspective. Have a lovely weekend too 😊

Creative community sessions

We now have 10 sessions running per week, some are term time only:

2 creative sessions in Boscombe which involve cooking a low cost meal to eat together, chair exercises and craft activity. Monday and Wednesday 1.30-3.30pm with relationship courses running 4-5 times a year.

3 craft sessions in Boscombe Tuesday/Thursday 11-12.30pm and 1.30-3pm

1 creative session in Winton and one at Canford Heath -Thurs 11-1pm

Afternoon relational skills workshops 4 x 5 weeks a year

1 Ukrainian welcome Women's group Wednesday (Fortnightly) 1-3pm which we run with International Care Network.

1 Ukraine woman's group runs every Saturday 1-3pm

2-3 sessions for women to develop skills with sales and clothing Thurs/Fri

1 Housing session with a Shelter and CAB rep involved plus information on staying safe on-line, digital and financial resilience. Thursday 1-4pm

We run our women-only creative community sessions, alongside our 1-1 support service offering help with doctors and hospital appointments, court, prison, housing and recovery accompaniment as well as help with college, job, house applications. Our aim as a group is to inspire each other to reach for opportunities and build confidence through creativity and community and to be a model for other organisations who could adopt our collaborative, creative, holistic approach.

We have logged 432 unique women on the CRM over the past 3 years with 189 who have participated in our services over the past year. We have progressively seen women trapped in cycles of anxiety, relationship breakdown, isolation and homelessness, moving on into participation in groups, finding temporary or supported accommodation and then able to access more support through careful signposting and through attending our women's safe spaces.

Story/Testimony from a participant

'If it was not for Safe and Sound Dorset, I would not be safe and sound, having had one overwhelming circumstance compound on top of another and the most unhelpful assistance from other organisations.

Safe and Sound Dorset is distinctive, in that, they not only have their finger on the pulse corporately to what the group needs, they discreetly and imperceptibly, confidentially journey with each person where they are at and without unsolicited advice or pressure.

Their intuitive, non-judgemental support is their greatest asset. They are patient and do not expect perfect recovery.

One has to feel safe before one will open up. One has to feel that their response is genuine engagement and that they are rock solid, stable and really want to invest in your

holistic wellbeing, otherwise why invest your brokenness to someone who is unsafe and unsound.

I had tried and tried in so many areas to resolve, progress and succeed, but with each setback, I had fallen more and more and even when I gave up my pride and reached out for a leg up and helping hand and the needs still not met, my health collapsed, and understandably my mental health followed suit.

I arrived at Safe and Sound Dorset without my suit, bathing suit or suit of armour. I "barely" (unapologetic pun) had a skin on (my nerves). It took 18 months for me to slightly open my heart.

From the first moment, the anguish and desperation flooded out, but even with immediate solutions at hand, I felt caught, contained and held in SAFE-ty and knowing from the DEEPEST and most SACRED space, that NO matter what, whether immediate solutions or not, the trained personnel would be a stable, rock solid SOUND-ing board. Most important for me is what I call WITH-ness, just in the cave with, just on the journey with me, in comforting stillness and quietude.

Silence of the heart has it's own language and can be the loudest voice.

A unique and blessed charity.

Funding for these sessions is worth more than its weight in gold. It is immortal treasure - the golden thread which weaves us, unique beings, in a tapestry of humanity and life.'

Clothing sessions

This year we have extra hours to develop the whole area of second hand clothing at The Well, involving some service users in employment training to sort clothes, use the steamer, label clothes, allocate to seasonal rails for sale and display clothing.

One participant writes:

All of the staff at Safe and Sound Dorset and The Well are kind to me and allow me to be myself, so I don't feel anxious. I feel safe in my role as a volunteer clothing assistant. I feel at home working and assisting the clothing team, who I work with.

My previous background was a full time nurse, which came to an abrupt end and unexpected in 2019. I had to retire due to ill health with a brain tumour and recovery from further treatment after 22 years in the NHS and was less than the retirement age.

I am left with anxiety, loss of confidence, fatigue and memory loss which affects my day to day life.

I'm also sensitive to loud sounds and sudden movements. Working with S&SD I've regained purpose, a better sense of self acceptance and motivation. I believe I'm supporting a community. I sometimes join in the creative sessions at The Well cafe. I have my own problems, noise being one of the hidden ones, I still enjoy the sessions. I think it helps me understand we all have our own mild/physical problems and we feel connected even from different backgrounds, families and cultures. I feel accepted by them and I learn from others which helps me with my own personal issues.

Our coffee lounge is a designated 'warm room' for those in our community who can not afford to heat their homes, with elderly people and those on low incomes, with longterm mental and physical health conditions amongst the most affected groups.

We are also offering low cost affordable cooking and heating equipment for our service users which will help bills stay low.

Last year we were able to purchase 100 extra large warm hoodie fleeces to give to our women thanks to a grant from Dorset Community Foundation and BCP Council's Food and Energy fund to distribute throughout the winter months.

There are some mental health teams and social prescribers using our premises for groups gathering in the coffee lounge. Other courses could be run from the premises as we have created a downstairs meeting room which is a lounge, counselling and training area. Having our own premises will hopefully consolidate our working rapport with others in the community.

'The Well is an accessible warm room where folk may meet, chat get good food and drink definitely be entertained by the wonderful staff and volunteers.

I appreciate having this resource where different social prescribing groups can meet. I have increased social contact with a wider variety of people from the wider community. I can craft, paint chat enjoy music the decorations and celebrations. It is a place I can meet friends when my flat would be inaccessible due to stairs.

A friend who uses a wheelchair is able to join me and we can craft together again.

We can get affordable nutritious food and drink.

The soup maker, electric blanket and heater have helped when my boiler cut out.

I have gained confidence and my voice is stronger from singing, talking and certainly laughing more.

The cooking group has increased my hand dexterity speed and concentration. The food we produce has helped me be more interested in eating better. This has helped me lose weight and be more motivated.

The range of activities doing journaling and courses on assertion have been really educational and enjoyable. Using The Well has meant I have got to know other Safe and Sounders plus become friends with other customers. Being able to help out clearing tables helps me feel useful.

The craft groups on Tues and Thurs have given me an outlet for my craft experience and materials which I can share with the other women. This boosts my self esteem.

Having somewhere where I can be upset and get support has been so helpful as my health has dealt me considerable challenges. I would otherwise be very isolated and detached from society.'

Over the past seven years we have been involved with women at risk of domestic and sexual violence, addictions with alcohol and drug issues, eating disorders, long term mental and physical health issues, little or no family support, relationship breakdowns, low self esteem, no confidence, lack of education and employment.

Personal feedback:

'I want to genuinely thank Safe and Sound Dorset for all the help and constant support I have received, in ways I didn't expect. I have been helped, emotionally, mentally, in my self esteem, practically and more. All the encouragement and opportunities I have been given also helps my children and our family as I am a better, more capable and present mum. I have never experienced such a supportive group, so always available and compassionate. It's very emotional for me to have been sustained in such a way, especially after such a crisis in my life. I have no end of gratitude to the team that makes this happen.'

'Hi, I am completely alone, no family contact, only professionals checking on me weekly or three monthly. Having Safe and Sound Dorset to contribute to and receive food vouchers means such a lot. Although I am not seeing or talking that much to folk, knowing there are some people who care about me makes a difference.'

Information on volunteers

It really is a pleasure to work with our volunteers in the sessions, admin, outreach and The Well and see them grow and develop but also see them enjoy the services we offer. We have just over 33 active volunteers. The Well coffee lounge has 2 volunteers every day on 2 hr shifts throughout the day. Our main aim is to offer work experience, food and hygiene certificates and to build confidence in the workplace to encourage women back in to the workplace in the long term.

Each volunteering role should complement their personal objectives, encouraging confidence with the aim for everyone to develop skills so that they can go on to other experiences in or outside Safe and Sound Dorset.

The volunteer manager organised a weekly baking group during 2024.

One volunteer writes:

'I joined the Baking group to give back to Safe n Sound. I love bringing my recipes and my experience to share with the group. Can't wait to say all cakes at The Well are made by Safe n Sound baking group! We have now started our recipe book full of our recipes and decorated by women in the craft groups. Recipes to pass on through all baking groups.'

Journey from volunteer to full time work.

One of our longterm coffee lounge volunteers was taken on as a part time staff, training to cook under the chef. She then also became a sessional worker with Safe and Sound Dorset, heading up the cooking side of the sessions. She has since been able to move on to work for a charity 'Escapeline', working with teenagers caught up in County Lines, (drug gangs who groom young people into selling drugs.) We wish her much success in her new role.

Collaborating with others

Organisation Name	Service offered
Shelter Dorset	Referrals for rough sleepers, those with housing issues, housing maintenance in Bournemouth area, support our housing group for referrals. Support our sessions with woodwork training.
Bournemouth CAB (Citizens Advice Bureau)	Fortnightly visits for referrals to S&SD housing group at The Well
CAN	Volunteer support and training
South West Region Assessment Centre (SWRAC)	Refer young people to The Well for work experience placements for 16-25 year olds
ICN International Care Network	Working with refugees and asylum seekers. We run a Ukrainian Women's session with them at The Well fortnightly.
BH1 Drop in centre	Referrals for rough sleepers in Boscombe and Springbourne

National Trust	Offered S&SD Brownsea Island Community Pass for 5 visits in 2024 to enable over 40 women from deprived areas a chance to visit this lovely island.
Dance with Emily	Delivered 4 free sessions over 2024
Bournemouth Symphony Orchestra	Delivered 5 free sessions over 2024 culminating in a choral performance at Christmas.
Marc Smith Gym	Delivered 3 free safety awareness and self defence sessions
Homeward and the Homelessness Reduction Board	Prince William's National initiative, in Bournemouth area. Safe and Sound Dorset is a member working collaboratively with other agencies such as BCP Council, Faithworks, St Mungos, Street Services, YMCA to tackle homelessness. Monthly meeting
Livewell Dorset	Integrate their philosophy of healthy living into our sessions. They offer Health MOTs during the year through our services.
Hep C Charity	Offer free Hep C testing with free treatment via S&SD sessions
Dorset Community Action	Run webinars for local organisations to help with managing risks and assessments. Offer support and training. Social Value evaluation
Adult Social Care	Referral to BCP Council for safeguarding and supporting adults at risk
St Mungos	Referrals for rough sleepers
Boscombe Traders Hub, BCP Council	Support the local area with meetings, grants, festivals
Boscombe Food Bank, St George's Church and The Garden Rooms	Our local food bank which gives vouchers. We refer people in need of food and supplies. There is a community cafe offering families a hot meal every Friday 5-7pm and Recovery meal on Monday evenings
Stars	Counselling referrals for any sexual trauma (waiting list is 18 months)
Dorset Working Women's project	Provides sexual health for sex workers
The Shores	Provides support for sexual assault
Sovereign Network Group	Provides housing and grants
BCHA/ Well being hub	Long term housing for adults at risk in the community. We refer women to the Well-being hub and Freedom programme.
Faithworks	Local charity helping people get out of crisis and isolation. Runs recovery courses and homelessness reduction forum. Offers placements in women's houses

Health Bus Trust	Collaborate with women at risk, needing urgent health care
St Anne's Hospital	Encourage women to attend S&SD sessions once back in the community. Support women to attend The Well
Social Prescriber, Providence Surgery, Walpole Rd	Use The Well coffee lounge for social prescribing groups
Hannaman House	Services for mental health and homeless
Citygate Church	Provide a meal on a Friday evening
Vineyard Church	Offers Community houses
Joy Cafe	Cafe in Churchill Gardens, Boscombe, Bournemouth hosts a lot of outdoor sessions
Bournemouth Community Church	Visit brothels and refer women to Safe and Sound Dorset
Job Centre	Support with offering employment to those women we work with. We have run a small art and craft group in the job centre pre-pandemic
Dorset Police	Safe and Sound Dorset contact the police if a woman is in need of emergency services. The police contact Safe and Sound Dorset if anyone is at risk that we can help on a Friday night outreach.
Vita Nova	Mental health charity promoting drama and creative writing. Have in the past, run drama sessions for Safe and Sound Dorset once a term.
Wise Ability	Guiding and inspiring people to realise their potential and vocational goals. Refer service users to Safe and Sound Dorset.
Active Dorset	They have funded our summer outdoor programme.
Love Your Neighbour, St Clements Church	A project to provide food boxes for people. Provide 100 Christmas hampers for Safe and Sound Dorset.
We are With You	Support for those in addiction. They refer women to our creative sessions. We refer women to them who are rough sleeping and in addiction.
Safe Families for children	Referrals for families struggling to cope based in Springbourne and Charminster
Action Hampshire	Cancer Awareness integrated in to our exercise sessions and specialist sessions. In the past we have run 6 Retreats with their funding.

Feedback for Safe and Sound Dorset April

IMPACT OF SAFE AND SOUND DORSET	PERCENTAGE OF POSITIVE OUTCOME
From isolation into the community and participating in a group	97
From poor mental health, not coping well to a better state of mind, able to share anxiety;	87
From bad physical health,not feeling well to a healthier lifestyle and more well-being	82
From a chaotic, undisciplined lifestyle to becoming more responsible	78
•From addiction to taking steps into recovery;	88
From emotional instability to making good choices with relationships	86
From self-doubt, low self esteem and no confidence to feeling valued and more confident;	84
From attending sessions to stepping onto a course, into education or into volunteering	88
*From homelessness and fear to finding housing support which is safe and stable;	73
Receiving meal vouchers for The Well coffee lounge	83
Positive feelings towards Safe and Sound Dorset art and craft experience	92
Relationship courses	90
Participating in exercises	85
Participating in trips	95

Observations of positive outcomes for Safe and Sound Dorset :

Highest percentages are women participating in groups, art and craft experiences and participating in trips out. This gives the best outcomes for women coming to Safe and Sound Dorset.

Close behind for positive outcomes are participating in exercise and relationship courses, being supported to make good decisions towards being more emotionally stable, having less anxiety, taking steps towards recovery from addictions.

The more difficult things to change and have positive outcomes for, are things like the home situation, which are long term and can take years to see a good outcome.

Other things that take a few years to shift, sit in the middle like confidence building, taking personal responsibility and changing to a healthy lifestyle.

This is why we see women come in and stay with us over several years to see positive change. Women often connect in to us over a long period of time as there are no quick fixes and the groups become a support system for each individual in differing and unique ways.

Most popular answers when participants of our services were asked about a wish for the future:

Go away on holiday

Feel better about myself

Look forward to the term

Try to be more healthy and positive

Go on overnight/day retreat

Have a new look

Most popular activity answers:

Meet up with my friends and family

Do more exercise

Declutter

Go out for more walks

Try new art and craft

Go swimming

Go to the beach

Make the most of good weather

Sign up to a new course

Spend time in the coffee lounge

Do some journaling

Make a meal with others

Tidy house

Data to report on	01/01/2024 - 31/12/2024	2024	2023	
	Total numbers (incl repeated individuals) 2024	Individuals / unique women 2024	2023	2022
Total Figures				
Total number of sessions/groups/contacts	4,192		3361	2246
Total Number of Meals/food bag/drinks given	5,860			
Total Number of vouchers/carepackages/hampers/heaters etc given			157	104
Unique women who have attended Creative Sessions		149	95	64
Unique women helped on Street outreach		57	34	62
Active Service Users (within the last year)		189	120	112
Active Volunteers (within the last year)		35	47	27
Unique women helped on Street outreach (within the last year)		57	34	62
Total Service Users on CRM (since 2017)		432	387	325

Number of Women attending main sessions, groups and outreach				
Women attending sessions @ The Well Monday	1034	107	54	34
Women attending sessions @ BBC Wednesday	834	89	50	41
Women attending sessions @ The Well Tuesday	327	27	23	24
Women attending sessions @ The Well Thursday	234	33	17	10
Women attending sessions @ The Well housing/ advice	294	65	32	35
Women attending sessions @ Winton Thursday	247	17	11	12
Women attending sessions @ Ukraine Womens Group	200 (Est)	31		
Women attending sessions @ Clothing Sessions	135	10		
Women engaged with street outreach	759	57	35	62
Women who attended Sessions and are on Outreach	10	10	12	13
Women who attended Outings (PP, New Forest, Brownsea)	128	51	41	14
Number of women attending activities, courses and Personal Development (within sessions)				
Number of women attended All Being Well	40	8		
Number of women attended Relationships Courses	67	20	21	42
Number of women attending Exercise Classes	188	73	NA	NA
Number of women attending Self Defence	40	29	NA	NA
Number of women attending Dance	80	37	NA	NA

Number of women attended Arts and Crafts activities	929	107		
Number of women attended DIY/Woodwork	75	33		
Number of women attending Journalling	69	30		
Number of women attending Bournemouth Symphony sessions	178	76		
Number of women attending Christmas Party	59	59	50	50
Number of Women given financial support, meals and items				
Number of electric blankets given	20		16	14
Number of heated airers given	20		10	NA
Number of Air Fryers given	20		19	17
Number of hot meals provided	1665		418	230
Number of lunches provided at sessions	1027		936	845
Number of drinks and snacks provided at sessions	814		1468	548
Number of hot drinks provided	1471			
Food Bags	473		376	108
Greggs	410		156	68
Vouchers for Food Bank	10		10	10
£10 Vouchers for The Well	463		156	68
Care Packages (clothes, toiletries, condoms)	66		157	104
Christmas Hampers	100		100	80
Number of women receiving other services (mostly in Housing and advice group)				
Universal Credit Support	16			
Emotional Support	55			
Relationship Support	10			
Disability and Health Support	9			

Job seeking support	4			
Signposting/referral	41			
Immigration	4			
Court Support	2			
Home Visit	16			
Lifts/Transport	60			
CAB Appointment	68			
Shelter Appointment	24			

Evaluation of Sessional/ Relationship/Friendship/Managing Anxiety Courses

Reduced social isolation

Do you feel you have better access to services or support as a result of being in a session?

Yes 92% /No 0%/ I don't know 8%

27 women have had appointments with the CAB during our housing session, giving them access to new information and support.

35 women have attended a talk by Ridgewater Energy in the past year and 7 women booked a home appointment to manage their energy and bills better.

14 women had Shelter appointments progressing their housing and maintenance issues.

5 women have had maintenance support in their homes due to Shelter's opportunity to have DIY help, putting up shelves, painting bathrooms, kitchens, bedrooms and laying carpets.

4 women have benefitted from KDW Building giving free supplies and resources for housing and decorating projects.

1 woman has had her lounge decorated. Another family had their daughter's bedroom decorated. This week flooring is being organised for a woman expecting a baby.

'At present I do three days sessions with Safe And Sound Dorset and sometimes go to the Winton group so one way and another I do quite well from Safe And Sound Dorset.

Sometimes with help from the CAB on Thursdays for my housing issues. I have minor ongoing health problems; arthritis, ulcers on both ankles and lately osteoporosis (brittle bones) adequately looked after medically and I look forward to better health'

Do you feel improved social networks as a result of being in a session?

Yes 88% /No 4%/ I don't know 8%

'I feel the most connected and the most well at sessions and sharing food and activities with the varied women in the groups. I have gained confidence and self-esteem since attending Safe and Sound Dorset.'

Do you feel an increased sense of belonging in your community as a result of being in a session?

Yes 88% /No 8%/ I don't know 4%

'Safe And Sound Dorset sessions have really helped me to feel less isolated and the activities they offer are really beneficial for mental and physical well-being. I've made friends at the Sessions and feel a sense of belonging thanks to the welcoming atmosphere that staff volunteers and others create. It also helps me with the cost of living crisis and the vouchers and meals are really appreciated.'

Do you feel less lonely or isolated as a result of being in a session?

Yes 77% /No 15%/ I don't know 8%

4 Acrophobic women who could not go out previously, can now attend and look forward to sessions sometimes coming on their own.

'It's nice to spend time in a non-judgemental friendly place as isolation has been hard for me in the past few years'

Do you feel you will get involved with something like volunteering regularly as a result of being in a session?

Yes 40% /No 37%/ I don't know 22%

12 service users have extended from participating in a session to volunteering to help support in sessions or in our cafe.

Another 5 would like to volunteer but can't at the moment due to physical or mental impairment. But they will come and help at our monthly Vintage Day and Christmas Fair.

Improved Aspirations for the future

Do you feel motivated in personal aspirations and goals after being in a session?

Yes 70%/No 11%/ I don't know 19%

'The courses Safe and Sound Dorset has run has taught me new skills on how to live a healthier and more fulfilled life. It has helped me understand what a friendship is, how to maintain one and how to keep safe and healthy. It has helped me build the courage to live the life I was given with more confidence and happiness.'

'Positive wise I felt happier by the end of the course knowing it had helped everyone. It's made me go home and realise that you need to be careful who you go out with in a relationship, especially as I've been going out with someone before and he was controlling, but I hadn't picked up on it until we did the course and I thought back on that relationship.'

We have helped 3 (CG/NR/CB)people who had been refused PIP to reapply. We attended the assessment appointment with them and they were all awarded PIP and felt supported in their aspirations for their future. CB we supported in her tribunal, attending the assessment phone call and she was also awarded PIP.

We referred several women for O/T assessments so they have improvements in the home (JW/T/S)

We are working really closely with social services and housing to support women to complete forms and calls that they are asked to do.

2-3 women per year go on to an Adult Education course due to coming into our sessions and given support in applying (Maths/English/IT/Art/Counselling)

12 women attended IT skills courses to upgrade their computer skills.

6 women attended a self assessment tax course we ran for women who are self employed

Do you think you will take up volunteer placement/work experience opportunities as a result of attending the sessions?

Yes 25% /No 37%/ I don't know 37%

12 service users have extended to volunteering to help support in sessions or in our cafe.

5 more women volunteer and are involved with our second hand clothing groups.

Another 10 women would like to volunteer but can't at the moment due to physical or mental impairment.

Do you feel an increase of skills and knowledge after being in a session?

Yes 70% /No 8% / I don't know 22%

' Art and creative skills fathomless and indescribable appreciation'

New skills learned in our sessions include water colour painting, acrylic canvas painting, book binding course, block printing tea towels, printing bags, tie dying t-shirts which people often wear, printing, making cards to give away or sell, making book marks, coasters to sell at the Christmas Fair, making decorations, bunting, upskilling recycling furniture, upskilling clothes, designing mood boards, crocheting, knitting, massage with essential oils, exercises with yoga, movement with music, dancing learning new dances such as salsa, making music with Bournemouth Symphony Orchestra.

Improved mental health and wellbeing

Do you feel a reduction of stress, anxiety and/or symptoms of depression when being in a session?

Yes 77% /No 11%/ I don't know 12%

'It's a lovely kind inclusive group. The two ladies I support by coming to Safe And Sound Dorset sessions really enjoy coming to the group. It is good for them and their social skills and mental health. One of them even asked me this morning, 'Isn't it today that we're going to Safe And Sound Dorset?' A few weeks ago, She would not have been wanting to go out of the house so this is a huge step forward.'

Do you feel improved mental health or wellbeing as a result of being in a session?

Yes 85% /No 7%/ I don't know 8%

'Safe And Sound Dorset Friday Team and Sessions have helped me and saved my life. The extra care at Sessions and providing food I can eat, the love and kindness over and beyond the Sessions and the generosity of self and heart by the volunteers such as Friday night visits, taking me to hospital as well as the loving friendship of people has helped build up a network. Whereas before the isolation and lack of hope made me want to give up. Thank you for helping me live.'

Do you have increased interpersonal (social, communication and relationship) skills as a result of being in a session?

Yes 74% /No 14%/ I don't know 12%

25 women from sessions regularly meet up in small friendship groups outside of sessions due to getting to know one another better and use our voucher system for The Well coffee lounge. They also turn up at events like the Vintage Day to help out or be part of the team, preparing and selling second hand clothes to the public.

'We want the service user to turn up to counselling to meet themselves, not to meet the counsellor.'
(Kita)

Do you feel increased resilience and/or self-care as a result of being in a session?

Yes 85% /No 4%/ I don't know 11%

' if it wasn't for Safe And Sound Dorset I would be up a creek without a paddle and without hope, facing rocky rapids in a fast flowing stream, into a river torrenting down towards a waterfall. I think you get my drift. I won't be in a drift due to the incredible leadership and amazing team of helpers, human angels indeed. It is absolutely every area that I have had support, care, been listened to, accurate sign posting and assistance beyond my imagination. No one else has helped me.'

Do you feel increased self-esteem and confidence as a result of being in a session?

Yes 81% /No 8%/ I don't know 11%

'I feel the most connected and the most well at sessions and sharing food and activities with the varied women in the groups. I have gained confidence and self-esteem since attending Safe and Sound Dorset.'

If applicable - Do you have reduced substance misuse and addictions as a result of being in a session?

Yes 8% /No14%/ NA 78%

This is mainly not applicable as Recovery Groups run alongside our sessions and we can refer people on to these.

Do you feel better able to maintain healthy relationships as a result of being in a session?

Yes 92% /No 0% / I don't know 8%

35 women have completed relationship courses with us, finding new ways to deal with difficult relational issues, connecting up childhood patterns and changing behaviour due to being together with others to discuss these things.

4 women have attend a relationship course for those on the autism spectrum, due to being involved in sessions.

2 women have been offered 1-1 courses to help with relationship issues

2 women have been referred on to 1-1 counselling from relationship courses.

2 women have attended Freedom Courses after our women's sessions.

1 woman has an escape plan in place if needed.

1 woman has reported a boyfriend for stalking(these are huge steps for people who have low self esteem)

J L came to a couple of the first Healthy relationships course sessions from outreach. This is a huge step in to an unknown world for her.

V M engaged with the healthy relationships course and we were able to feed that back to the social worker who was assessing her to get her son back to her from care.

And we are working 1:1 with S and despite many upsets she is engaging really well.

Personal testimonies:

'I've found the workshops very beneficial. I've realised that my experiences are valuable to share and I've learnt a lot from others experiences too.

Listening to others has made me not focus solely on my own feelings and it's helped me to accept others.'

'Yes I learnt that how I am now, is a result of my childhood.'

'I was going through a tough time with the children being in care , going through court etc, and the course kept me busy, and my spirits up.

I've learnt the way my childhood was, is not the way to be in life now.'

'Social Services instructed me to do the relationship course to enable me to keep my unborn baby. I've found the course informative and it has taught me about myself and how I have developed through experiences as a child that have influenced me and made me who I am as an adult. The course is a good opportunity.'

'It impacted me by giving me tools and education to learn more about healthy relationships, abusive behaviours to be aware of, how not to be treated.

I got my son back home with me now, so definitely helped me understand what I went through and why and how to recognise it so doesn't happen again.'

'The relationships course was good to inform us and help us open up to share testimonies with fellow women. It helped me offer up personal thoughts and challenge old patterns of dealing with relationships, thanks to the great leadership from leader.'

Case study

Big successes are B introduced to the charity by G, (difficult childhood, had been homeless, the church had helped as far as they could) was nervous and anxious but came along to the craft sessions.

Then she did a 5 wk 'friendship course'.

Then she joined the Winton art/craft sessions where she made connection. We recognised neurodivergence and invited her to the 4 wk 'healthy relationship course' which was an extra we ran over the summer.

She came on her own to the smaller Canford Heath sessions; recognising she can join groups and meet new people and its good for her and she can also reach out and express how she feels as its a safe space and doesn't need to hide and manage alone.

Safe and Sound Dorset
Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statement in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial period which gives a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity and signed on its behalf by



Mrs Mary Richards
Trustee

Date 21/09/25

Safe and Sound Dorset

Independent Examiner's Report to the Trustees of Safe and Sound Dorset

I report on the accounts of the charity for the year ended 31st March 2025 which are set out on pages 4 - 12.

Respective responsibilities of trustees and examiner

The Trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act;
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- To state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Sue Wintle
Independent Examiner

27 Bascott Road
Bournemouth
Dorset

BH11 8RJ

Date

10-10-25

**Safe and Sound Dorset
Statement of Financial Activities
For the Year ended 31st March 2025**

	Note	Unrestricted	Restricted	Total 2025	Total 2024
Income and Endowments from					
Donations and Legacies	1	-	196,236	196,236	133,149
Trading Café	2	104,847	31,000	135,847	80,382
Other Income	3	19,779	-	19,779	10,241
Total	4	124,626	227,236	351,862	223,772
Expenditure on Charitable Activities					
Administrative Costs	5	8,192	553	8,746	13,271
Café	7	123,117	15,440	138,557	130,448
Sessions and Activities	5	-	173,429	173,430	94,202
Total	6	131,309	189,422	320,733	237,921
Net Fund Movement		(6,683)	37,814	31,129	(14,148)
Gross Transfers between funds - In		-	-	-	36,042
Gross Transfers between funds -Out		-	-	-	(36,042)
Net Movement		(6,683)	37,814	31,129	(14,148)
Reconciliation of Funds					
Total funds brought forward		8,174	18,793	26,967	41,118
Total funds carried forward	12	1,491	56,607	58,098	26,969

All of the charity's activities derive from continuing operations during the above two periods.

Safe and Sound Dorset

Notes to the financial Statements for the year ended 31st March 2025

INCOME AND ENDOWMENTS FROM	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
Donations and Legacies				
Grants				
Alice Cooper Dean	-	10,000	10,000	10,000
Ashworth Trust	-	5,000	5,000	-
Barrett Homes	-	-	-	1,500
BCP Traders	-	2,000	2,000	-
Community Lottery	-	19,872	19,872	-
DCF Food and Energy Vouchers	-	8,500	8,500	2,000
DCF Specialist Sessions	-	2,000	2,000	-
DCF Winter Warmth	-	7,835	7,835	10,000
Edward Gosling	-	-	-	5,000
NHS CAN Housing Group	-	8,000	8,000	-
Postcode Lottery Sessions	-	20,000	20,000	-
Reaching Communities	-	57,705	57,705	55,449
Roger Raymond	-	2,500	2,500	2,500
SNG Well Being	-	3,500	3,500	-
Siouter	-	-	-	2,000
Sovereign Housing	-	700	700	-
Sovereign Housing Crowdfunder	-	-	-	5,000
Sovereign World Mental Health	-	-	-	700
Talbot Village	-	-	-	5,000
Trumark Trust	-	10,000	10,000	-
Trusthouse Charitable Foundation	-	10,000	10,000	-
Tudor Trust 1	-	782	782	-
Tudor Trust 2	-	17,000	17,000	17,000
Tudor Trust 3 wellbeing	-	-	-	2,000
Ukraine Saturday Group	-	4,992	4,992	-
Ukraine Wednesday Resources	-	5,000	5,000	-
Valentine Trust	-	-	-	15,000
Westbourne Rotary	-	850	850	-
Total Grants	1	196,236	196,236	133,149
Cafe				
Grant Talbot Village Rent				
Grant Talbot Village Managers Wage				
Total Café Income	2	31,000	135,847	80,382
Other Income				
BH Coastal Lottery				
Blackbaud Fundraising				
Crowdfunder				
Disposal Motor Vehicle				
Donations				
Easy Fundraising				
Hardship Fund				
Sundry Income				
Total Other Income	3	-	19,779	10,241
Total Income	4	227,236	351,863	223,772

Safe and Sound Dorset
Notes to the financial Statements for the year ended 31st March 2025

EXPENDITURE ON				
Charitable Activities	Unrestr'd	Restr'd	Total	Total
Administration and Trading			2025	2024
	£	£	£	£
Administration Assistant (Reaching Comms)	-	553	553	8,224
Advertising & Marketing	1,058	-	1,058	-
Depreciation	679	-	679	679
Employers National Insurance	2,384	-	2,384	-
General Administration	1,024	-	1,024	1,192
Independent Examiner	300	-	300	904
Pension	2,747	-	2,747	2,272
5	8,192	553	8,746	13,271
Café				
Cleaning	1,499	-	1,499	-
Direct Costs	482	-	482	-
Equipment	7,512	-	7,512	-
Event Overheads	774	-	774	-
Food	27,790	-	27,790	-
Maintenance	1,023	-	1,023	-
Rent	-	14,000	14,000	-
Salaries	69,139	1,440	70,579	-
Services	4,177	-	4,177	-
Utilities	9,823	-	9,823	-
Zettle Fees	897	-	897	-
6	123,117	15,440	138,557	130,448

Safe and Sound Dorset
Notes to the financial Statements for the year ended 31st March 2025

EXPENDITURE ON Charitable Activities	Unrestr'd £	Restr'd £	Total 2025 £	Total 2024 £
Sessions and Activities				
Alice Cooper Dean	-	8,604	8,604	4,615
Ashworth Trust	-	3,511	3,511	-
Aviva Crowdfunder	-	-	-	5,326
BCP Traders	-	2,000	2,000	-
Community Lottery	-	6,241	6,241	-
DCF 2024 Food and Energy	-	8,500	8,500	1,751
DCF New Home	-	-	-	83
DCF Summer Food	-	-	-	19
DCF Winter Warmth	-	7,835	7,835	4,763
Edward Gosling	-	-	-	2,816
February Foundatipn	-	-	-	1,248
NHS CAN Housing Group	-	3,962	3,962	147
Postcode Lottery	-	18,300	18,300	-
Reaching Communities	-	56,704	56,704	41,109
Roger Raymond Charity	-	3,607	3,607	1,076
SNG Well Being	-	639	639	-
Souter	-	-	-	2,000
Sovereign Housing Crowdfunder	-	-	-	12,745
Sovereign World Mental Health	-	580	580	-
Trumark Trust	-	10,000	10,000	-
Trusthouse Charitable Foundation	-	9,039	9,039	-
Tudor Trust 1 Leisure	-	1,634	1,634	1,520
Tudor Trust 2 Volunteer Co-ordinator	-	17,000	17,000	11,892
Ukraine Womens Saturday	-	1,023	1,023	-
Ukraine Wednesday Resources	-	3,239	3,239	257
Valentine Trust	-	10,996	10,996	2,604
Westbourne Rotary	-	15	15	-
Winter Crowdfunder	-	-	-	232
7	-	173,429	173,429	94,202
Total Charitable Activities	8	131,309	189,422	320,732
		237,921		

Safe and Sound Dorset
Notes to the financial Statements for the year ended 31st March 2025

EXPENDITURE ON

Charitable Activities

Administration and Trading

	Unrestr'd	Restr'd	Total 2025	Total 2024
	£	£	£	£
Administration Assistant (Reaching Comms)	-	553	553	8,224
Advertising & Marketing	1,058	-	1,058	-
Depreciation	679	-	679	679
Employers National Insurance	2,384	-	2,384	-
General Administration	1,024	-	1,024	1,192
Independent Examiner	300	-	300	904
Pension	2,747	-	2,747	2,272
	5	553	8,746	13,271

Café

Cleaning	1,499	-	1,499	-
Direct Costs	482	-	482	-
Equipment	7,512	-	7,512	-
Event Overheads	774	-	774	-
Food	27,790	-	27,790	-
Maintenance	1,023	-	1,023	-
Rent	-	14,000	14,000	-
Salaries	69,139	1,440	70,579	-
Services	4,177	-	4,177	-
Utilities	9,823	-	9,823	-
Zettle Fees	897	-	897	-
	6	15,440	138,557	130,448

Safe and Sound Dorset
Notes to the financial Statements for the year ended 31st March 2025

Café Summary	Unrestr'd	Restr'd	Total 2025	Total 2024
	£	£	£	£
Income	104,847	-	104,847	80,129
Session use of Café	-	-	-	37,630
Grants	-	15,440	15,440	-
Expenses	-	-	-	(66,325)
Talbot Village Grant Rent	-	(2,800)	(2,800)	-
Talbot Village Grant Managers Wages	-	(14,000)	(14,000)	-
Salaries	-	-	-	(65,731)
	<u>104,847</u>	<u>(1,360)</u>	<u>103,487</u>	<u>(14,297)</u>

Trustees Remuneration and Expenses **10**

No Trustee, nor any persons connected with them, have received any remuneration from the charity during the year.

Staff Costs **11**

The aggregate payroll costs were as follows:

	2,025
	£
Wages and salaries	<u><u>160,671</u></u>
Employers National Insurance	<u><u>2,384</u></u>
Pensions	<u><u>2,747</u></u>

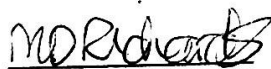
No employee received emoluments of more than £60,000 during the year.

Safe and Sound Dorset
Notes to the Financial Statements

	31 March 2025	31 March 2024
Fixed Assets	6,100	6,100
Vehicle Cost	(3,383)	(4,062)
Vehicle Depreciation	(2,717)	-
Disposal	-	2,038
	<hr/>	<hr/>
Current Assets	66,826	27,244
Cash at Bank and In Hand	562	98
Debtor	1,281	2,381
Stock	68,669	29,723
	<hr/>	<hr/>
Liabilities	487	870
Barclay Card	1,509	98
Creditor	2,644	1,678
Gift Cards	5,387	-
Paye. Ni	544	-
Pension	10,571	2,646
	<hr/>	<hr/>
Net Assets	58,098	29,115
	<hr/>	<hr/>
Funds of the Charity:		
Restricted Funds	56,607	18,793
Unrestricted Funds	1,491	8,174
	<hr/>	<hr/>
Total Funds	58,098	26,967
	<hr/>	<hr/>

The financial statements on Pages 18 to 24 were approved by the trustees, and authorised for issue on

and signed on their behalf by:



Mrs Mary Richards
Trustee

Safe and Sound Dorset

Notes to the Financial Statements for the Year ended 31 March 2025

1 Accounting Policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of Preparation

Safe and Sound Dorset meets the definition of a public benefit entity under FRS 102 Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going Concern

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

Income and Endowments

Income is accounted on a receipts and payments basis, it is recorded in the accounts when it is received

Donations and Legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants Receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant are yet to be met, the income is recognised as liability and included on the balance sheet as deferred income to be released.

Other Trading Activities

This represents income received at craft fairs, where crafts created during sessions are sold. Magazines were also printed and sold this year.

Expenditure

Expenditure is accounted on a receipts and payments basis, it is recorded in the accounts when it is paid.

Charitable Activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Safe and Sound Dorset

Notes to the Financial Statements for the Year ended 31 March 2025

Grants

Grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised as income over the period in which the related costs are recognised.

Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Cash and Cash Equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade Creditors

Are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if it does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund Structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area for specific purposes, the use of which is restricted to that area or purpose.

Safe and Sound Dorset

Notes to the Financial Statements

Note

Taxation

11

The charity is a registered charity and is therefore exempt from taxation

Fund Movement	12	Funds		Funds	
		01.04.2024	Incoming	Outgoing	31.03.2025
Income					
Alice Cooper Dean		-	10000	(8,604)	1,396
Ashworth Trust		-	5000	(3,511)	1,489
BCP Traders		-	2000	(2,000)	-
Community Lottery		-	19872	(6,241)	13,631
DCF Food and Energy Vouchers		-	8500	(8,500)	-
DCF Winter Warmth		-	7,835	(7,835)	-
DCF Specialist Sessions		906	2,000	-	2,906
NHS CAN Housing Group		-	8,000	(3,962)	4,038
Postcode Lottery Sessions		-	20,000	(18,300)	1,700
Reaching Communities		-	57,705	(57,257)	448
Roger Raymond		2,028	2,500	(3,607)	921
SNG Well Being		-	3,500	(639)	2,861
Sovereign World Mental Health		-	700	(580)	120
Talbot Village The Well Rent		-	17,000	(14,000)	3,000
Talbot Village The Well Manager Wage		-	14,000	(1,440)	12,560
Trumark Trust		-	10,000	(10,000)	-
Trusthouse Charitable Foundation		-	10,000	(9,039)	961
Tudor Trust 1 Leisure		4,863	782	(1,634)	4,011
Tudor Trust 2 Volunteen Manager Wages		-	17,000	(17,000)	-
Ukraine Saturday Group		-	4,992	(1,023)	3,969
Ukraine Wednesday Resources		-	5,000	(3,239)	1,761
Valentine Trust		10,996	-	(10,996)	-
Westbourne Rotary		-	850	(15)	835
		18,793	227,236	(189,422)	56,608
General Funds		8,174	124,626	(131,309)	1,490
Total Funds	12	26,967	351,862	(320,731)	58,098

Safe and Sound Dorset

Notes to the Financial Statements for the Year ended 31 March 2025

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Safe and Sound Dorset

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Safe and Sound Dorset

Notes to the Financial Statements for the Year ended 31 March 2025

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SAFE AND SOUND DORSET

England & Wales - Charity number 1172371

Accounts



Charity No. 1172371

Annual Report

For the year ended 31 March 2024

SAFE AND SOUND DORSET
Annual Report
For the year ended 31st March 2024

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SAFE AND SOUND DORSET

Trustees and Advisers For the year ended 31st March 2024

Trustees

Mary Richards
Victoria Westerby
Hannah Rees (appointed 15/10/2022)
Delia Smith (appointed 15/10/2022)
Rachel Flynn (appointed 15/10/2022)

Principal Office

1 Browning Avenue
Bournemouth
Dorset
BH5 1NP

Charity Registration Number

1172371

Gift Aid Reference Number

EW77430

Independent Examiner

Vantage Accounting Services Ltd
1 Cedar Office Park
Cobham Road
Wimborne
Dorset
BH21 7SB

SAFE AND SOUND DORSET
Trustees' Report
For the year ended 31st March 2024

Safe and Sound Dorset
Annual Report
Written by Dot Pickett
Endorsed by Mary Richards

Our mission statement

Working with women who are isolated or at risk, building confidence through creativity and community, encouraging social inclusion, responsibility and personal choice.

Safe and Sound Dorset is still at an important transformational stage in its development and growth. With the opening of our not-for-profit coffee lounge 2 years ago and expansion we are at a break even point. Here are some statistics to underpin where we are placed within our community.

In March 2023 inflation was 10.4% that was a rise by 4.7% from 2022 and we are experiencing an even higher increase in 2024.

Nominal wages rose by 8.9% 2022-2023 and therefore workers living in Bournemouth were £27 per month poorer in 2023 than the previous year. This alone has seen an increase in demand for our services, especially for food provision. We have also seen a need for food support amongst all age groups and demographics. We would estimate that 2024 will be one of the worst recorded for our area.

There has also been an increase in domestic violence and new reports coming in weekly as pressures rise adding to the vulnerability of the women and girls we serve.

Homelessness is devastating, dangerous and isolating. The average age of death for women experiencing homelessness is 42. People sleeping on the street are almost 17 times more likely to have been victims of violence. More than one in three people sleeping rough have been deliberately hit, kicked, or experienced some other form of violence whilst homeless.

Homeless people are over nine times more likely to take their own life than the general population.

Our housing group is consistently active, and more women are also requesting help with maintaining housing that is sub-standard. We regularly support women to cope with staying on top of their bills. Without this support some would fall behind on their responsibilities and end up evicted and back into a vulnerable situation.

We collaborate with Citizen's Advice Bureau and Shelter to support housing and housing stability.

<https://www.crisis.org.uk/>

The research also identifies ongoing health issues in 90 per cent of those who participated, including mental health issues (72%) and addiction (69%). It also highlighted significant gender differences: men were less likely to have a mental illness and less likely to have an addiction than women.

As The Big Issue has highlighted recently, digital poverty is a growing concern in a world where everything from healthcare and housing to financial services and benefits is now online. Bournemouth University's research showed that 77% of participants owned a mobile or smartphone, yet only 50% could access the internet regularly.

Women experience many more barriers than men.

Overall confidence in using the internet was generally poor, with approximately half (49%) stating they had low/very low confidence, and this was lower in both older participants and in women.

The interviews identified numerous barriers.

These included the inability to access support because of lack of local connection; no address or verification of homeless status; inadequate information regarding how to access services; personal difficulties and a perception of prejudice that made seeking help difficult.

And in digital literacy and connectivity, homeless women again experienced many more barriers than men. As a result, many services deemed excellent by participants are not being accessed; information is poor, hard to find and rarely updated, which leads to a reliance on word of mouth to find services.

This research highlights the need for both policymakers and practitioners to have an awareness of the differences of experiences between men and women who are homeless when developing services, as well as the importance of ensuring that digital health technologies policy and practices do not further disadvantage those who are homeless.

<https://www.bigissue.com/>

We believe that with support all women can be empowered to recognise and develop their strengths, confidence and self-esteem, and are more able to manage their lives positively.

Our strategy is always underpinned by our beliefs and values. These values include an understanding of how much a support system around each person can make a huge difference. Belonging to a community addresses social issues of positive inclusion enabling women to build their confidence. Barriers of disadvantage and low income affect the lives of many women struggling in isolation and can be alleviated through small means such as creating safe spaces, sign posting to vital appropriate services, accessibility to food vouchers, community meals, laundry and shower facilities as well as a chance to connect up in small ways throughout each week, eat together and do activities together. Our therapeutic creative activities enable women to develop their lives cognitively, creatively, relationally for well-being as well as for practical support. This holistic approach has always been our focus and with our coffee lounge we have been more able to embrace this way of life.

Our staff and volunteers support women often with multiple disadvantages. Through our creative sessions we offer community support, specialist relationship courses, housing support and through our coffee lounge we offer the opportunity for community gatherings as well as volunteering opportunities, employment and training. Relationship breakdown, homelessness, long-term mental and physical health issues can affect us all and we understand the need for support through temporary

and supported housing and while moving into long term accommodation, as having a home is a first step to a more stable environment. Our safe space for women has become a support system whilst women stabilise their housing options.

Since opening our community cafe, The Well, in the Royal Arcade in Boscombe, we have begun to organise events which fit in with the historic location. Our cafe manager, cooks, kitchen assistants, volunteers and work experience placements all make this a longterm concern, with sustainability a key word. The coffee lounge is a training venue for people wanting to gain confidence and build up employability skills, self-esteem and soft skills, such as communication, teamwork, adaptability, problem-solving, creativity, work ethic, interpersonal skills and time management.

At the coffee lounge they can gain their Food Safety certificates (L2/L3) and build their confidence through hospitality skills.

We have collaborated with the **South West Region Assessment Centre (SWRAC), Bournemouth College, Send4** by taking work placements for 16-25 year olds and have kitchen assistants committed to 16 hours a week each on their work placement for a year at a time.

We got some feedback from Dorset Community Foundation and the NHS funders:

'Thank you so much for accommodating us at the visit on Friday. I know your time is a precious commodity so it's really appreciated! The NHS manager really got an awful lot from the whole day and is now even more energised about how different and how effective community based solutions are. Brilliant!'

We wrote back: We have grown as a charity from roots upwards so there is a strong, organic support system in place which is natural and flourishes with good tending, good funding and good resources. We are able to gather people who fall through other statutory services and provide a safe space for women from diverse and varied backgrounds, cultures and life experiences.

Mary Richards, Chair of Trustees:

We continue to provide a beautiful community space at The Well coffee lounge. The staff and volunteers are thriving in the work they do to bring a homely and supported environment giving lovely, reasonably priced food to their growing customer base. We continue to be able to give paid work and we are looking forward to seeing more women thrive, come out of the shadows of loneliness and together create a peaceful place for people to come and enjoy community in the town.

We have reached our 7th year as a charity and I am so proud of the hard work that all the staff do every day.

The Well Coffee lounge and the space it gives has proven to be the hub which Safe and Sound Dorset works from and has taken us to a new level of being able to care and support our community.

We have been able to create a secure space for women, and also the wider community of our town to gather together, to not only eat and socialise, but also to provide opportunities of employment, creativity and personal growth and care.

A highlight for me was being able to join everyone on several trips to Brownsea Island, gifted to us by The National Trust, for the health and well being of our community.

Our faces were a picture as we saw red squirrels, peacocks, deer and numerous species of birds. Even the trip over on the boat was exciting as many had never experienced this before including myself. In a beautiful tranquil setting relationships grew and a sense of belonging was evident amongst us, each story treated with dignity and everyone's life honoured and valued.

National Trust gifted 25 women a visit to Brownsea Island on International Women's Day with 4 subsequent visits.

One participant's story:

I did a lot of firsts: Hugged trees, bark rubbings, journaling, writing in the book the National Trust gave us. I felt like layers over me were parting with light coming through, I remember reading books to my children and going to guides and scouts, where I had first heard of Brownsea Island and always wanted to visit. The island was an inspiration for me since my childhood.

What I appreciated was that we had a trip on our own, an incredible discovery of nature bathing, creation, trees, barks, textures, very sensory, walking on bracken. Caroline our volunteer told us to find a stone, put all your anxieties on it and throw it away. This helped me start to absorb the atmosphere and lose all my worries. When I got home, I was still engaged, and let it all bathe over with a sense of quietude, serenity. Next day, unexpectedly, I had such a restorative peaceful, tranquility and was able to give myself permission to sleep and have a mind shift of well-being, having suffered chronic insomnia. It stayed with me and I slept at one with myself like a baby in a peaceful rest.'

Our Late-night Outreach

Interestingly we have seen less women on the streets this year, down from 62 in previous years with 34 unique women being helped during street outreach in 2023. Up to 32 of these women have also engaged in our sessions and housing services. This is a huge leap forward in interaction across our charity and indicates the trust built through our consistent approach and the accessibility of The Well coffee lounge as a venue for women to approach.

We recorded 341 interactions in 2023 over approximately 40 weeks of the year averaging seeing 8 women on a Friday night. Our weekly outreach around Boscombe and Bournemouth reaches the girls at their most vulnerable who are in temporary or supported housing or newly housed, homeless, sofa surfing or working on the streets, some straight out of prison. Greggs Bakery supply us with their left over food so we can offer food and drinks, as well as warm clothing, toiletries and sign post women to services in the area: housing, sexual health clinics, domestic violence support services as well as to our sessions, encouraging them to attend weekly, in various locations, where community inclusion is promoted, offering a shower and laundry facilities in some venues and participation in creative arts in small groups or help

with housing or appointments. We have seen more progression from the streets to supported housing or homes. This is a most important service we offer, as we reach out to women at their most vulnerable.

A typical Friday outreach 7-10.30pm

P & G plus new volunteer

12 Greggs food bags

7.10 Boscombe

B: Food-bag ; Recently out of hospital. Seemed quite upbeat. We will support with next hospital visit

7.20 Pokesdown

O: Food-bag left as she was away from her bedding and belongings.

St Mungos aware.

7.45 Winton

O: Food-bag: sofa surfing with friend. Police were in her dad's place tonight sorting out issue with her brother.

8pm Kinson

E: Food-bag Does want to engage with our sessions but has not been well but feeling better. Text P to say she was starving hungry. Very grateful for food.

8.10 Kinson

S: Food-bag

Had ulcer on her leg, she has antibiotics and cream but does not feel better so was going to go to A&E tonight, she said she would let us know how it goes.

8.30 Bournemouth

M: Food-bag, Seemed well, was going to sofa surf with friend as she likes company, really wants to come to our sessions. Leaflet given

8.40 Bournemouth

K: Food-bag. She really wanted a chicken bake and we had one, she was really happy with it! She didn't look well and had sores on body, sleeping rough and did not have a room anywhere, she said she would come to The Well during the week.

8.50 Bournemouth

B car park: had a chat as at risk with men in car park. The group in car park have dispersed to squats around Bournemouth, they still go to the carpark in really bad weather. Risk reported to Adult Social Care

9pm Bournemouth

T: Irish, food bag given, rough sleeping Was grateful.

S:(very thin, black hair, young but said she was older than she looked) Gave food, condoms, care package, toiletries, voucher for The Well. She says she does have somewhere to live, locally. Working and using Heroin. Asked for our leaflet and did engage, but not seen us before. We said we could support her to appointment to get a prescription to come off heroin

9.20 Boscombe

F: Food-bag: looked really well, said she had seen the women's house today and will move in next week. So excited and so are we! She said the engagement they want from her is not overwhelming and she knows its a long way in the future but she has even thought about going to college.

Will keep in touch.

9.30 Boscombe

K carpark: Food-bag given K has been evicted from supported housing. St Mungos are aware

9.40

G: Left over food, always very grateful and had a long chat with us as she feels isolated and overwhelmed, has not been in the best place.

Contacted :C & G but no reply.

9.50: Team Debrief: any issues, upsets, disturbing feelings, from going out tonight?

New volunteer: Feeling overwhelmed by so much but glad to be involved and experience an evening with the team.

We are on the phone if anyone needs to talk.

Next day texts between team members:

New volunteer:

Morning. I felt quite upset seeing the young girls, especially S, last night but at the same time it was helpful for me to come along and really lovely to see what you do for the women.

Response:

Thanks for letting me know how you are feeling. Sometimes it's difficult to see how others choose to live 😊 The way I try to look at it which helps me is: For S, maybe we are the first people who have reached out to help her. She was a bit cagey, but it may have been important for her. That's why we do this and are able to ask girls to consider the risks they are taking, give them food and some toiletries and invite them to our sessions.

We may never see her again. That's the nature of the outreach.

The outreach team are aware that we aren't out there to rescue people, because we can't do this, but to give them connection and a way to help themselves.

Some of the others we saw last night used to be like 'S' but are now housed and off drugs and still in contact with us which allows us to see their story.

Welcome to Safe and Sound Dorset!

Have a great weekend!

New volunteer: Thanks, that does help to see it in another perspective. Have a lovely weekend too 😊

Creative community sessions

We now have 10 sessions running per week, term time only:

2 creative sessions in Boscombe which involve creating a low cost meal to eat together, chair exercises and craft activity. Monday and Wednesday 1.30-3.30pm with relationship courses running 4-5 times a year.

2 morning craft sessions in Boscombe Tuesday/Thursday 11-1pm

1 creative session in Winton -Thurs 11-1pm

Afternoon relational skills workshops 3 x 5 weeks a year

1 Ukrainian welcome Women's group Wednesday (Fortnightly) 1-3pm which we run with International Care Network.

2-3 sessions for women to develop skills with sales and clothing Thurs/Fri

1 Housing session with a Shelter and CAB rep involved Thursday 1-4pm

We run our women only creative community sessions, alongside our 1-1 support service offering help with doctors and hospital appointments, court, prison, housing and recovery accompaniment as well as help with college and job, house applications. Our aim as a group is to inspire each other to reach for opportunities and build confidence through creativity and community and to be a model for other organisations who could adopt our collaborative, creative, holistic approach.

We have had over 387 unique women participate in our services over the past year and we have progressively seen women trapped in cycles of anxiety, relationship breakdown, isolation and homelessness, moving on into participation in groups, finding temporary or supported accommodation and then able to access more support through careful signposting and through attending our women's safe spaces. This year we have extra hours to develop the whole area of second hand clothing at The Well, involving some service users in employment training to sort clothes, use the steamer, label clothes, allocate to seasonal rails for sale and display clothing.

One participant writes:

All of the staff at Safe and Sound Dorset and The Well are kind to me and allow me to be myself, so I don't feel anxious. I feel safe in my role as a volunteer clothing assistant. I feel at home working and assisting the clothing team, who I work with.

My previous background was a full time nurse, which came to an abrupt end and unexpected in 2019. I had to retire due to ill health with a brain tumour and recovery from further treatment after 22 years in the NHS and was less than the retirement age.

I am left with anxiety, loss of confidence, fatigue and memory loss which affects my day-to-day life.

I'm also sensitive to loud sounds and sudden movements. Working with S&SD I've regained purpose, a better sense of self-acceptance and motivation. I believe I'm supporting a community. I sometimes join in the creative sessions at The Well cafe. I have my own problems, noise being one of the hidden ones, I still enjoy the sessions. I think it helps me understand we all have our own mild/physical problems and we feel connected even from different backgrounds, families and cultures. I feel accepted by them, and I learn from others which helps me with my own personal issues.

Our coffee lounge is a designated 'warm room' for those in our community who cannot afford to heat their homes, with elderly people and those on low incomes, with long-term mental and physical health conditions amongst the most affected groups. We are also offering low-cost affordable cooking and heating equipment for our service users which will help bills stay low.

This year we have been able to purchase 100 extra-large warm hoodie fleeces thanks to a grant from Dorset Community Foundation and BCP Council's Food and Energy fund to distribute throughout the winter months.

There are some mental health teams and social prescribers using our premises for groups gathering in the coffee lounge. Other courses could be run from the premises

as we have created a downstairs meeting room which is a lounge, counselling and training area. Having our own premises will hopefully consolidate our working rapport with others in the community.

'The Well is an accessible warm room where folk may meet, chat get good food and drink definitely be entertained by the wonderful staff and volunteers.

I appreciate having this resource where different social prescribing groups can meet. I have increased social contact with a wider variety of people from the wider community.

I can craft, paint chat enjoy music the decorations and celebrations. It is a place I can meet friends when my flat would be inaccessible due to stairs. A friend who uses a wheelchair is able to join me and we can craft together again.

We can get affordable nutritious food and drink.

The soup maker , blanket and heater have helped when my boiler cut out. I have gained confidence and my voice is stronger from singing, talking and certainly laughing more.

The cooking group at BBC has increased my hand dexterity speed and concentration. The food we produce has helped me be more interested in eating better. This has helped me lose weight and be more motivated.

The range of activities doing journaling and courses on assertion have been really educational and enjoyable. Using The Well in addition to BBC has meant I have got to know other Safe and Sounders plus become friends with other customers. Being able to help out clearing tables helps me feel useful.

The craft groups on Tues and Thurs have given me an outlet for my craft experience and materials which I can share with the other women. This boosts my self esteem.

Having somewhere where I can be upset and get support has been so helpful as my health has dealt me considerable challenges. I would otherwise be very isolated and detached from society.'

Over the past seven years we have been involved with women at risk of domestic and sexual violence, addictions with alcohol and drug issues, eating disorders, long term mental and physical health issues, low or no family support, relationship breakdowns, low self esteem, no confidence, lack of education and employment.

Personal feedback:

'I want to genuinely thank Safe and Sound Dorset for all the help and constant support I have received, in ways I didn't expect. I have been helped, emotionally, mentally, in my self esteem, practically and more. All the encouragement and opportunities I have been given also helps my children and our family as I am a better, more capable and present mum.

I have never experienced such a supportive group, so always available and compassionate. It's very emotional for me to have been sustained in such a way, especially after such a crisis in my life. I have no end of gratitude to the team that makes this happen.'

'Hi, I am completely alone, no family contact, only professionals checking on me weekly or three monthly. Having Safe and Sound Dorset to contribute to and receive food vouchers means such a lot. Although I am not seeing or talking that much to folk, knowing there are some people who care about me makes a difference.'

IMPACT OF SAFE AND SOUND DORSET	PERCENTAGE OF POSITIVE OUTCOME
From isolation into the community and participating in a group	91
From poor mental health, not coping well to a better state of mind, able to share anxiety;	81
From bad physical health, not feeling well to a healthier lifestyle and more well-being	84
From a chaotic, indisciplined lifestyle to becoming more responsible	80
•From addiction to taking steps into recovery;	85
From emotional instability to making good choices with relationships	86
From self-doubt, low self esteem and no confidence to feeling valued and more confident;	84
From attending sessions to stepping onto a course, into education or into volunteering	75
*From homelessness and fear to finding housing support which is safe and stable;	77
Receiving meal vouchers for The Well coffee lounge	89
positive feelings towards Safe and Sound Dorset	84
positive feelings towards the world news.	26
positive feelings towards seasonal flu vaccines	61
positive feelings about Covid/omicron vaccines and viruses	38
positive feelings about trusting the NHS	53

Information on volunteers

It really is a pleasure to work with our volunteers and see them grow and develop but also see them enjoy the services we offer.

Each volunteering role should complement their personal objectives, encouraging confidence with the aim for everyone to develop skills so that they can go on to other experiences in or outside Safe and Sound Dorset.

There is a group of volunteers who work within The Well coffee lounge – our not-for-profit organisation. Our main aim is to offer work experience, food and hygiene certificates and to build confidence in the workplace to encourage women back in to work in the long term.

Most popular answers when asked about the future:

Looking forward to the new year

Feeling better about myself

Try to be more healthy and positive

Go away on holiday

Go on overnight/day retreat

Have a new look

Most popular activity answers:

Meet up with my friends

Go out for more walks

Try new art and craft

Do more exercise

Declutter

Meet up with family

Go swimming

Go to the beach

Make the most of good weather

Do some journaling

Sign up to a new course

Make a meal with others

Tidy house

Collaborating with others

Organisation Name	Service offered
Shelter Dorset	Referrals for rough sleepers, those with housing issues, housing maintenance in Bournemouth area,

	support our housing group for referrals. Support our sessions with woodwork training.
Bournemouth CAB (Citizens Advice Bureau)	Fortnightly visits for referrals to S&SD housing group at The Well
CAN	Volunteer support and training
South West Region Assessment Centre (SWRAC)	Refer young people to The Well for work experience placements for 16-25 year olds
ICN International Care Network	Working with refugees and asylum seekers. We run a Ukrainian Women's session with them at The Well fortnightly.
BH1 Drop in centre	Referrals for rough sleepers in Boscombe and Springbourne
National Trust	Offered S&SD Brownsea Island Community Pass for 5 visits in 2024 to enable over 40 women from deprived areas a chance to visit this lovely island.
Dance with Emily	Delivered 4 free sessions over 2024
Bournemouth Symphony Orchestra	Delivered 5 free sessions over 2024 culminating in a choral performance at Christmas.
Marc Smith Gym	Delivered 3 free safety awareness and self defence sessions
Homeward and the Homelessness Reduction Board	Prince William's National initiative, in Bournemouth area. Safe and Sound Dorset is a member working collaboratively with other agencies such as BCP Council, Faithworks, St Mungos, Street Services, YMCA to tackle homelessness. Monthly meeting
Livewell Dorset	Integrate their philosophy of healthy living into our sessions. They offer Health MOTs once a year through our services.
Hep C Charity	Offer free Hep C testing with free treatment via S&SD sessions
Dorset Community Action	Run webinars for local organisations to help with managing risks and assessments. Offer support and training. Social Value evaluation
Adult Social Care	Referral to BCP Council for safeguarding adults at

	risk
St Mungos	Referrals for rough sleepers
Boscombe Traders Hub, BCP Council	Support the local area with meetings, grants, festivals
Boscombe Food Bank, St George's Church and The Garden Rooms	Our local food bank which gives vouchers. We refer people in need of food and supplies. There is a community cafe offering families a hot meal every Friday 5-7pm
Stars	Counselling referrals for any sexual trauma (waiting list is 18 months)
Dorset Working Women's project	Provides sexual health for sex workers
The Shores	Provides support for sexual assault
Sovereign Network	Provides housing and grants
BCHA	Long term housing for adults at risk in the community. We refer women to the Well being hub and Freedom programme.
Faithworks	Local charity helping people get out of crisis and isolation. Runs recovery courses and homelessness reduction forum. Offers placements in women's houses
Health Bus Trust	Collaborate with women at risk, needing urgent health care
St Anne's Hospital	Encourage women to attend S&SD sessions once back in the community. Support women to attend The Well
Social Prescriber, Providence Surgery, Walpole Rd	Use The Well coffee lounge for social prescribing groups
Hannaman House	Services for mental health and homeless
Citygate Church	Provide a meal on a Friday evening
Vineyard Church	Offers Community houses
Joy Cafe	Cafe in Churchill Gardens, Boscombe, Bournemouth

	hosts a lot of outdoor sessions
Bournemouth Community Church	Visit brothels and refer vulnerable women to Safe and Sound Dorset
Job Centre	Support with offering employment to those women we work with. We have run a small art and craft group in the job centre pre-pandemic
Dorset Police	Safe and Sound Dorset contact the police if woman is in need of emergency services. The police contact Safe and Sound Dorset if anyone is at risk we can help on a Friday night.
Vita Nova	Mental health charity promoting drama and creative writing. Have in the past, run drama sessions for Safe and Sound Dorset once a term.
Wise Ability	Guiding and inspiring people to realise their potential and vocational goals. Refer service users to Safe and Sound Dorset.
Active Dorset	They have funded our summer outdoor programme.
Love Your Neighbour, St Clements Church	A project to provide food boxes for people. Provide 100 Christmas hampers for Safe and Sound Dorset.
We are With You	Support for those in addiction. They refer women to our creative sessions. We refer women to them who are rough sleeping and in addiction.
Safe Families for children	Referrals for families struggling to cope based in Springbourne and Charminster
Action Hampshire	Cancer Awareness integrated in to our exercise sessions and specialist sessions. In the past we have run 6 Retreats with their funding.

CRM Data for yearly report	During 2023	During 2022
----------------------------	----------------	----------------

Greggs and food bags	376	108
Meal vouchers for The Well	156	68
Christmas Hampers	100	80
Total number of unique women who have benefited from food boxes, care packages and food bags in the last year	157	104
TOTAL number of sessions/contacts/services of any kind	3361	2246
TOTAL number of street outreach interactions	341	432
Unique women who have attended sessions	95	64
Participants/Service Users on CRM who have used our services	387	325
Volunteers	47	27
Unique women helped on Street outreach in temporary or supported housing or newly housed, homeless, sofa surfing or working on the streets	34	62
TOTAL number of constituents on the CRM which includes donors, service users, staff, volunteers, funders etc	865	586
People signed up to newsletter	390	325
Women attending sessions Monday 1.30-3.30pm	54	34
Women attending sessions in Boscombe Wednesday 1.30-3.30pm	50	41
Women attending sessions in Boscombe Tuesday 11-1pm	23	24
Women attending sessions in Boscombe Thursday 11-1pm	17	10
Women attending sessions in Boscombe for housing issues Thursday 1-4pm	32	35
Women attending sessions @ Winton 11.30-1.30pm	11	12
Women who attended our Sessions who are on our Outreach radar	32	13
Number of places offered for trips out during the summer	114	
Number of participants/service users that attended Summer Activity Days	41	14
Number of women attended Personal development sessions	21	42
Number of women attended First aid training sessions	N/A	25

Number of women attending cooking classes	8	7
Number of women attending Christmas party	50	32
Cost of Living Crisis Number of Electric Blankets given to service users	16	14
Cost of Living Crisis Number of Slow Cookers given to service users	8	10
Cost of Living Crisis Number of Halogen Heaters given to service users	16	14
Cost of Living Crisis Number of Air Fryers given to service users	19	17
Number of hot meals provided	418	230
Number of lunches provided at sessions	936	845
Number of drinks and snacks provided at sessions	1468	548

Statement of Trustees' Responsibilities For the year ended 31st March 2024

The trustees are responsible for preparing the trustees' report and the financial statement in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial period which gives a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

select suitable accounting policies and them apply them consistently;

observe the methods and principles in the Charities SORP;

make judgements and estimates that are reasonable and prudent;

state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity and signed on its behalf by

SAFE AND SOUND DORSET

We report on the financial statements on pages 11 to 16, which have been prepared on the receipts and payments basis.

Respective responsibilities of trustees and examiner

As described on page 5 the trustees are responsible for the preparation of financial statements, you consider that the audit requirement of section 144 of the Charities Act 2011 (the Act) does not apply. It is our responsibility to state on the basis of the procedures specified in the General Directions given by the Charity Commissioners under section 145(5) (b) of the Act, whether particular matters have come to my attention.

Basis of independent examiners' report

Our examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from your trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiners' report

In connection with our examination, no matter has come to our attention:

1 which gives us reasonable cause to believe that in any material respect the requirements have not been met:

- a) to keep accounting records in accordance with section 41 of the Act; and
- b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act;

or

2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Vantage Accounting Services Limited

Accountants

SAFE AND SOUND DORSET

Receipts and Payments Accounts For the year ended 31st March 2024

		2024 £	2024 £	2024 £	2023 £
	Note	Unrestricted	Restricted	Total	Total
Receipts					
Donations and Legacies	1	3,225	140,164	143,389	149,794
Trading and Café	2	80,129	-	80,129	68,868
Other income		253	-	253	314
Total Receipts		83,607	140,164	223,771	218,976
Payments					
Sessions and Activities	3	1,042	110,734	110,376	120,527
Administrative costs	4	150	5,007	5,157	10,189
Café	5	127,861	-	127,681	101,895
Total Payments		129,052	115,741	244,794	232,611
Net of Receipts/(payments)					
		(45,446)	24,423	(21,023)	(13,635)
Transfers between funds		36,042	(36,042)		
Net movement in cash funds					
		(9,403)	(11,620)	(21,023)	(13,635)
Cash funds at end of last year		15,356	45,188	46,909	60,544
Cash funds at end of this year		5,953	33,568	25,886	46,909

SAFE AND SOUND DORSET

Statement of Assets and Liabilities At 31st March 2024

	2024	2023
	£	£
	Total	Total
Assets		
Motor Vehicle - Net book value	-	2,717
Stock	2,381	773
Cash at bank and in hand	27,243	50,141
Total Assets	29,625	53,631
Liabilities		
Barclaycard	870	1,973
Gift Card Balances	1,678	1,462
Total Liabilities	2,548	3,435


Mrs Mary Richards – Trustee

Date 7/12/2024

charity and signed on its behalf by

The financial statements were approved by the trustees of the

SAFE AND SOUND DORSET

Notes to the Accounts For the year ended 31st March 2024

	2024 £	2024 £	2024 £	2023 £
	Unrestricted	Restricted	Total	Total
1 Donations and Legacies				
Grants	-	139,990	139,990	120,088
Donations from individuals	2,594	-	2,594	29,306
Grants	-	-	-	-
BB Fundraising	487	-	487	175
BH Coastal lottery	145	-	145	225
Hardship funds	-	174	174	-
	3,225	140,164	143,389	149,794
	2024 £	2024 £	2024 £	2023 £
	Unrestricted	Restricted	Total	Total
2 Trading and Café				
Café	80,129	-	80,129	68,868
	80,129	-	80,129	68,868
	2024 £	2024 £	2024 £	2023 £
	Unrestricted	Restricted	Total	Total
3 Sessions and Activities				
Alice Ellen Cooper Dean	-	4,615	4,615	8,015
Edward Gostling	-	2,816	2,816	2,065
Souter	-	2,000	2,000	2,000
Tudor Trust - Leisure, Health, Wellbeing	-	1,520	1,520	734
Tudor Trust - Volunteer Co-ordinator	-	11,892	11,892	10,734
Valentine Trust	-	4,004	4,004	4,990
Reaching Communities	-	50,790	50,790	43,650
Postcode Lottery	-	-	-	16,142
DCF Fund Housing	-	-	-	1,319
DCF Summer Food	-	19	19	6,873
DCF New Home	-	83	83	1,331
DCF Winter Warm	-	4,763	4,763	2,620
DCF Ukrainian Women	-	1,157	1,157	1,702

DCF BCP Food and Energy Support Fund	-	1,751	1,751	-
Community Action Hampshire	-	-	-	2,624
Jacqui Lynn Bursary	-	-	-	570
Sport UK Active	-	-	-	4,335
Aviva Crowdfunder Winter Fuel/Food Support	-	5,326	5,326	3,029
Talbot Village Trust Van Upgrade	-	-	-	1,821
Faithworks Wessex Access to Food	-	-	-	389
Trusthouse Charitable Foundation	-	6,032	6,032	866
Sovereign Housing Crowdfunder	-	12,745	12,745	-
NHS/CAN Housing Group	-	147	147	-
Winter Crowdfunder	-	-	232	-
Raymond Char	-	1,076	1,076	-
General Funds	1,042	-	1,042	4,647
	<u>1,042</u>	<u>109,334</u>	<u>110,608</u>	<u>120,456</u>

	2024	2024	2024	2023
	£	£	£	£
	Unrestricted	Restricted	Total	Total
4 Administration				
Administration Assistant (Reaching Communities)	-	2,931	2,931	7,548
Promotional (February Foundation)	-	1,248	1,248	1,752
General Admin Costs	150	-	150	169
Accounts and Independent Examination	-	828	828	720
	<u>150</u>	<u>5,007</u>	<u>5,157</u>	<u>10,189</u>

SAFE AND SOUND DORSET

Notes to the Accounts For the year ended 31st March 2024

	2024 £	2024 £	2024 £	2023 £
	Unrestricted	Restricted	Total	Total
5 Café Costs				
All Cafe Costs	127,861		127,861	76,664
Aviva Crowdfunder Winter Fuel/Food Support			-	9,961
The Valentine Trust			-	8,071
Jacqui Lynn Bursary			-	4,430
DCF Winter Warmer Fund			-	2,769
	127,861	-	127,861	101,895

			2024 £	2023 £
			Total	Total
6 Café Summary				
Income			80,129	68,868
Expenses			(61,167)	(58,464)
Salaries			(66,693)	(43,431)
Transfers for use of café for sessions			37,630	8,815
Surplus (Deficit) in year	-	-	(10,101)	(24,212)

SAFE AND SOUND DORSET

England & Wales - Charity number 1172371

Accounts

SAFE AND SOUND DORSET

REGISTERED CHARITY NO 1172371
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023

SAFE AND SOUND DORSET

YEAR ENDED 31 MARCH 2022

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SAFE AND SOUND DORSET

YEAR ENDED 31 MARCH 2023

REFERENCE & ADMINISTRATIVE DETAILS

Trustees	Mary Richards Victoria Westerby Hannah Rees (appointed 15/10/2022) Delia Smith (appointed 15/10/2022) Rachel Flynn (appointed 15/10/2022)
Principal Office	1 Browning Avenue Bournemouth Dorset BH5 1NP
Charity Registration Number	1172371
Gift Aid Reference Number	EW77430
Independent Examiner	Sue Wintle FMAAT 27 Bascott Road Wallisdown Bournemouth Dorset BH11 8RJ

March 31st 2023

Safe and Sound Dorset Report

Written by Dot Pickett and Mary Richards

Structure

Trustees:

Mary Richards: Chair

Victoria Westerby

Delilah Smith

Rachel Flynn

Hannah Rees

Governed by a Constitution

Policies include:

Safeguarding persons at risk

Health and Safety

Equity and Diversity

Equal Opportunities

Bullying and Harassment

Complaints Procedure

Lone Worker Policy

Risk Assessments

Environmental Policy

Confidentiality Policy

General Data Protection Regulations

Code of Conduct Policy

Conflict of interest Policy

Financial Policy

Prevent Policy

Our mission statement

Working with women who are isolated or at risk,

building confidence through creativity and community,

encouraging social inclusion, responsibility and personal choice.

Safe and Sound Dorset is at an important transformational stage in its development and growth. With the opening of our coffee lounge 1 year ago we are at a make or break point. Our strategy is always underpinned by our beliefs and values. These values include an

understanding of how much a support system around each person can make a huge difference. Belonging to a community addresses social issues of positive inclusion enabling women to build their confidence. Barriers of disadvantage and low income affect the lives of many women struggling in isolation and can be alleviated through small means such as food vouchers, community meals, laundry and shower facilities as well as a chance to connect up in small ways throughout each week, eat together and do activities together.

We believe that with support our service users can be empowered to recognise and develop their strengths, confidence and self-esteem, able to manage their lives positively. Homelessness, and mental and physical health issues can affect us all and we understand that having a home is a first step to a more stable environment. Our staff and volunteers support women often with multiple disadvantages through temporary and supported housing and while moving in to long term accommodation. Through our creative sessions we offer community support and through our new coffee lounge we offer the opportunity for community gatherings as well as volunteering opportunities, employment and training.

There has been a lot going on behind the scenes for Safe and Sound Dorset. In March 2022 we opened a cafe called The Well, in the Royal Arcade in Boscombe, a historic location, primed for an arts and craft transformation. We decorated, we bought kitchen appliances and shifted stock. There were multiple things to plan and do before our opening on Feb 26th 2022. We have now had our first year anniversary and invited a local band to play during Saturday afternoon in celebration.

We have a cafe manager in place and have taken on some kitchen assistants, volunteers and work experience placements. This is a longterm project to enable Safe and Sound Dorset to become self sustaining, whilst using the coffee lounge as a training venue for women wanting to gain confidence and build up employability skills. Many of our service users have very low self-esteem and limited soft skills, such as communication skills, teamwork, adaptability, problem-solving, creativity, work ethic, interpersonal skills and time management. At the coffee lounge they can gain their Food Safety certificates and build their confidence through hospitality skills. We have collaborated with the South West Region Assessment Centre (SWRAC) taking work placements for 16-25 year olds and have 3 kitchen assistants committed to 16 hours a week each on their work placement for the year.

Mary Richards, Chair of Trustees:

'A big venture for us has begun in opening The Well coffee lounge, where we are giving some of our women the opportunity to gain confidence, skills and develop community by having them volunteer. We have also been able to give some paid work which is a huge step forward for them. We are looking forward to seeing more women thrive, come out of the shadows of loneliness and together create a peaceful place for people to come and enjoy community in the town.

We have nearly reached our 6th year as a charity and I am so proud of the hard work that all the staff do every day.

Having The Well Coffee lounge and the space it gives us this last year has taken Safe and Sound Dorset to a new level of being able to care and support our community.

We have been able to create a secure space for women, and also the wider community of our town to gather together, to not only eat and socialise, but also to provide opportunities of employment, creativity and personal growth and care.

A highlight and a very moving moment for me, was our amazing Christmas party. Everyone had so much fun in our beautiful coffee lounge enjoying delicious food and we also had the privilege to give out lovely gifts and hampers that had been donated. Every woman's name was called out individually and we all applauded each one, clapping and cheering as we handed out gifts and wishing each a Happy Christmas. Faces beamed as names were called and as we were all able to celebrate each other and build each other up through genuine affection and appreciation of each other which has so obviously developed over the years. Every woman is treated with dignity and everyone's life story is honoured and valued.'

Our Late-night Outreach

We have continued running weekly outreach to the streets around Boscombe and Bournemouth to talk with the girls at their most vulnerable who are homeless, sofa surfing or working on the streets, some straight out of prison. We have offered support, given food and drinks, warm clothing, rape alarms and sign posted them to services in the area (housing, drop in services, sexual health clinics, domestic violence support services.) We have encouraged them to attend our now six times weekly sessions, in various locations, where we encourage community inclusion, offering a shower and laundry facilities in some venues and participation in creative arts in small groups or help with housing or appointments. We have seen more progression. One woman, writes,

'The last year my life has changed the most it ever has. It's the happiest I have been since I can remember...the support and help from Safe and Sound Dorset charity built up my relationship with my family and made me feel not alone. You supported me when I needed it most and even when I was in prison. Going to rehab changed my life around COMPLETELY, I now can communicate with people, ask for help and actually start to build a life for myself. I have my first proper job, my own safe home and most importantly a relationship with my family and son.'

Case Study

B was on our outreach radar as we regularly saw her begging outside of shops and gave her food and toiletries. We also saw her when we called in to give leaflets and food to women in B&Bs over the pandemic.

Since then we have invited her to our sessions when we met her again rough sleeping in 2022. She came in for food, a shower and to do her laundry. We invited her to our housing meal where she could meet a Shelter representative. Since then she has been placed in supported housing. She has joined in our summer activity programme and we have enabled her to attend The Horse Course.

We invited her to our housing meal where she could meet a Shelter representative. She was placed in supported housing by the council. She has started to volunteer with our clothing group and we realise she has some great hidden talents, having previously done a textiles course! She has also joined our small cooking group, volunteering to help make the community lunch at one of our sessions.

She has recently moved to her own council house and we will see her regularly during Friday outreach to check things are working out for her and she can link into any of our sessions 6 times a week. Last week she was interviewed by students from Bournemouth University Buzz Magazine for International Women's Day.

Outreach worker

'We set out on Friday night to meet up with women. We still have some women 'choosing' to sleep rough or sofa surf despite the cold weather. The council and St Mungos are not always able to put everyone in a B&B at the moment but we register people's interest and hope they are near the top of the band system.

Once in temporary accommodation, we can visit with their permission and offer support. Dependent on funding, Safe and Sound Dorset supply new bedding for flats so there have also been shopping trips so that the women can chose their own colours and enjoy their purchases. We help with moving furniture in and helping to create homes for women who may not have had homes in a long time.

We have women who attend our sessions, moving into their own flats. This is an enormous step for them. They benefit from the extra support we can offer as a community, visiting and helping with small things that make a big difference.

A place to call home is so important to us all. It gives us a sense of well being, a sense of belonging, a sense of purpose.'

Collaborating with others

We are part of the Homelessness Reduction Forum in Bournemouth and work alongside other agencies referring to BCP Council housing, St Mungos, BH1 Salvation Army Drop-in, We are With You (Drug and Alcohol service) BCHA Courses such as Ignite for personal development and the Freedom Course for support with domestic violence issues as well as inviting girls to our creative sessions which are a safe space and 'warm room' for women. We have had women in our women-only sessions, 'gingerly' ask for support and we have been able to pay for them to get to a crucial appointment by taxi, which has then led to finding a safe place for them to stay in a refuge. We feel this bridge between services is a vital connection which we, as a charity can give and that our community needs. Gender-based groups are helping to address the multiple complex needs that women are facing. Specialist services such as We are With You, St Mungos, BCP Council benefit from the expertise of women's charities and the extra time that can be dedicated to women's needs. Women in cycles of homelessness or caught up in the Criminal Justice System are more likely to engage through an informal, holistic approach using adaptive and creative initiatives rather than through the statutory services where they may have to jump through many hoops and therefore give up. We keep weekly contact with women who are going through housing issues, needing extra support.

We completely concur with initiatives such as Housing First which BCP and St Mungos have adopted which is providing wraparound support. This and the regular safe support we as a women's charity can give can make all the difference to someone's life.

'Just wanted to say a huge thank you on behalf of the Pathways Leaving Care Team for the invaluable support you offered to our young person. I know that it is truly appreciated, not only by her but by all of the multi-agency teams who support.'

In recent weeks we have been collaborating with others in the Royal Arcade, particularly the BCP council offices who are spearheading the marketing for Boscombe in the newest Boscombe Regeneration bid. We are being marketed as a 'connected community' with an immersive 'Boscombe spa' type experience. There are 15 organisations working collaboratively together and we are happy to be part of a community based initiative.

Creative community sessions

We now have:

1 craft session at Winton Thurs 11-1pm

1 creative session at Boscombe Hall which involves creating a low cost meal to eat together, chair exercises and craft activity. Shower and Laundry. Wednesday 1-4pm

2 morning craft sessions at The Well 11-1pm

1 afternoon creative session at The Well which involves creating a low cost meal to eat together, chair exercises and craft activity. Monday 1-4pm

1 afternoon digital skills workshop for 5 women to attend for 5 weeks Thursday 1-4pm

1 Ukrainian welcome Women's group Wednesday (Fortnightly) 1-3pm

2 afternoon sessions for women to develop skills with sales and clothing Thurs/Fri 2-4pm

1 Housing session with a Shelter rep involved Thursday 2-4pm

We are running our women's only creative community sessions, alongside our 1-1 support service offering help with doctors and hospital appointments, court, prison, housing and recovery accompaniment as well as help with college and job applications. Our aim as a group is to inspire each other to reach for opportunities and build confidence through creativity and community and to be a model for other organisations who could adopt our creative approach.

We have employed our first sessional worker who has been through the whole journey; from being homeless, to finding supported then permanent stable accommodation, to joining our creative sessions as a service user, then becoming a volunteer and she became a member of staff on July 1st 2021. This year she has taken on extra hours to develop the whole area of second hand clothing at The Well, involving some service users in employment training to use the steamer, label clothes, allocate to seasonal rails for sale and display clothes.

She writes:

'I would like to say that being a session worker in the last 12 months has been a pleasure and given me so much more confidence. Working alongside others and helping to support ladies in our sessions is very rewarding as a job. Even the tiniest little thing can mean so much. We can all together make such an impact and we must treasure every day to the most. One of the women in the Winton Park Group called D has astonished me how her conversation and confidence has grown and developed over the last 12 months. D is now able to question things in a positive way and learnt it is ok to say 'No thank you'. Her mindset is changing direction and she is feeling able to step outside her comfort zone. She can pop up with really useful advice now to help other ladies from food to budgets & bus travel. She is also very talented with colours and is a welcome cheerful lady with a beautiful soul.'

We intend our coffee lounge sessions to be a 'warm room' for those in our community who can not afford to heat their homes, with elderly people and those on low incomes amongst the most affected groups.

We are offering low cost cooking sessions and buying affordable cooking and heating equipment for our service users which will help bills stay low.

The Well Coffee Lounge

Our most recent venture is opening our own coffee lounge in March 2022 in the Royal Arcade in Boscombe, to be used as a training facility for women, many of whom have very low self-esteem and limited cooking skills. Here they can gain their Food & Hygiene certificates and build their confidence through employability skills particularly in hospitality.

There has been an enormous community response to the opening of our not for profit community coffee lounge, which will help us as a charity to become sustainable in the longterm.

On a Thursday afternoon 2-3.30pm we run a 'housing session' at The Well. Set around a cafe meal we invite homeless, NFA, sofa surfing women, those in temporary or supported housing, or those with housing issues every week to the coffee lounge as part of our outreach during which women will be supported by those on the outreach team. Shelter attend twice a month to follow up referrals with their expertise. The support is as a listening ear or offering practical support during the week such as form filling, supporting women to appointments with housing, court etc. Shelter have had 26 referrals from us in the last 6 months. They were able to engage with 13 of these and work with individuals for positive change to their situations.

One woman from our outreach writes: *'I'm a year clean next month. Thank you for always helping when you could and for always trying to get me to sit down and eat a meal in the cafe.'*

We also hold our own craft sessions at the coffee lounge, as well as a digital up-skills workshop run by BCHA supporting those anxious about using technology and dealing with on-line safety. Our Ukrainian welcome group runs fortnightly which we run with International Care Network with so far 12 women in attendance.

There are some mental health teams and social prescribers using our premises for groups gathering in the coffee lounge. Other courses could be run from the premises as we have created a downstairs meeting room which is a lounge and training area. Having our own premises will hopefully consolidate our working rapport with others in the community.

'The craft morning went really well, lots of chat laughs. I ventured out with my walker and the dogs who were welcomed warmly by the staff.

They had water and biscuits and lots of fuss. This is such a beautiful resource and lovely to have the cafe space to enjoy whatever the weather. I will be trekking to the cafe regularly I think.'

'Hi, it makes such a difference to have a reason to go out to a usual place like a cafe. To be known and welcomed warmly is so beneficial. This is a tricky time for me first Mothering Sunday since Mum died. It is also her birthday in April. At times I feel so alone, having Safe and Sound let's me connect and share things, adventures, laughter, activities and food with people who do care.

Nourishment in so many areas. It was lovely to arrange to meet someone at the cafe, be able to take the dogs and have them welcomed so much. Thank you all the Team your hard work, care and effort really make a difference.'

'The Well now open a year is an accessible warm room where folk may meet, chat get good food and drink definitely be entertained by the wonderful staff and volunteers. I appreciate having this resource where different social prescribing groups can meet. I have increased social contact with a wider variety of people from the wider community. I can craft, paint chat enjoy music the decorations and celebrations. It is a place I can meet friends when my flat would be inaccessible due to stairs.

A friend who uses a wheelchair is able to join me and we can craft together again. We can get affordable nutritious food and drink.

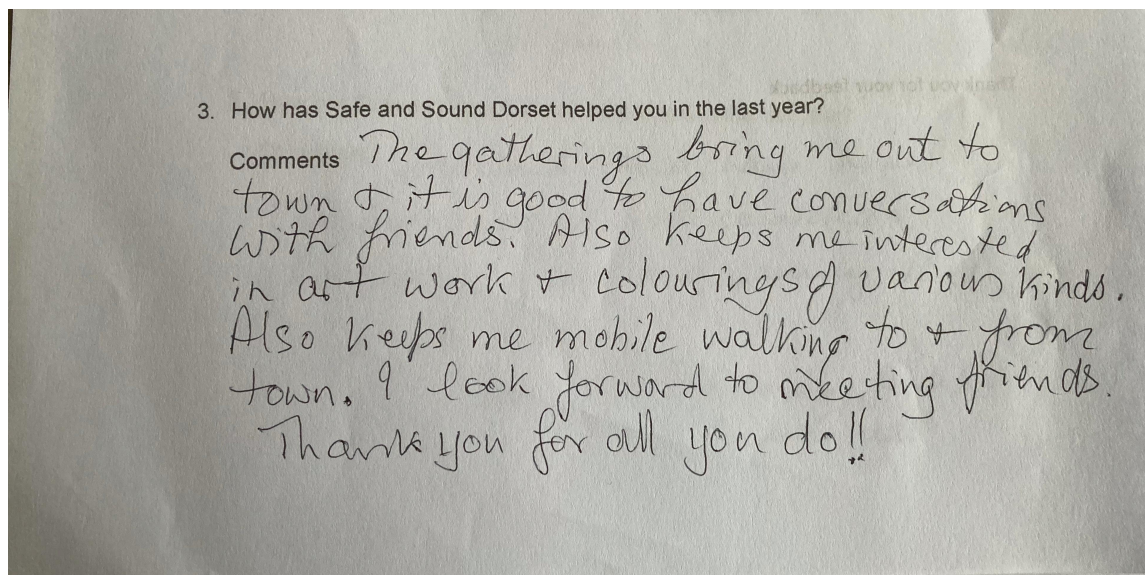
The soup maker , blanket and heater have helped when my boiler cut out. I have gained confidence and my voice is stronger from singing, talking and certainly laughing more.

The cooking at BBC has increased my hand dexterity speed and concentration. The food we produce has helped me be more interested in eating better. This has helped me lose weight and be more motivated.

The range of activities doing journaling and courses on assertion have been really educational and enjoyable. Using The Well in addition to BBC has meant I have got to know other Safe and Sounders plus become friends with other customers. Being able to help out clearing tables helps me feel useful.

The craft groups on Tues and Thurs have given me an outlet for my craft experience and materials which I can share with the other women. This boosts my self esteem.

Having somewhere where I can be upset and get support has been so helpful as my health has dealt me considerable challenges. I would otherwise be very isolated and detached from society.'



CRM

The CRM is helping us collate all our data on sessions and outreach, giving us a better sense of the women we reach. We already do many things in the community together like run stalls at local festivals, run beach yoga, have retreat days, hold community fundraising, countryside walks and work on projects that benefit people beyond our group. We have a growing volunteer base led by our volunteer coordinator.

Over the past four years we have been involved with women at risk of domestic and sexual violence, addictions with alcohol and drug issues, eating disorders, long term mental and physical health issues, low or no family support, relationship breakdowns, low self esteem, no confidence, lack of education and employment. Over the pandemic we continued our services to the community and have supported women losing housing, facing eviction, moving into B&Bs, moving into supported or their own accommodation. We have supported with food boxes, care packages, craft kits, furniture, clothing and emotional support.

We have had over 260 unique women participate in our sessions over the past 3 years and we have just over 60 women per year on our books from outreach on the streets. We have progressively seen a cross-over from women trapped in cycles of homelessness, moving on into temporary or supported accommodation and able to access more support through women's sessions.

Our charity has a proven track record of helping women on a journey of positive change, who increasingly find support in their community by participation in our therapeutic creative sessions, which reduces isolation and improves individual and community health and wellbeing.

CRM Data for yearly report	Between 1/2/2022 to 31/1/2023	In last 2 years up to 01/04/2022	In Last term year Sept 21 to July 2022	Since April 2017
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Food Boxes	54	550	86	551
Care Packages	9	105	0	105
Food Bags	50	438	168	640
Greggs	58			
Aldi Vouchers	99	80	80	179
Meal vouchers for The Well	68	N/A	N/A	N/A
Craft Kits	N/A	594	139	594
Christmas Hampers	80	80	80	160
Total number of unique women who have benefited from food boxes, care packages, craft kits and food bags in the last year	104	260	143	281
TOTAL number of sessions/ contacts/services of any kind	2246	2975	2154	5926
TOTAL number of street outreach interactions	432	759	520	970
Unique women who have attended sessions	64	194	99	258
Service Users on CRM	325	299	148	325
Volunteers	27			
Unique women helped on Street outreach	62	61	96	128
TOTAL number of constituents on the CRM which includes donors, service users, staff, volunteers, funders etc	586	653	546	586
People signed up to newsletter	325	84	84	
Women attending sessions @ BBC Monday 1-4pm	34		28	

Women attending sessions @ BBC Wednesday 1-4pm	41		24	
Women attending sessions @ Joy/ The Well Tuesday 11-1pm	24		16	
Women attending sessions @ The Well Thursday 11-1pm	10			
Women attending sessions @ The Well housing 2-4pm	35		31	
Women attending sessions @ Winton 11.30-1.30pm	12			
Women who attended Sessions and are on Outreach	13			
Number of service users that attended Summer Activity Days	14		34	56
Number of women attended Personal development sessions	42			
Number of women attended First aid training sessions	25		26	35
Number of women attending cooking classes	7			
Number of women attending Christmas party	32			
Cost of Living Crisis Number of Electric Blankets given to service users	14			
Cost of Living Crisis Number of Slow Cookers given to service users	10			
Cost of Living Crisis Number of Halogen Heaters given to service users	14			
Cost of Living Crisis Number of Air Fryers given to service users	17			
Number of hot meals provided	230			
Number of lunches provided at sessions	845			
Number of drinks and snacks provided at sessions	548			

'Hi, I am completely alone, no family contact, only professionals checking on me weekly or three monthly. Having Safe and Sound to contribute to and receive food parcels and craft bags means such a lot. Although I am not seeing people or talking that much to folk, knowing there are some folk who care about me makes a difference.'

'I have been able to buy necessities with the voucher..Two meals maybe three at a push .. I am so grateful. To have it tho... 😊 Thank you...'

'I can't express enough how Safe Sound Dorset has helped me... A group of mis-matched women. My self identity was gender hatred. Not voiced often. I'm learning to love these girls, and myself. Getting an art pack, its like Christmas. Feel valued, and connected during lockdown, and now partial lockdown. Isolation comes so easy to me. But feel 'thought of'.

Information on volunteers

'Over the past few months, I have been privileged to witness first-hand how you have positively impacted the lives of vulnerable women in Dorset to date. This along with having first-hand experience with how easily any one of us can become vulnerable through, addictions, trauma and other issues attracts me to becoming more involved with you and the team.'

Volunteer trustee:

'I can say the reason I was drawn to apply to S&SD is because I've seen first hand the support you offer the women, the family feel at the gatherings and how people can be themselves and ask for help. I was keen to be involved to help continue this work you do.'

We have three areas within the volunteering team which stands at 27 women:

Group 1: Volunteers that are recruited externally, with skills or life experience that can complement supporting our staffing team e.g. outreach, 1-1 and sessional volunteers.

Currently in this group there are 13 volunteers.

Group 2: Volunteers that are recruited from within our service users who have developed in confidence and have achieved a stable lifestyle. They are ready to venture into having some responsibility within our charity to further develop their confidence and offer some life skills. Currently in this group there are 7 volunteers.

Group 3: Volunteers that are recruited externally and from within our service users to gain skills and confidence in hospitality/café work to build work experience, confidence and develop new skills.

Each volunteering role should complement their personal objectives, encouraging confidence with the aim for everyone to develop skills so that they can go on to other experiences in or outside our organisation.

We have a collective volunteering meeting based around volunteer's week in June and a get together at Christmas where we gather, have the chance to meet each other, share our volunteering experiences and achievements and catch up on the charity objectives.

We work hard to ensure volunteers can follow instructions, understand the impact they are having and build in confidence, which leads to a desire to enhance their skills and ability to volunteer in other areas or outside of our organisation.

2 of these volunteers have been accepted on to the Steps Toward Volunteering with CAN (Community Action Network) both completing the course and receiving their certificates.

They have both gone on to other areas:

One to a counselling course and she has extended her volunteering hours with us to include being a volunteer at the housing group on Thursday afternoons which is supported by Shelter.

The other to a gardening course which has built her confidence so that she is now considering working in another more demanding volunteering role within our charity, helping to head up one of the craft sessions.

It really is a pleasure to work with our volunteers and see them grow and develop but also see them enjoy the services we offer.

At the end of each term time, we have an all-level meeting for volunteers, services users and staff, where ideas, issues and feedback can be given, this helps with building open communications and supports unity. "We are all in it together." We also conduct yearly volunteer questionnaires.

There is a group of volunteers who work within The Well coffee lounge – our not-for-profit organisation. Our main aim is to offer work experience, food and hygiene certificates and to build confidence in the workplace to encourage women back in to work in the long term. Although in the main we serve the public we also house group sessions for our service users and for other local organisations. Groups of approximately 5 to 10 come to experience the atmosphere and enjoy our fabulous coffee!

Case Study

Last night I caught up with J who reminded me that she came to a couple of our sessions pre-summer and made a hanging reflector for a garden.

From our sessions she went to the housing group at The Well, as she was sleeping rough and was classed as a vulnerable adult. Shelter got on her case from our referral and J is now moving in to her own council flat this week. She was so pleased to say how thankful she's been of Safe and Sound Dorset's input at various stages, helping her find her way.

Reply from volunteer:

I love this - one of the reasons Safe and Sound Dorset exists!! A great encouragement! Also...everyone who has some contact with all the work - sessions, café , outreach, individuals - makes a difference, no matter how small. Thanks for letting us know xx'

Our recruitment activity continues to be active, working closely with CAN and using their volunteering site to advertise (Kinetics). We also use our social media pages but in the main our volunteers are referred to us or hear about us by word of mouth. We have approximately 1 to 2 enquiries per month. However, we have seen a decline and have had some losses due to the current economic climate. 3 volunteers have had to step down due to increasing hours with their current employers, to improve their own financial needs. 2 others have stepped down due to illness and family circumstances. There has been a change in the mood for volunteering over the last few months and we believe this is due to the financial pressures and the cost-of-living crisis, as people focus on surviving and providing for themselves. Everyone is feeling the pinch at the moment, so it is imperative for us to be activity recruiting all the time.

We continue to work closely and encourage all our volunteer groups to join in with activities that we are hosting and could offer personal benefits. Recently we held the following:

6-week personal development programme and 5 week roll on-off Digital Skills workshops run by BCHA and Skills and Learning.

First aid course run by British Red Cross

Thai Chi & Yoga sessions for wellbeing

Health MOT - By Live Well Dorset

We include all our volunteers within the cost-of-living crisis help and support that is available and they enjoy the benefits of having a speaker in to show how we can keep costs down and cope in the current climate. So there are benefits to be had by all with the sessions we are having.

One of our service user volunteers has also just signed up to take her L2 English with Skills and Learning.

Our website training material and information for our volunteers is proving to work well and this offering gives flexible support to reinforce best practice available 24/7. The volunteer coordinator has had great feedback from the new volunteers who find this informative and it also lends itself to having a one to one on areas that may require some support when being learnt, especially around our safeguarding and diversity policies.

Why we are needed & facts and the difference we are making

- There are large numbers of women isolated or at risk within Boscombe and Bournemouth experiencing multiple disadvantages
- Many of the women we encounter are facing some sort of isolation from a support network or breakdown in family relationships
- Many are or have been drug or alcohol dependant and may be in recovery
- Some are working girls trying to earn a living to feed an addiction
- Many are from deprived backgrounds or have been within the care system
- Some have issues escalating to breaking the law and re –offending
- Many can not secure a consistent care plan that will have a long lasting life benefit –due to an inconsistent support network
- Many require emotional support to have a basic quality of life without endangering themselves
- Many lack basic physical needs like food and shelter
- Many are or have faced some sort of physical, emotional and psychological abuse, lacking trust especially in authority
- Many are excluded from the local community and support structures

Information and quotes from the internet during June 2021

- According to crisis.org.uk the cost of sleeping rough for 12 months in the UK is 20k per person
- Gov.uk estimate the cost @ 26k per person
- Homelessness is a “human cost” with no price tag (Crisis) and we know this from personal experience
- According to uk.rehab.com the average cost to replace street drugs with medical prescriptions is £5k per person per year
- A 28 day rehabilitation treatment for addiction costs approx £11k
- The cost of housing an inmate in prison for a year is £15k per person
- It is estimated in 2016/2017 adult social care cost was in the region of 16 billion

Successes and Impact

- We have a number of service users that are now well into rehabilitation and reliant on our services for support and provision which bridges the gap between their professional support and peer pressure. Without our consistent, positive and relational approach to services there would be a risk that service users would revert back to being isolated and disrupted in their progress.

- It has taken time to build trust and open communication which has only happened with consistency. Many service users report that we are the only constant in their lives as professional service contacts change frequently.
- This actually has a negative impact as many are disowned by their own families and therefore lean on peers who are likely to have a negative impact or lead to old ways of thinking.
- In some cases we have also been able to support families to support our service users acting as a support to both sides. This circle of communication and trust encourages healthy relationships to be built and reunited without it being too daunting for one another. In many cases it has taken years to build this trust with both family and the services users.
- We play a major impact on visiting service user with and without family when in rehabilitation or prison which also goes a long way to positive reinforcement and maintaining contact to support long term positive decision making.
- We have worked very hard to ensure we are flexible and scalable to adapt our services to cope with environmental issues (COVID) and service users needs. The positive impact on our service users means they want to develop their wellbeing leading to 'positive mental health and good life choices' being a constant and not a one off.
- We have a number of service users that would be happy to be case studies and tell their stories and share how Safe and Sound Dorset have supported them and been a positive impact in their lives. Although you will see from the recent survey below the feedback that we have had.
- Service users working to become volunteers to build future employment opportunities
- SASD orchestrating volunteer training and development and mentoring for confidence and soft skills for work entry through our coffee lounge.
- We are working with organisations such as BCP Council, St Mungos, BH1 Salvation Army Drop-in, WAWY (We are with you Services), Cancer Awareness, BCHA
- Courses such as Ignite for personal development, digital up-skills and the Freedom Course supporting those encountering domestic violence.

Safe and Sound Dorset

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statement in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial period which gives a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity and signed on its behalf by

..... Date

Mrs Mary Richards
Trustee

Trustees
Safe & Sound Dorset
1 Browning Avenue
Bournemouth
BH5 1NP

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees of Safe and Sound Dorset, on accounts for the year ended 31st March 2022

Respective responsibilities of Trustees and examiner

The members of the PCC consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act)) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Act), and
- To state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that, in any material respect, the Members of the PCC have not met the requirements to ensure that:
 - a. Proper accounting records are kept (in accordance with section 41 of the Act); and
 - b. Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed...*Sue W*.....

Date... 15/11/2023.....

Sue Wintle FMAAT
Accounting Technician
27 Bascott Road
Bournemouth
Dorset BH11 8RJ

SAFE AND SOUND DORSET

Receipts and Payments Accounts For the Year ended 31st March 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Receipts					
Donations and Legacies	1	2,116	147,678	149,794	131,058
Charitable Activities		-	-	-	-
Trading and Café	2	68,868	-	68,868	5,191
Other income		314	-	314	
Total		71,298	147,678	218,976	136,249
Payments					
Sessions and Activities	3	4,718	115,809	120,527	104,548
Administration	4	169	10,020	10,189	14,247
Café	5	76,664	25,231	101,895	13,851
Total		81,551	151,060	232,611	133,853
Net incoming resources before transfers		(10,253)	(3,382)	(13,635)	2,396
Transfers between funds		10,345	(10,345)	-	-
Net movement in cash funds		92	(13,727)	(13,635)	2,396
Cash funds last year end		15,356	45,188	60,544	58,148
Cash funds this year end		15,448	31,461	46,909	60,544

SAFE AND SOUND DORSET

Statement of Assets and Liabilities at 31 March 2023

	Total 2023 £	Total 2022 £
Assets		
Motor Vehicle - Net book value	2,717	3,623
Stock	773	-
Cash at Bank and in Hand	50,141	61,266
Total Assets	53,631	64,889
Liabilities		
Barclaycard	1,973	996
Gift Card balances	1,462	-
	3,435	996

Approved by the trustees on _____ and signed on their behalf by

SAFE AND SOUND DORSET

Notes to the Receipts and Payments Accounts - year ended 31 March 2023

1 Donations and Legacies	Unrestricted	Restricted	Total 2023	Total 2022
Grants	-	120,088	120,088	119,557
Donations from individuals	1,716	27,590	29,306	6,404
Council grant	-	-	-	3,000
BB Fundraising	175	-	175	1,861
BH Coastal lottery	225	-	225	222
HMRC gift aid	-	-	-	15
	2,116	147,678	149,794	131,059

2 Trading and Café	Unrestricted	Restricted	Total 2023	Total 2022
Café	68,868	-	68,868	5,191
	68,868	-	68,868	5,191

3 Sessions and Activities	Unrestricted	Restricted	Total 2023
Alice Ellen Cooper Dean	-	8,015	8,015
Edward Gostling	-	2,065	2,065
Souter	-	2,000	2,000
Tudor Trust - Leisure, Health, Wellbeing	-	734	734
Tudor Trust - Volunteer Co-ordinator	-	10,734	10,734
Valentine Trust	-	4,990	4,990
Reaching Communities	-	43,650	43,650
Postcode Lottery	-	16,142	16,142
DCF Fund Housing	-	1,319	1,319
DCF Summer Food	-	6,873	6,873
DCF New Home	-	1,331	1,331
DCF Winter Warm	-	2,620	2,620
DCF Ukrainian Women	-	1,702	1,702
Community Action Hampshire	-	2,624	2,624
Jacqui Lynn Bursary	-	570	570
Sport UK Active	-	4,335	4,335
Aviva Crowdfunder Winter Fuel/Food Support	-	3,029	3,029
Talbot Village Trust Van Upgrade	-	1,821	1,821
Faithworks Wessex Access to Food	-	389	389
Trusthouse Charitable Foundation	-	866	866
General funds	4,647	-	4,647
	4,647	115,809	120,456

4 Administration	Unrestricted	Restricted	Total 2023	Total 2022
Administration Assistant (Reaching Community)	-	7,548	7,548	8,746
Promotional (February Foundation)		1,752	1,752	1,398
General Admin costs	169	-	169	3,513
Accounts and Independent Examination	-	720	720	590
	169	10,020	10,189	14,247

5 Cafe Costs	Unrestricted	Restricted	Total 2023	Total 2022
All Café Costs	76,664	-	76,664	13,851
Aviva Crowdfunder Winter Fuel/Food Support		9,961	9,961	
The Valentine Trust		8,071	8,071	
Jacqui Lynn Bursary		4,430	4,430	
DCF Winter Warmer Fund		2,769	2,769	
	76,664	25,231	101,895	13,851

6 Café summary	2023	2022
Income	68,868	5,191
Expenses	(58,464)	(3,617)
Start up costs	-	(3,859)
Salaries	(43,431)	(6,375)
Transfers for use of café for sessions	8,815	-
Surplus (Deficit) in year	(24,212)	(8,660)

SAFE AND SOUND DORSET

England & Wales - Charity number 1172371

Accounts

SAFE AND SOUND DORSET

REGISTERED CHARITY NO 1172371
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

SAFE AND SOUND DORSET

YEAR ENDED 31 MARCH 2022

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SAFE AND SOUND DORSET

YEAR ENDED 31 MARCH 2022

REFERENCE & ADMINISTRATIVE DETAILS

Trustees	Mary Richards Charlene Street Victoria Westerby Refiloe Makhoana Resigned 16th October 2021 Sophia Mills Resigned 16th October 2021
Principal Office	1 Browning Avenue Bournemouth Dorset BH5 1NP
Charity Registration Number	1172371
Gift Aid Reference Number	EW77430
Independent Examiner	Sue Wintle FMAAT 27 Bascott Road Wallisdown Bournemouth Dorset BH11 8RJ

October 15th 2022
Safe and Sound Dorset
Half Yearly Report for Trustees
Written by Dot Pickett
Endorsed by Mary Richards

Our mission statement

Working with women who are isolated or at risk,

building confidence through creativity and community,

encouraging social inclusion, responsibility and personal choice.

Safe and Sound Dorset is at an important transformational stage in its development and growth. With the opening of our coffee lounge 6 months ago we are at a make or break point. Our strategy is always underpinned by our beliefs and values. These values include an understanding of how much a support system around each person can make a huge difference. Belonging to a community addresses social issues of positive inclusion enabling women to build their confidence. Barriers of disadvantage and low income affect the lives of many women struggling in isolation and can be alleviated through small means such as food vouchers, community meals, laundry and shower facilities as well as a chance to connect up in small ways throughout each week, eat together and do activities together.

We believe that with support our service users can be empowered to recognise and develop their strengths, confidence and self-esteem, able to manage their lives positively. Homelessness, and mental and physical health issues can affect us all and we understand that having a home is a first step to a more stable environment. Our staff and volunteers support women often with multiple disadvantages through temporary and supported housing and while moving in to long term accommodation. Through our creative sessions we offer community support and through our new coffee lounge we offer the opportunity for employability skills and training.

There has been a lot going on behind the scenes for Safe and Sound Dorset.

In March 2022 we opened a cafe called The Well, in the Royal Arcade in Boscombe, a historic location, primed for an arts and craft transformation. The decorating is done, we bought kitchen appliances and shifted stock. There were multiple things to plan and do before our opening on Feb 26th 2022.

We have a cafe manager in place and have taken on some excellent assistants. This is a longterm project to enable Safe and Sound Dorset to become self sustaining, whilst using the coffee lounge as a training venue for women wanting to gain confidence and build up employability skills. Many of our service users have very low self-esteem and limited soft skills, such as communication skills, teamwork, adaptability, problem-solving, creativity, work ethic, interpersonal skills and time management. At the coffee lounge they can gain their Food Safety certificates and build their confidence through hospitality skills. We have

started taking work placements for 16-25 year olds from South West Region Assessment Centre (SWRAC)

Mary Richards, Chair of Trustees:

'I have been with Safe and Sound Dorset from its commencement and count it an honour to serve this amazing charity. It has been so lovely to be able to start the sessions again and be able to connect with each other face to face. A big venture for us has begun in opening The Well coffee lounge, where we are giving some of our women the opportunity to gain confidence, skills and develop community by having them volunteer. We have also been able to give some paid work which is a huge step forward for them. We are looking forward to seeing more women thrive, come out of the shadows of loneliness and together create a peaceful place for people to come and enjoy community in the town.

We have reached our 5th year and I am so proud of the hard work that the Manager and staff do every day.'

Our Late-night Outreach

We have continued running weekly outreach to the streets around Boscombe and Bournemouth to talk with the girls at their most vulnerable who are homeless, sofa surfing or working on the streets, some straight out of prison. We have offered support, given food and drinks, warm clothing, rape alarms and sign posted them to services in the area (housing, drop in services, sexual health clinics, domestic violence support services.) We have encouraged them to attend our now six times weekly sessions, in various locations, where we encourage community inclusion, offering a shower and laundry facilities and participation in creative arts in small groups or help with housing or appointments. We have seen more progression. One woman, writes,

'The last year my life has changed the most it ever has. It's the happiest I have been since I can remember...the support and help from Safe and Sound Dorset charity built up my relationship with my family and made me feel not alone. You supported me when I needed it most and even when I was in prison. Going to rehab changed my life around COMPLETELY, I now can communicate with people, ask for help and actually start to build a life for myself. I have my first proper job, my own safe home and most importantly a relationship with my family and son.'

Case Study

A was on our outreach radar as we regularly saw her begging outside of shops and gave her food and toiletries. We also saw her when we called in to give leaflets and food to women in B&Bs over the pandemic.

Since then we have invited her to our sessions when we met her again rough sleeping in 2022. She came in for food, a shower and to do her laundry. We invited her to our housing meal where she could meet a Shelter representative. Since then she has been placed in supported housing. She has joined in our summer activity programme and we have enabled her to attend The Horse Course.

She still has a long way to go but we will see her regularly to check things are working out for her and she can link into our sessions 4 times a week.

Outreach worker

'We set out on Friday night to meet up with women. We still have some women 'choosing' to sleep rough or sofa surf despite the cold weather. The council and St Mungos are not always able to put everyone in a B&B at the moment but we register people's interest and hope they are near the top of the queue.

Once in temporary accommodation, we can visit with their permission and offer support. Dependent on funding, Safe and Sound Dorset supply new bedding for flats so there have also been shopping trips so that the women can choose their own colours and enjoy their purchases.

We have women who attend our sessions, moving into their own flats. This is an enormous step for them. They benefit from the extra support we can offer as a community, visiting and helping with small things that make a big difference.

A place to call home is so important to us all. It gives us a sense of well being, a sense of belonging, a sense of purpose.'

Collaborating with others

We are part of the Homelessness Reduction Forum in Bournemouth and work alongside other agencies referring to BCP Council, St Mungos, BH1 Salvation Army Drop-in, We are With You (Drug and Alcohol service) BCHA Courses such as Ignite for personal development and the Freedom Course for support with domestic violence issues as well as inviting girls to our creative sessions which are a safe space for women. We have had women in our women-only sessions, 'gingerly' ask for support and we have been able to pay for them to get to a crucial appointment by taxi, which has then led to finding a safe place for them to stay in a refuge. We feel this bridge between services is a vital connection which we, as a charity can give and that our community needs.

It has come to light during the pandemic how important women's groups are, that gender-based groups are helping to address the multiple complex needs that women are facing and that specialist services such as We are With You, St Mungos, BCP Council benefit from the expertise of women's charities and the extra time that can be dedicated to women's needs. Women in cycles of homelessness or caught up in the Criminal Justice System are more likely to engage through an informal, holistic approach using adaptive and creative initiatives rather than through the statutory services where they may have to jump through many hoops and therefore give up.

We completely concur with initiatives such as Housing First which BCP and St Mungos have adopted which is providing wraparound support. This and the regular safe support we as a women's charity can give can make all the difference to someone's life.

'Just wanted to say a huge thank you on behalf of the Pathways Leaving Care Team for the invaluable support you offered to our young person. I know that it is truly appreciated, not only by her but by all of the multi-agency teams who support.'

Creative community sessions

We are running our women's only creative community sessions, alongside our 1-1 support service offering help with doctors and hospital appointments, court, prison, housing and recovery accompaniment as well as help with college and job applications. Our aim as a group is to inspire each other to reach for opportunities and build confidence through creativity and community and to be a model for other organisations who could adopt our creative approach.

We have employed our first sessional worker who has been through the whole journey; from being homeless, to finding supported then permanent stable accommodation, to joining our creative sessions, then becoming a volunteer and she became a member of staff on July 1st 2021.

She writes:

'I would like to say that being a session worker in the last 12 months has been a pleasure and given me so much more confidence. Working alongside others and helping to support ladies in our sessions is very rewarding as a job. Even the tiniest little thing can mean so

much. We can all together make such an impact and we must treasure every day to the most.'

The Well Coffee Lounge

Our most recent venture is opening our own coffee lounge in March 2022 in the Royal Arcade in Boscombe, to be used as a training facility for women, many of whom have very low self-esteem and limited cooking skills. Here they can gain their Food & Hygiene certificates and build their confidence through employability skills particularly in hospitality. There has been an enormous community response to the opening of our not for profit community coffee lounge, which will help us as a charity to become sustainable in the longterm.

On a Thursday afternoon 2-3.30pm we run a 'housing session' at The Well. Set around a cafe meal we invite homeless, NFA, sofa surfing women, those in temporary or supported housing, or those with housing issues every week to the coffee lounge as part of our outreach during which women will be supported by those on the outreach team. Shelter attend twice a month to follow up referrals with their expertise. The support is as a listening ear or offering practical support during the week such as form filling, supporting women to appointments with housing, court etc.

One woman from our outreach writes:

'I used to go there (to the bluebells) all the time with my nan when I was younger ♡ I'm a year clean next month. Thank you for always helping when you could and for always trying to get me to sit down and eat a meal in the cafe.'

We also hold our own craft session at the coffee lounge, as well as hoping to offer an art afternoon and a cyber security support group for those anxious about on-line safety. There are some mental health teams using our premises for groups gathering in the coffee lounge. Other courses could be run from the premises as we have downstairs meeting rooms. Having our own premises will hopefully consolidate our working rapport with others in the community.

'The craft morning went really well, lots of chat laughs. I ventured out with my walker and the dogs who were welcomed warmly by the staff. They had water and biscuits and lots of fuss. This is such a beautiful resource and lovely to have the cafe space to enjoy whatever the weather. I will be trekking to the cafe regularly I think.'

'Hi, it makes such a difference to have a reason to go out to a usual place like a cafe. To be known and welcomed warmly is so beneficial. This is a tricky time for me first Mothering Sunday since Mum died. It is also her birthday in April. At times I feel so alone, having Safe and Sound let's me connect and share things, adventures, laughter, activities and food with people who do care. Nourishment in so many areas. It was lovely to arrange to meet someone at the cafe, be able to take the dogs and have them welcomed so much. Thank you all the Team your hard work, care and effort really make a difference.'

CRM

The CRM is helping us collate all our data on sessions and outreach, giving us a better sense of the women we reach. We already do many things in the community together like run stalls at local festivals, run beach yoga, have retreat days, hold community fundraising,

countryside walks and work on projects that benefit people beyond our group. We have a growing volunteer base led by our volunteer coordinator.

Over the past four years we have been involved with women at risk of domestic and sexual violence, addictions with alcohol and drug issues, eating disorders, long term mental and physical health issues, low or no family support, relationship breakdowns, low self esteem, no confidence, lack of education and employment. Over the pandemic we continued our services to the community and have supported women losing housing, facing eviction, moving into B&Bs, moving into supported or their own accommodation. We have supported with food boxes, care packages, craft kits, furniture, clothing and emotional support.

We have had over 260 unique women participate in our sessions (at Boscombe Baptist, Joy Cafe and Winton Park Cafe) over the past 3 years and we have just over 60 women per year on our books from outreach on the streets. We have progressively seen a cross-over from women trapped in cycles of homelessness, moving on into temporary or supported accommodation and able to access more support through women's sessions. Our charity has a proven track record of helping women on a journey of positive change, who increasingly find support in their community by participation in our therapeutic creative sessions, which reduces isolation and improves individual and community health and wellbeing.

Data for half yearly report October 2022	In last 2 years up to 01/04/2022	In Last term year Sept 21 to July 22	Since April 2017
Food Boxes	550	86	551
Care Packages	105	0	105
Food Bags	438	168	640
Aldi Vouchers	80	80	0
Craft Kits	594	139	594
Festive gift bags	260	260	
Total deliveries in the last 2 years	1947		
Total number of unique women who have benefited from food boxes, care packages, craft kits and food bags in the last year	260	143	281
TOTAL number of sessions/ contacts/services of any kind	2975	2154	5926
TOTAL number of street outreach interactions	759	520	970
Unique women who have attended sessions	194	99	
Service Users	299	148	
Unique women helped on Street outreach	61	96	128

TOTAL number of constituents on the CRM which includes donors, service users, staff, volunteers, funders etc	653	546	
People signed up to newsletter = 84 (Please encourage your family and friends)	84	84	
Women attending sessions @ BBC Monday		28	
Women attending sessions @ BBC Wednesday		24	
Women attending sessions @ Joy,		16	
Women attending sessions @ The Well craft,			
Women attending sessions @ The Well housing		31	
Number of service users that attended Summer Activity Days at Adventure Wonderland		34	56

'Hi, I am completely alone, no family contact, only professionals checking on me weekly or three monthly. Having Safe and Sound to contribute to and receive food parcels and craft bags means such a lot.

Although I am not seeing people or talking that much to folk, knowing there are some folk who care about me makes a difference.'

'I have been able to buy necessities with the voucher..Two meals maybe three at a push .. I am so grateful. To have it tho... 😊 Thank you...'

'I cant express enough how Safe Sound Dorset has helped me... A group of mis-matched women. My self identity was gender hatred. Not voiced often. I'm learning to love these girls, and myself. Getting an art pack, its like Christmas. Feel valued, and connected during lockdown, and now partial lockdown. Isolation comes so easy to me. But feel 'thought of'.

Information on volunteers

'Over the past few months, I have been privileged to witness first-hand how you have positively impacted the lives of vulnerable women in Dorset to date. This along with having first-hand experience with how easily any one of us can become vulnerable through, addictions, trauma and other issues attracts me to becoming more involved with you and the team.'

Currently we have 26 registered volunteers, with up to date DBS certificates.

19 are active and available for a minimum of 1 day per month

We have had many volunteer enquiries since our evening event at Boscombe Soup and placing some advertisements on CAN. We average on at least 3 -6 enquiries a week.

From the recent Volunteers Fair, we have 6 volunteer enquiries who have registered an interest and are going through the recruitment process.

At the start of the year, we had a volunteer meeting that was positive, and we agreed that we would publish a volunteer's rota by month. That we would meet 3 times a year and that training was important. All volunteers have signed the relevant paperwork for GDPR and data protection.

The general feel is that volunteers are happy and satisfied, finding volunteering rewarding.

We are planning volunteer week at THE WELL for a special afternoon tea.

'Thanks for everything, the last year has been hard & u were always about if I needed help, but really it's not just been over the last year has it? I mean u have been supporting me for years & years now & to be completely honest I truly don't believe I would be in the position I'm in now if u guys were not there for me for all this time, so THANK U to everyone. I appreciate every last one from the bottom of my heart.'

Why we are needed & facts and the difference we are making

- There are large numbers of women isolated or at risk within Boscombe and Bournemouth experiencing multiple disadvantages
- Many of the women we encounter are facing some sort of isolation from a support network or breakdown in family relationships
- Many are or have been drug or alcohol dependant and may be in recovery
- Some are working girls trying to earn a living to feed an addiction
- Many are from deprived backgrounds or have been within the care system
- Some have issues escalating to breaking the law and re-offending
- Many can not secure a consistent care plan that will have a long lasting life benefit –due to an inconsistent support network
- Many require emotional support to have a basic quality of life without endangering themselves
- Many lack basic physical needs like food and shelter
- Many are or have faced some sort of physical, emotional and psychological abuse, lacking trust especially in authority
- Many are excluded from the local community and support structures

Information and quotes from the internet during June 2021

- According to crisis.org.uk the cost of sleeping rough for 12 months in the UK is 20k per person
- Gov.uk estimate the cost @ 26k per person
- Homelessness is a "human cost" with no price tag (Crisis) and we know this from personal experience
- According to uk.rehab.com the average cost to replace street drugs with medical prescriptions is £5k per person per year
- A 28 day rehabilitation treatment for addiction costs approx £11k
- The cost of housing an inmate in prison for a year is £15k per person
- It is estimated in 2016/2017 adult social care cost was in the region of 16 billion

Successes and Impact

- We have a number of service users that are now well into rehabilitation and reliant on our services for support and provision which bridges the gap between their professional support and peer pressure. Without our consistent, positive and relational approach to services there would be a risk that service users would revert back to being isolated and disrupted in their progress.
- It has taken time to build trust and open communication which has only happened with consistency. Many service users report that we are the only constant in their lives as professional service contacts change frequently.
- This actually has a negative impact as many are disowned by their own families and therefore lean on peers who are likely to have a negative impact or lead to old ways of thinking.
- In some cases we have also been able to support families to support our service users acting as a support to both sides. This circle of communication and trust encourages healthy relationships to be built and reunited without it being too daunting for one another. In many cases it has taken years to build this trust with both family and the services users.
- We play a major impact on visiting service user with and without family when in rehabilitation or prison which also goes a long way to positive reinforcement and maintaining contact to support long term positive decision making.
- We have worked very hard to ensure we are flexible and scalable to adapt our services to cope with environmental issues (COVID) and service users needs. The positive impact on our service users means they want to develop their wellbeing leading to 'positive mental health and good life choices' being a constant and not a one off.
- We have a number of service users that would be happy to be case studies and tell their stories and share how Safe and Sound Dorset have supported them and been a positive impact in their lives. Although you will see from the recent survey below the feedback that we have had.
- Service users working to become volunteers to build future employment opportunities
- SASD orchestrating volunteer training and development and mentoring for confidence and soft skills for work entry through our coffee lounge.
- We are working with organisations such as BCP Council, St Mungos, BH1 Salvation Army Drop-in, SDAS (Specialist Drug and Alcohol Services), Cancer Awareness, BCHA Courses such as Ignite for personal development and the Freedom Course supporting those encountering domestic violence.

Service users feedback

We conducted a regular survey with service users and thought it vital we share, just how valued and what impact we together as a charity have had on people. We could not do it without all of our supporters and funders.

How has Safe and Sound Dorset helped you in the last year during the pandemic?

- From isolation and into the community;(85% reported a positive difference)
- From poor mental health to a better state of mind; (92% reported a positive difference)
- From bad physical health to healthy living and well-being (90% reported a positive difference)
- From a chaotic lifestyle to becoming more responsible; (88% reported a positive difference)
- From addiction to going into recovery;(66% reported a positive difference)
- From abuse to relationship changes; (50% reported a positive difference)
- From self-doubt, lacking in confidence and self-esteem to knowing their value and worth
- By stepping onto a course, into education or into volunteering; (91% reported a positive difference)

- From homelessness and fear to finding housing support which is safe and stable. (50% reported a positive difference from those who registered this as applicable)
- Receiving Food boxes/ Care packages/ Food bags (100% positive difference)
- Receiving a monthly Craft Kit (91% positive difference)

Interesting observations

The statistics were gathered as positive impact being 6 or above.

Most of the statistics are fairly consistent.

There is one very low percentage (bad physical health 16%) indicating a negative impact. This was during Covid lockdown 2019-2020 But the statistic for 2020-2021 is 91% which indicates a massive positive impact since lockdown ended.

More women have engaged in Recovery Courses in the last year.

The top three percentages are in housing support, food box support and craft kits.

From homeless to housing is a high percentage (91%) because when we can support someone this makes a huge impact.

Food box support also was 100% because anyone on the list receiving regular food box support indicated this made a huge difference.

Craft Kit support also was high at 95% because anyone on the list receiving regular craft kit support indicated this made a huge impact.

These statistics are taken at the end of the year from women attending our creative community sessions, cafe sessions and women we see on outreach.

We run other surveys and feedback sheets, which are available on request.

Safe and Sound Dorset

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statement in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial period which gives a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

select suitable accounting policies and then apply them consistently;

observe the methods and principles in the Charities SORP;

make judgements and estimates that are reasonable and prudent;

state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

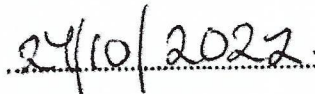
Approved by the trustees of the charity and signed on its behalf by



Mrs Mary Richards

Trustee

Date



18th October 2022

Safe & Sound Dorset
1 Browning Avenue
Bournemouth
BH5 1NP

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees of Safe and Sound Dorset

On accounts for the year ended 31st March 2022

Respective responsibilities of trustees and examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act)) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Act), and
- To state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure that:
 - a. proper accounting records are kept (in accordance with section 41 of the Act); and
 - b. accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

Date: 18-10-2022

Sue Wintle FMAAT

Accounting Technician

27 Bascott Road
Wallisdown
Bournemouth
Dorset
BH11 8RJ

SAFE AND SOUND DORSET

Receipts and Payments Accounts For the Year ended 31st March 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Receipts					
Donations and Legacies	1	13,101	117,957	131,058	123,365
Charitable Activities		-		-	401
Trading and Café	2	5,191	-	5,191	50
Total		18,292	117,957	136,249	123,816
Payments					
Sessions and Activities	3	-	104,548	104,548	84,464
Administration	4	5,361	8,886	14,247	2,086
Café	5	8,361	5,490	13,851	-
Depreciation		1,208	-	1,208	1,270
Total		14,929	118,924	133,853	87,820
Net incoming resources before transfers		3,362	(967)	2,396	35,996
Transfers between funds		1,158	(1,158)	-	-
Net movement in cash funds		4,520	(2,124)	2,396	35,996
Cash funds last year end		10,836	47,312	58,148	22,152
Cash funds this year end		15,356	45,188	60,544	58,148

SAFE AND SOUND DORSET

Statement of Assets and Liabilities at 31 March 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Assets					
Motor Vehicle - Net book value		3,623	-	3,623	4,830
Cash at Bank and in Hand		16,078	45,188	61,266	59,108
Debtor		187	-	187	159
Total Assets		19,888	45,188	65,076	64,097
Liabilities					
Barclaycard		996	-	996	1,289
Creditors		590	-	590	1,800
PAYE/NI & Pensions		2,946	-	2,946	2,860
		4,532	-	4,532	5,949
Net Assets		15,356	45,188	60,544	58,148

Approved by the trustees on 21/10/2022 and signed on their behalf by

MD Richards

SAFE AND SOUND DORSET

Notes to the Receipts and Payments Accounts - year ended 31 March 2022

1 Donations and Legacies

	Unrestricted	Restricted	Total 2022	Total 2021
Grants	1,600	117,957	119,557	117,784
Donations from individuals	6,404	-	6,404	3,543
Council grant	3,000	-	3,000	1,850
BB Fundraising	1,861	-	1,861	-
BH Coastal lottery	222	-	222	401
HMRC gift aid	15	-	15	188
	13,101	117,957	131,058	123,766

2 Trading and Café

	Unrestricted	Restricted	Total 2022	Total 2021
Café	5,191	-	5,191	-
Cards	-	-	-	50
	5,191	-	5,191	50

3 Sessions and Activities

	Unrestricted	Restricted	Total 2022	Total 2021
Alice Ellen Cooper Dean	-	539	539	1,001
Edward Gostling	-	4,361	4,361	-
Souter	-	-	-	509
Tudor Trust	-	13,387	13,387	10,241
Valentine Trust	-	3,165	3,165	59
Reaching Communities	-	47,572	47,572	46,519
Awards for All	-	10,058	10,058	9,988
Postcode Lottery	-	3,535	3,535	-
True Mark Trust	-	7,005	7,005	-
DCF (Dorset Community Foundation)	-	-	-	6,474
DCF Fund Trauma Support	-	1,340	1,340	472
DCF Fund Care Packages	-	-	-	2,000
DCF Fund Winter Meals	-	5,519	5,519	-
DCF Fund Housing	-	1,920	1,920	4,960
DCF Fund Gardening	-	989	989	-
Action Hampshire	-	2,192	2,192	-
Faithworks summer activity	-	2,966	2,966	-
Nationwide	-	-	-	391
BCP Covid Emergency	-	-	-	1,850
Unrestricted fund activities	-	-	-	-
	-	104,548	104,548	84,464

4 Administration

	Unrestricted	Restricted	Total 2022	Total 2021
Administration Assistant (Allen Lane)	1,258	7,488	8,746	-
Promotional (February Foundation)	-	1,398	1,398	1,000
General Admin costs	3,513	-	3,513	1,086
Accounts and Independent Examination	590	-	590	-
	5,361	8,886	14,247	2,086

5 Cafe Costs

	Unrestricted	Restricted	Total 2022	Total 2021
Café Salaries	5,929	-	5,929	-
Café Running Costs	2,309	-	2,309	-
Café Set up Costs (Anton Jurgen & Souter)	123	5,490	5,613	-
	8,361	5,490	13,851	-

SAFE AND SOUND DORSET

England & Wales - Charity number 1172371

Accounts

Charity Registration Number 1172371

Safe and Sound Dorset

Annual Report and Financial Statements

For the Year ended 31st March 2021

Sue Wintle FMAAT
27 Bascott Road
Bournemouth
BH11 8RJ

Safe and Sound Dorset

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Safe and Sound Dorset

Reference and Administrative Details

Trustees	Crystella Cocomazzi (Resigned 11th February 2021) Refiloe Makhoana Sophia Mills (Appointed 14th November 2020) Mary Richards Beverley Smith (Resigned 14th November 2020) Charlene Street Victoria Westerby
Principal Office	1 Browning Avenue Bournemouth Dorset BH5 1NP
Charity Registration Number	1172371
Gift Aid Registration	EW77430
Independent Examiner	Sue Wintle FMAAT 27 Bascott Road Bournemouth BH1 8RJ

March 31st 2021
Safe and Sound Dorset
Yearly Report March 31st 2021
Charity Number 1172371



Written by Dot Pickett
Endorsed by Mary Richards (Chair of Trustees)

Our mission statement

Working with women who are isolated or at risk,
building confidence through creativity and community,
encouraging social inclusion, responsibility and personal choice.

Governed by a Constitution
Policies include:
Safeguarding persons at risk
Health and Safety
Equality and Diversity
Equal Opportunities
Bullying and Harassment
Complaints Procedure
Lone Worker Policy
Risk Assessments
Environmental Policy
Confidentiality Policy
General Data Protection Regulations
Code of Conduct Policy
Conflict of interest Policy
Financial Policy

Our Constitution

Our primary objective is to promote social inclusion for the public benefit among vulnerable women and girls by preventing women and girls from becoming socially excluded, relieving the needs of women and girls who are socially excluded and assisting them to integrate into society. 'Excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; poor educational or skills attainment; relationship and family breakdown; poor housing (that is housing that does not meet basic habitable standards; crime (either as a victim of crime or as an offender rehabilitating into society); and vulnerable women means women who have been, or are at risk of being, physically, sexually, emotionally or psychologically abused or experienced homelessness, mental, physical health or substance misuse problems or involved in prostitution or trafficking.

Structure

We have 5 trustees:
Mary Richards (Chair) since February 2017 Job Centre Coach
Charlie Street (Safeguarding Officer/ Treasurer) since April 2019 Special Educational Teaching Assistant and Recovery Support Worker
Victoria Westerby (Service Users Representative) since April 2019 NHS Nurse working for Specialist Drug and Alcohol Services (SDAS)

Refiloe Makhoana (Secretary/ Funding Officer/ Marketing) since March 29th 2020 Fund writer for Construction Company and NHS Marketing
Sophia Mills since November 20th 2020 Housing Family Support Worker for BCP Council

Thank you to:

Beverley Smith, since February 2017 Secondary School Teacher who stood down as a trustee on November 20 2020.

Kriss Cocomazzi (Marketing Officer) since March 29th 2020 Semi-retired Sales and Marketing Professional who stood down as a trustee on February 11th 2021.

We thank both for serving as trustees. We have appreciated all their input.

Other people who mentor us as an organisation:

Steve Place: Manager at Community Action Network CAN

Linda Maguire: Bournemouth Christchurch and Poole Borough Council Funding Officer, BH Coastal Lottery Manager

Cathy Kirkham: Retired Head Teacher, trustee for Waterlily Bailey

We have 6 members of staff

(funded by **Reaching Communities, Big Community Lottery, Tudor Trust, Allen Lane Foundation**)

Dot Pickett - Manager (24 hours per week)

Stephanie Weyell - Sessional Well-being organiser (12 hpw)

Karina Smith - Sessional Worker and Craft Kit organiser, Social Media (24 hpw)

Kriss Cocomazzi - Volunteer Coordinator (16 hpw)

Josie Pavey - Sessional Worker (12 hpw)

Ola Suddrey - Administrative Assistant (12hpw)

We have 27 volunteers

Outreach: Charlie, Geal, Ola, Helen, Megan

Sessions: Catherine, Geal, Caroline, Alice S, Sandra, Denise, Jeannie, Janet, Hannah

1-1: Christine, Kate, Catherine, Sarah

Drivers or drivers assistants: Gill and Phil, Alice D, Clare, Basia

Events: Sandra, Mary, Victoria, Stephanie, Dot, Kriss, Charlie, Geal, Vicky B

On Sabbatical: Vicky B, Ursula, Jayne, Joanne, Kirsty

Report Summary

Mary Richards, Chair of Trustees: *'I have been with Safe and Sound Dorset from its commencement and still count it a privilege to have seen another year where all the stops have been pulled to serve the women.*

We have had to adapt to the the huge challenge Covid has brought. Through the creativity of the manager and staff we have still been able to meet the needs of all our service users by providing amazing craft kits, food boxes, personal toiletries, clothes and household items as a point of contact and more.'

We record good news via our social media page Safe and Sound Dorset

'Yesterday was a milestone for one of our girls. When we met her she was homeless on the street, scavenging for money for her drug habit and living wherever she could find a place, sofa surfing, sometimes in a tent, sometimes in a church or shop alcove.

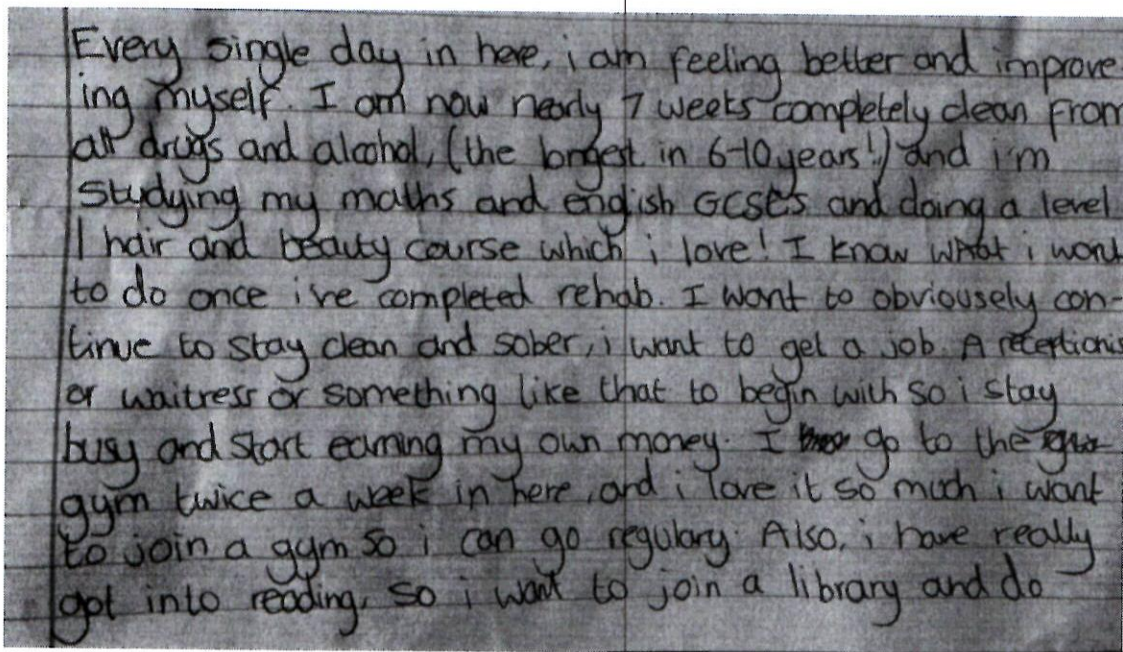


We invited her in May 2018 to the Art Cafe where we ate dinner on a Friday night. She became a regular and started to regain connection with her family. We were able to encourage her to have a regular breakfast there.

We helped her get her first housing in an assessment unit. Then came several supported housing placements arranged by the council. We were always able to keep in touch during outreach with our care packages on a Friday evening.

Yesterday was the day she entered the detox centre that will be a stepping stone to her 3 month rehab placement. If this all goes well she will be offered longer term integration into supported community housing.'

Her story, so far, written in her handwriting, with her permission.



Every single day in here, i am feeling better and improving myself. I am now nearly 7 weeks completely clean from all drugs and alcohol, (the longest in 6-10 years!) and i'm studying my maths and english GCSES and doing a level 1 hair and beauty course which i love! I know what i want to do once i've completed rehab. I want to obviously continue to stay clean and sober, i want to get a job. A receptionist or waitress or something like that to begin with so i stay busy and start earning my own money. I ~~now~~ go to the gym twice a week in here, and i love it so much i want to join a gym so i can go regularly. Also, i have really got into reading, so i want to join a library and do

Covid 19 Pandemic

Covid 19 has changed the way we have worked over the spring, summer, autumn and winter of 2020 and has continued into 2021. We have all had to adapt to the new way of doing things. We have been able to collaborate with 'Love Your Neighbour', who create food boxes whilst we coordinate weekly outreach to women in our community, helping organise volunteers to collect and deliver the boxes to women who are isolated or at risk. We also create care packages for those in temporary accommodation, checking in with women to see if they need anything.

One grateful woman texted us:

'Thank u so much for everything u & all the guys u work with have been doing over the past year or so, actually the last year obviously has been hard & u guys were always about if I needed help, but really it's not just been over the last year has it? I mean u have been supporting me for years & years now & to be completely honest with u I truly don't believe I would be in the position I'm in now if u guys & the lady's from P's team were not there for me for all this time, so THANK U to everyone ur all amazing & I appreciate every last one of u & that is from the bottom of my heart'



We have been able to record all our deliveries on our new CRM system, managed by Ola, our administrative assistant.

As an organisation we have delivered:

381 Food boxes

105 Care Packages (toiletries and other products)

172 Food bags for Friday night outreach

244 Craft Kits (including Starter Kits)

Total = 902 deliveries during the last year to women who are isolated or at risk in our community.

We have 534 constituents on the CRM system (which includes donors, service users, staff, volunteers, funders etc)

Please encourage your family and friends to sign up to our newsletter.

243 Service users which is the total number of women interacting through the above services.

61 women have been seen on outreach in one year

180 unique women have attended sessions over the last 2 years

We have delivered 366 sessions offered in 6 venues over 3 years.

We must say a massive thank you to all involved; trustees, staff, volunteers, service users and funding partners for the hours of dedication and camaraderie invested to make these things happen. We have a terrific sense of community from working together with one another and the wider community. We are grateful for being part of such a vibrant group.

Craft Kits

Initially we created 30 Craft Kits to cater for women isolated at home during the pandemic. This has grown and we have created 60 Craft Kits per month since November 2020 onwards. We put any surplus on our website and Etsy page to see if there is any wider interest.

<https://www.safeandsounddorset.org/etsy-shop>

One of our volunteer/ service users wrote:

'Hi,,, feedback: yes to all your points, help, isolation etc and some Very nice packages received, by some very nice posties. The craft kits were very well stocked, even down to needle + thread + scissors in 1 kit + glue + trimmings in another And backed up by clear videos on fb Thank you much appreciated x'



Outreach

Continuing our outreach on a Friday evening has been crucial to keeping in touch with some of these women consistently, as they move from homelessness, sofa surfing, temporary accommodation, B&B to stable accommodation. Seeing a familiar face with a care package or food bag and having time to offload about the week is so important.

We regularly get texts

'Hi hope you're all ok. Do you know what time u will be about tonight? Hot chocolate and biscuits please, thank you. Talk soon'

Typical night one outreach worker wrote

February 2021

2 of us went out last night and saw 14 women and 4 men.

The majority of these women are in temporary accommodation or sofa surfing, some are newly housed. All need support and connection.

We were able to give them Food Bags and Care Packages. Some asked

for extra supplies of gloves, hats, socks and coats, clothes. Fortunately

we had the car loaded up with these things so were able to offload, chatting whilst rummaging.



We had conversations about seeing their kids over half term, domestic violence issues, someone choosing to link in to a new support group in a local church, housing issues, an assault that had happened the night before in the vicinity making people anxious, safety precautions, connecting up to St Mungo's for housing, an address that we suspect is being used as a brothel (which we have handed on to the police) hunger, hand warmers and homelessness.

Although most of the women would be indoors overnight, the 4 men appeared to be outdoor and homeless. They are always grateful for the help offered, too.

We are a small part of a massive wave of help for people living on the streets, of No Fixed Abode, sofa surfing or homeless. BCP Council have been able to temporarily house most of the homeless over the Pandemic'

Collaborating with others

We have been able to check in and join the Zoom sessions run by Dorset Community Action each Wednesday throughout the last year keeping up to date on any significant health updates for the pandemic, employment issues, and health and safety risk assessments and precautions, going in and out of lockdowns. It was a huge benefit to feel part of a bigger community working together in Dorset, all going through similar, serious circumstances and able to navigate through unfamiliar territory. All of this was an invaluable support system, imparting knowledge and expertise which was then handed down to the Safe and Sound Dorset staff and volunteer team.

Dorset Community Foundation have also supported us with funding. We also became part of Community Action Network, the Homelessness Collaboration run by the BCP Council, Bournemouth Community group and Bournemouth Conversation as well as joining zooms from the Women's Resource Centre, Rosa and other women's organisations.

We have been in touch with other Women's Centres. Cornwall Women's Centre will be running an outreach service into Dorset from September 2021 and would like to collaborate with more local organisations.

Watford Women's Centre has started a new service for Domestic Abuse support called My Ally.



As many of our women are significantly at risk with underlying health issues we have only resumed our indoor sessions with the strictest health and safety guidelines (group bubbles of 6) and will only do so once lockdown is over and the sessions can resume safely. We are following the government guidelines and will come out of lockdown in line with the recovery plan for organisations, following health and safety guidelines and risk assessments. At the moment our community communicates with each other through our creative online community, text messaging, phoning and meeting on Zoom sessions 3 times a week. Our sessions are due to resume on May 17th 2021

Health and Well-being, Walk and Talk

We want to encourage everyone to meet up with a friend regularly to walk and talk. Walk and talk helps people gain exercise whilst chatting about day to day things, putting the world to rights! This will help build resilience as we come out of lockdown and benefit our mental health.

Steph and Kriss are in the process of organising a Safe and Sound Dorset Health and Well-being group which will include prevention and awareness of diseases, stretch exercises for physical health and some self-help therapeutic sessions, linking in with the craft kits.

Another new volunteer writes:

'Over the past few months, I have been privileged to witness first-hand how you have positively impacted the lives of vulnerable women in Dorset to date. This along with having first-hand experience with how easily any one of us can become vulnerable through, addictions, trauma and other issues attracts me to becoming more involved with you and the team.'

New Cafe group

One volunteer who lacked confidence and originally came to sessions for her own well-being started her own Safe and Sound Dorset group in a local cafe in September 2020. It is going well as a creative support group with 10 participants over 11 weeks before the second lockdown, with usually 8-9 women attending each week, social distancing in groups of no more than 6 and sitting outside weather permitting. She has taken on a second volunteer to co-lead.



We use feedback to inform us if we are making a difference in our creative community.
We asked women:

How did you feel last April 2020 with the pandemic looming?

Replies: anxious, worried, apprehensive, down, lonely, low, very difficult with health issues, uncertain, overwhelmed, isolated and not good, dreaded being alone.

How do you feel today, with the last year behind you?

Replies: Still anxious, glad to be here, apprehensive, better, happier, recovering from surgery, full of energy and excitement, fine, so good to see everyone, 'back to normal' whatever that means, grateful.

How do you feel for the future?

Replies: A little worried, positive, apprehensive, unknown, lots of potential, on the way to 'normal', can't wait to be able to hug, fine, hopeful.

How has Safe and Sound Dorset helped you in the last year during the pandemic?

- From isolation and into the community; (85% reported a positive difference)
- From poor mental health to a better state of mind; (92% reported a positive difference)
- From bad physical health to healthy living and well-being (90% reported a positive difference)
- From a chaotic lifestyle to becoming more responsible; (88% reported a positive difference)
- From addiction to going into recovery; (66% reported a positive difference)
- From abuse to relationship changes; (50% reported a positive difference)
- From self-doubt, lacking in confidence and self-esteem to knowing their value and worth by stepping onto a course, into education or into volunteering; (91% reported a positive difference)
- From homelessness and fear to finding housing support which is safe and stable. (50% reported a positive difference from those who registered this as applicable)
- Food boxes/ Care packages/ Food bags (100% positive difference)
- Craft Kits (91% positive difference)

83% of service users have said that through the therapeutic creative sessions and craft kits they have built their confidence, met new friends and learned new skills including feeling better

positive mental health, improving on things such as learning to concentrate and dedicate time to a project, sketching and drawing, creative writing and knowledge of health well-being.

Training and Celebrations

All our trustees, volunteers and paid workers have been invited to attend Safeguarding and Health and Safety training on Zoom this year. We have revisited and updated the policies, looked at filling in the appropriate forms, reporting safeguarding/ health and safety issues. We were not able to meet for a celebration meal during 2020 but want to say a big thank you to the whole team. We have been given a grant by the Tudor Trust for the well-being of the whole group and are in the process of organising a day's event for the enjoyment and benefit of the whole team. We will be celebrating our volunteers individually on Wednesday June 9th 2021 in our creative session.

We are all looking forward to the end of lockdown, some good countryside walks over the summer and being together in our creative community again.

Submitted by
Dorothy Pickett (Manager)
Mary Richards (Chair and Senior Trustee)
May 2021

Safe and Sound Dorset
Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statement in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial period which gives a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity and signed on its behalf by



Mrs Mary Richards
Trustee

Date 14/08/2021

Safe and Sound Dorset

Independent Examiner's Report to the Trustees of Safe and Sound Dorset

I report on the accounts of the charity for the year ended 31st March 2021 which are set out on pages 11 - 17

Respective responsibilities of trustees and examiner

The Trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act;
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- To state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Sue Wintle
Independent Examiner
Association of Accounting Technicians

27 Bascott Road
Bournemouth
Dorset
BH11 8RJ

Date 16-8-2021

Safe and Sound Dorset
Statement of Financial Activities
For the Year ended 31st March 2021

	Note	Unrestricted	Restricted	Total 31 March 2021	Total 31 March 2020
Income and Endowments from					
Donations and Legacies	2	8,731	114,634	123,365	56,110
Charitable Activities	3	401	-	401	2,422
Trading Activities	4	50	-	50	350
Total	5	9,182	114,634	123,816	58,882
Expenditure on Charitable Activities					
Administration & Trading	6	2,086	-	2,086	4,963
Depreciation	8	1,270	-	1,270	-
Grant Expenditure	7	-	84,464	84,464	51,421
	9	3,356	84,464	87,820	56,384
Net Fund Movement		5,826	30,170	35,996	2,498
Gross Transfers between funds - In		1,140	-	-	7,067
Gross Transfers between funds -Out		-	(1,140)	-	(7,067)
Reconciliation of Funds					
Total funds brought forward		3,870	18,282	22,152	19,654
Total funds carried forward		10,836	47,312	58,148	22,152

All of the charity's activities derive from continuing operations during the above two periods.

Safe and Sound Dorset

Notes to the Financial Statements

	31 March 2021	31 March 2020
Fixed Assets		
Motor Vehicle Addition	6,100	-
Depreciation this year	<u>(1,270)</u>	<u>-</u>
	<u>4,830</u>	<u>-</u>
 Current Assets		
Cash at Bank and In Hand	59,108	23,655
Debtor	<u>159</u>	<u>-</u>
	<u>59,267</u>	<u>23,655</u>
 Creditors: Amounts falling due within one year		
Barclay Card	(1,289)	-
Creditors	(1,800)	-
HMRC	<u>(2,860)</u>	<u>(1,503)</u>
	<u>(5,949)</u>	<u>(1,503)</u>
 Net Assets	 <u>58,148</u>	 <u>22,152</u>
 Funds of the Charity:		
Restricted Funds	47,312	18,282
Unrestricted Funds	10,836	3,870
	<u>58,148</u>	<u>22,152</u>

The financial statements on Pages 18 to 24 were approved by the trustees, and authorised for issue on

and signed on their behalf by:



Mrs Mary Richards
Trustee

Safe and Sound Dorset

Notes to the Financial Statements for the Year ended 31 March 2021

1 Accounting Policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of Preparation

Safe and Sound Dorset meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going Concern

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

Income and Endowments

Income is accounted on a receipts and payments basis, it is recorded in the accounts when it is received

Donations and Legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants Receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant are yet to be met, the income is recognised as liability and included on the balance sheet as deferred income to be released.

Other Trading Activities

This represents income received at craft fairs, where crafts created during sessions are sold. Magazines were also printed and sold this year.

Expenditure

Expenditure is accounted on a receipts and payments basis, it is recorded in the accounts when it is paid.

Charitable Activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Safe and Sound Dorset

Notes to the Financial Statements for the Year ended 31 March 2020

Government Grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised as income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Cash and Cash Equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade Creditors

are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if it does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund Structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area for specific purposes, the use of which is restricted to that area or purpose.

Safe and Sound Dorset
Notes to the financial Statements for the year ended 31st March 2021

INCOME AND ENDOWMENTS FROM	Unrestricted	Restricted	Total	
Donations and Legacies			2021	2020
Action Hampshire	-	-	-	500
Alice Cooper Dean	-	1,983	1,983	-
Allen Lane	-	7,488	7,488	-
Awards for All	-	9,988	9,988	-
BCP Covid Emergency	-	1,850	1,850	-
Bournemouth Boro Council	-	-	-	300
Countryside Walks	-	-	-	500
Dorset Community Foundation	-	4,460	4,460	-
Dorset Community Foundation Care Packages	-	2,000	2,000	-
Dorset Community Foundation Housing	-	4,960	4,960	-
Dorset Community Special Sessions	-	-	-	3,000
Edward Gostling	-	2,000	2,000	-
February Foundation	-	2,500	2,500	-
Nationwide	-	-	-	4,940
Reaching Communities Grants	-	50,065	50,065	43,625
Rosa	-	-	-	-
Souter Trust	-	1,000	1,000	-
Trauma Support Crowdfunder	-	1,340	1,340	-
Tudor Trust grants	-	20,000	20,000	-
Valentine Trust	-	5,000	5,000	-
Donations from Individuals	3,543	-	3,543	2,483
Grant General; Funds	5,000	-	5,000	-
Gift Aid	188	-	188	762
2	8,731	114,634	123,365	56,110
Charitable Activities				
5K Run	-	-	-	1,505
Lotteries	401	-	401	521
Miscellaneous Income	-	-	-	396
3	401	-	401	2,422
Trading Activities				
Bags	-	-	-	70
Cards	50	-	50	242
Magazines	-	-	-	24
Sale of Goods	-	-	-	14
4	50	-	50	350
5	9,182	114,634	123,816	58,882

Safe and Sound Dorset
Notes to the financial Statements for the year ended 31st March 2021

EXPENDITURE ON				
Charitable Activities				
Administration and Trading	Unrestr'd	Restr'd	Total	Total
Bags	-	-	-	437
Bank charges	2	-	2	-
Christmas Cards	188	-	188	281
Christmas Campaign	-	-	-	600
Magazines	-	-	-	115
Pension	582	-	582	-
Salaries and Pensions	-	-	-	3,020
Sundry Expenses	314	-	314	510
Website	1,000	-	1,000	-
6	2,086	-	2,086	4,963
Grants				
Action Hampshire	-	-	-	460
Alice Cooper Dean	-	1,001	1,001	-
Awards for All	-	9,988	9,988	-
BCP Covid Emergency	-	1,850	1,850	-
Bournemouth Boro Council	-	-	-	572
Country Walks	-	-	-	500
Dorset Community Foundation	-	6,474	6,474	5,280
Dorset Community Foundation Care Packages	-	2,000	2,000	-
Dorset Community Foundation Housing	-	4,960	4,960	-
Dorset Community Foundation Trauma Support	-	472	472	-
Nationwide	-	391	391	4,490
Reaching Communities	-	46,519	46,519	40,121
Souter Trust	-	509	509	-
Tudor Trust	-	10,241	10,241	-
Valentine Trust	-	59	59	-
7	-	84,464	84,464	51,423
Depreciation	1270	-	1,270	-
Total Charitable Activities	3,356	84,464	87,820	56,386

Trustees Remuneration and Expenses **10**

No Trustee, nor any persons connected with them, have received any remuneration from the charity during the year.

Staff Costs **11**

The aggregate payroll costs were as follows:

	2,021	2,020
	£	£
Wages and salaries	50,847	30,989
Pensions	582	444

No employee received emoluments of more than £60,000 during the year.

Safe and Sound Dorset
Notes to the Financial Statements for the year ended 31st March 2021

Note

Taxation

11

The charity is a registered charity and is therefore exempt from taxation

Fund Movement

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	01.04.2020	Incoming	Outgoing	Transfers	31.03.2021
Action Hampshire	40	-	-	(40)	-
Alice Cooper Dean	-	1,983	(1,001)	-	982
Allen	-	7,488	-	-	7,488
Awards for All	-	9,988	(9,988)	-	-
BCP Covid Emergency	-	1,850	(1,850)	-	-
Dorset Community Foundation	-	11,420	(11,420)	-	-
Dorset Comm Foundation Special Sessions	2,486	-	(2,486)	-	-
Edward Gostling	-	2,000	-	-	2,000
February Foundation	-	2,500	-	-	2,500
Nationwide	391	-	(391)	-	0
Souter Trust	-	1,000	(509)	-	491
Trauma Support	-	1,340	-	-	1,340
Tudor Trust	-	20,000	(10,241)	-	9,759
Valentine Trust	-	5,000	(59)	-	4,941
Reaching Communities 2nd Grant	15,365	50,065	(46,519)	(1,100)	17,811
	18,282	114,634	(84,464)	(1,140)	47,312
Reserves	3,870	9,182	(3,356)	1,140	10,836
	22,152	123,816	(87,820)	-	58,148

The fund transfers to the Reserves refer to an the Action Hampshire grant unspent and Reaching Communities is a rent transfer