

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

CONTENTS

	Page
Reference and Administrative Details	1
Trustees' Annual Report	2-14
Trustees' Approval Statement	15
Report of the Independent Examiner	16
Receipts and Payments Account	17
Statement of Assets and Liabilities	18
Notes to the Accounts	19-20

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 choose 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.'*

3. How has Safe and Sound Dorset helped you in the last year?

Comments

*The gatherings bring me out to town & it is good to have conversations with friends. Also keeps me interested in art work & colourings of various kinds. Also keeps me mobile walking to & from town. I look forward to meeting friends. Thank you for all you do!!*

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

## SAFE AND SOUND DORSET

### Statement of Assets and Liabilities at 31 March 2023

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

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

<b>1 Donations and Legacies</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total 2023</b>	<b>Total 2022</b>
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
	<b>2,116</b>	<b>147,678</b>	<b>149,794</b>	<b>131,059</b>

<b>2 Trading and Café</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total 2023</b>	<b>Total 2022</b>
Café	68,868	-	68,868	5,191
	<b>68,868</b>	<b>-</b>	<b>68,868</b>	<b>5,191</b>

<b>3 Sessions and Activities</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total 2023</b>
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
	<b>4,647</b>	<b>115,809</b>	<b>120,456</b>

**4 Administration**

	Unrestricted	Restricted	Total 2023	Total 2022
Administration Assistant (Reaching Communities)	-	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
	<b>169</b>	<b>10,020</b>	<b>10,189</b>	<b>14,247</b>

**5 Café 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	
	<b>76,664</b>	<b>25,231</b>	<b>101,895</b>	<b>13,851</b>

**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	<b>(24,212)</b>	<b>(8,660)</b>