



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 31<sup>st</sup> 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 31<sup>st</sup> 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.'*

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

*'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 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**

<b>Organisation Name</b>	<b>Service offered</b>
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
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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 31<sup>st</sup> 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
<b>Receipts</b>					
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
<b>Total Receipts</b>		83,607	140,164	223,771	218,976
<b>Payments</b>					
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
<b>Total Payments</b>		129,052	115,741	244,794	232,611
<b>Net of Receipts/(payments)</b>		(45,446)	24,423	(21,023)	(13,635)
Transfers between funds		36,042	(36,042)		
<b>Net movement in cash funds</b>		(9,403)	(11,620)	(21,023)	(13,635)
Cash funds at end of last year		15,356	45,188	46,909	60,544
<b>Cash funds at end of this year</b>		5,953	33,568	25,886	46,909

## SAFE AND SOUND DORSET

### Statement of Assets and Liabilities At 31st March 2024

	2024 £ Total	2023 £ Total
<b>Assets</b>		
Motor Vehicle - Net book value	-	2,717
Stock	2,381	773
Cash at bank and in hand	27,243	50,141
<b>Total Assets</b>	29,625	53,631
<b>Liabilities</b>		
Barclaycard	870	1,973
Gift Card Balances	1,678	1,462
<b>Total Liabilities</b>	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
<b>1 Donations and Legacies</b>				
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
	<b>2024 £</b>	<b>2024 £</b>	<b>2024 £</b>	<b>2023 £</b>
	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>	<b>Total</b>
<b>2 Trading and Café</b>				
Café	80,129	-	80,129	68,868
	80,129	-	80,129	68,868
	<b>2024 £</b>	<b>2024 £</b>	<b>2024 £</b>	<b>2023 £</b>
	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>	<b>Total</b>
<b>3 Sessions and Activities</b>				
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
	1,042	109,334	110,608	120,456

	<b>2024</b>	<b>2024</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>	<b>Total</b>
<b>4 Administration</b>				
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
	150	5,007	5,157	10,189

## SAFE AND SOUND DORSET

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

	2024 £ Unrestricted	2024 £ Restricted	2024 £ Total	2023 £ Total
<b>5 Café Costs</b>				
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 £ Total	2023 £ Total
<b>6 Café Summary</b>		
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	-	(24,212)