

Charity Registration Number 1172371

Safe and Sound Dorset

Annual Report and Financial Statements

For the Year ended 31st March 2025

Sue Wintle FMAAT
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BH11 8RJ

Safe and Sound Dorset

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Charity Registration Number

1172371

Gift Aid Registration

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27 Bascott Road
Bournemouth
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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 individu als) 2024	Individu als / 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		104,847	104,847	
Grant Talbot Village Rent		-	17,000	17,000
Grant Talbot Village Managers Wage		-	14,000	14,000
Total Café Income	2	104,847	135,847	80,382
Other Income				
BH Coastal Lottery		104	104	145
Blackbaud Fundraising		216	216	487
Crowdfunder		2,587	2,587	6,841
Disposal Motor Vehicle		3,945	3,945	-
Donations		11,466	11,466	2,594
Easy Fundraising		121	121	-
Hardship Fund		-	-	174
Sundry Income		1,340	1,340	-
Total Other Income	3	19,779	19,779	10,241
Total Income	4	124,626	351,863	223,772

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	Total
	£	£	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	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

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>160,671</u>
Employers National Insurance	<u>2,384</u>
Pensions	<u>2,747</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
Current Assets	66,826	27,244
Cash at Bank and In Hand	562	98
Debtor	1,281	2,381
Stock	68,669	29,723
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
Net Assets	58,098	29,115
Funds of the Charity:		
Restricted Funds	56,607	18,793
Unrestricted Funds	1,491	8,174
Total Funds	58,098	26,967

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	
Income		01.04.2024	Incoming	Outgoing	31.03.2025
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 Volunteer 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

1 Accounting Policies

Statement of compliance

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Safe and Sound Dorset

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Safe and Sound Dorset

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