



ANNUAL REPORT

Registered Charity
1184411

For the period ended 31st March 2023

www.ownmylifecourse.com/wlc

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WELCOME

Chairwoman's Report

Welcome to our annual report for April 2022 - March 2023. We have had a busy year! We're delighted that all of our materials have been CPD accredited with strong praise given by the assessor. We have developed our Expectations of Sisterhood which support course facilitators and participants in ensuring the course is run ethically and positively. Our development of excellent support resources for facilitators including new course videos and activities, along with drop-in sessions, workshops and our annual conference, have made such a difference to women accessing Own My Life courses and those facilitating the course.

Our objectives for 2022/23 were set in June 2021 and we allowed ourselves until March 2023 to complete them. We are delighted to have achieved so many of our goals:

PRIORITY 1: STRENGTHEN ORGANISATIONAL STRUCTURE

- Our Trustee Board has benefitted from a bi-annual policy review scheduled, which has enabled us to retain high legal and ethical standards. We also enjoyed our first trustee and team weekend away in Broadstairs, with opportunities for sisterhood, organisational development, fun and fish and chips!

PRIORITY 2: SOLIDIFYING FUNDING STREAMS

- Development of e-Learning platform: We have soft-launched Own My Life Discovery, a subscription based online platform utilising Own My Life course content, and have exciting plans to grow this platform over the next year.
- Build the number of training events: We have delivered 8 training events over the reporting period, with one training event which required a co-trainer allowing us to accommodate up to 30 trainees.
- Increase number of trainees in each training event: Three of our training events had an increase in trainees to require a co-trainer and were able to accommodate up to 30 trainees. With only one trainer, we can run training with up to 24 trainees.

PRIORITY 3: DEVELOPMENT OF FINANCIAL SYSTEMS

- Recruitment of a financial trustee: We are still in the process of recruiting a Treasurer, but have some strong candidates and are confident we will have an skilled finance trustee in place within the next year.

PRIORITY 4: EXPAND REACH

- Develop a marketing plan for Own My Life Discovery: We have developed a comprehensive marketing plan and developed our database of existing trained services. This will enable us to better support those running Own My Life and open up opportunities for to see Own My Life offered in new areas and types of services.
- Videos and journals translated: The Own My Story journal can now be purchased in Welsh and most of the Own My Life course videos are available on our e-Hub in Welsh.

We have achieved so much more than what we set out to do this year including:

- Develop structures: Our Expectations of Sisterhood are now used across our work; we use these to ensure that women accessing Own My life and those facilitating the course are well supported throughout.
- Develop a marketing plan for Own My Life Discovery: We have developed a comprehensive marketing plan and developed our database of existing trained services. This will enable us to better support those running Own My Life and enable us to develop opportunities for growth.

Chairing the charity has been a delight for the past year, and I am proud of how we have enhanced our offer to services and consolidated our work. The Board love being part of the Own My Life team, resourcing practitioners across the UK and Ireland and seeing Own My Life make a transformative difference to women's lives.



Liza Thompson, Chairwoman | 2nd June 2023

CEO REFLECTIONS

CEO's Report

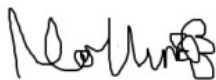
What a year we have had! Not only have we trained almost 200 practitioners to deliver the Own My Life course with women, we have also seen thousands of women access courses across the UK and Ireland.

Over 2022/23 we have had wonderful opportunities to shift from working very organically to becoming more strategic in our approach. Our training has all been CPD accredited (with highly complementary comments from our assessor!). We've worked hard to build a comprehensive database, which will enable us to better support those who run the course. We are committed to seeing women get their best support possible from services and so in this year we have developed our Expectations of Sisterhood to encourage and support organisations running Own My Life to do so in ways that ensure both facilitators and women accessing courses are well-supported.

We have also run drop-in sessions and our annual conference to support facilitators. I spent much of March 2023 speaking with course facilitators; learning about the ways Own My Life has been transformational for them and the women they work with. We are incredibly grateful for practitioners' openhearted and openminded approach to our training and their delivery of the Own My Life course.

We have also expanded the products in our online shop, with beautiful prints and vulva tea-towels(!) available which raise money for our work. We've worked with brilliant female artists on these projects and already have ideas for new products to get designed!

I am incredibly proud that we have achieved so much this year. I am grateful to be part of a precious sisterhood and can't wait to see what's next!



Natalie Collins, CEO | 2nd June 2023

VISION & MISSION

The Women's Liberation Collective was registered as a Charitable Incorporated Organisation on 15th July 2019.

1

Our vision

A world where women are liberated from male violence and control.

2

Our values

WOMAN-CENTRED: Women and their needs are at the centre of everything we do. Our aim to prioritise women is in accordance with the Equality Act 2010 in which "sex" is a protected characteristic.

LIBERATION: We seek to ensure that all women we reach experience equality of opportunity: we also aim to move beyond equality, and work towards a world where women are liberated from male violence and control.

RESISTANCE: This resistance is both collective and individual. As an organisation we will resist the oppression of women and the ways patriarchy harms us all. Alongside this, we recognise that all women find creative ways to resist abusers. Rather than this resistance being honoured, women are often met with scorn and blame. Our work seeks to honour and mobilise women's resistance to abuse and patriarchy.

INTEGRITY: We hold ourselves to a high ethical standard, striving to act honestly, fairly and consistently and using power wisely and well.

COLLABORATION: We foster collaborative spaces which build sisterhood and resist competitive attitudes. We will work together with charities and other partner organisations to achieve our goals.

3

Our Mission Statement

We will equip, train and educate women, so that they can take back ownership of their lives from male abusers. We will also work in wider society, to prevent abuse.

BOARD OF TRUSTEES

The Trustees present their Report together with the financial statements for the period ended of 6 April 2022 to 31 March 2023 for The Women's Liberation Collective, a Charitable Incorporated Organisation ("the Charity").

The Women's Liberation Collective provides resources for women who have been subjected to men's violence; and for organisations responding to men's violence and their practitioners to use with women.

We do this through the Own My Life course, an innovative, creative and educational 12-week course for women.

Our trustees are:

- ▶ (Shirley) Irene Hayes
- ▶ Liza Thompson
- ▶ (Florence) Anne Lyttle
- ▶ Louise Tullin
- ▶ Sadia Masud
- ▶ Henu Cummins

The purposes of the charity as set out in our governing document are:

- ▶ To preserve and protect the health of women and relieve the distress and psychological, emotional and

physical suffering experienced as a result of violence against women.

- ▶ To promote best practice and understanding among the public, voluntary and statutory agencies in all matters relating to violence against women and their families and other forms of abuse, their causes, remedies and prevention.

Through the Own My Life course we support organisations and practitioners to enable women to regain ownership of their lives when they have been subjected to abuse or violence by men. This is done through short videos, structured discussions, group and individual activities, and a comprehensive learning journal. It uses multimedia content to explain complex concepts about trauma and abuse in easy to understand video clips, along with videos which evidence how popular culture reinforces or perpetuates sexism, rape culture, violence, misogyny, disrespect in relationships and abusive behaviour.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit and Code of Governance when reviewing our aims and objectives,

governance arrangements and in planning our future activities.

As allowed for small charities, receipts and payment accounts have been prepared for this Report. The Trustees confirm that the Trustees' Report and financial statements of The Women's Liberation Collective comply with the provisions set out in Charities SORP (FRS 102).

This has been a year of consolidation, much of the work has been done behind the scenes to ensure we have a strong foundation for greater growth. We are proud to have worked hard to support Own My Life facilitators in their work with women, and are committed to ensure that those working with women subjected to abuse are resourced in joyful, liberating ways.

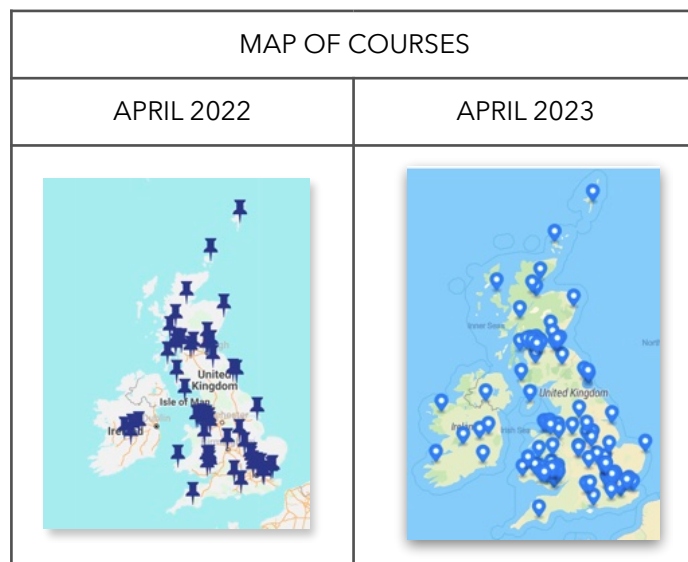


WHAT WE HAVE ACHIEVED



Comments from women who have participated in Own My Life courses across the UK and Ireland.

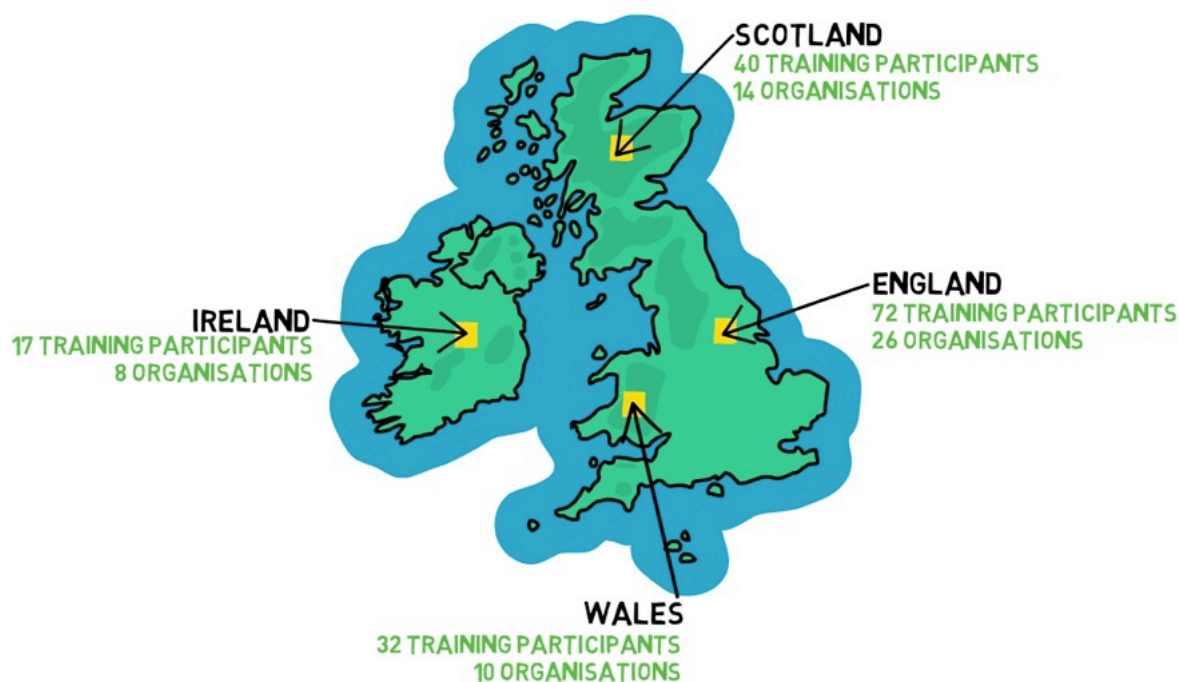
1. **EXPECTATIONS OF SISTERHOOD:** We are committed to ensuring that every woman who accesses the Own My Life course has a life-changing, positive experience, which aligns with our core values and principles. In this reporting period we have developed our Expectations of Sisterhood which encompass how trainees and their organisation engages with Own My Life training and delivery.
2. **STRATEGIC DEVELOPMENT:** We have developed a comprehensive database and ensure all organisations running Own My Life courses are included within it, along with systems to ensure we are focussing our energies on the right geographic areas and organisations. We have also had all our training CPD accredited!
3. **FACILITATOR SUPPORT:** Along with our annual facilitator conference (and party for course participants), we have offered drop-in sessions for facilitators, organised an in-person meet-up at the Million Women Rise March, and offered a workshop for facilitators delivered by experts in the Power Threat Meaning Framework.
4. **NEW RESOURCES:** We developed three new Own My Life course videos. "Positive Relationships" focusses on the ways a healthy partner should behave. "We Are Superpowered" gives a strengths-based approach to trauma responses and celebrates the ways traumatised people survive. "Sisterhood" celebrates women's participation in the Own My Life course. We have also developed a large-print journal for women with additional visual needs, and the journal and course videos are available in Welsh.



WHAT WE HAVE ACHIEVED

We delivered nine facilitator training events (10% decrease from 2021/22). 161 practitioners trained as Own My Life course facilitators (22% less than last financial year). We offered 2-hour Zoom coaching sessions for all trained facilitators to increase their confidence and skill in online facilitation via Zoom. From our online Evaluation Station system we know that at least 511 women started online courses in 2022/23 (7.6% rise from 2021/22) and that we have provided 2555 journals to services (12% increase from 2020/21), which represents up to 2863 women who have accessed the Own My Life course in person or online in 2022/23.

8	Online facilitator training events delivered.	58	Organisations trained.
161	Practitioners trained.	2,863	Journals provided for women accessing courses.
62	Practitioners attended Zoom Coaching sessions.	511	Women (at least) have started online courses.



Map with numbers of trainees and organisations trained.

WHAT WOMEN SAY

Feedback from 186 women who have completed the Own My Life course

	BEFORE OWN MY LIFE	AFTER OWN MY LIFE
I feel like I am in control of my life and my future.	<p>Definitely 10% Mostly 21% Sometimes 55% Never 14%</p>	<p>Definitely 36% Mostly 46% Sometimes 17% Never 1%</p>
I can make sense of my life.	<p>Definitely 10% Mostly 23% Sometimes 55% Never 12%</p>	<p>Definitely 43% Mostly 41% Sometimes 15% Never 1%</p>
Overall, I feel good about my life.	<p>Definitely 8% Mostly 22% Sometimes 57% Never 13%</p>	<p>Definitely 43% Mostly 41% Sometimes 15% Never 1%</p>
I am as healthy as I can be.	<p>Definitely 46% Mostly 24% Sometimes 26% Never 4%</p>	<p>Definitely 63% Mostly 23% Sometimes 13% Never 1%</p>
I know where to go if I need help with difficulties in my life (e.g. money, health, job, education).	<p>Definitely 63% Mostly 23% Sometimes 13% Never 1%</p>	<p>Definitely 58% Mostly 29% Sometimes 10% Never 3%</p>
I like and feel safe in my neighbourhood and/or community.	<p>Definitely 27% Mostly 37% Sometimes 30% Never 6%</p>	<p>Definitely 40% Mostly 46% Sometimes 11% Never 3%</p>

WHAT WOMEN SAY

Feedback from 186 women who have attended the Own My Life course

	BEFORE OWN MY LIFE	AFTER OWN MY LIFE
I am as healthy as I can be.	<p>12% 11% 46% 31% Definitely Mostly Sometimes Never</p>	<p>4% 23% 51% 22% Definitely Mostly Sometimes Never</p>
I know what domestic abuse is.	<p>0% 49% 35% 16% Definitely Mostly Sometimes Never</p>	<p>10% 0% 0% 90% Definitely Mostly Sometimes Never</p>
I think that the things I see and hear in songs, newspapers, TV programmes, magazines, and adverts affect how I see myself and my life.	<p>21% 18% 47% 14% Definitely Mostly Sometimes Never</p>	<p>10% 42% 34% 14% Definitely Mostly Sometimes Never</p>
I feel in control of my finances/ money.	<p>10% 42% 34% 14% Definitely Mostly Sometimes Never</p>	<p>3% 42% 38% 17% Definitely Mostly Sometimes Never</p>
If I am a parent and am in contact with my children, I feel able to meet their needs.	<p>2% 48% 39% 11% Definitely Mostly Sometimes Never</p>	<p>4% 2% 73% 21% Definitely Mostly Sometimes Never</p>
If I am a parent, I am confident that my children know that I love them.	<p>7% 0% 14% 79% Definitely Mostly Sometimes Never</p>	<p>10% 1% 0% 89% Definitely Mostly Sometimes Never</p>

WHAT WOMEN SAY

Feedback from women who have attended the Own My Life course

THIS COURSE SHOULD BE INTEGRATED IN THE HR TRAININGS OF ALL COMPANIES SINCE THERE ARE A LOT OF WOMEN THAT MAY BE IN THE ABUSIVE RELATIONSHIPS AND WOULD NOT KNOW WHERE TO START TO EVEN START MAKING A CHANGE.

OWN MY LIFE WORKS AS BUILDING BLOCKS FOR US TO LOOK BACK AT OUR EXPERIENCES FOR OURSELVES IN A SAFE AND TRUSTED ENVIRONMENT. WE ALL SIT BETTER AT THE END OF THE 12 WEEKS; WE WALK AWAY AS A GROUP - A FAMILY ALMOST.

THIS COURSE HAS CHANGED MY LIFE. IT HELPED ME TO IDENTIFY THOSE BEHAVIOURS IN MY HUSBAND THAT FELT ABUSIVE TO ME BUT I DIDN'T *KNOW* WHY THEY FELT ABUSIVE. WHEN I UNDERSTOOD FOR THE FIRST TIME IN MY LIFE ALL THE LITTLE INSIDIOUS BEHAVIOURS THAT MADE ME FEEL BAD ABOUT MYSELF OR ASHAMED OF MY BODY OR ISOLATED AND CONTROLLED. IT WAS LIKE A PRISONER BEING LET OUT OF PRISON.

THERE ARE THOUSANDS OF WOMEN SUFFERING ABUSE FROM THEIR PARTNERS AFFECTING THEIR CHILDREN TOO. THIS COURSE PROVIDES A SAFE ENVIRONMENT WHERE THEY CAN FACILITATE THE HELP THEY NEED TO REBUILD THEIR LIVES AND GAIN THE STRENGTH NEEDED TO CHANGE THEIR LIVES FOR THE BETTER!

OWN MY LIFE GIVES WOMEN ANOTHER CHANCE TO ENJOY LIFE WITHOUT CONSTANT FEAR AND CONFUSION.

I DIDN'T UNDERSTAND ANYTHING BEFORE OWN MY LIFE, BUT NOW I DO AND I FEEL LIKE I CAN MOVE FORWARD.

OWN MY LIFE TEACHES WOMAN THAT THEY AREN'T GOING CRAZY AND THAT OTHERS DO BELIEVE THEM.

THIS COURSE IS ESSENTIAL FOR WOMAN WITH AN ABUSIVE PARTNER, TO RECOGNISE THE POSITION THEY AND THEIR CHILDREN ARE IN, TO START A NEW LIFE WITH THE TOOLS THEY NEED.

THE JOURNAL PRINT AND PAPER QUALITY WAS EXCELLENT (NOT LIKE OTHER COURSE HANDOUTS) SO IT MEANS THE JOURNAL IS RESPECTED, HAS MEANING AND LONGEVITY.

THIS COURSE CHANGED THE WAY I VIEW MYSELF, IT RAISED MY CONFIDENCE IN MYSELF AND HELPED ME TO FEEL GOOD ENOUGH TO TRUST MYSELF, APPLY FOR A JOB I HAD NO PREVIOUS EXPERIENCE IN AND MAKE HEALTHY DECISIONS FOR MYSELF.

THAT IS THE BEST GIFT YOU CAN GIVE TO WOMEN. A GIFT OF HEALING, A GIFT OF BEING HEARD, A GIFT OF BUILDING CONFIDENCE.

OWN MY LIFE CHANGED MINE AND MY CHILD'S LIFE.

THE COURSE SHOWS THAT SOMEONE ACTUALLY CARES ABOUT ME WHICH IS SOMETHING I NEEDED WHEN I FELT LIKE NO ONE ELSE DID. IT GAVE ME A REASON TO CARE ABOUT MYSELF.

AMANDA'S STORY

Amanda attended the Own My Life course in Northamptonshire. This is her story.

To be honest, I wasn't interested in the Own My Life course. I'd been on loads of other domestic abuse courses and they hadn't helped. In fact, they'd left me feeling even more isolated. I can't tell you how glad I am I decided to try the course anyway.

Back in 2018, I'd been arrested for stuff my abusive partner had coerced me into, but the backlog of COVID meant I was halfway through attending an online Own My Life course when I had to go to court.

I felt really hopeless. I was learning so much on the course, but was now facing a prison sentence. On the morning of court, I packed three sets of clothes for my kids, not knowing whether I would be coming home to them. I hadn't told them what was going on. It was heart-breaking saying goodbye to my kids with no idea if I would see them later that day or be going to prison.

Prior to attending the Own My Life course, I was constantly being silenced. I thought I had to help my abusive ex-partner. His family kept putting it onto me to help him, but the course showed me that wasn't helping me or my kids. My kids were on child protection. It was terrifying. Social services treated me as a monster and I questioned myself all the time. It was like we were on two different planets, talking different languages. The Own My Life course gave me the tools to be able to work with the social workers, not against them.

The Own My Life course was the only thing that gave me a voice. I'd felt like I was in a black hole all by myself, but the course changed all that. The course gave me the courage to fight for everything. I knew that he would no longer have control over my life, he would get nothing from me anymore. He couldn't use me. That it would be over.

The school were putting the kids into counselling during their lessons, which was getting in the way of their friendships. The course gave me the courage to go to the school and challenge how they were working with the kids. I was able to talk the same language as them and I was confident in what I was saying, so they listened to me and things changed for the better. The kids counselling took place outside of school time, which hugely improved their experience of school.

When I went to court, I was able to hold my head up high and stand up straight. You gave me the tools and confidence to face the situation. Prior to that I was cowered and subdued. I'd given up. I didn't have anyone to fight my corner. You made me a stronger person than I've ever been in my life. Even though I'm on my own, through Own My Life, I learned I don't need someone else to fight my corner, you gave me the tools to do it for myself!

I got a suspended sentence in court, with the judge recognising that I'd turned my life around. I even got an apology from the child protection chair, who acknowledged that she'd "seriously misjudged me"!

The impact has been bigger than just me. Three years ago I had three very scared and clingy children. Now they've got so much enjoyment in life! Not only did I go home to them that day after court, seeing mummy stronger has made them stronger.

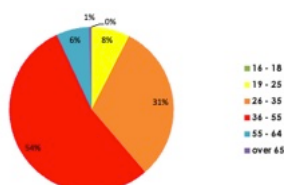


WHO ARE THE COURSE PARTICIPANTS?

For the course participants who completed our online evaluation, we know that...

Age

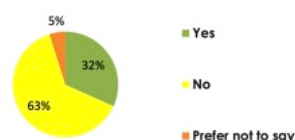
The majority of participants were between 36 -55. There were no women under 18.



Disability

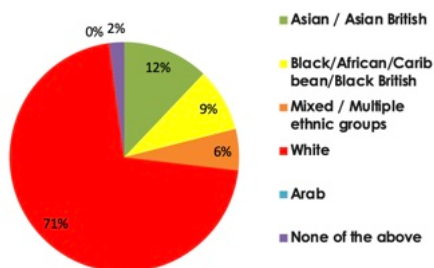
32% of women described themselves as having a disability.

Of those with a disability; 50% had mental health problems; 25% had a longterm illness; 8% learning difficulties; 8% had a mobility impairment; 1% had a speech impairment; and >1% were Deaf/hearing impaired.



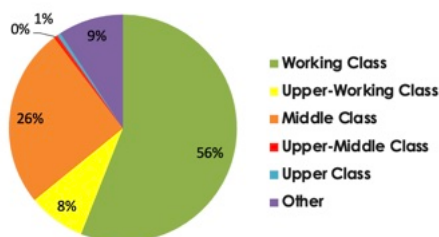
Ethnicity

71% of participants were white, 12% were Asian or Asian British, 9% were Black, African, Caribbean or Black British, and 6% were from mixed or multiple ethnic groups, and 2% selected "none of the above".



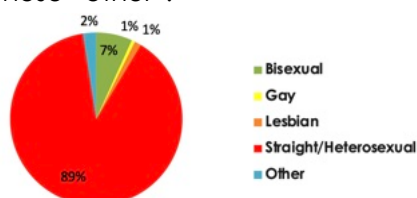
Class

When asked to identify their social class from a list 56% were working class, 26% were middle class, 9% were "other", 8% were upper-working class, 1% were upper class, >1% were upper-middle class, 1% were "other". 1 person (under 0.5% identified as upper-middle class).



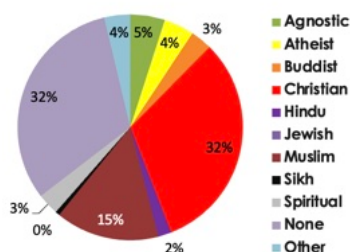
Sexuality

When asked to identify their sexuality from a list; 89% were straight, 7% bisexual, 1% lesbian, 1% gay and 2% chose "other".



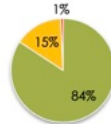
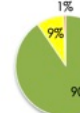
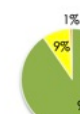
Religion and Belief

When asked to identify their faith from a list; 32% had no faith, 32% were Christian, 15% were Muslim, 5% were agnostic, 4% were atheists, 4% were "other", 3% were Buddhist, 3% were "spiritual", 2% were Hindu, and >1% were Sikh.

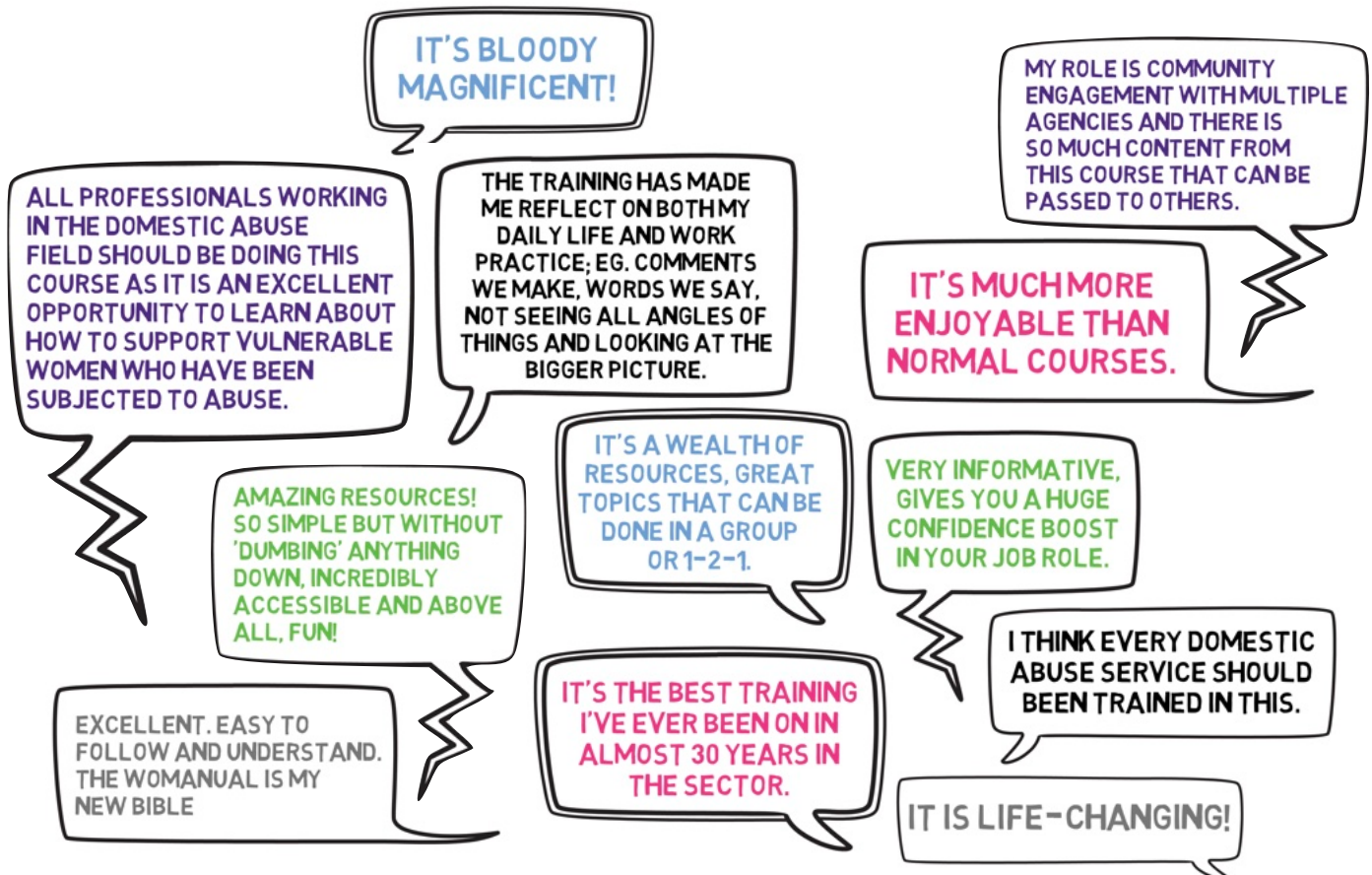


WHAT TRAINEES SAY

Feedback from practitioners who attended facilitator training

How much would you say the course has increased your knowledge?	 <ul style="list-style-type: none"> Very much Somewhat Not at all
How did you find the training overall?	 <ul style="list-style-type: none"> Excellent Good Okay Bad
Will the training change your practice?	 <ul style="list-style-type: none"> Excellent Good Okay Bad

Practitioners' comments:

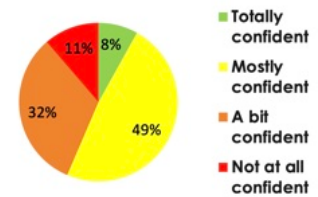


IMPACT OF ZOOM COACHING

Feedback from 97 practitioners who attended Own My Life Zoom coaching to equip them in delivering the course online

Participant tech literacy

There was a range of confidence with technology among those who participated in Zoom coaching. When asked what level of confidence they had about using technology; 11% were "not at all confident", 32% were "a bit confident", 49% were "mostly confident", and 11% were "not at all confident".



	BEFORE COACHING	AFTER COACHING																
How confident were about about delivering the Own My Life course via Zoom?	<table><tr><td>Totally confident</td><td>2%</td></tr><tr><td>Mostly confident</td><td>8%</td></tr><tr><td>A bit confident</td><td>43%</td></tr><tr><td>Not at all confident</td><td>47%</td></tr></table>	Totally confident	2%	Mostly confident	8%	A bit confident	43%	Not at all confident	47%	<table><tr><td>Totally confident</td><td>0%</td></tr><tr><td>Mostly confident</td><td>74%</td></tr><tr><td>A bit confident</td><td>19%</td></tr><tr><td>Not at all confident</td><td>7%</td></tr></table>	Totally confident	0%	Mostly confident	74%	A bit confident	19%	Not at all confident	7%
Totally confident	2%																	
Mostly confident	8%																	
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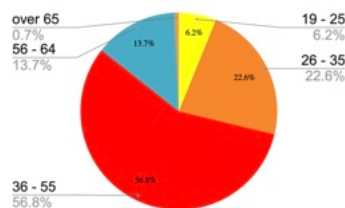


WHO ARE OUR TRAINEES?

For our 146 trainees we know that...

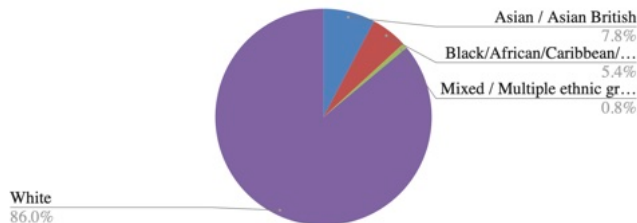
Age

The majority of trainees (56.8%) were between 36 -55. There were no women under 18.



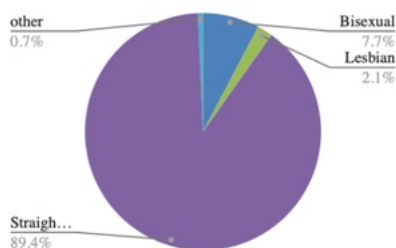
Ethnicity

86% of trainees were White, 7.8% were Asian or Asian British, 5.4% were Black, African, Caribbean or Black British, and 0.8% were from mixed or multiple ethnic groups.



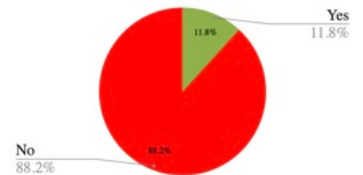
Sexuality

When asked about their sexuality; 89.4% were straight, 7.7% bisexual, 2.1% lesbian and 0.7% other.



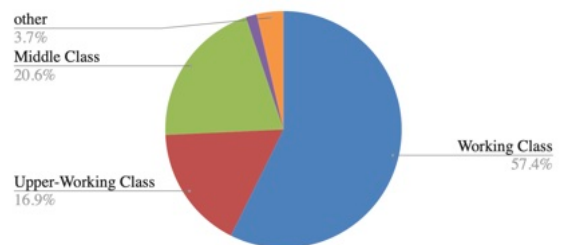
Disability

11.8% of women said they had a disability. Of those with a disability; 46.7% had mental health problems, 46.7% had a long term illness, and 6.7% were Deaf/hearing impaired or had a sight impairment.



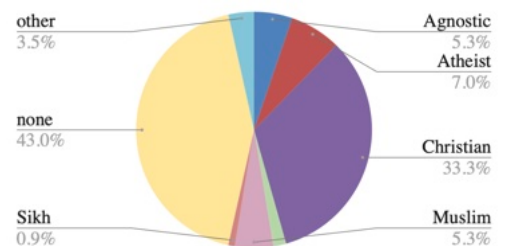
Class

When asked about their social class; 57.4% were working class, 20.6% middle class, 16.9% upper working class, 3.7% other and 1.3% upper middle class.



Religion and Belief

When asked about their faith; 43% had no faith, 33.3% were Christian, 7% were Atheist, 5.3% were Agnostic, 5.3% Muslim, 3.5% were "other", 1.4% were Hindu, and 0.9% were Sikh.



FINANCIAL REVIEW

During the period up to 31st March 2023, The Women's Liberation Collective received total income of £118,958 (2021/22: £132,756), of which £0 comprised grant funding and £1017 came from donations. This income was attributable to charitable activities relating to delivering the Own My Life course.

Expenditure incurred for 2022/23 totalled £129,425 (2021/22: £95,310), all of which related to charitable activities. Currently, all those who work for us are self-employed, which means that our staffing costs are integrated within project costs, rather than being separate to them.

Total funds as at 31st March 2023 were £51,666 of which £0 represented restricted funds. Free reserves, representing unrestricted funds less tangible fixed assets totalled £51,666.

Our reserves policy can be found within our Financial Management Procedure [HERE](#).

STRUCTURE AND GOVERNANCE

Constitution

The Women's Liberation Collective was established in 2019 and achieved charitable status in 2019. The Women's Liberation Collective is a Charitable Incorporated Organisation and is constituted by its Articles of Association dated 15 July 2019.

Recruitment and election of trustees

When a vacancy in the Trustee Board occurs, care is taken to ensure that new Trustees are able to contribute effectively alongside the existing board by providing complementary skills. During the period up to 31st March 2023, the Charity has approved the following policies:

- ▶ Safeguarding Policy
- ▶ Equal Opportunities
- ▶ Complaints Policy
- ▶ Financial Management Procedure
- ▶ GDPR Policy Statement
- ▶ Governance Policy
- ▶ Health and Safety Policy
- ▶ Website Privacy Policy

Our Safeguarding, Complaints, Privacy, and Equal Opportunities policies are available on our website [HERE](#). A skills audit of the current Board of Trustees has been undertaken. We have developed a trustee induction process for new trustees, which includes completion of the skills audit and a 6-month trustee confirmation period.

Office holding trustees (Chair and Treasurer) are voted in for 3-years, with an opportunity for review at the charity AGM.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. They 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 order of the members of the board of Trustees; Liza Thompson, (Shirley) Irene Hayes, Louise Tullin, (Florence) Anne Lyttle, Sadia Masud, and Henu Cummins signed on their behalf by:



Liza Thompson, Chair | 2nd June 2023

FINANCIAL REPORT

Our bankers are: Metro Bank PLC, One Southampton Row, London, WC1B 5HA

Period ending 31st March 2023				(2021/22)
	Unrestricted funds	Restricted funds	Total funds	Total funds
Receipts	£	£	£	£
Grant income	0	0	0	0
Donations	1,017	0	1,017	1,240
Primary Purpose Trading	117,789	0	117,789	131,516
Trading	152	0	152	0
Total receipts	118,958	0	118,958	132,756
Payments				
Charitable activities	129,301	0	129,301	86,740
Trading	124	0	124	0
Total payments	129,425	0	129,425	86,740
Net receipts	-10,467	0	-10,467	11,823
Cash funds brought forward	62,133	0	62,133	24,687
Cash funds at the end of the period	51,666	0	51,666	62,133

Restricted Funding

We had no restricted funding during the reporting period.

Unrestricted Funding

During the reporting period the majority of our unrestricted income came from primary purpose trading (PPT). This includes:

- Being paid to deliver training.
- Being paid to provide course materials (WoManuals, Journals, Resource Boxes) to those delivering the Own My Life course.

Any surplus from PPT has been (or will be) reinvested to further our charitable objects.

INCOME FROM PPT: £117,789

AMOUNT SPENT: £129,301

Trading

During the reporting period we have begun to sell products to raise funds for the charity. These include tea-towels, prints and hoodies.

During the reporting period:

- Our trading turnover was £152.
- Money raised via trading was £28.

Income from government contracts

We are formally commissioned by one local authority to train staff to run Own My Life. Our income from this was:

- £5,399

Non-UK income/expenditure

The only non-UK country we worked with in this reporting period was the Republic of Ireland. All payments were made by NGOs to attend Own My Life training or buy Own My Life resources.

- Irish income: £8,988

Statement of assets and liabilities

As at 31st March 2023				(2021/22)
	Unrestricted funds	Restricted funds	Total funds	
	£	£	£	
Cash funds:				
Cash at bank	51,666	0	51,666	62,133
Total funds	51,666	0	51,666	62,133
Liabilities				
Spark Admin (March)	3,108	0	3,108	
Resource orders	6,122	0	6,122	
Development work	1,325	0	1,325	
	10,555	0	10,555	19,608

Approved by the board of The Women's Liberation Collective.

Registered Charity No. 1184411

TRUSTEE REMUNERATION AND RELATED PARTIES

During the reporting period, the following reimbursements were made to Trustees:

Trustee Remuneration

Irene Hayes received reimbursement of expenses £85 (2021/22: £Nil).

No trustees (or any person connected to them) received remuneration for trustee duties during the year.

Fees received as a co-trainer and facilitator support person subcontracted to the charity were as follows:

Trustee Remuneration

		Total Period ending 31 March 2023	Total Period ending 5 April 2022
		£	£
Irene Hayes	Expenses	85	-
Sadia Masud	Co-training and facilitator support	3,575	5,300

Related parties

Spark is the self-employed partnership of Natalie Collins, founder of the Own My Life course and our CEO, and Andrew Collins. Prior to setting up the charity, Natalie was paid to deliver the Own My Life course via Spark. As Andrew provided administration support for Natalie's other work, the trustees were confident Andrew would be the best person to provide administration support to the charity. With the support of the trustees, Natalie and Andrew have chosen to remain self-employed. This reduces the workload and cost to the charity (no payroll etc is needed) and allows Natalie and Andrew freedom to do work with other organisations.

Terms and conditions

Any operational matters which involve payments to Spark require trustee approval with Spark having only read-only access to the charity bank account. Spark's fees are discussed and approved by the trustees, with any changes to fees or responsibilities reviewed and voted on by trustees.

Related parties

	Total Period ending 31 March 2023	Total Period ending 5 April 2022
Description of transactions	£	£
Spark (Training delivery)	27,000	23,750
Spark (Administration)	23,757	18,240
Spark (Resource provision)	39,202	28,557
Spark (CEO services)	17,040	-
Spark (Other)	4,985	1,623
Spark Total	111,984	72,170

INDEPENDENT EXAMINER'S REPORT

I report to the trustees on my examination of the accounts for The Women's Liberation Collective, Charity No 1184411 for the year ended 31st March 2023 which are set out on pages 20 – 21.

As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("The Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- Accounting records were not kept in accordance with section 130 of the Act

or

- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Kay Merrick ACMA

Be Buoyant Limited, Reinsbrook, Sambourne Park, Sambourne, B96 6PE



Kay Merrick | 8th June 2023

THANK YOU

Course participants

It takes such courage to embark on Own My Life. Thank you for trusting the course and for your open-hearted willingness to do the hard work of making sense of your life. We exist because of you, and for you.

Facilitators

Thank you for your commitment to women's lives and for being part of the Own My Life sisterhood. It is through your willingness to learn on the facilitator training and your skills and wisdom that the Own My Life course makes a difference to women.

KP

We miss you, but are so grateful for the time you gave us to run our social media.

Jan Bostock and Amanda Griffiths

Thank you for giving your time and skills to run a Power Threat Meaning workshop for our facilitators. It was so helpful in linking that powerful framework to the work facilitators do with women.

Gill Orman

Your contribution to our trustee Board was of great value to our work. We miss you and thank you for your work with us.

Zoe

Thank you so much for organising the Stepping into the Light event and raising money to support the Own My Life course running in local areas.

Our Supporters

Thank you to all those who have financially supported our work, your donations are such an encouragement and enable us to continue making a difference in women's lives.

Welsh Women's Aid

Thank you (diolch yn fawr iawn) for your support in getting all the Own My Life materials translated into Welsh. We know this will make such a difference to Welsh women!

The Co-op Centre
Sunderland, SR2 8AH
Phone: 07818 328391
www.ownmylifecourse.org/wlc
info@ownmylifecourse.org

