

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO

England & Wales · Charity number 1192772

Details

Other names	RELEASE COUNSELLING AND THERAPY FOR WOMEN CIC
Status	Registered
Legal form	CIO
Registered	2020-12-14
Register	View on the Charity Commission register

Contact

Address	Community Base 113 Queens Road Brighton BN1 3XG
Phone	07954216995
Email	info@releaseforwomen.org.uk
Website	www.releaseforwomen.org.uk

Activities

Objects: TO PROTECT AND PROMOTE THE MENTAL AND EMOTIONAL HEALTH OF WOMEN (AND THEIR FAMILIES WHERE NECESSARY). THIS WILL BE ACHIEVED THROUGH BUT NOT NECESSARILY RESTRICTED TO: PROVIDING AN AFFORDABLE AND ACCESSIBLE COUNSELLING SERVICE, AND BY DELIVERING THERAPEUTIC GROUPS AND TRAINING IN PERSON AND ONLINE.

Activities: We provide 1-2-1 counselling and therapeutic groups to women.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Brighton And Hove
- East Sussex
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£155,829	£103,944	-	-
2024-03-31	£141,946	£129,656	-	-
2023-03-31	£125,127	£123,495	-	-
2022-03-31	£101,148	£95,249	-	-

Trustees

Name	Role	Appointed
Felicity Purchase	Chair	2023-03-17
Elizabeth Jacob		2025-07-22
Isil Altinkaya		2024-03-11
Jackie Kopelman		2025-02-24
Kerensa King		2025-11-14
Lydia O'Connor		2024-06-20
Pauline O'Connor		2025-12-11
Rosie Mair Cassidy		2026-05-08