



**Annual Review 2022**

# Contents

Legal and Administrative Details	1
Trustee Report	2
Structure governance and management	2
About Opoka and its Charitable objects	5
Introduction from the Chair	8
Message from the Opoka's Co-founder and CEO	9
Our services	11
Our outcomes	21
Our Patron and Ambassadors	23
Our Funders and memberships	26
Financial Review	27
Report of the Independent Auditors	29
Statement of Financial Activities	33
Statement of Financial Position	34
Statement of Cash Flows	35
Notes forming part of the Financial Statements	36

# Opoka Charitable Incorporated Organisation

**Legal and Administrative Details**  
**For the period ended 31 December 2022**

## **STATUS**

The charity is a Charitable Incorporated Organisation registered with Charity Commission for England Wales under its Governing Document.

---

## **TRUSTEES OF THE CHARITY**

Aneta Mackell – Co-founder & Chief Executive Officer (appointed 19/7/2021)

Sylwia Jatczak – Chairperson (appointed 19/7/2021)

Anna Osowska – Trustee (appointed 19/7/2021 & resigned 20/6/2023)

Janusz Klich - Trustee (appointed 19/7/2021 & resigned 26/7/2023)

Joanna Szuryn (appointed 26/7/2023)

Aneta Wrzos-Porada (appointed 26/7/2023)

---

**REGISTERED CHARITY NUMBER: 1195206**

---

## **OPERATIONAL ADDRESS AND REGISTERED OFFICE**

3 Brook Office Park

Bristol

BS16 7FL

---

## **INDEPENDENT AUDITORS**

Fawcetts LLP

Chartered Accountants and registered auditors

Windover House

St Ann Street

Salisbury

SP1 2DR

# Opoka Charitable Incorporated Organisation

## Report of the Trustees For the period ended 31 December 2022

The Trustees present their report together with the financial statements for the period ended 31 December 2022..

### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### Constitution

The charity is a Charitable Incorporated Organisation and registered with the Charity Commission. It was established on 19 July 2021 under its governing document. It is a charitable subsidiary of it's member, Chrysalis Supported Association Limited (see note 16).

#### The Appointment of Trustees

The Trustees are as shown on page 3.

Existing trustees undertake a selection process to ensure the broad mix of skills provided by the trustees is maintained. All trustees have personal knowledge of domestic abuse.

#### Risk

The charity regularly reviews and assesses the risks it faces in all areas of its work and plans for the management of those risks. Public benefit

When planning their charity's activities, the charity trustees have regarded the Charity Commission's guidance on public benefit.

The following risk factors have been identified and are being actively managed:

##### Risk factors

- Increased demand is the top concern for Opoka two years after it was highlighted as the top issue during the pandemic
- Rising costs, notably the ability to cover core costs, such as rent bills and staff salaries have become the second biggest concern contributed to by:
- Diminished staff wellbeing and burnout is the third biggest concern caused by
  - o Increased and more complex workload.
  - o Work is already inherently traumatic.
  - o No capacity to take on new staff to help manage the workload means that our existing staff works often helping each other, performing double roles in order to meet the demand.
  - o Additional pressure is being transferred to Opoka because of government cuts and the reduction of services or closure of several agencies in the last 18 months.
  - o Recruitment challenges due to inability to compete with salaries of generic/statutory/ or private organisations with what local authorities pay for similar roles.

- o Difficulty recruiting bilingual experienced staff for a specialist role
- o Funding issues to cover the salary for senior management leading to unfunded work hours.
- o Taking on and training new specialist members of staff is expensive and time-consuming.
- o Retention challenges due to the insecurity of the jobs at Opoka, the short-term funding contracts, and OPOKA is not able to increase salaries in line with inflation (lack of inflationary uplifts in funding).
- o The volunteer force has shrunk by 70% as most of our volunteers needed to find paid jobs to cover their living costs so they left.
- o Frontline services are overwhelmed as they are doing other work for women accessing services i.e., debt advice, access to social security, and applying for crisis loans where women are unable to communicate in English themselves.

In addition competitive tendering and other funding practices undermine our sustainability.

In 2021, small organisations such as Opoka which support the most marginalised women and children impacted by poverty received less than 2% of the UK grants/ funding available.

# OBJECTIVES AND ACTIVITIES

## About Opoka and its Charitable objects

Opoka is a specialist Domestic Abuse Service for Polish women and children in the UK, working to stop domestic violence and abuse in the Polish community with a prevalence in Bristol, South Gloucestershire, and North Somerset. Since its inception in May 2012 Opoka has come a long way and has grown and expanded to meet the needs of the Polish community reaching thousands of vulnerable and isolated women and children. Opoka's aim is for women and their children to have greater freedom from all forms of domestic violence and abuse and for those who do experience domestic violence and abuse to benefit from greater access to care, support, justice, and other recovery services needed to ensure physical & mental health, social wellbeing, and financial security.



**We will achieve this aim by achieving five outcomes**

### **Outcome 1**

Improve the immediate safety, health, and wellbeing of women and children and help them to feel safer and more empowered to seek help

### **Outcome 2**

Reduce disadvantage and inequality by helping women to improve their financial and economic security by supporting them to develop life and employment skills, and helping them to access work

### **Outcome 3**

Raise community awareness and reaching the most vulnerable, isolated, and marginalised families who need our support

### **Outcome 4**

Strengthen local capacity to support women and children by training and working with local professionals who work with and support them.

### **Outcome 5**

Improve the sustainability of funding for our services

## Opoka's charitable objects are to:

Promote the relief of women and children or other persons who have been subject to domestic abuse, including physical or sexual violence, emotional economic, financial, or coercive control, stalking and/or misogynistic or other psychological abuse with an intimate or family relationship throughout the United Kingdom, including by (but not limited to):

- 
- a. The provision of specialist supported housing and social housing and associated amenities and services; and
  - b. The advancement of public education, research, and training on the issues of domestic violence and gender-based violence throughout the United Kingdom
- 

## In July 2021, after being managed as a project by Chrysalis Supported Association and achieving many milestones.

During 2021, the trustees of Chrysalis Supported Association Limited agreed to set up Opoka as an independent charity to enable Opoka to enhance its ability to fulfil its charitable objectives. The new charitable status was approved on the 19 July 2021 and during December 2021 those net assets pertaining to the Opoka activities were transferred out of Chrysalis to the new independent charity under its own constitution with the charity number: 1195206. Therefore these financial statements reflect a period of 13 months of charitable activity.



# Timeline





# Timeline

**October 2019**  
OPOKA received a 3-year grant from the Nisbet Trust to provide drop-in sessions to raise awareness within the Polish community.

**May 2020**  
OPOKA receives 3-year grant from Tudor Trust to provide a specialist services.

**August 2020**  
OPOKA become a member of the Helplines Partnerships and professionally train its Helpline & Crisis Response Team.

**September 2020**  
OPOKA achieved a Innovation Mind accreditation to deliver 'Healing Together' program for children in primary schools across Bristol.

**November 2020**  
'THRIVE' granted OPOKA funding to provide mental health support to children impacted by domestic abuse during pandemic.

**April 2021**  
OPOKA was nominated by medical team from Bristol Children Hospital to the Queens Award for Voluntary Service.

**December 2022**  
OPOKA was awarded by Women's Aid Federation of England the National Quality Standard.

## August 2019

OPOKA receives funding from John James Foundation to deliver psychological support.

## January 2020

Bristol Impact Fund granted OPOKA with funding for 2 years to support Polish women in Bristol.

## July 2020

The Ministry of Justice on behalf of Avon & Somerset police grant funding to OPOKA to provide vital support to Polish women during the pandemic.

## August 2020

Comic Relief on behalf of Women's Aid funded OPOKA with COVID emergency grant to help maintain specialist support.

## September 2020

OPOKA receives The National Lottery Community Fund 5 years contract to provide helpline Crisis Response, DV Outreach and other essential emotional and psychological support to Polish women and their families.

## July 2021

OPOKA achieved a registration with Charity Commission and has its own independent Board of Trustees and Governance.

## May 2023

OPOKA opens its first Safe House 'OAZA', which is the first UK safe house with specialist, bilingual and structured support for Polish women with children.

## Introduction from Opoka's Chair-Sylwia Jaczak

I am delighted as Chair to present this 2022 Annual Report to you which gives some indication of the enormously beneficial work Opoka has done and the fantastic outcomes it has achieved during its initial 13-month period as an independent organisation. I am proud to be the Chair of such a successful organisation bringing benefit to so many people, something that is now being rightfully recognised, by service users, stakeholders and external and accrediting bodies and partner organisations. I would also like to take this opportunity to thank all the trustees, staff, volunteers and those within our parent organisation, without which none of this would be possible.



In particular, I would like to thank our CEO, Aneta who set up the initial project and continues to develop it to meet the exacting standards demanded from this type of work. Aneta has tirelessly toiled to work towards the vision she long held of the urgent and ultimate necessity to continue to provide accessible and easy to reach services and solutions to help polish women and children escape domestic abuse and to begin new lives free from the effects of domestic abuse and free from the fear that inhibits and prevents flourishing and independent life's thereafter. All of this has been essential and necessary in order to bring us to where we are today. As well as volunteering her time as a trustee, she works many hours over and above those that the charity is able to pay to deliver OPOKA's vision and without her none of these achievements would have happened.

In addition we would like to thank our Parent organisation Chrysalis Supported Association Limited. Opoka would not have been able to exist without the amazing support from its Parent organisation Chrysalis Supported Association. They have continuously year after year offered our staff and volunteers a place to provide our services and most importantly our Opoka clients a safe space to seek refuge, providing us with the capacity to help our service users build a new life away from and free from violence and abuse. Chrysalis continues to provide much needed and valuable financial, advisory, governance and operational support to Opoka.

This does unfortunately bring me onto the main point that is still our main challenge. Unfortunately, the need for the work we do is growing as, in particular, after the pandemic we have now got a cost-of-living crisis and both these factors have caused an increase in domestic abuse cases. Funding available has been significantly less than the need and overhead costs to effectively manage the service with the correct safeguards in place, in particular core funding has continued to be difficult to get in order to address this. Although many of our staff and volunteers go beyond what should be expected of them or are paid for, particularly our CEO, the fact remains we have to think of their welfare as well as those we so need to help. This lack of funding has also meant the charity has been unable to employ or retain some of the essential skills the service requires, and we will never compromise on our quality, yet look to deliver services in ways that are still effective but perhaps more flexible in terms of the ways they are delivered such as enhancing web functionality and organically signposted functions embedded into our service and helpline response resource.

Therefore, a key focus for the future will need to be on increasing funding or we will not be able to continue to deliver, let alone expand, our services to meet the huge need that unfortunately exists. This for the Opoka team is a really difficult issue as none of us want to leave women at risk when we know we have a solution that just needs the extra funding to bring about the important transformation that we all know everyone in our communities where we operate across the U.K. desires.

# Message from the Opoka Co-founder and CEO



Welcome to our first report since we became a separate organisation, covering the period 1 December 2021 to 31 December 2022.

This review shows how Opoka has grown and developed to continue our support to the women and children who ask for our help. We have seen an expansion in all areas of our work, and we are extremely proud that all our services are professionally managed by our highly trained, committed and expertly focused team.

The last two years have shown us the extent of the problem of domestic violence, and how Polish families have suffered. This has been evident through reports, to our helpline and referrals, to our service. The risk of victimisation for Polish families is much higher than we think as they are less likely to be aware of available support services.

Like 'Black, Asian and Minority Ethnic ("BAME") individuals, Polish victims have lower levels of trust and confidence in the criminal justice system, possibly due to adverse experiences and negative outcomes of previous engagement, which is more likely to reflect their attitudes to victims' services. The same goes for perpetrators who are not able to understand the impact of their behaviour and not seeking the help before tragedy strikes which is more likely caused by isolation, stress, depression, anger management problems and addiction, both seen and hidden.

Opoka's front-line client support team continue to work hand-in-hand with our helpline staff to ensure that women who contact us are well supported, and that theirs and their children's safety is prioritised.

We have developed a partnership with legal firms Chris Alexander Solicitors and Osborne & Clarke Immigration Officers to help our clients navigate their way through the court system and we have seen some amazing results. Our counselling provision has gone from strength to strength and managed to secure further funding.

The children of our clients have benefitted from sessions from our Children and Young people Counsellor of which the feedback is excellent. We continue to educate about domestic abuse, from sessions in schools, social media, training and awareness sessions for professionals, and community members. These, together with newsletters aim to inform communities about what domestic abuse is, and how to support and signpost women who have experienced violence and abuse within family settings.

Next year Opoka will focus on work within the Polish communities across the Avon & Somerset area to provide more information, more awareness and more education on Domestic Violence and Abuse as well as other social issues such as: hate crime, racial discrimination, mental health stigma, depression, and addiction. We want to prevent this happening in the first place but unfortunately, it happens too often. Education and prevention is definitely key!

Due to the cultural and language barriers, Polish white victims are the same as members of BAME communities in that they are often underrepresented with the problem hidden and significantly under reported.

Opoka wants to take a step forward and offer a range of educational programs and workshops which relies totally on funding. We believe that using this initiative we will reach more Polish families who are struggling with other issues due to Domestic Abuse, isolation and the lack of knowledge about the support available to them.

We are on the way to establish the BACP registered Counselling and Therapeutic services as well as many educational workshops and programs for Polish families which is a natural progression for our existing service. This will help Polish families understand, recognise, and respond better to the domestic violence and abuse problem in our community.

We are particularly proud our new Awareness Raising, Community Champion and Peer-mentoring group as well as a Community Outreach that helped recognising, preventing, and responding to Domestic Abuse and Sexual Violence. Through our intervention and educational workshops, we reached out to hundreds of Polish families across the communities in Bristol, South Gloucestershire, Southwest of England and beyond.

Over the last three years we have been meeting community needs by providing them with immediate access to information, guidance, signposting, or practical support through our Bilingual IDVA service, Helpline Service, emotional and psychological support, drop-in sessions, educational workshops and awareness raising.

During Covid we had to tailor and develop our strategies to deliver our services and as to how we managed our work, caseloads and mental wellbeing of our specialist team and volunteers. It was an extremely challenging time and we needed to take a more holistic approach to be able to cope with the demand for our services as well to look after ourselves.

Our work is hard, at times heart-wrenching, but often, surprisingly, uplifting. We are deeply grateful to the dedicated staff and volunteers who continually drive Opoka and who are there to support and empower the Polish women and children who have lived with domestic abuse and who have been brave enough to seek support.

All these above successes wouldn't happen if it wasn't for the hard work, determination, and clear vision of all the individuals involved with Opoka along with all our supporters, trustees and funding partners.

With our sincere gratitude to all of you.

Aneta Maryla Mackell CEO



# Our services

- Helpline & Crisis Response in Polish
- Information & Awareness Sessions in Polish to help raise awareness and empower people to access services across Avon & Somerset area with prevalence of Polish communities.
- Dropping Sessions – Advice & Signposting
- Advocacy and support with navigation through Criminal Justice Process
- Community outreach to help people in their homes and safe local community settings.
- Emotional and psychological support and professional therapy to improve mental health.
- Awareness and capacity development through community champions and professional training
- Peer mentoring to support women over the longer term.
- Volunteer and placement programs

## Educational workshops & Programmes in the year ahead!

- 1 "The Freedom Programme",
- 2 "You and Me, Mum",
- 3 "Power of Change",
- 4 Understanding, Recognising and Addressing Domestic Abuse - Educational Workshops for Polish Families as whole family holistic approach.
- 5 Educational Programme for anyone who might struggle with addiction,
- 6 Educational Programme for Young People: Child to Parent abuse.
- 7 "Healing Together" a program for Children and Young people impacted by Domestic Abuse within Family settings.

**With a great support from Avon & Somerset Police Crime Commissioner Mark Shelford Opoka will focus on educational workshops and programs.**



# Overview of client support



In 2022, OPOKA continued its core work of supporting Polish women and their children, with a holistic and high-quality domestic abuse support service. This work is supported by our highly trained bilingual staff and volunteers whose roles include staffing the helpline, practical support, outreach, and crisis response as well as providing counselling in Polish language. Our staff has been restructured at the beginning of 2022 strengthened our outreach and prevention work. As the cost-of-living crisis bites harder, we remain fully committed to meeting the increased need from our community, with support from our generous donors.

## Helpline & Crisis Response in Polish language

Opoka provides information, advocacy, and emotional support in Polish language nationally.

Our helpline team responded to 6612 calls playing a key role in helping them understand their experiences and empowering them to make their own decisions about how they want to move forward in light of the trauma and abuse suffered.

Our outreach and advocacy team worked with a total of 413 women in 2022. Following an assessment to identify the women's needs, the professional staff team offered a range of services, including counselling, children's mental health program, safety planning, risk reduction, emotional support, access to legal options, benefits advice, counselling, and psycho-educational workshops such as i.e., The Freedom Programme and Power of Change. These avenues of support are a core feature of what we offer Polish women: a confidential space to tell us what's happening to them and be heard. Educational workshops delivered in Polish language has been a crucial step for many women to start recovery and sustaining self-sufficient lives.

## Feedback

*'I didn't think I would be able to find help in my mother language. At Opoka I was listened to without judgement and supported well to start the process of recovery. The helpline worker explained all the options available for me and provided emotional support throughout. I am so grateful for the patience and understanding I received. I started a new chapter in my life and now I live independently with my daughters.'*

## Counselling and Therapy in Polish language

Since 2016 Opoka continues offering Polish Women up to 6 CBT therapy sessions as well as a range of therapy and group support programs in Polish, similarly with children and young people we offer a mental health support for C&YP who have been affected by violence and abuse in the family home, above is a list of group-support and programs Opoka is able to deliver when funded. Polish women and their children, apart from going through a massive change, do not have access to professional mental health care in the Polish language, very often the therapies or counselling offered to them are in English and through an Interpreter, but even then, the waiting time for therapy is very long it can take up to 2 years. Opoka has highly trained and accredited professionals who provide psychological support, counselling as well as support groups for both the mother and her children. We have been able to offer Counselling/Psychological therapy sessions in Polish only when funded, nevertheless Opoka was providing continuous emotional support through our helpline service.



### Feedback

*„I was able to understand the issue better and after attending the Freedom Programme and counselling I was able to make independent decision.”*

*“It helps me talk through all my issues and understand better my current situation, it empowered me”*

*“I was also given the amazing opportunity to take part in the Freedom Programme which changed my way of thinking and gave me a safe place to return to each Tuesday. I have joined the first series for 3 meetings, and it was the best thing that have happened to me at that point of my life.*

*The reassuring and calm voice of Anna made me feel welcomed and safe in the short space of 2 hours every Tuesday. I couldn't wait for the next week to come. The meetings were run in a friendly, honest and a very supportive manner. Although the subjects discussed in the meetings are very sensitive and many times, they were tears, she always knew what to say to make me feel better.*

*Since joining the Freedom program, I have learned a lot of different types of behaviors.*

*I have also learned how to deal with my emotions. Listening to other girls' stories have given me a hope for a better future and reassurance that I am not alone in my experience and unfortunately there are many women who are a victim of abuse.*

*I feel like I have been given " new lungs " to start living my life again. I am richer in the knowledge I have received during the completion of the program."*

*“I am so happy with the help I received since attending Freedom Programme. Anna who was leading the group is an angel. She is so competent, professional, and committed to the work she does. I will be recommending the program, but I hope I won't need to.”*

## Children who received counselling and other support

Our children's and young people counsellor delivered a 1-2-1 'Healing Together' program to 8 children in primary schools across Bristol. The children have experienced significant trauma through their exposure to domestic abuse in the home, and these weekly sessions are crucial in their recovery process. In addition to the 8 children receiving 1-2-1 program, a further 366 children of the women working with Opoka's DA Outreach staff - benefitted from the safety advice and ongoing support provided to their mothers.

## The Healing Together Program

Is the newest project to deliver mental health support for children and young people - 'Healing Together Program'. This program has been created to provide specialist mental health support for children who have experienced domestic violence and abuse at home as well as stress or anxiety which could be caused by several factors. It was delivered by a trained and accredited Opoka specialist who is also a Children and Young People Counsellor.



## Feedback



*"My child is so much calmer and doesn't have outburst of anger anymore. Healing Together has help my son to understand how his brain works and he can now talk about his emotions. Thank you, Alicja, Grateful parent"*

*"I am so happy my daughter had accessed Healing Together Programme. It helped her a lot. Mum"*

*"I was losing hope to access help for my son then the school told me about Healing Together Programme. It was a life-changing experienced for my son and myself. He benefitted so much from seeing Anna. He is more confident and in control of his feelings and emotions. Mum."*

*"The children highlighted purple have all met Anna today in Thrive for a "Meet and Greet" discussion on how she will be working with them. They all seem happy and excited to work alongside Anna.*

*School Learning Mentor & Mental Health Lead'.*





## Parental guidance

During our psycho-educational programs we included a parental guidance and managed to positively engage 174 mothers to better support their children through this difficult time in their lives.

## Bilingual IDVA service

We worked with 154 women who had experienced domestic abuse and sexual violence. Our Independent Domestic Violence Advisor (IDVA) supported 20 women to explore their options around the criminal justice system and continued supporting those who chose to proceed on the journey from reporting to the police through to court, 47 women were able to receive specialist counselling through our Polish counselling service helping them work through their trauma.

## Overview of education and outreach

We were proud to launch our new Awareness Raising and Community Outreach Approach to recognising, preventing, and responding to Domestic Abuse and Sexual Violence workshops for Polish community in Bristol reaching out hundreds of Polish families across our community in Bristol and South Gloucestershire.

In 2022, we were able to deliver a number of professional trainings which focused on raising awareness of the issue of domestic violence within the Polish community.

- 1 • Face to face training on: 'Recognising and Responding to Domestic Abuse'
- 2 • Online webinars on Domestic Abuse run by two of our specialist IDVAs together with Next Link which was organised by Keeping Bristol Safe Partnership
- 3 • 5 information and awareness sessions on ZOOM which highlighted the importance of providing the right support for children who are often disregarded in the entire process.

In September Opoka started working with UWE students as a part of Communication Action Knowledge Exchange (CAKE) Student Consultancy Project Scheme. The aim of the project was to develop an interactive multiple trainings platform available for the wider audience which would focus on raising awareness of the issue of domestic violence and will be accessible in the year 2022.

## Schools

Over the years we have worked with 10 primary schools across Bristol delivering 47 trauma informed sessions.

Since the start of the 2022 academic year, we also delivered 5 workshops for teachers and held a webinar for parents from 5 schools, with an attendance of 35.



## Community engagement

Throughout the year we have been delivering drop-in sessions, educational workshops and awareness raising by creating a new project called 'Polish Community Hub'. The main idea of this project was to help some most vulnerable women in our City to reduce isolation and help them break the barriers and to speak out about domestic abuse in their families. Over the course of the year, we ran an additional 14 sessions for 98 people across a range of settings, institutions and community events.







## Volunteers

Opoka benefits from the commitment of 12 loyal volunteers around the country. All our volunteers are DBS checked, trained, and supervised. Volunteers are supported by the NCVO (National Council for Voluntary Organisations) which keeps us up-to-date and committed to volunteering best practice. Opoka's volunteers are in the heart of our service and the delivery process, they are:

Ambassadors

Community  
Champions

Peer-Mentors

Emotional Support  
Buddies

Support-Groups  
Befrienders

Helpline  
Advisors

Fundraisers

Our peer mentors are individuals with lived experience who provide longer term support to our clients helping them to gain confidence and become more secure and independent. Our community champions help us to reach our community by raising awareness.

They help us to reach the most isolated and vulnerable people who need help. Our ambassadors and patrons help us to raise awareness, influence and fundraise. I am proud to say that Opoka has a dedicated team of which some of them have been with us for over 10 years. In our team we have people who have been volunteering for us, professionally trained by us and even offered employment with us.

We also have people who came to us as a victim of domestic violence and abuse, went through our support services as a client, became a volunteer and then an Opoka employee. In the essence Opoka not only creates a safe space for very vulnerable isolated and marginalised women from the Polish community, but also creates an opportunity for them to learn new skills, feel valued and empowered to make a positive change in theirs and their children's lives.

## What our Volunteers are saying?



*"As a psychologist and psychotherapist, I joined the Opoka team at the end of 2016," says Joanna psychologist, and psychotherapist. "Initially, I was a volunteer for two years, becoming a formal Opoka therapist after that. I was constantly improving my skills and individual contact with Opoka's clients – women who experienced violence – allowing me to understand the scale of this phenomenon."*

Joanna

*"In Opoka we will not save the whole world, but every effort matters, and every action can really change someone's life" emphasises Ewa, who answers the helpline calls as a volunteer. "I wanted to help vulnerable women experiencing domestic violence who cannot find support elsewhere. Opoka welcomed me warmly, trusted me and gave me constructive feedback, which allowed me to develop my communication skills even more. This positive attitude on the part of Opoka employees made me feel important and appreciated during my work and activities for victims of violence and abuse"*

Ewa.

---

## Research

In Manchester in June 2022, the first ever conference 'Understanding and Responding to Polish Women's Experiences of Domestic Violence and Abuse in the UK' took place during which a very important piece of research was published.

In 2020 Lincoln University invited Opoka to collaborate on this research, together with other organisations such as VESTA Family Support. Under the leadership of Dr Iwona Zielinska, Prof Sundari Anitha, Dr Michael Rasel, and Dr Ros Kane this research has become a hugely important step towards understanding how to support Polish women and their children who experience domestic violence and abuse in the UK.

There has been a significant amount of work and collaboration from the many Polish bilingual professionals and survivors who have contributed to this project by sharing their life experiences, expertise, and knowledge. OPOKA feels humbled and privileged to have been part of this project.

This report presents key findings of the first research project (2020-2022) to investigate Polish women's experiences of domestic violence and abuse, and service responses to Polish women in the UK. It seeks to understand why domestic abuse services receive few referrals from Polish women despite the Polish community constituting the second largest foreign-born group in the UK with over 700,000 residents. Migration is well-known to exacerbate the risk of domestic abuse and increase barriers to accessing support.

The report draws on data from 28 life history interviews with Polish survivors of domestic violence and 18 semi-structured interviews with practitioners from domestic abuse, statutory and voluntary services across the UK. Interviews were mostly online due to the COVID-19 pandemic and all transcripts were coded and analysed by two team members. Ethical approval was granted by the University of Lincoln Research Ethics Committee.

## Recommendations for research

- Include Polish and East European communities in discussions about inequalities in welfare, violence and service responses in the UK driven by racialisation and othering.
- Expand research to consider factors and interventions that can work with perpetrators of domestic abuse within the Polish community.
- Seek to understand the experiences and service responses to cases of domestic abuse faced by Polish women arriving after the UK's withdrawal from the European Union.

# Opoka Strives For Excellence!



At the end of 2022, after a very long and meticulous process, Opoka was awarded the National Quality Standard! In a letter from Women's Aid, we read:

"22nd December 2022,

Dear Aneta,

The Quality Assessment Panel met on 16th December 2022 and their conclusions are listed below. The Panel has great pleasure in announcing that Opoka has passed its assessment and has been awarded the Women's Aid National Quality Standards Stage One!

Panel Findings:

The Panel were impressed by Opoka's passion and commitment to providing a quality service for Polish women and their children through your ground-breaking work as the only Polish specialist domestic abuse organisation in the UK! The Panel heard that your services are delivered by highly trained specialist bilingual domestic violence experts who provide opportunities to help women and children to recover free from abuse by tailoring your services to meet their needs. The Panel heard that you have strong referral policies and procedures. The Panel heard that you have an informative and professional website, with an option for translation into Polish, and noted the striking statistics on your home page showing the impact of your work. The Panel commended the shop section of your website where you sell clothing for women and children as part of your fundraising work, and the empowering statements featured on these garments. The Panel heard that your biggest plan is to open a refuge provision. Opoka's bravery, commitment, and ambitious plans for the year ahead were commended by the Panel.

Well done!

Yours sincerely,

Pp Jess Street

Quality Assurance Officer

Rehaila Sharif Head of Membership & Chair of Quality Assessment Panel

Of course, our next step in 2023, will be to prepare for the new challenge of opening a new service 'Safe Accommodation with specialist support' for Polish women with children who are fleeing domestic violence and abuse. Opoka believes that no-one should have to live with domestic abuse and sexual violence. Especially those who have faced multiple barriers including discrimination and inequality because they need higher levels of support because of their language needs, status in the UK or nationality.

**Who is the service for?**  
**The service will be for Polish women who:**

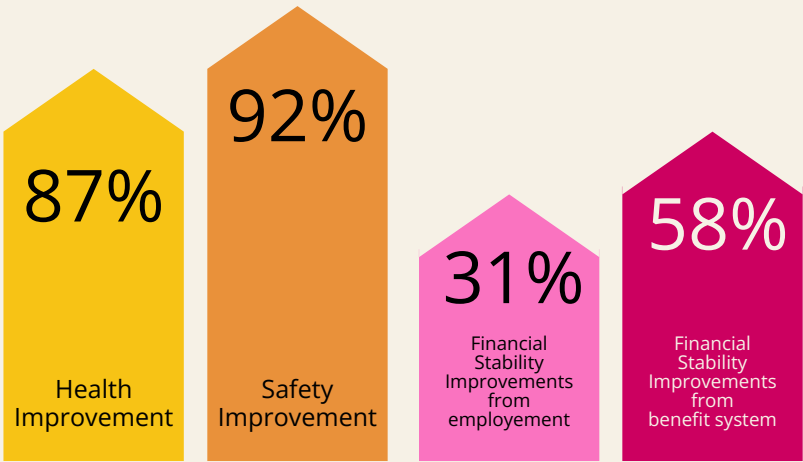
- Are survivors of domestic violence Have up to two children.
- Find it difficult to find support and suitable housing.
- Struggle to access services because of language barriers or knowledge.
- Are isolated, vulnerable and have limited financial independence.
- Who are unable to access safety and culturally sensitive support in Polish elsewhere.

**Why are we best placed to help?**

Opoka has over 11 years' experience in supporting Polish women who have suffered domestic violence to transform their lives. Opoka's services are delivered by Polish women with life experience of domestic violence. Since 2012, Opoka has come a long way and has grown and expanded to meet the needs of the Polish community reaching thousands of vulnerable and isolated women and children.

OAZA - Safe Housing for Polish Women A 1–2 year specialist structured supported accommodation program for vulnerable Polish women with children who are survivors of domestic violence.

Our support contributed to health, safety, and financial improvements of our beneficiaries and their children.



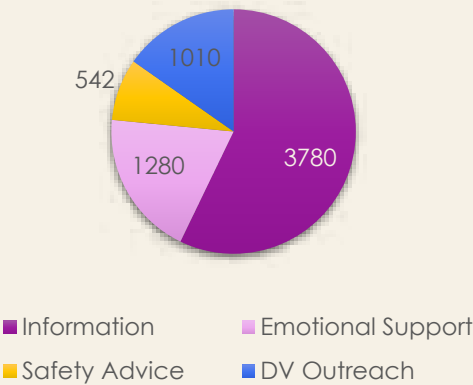
**Feedback**



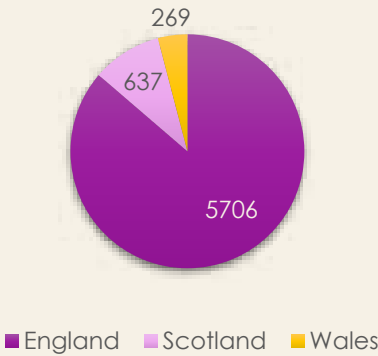
*"I got great help and support, the people who help me at Opoka did not hesitate to do anything, they helped me with everything I needed help, with such a great understanding, compassion, love, without judgment. With Opoka's support I was placed in safe home for mothers with children. Today I have my house just started furnishing it, I do not lack anything especially peace."*

# Short Term Support Outcomes - 2022

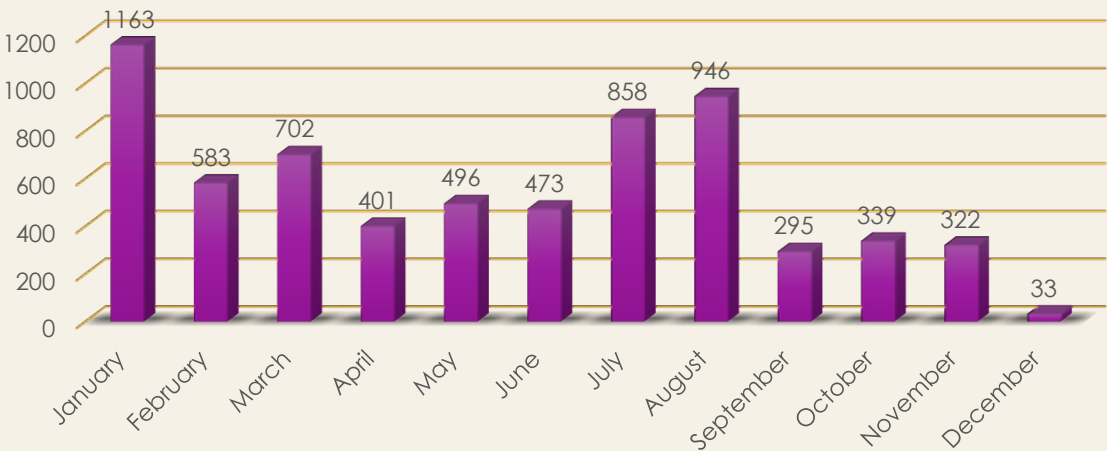
Service Provided



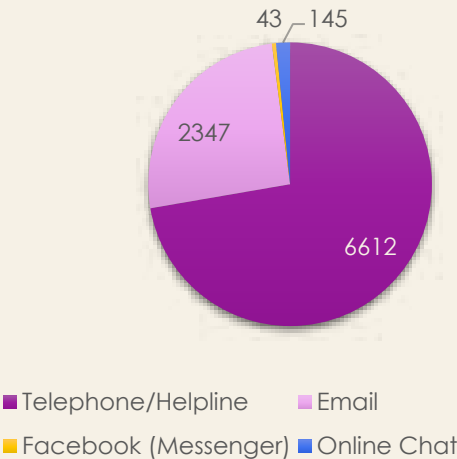
Contact by Reporting Area



Contact by Month

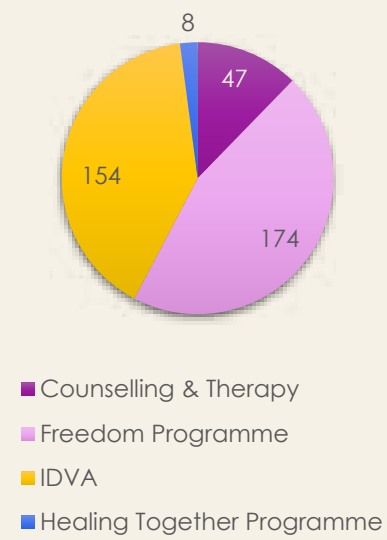


Contact Type



# Long Term Support - 2022

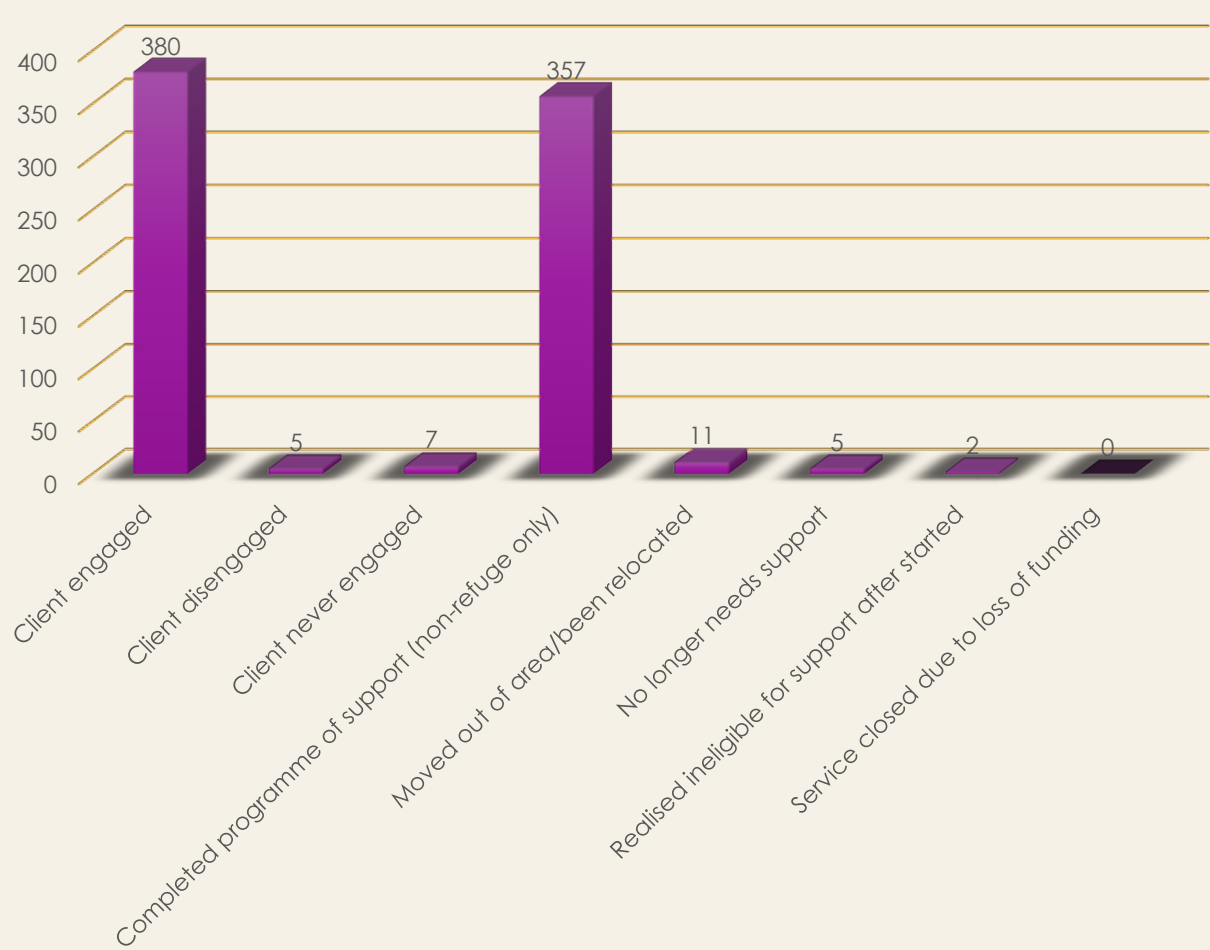
Service Provided



Cases by Reporting Area



Service Outcome







## Our Patron Kasia Madera

Kasia Madera is a BBC World News journalist and presenter, a household name and is respected worldwide for her work. Kasia Madera is an active member of the London Polish community and has been honored for her work in promoting Polish culture with the coveted Maciej Płażynski International Journalism Award.

The Polish Embassy in London has also awarded Kasia Madera as an Honorary Ambassador of Polish Women to the United Kingdom. On Sunday evening of 11 November 2018, in one of the most prestigious concert halls in the world - the Royal Albert Hall in London - Kasia Madera, accompanied by Grażyna Torbicka, conducted a ceremonial concert "Sto Lat", dedicated to the one hundredth anniversary of Poland's independence.



## Our Ambassadors Renata Durda

Renata Durda – is a head of the Polish National Referral Service for Victims of Family Violence "Blue Line" IPZ, certified supervisor and specialist in family violence prevention, editor-in-chief of the bimonthly magazine "Blue Line".

An author of many publications in the field of creating interdisciplinary solutions for family violence prevention, member of the Monitoring Team for Family Violence Prevention at the Minister of Family, Labor and Social Policy (2011-2020). She is a member of the Monitoring Team for Family Violence Prevention at the Minister of Family Affairs, Labor and Social Policy (2011-2020), social advisor to the Children's Rights Ombudsman (2010-2018), member of the Women's Council at the President of the City of Warsaw (from 2019), member of the Family Violence Prevention Council at the National Violence Prevention Centre (2022-2025).



## Marta Klubowicz

Marta Klubowicz is a Polish Theater and film Actress, a poet, and a writer. She is well known for her roles in films and Theatre. She combines both her passions — acting and poetry — in original poetic performances, which brought her the Witold Hulewicz Award. Marta works with young people, directs performances, as well as conducts theatre and literary workshops. She held correspondence workshops for poets in the Anagram publishing house for several years. Together with Fred Apke, she cooperates with Eichendorff Centre in Łubowice.

Marta translates scenarios and acts in outdoor performances. She has been a member of the jury and co-organiser of Jerzy Kozarzewski poetic contest "Orzech" in Nysa for many years. She translated Joseph von Eichendorff's Poetry as well as all plays by Fred Apke into Polish (many performances and publications).

The comedy Letnisko (Summer Resort) translated by her received the third award in the second edition of "Komediopisanie" contest, and the play for children Adonis ma gościa (Adonis Has a Guest) obtained the leading award in the competition organised by Children's Art Centre in Poznań.

Marta Klubowicz is the author of the study on the bestseller Kato-Tata which raises an important social issue (Child Abuse). She appears there under the name of Maria Burzyńska (Santorski/second edition: Czarna Owca 2009 - 2013). She was awarded the Medal of Merit for Polish Culture.



## Monica Walsh

A Polish woman who has won many titles: "Mrs Ireland" in 2014, a "Style Queen", "Mrs Dublin" in London 2014. Then "Mrs Ireland Europe" in the final in Bulgaria winning the title "Miss Personality" and Congeniality Award, in Minsk in 2015 Mrs Ireland Universe winning "Mrs Charisma sash" and "Mrs Ireland World" in China in 2016. Monika came to Ireland during her studies in 2004.

Monika Walsh is an Irish model, influencer, and domestic violence campaigner. She is a graduate of Silesian University and has various certifications from Cambridge University too. She also has been working with children since 2009. She just released her debut book, which is about the scourge of domestic violence. 'Take Me Out Of This Hell'



## Sue Dymond

Sue Dymond is CEO of Bazooka Bunny Ltd, an international award-winning film and television company based in Bristol, UK. Alongside managing the day-to-day office environment and as a production manager on projects, she completes voice over work for advertising campaigns and is a recognized broadcast editor on TV series. Sue is also involved with graphic design work for promotional merchandise and production-related skills photography.

Over the years she has always been inspired with all that is visual and after 7 years in the art industry including picture framing and materials buying, 2 years performing arts at college where she won the Lydia and Charles Thompson award for the most committed student and as an adult, completed levels 1 – 6, Bronze, Silver and Gold tap dancing exams, all with honours, she has continued to express her optimism with her artwork of mainly watercolours and recently (inspired by her artistic Mum) with oil painting.

It doesn't matter who you are, what qualifications you have, what size of house or flat you live in, what language you speak, where you live in the world or how much money you have or don't have; you and the people that you love should be safe in your own home, to be yourself, without fear, without anxiety.

I am very lucky to be married to someone who I can trust completely and can let me be who I am. Unfortunately, we were not lucky enough to have any children in our lives, so I can only imagine a very small part of what these women's and children go through. So, if I can help Opoka in some capacity (although I do not speak Polish!), however small, I will. My only qualification being – just someone who cares.



## Slawomir Fejfer

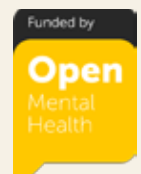
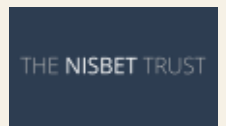
Out of many thousands of Polish nationals living in the United Kingdom, just one man responded to our appeal! He deserves huge applause! Slawomir Adam Fejfer originally is from the northeast of Poland. He has been living and working in the UK for over 17 years, most of that time he spent in the picturesque town of Shrewsbury, Shropshire. For many years he has worked as a volunteer in the Polish Centre Shrewsbury / Shropshire European Organization.

Slawek helps to organise many cultural and historical events, as well as meetings for the local community. Slawek is actively involved in promoting the Polish community in the county and region. He is also a volunteer in the NHS and the local police. He graduated from Medical College as an emergency paramedic and works professionally in private health care.





# Opoka Funders and Memberships



## Opoka memberships



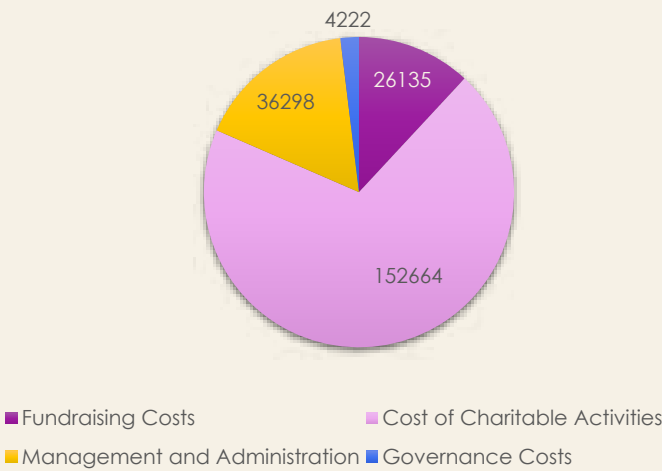
Where Opoka’s money came from in 2022 and how we put it to use.

FINANCIAL REVIEW

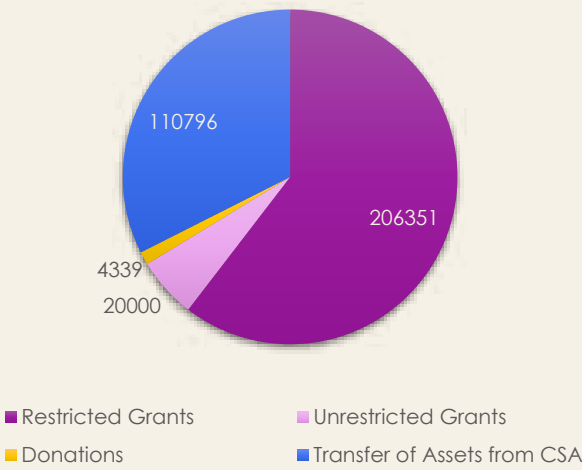
The charity's total incoming resources for the period amounted to £341,486, of which £148,697 related to a transfer of the net assets previously held by Chrysalis Supported Association Limited, the founding charity of the Opoka charitable operations. The total expended resources during the period was £219,319 as the charity started, and subsequently consolidated, independent operations across the operational period. The net surplus for the period is £122,167. The sources of income and how those funds were spent is summarised below:

Most funds received from external funders were restricted and most had very specific purposes within the charity's objectives. These funds, totalling £206,351 including £37,901 transferred from the year before separation from the parent company Chrysalis Supported Association Limited, have been allocated to those activities for which they were contributed during the year. While we are indebted to those funders allowing Opoka to carry out essential activities there was still many activities not fully funded and only a limited contribution towards management and governance costs, essential in carrying out such a sensitive service. Unrestricted external funding totalled £24,339 and costs not covered by other external funding totalled £49,437, the shortfall was covered by the charities parent company as part of the asset transfer. In addition, staff costs were understated as many hours were contributed as unpaid.

Resources Expended



Voluntary Income



## Reserves Policy

The charity has reserves split between two funds. The General Fund (unrestricted) can be used in accordance with the charitable objectives at the discretion of the trustees and finances the day-to-day running costs. The restricted funds are to be used for the sole purpose as defined by the donor of those funds. The trustees have designated some of the unrestricted general fund for specific purposes not funded currently.

The designated funds represent amounts committed by the Trustees across four separate areas. First £15,000 is ringfenced to unfunded therapeutic programmes. Secondly, the trustees look to ringfence £8,000 to cover the cost of providing an emergency response to an unfunded need. Thirdly, the trustees wish to designate £20,000 to fund the costs of managing and supervising the core activities of the charity. Lastly, the trustees wish to ringfence £13,000 to cover unfunded office running costs. Therefore a total of £56,000 has been transferred for designated purposes leaving free reserves of the charity at 31 December 2022 as £27,384.

## RESPONSIBILITIES OF THE TRUSTEES

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity's financial activities during the period and of its financial position at the end of the period.

In preparing those financial statements;

- the Trustees are required to select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any 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 which disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the financial statements comply with applicable law and regulations. 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 the Trustees on 25th October 2023 and signed on its behalf by:



A Mackell  
Trustee

# Report of the Independent Auditors

## To the Trustees of Opoka Charitable Incorporated Organisation

### Opinion

We have audited the financial statements of Opoka Charitable Incorporated Organisation for the period ended 31 December 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 December 2022 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011

### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the Trustees' have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

### Other information

The other information comprises the information included in the Report of the Trustees, other than the financial statements and our Report of the Auditors thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

## Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities Act 2011 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

## Responsibilities of the Trustees

As explained more fully in the Statement of Trustees' Responsibilities, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

## Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

## Identifying and assessing potential risks related to irregularities

Irregularities, including fraud, are non-compliance with laws and regulations. We design procedures, in line with our responsibilities, as set out in the auditor's responsibilities for the audit of the financial statements section, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, are detailed below.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and

non-compliance with laws and regulations we consider the following:

- the nature of the charity sector, control environment and financial performance;
- results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- any matters we identified having obtained and reviewed the charity's documentation of their policies and procedures relating to:
  - o identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - o detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
  - o the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations
  - o the matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.



As a result of these procedures, we considered the opportunities and incentives that may exist within the organisation for fraud and identified the greatest potential for fraud in the following area: revenue and resource recognition. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

We have also obtained an understanding of the legal and regulatory frameworks that the charity operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Charities Act and related legislation.

### **Audit response to risks identified**

As a result of performing the above, we identified revenue and resource recognition as a key audit matter related to the potential risk of fraud. Our procedures to respond to risks identified included the following:

- reviewing the financial statement disclosures and testing to supporting documents on to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- understanding the charity's revenue recognition policies and how they are applied, including the relevant financial controls.
- enquiring of management concerning actual and potential litigation and claims;
- performing analytical procedures to compare revenue recognised against expectations and based on past experiences and management forecasts and investigated material divergencies by obtaining corroborative evidence.
- reading minutes of meetings of those charged with governance;
- in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; applying parameters designed to identify entries that were not within our expectations. This included analysing and selecting journals for testing which appeared unusual in nature, either due to size, preparer or date of posting. To test their validity, we verified the journals to originating documentation.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations (irregularities) is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it. In addition, as with any audit, there remained a higher risk of non detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect noncompliance with all laws and regulations.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Auditors.

## Use of our report

This report is made solely to the charity's trustees as a body, in accordance with section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Nicholas Jones FCCA (Senior Statutory Auditor) for and on behalf of Fawcetts LLP  
Chartered Accountants & Statutory Auditors  
Windover House, St Ann Street  
Salisbury  
SP1 2DR

Date: 27 October 2023

# Opoka Charitable Incorporated Organisation

## Statement of Financial Activities For the period ended 31 December 2022

	Note	Unrestricted £	Restricted £	Period to 31.12.22 £
<b>INCOMING RESOURCES</b>				
Incoming resources from generated funds:				
Voluntary income				
Donations		4,339	-	4,339
Grants	4	20,000	168,450	188,450
Transfer of assets from CSA	4	110,796	37,901	148,697
<b>TOTAL INCOMING RESOURCES</b>		<b>135,135</b>	<b>206,351</b>	<b>341,486</b>
<b>RESOURCES EXPENDED</b>				
Fundraising costs		26,135	-	26,135
Cost of charitable activities	5	-	152,664	152,664
Management and Administration	6	19,660	16,638	36,298
Governance costs	7	3,642	580	4,222
<b>TOTAL RESOURCES EXPENDED</b>		<b>49,437</b>	<b>169,882</b>	<b>219,319</b>
Net Incoming Resources		85,698	36,469	122,167
Net movement in funds for the year		85,698	36,469	122,167
Total funds at 31 December 2022		85,698	36,469	122,167

There were no recognised gains and losses other than those shown in the above Statement of Financial Activities.

# Opoka Charitable Incorporated Organisation

(Charity number: 1195206)  
Statement of Financial Position  
As at 31 December 2022

		2022	
		£	£
	Notes		
Fixed assets			
Tangible	10		2,314
Current assets			
Debtors	11	26,907	
Cash at bank & in hand		<u>160,782</u>	
		187,689	
Creditors: amounts falling due within one year	12	<u>(67,836)</u>	
Net current assets			119,853
Net assets			<u><u>122,167</u></u>
The Funds of the Charity			
Unrestricted Funds:			
General Fund	14		85,698
Restricted Funds	15		36,469
Total Funds			<u><u>122,167</u></u>

The financial statements were approved by the Trustees on 25th October 2023 and signed on their behalf by

.....  
A Mackell  
Trustee

# Opoka Charitable Incorporated Organisation

(Charity number: 1195206)

## Statement of Cash Flows

For the period ended 31 December 2022

	2022 £
Cash flows from operating activities	
Net Income	122,167
Investment in tangible fixed assets	(2,314)
<i>Changes in:</i>	
Accrued income and other debtors	(26,907)
Trade and other creditors	67,836
Cash generated from operations	160,782
Interest received	-
Net cash from operating activities	160,782
Net increase in cash and cash equivalents	160,782
Cash and cash equivalents at the beginning of the period	-
Cash and cash equivalents at the end of the period	160,782

# Opoka Charitable Incorporated Organisation

## Notes to the Financial Statements For the period ended 31 December 2022

### 1. Accounting policies

(a) The accounts 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 (FRS102) (effective 1 January 2019) and in accordance with the Charities Act 2011.

liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Incoming resources are included in the statement of financial affairs when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received.

(c) Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered. Donations are made only when they meet the objects of the charity. Support costs are deemed to be attributable to Charitable Expenditure only.

#### (d) Fund accounting

Funds held by the charity are:

*Unrestricted funds* - These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

*Restricted funds* - These are funds to be used for specific purposes at the request of the donor.

### 2. Net outgoing resources for the period

	Period to 31.12.22
This is stated after charging:	£
Accountancy fee	3,642
Depreciation	566
	<u>4,208</u>

Trustees did not receive any remuneration, benefits in kind nor expenses for 2021.

### 3. Analysis of total resources expended

	Core services £	Restricted £	Support costs £	Total £
Fundraising costs	-	-	26,135	26,135
Charitable activities				
Direct costs	-	152,664	-	152,664
Management and administration	-	16,638	19,660	36,298
Governance costs	-	580	3,642	4,222
	<u>-</u>	<u>169,882</u>	<u>49,437</u>	<u>219,319</u>

# Opoka Charitable Incorporated Organisation

## Notes to the Financial Statements For the period ended 31 December 2022

### 4. Grants

	Unrestricted £	Restricted £	Period to 31.12.22 £
Avon / Somerset Police & Crime Commissioner: DA Support	-	22,625	22,625
Avon / Somerset Police & Crime Commissioner: IDVA Uplift	-	34,693	34,693
Avon / Somerset Police & Crime Commissioner: Critical Support	-	3,600	3,600
Tudor Trust: DV Service	-	59,740	59,740
Bristol City Council: Bristol Impact Fund	-	5,975	5,975
The Nisbet Trust: Outreach & Drop-in Sessions	-	8,626	8,626
The National Lottery: DA Outreach & Helpline	-	45,160	45,160
Quartet Community Foundation: Wesleyan Foundation	-	5,148	5,148
Quartet Community Foundation: Resilience Grant	-	8,086	8,086
Woman's Aid: CAF Tech & Impact Bursary	-	1,500	1,500
NSF Innovation: Open Community Grant	-	1,996	1,996
The Albert Hunt Trust: Admin Core cost	-	2,000	2,000
AVA: Kite mark 'In Safe Hands'	20,000	-	20,000
Comic Relief: Community Fund (England)	-	3,318	3,318
Commissioners Crime Prevention Fund	-	2,000	2,000
ROSA Fund: Stand with Us	-	1,884	1,884
	<u>20,000</u>	<u>206,351</u>	<u>226,351</u>

The above restricted fund analysis includes £37,901 relating to funds transferred from Chrysalis Supported Association Limited as noted on the face of the SOFA - additional analysis is shown below:

	£
Avon / Somerset Police & Crime Commissioner: DA Support	4,625
Avon / Somerset Police & Crime Commissioner: IDVA Uplift	8,417
Tudor Trust: DV Service	19,913
The Nisbet Trust: Outreach & Drop-in Sessions	4,125
Bristol City Council: Bristol Impact Fund	821
	<u>37,901</u>

### 5. Charitable activities expenditure

	Unrestricted £	Restricted £	Period to 31.12.22 £
Salaries	-	130,489	130,489
Social security	-	11,428	11,428
Pension contributions	-	2,536	2,536
DV outreach & helpline costs	-	7,336	7,336
Sessional therapy costs	-	875	875
	<u>-</u>	<u>152,664</u>	<u>152,664</u>

# Opoka Charitable Incorporated Organisation

## Notes to the Financial Statements For the period ended 31 December 2022

### 6. Management and Administration

	Unrestricted	Restricted	Period to
	£	£	31.12.22
	£	£	£
Rent and rates	15,121	-	15,121
Light and heat	455	-	455
Telephone and communications	-	594	594
Insurance	910	-	910
Printing, postage and stationery	-	286	286
Other office costs	1,108	-	1,108
Marketing, publicity and website	-	6,673	6,673
Training and education	-	1,952	1,952
Staff welfare	1,500	-	1,500
Travel and subsistence	-	1,806	1,806
Computer expenses	-	4,951	4,951
Consultancy, legal and professional fees	-	157	157
Subscriptions	-	219	219
Fixed asset depreciation	566	-	566
	<u>19,660</u>	<u>16,638</u>	<u>36,298</u>

### 7. Governance costs

	Unrestricted	Restricted	Period to
	£	£	31.12.22
	£	£	£
Training costs	-	580	580
Auditor's fees	3,642	-	3,642
	<u>3,642</u>	<u>580</u>	<u>4,222</u>

### 8. Trustees Remuneration and Expenses

Ms A Mackell, the founder and managing director, is a trustee of the charity. During the year Ms Mackell received a gross salary of £61,146 and the charity paid £1,373 in employer's pension contributions in relation to the management and delivery of the key services provided by Opoka. No other trustees received remuneration or expenses.

### 9. Taxation

The charity is exempt from tax on its charitable activities per sections 521 to 536 of ITA 2007. Because of its current activities Opoka Charitable Incorporated Organisation is not registered for VAT and therefore cannot recover VAT on its expenses.



# Opoka Charitable Incorporated Organisation

## Notes to the Financial Statements For the period ended 31 December 2022

### 10. Tangible fixed assets

	IT equipment £	Total £
Cost:		
At 1 December 2021	-	-
Additions	2,880	2,880
At 31 December 2022	<u>2,880</u>	<u>2,880</u>
Depreciation:		
At 1 December 2021	-	-
Charge for year	566	566
On disposals	-	-
At 31 December 2022	<u>566</u>	<u>566</u>
Net book values:		
At 31 December 2022	<u>2,314</u>	<u>2,314</u>

### 11. Debtors

	31.12.22 £
Accrued income	8,288
Other debtors	18,619
	<u>26,907</u>

### 12. Creditors: amounts falling due within one year

	31.12.22 £
Accounts payable	6,464
Social security & other tax	-
Accruals and deferred income	61,372
	<u>67,836</u>

# Opoka Charitable Incorporated Organisation

## Notes to the Financial Statements For the period ended 31 December 2022

### 13. Analysis of net assets between funds

	Fixed assets £	Net current assets £	Total £
Restricted funds	-	36,469	36,469
Unrestricted funds	2,314	83,384	85,698
Net assets at the end of the period	<u>2,314</u>	<u>119,853</u>	<u>122,167</u>

### 14. Unrestricted funds

	General Funds £	Designated Funds £	Total £
Surplus/(loss) for the year	85,698	-	85,698
Transfer between funds	(56,000)	56,000	-
Balance at 31 December 2022	<u>29,698</u>	<u>56,000</u>	<u>85,698</u>

The designated funds represent amounts committed by the Trustees across four separate areas. First £15,000 is ringfenced to unfunded therapeutic programmes. Secondly, the trustees look to ringfence £8,000 to cover the cost of providing an emergency response to an unfunded need. Thirdly, the trustees wish to designate £20,000 to fund the costs of managing and supervising the core activities of the charity. Lastly, the trustees wish to ringfence £13,000 to cover unfunded office running costs.

# Opoka Charitable Incorporated Organisation

## Notes to the Financial Statements For the period ended 31 December 2022

### 15. Restricted funds

The income funds of the charity include restricted funds comprising the following balances of grants held on trust to be applied for specific purposes:

	Incoming resources	Resources expended	Balance at 31.12.2022
	£	£	
Avon / Somerset Police & Crime Commissioner: DA Support	22,625	(22,625)	-
Avon / Somerset Police & Crime Commissioner: IDVA Uplift	34,693	(34,693)	-
Avon / Somerset Police & Crime Commissioner: Critical Support	3,600	(3,600)	-
Tudor Trust: DV Service	59,740	(31,130)	28,610
Bristol City Council: Bristol Impact Fund	5,975	-	5,975
The Nisbet Trust: Outreach & Drop-in Sessions	8,626	(8,626)	-
The National Lottery: DA Outreach & Helpline	45,160	(45,160)	-
Quartet Community Foundation: Wesleyan Foundation	5,148	(5,148)	-
Quartet Community Foundation: Resilience Grant	8,086	(8,086)	-
Woman's Aid: CAF Tech & Impact Bursary	1,500	(1,500)	-
NSF Innovation: Open Community Grant	1,996	(1,996)	-
The Albert Hunt Trust: Admin Core cost	2,000	(2,000)	-
Comic Relief: Community Fund (England)	3,318	(3,318)	-
Commissioners Crime Prevention Fund	2,000	(2,000)	-
ROSA Fund: Stand with Us	1,884	-	1,884
	<u>206,351</u>	<u>(169,882)</u>	<u>36,469</u>

#### Purpose of funds:

- Avon / Somerset Police & Crime Commissioner: DA Support
- Avon / Somerset Police & Crime Commissioner: IDVA Uplift
- Avon / Somerset Police & Crime Commissioner: Critical Support
- Tudor Trust: DV Service
- Bristol City Council: Bristol Impact Fund
- The Nisbet Trust: Outreach & Drop-in Sessions
- The National Lottery: DA Outreach & Helpline
- Quartet Community Foundation: Wesleyan Foundation
- Quartet Community Foundation: Resilience Grant
- Woman's Aid: CAF Tech & Impact Bursary
- NSF Innovation: Open Community Grant
- The Albert Hunt Trust: Admin Core cost
- Comic Relief: Community Fund (England)
- Commissioners Crime Prevention Fund
- ROSA Fund: Stand with Us
- John James Bristol Foundation: Capital works
- Community and DV Outreach, educational programs
- Community DV / advisors
- Community DV Therapy support
- Community Champion program and peer support
- Community engagement worker-polish community
- Outreach and drop-in sessions
- Outreach and helpline-DA
- Awareness raising in Bristol
- Staff and trustee development & strategic/business planning
- License IT systems
- CBT training
- Admin support
- Childrens mental health support
- Community outreach DV
- Fundraising and Campaigning
- Safehouse Capital

### 16. Parent undertaking and controlling party

The parent undertaking and controlling party of the charity is Chrysalis Supported Association Limited, a Provident Mutual Society registered with the FCA (reg IP29818R).



**Opoka CIO**  
**(Charitable Incorporated Organisation)**  
**Registered Charity Number: 1195206**  
**Company Number: CE026183**



Helpline in Polish 0300 365 1700



0117427 00 12



info@opoka.org.uk



www.opoka.org.uk

