

THE WILDE FOUNDATION

England & Wales · Charity number 1197361

Details

Status Registered

Legal form CIO

Registered 2022-01-06

Register [View on the Charity Commission register](#)

Contact

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50 Elleslie Road
Shepherds Bush
W12 7BW

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Website <https://www.thewildefoundation.org/>

Activities

Objects: FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF WOMEN FROM BAME COMMUNITIES AFFECTED BY DOMESTIC ABUSE, SEXUAL ABUSE AND HARMFUL CULTURAL PRACTICES AND THEIR FAMILIES, PRIMARILY THROUGH:A) THE PROVISION OF RECREATIONAL/LEISURE TIME ACTIVITIES SUCH AS CREATIVE WRITING WORKSHOPS PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE;B) PROVIDING ACCREDITED DOMESTIC ABUSE AWARENESS TRAINING;C) PROVIDING SELF-ESTEEM AND CONFIDENCE WORKSHOPS AND TRAINING;D) PROVIDING ADVICE AND SUPPORT FROM FULLY TRAINED STAFF/VOLUNTEERS AND SIGNPOST TO SPECIALISED ORGANISATIONS WHERE APPROPRIATE.

Activities: The WILDE Foundation is a Women's and Girls' Charity that uses Creative tools to Empower Victims and Survivors of domestic abuse, harmful cultural practices, sexual abuse, and child sexual abuse into Influencers through the power of the Written Word. We provide a safe platform for women who have suffered bereavement and loss, experiencing loneliness and isolation, and want to improve wellbeing.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Economic/community Development/employment
- **Who:** People Of A Particular Ethnic Or Racial Origin

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£19,044	£27,379	-	-
2024-03-31	£23,451	£17,461	-	-
2023-03-31	£16,016	£15,679	-	-

Trustees

Name	Role	Appointed
FARKHANDA ANJUM		2022-01-05
Joan Theresa Gentle		2025-10-08
Kumanie Scarlett		2024-08-12
MARWA AL-GOURI		2023-12-23
YANIQUE HARRIS		2022-01-05

THE WILDE FOUNDATION

England & Wales - Charity number 1197361

Accounts

The WILDE Foundation

Trustee Annual Report

31st March 2025

Charity No: 1197361

The WILDE Foundation

Victoria Community Hall, Becklow Road, W12 9HB

Report of the trustees for the year 31 March 2025

The trustees present their annual report and financial statements of the charity for the year ended 31 March 2025. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Accounting and the Charities Statement of Recommended Practice (second edition) and Financial Reporting Standard FRS 102.

Trustees:

Farkhanda Anjum

Marwa Al-Gouri

Yanique Harris

Kamanie Scarlett

Interviewing new trustees

Objectives and Activities for the Public Benefit

The WILDE Foundation is a women's and girls' charity dedicated to empowering victims and survivors of domestic abuse, harmful cultural practices, sexual abuse, and child sexual abuse. Through the transformative power of the written word and other creative tools, we support women and girls in reclaiming their voices and stepping into their influence.

We also provide a compassionate, safe space for women navigating loneliness, isolation, and bereavement, ensuring they are heard, supported, and connected as they rebuild their confidence and wellbeing.

Achievements & Performance

TWF Monthly Trustee Meetings & Activities

The trustees scheduled 12 monthly meetings for the year to ensure effective oversight, regular communication, and timely decision-making. Since April, eight trustee meetings have been held. These meetings have provided updates on ongoing activities, identified upcoming priorities, and allocated responsibilities to relevant trustees and volunteers.

Key matters discussed during this period included:

- **TWF Hammersmith and Fulham Annual Festival:** Preparatory requirements for our participation, including logistics, resource planning, and alignment with our charitable objectives.
- **Annual Writers' Competition:** Planning and promotion of the competition, which forms a core part of the festival. Discussions included timelines, marketing approaches, and operational needs.
- **Funding and Grant Applications:** Progress updates on funding applications, confirmation of any awards received, and monitoring of financial sustainability.
- **Continuing Professional Development (CPD) Programme:** Development of a CPD training programme for professionals on domestic abuse. Trustees reviewed the proposed content and agreed that updates will include emerging issues such as online abuse.

These meetings have ensured that trustees remain informed, engaged, and able to fulfil their governance duties throughout the year.

Human Stories

Monthly Women's Group Sessions

We held 12 monthly sessions on the second Sunday of each month. These gatherings provide a safe and supportive environment where women come together to talk, share experiences, and participate in guided writing activities.

A key feature of the sessions is our "*Living Book*" segment. Each month, one woman volunteers to become a "living book" by choosing a theme drawn from her own life experience. She shares her story, and the women present are invited to engage by asking questions, fostering connection, understanding, and peer support.

Throughout the year, we also welcomed guest speakers who delivered sessions on a variety of specialist topics relevant to members' wellbeing and personal development.

Feedback from regular attendees has been consistently positive, with members expressing that they value and enjoy the sessions and the strong sense of community they create.

Black History Month

In October 2024, we invited author Angela Harvey, also known as Poppy Seed, to lead a special workshop in celebration of Black History Month. During the session, she delivered an engaging creative workshop, performed a selection of her poetry and songs, and took part in an interview conducted by one of our members, where she spoke about her artistic journey and creative practice. The event was well received and contributed meaningfully to our cultural and educational activities for the year.

Violence Against Women and Girls

In November, we marked the UN International Day for the Elimination of Violence Against Women and Girls. To honour this day, we invited survivors to share their journeys - from experiences of abuse to stories of resilience and triumph - providing a powerful platform for empowerment, inspiration, and collective healing.

This event was delivered in collaboration with CIC Sanctuary for Sisterhood, strengthening our shared commitment to raising awareness, supporting survivors, and advocating for the safety and wellbeing of women and girls.

Advocacy

Support Provided to Clients

We provide direct support to women who are victims and survivors of domestic abuse and sexual abuse, ensuring they receive practical assistance, advocacy, and emotional reassurance.

During the reporting period:

- **11 women self-referred** for support relating to housing, after expressing that they felt unsafe in their homes. We offered guidance, signposting, and advocacy to help them pursue safer accommodation options.
- **5 women requested assistance** in attending medical appointments, and we provided accompanying support to ensure they felt safe and supported throughout the process.
- **9 women received support** to meet with their social workers, including help with preparation, attending appointments, and understanding follow-up actions.

These interventions form a crucial part of our commitment to safeguarding and empowering women as they navigate complex and often traumatic situations.

Just Write Creative Writing

Weekly Online Creative Writing Workshops

We host weekly online creative writing workshops, JustWrite, which provide members with a safe, intimate, and supportive space for reflection, expression, and connection.

Each session begins with a facilitated check-in using the “Thorns, Buds and Roses” framework:

- **Thorns** – challenges or difficulties members are currently facing
- **Buds** – areas of potential growth or aspects of life that could improve
- **Roses** – positive experiences, achievements, or things going well

This structure helps participants articulate their emotional wellbeing and receive peer support in a compassionate environment.

In the second hour, participants are given a writing prompt. They spend time writing independently and then share their work with the group, followed by discussion and constructive feedback. These sessions not only develop creative skills but also strengthen confidence, connection, and emotional resilience among members.

Easing Isolation

Reducing Isolation and Building Community

Our weekly, monthly, and annual events provide members with meaningful opportunities to form new friendships and engage in creative, confidence-building activities. These gatherings play an important role in reducing isolation and loneliness, particularly for women facing serious health challenges.

We provide lunch during our in-person sessions, giving women the chance to eat together, socialise, and strengthen peer connections in a relaxed and supportive environment. We also organise group outings that further encourage social interaction and community bonding.

Through these activities, the project has offered women a valuable platform to build new relationships, improve their wellbeing, and feel less isolated.

Learning and Reflections

We found that the “*Thorns, Buds and Roses*” framework has been a particularly effective tool for encouraging women to talk openly about their challenges. It supported members in expressing what was causing them distress and helped them develop confidence in discussing personal difficulties. The process also enabled participants to explore alternative perspectives and consider new ways of approaching the issues they faced.

We also observed that some members, including disabled women and women living with weight-related insecurities, occasionally felt self-conscious about their bodies. With consistent encouragement and reassurance, these women were supported to continue attending the workshops and to remain engaged in the group. This helped strengthen their confidence, sense of belonging, and emotional wellbeing.

Monitoring Achievement

The success of our Human Stories, Writing to Exhale, Black Women Heal well-being projects showed in the numbers of women who signed up and attended the events *since 2023. We invite speakers to talk about different topics.*

We addressed low moods, domestic abuse and loneliness through dialogue and writing with the women to understand the situation and then consider the way forward with that institution. *We are also running a living story section where one woman each month tells her story.*

We are looking to strengthen what worked for the women 40-60+ years old and to continue providing the workshops, events and intergenerational activities which was inclusive of mothers, grandmothers and children.

We will continue to encourage the women to tackle and discuss topics that have been culturally restrictive.

The funding was used to continue our social programmes for giving women the space to write about their traumas,

Funding & Fundraising

In 2024, we submitted funding applications to Hammersmith United Charities, Turning Point, and Innovation. The purpose of these applications was to secure financial support to enhance our services, enabling us to provide members with greater opportunities for self-development, self-care, and confidence-building activities.

Signature:





CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name THE WILDE FOUNDATION	No (if any) 1197361
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CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	-	-	-	-	17,201
Donations	1,565	-	-	1,565	123
Fundraising	1,800	-	-	1,800	2,578
Memberships Fees	300	-	-	300	250
Retreat Income	12,381	-	-	12,381	-
Sales	-	-	-	-	1,892
Other Income	2,998	-	-	2,998	1,407
	-	-	-	-	-
Sub total (Gross income for AR)	19,044	-	-	19,044	23,451
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	19,044	-	-	19,044	23,451
A3 Payments					
Travel	131	-	-	131	475
Tel. Mobile & Other Admin Costs	-	-	-	-	3,621
Print & Office Supplies	382	-	-	382	574
Trustee Meetings Expenses	400	-	-	400	74
IT, Software & Website	937	-	-	937	2,415
Publications & Fees	3,808	-	-	3,808	5,574
Conferences, Retreats	12,881	-	-	12,881	2,866
Other Charitable Activities/Dues	3,962	2,485	-	6,447	1,862
Prior Year Bank Bal Adjustment	2,393	-	-	2,393	-
	-	-	-	-	-
Sub total	24,894	2,485	-	27,379	17,461
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	24,894	2,485	-	27,379	17,461
Net of receipts/(payments)	- 5,850	- 2,485	-	- 8,335	5,990
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,323	2,842	-	9,165	3,175
Cash funds this year end	473	357	-	830	9,165

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Balance C/forward	473	357	-
		-	-	-
		-	-	-
	Total cash funds	473	357	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Independent examiner's fees	unrestricted	510	within 1 Year
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Kumanie Scarlett	08/01/2026

THE WILDE FOUNDATION

England & Wales - Charity number 1197361

Accounts



Trustees' Annual Report for the period

From: 1 April 2023 - Period start date

To: 31 March 2024 - Period end date

Charity name: The WILDE Foundation

Charity registration number: 1197361

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The WILDE Foundation is a Women's and Girls' Charity that uses Creative tools to Empower Victims and Survivors of domestic abuse, harmful cultural practices, sexual abuse, and child sexual abuse into Influencers through the power of the Written Word.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Creative Writing Workshops for Wellbeing Domestic Abuse Ambassador Training Black Women Heal (menopause workshop) Human Stories (reducing isolation and depression) Inter-generational family days International Women's Month
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	Volunteers participated in assisting with International Women’s Month event, WILDE Writers’ Festival, Domestic Abuse Awareness Training and monthly Human Stories meet-up events.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity’s work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>TWF was successful in running workshops, healthy living and creative writing for women to reduce isolation, advice on managing menopause, writing workshops to give women’s traumas a voice.</p> <p>TWF held our 3rd Writing Festival for marginalised female authors. It was a great success and the feedback from our members were positive.</p> <p>UN International Day for the Elimination of Violence Against Women and Girls, plus 16 days of activism. Our members assisted in the planning of this and took part by reading out their poems and prose concerning VAWG.</p> <p>TWF exhibited at The University of West London’s Business Fair, and was awarded the overall winning prize for our writers’ festival. Two members volunteered to attend the information stall and was active in explaining the ethos of TWF to the attendees.</p> <p>TWF was given a Civic Award by Hammersmith and Fulham Council for our work with women and girls and creating a writers’ festival in the borough. The CEO and a Trustee attended to collect the award.</p> <p>TWF attended Community Connections about the state of mental health in the Black and Asian communities.</p> <p>TWF attended the launch of the Helios Art Gallery at Television Centre where we made contact for future collaborative work.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	TWF was unsuccessful in our funding application to Hammersmith United Charities. TWF increased our membership by 10%
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Grants, membership and fundraising activities.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	
Other name the charity uses	
Registered charity number	
Charity's principal address	

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

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Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

	Type of adviser	Name	Address
	Funding Advice	Sobus	
Name of chief executive or names of senior staff members (Optional information)			
	Rasheda Malcolm		

Exemptions from disclosure

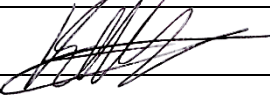
Reason for non-disclosure of key personnel details

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

	Signature(s)		
	Full name(s)	Kumanie Scarlett	
	Position (eg Secretary, Chair, etc)	Trustee	
	Date	20/01/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

THE WILDE FOUNDATION

No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2023	To	Period end date 31/03/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	-	17,201	-	17,201	10,201
Donations	123	-	-	123	3,754
Fundraising	2,578	-	-	2,578	60
Membership Fees	250	-	-	250	330
Sales	1,892	-	-	1,892	1,097
Other Income	1,407	-	-	1,407	574
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,250	17,201	-	23,451	16,016
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,250	17,201	-	23,451	16,016
A3 Payments					
Travel	475	-	-	475	641
Tel, Mobile & Other Admin Costs	1,448	2,173	-	3,621	360
Print & Office Supplies	574	-	-	574	734
Trustee Meeting Expenses	74	-	-	74	158
IT, Software & Website	242	2,173	-	2,415	264
Publications & Fees	-	5,574	-	5,574	6,625
Conference	-	2,866	-	2,866	1,381
Membership/Dues	146	-	-	146	218
Other Charitable Activities	-	1,716	-	1,716	5,298
	-	-	-	-	-
Sub total	2,959	14,502	-	17,461	15,679
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,959	14,502	-	17,461	15,679
Net of receipts/(payments)	3,291	2,699	-	5,990	337
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,032	143	-	3,175	2,838
Cash funds this year end	6,323	2,842	-	9,165	3,175

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Balance C/forward	6,323	9,165	-
		-	-	-
		-	-	-
	Total cash funds	6,323	9,165	-
	(agree balances with receipts and payments account(s))	OK	Agreement Error	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Independent examiner's fees	unrestricted	420	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Kumanie Scarlett	20/01/2025
		

THE WILDE FOUNDATION

England & Wales - Charity number 1197361

Accounts



The WILDE Foundation

Trustee Annual Report

31st March 2023

Charity No: 1197361



The WILDE Foundation

Victoria Community Hall, Becklow Road, W12 9HB

Report of the trustees for the year 31 March 2023

The trustees present their annual report and financial statements of the charity for the year ended 31 March 2023. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Accounting and the Charities Statement of Recommended Practice (second edition) and Financial Reporting Standard FRS 102.

Trustees:

Farkhanda Anjum

Marwa Al-Gouri

Yohanes Scarlett

Yanique Harris



Objectives and Activities for the Public Benefit

The WILDE Foundation is a Women's and Girls' Charity that uses Creative tools to Empower Victims and Survivors of domestic abuse, harmful cultural practices, sexual abuse, and child sexual abuse into Influencers through the power of the Written Word.

Achievements & Performance

We ran a Saturday School for children 5 – 12 years. This included learning through play and games, also writing poetry and short stories, some through art and being encouraged to take part in the Hammersmith & Fulham Writers' Festival Competition.

We hosted family time activities for mums and their children on Sunday afternoons. This included art, (painting together) playing board games, and eating lunch together whilst having conversations without any form of phones or iPads.

We culminated the Human Stories Project with a Spa Day at the women only Hammam in Edgware Road. The women were very appreciative of the day out which provided more bonding and conversation time.

We hosted an International Women's Day event, which gave the women the opportunity to read some of their written works.

We partnered with Sanctuary for Sisterhood to encourage physical activities through yoga for the 40 – 60 age group.

We partnered with Instrumental Health to provide monthly complimentary workshops around managing menopause.

We organised social events to ease isolation and encourage bonding and new friendships.

We arranged intergenerational days to encourage family time. This consisted of play days with parents, grandparents and children.

We partnered with Sanctuary for Sisterhood who provided the yoga workshops, Mother's Day pampering event, and Instrumental Health gave nutritional advice and complimentary health information to the women around the menopause.

The project gave women a platform to make new friendships and ease isolation.

Women were encouraged to make time for self-care through the yoga programme, facilitated by Sanctuary for Sisterhood, and Instrumental health, who carried out workshops on Menopause and alternative ways of managing the insomnia and symptoms associated with the menopause.

We supplied lunch so that the women could eat together and enjoy healthy vegetarian food, while socialising and dancing to music from across culture. The women taught each other about their country's dances, which filled the hall with much laughter.

Women enjoyed creative writing, expressing themselves and sharing their writings of low moods with each other. This really built their confidence and created new friendships.

The Saturday School gave the children information about their history through art and play, and encouraged them to play board games instead of computer games.



We hosted the third Hammersmith and Fulham Writers' Festival for Female Authors of Colour and Indie Authors. Local authors and residents of H&F benefited from meeting authors and being given the opportunity to pitch their own work to agents and the editorial team of Simon and Schuster UK.

Easing Isolation

The project gave women a platform to make new friendships and ease isolation. The women were encouraged to make time for self-care through the yoga programme, facilitated by Sanctuary for Sisterhood, and Instrumental health, who carried out workshops on Menopause and alternative ways of managing the insomnia and symptoms associated with the menopause.

We supplied lunch so that the women could eat together. The women enjoyed creative writing, expressing themselves and sharing their writings of low moods with each other. This really built their confidence and created new friendships.

The Saturday School gave the children information about their history through art and play, and encouraged them to play board games instead of computer games.

What We Learnt

We learnt what resonated with the women, which was the creative writing because it formed new friendships and encouraged them to think about their wellbeing and write about things that had caused trauma in their lives. It built their confidence to share their stories and to talk about taboo subjects that culturally wasn't permitted.

The health and wellbeing sessions were a favourite, especially the workshops on menopause and healthy eating.

The disabled women and the overweight women would sometimes feel insecure and embarrassed about their bodies, and had to be encouraged not to give up attending the workshops.

Because most of the women were so warm and welcoming, over the months these women became less self-conscious and started enjoying the workshops and events because they realised no-one was judging them.

The yoga meant the women concentrated on becoming more flexible. Chair yoga meant even our disabled women were able to take part. They were given good nutritional dietary advice to manage the effects of menopause, weight gains and low moods.

The intergenerational family game days became competitive, as children and parents played games together, and enjoyed beating each other, in a fun and warm atmosphere.

One woman who wanted help in dealing with the domestic abuse she was suffering at home, decided she would stay with the perpetrator because it was too hard to consider up-rooting herself after many years of marriage. This was upsetting for many of the women, but we explained that there are complex reasons why women stay in abusive relationships, and that we must not judge. The woman in question at least now had options and knew where she could come to for help and friendly ears to listen to her.



Monitoring Achievement

The success of our Human Stories, Writing to Exhale, Black Women Heal well-being projects showed in the numbers of women who signed up and attended the events over a ten-month period.

We addressed low moods, domestic abuse and loneliness through dialogue and writing with the women to understand the situation and then consider the way forward with that institution.

We are looking to strengthen what worked for the women 40-60+ years old and to continue providing the workshops, events and intergenerational activities which was inclusive of mothers, grandmothers and children.

We will continue to encourage the women to tackle and discuss topics that have been culturally restrictive.

The funding was used to continue our social programmes for giving women the space to write about their traumas,

Funding & Fundraising

In 2023 we applied for funding from Hammersmith United Charities, and received £4,000. We were successful in applying for £6,000 from Rethink Mental Health Charity and was successful to pursue our programmes in 2023 – 2024 of providing activities and events for women, children and families.

Rethink Mental Health Charity gave us the opportunity to get women writing their trauma stories, easing isolation and bonding with each other.

We were disappointed that the funding left us owing rent for the venue, but we were still able to produce events and workshops. We are applying for more funding to develop the projects, especially the activities that supported the women with contact with social services, sign-posting to solicitors for legal advice, intergenerational events, children's sessions and black women health. We were pleased that we inspired the women to think about self-care, and provided a space that lessened isolation and created new friendships.

We completed a Spacehive fundraising application and raised £2000, Hammersmith & Fulham Grant topped up this amount with £1,800.

Signature:

A blue ink handwritten signature on a white background, appearing to be a cursive name.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name: _____ No. (if any): _____

Receipts and payments accounts

CC16a

For the period from: 01/04/2022 To: 31/03/2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	-	10,201	-	10,201	-
Donations	3,754	-	-	3,754	-
Fundraising	60	-	-	60	-
Membership Fees	330	-	-	330	-
Sales	1,097	-	-	1,097	-
Other Income	574	-	-	574	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,815	10,201	-	16,016	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,815	10,201	-	16,016	-
A3 Payments					
Travel	641	-	-	641	-
Tel, Mobile & B/Band	360	-	-	360	-
Print & Office Supplies	734	-	-	734	-
Trustee Meeting Expenses	158	-	-	158	-
IT, Software & Website	264	-	-	264	-
Publications & Fees	-	6,625	-	6,625	-
Conference	1,381	-	-	1,381	-
Membership	218	-	-	218	-
Other Charitable Activities	1,865	3,433	-	5,298	-
	-	-	-	-	-
Sub total	5,621	10,058	-	15,679	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,621	10,058	-	15,679	-
Net of receipts/(payments)	194	143	-	337	-
A5 Transfers between funds					
	-	-	-	-	-
A6 Cash funds last year end	2,838	-	-	2,838	-
Cash funds this year end	3,032	143	-	3,175	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		3,032	143	-
		-	-	-
		-	-	-
	Total cash funds	3,032	143	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Accrued Accounts & IE Fees	563.64	564	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	FARKHANDA ANJUM	12/07/24