



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.

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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 handwritten signature in blue ink, appearing to be a stylized 'M' followed by a flourish.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name

No. (if any)

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2022


To

Period end date
31/03/2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use				
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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