

FREEDOM SUPPORT NETWORK

England & Wales · Charity number 1200109

Details

Other names YOUTH AND WOMEN SUPPORT NETWORK

Status Registered

Legal form CIO

Registered 2022-08-18

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

Contact

Address Unit C6
Seedbed Centre
Vanguard Way
Shoeburyness
Southend-On-Sea
SS3 9QY

Phone 01702382312

Email office@freedomsupportnetwork.net

Website <https://www.freedomsupportnetwork.net>

Activities

Objects: THE OBJECTS OF THE CIO ARE:1. TO PROMOTE THE REHABILITATION OF WOMEN 18 AND ABOVE, WHO MAY HAVE JUST BEEN RELEASED FROM PRISON OR WITHIN THE CRIMINAL JUSTICE SYSTEM BY:-- PROVIDING ADVICE AND ASSISTANCE AND ORGANISING PROGRAMMES OF PHYSICAL, EDUCATIONAL AND OTHER ACTIVITIES AS A MEANS OF ADVANCING IN LIFE AND HELPING THEM DEVELOP THEIR SKILLS, BUILD THEIR CAPACITIES AND CAPABILITIES TO ENABLE THEM TO REBUILD THEIR LIVES AND PARTICIPATE MORE ACTIVELY IN THEIR COMMUNITIES; AND- PROVIDING SUPPORT AND ENCOURAGEMENT THROUGH THE PROVISION OF COUNSELLING, COACHING, TRAINING, ADVISORY AND SIGN-POSTING SUPPORT.2. TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY. FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: (FACTORS RELEVANT TO US ARE) PREVIOUS INCARCERATION (EX-OFFENDER) AND ITS EFFECTS SUCH AS: UNEMPLOYMENT; FINANCIAL HARDSHIP; DISCRIMINATION ON THE GROUNDS OF PREVIOUSLY BEING IN CUSTODY, DISABILITY, POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN EX-OFFENDER REHABILITATING INTO SOCIETY).NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008].

Activities: We are contacting the Charity Commission to notify you of the change in our email addresses.Our general email address is now office@freedomsupportnetwork.netOur main person contact email address is mutiat.adebowale@freedomsupportnetwork.net

Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Disability, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-30	£20,000	£19,000	-	-
2024-03-30	£7,000	£4,786	-	-
2023-03-30	£5,450	£5,219	-	-

Trustees

Name	Role	Appointed
Mutiat Adebowale	Chair	2022-08-01
Abisoye Abiodun Balogun Akinola		2024-05-27
Charmaine Lily		2022-10-01

FREEDOM SUPPORT NETWORK

England & Wales - Charity number 1200109

Accounts



Trustees' Annual Report for the period

From April 2024 Period start date To March 2025
Period end date

Charity name: Freedom Support Network

Charity registration number: 1200109

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1. To promote the rehabilitation of women 18 and above, who may have just been released from prison or within the criminal justice system by:-</p> <p>providing advice and assistance and organising programmes of physical, educational and other activities as a means of advancing in life and helping them develop their skills, build their capacities and capabilities to enable them to rebuild their lives and participate more actively in their communities; and</p> <p>providing support and encouragement through the provision of counselling, coaching, training, advisory and sign-posting support.</p> <p>2. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.</p>
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	<p>Main activities are: Counselling, coaching, training, workshops, advisory and signposting services.</p> <p>Our services are aimed at building skills for individuals to improve their chances of gaining meaningful employment.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>Our services and activities since inception have been in line with the purposes for which the charity was established and in line with the guidelines of the charity Commission. The activities and programmes we have</p>

		<p>curated and been carrying out provide guidance, coaching and counselling support with the aim to help people rebuild their lives after custody and have a space for advocacy, while they transform their experiences with life changing actions and emerge as who they have always wanted to be. The programmes provide support services for female ex-offenders who have just been out of custody within a three-month period of release.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We don't currently engage in grant making.
Policy on social investment including program related investment	Para 1.38	As a fledgling charity, we are still gathering advise on how to embark on social investment.
Contribution made by volunteers	Para 1.38	We have had some volunteers supporting our work by giving their time and knowledge to allow us reach more of the individuals who need our services.
Other		

Achievements and Performance

	SORP reference	

<p>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.</p>	<p>Para 1.20</p>	<p>Our charity has been able to work successfully with 50 people, so far, impacting about 130 family members, through our various programmes which include: Envision anew - a programme that allows new ex-offender women start life on a fresh look, through active coaching or counselling services, CV writing, referral or sign posting to business incubators and advisory services, depending on the paths they choose after custody.</p> <p>Also, with our shop your dream job project – bespoke career coaching is given to service users who choose to tread a new career path after custody, giving them the confidence and clarity they need to integrate in the world of work, to boost their finances and rebuild their lives.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Our impact is now being felt within the communities where we work, as more people are now using our services.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>Our fundraising activities were more productive during this accounting period as we were able to raise £18000 as a grant.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Our Charity is so far, largely self-funded. And during the period in account, donations were made to the group only by the trustees and a grant of £2,000 was received.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves may be held in accounts after all Charity expenses have been paid and reserves may be carried over for the next financial year.
Amount of reserves held	Para 1.22	£1,013.27
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Detailed below

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	Self-Funding Actively engaged in Fundraising Efforts
Investment policy and objectives including any social investment policy adopted	Para 1.46	In progress
A description of the principal risks facing the charity	Para 1.46	The Charity risks stopping its operations if fundraising support is not received in good time, but we are working to getting funding agencies and companies to understand the value of our work and cause. We are also looking at other ways that we improve our social investment potential.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Foundation Model
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Charitable Incorporated Organisation
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	Trustees are appointed by the Chair.

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	Freedom Support Network
Other name the charity uses	
Registered charity number	1200109
Charity's principal address	Unit C6, Seedbed Business Centre, Vanguard Way, Shoeburyness SS3 9QY Essex

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	Mutiat Adebawale			
2	Bisoye Balogun-Akintoye			
3	Charmaine Lily			
4				
5				
6				
7				
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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	

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	mtadebowale	
Full name(s)	Mutiat Adebawale	
Position (eg Secretary, Chair, etc)	Trustee Chair	
Date	07/01/2026	

FREEDOM SUPPORT NETWORK

England & Wales - Charity number 1200109

Accounts



Trustees' Annual Report for the period

From April 2023 Period start date To March 2024
Period end date

Charity name: Freedom Support Network

Charity registration number: 1200109

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1. To promote the rehabilitation of women 18 and above, who may have just been released from prison or within the criminal justice system by:-</p> <p>providing advice and assistance and organising programmes of physical, educational and other activities as a means of advancing in life and helping them develop their skills, build their capacities and capabilities to enable them to rebuild their lives and participate more actively in their communities; and</p> <p>providing support and encouragement through the provision of counselling, coaching, training, advisory and sign-posting support.</p> <p>2. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.</p>
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	<p>Main activities are: Counselling, coaching, training, workshops, advisory and signposting services.</p> <p>Our services are aimed at building skills for individuals to improve their chances of gaining meaningful employment.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>Our services and activities since inception have been in line with the purposes for which the charity was established and in line with the guidelines of the charity Commission. The activities and programmes we have</p>

		<p>curated and been carrying out provide guidance, coaching and counselling support with the aim to help people rebuild their lives after custody and have a space for advocacy, while they transform their experiences with life changing actions and emerge as who they have always wanted to be. The programmes provide support services for female ex-offenders who have just been out of custody within a three-month period of release.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We don't currently engage in grant making.
Policy on social investment including program related investment	Para 1.38	As a fledgling charity, we are still gathering advise on how to embark on social investment.
Contribution made by volunteers	Para 1.38	We have had some volunteers supporting our work by giving their time and knowledge to allow us reach more of the individuals who need our services.
Other		

Achievements and Performance

	SORP reference	

<p>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.</p>	<p>Para 1.20</p>	<p>Our charity has been able to work successfully with 20 people, impacting about 100 family members, through our various programmes which include: Envision anew - a programme that allows new ex-offender women start life on a fresh look, through active coaching or counselling services, CV writing, referral or sign posting to business incubators and advisory services, depending on the paths they choose after custody.</p> <p>Also, with our shop your dream job project – bespoke career coaching is given to service users who choose to tread a new career path after custody, giving them the confidence and clarity they need to integrate in the world of work, to boost their finances and rebuild their lives.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Our impact is now being felt within the communities where we work, as more people are now using our services.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>Our fundraising activities were more productive during this accounting period as we were able to raise £2000 as a grant.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Our Charity is so far, largely self-funded. And during the period in account, donations were made to the group only by the trustees and a grant of £2,000 was received.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves may be held in accounts after all Charity expenses have been paid and reserves may be carried over for the next financial year.
Amount of reserves held	Para 1.22	£2,213.27
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Detailed below

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	Self-Funding Actively engaged in Fundraising Efforts
Investment policy and objectives including any social investment policy adopted	Para 1.46	In progress
A description of the principal risks facing the charity	Para 1.46	The Charity risks stopping its operations if fundraising support is not received in good time, but we are working to getting funding agencies and companies to understand the value of our work and cause. We are also looking at other ways that we improve our social investment potential.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Foundation Model
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Charitable Incorporated Organisation
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	Trustees are appointed by the Chair.

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	Freedom Support Network
Other name the charity uses	
Registered charity number	1200109
Charity's principal address	Unit C6, Seedbed Business Centre, Vanguard Way, Shoeburyness SS3 9QY Essex

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	mtadebowale	
Full name(s)	Mutiat Adebawale	
Position (eg Secretary, Chair, etc)	Trustee Chair	
Date	20/12/2024	

FREEDOM SUPPORT NETWORK

England & Wales - Charity number 1200109

Accounts



Trustees' Annual Report for the period

From January 2023
Period end date

Period start date To December 2023

Charity name: Freedom Support Network

Charity registration number: 1200109

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1. To promote the rehabilitation of women 18 and above, who may have just been released from prison or within the criminal justice system by:-</p> <p>providing advice and assistance and organising programmes of physical, educational and other activities as a means of advancing in life and helping them develop their skills, build their capacities and capabilities to enable them to rebuild their lives and participate more actively in their communities; and</p> <p>providing support and encouragement through the provision of counselling, coaching, training, advisory and sign-posting support.</p> <p>2. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.</p>
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	<p>Main activities are: Counselling, coaching, training, workshops, advisory and signposting services.</p> <p>Our services are aimed at building skills for individuals to improve their chances of gaining meaningful employment.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>Our services and activities since inception have been in line with the purposes for which the charity was established and in line with the guidelines of the charity Commission. The activities and programmes we have</p>

		<p>curated and been carrying out provide guidance, coaching and counselling support with the aim to help people rebuild their lives after custody and have a space for advocacy, while they transform their experiences with life changing actions and emerge as who they have always wanted to be. The programmes provide support services for female ex-offenders who have just been out of custody within a three-month period of release.</p>
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Contribution made by volunteers	Para 1.38	We have had some volunteers supporting our work by giving their time and knowledge to allow us reach more of the individuals who need our services.
Other		

Achievements and Performance

	SORP reference	

<p>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.</p>	<p>Para 1.20</p>	<p>Our charity has been able to work successfully with 25 people, impacting about 150 family members, through our various programmes which include: Envision anew - a programme that allows new ex-offender women start life on a fresh look, through active coaching or counselling services, CV writing, referral or sign posting to business incubators and advisory services, depending on the paths they choose after custody.</p> <p>Also, with our shop your dream job project – bespoke career coaching is given to service users who choose to tread a new career path after custody, giving them the confidence and clarity they need to integrate in the world of work, to boost their finances and rebuild their lives.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Our Charity is so far, largely self-funded. And during the period in account, donations were made to the group only by the trustees.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves may be held in accounts after all Charity expenses have been paid and reserves may be carried over for the next financial year.
Amount of reserves held	Para 1.22	£330.87
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Detailed below

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	Self-Funding Actively engaged in Fundraising Efforts
Investment policy and objectives including any social investment policy adopted	Para 1.46	In progress
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Additional information (optional)

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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	
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Other name the charity uses	
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Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	mtadebowale	
Full name(s)	Mutiat Adebawale	
Position (eg Secretary, Chair, etc)	Trustee Chair	
Date	10/05/2024	