

**TOUCHING LIVES
ONE AT A TIME**



TRUSTEE ANNUAL REPORT

FROM 21 JUNE 2023 TO 30 AUGUST 2024

CHARITY NUMBER: 1203658

We confirm that this Trustee Annual Report
complies with the (FRS 102) SORP
requirements.



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STRUCTURE, GOVERNANCE AND MANAGEMENT

Extended Hands, commonly referred to as EH, is a Charitable Incorporated Organisation (CIO) located in Peterborough at New Road, City Centre, PE1 1TT. It operates under a constitution that was adopted on September 20, 2013.

TRUSTEES

- Flora Okpara
 - Olwen Gard
 - Rose Manyere
-

Any member of society may stand for election as a trustee at the Annual General Meeting. In addition during the year, the trustees may appoint up to 2 additional trustees who will stand down at the next Annual General Meeting.

EXTENDED HANDS' PURPOSES

Extended Hands works with isolated women, young girls and with all women in need of emotional (mental), social and practical support. We also aim:

- To preserve and protect the health of mothers who are single or unsupported and isolated, offering them time to have social activities to improve the mothers' wellbeing.
- To help improve the mental and physical wellbeing of women in the community suffering from bereavement or loss by the provision of one-to-one befriending support for such women.

THE SERVICES AND ACTIVITIES OFFERED

Trustees have regard to the guidance issued by the Charity Commission on public benefit by offering a wide range of activities, that are free at the point of delivery. These initiatives serve to foster personal growth, build resilience, and create a sense of community among women and girls. The activities are diverse, unique, and holistic – aimed to benefit the health and mental well-being of its users.

These services and activities include:

- **Befriending:** We believe in companionship, offering one-to-one support and group activities that create lasting bonds.
- **Coffee Mornings:** On Fridays, from 11am – 1pm, we offer regular gatherings where women can relax, socialise, build skills, and enjoy each other's company in a supportive and welcoming environment.
- **Hospital Visits, Hot Meals, Food Parcels, and Baby Essentials:** Our outreach extends to women in various circumstances, providing a crucial support system and a lifeline when needed.
- **Skills and Personal Development:** We offer a variety of workshops – these workshops cover various topics, from self-care and wellness to practical life skills – and training sessions, from vocational skills to personal development, all aimed at promoting growth and self-sufficiency.
- **Social/Community Activities:** We regularly organise social events and community activities, providing a fun and inclusive way for women to connect with each other and their community.

THE SERVICES AND ACTIVITIES OFFERED

Our Additional Routine Activities:

- **Monday Skills Club:** This is a time for beneficiaries to create and chat in a relaxed and informal manner.
- **Monday Yoga:** These yoga sessions allow for an hour of calm and rejuvenation, alleviating stress.
- **Tuesday Walking Group:** This activity enables participants to engage in outdoor activities whilst socialising and enhancing physical well-being. This encourages beneficiaries to embrace healthy lifestyles and cultivate connections with others.
- **Zumba Saturday Sessions:** These sessions enable beneficiaries to participate in a "Happy Hour" dedicated to fitness and enjoyment in the company of others.



CONTRIBUTIONS MADE BY VOLUNTEERS

Many of the services provided are peer-led and our dedicated volunteers work diligently to ensure that beneficiaries receive the high-quality support they need. With a limited number of volunteers, we put in extra effort to meet these needs, often providing additional assistance when beneficiaries express specific requests.

The ways in which our volunteers aid our beneficiaries include:

- Organising and hosting social activities and events that uplift, connect, and motivate women and girls
- Completing administrative tasks, such as applying for funding which enables our organisation to provide a quality experience for service beneficiaries
- Providing gift cards, shopping, food parcels, and/or transport support
- Providing small birthday gifts and hosting mini birthday celebrations quarterly for the beneficiaries who have birthdays within those months

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CONTRIBUTIONS MADE BY VOLUNTEERS

- Committing to one-to-one support, such as hospital visits
- Forming a caring and homely environment for each service beneficiary to gain from
- Sacrificing their time to serve the Peterborough Community

A prime example of this is our Annual Christmas Day Meal where volunteers often forfeit their own celebrations and sacrifice their time and efforts to cater to the community and provide an atmosphere of friendliness, joy, good cheer, and togetherness to those who would have otherwise been alone during this festive period.

We firmly believe that the values and dedication of our volunteers are indispensable to the success and influence of Extended Hands.



CONNECTING CLIENTS TO RESOURCES

- **Signposting Clients**

Extended Hands will direct clients to other charities and agencies that may offer beneficial services.

- **Collaborative Relationships**

We maintain relationships with various related parties.

- **Referral Sources**

Extended Hands receives referrals from GP surgeries, Jobcentre Plus, and other agencies.

- **Community Collaboration**

EH has partnered with several groups within the community to enhance the services provided. These include The Green Backyard for engaging in therapeutic community activities and Florence House nursing home to visit and support the elderly on Valentine's Day.

ACHIEVEMENTS AND PERFORMANCE

- **Friday Coffee Mornings**

Extended Hands' Friday coffee mornings provide an empowering space for isolated and marginalised women, where constructive sessions aim to enhance their mental wellbeing.

- **New Initiatives**

In addition to regular activities like exercise, mindfulness practices, and health education, Extended Hands received funding from the Peterborough Council for Voluntary Services (PCVS) in May 2023 to offer yoga classes and one-to-one therapy sessions.

- **Celebrating a Decade of Dedication**

In October 2023, Extended Hands celebrated its 10-year anniversary, marking a decade of growth and the unwavering dedication of its volunteers who have positively impacted the lives of women in Peterborough.

- **Annual Christmas Day Meal**

In December 2023, with strong community support, Extended Hands hosted the Annual Christmas Day Meal event, creating a festive atmosphere filled with joy.

ACHIEVEMENTS AND PERFORMANCE

- **International Women's Day Event**

On the 16th of March 2024, Extended Hands held an inspiring Annual International Women's Day Event themed "Inspire Inclusion." This theme highlighted the importance of including women, empowering them to lead, and fostering progress within communities, societies, and nations.

- **Continued Funding for Wellness Programs**

In June 2024, Extended Hands secured funding from The Evelyn Trust to maintain yoga sessions, expand one-to-one therapy into group sessions, and introduce Zumba classes.

- **Seaside Retreat**

On the 23rd of August 2024, the organisation organised a delightful seaside trip to Hunstanton Beach, which was thoroughly enjoyed by participants.

- **Empowerment and Progress**

Extended Hands recognises that, in alignment with its vision and goals, the confidence of its beneficiaries has significantly increased, enabling them to take a more active role in society. The organisation has witnessed remarkable transformations, with women progressing from a sense of "invisibility" to gaining the confidence to seek part-time and full-time employment, thus contributing to the economy. Many beneficiaries have also resumed or started their studies to enhance their job prospects, while others have developed the confidence to speak publicly and share their experiences with others.

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ACHIEVEMENTS AND PERFORMANCE

Feedback from the Users of our Funded Activities:

“With help from the therapist, I am no longer consumed with suicidal thoughts.”

“I found the yoga to be both relaxing and mindful as I can repeat the exercises to my own capabilities; as a result I have better stretch and balance and my sleep pattern has improved.”



A SNAPSHOT OF ACTIVITIES AND EVENTS



YOU ARE INVITED TO OUR ANNUAL CHRISTMAS DAY MEAL

Don't spend Christmas Day alone



Great cheer, company, and food

Monday 25th December 2023
12-3pm

1 New Road, City Centre, PE1 1TT

For further enquiries contact us at:

Email: info@myeh.org

Telephone No:

07305546470/07913208859

FB: [extendedhandscharity](https://www.facebook.com/extendedhandscharity)



Over the course of 11 months:

ZUMBA



Join us to get moving and grooving with our energetic Zumba sessions! Every Saturday of the month (not including the 5th Saturday in June, August, and November) at 12:30 - 1:30pm.

YOGA

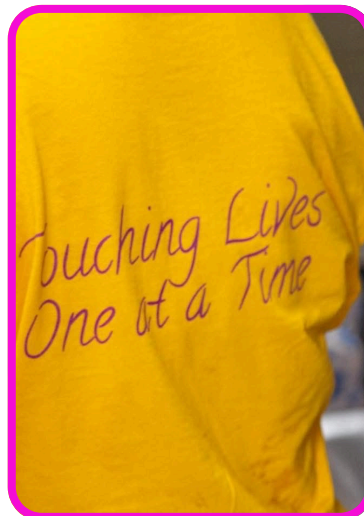


Are you ready to slow down the pace and join us for an hour of rejuvenating yoga? Come along every fortnight on Mondays starting the 13th of May from 11:30am - 12:30pm

VENUE:

Upper Hall, 1 New Road, City Centre, PE1 1TT

For more information contact us via phone/email:
07913208859/info@myeh.org



It's time to take care of
You.

Extended Hands is excited to announce our

FREE Women's Therapeutic Support Group

We are offering a warm, welcoming, safe and supportive space for you to explore any issues affecting you.

Experience deeper connection to yourself and others, a sense of belonging, and discover ways to live life more fully.

Our sessions are led by a relational gestalt psychotherapist and a BACP accredited counsellor.

When?
Fortnightly on Fridays 11 - 1pm
Sessions commence on the 17th of January 2025.

Where?
New Road, City Centre, PE1 1TT

SPACES ARE LIMITED!

To book your space contact us at:

07913208859
info@myeh.org

TOUCHING LIVES
ONE AT A TIME



FINANCIAL REVIEW

- Extended Hands' financial position at the end of the period was in credit.
- There is no fund materially in deficit.
- Extended Hands holds no reserves.
- Extended Hands has no concerns of any uncertainties about the charity continuing as a going concern.
- Extended Hands' principal funders for this period were:
 - **Peterborough Council for Voluntary Services (PCVS)**
 - **The Evelyn Trust**

Additionally, donations were received from individuals and through a KeepFit fundraising initiative.



CHARITY COMMISSION STATEMENT OF ACCOUNTS FOR THE PERIOD 21 JUNE 2023 TO 31 AUGUST 2024

Opening Balance at Bank: 21/06/23

£5547.48

Income	£	Total	Funding	£	Total
Donations	+4660.94		PCVS	+5260	
Coffee Mornings	+100.76		The Evelyn Trust	+2000	
Fundraising	+350		Charities Trust	+125	
Bank Interest	+87.84		Total		+£7385
Total		+ £5199.54	Total (of Income and Funding)		£12584.54

Total and Opening Balance

£18132.02



CHARITY COMMISSION STATEMENT OF ACCOUNTS FOR THE PERIOD 21 JUNE 2023 TO 31 AUGUST 2024

Outgoing	£	Total
General	-7491.50	-£7491.50
(Funded by PCVS)		
Yoga	-600	-£6026.50
1-2-1 Therapy	-4940	
Room Hire	-486.50	
(Funded By Evelyn Trust)		
Yoga	-300	-£2381
Group Therapy	-1500	
Room Hire	-221	
Zumba	-360	
Total		-£15899

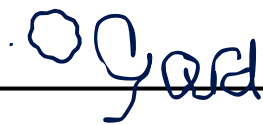
Closing Balance at Bank: 29/8/2024

2233.02

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)	Olwen Gard
Position	Administrator
Date	20 June 2025