

THE WOMENS' CENTRE SUTTON

England & Wales · Charity number 294067

Details

Other names	WOMENS CENTRE
Status	Registered
Legal form	Charitable company
Company number	01829008
Registered	1986-04-18
Register	View on the Charity Commission register

Contact

Address	3 Palmerston Road Sutton Surrey SM1 4QL
Phone	02086611991
Email	info@suttonwomen.co.uk
Website	www.suttonwomen.co.uk

Activities

Objects: TO PROVIDE FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION AND OTHER LEISURE TIME OCCUPATION FOR WOMEN, IN PARTICULAR FOR WOMEN RESIDENT IN THE LONDON BOROUGH OF SUTTON AND THE SURROUNDING AREA WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE. (FOR DETAILS SEE CLAUSE 3 OF MEMORANDUM OF ASSOCIATION)

Activities: Support and services for women to improve lives and status for all women in the area. Counselling, Freedom Programme for victims of domestic/sexual abuse. IT support for women returning to work, English as a Second Language classes, creche facilities, mother and toddler group. Activities such as Art Therapy and various workshops

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups

Geography

- **Area of benefit:** SUTTON AND THE SURROUNDING AREA
- Surrey
- Sutton

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£473,966	£335,970	-	-
2024-03-31	£333,663	£255,305	-	-
2023-03-31	£212,031	£227,593	-	-
2022-03-31	£243,701	£210,056	-	-
2021-03-31	£237,421	£229,859	-	-

Trustees

Name	Role	Appointed
Amokegbame Stehfest	Chair	2019-11-18
Adenike Fadero		2022-05-01
Carmel Howard		2025-04-01
Kari Davies		2026-03-17
Sam Qureshiah		2023-03-28

THE WOMENS' CENTRE SUTTON

England & Wales - Charity number 294067

Accounts

2024-2025 ANNUAL REPORT

The Sutton Womens Centre

Empowering women to achieve their full potential



Executive Summary



As we mark over 40 years, I've had the chance to reflect on the outstanding work and success that has been achieved by the Sutton Womens Centre. We've had the privilege of supporting over 600 local women to overcome a wide range of issues, many of which have been very significant, and we are proud to have been a part of their journeys.

As you will see in our report, behind every number is a life changed. Often it's a whole family. Changed through education via our workshops and classes, changed through our diverse range of advocacy services that continue to provide vital support, and changed through our networks and relationships that provide signposting to other services or just a chance to talk things over in a safe space.

Our IRIS programme continues to be a resounding success and highlights the importance of reaching out. Our team have trained and supported over 400 staff in GP surgeries to recognise the signs of domestic abuse that they see in their patients. Close to 100 women have received the support they needed but were not able to access before. The impact on the lives of these women and their families is immeasurable. Many heartfelt thanks go to the IRIS Advocate Educators whose work and dedication has surpassed every expectation and shown how important this service is. We're expanding this service to include Health Visitors which will enable us to provide even more vital support in the borough.

Our core programmes are still going strong year on year despite funding cuts, and are constantly being updated to support women on their journey forwards. We have included a small number of the many testimonials that we have received to demonstrate the impact these programmes can have.

Through our work during the year with our 16 Days campaign, local schools and businesses we have further strengthened our relationships, and had the pleasure of meeting so many wonderful supporters along the way.

Of course, none of this would be possible without the help of our amazing funders and supporters – sincere thanks to all of you.

Finally, the Trustees and I would like to thank the dedicated staff of the Sutton Womens Centre for their hard work during the year to support the women of the borough and beyond, and who have grown the Centre into what it is today. None of this would be possible without you.

Moe Stehfest
Chair

Reference and Administration Information

Charity Number	294067
Registered Number	01829008 (England and Wales)
Registered Office and Principal place of Business:	3 Palmerston Road, Sutton, SM1 4QL
Date of Incorporation	05 March 1984
Directors	M. Stehfest S. Qureshiah
Trustees	M Stehfest (Chair: Appointed 09/09/24) N. Fadero S. Qureshiah M Turner (resigned 31/10/24) V. Hill (resigned 01/10/24) T. Grechko (Appointed 14/01/2025 Resigned 19/05/2025) J. Hunt (Appointed 14/01/25. Resigned 19/5/25) K. Jones (Appointed 14/01/25. Resigned 16/5/25)
Senior Management	H. Smiles P. Hennessy
Accountant	Community Action Sutton Granfers Community Centre 73-79 Oakhill Road Sutton SM1 3AA
Bankers	CAF Bank Limited 25 Kings Hill Lane West Malling, Kent ME19

Our Governance

I am writing this report as Chair of the Trustees replacing Emma Matthew (resigned 09/09/24) , using information supplied by the staff at Sutton Women's Centre.

Moe Stehfest - Chair of Trustees

Our Aims, Objectives and Outcomes

Our Vision – A Community where every woman has achieved her full potential.

Our Mission Statement

“Providing a safe, women only space where women can access support, advice, information and education to help them achieve their potential; develop their skills; and live their lives free from domestic abuse. We aim to improve knowledge and awareness of domestic abuse and build a safer and more supportive community.”

Our Objectives

Sutton Women’s Centre is a unique organisation within the London Borough of Sutton with the capacity, skills and knowledge to design and deliver services to meet the needs of local women. We continue to innovate and have a strong reputation for high quality service delivery. We are strong advocates for services for local women and champion these. We work in partnership with other organisations and are active members of a number of local voluntary sector fora.

Our headline objectives are:

- To support and empower women to increase their confidence and self-esteem and enable them to make positive life decisions for themselves and their children.
- To provide advice to local women to ensure they are able to access appropriate services, support and increase communication between women
- To provide inclusive educational and learning opportunities to improve the life chances of local women and their children, increase their career related skills and enable women to develop the tools they need to be active citizens.
- To provide information to women that respects their individual needs and improves their life chances, reduces isolation and increases communication between women.
- To champion the needs of local women to local partners and collaborate to find solutions.
- To promote women’s safety in the borough and raise awareness about VAWG

Our Outcomes

In line with many other organisations we monitor and evaluate our work. Many of the outcomes we monitor and evaluate are prescribed by funders and commissioners. However, we believe that if we are to ensure we are functioning well as a charity and meeting our charitable objectives, we need to have objectives that can demonstrate this. To that end we monitor and evaluate all our work to ensure our work with women:

- Improves their life chances**
- Improves their health and well-being**
- Increases their basic skills**
- Reduces their Isolation**
- To live a life free from abuse**

Our Impact

It's over 40 years since we first opened our doors as a small counselling service for women. Over the decades, we have grown into a thriving, holistic women's centre supporting hundreds of women every year across a wide range of programmes. In the past year alone, we supported 624 women through our diverse services—from counselling and domestic abuse recovery to education, wellbeing, and community engagement. Our growth has been particularly significant this year, with vital support from the National Lottery helping to cover a substantial portion of our core costs. This funding has allowed us to expand our reach and deepen our impact across the borough.

624 WOMEN
SUPPORTED THIS YEAR
THROUGH VARIOUS PROGRAMMES AND PROJECTS

Behind Every number is a life changed

These figures reflect more than just attendance—they represent moments of courage, connection, and transformation. Each woman who walked through our doors brought her own story, and we are proud to have supported her on her journey toward safety, healing, and empowerment.

23 **Women attending our Into the Light programme**
Into the Light is a 10 Week course for women who have experienced sexual assault or abuse

240 **Women**
Attended the Freedom Programme 12 week course

183 **Women attended our Sutton College Courses**
These include Art Courses, Drama, Sewing, Gardening and creative writing as well as It Skills and Wellbeing courses

106 **Members of the community trained through our community domestic abuse programme**
This brings our total of trained members of the community to **442**. Our community domestic abuse training helps community members learn the signs to spot of domestic abuse and how to help and signpost victims to get the help and support.

331 **Clients**
Supported through our volunteer counselling service

75 **Young Women**
Attended our Young Womens Freedom Programme

Our Impact

98

Women attending our weekly Wednesday Wellbeing Workshop

These are held each week and include speakers from different local organisations such as Yorkshire Building Society; Department of Work and Pensions discussing finances, budgeting; Reed running a session on job search and CV writing; as well as local make up artists running a tutorial session and other creative workshops

67

Patients

Supported by our team of Advocate Educators through the IRIS Programme

58

Non English Speaking Women

attended our English as a second language courses

32

Clients Supported

Through our volunteer legal services - **213 hours** of legal support, saving service users over **£70k in legal cost**

4

Meet ups of our community domestic abuse ambassadors

Those that have completed our Domestic Abuse Ambassador Training have the chance to meet up and discuss

12

GP Surgeries

Trained to recognise signs of Domestic Abuse, through the IRIS programme

187
220

Clinicians & Non Clinical Staff

Trained to recognise signs of Domestic Abuse, through the IRIS programme

86.8%

of respondents were satisfied with our activities

92.3%

of respondents reported feeling welcomed and included

94.8%

of respondents would recommend our services to others

92.3%

of respondents felt that staff and volunteers helped them feel valued

94.9%

of respondents felt they were able to talk to people in similar situations to them

Our Impact

What our service users say

"Without Sutton Women's Centre I have virtually no other meaningful interaction with other people. Also they provide services, information and counselling of the sort I could not easily access elsewhere within a safe environment"

"I attended the Power to change course and Community Domestic Abuse Ambassador course. Both were very well run by informed tutors and I gained a lot of valuable information"

"It's been a lifeline for me and truly valued, without it I would most likely be in the depths of depression. Taking part in creative courses has reignited that spark and reopened up my mind to a world of possibilities"

"I absolutely love The Women's Centre. So much support and so much choice to sign up to things. Amazing counsellors too."

"Life changing support that I couldn't do without. After attending for over 2 years, I'm now beginning to see a bright future and know that if I have any bumps on the road I have somewhere to go for support. I'm also excited to participate in more courses which will help boost my self confidence"

"It has helped uncover forgotten dreams and taken me out of isolation, given me hope again."

"This is a service that I never thought I'd ever need. And even though it was recommended that I speak to Sutton Womens Centre, I put it off for a long time as I didn't think I was in a situation worthy of their support. I was so wrong. And they have helped me realise the situation I was living in was not healthy. They have given me the confidence to recognise unhealthy behaviours better."

"I think SWC is important to have in our community, and the work you do to support women is crucial. I have found the Freedom course and Ask Me training to be educational, empowering, and it helps me support others who are going through domestic abuse in the right way. "

Our Impact

Feedback from our stakeholders

80%

of respondents agreed that, if the Women's Centre was not available, it is unlikely that women would be able to get the same services and support from somewhere else.

100%

of respondents agreed that women's mental and emotional health has improved because of the services that Sutton Women's Centre provide.

88.9%

of respondents agreed that our counselling service has enabled service users to move on with their lives.

100%

of respondents agreed that, if Sutton Women's Centre did not provide the services they provide, many survivors of domestic violence would be left without the specialist support they need.

88.9%

of respondents agreed that our counselling service makes a difference to the lives of survivors of domestic abuse.

“Every referral I have made, the client's have reported how good the services are, especially the care and empathy. Also how they have been empowered and it is very much an eye opener in terms of not always recognising emotional abuse”

“Sutton women's centre are an invaluable service that makes a huge difference to local residents. Getting timely support within the locality is very much needed in order for women to take up the services on offer”

“I have completed the Community Domestic Abuse champion training and since made referrals to Sutton Women's Centre. And they have also dealt sensitively with the referrals I've made.”

“I cannot thank Sutton Women's Centre enough for all the support they have given to the women who I have referred over many years. Staff are excellent and supportive and the services they offer are excellent and really makes a difference to women and children's lives. Thank you all.”

“Every referral I have made, the client's have reported how good the services are, especially the care and empathy. also how they have been empowered and it is very much an eye opener in terms of not always recognising emotional abuse.”

Our Programmes

We now offer everything from the Freedom Programme, ESOL classes, creative and practical holistic courses, and sexual abuse recovery programmes, to domestic abuse advocacy, youth safety events, and targeted support for refugee and migrant women.

We've expanded our team of counsellors, strengthened our community partnerships, and launched powerful new awareness campaigns, including events around CSA Awareness Day, Sexual Abuse Awareness Week, and the 16 Days of Activism Against Violence Against Women and Girls. Our IRIS programme has transformed how local GP surgeries respond to domestic abuse, and we're proud to be piloting the new Health Visitor Project to reach even more women and families.

58

women attended our
English as a second
language courses

331

Women supported through
our counselling service

240

Women attended the
Freedom Programme

Voices of Our Women

“The Freedom Programme made me realise I wasn't alone. I finally felt understood.”

“The self-esteem session gave me confidence I never thought I would get back.”

“I loved the mental health week – it gave me tools to manage my triggers and not feel ashamed of struggling.”

Our Programmes

Freedom Programme

This year we continued to deliver The Freedom Programme, despite significant funding cuts. We successfully ran four standard programmes and secured additional funding to deliver three Young Women's Freedom Programmes.

The Freedom Programme is a twelve-week domestic abuse group course for women. It explores:

- The tactics and characteristics used by abusers to gain power and control.
- The influence of attitudes and beliefs on the behaviour of perpetrators, and the responses of victims and survivors
- The “games” played by the dominator and their impact on women and children.
- The effects of domestic abuse on babies, toddlers, and teenagers

Due to funding restrictions, all referrals now come via the Sutton DASS IDVA Service. Across all programmes this year, we supported 196 women.

We continue to adapt and develop the programme in response to participant needs. This year we introduced:

- Self-Esteem Week – a popular session, particularly for women who are initially more reserved. It also acts as a gentle introduction to the kind of personal development and self-reflection they can expect from our new programme called Power to Change.
- Trauma & Mental Health Week – an incredibly powerful addition where women openly share their experiences, engage in a body mapping exercise and produce outstanding artwork to help them understand where their triggers show in their body. This session also provides them with practical tools and strategies to manage these triggers, supporting their ongoing recovery and resilience.

“I have learnt a lot from the freedom programme and mindfulness and self-compassion. Through counselling I have also felt more confident going forward and finally after exploring the possibility that I may be on the spectrum have approached a more sensitive person at my GP practice and finally got into the system to perhaps receiving an assessment in the future as an adult female.”

Our Programmes

Young Womens Freedom Programme

The Young Women's Freedom Programme (ages 16–30) continues to grow in both strength and impact. The content has now been refined, with tailored materials designed to meet the needs of the younger age group. This cohort is particularly vulnerable, as young women aged 16–24 are more likely than any other age group to experience domestic abuse, with research showing that they are almost three times more likely as older women to be subjected to partner abuse. The programme highlights the tactics and behaviours young women are most impacted by, including:

- Coercive control and emotional manipulation
- Isolation from friends, family, and education
- Financial exploitation and control over money
- Digital and online abuse, such as monitoring or harassment through social media.
- Escalating intimidation and physical violence

By naming these patterns and providing space to challenge them, the programme equips participants with the knowledge, confidence, and peer support needed to break cycles of abuse early in adulthood. Feedback remains overwhelmingly positive, reflecting the programme's value and relevance in empowering young women at a critical stage in their lives.

Our Programmes

Domestic and Sexual Abuse Counselling

We continue to provide one-to-one counselling service for local women who have experienced domestic/ sexual abuse, 272 women have received counselling with 94 women on the waiting list. This service has now been running for over 12 years with many thanks to funding from the National Lottery.

We have increased the number of counsellors to 53, with some of them working online, to reduce the waiting lists. We have also increased the number of training opportunities for our counsellors. They are all required to attend our community domestic abuse training before starting with our clients, so they have a good understanding of the issues our clients face. We also offer training to support them to work with survivors of sexual abuse, and we have offered one-off training sessions on trauma; working with deaf survivors, the Homicide Timeline and Somatic therapy. We also organised several wellbeing events for our volunteers, including a fire circle and a sound bath.

Our counsellors are all volunteers and come from a mixed background of counselling students looking for a counselling placement as part of their qualification, and fully qualified counsellors who want to give back to their community.

We continue to provide ongoing training in the Freedom Programme and working with Childhood Sexual Abuse. We have also increased the CPD and training opportunities for our team of counsellors and are organising twice yearly get-togethers.

Attending our community domestic abuse training sessions gives new counsellors a good understanding of domestic abuse and how the services work in the borough. The training supports the counsellors in their placement and enables them to provide a trauma-informed approach to our clients.



Our Programmes

Counselling Testimonial

I'm much more confident now and assertive in my boundaries. This is because of work done during counselling sessions, and practice tasks that I was set to work on during the week. I also used to struggle with binge drinking / making reckless decisions whilst drinking, and counselling helped me figure out the underlying causes and work towards fixing this. I now genuinely feel in a really positive place with my drinking, and my outlook on life as a whole.

The counselling has had a positive impact on my relationship with my parents. I'm much better at communicating how I feel with them, and they don't have the same fears if I go on a night out that they used to. Some friendships / family relationships have deteriorated, but this is a positive thing as they were unhealthy relationships. I learnt to recognise the issues in the relationships, and stand up for myself and my boundaries. So even though I've lost some friendships, it's a positive thing and my life is healthier for it.

During my sessions, I've also had to come to terms with a chronic health diagnosis, which definitely made recovery more difficult, but I was able to work through it in counselling and better understand the relationship between my physical and mental health. On the flip side I am now working in my ideal profession, and it's the first time I feel like my work is genuinely important.

When I first started counselling, I was finishing off my masters, and almost didn't graduate because of my mental health. To be in a position now where I love my job feels really special, and I definitely wouldn't have had the resilience to pursue it without counselling.

If I hadn't found Sutton Women's Centre, I probably would have continued to spiral in my reckless behaviour. I still get flashbacks etc, even after counselling, but they're so much better and easy to handle. If I hadn't been to the Women's Centre I would have continued the unhealthy drinking as a way to not deal with the flashbacks. I would have still been feeling very low about myself. I used to really struggle with rejecting any advances from a man, so chances are I would've ended up in another abusive relationship.

My life is on such a positive trajectory now, and it's definitely because of the support from the Sutton Women's Centre. Thank you.

Our Programmes

Sutton College

Thanks to funding from Sutton College, we have launched two new Women's Aid programmes:

Power to Change

Power to Heal

Both are 12-week courses designed for women recovering from domestic abuse. They focus on topics such as self-esteem, boundaries, relationships with authority figures, and the impact of growing up in dysfunctional families. Alongside this, the programmes include wider psychoeducation around the impacts of domestic abuse and provide women with practical tools to manage these impacts in their daily lives.

The Impact of a Year of Holistic Care and Recovery

By offering a continuous year of support through The Freedom Programme, Power to Change, and Power to Heal, Sutton Women's Centre can build deep, trusting relationships with the women who attend. This trust creates a safe space where women feel confident to open-up about their challenges, whether emotional, practical, or family-related. This in turn allows us to provide timely, tailored support.

The year-long group journey not only equips women with tools for self-esteem, resilience, and recovery, but also ensures they are not facing these issues alone. This consistency helps reduce isolation, strengthens community, and empowers women to rebuild their lives with confidence and dignity.

Importantly, many women also begin 1-1 counselling during the year of group support, allowing them to explore their experiences in more depth while continuing to benefit from the peer support and psychoeducational elements of the programmes. This combined approach offers holistic care, meeting both collective and individual needs in their recovery journey.

"They enhanced my general wellbeing by helping me to engage in activities, improve my concentration, socialising supporting each other in the group; at the same time they improve my drawing n painting skills. I was sure pleased to have sewn completed garments for myself. The sense of achievement with each finished item is so so very satisfying"

Other Courses we have run with Sutton College Funding are

Art for Wellbeing
Basic Computer Skills
Website Design
Drama
Sewing

Our Programmes

Gardening Group

Due to popular demand from our art group, we have set up a Gardening Group. They have just begun to cultivate a space at our local Welsh Chapel, and have planted some seeds. We look forward to sharing more on this next year.



Feedback from Sutton College Students

Attending the *Power to Change* and *Power to Heal* courses, run by Sutton Women's Centre and funded by Sutton College, has been one of the most **life-changing experiences** of my life since leaving a 17-year domestic abuse relationship and marriage.

After completing the Freedom Programme, I felt there was still a significant gap in my healing. When I was offered the opportunity to join these courses, it felt like the next **vital step** in reclaiming my life.

Without the support, empowerment, and tools I gained through these sessions, I truly believe I wouldn't have had the strength or resilience to stand in a magistrates' court and give a witness account of what my perpetrator had done to me which included acts that nearly cost me my life. These courses have been **pivotal** in helping me rebuild areas of strength, not only for myself, but also for my children.

They focus on the **practical and emotional tools** needed to cope with daily life after trauma. For many women like me, even situations that may seem trivial to others can feel overwhelming, and these courses teach us how to manage and overcome them with confidence and compassion.

They offered me more than knowledge. They offered **healing, empowerment, and the belief** that a new, stronger version of me could exist. I will always be grateful for the safe space and the transformation these courses enabled.

Taking part in the *Power to Change/Heal* course run by Sutton Women's Centre and funded by Sutton College has been truly life-changing for me. It has played a vital role in rebuilding my confidence, helping me to understand myself more deeply, and to recognise the areas in my life where I had been missing support, clarity, and strength.

Through this course, I've learned to set healthy boundaries with family and friends—something I previously struggled with. I now feel more assertive and capable. For example, I've been able to call and lead meetings with my children's schools without hesitation—something I would never have imagined doing before. These may sound like small moments, but for me, they are major victories.

One of the most empowering outcomes of this journey was feeling strong enough to represent myself in court to apply for an extension of my non-molestation order—without a solicitor—and I won. That experience showed me just how far I've come, and how much strength I've gained from this course and the support around me.

The course also gave me the courage to step further into healing by taking part in additional training focused on Domestic Abuse Awareness. Although I'm not currently in a position to return to work due to my circumstances, I now feel hopeful that in the near future I could volunteer—perhaps with Sutton Women's Centre—and continue building on what I've learned. I'm even looking forward to joining more courses.

Power to Change/Heal hasn't just helped me recover; it has empowered me to grow. I am grateful to Sutton College for running such an essential course—one that speaks directly to women like me who are rebuilding their lives after abuse. The impact this course has had on me personally is profound, and I truly believe it will continue to change lives for many women in the future.

Thank you for giving us this space to heal, learn, and rise again.

Our Programmes

Ask Me Community Domestic Abuse Training

We have continued to run the Ask Me Domestic Abuse Ambassador Scheme in conjunction with Women's Aid.

This programme trains community members to understand and raise awareness about domestic abuse. Communities tend to know first where abuse is happening, and by breaking the silence they can help people experiencing abuse to take the first step towards safety.

The training covers how to raise awareness, how to respond to someone who discloses abuse and where to signpost people.

In the past year we have trained **106** new ambassadors, from communities all over the borough.

We are delighted by the growing diversity of people signing up to the training and the reach that this network of people is now achieving.



98.2% of participants reported that they found the training excellent.



97.6% reported that their understanding of coercive control had increased



88% reported that they now felt confident to start a conversation about domestic abuse



Our Programmes

ESOL Classes

Last year learning continued in our ESOL classes. It was, as always, encouraging to watch the women's confidence improve, with many commenting that the lessons had helped them with their listening and speaking skills, along with their understanding of British Culture.

Beyond the learning, it was good to watch how many women had made friends and were supportive of each other. In one lesson 'R' opened up that she was a survivor of domestic abuse and the class had great advice and wanted to help.

In another class, 'A' was being baptised and the whole class wanted to watch. We met on a Sunday morning, and this really bonded the class. They had many questions the next week too.

In January, the Afghan lessons began, with 6 women attending. Confidence and enthusiasm grew quickly, along with a considerable amount of learning. With two volunteers, the women had a great deal of individual attention.

Feedback from tutor-

"One of my most memorable lessons was when I gave 'S' a book to read. She had been with us a few weeks, had never been to school and was a complete beginner. She found that she could read it, with help, and was so excited she would not stop. In the end Sarah (volunteer) bought her the book!"

Into the Light

We continue to support survivors of Sexual Assault and Childhood Sexual Abuse through the Into the Light programme.

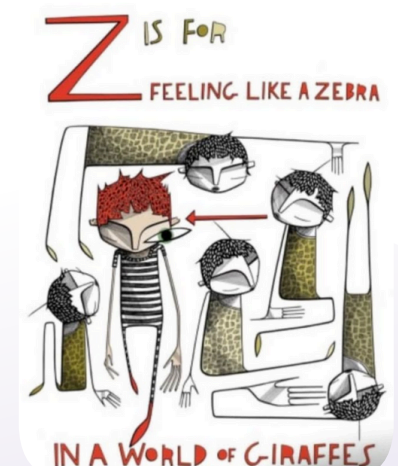
We have provided follow up support for survivors through our The Light Within monthly support group. The programmes went well and feedback was positive so we will continue to source funding for this project.

100% of participants felt they had benefitted from attending the course

100% of participants reported a greater understanding of the impact of their abuse on their lives and relationships

100% felt their negative behaviour patterns had improved, with **67%** noticing a significant improvement

We have worked with these women to create awareness raising events and organised a lunch for Dress Like A Zebra Day on 31st January 2025, with a Zebra themed sweetie jar for everyone who attended.



Our Programmes

Volunteer Legal Support

Since 2018, Sutton Women's Centre has offered free legal advice to women who are navigating some of the most challenging moments of their lives. This service provides vital support in areas such as non-molestation orders, occupation orders, child arrangements, and financial proceedings, as well as general legal advice.

Many of the women who come to us are not eligible for legal aid. Without our support, they would face complex legal processes alone. The guidance they receive empowers them to take their cases to court with confidence and, where necessary, to represent themselves. This not only saves significant legal costs but also ensures they have a fair opportunity to defend and protect themselves during an extremely vulnerable time.

For many, the emotional strength required to face a former partner in court can feel overwhelming. The legal support we offer helps women build the confidence they need to take these steps. In numerous cases, this has enabled them to secure the justice and protection necessary to move forward with their lives.

Our legal service is delivered by a volunteer practising lawyer who provides clear, practical advice. Women are supported to understand their rights, explore their options, and navigate the legal issues that arise. Support ranges from one-off advice sessions in our regular clinic to long-term guidance for cases that may take years to resolve. This includes help with drafting witness statements, completing court forms, and preparing for hearings.

The impact of this service has been profound. It ensures that women accessing Sutton Women's Centre receive holistic, wrap-around support during some of the most difficult periods they will ever face. Feedback from service users has been consistently positive, highlighting the value, reassurance, and empowerment this support provides.

Zumba Classes

Thanks to the ongoing support of Sutton Community Dance, we continue to host a weekly Zumba class that has become a favourite among attendees. The private and welcoming space allows participants to enjoy the freedom and joy of movement in a comfortable and supportive environment.

Food Bank

We continue to support 40 families each week and are grateful to Sainsbury's Sutton for continuing to choose us as their chosen local charity for food donations. We also receive a weekly donation of fresh fruit and vegetables from the Sutton Community Farm and regular donations of vegetables, salad and herbs from Carshalton Community Allotment.

Our Programmes

IRIS

The IRIS programme has been a big success, with over half of the GPs Surgeries in the borough signing up for the project. Our Advocate Educators are doing a great job of supporting the patients who are now being referred into the service, following increased awareness of spotting the signs of domestic abuse from GP Practices

IRIS (Identification Referral to Improve Safety) is a national social enterprise delivered locally to improve the health care response to gender based domestic abuse. We are halfway through 2-year funding stream awarded by the Violence Reduction Unit and managed pan-London by IRISi

Domestic abuse can impact on a person's physical and mental health, and the IRIS model trains health practitioners to recognise early warning signs with patients who may be experiencing domestic abuse. IRIS is evidence based and has been shown to improve referral rates to specialist domestic abuse agencies and to improve recorded identification of patients experiencing domestic abuse

We are delighted to be working in partnership with IRISi nationally and partnering with local GP surgeries. This project provides domestic abuse training for all staff in primary care and follows up with direct referral pathway for patients who have either historically or are currently experiencing domestic abuse.

Within our first year of this project, we have received 67 patient referrals, firmly surpassing our target of 42.

With the oldest person being 75 years old and the youngest being 21 years old, many of our clients are accessing domestic abuse support for the first time. We also have identified there is a wide range of how long a person has been in their abusive relationship, with some being in their relationship for over 30 years. We have also supported a number of women who have been in a forced marriage.

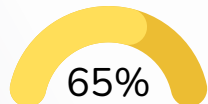
Feedback from patient referrals



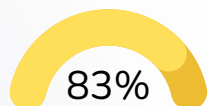
50% Reported an increase in feeling better about themselves



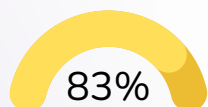
100% Reported feeling listened to by their advocate educator



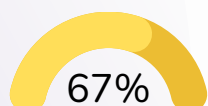
65% Felt more able to cope



83% Felt more optimistic about their futures



83% Felt more confident



67% Felt safer as a result of the support provided

Our Programmes

Clinician Feedback

“The training was so good that when I saw the patient for migraines I thought, stress, home life, I must ask her how things are at home and in her relationship and that is when she shared about her husbands abuse”

“We appreciate this service so much and you being able to see patients at the surgery”

“Thank you for keeping us updated regarding the patient”

“You are doing amazing work supporting our patients”

“Thank you for being flexible with our patients and having the understanding to keep her appointment time open. You have considered when I explained how difficult it is to get her to come in to the surgery. You supported this”

IRIS Health Visitor Project

On the back of the success of this project, we have been given the opportunity to run IRISi's Health Visitor Pilot Project, which starts this month. This Pilot will run in a similar way to the standard IRIS Project, but with an emphasis on supporting health visitors to recognise signs of abuse, and to offer an advocacy service for any patients they refer in to our service.

Our Programmes

Domestic Abuse Support Groups

Support groups continue to take place once a month and are facilitated by a qualified counsellor. Women find this ongoing support invaluable and many still need crisis intervention.

There is also online facilitated support via WhatsApp groups for each programme and a private Facebook page where women can share and receive support.

Weekly Drop In

We continue to run our weekly coffee morning drop in. This is now facilitated by one of our Freedom Programme Facilitators and a qualified IDVA. The sessions are very popular and you can hear them all enjoying themselves.

Computer Classes

Ann, our long-standing computer volunteer retired this year and will be sorely missed. However, we have replaced her sessions with some 6 week beginners computer classes.

Ukrainian and Afghan Communities

This year we have started to work with our local Ukrainian and Afghan Communities who are here on Resettlement Schemes.

We have provided emotional support for our Ukrainian community via our counselling service. We have also built relationships with the community as a whole, delivering outreach, attending their events and a group of their folk musicians performed at one of our Power of Women events.

Our work with the Afghan community has involved providing English classes, connections with a local female GP and a weekly support group. We are also providing them with access to sewing machines as we discovered that they love to socialise whilst sewing or sharing food.



How We Have Involved People From Our Community in The Work That We Do

We offer service users regular opportunities to feedback on the programmes that we offer and to make suggestions for other services or activities they would like us to introduce. The highly popular Gardening Group that has been set up recently is a prime example of groups being led by service user demands.

We also work closely with our local communities, through our community domestic abuse training but also through our outreach work. We have started to build relationships with local high schools and have been to several this year to run an assembly. We also worked with one of the local girls high schools to deliver our community domestic abuse training to some of their sixth form.

We worked with another one of the girls schools to run a young women's empowerment event and then we ran a Youth Safety Event with them, which was attended by another 10 local senior schools. This was very successful and we are planning to run another one with them this coming year.

Our Centre Manager now attends the borough's Neighbourhood Watch meetings as their DA advisor.

We work closely with other local community groups to expand our reach. We have given talks to our local WI's, some faith groups and some other charities. We attended our local youth engagement events and have started to work with our local authority and other local organisations to support Ukrainian and Afghan families that have moved to the area on resettlement programmes.

We send out regular newsletters to our service users and local communities. We attend local events to support and raise awareness. We send out an annual survey to all our partners and stakeholders, to ensure that we hear their voices.

The Differences We Have Made

We regularly monitor all our programmes, to ensure that we are offering the best service possible and meeting our service users ever changing needs.

Outreach Events

We have worked with several of the local senior schools to raise awareness about violence against women and girls (VAWG) and ran our community domestic abuse training for 30 sixth form students at a local school who then established a peer-monitoring programme within the school to support students experiencing unhealthy relationships.

We have worked with our local African and Caribbean Community Group (SACCO), to arrange several events for the women in this community, including a poetry evening and a young women's empowerment event.

Youth Safety Event

We launched our inaugural Youth Safety Event, in conjunction with Sutton High School for Girls, SACCO and the Young Commissioners.

The event was a huge success, with a range of speakers talking on subjects such as spiking, hate crime awareness, healthy relationships, raising awareness on VAWG and bystander training.



Outreach Events

Young Women's Empowerment Event

We are working to build wider relationships with younger women as we have identified that the number of young women experiencing domestic abuse in the borough has increased.

To this end, we organised a Young Women's Empowerment Event, in conjunction with our friends at SACCO and She Is You.

We had a series of speakers and 3 amazing young women performers, plus a young woman who is aspiring to become a DJ, providing some background tunes.



We also worked with local girls high schools in the borough to deliver Empowerment Workshops, in conjunction with our partner organisation, She Is You.



Outreach Events

Resources Days

We have introduced regular Resources Days throughout the year, which provided professionals in the borough with an opportunity to meet our service users and promote the services they can offer. This has been a great way for organisations such as the Police, the Fire Brigade, Social Services and DWP to meet with survivors, build relationships and hear survivors voices, as well as network with other organisations.

Our service users have provided feedback that they hadn't realised how much support there was out there.

"I feel more confident now in reaching out to services for support as I have a face and a name to talk to"



Poetry Evenings



Power of Women Event (POW)



Our POW events continue to be well supported and we run 3 sold out evenings this year.

Outreach Events

International Women's Day

We ran several International Women's Day celebrations this year.

We again worked with the lovely Yani Yordanova of Nova Photo Atelier to build on last year's photographic exhibition and produce some more portraits of Inspirational Women. We held a launch event at Oru to showcase both years' photos.



Outreach Events

Women's Health and Wellbeing Events

In addition to working with GPs through the IRIS Project, we have continued to work collaboratively with local GPs with various health engagement events. These have included Women's Health and Wellbeing and a Menopause event in October.

We have continued to run awareness raising events, and women's empowerment events.

We ran a Menopause Event with local GPs in October, compered by the wonderful Zeph Churchill. The event was a great success and , in addition to covering the menopause, addressed the importance of self-checking for breast cancer.

We ran two other outreach events on the menopause, aimed at areas of the borough and refugee and migrant women, where the local GPs have struggled to get engagement in the past.

We will continue to work with GPs to raise awareness of these important health inequalities and the importance of regular breast and cervical screening.

We also ran a Menopause and Wellbeing Event with local GPs and Sutton Mental Health Foundation aimed at local Muslim women.

16 Days of Activism

We ran a series of events in November and December to mark 16 Days of Activism Against Violence Against Women and Girls. This included some Lunch and Learn sessions on topics such as the Homicide Timeline; Elder Abuse; Bystander Awareness Training; and Child to Parent Abuse.

We were very proud to hold our first Youth Safety Conference, which was attended by 10 of the local senior schools. The event was very successful and we created good partnerships with local schools. We hope to make this a regular event in our calendar.



Fundraising and Donations

We simply could not do what we do without the support of our incredible funders. Their generosity and commitment make it possible for us to provide life-changing services to hundreds of women every year. From core funding that keeps our doors open, to grants that help us launch new programmes and respond to emerging needs, our funders are essential partners in everything we achieve. We are deeply grateful for their belief in our mission and their investment in creating safer, stronger, and more empowered communities for women.

Some of our funders include-

NATIONAL LOTTERY
CITY BRIDGE TRUST
SUTTON COLLEGE
CRANSTOUN SUTTON DASS
LONDON BOROUGH OF
SUTTON
IRIS



Fundraising and Donations

We have continued regular fundraising events and activities

Particular thanks go to

- Sainsbury's Sutton
- Sutton Community Farm
- Carshalton Community Allotment
- Tropic Skin Care
- Cheam and Sutton Rotary
- Carshalton Park Rotary Club,
- Waitrose
- Bob Watson
- Sutton Vineyard Church
- Sutton Car Boot Sale
- Mason's
- Jill Scarlett (Sainsburys community champion) and her mother, Janet
- Carol Brazier – The Ginger Frog
- Sutton High School
- B&Q
- Sound Lounge
- AMRO
- PC Contracting
- Sutton Housing Partnership
- Throwley Yard Cinema
- Oru
- Wallington County Grammar

And to all the wonderful people who have donated through Social Media, visited us at our fundraising events or shaken a bucket alongside us, and those who have donated goods to help us fundraise or to pass directly to Service Users and their children.



Fundraising and Donations

Accompanying Santa and his sleigh with the Carshalton Park Rotary Club



Our Volunteers

Our volunteers are pivotal to our success. From counselling to legal advice, they bring skills and knowledge that we could never hope to buy in. We have 53 voluntary counsellors at the Centre. We are grateful to them not only for the hours they give us but for the way so many of them throw themselves into the life and culture of the Centre.

We would not be able to provide the wide range of support and services without our volunteers. For example, our IT Support and Job Search has been supported by Ann and, our new recruit, Belinda, for the past few years. All have shown a long-term commitment to working with local women and supporting the Centre.

Special thanks

Carol, who runs our weekly drop-in support group, is also pivotal to the work that we do, providing a friendly and supportive space every week for our service users, plus a nice cuppa and cake.

Clare runs our Writing for Wellbeing and Creative Writing courses and, this year, has introduced a new Bibliotherapy Group.

Helen, who has run cookery classes along with Belinda for women to learn to cook easy cost effective meals from scratch.

Our Plans for 2025 – 2026

Our overarching priorities in terms of service delivery are continuing -

- Supporting women to live their lives free of violence
- Enabling women to be economically and socially active
- Supporting mothers in the challenges they face
- Introducing a Women's Safety Charter across the borough and raising awareness of VAWG
- Raise awareness of women's health issues
- Continue to increase our work with survivors of sexual abuse

As a small charity we rely on funding streams to support services for which we have identified a need. This means that the majority of our funding is restricted- with contractual obligations setting out what must be delivered, the time frame and the available resources.

In terms of unrestricted funding, money is raised through fundraising activity but given the nature of this it is impossible to identify what this resource would be throughout the year or make any plans for this.

The Management Committee regularly consider the priorities for unrestricted funds when they become available.

Like many organisations we are not sure what the long-term impact of the Covid-19 pandemic, the Cost of Living Crisis and now the increase in employer NI will have. What we are certain of, is that we have the capacity and skills to quickly flex to meet the needs of local women and design services that meet these needs.



The Women's Centre Sutton

Annual Report 2024 / 2025

“Empowering women to achieve their
full potential”

Charity Registration Number: 294067
Company number 01829008



@suttonwomen



suttonwomen



www.suttonwomen.co.uk

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Financial position

The statement of financial activities shows net income/ (outgoings) for the year of £137,996 (2024:-£78,359) and our reserves stand at £605,453 (2024-£467,457) in total, of which £403,202 represents Current Assets and £202,251 represents Fixed Assets.

Tangible Fixed Assets for use by the charity

Details of movements in Fixed Assets are set out in Note 9 of the Accounts.

Reserves

The Trustees recognise the need to ensure adequate resources are held in reserve to account for contractual obligations to staff (i.e. maternity and redundancy pay), contingencies, risk management and any unanticipated reduction in income. The Trustees have agreed a reserves policy in recognition of the risks to our operations if we fail to secure future funding. The reserves policy aims to mitigate these risks. We have one main asset which is our premises, which is owned by Sutton Women's Centre. This puts us in a slightly different position to many charities in that we can keep the Centre open, in some form, with only basic running costs and volunteers. However this means that the major risk to our future is the building itself and as such the potential costs / liability for major work is incorporated into this reserve policy.

Sutton Women's Centre is currently dependent on a variety of funders providing restricted funding to deliver agreed services. This reserves policy does not cover the actual loss from these funding streams once the funding period has ended but rather the reserves required to keep a basic level of service available to local women and to prevent Sutton Women's Centre from closing.

Directors and Trustees

All Directors of the company are also Trustees of the charity, and there have been no other Trustees. All of the Trustees named on page 1 served as detailed. The Board has the power to appoint additional Trustees as it considers fit to do so.

Risk Management

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Trustee's responsibilities in relation to the Financial Statements

The Trustees are required by company law to prepare Financial Statements for each financial year which give a true and fair view of the financial activities of the charity and of its financial position at the end of that year. In preparing those Financial Statements the Trustees are required to:

- (a)select suitable policies and apply them consistently;
- (b)make judgements and estimates that are reasonable and prudent;
- (c)state whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the Financial Statements; and
- (d)prepare the Financial Statements on a going concern basis unless it is inappropriate to assume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the Financial Statements comply with the Companies Act 2006.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.

Independent Examiners

A resolution proposing Community action Sutton be re-appointed as Independent Examiners of the charity will be put to the Annual General Meeting.

Approval

This report was approved by the Trustees on 29/01/26 and signed on their behalf by:

Signed by:

9D6C542D6ADE485

.....
Moe Stehfest – Chair

The Women's Centre Sutton

Statement of Financial Activities (including Income & Expenditure Account)

Year ended 31st March 2025

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Income from:					
Grants and Donations	2	13,762	296,039	309,801	58,321
Charitable Activities	3	22,069	141,179	163,248	274,957
Investment		917	-	917	385
Total		36,748	437,218	473,966	333,663
Expenditure On:					
Charitable Activities	4	71,509	264,461	335,970	255,305
Total		71,509	264,461	335,970	255,305
Net Income / (expenditure)		(34,761)	172,757	137,996	78,359
Transfers between funds		-	-	-	-
Net Movement in Funds		(34,761)	172,757	137,996	78,359
Reconciliation of funds:					
Total Funds brought forward		394,674	72,783	467,457	243,098
Revaluated reserve brought forward		-	-	-	146,000
Total Funds carried forward		359,913	245,540	605,453	467,457

CONTINUING OPERATIONS

All the activities of the charity are classed as continuing.

TOTAL RECOGNISED GAINS AND LOSSES

The charity has no recognised gains or losses other than the results for the year as set out above

The Women's Centre Sutton
Balance Sheet as at 31st March 2025


	Note	2025 £	2024 £
FIXED ASSETS:			
Tangible Assets	9	202,251	200,075
CURRENT ASSETS:			
Cash at bank and in hand		355,409	293,031
Prepayments	10	667	559
Accrued income	11	117,935	-
Debtors		500	23,000
		474,511	316,590
CREDITORS: Amounts falling due within one year			
Deferred Income	12	24,361	4,495
	13	46,948	44,713
		71,309	49,208
NET CURRENT ASSETS:		403,202	267,382
TOTAL NET ASSETS		605,453	467,457
THE FUNDS OF THE CHARITY:			
Other Reserves	14	54,000	54,000
Restricted Funds		245,540	72,783
Unrestricted Funds		159,913	194,674
Revaluated Reserve		146,000	146,000
TOTAL CHARITY FUNDS		605,453	467,457

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ending 2025. The members have not required the charity to obtain an audit of its Financial Statements for the year ending 2024 in accordance with Section 476 of the Companies Act 2006

The Directors acknowledge their responsibilities for:

- (i) ensuring that the charity keeps proper accounting records which comply with section 386 of the Companies Act 2006
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year, financial year and of its profit or loss for each financial year in accordance with the requirements of section 475 of the Companies Act 2006 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements applicable to the company.

Chair – M Stehfest  Signed by:
9D6C542D6ADE48!

Treasurer – S Qureshiah  Signed by:
421F6B005054!

The Women's Centre Sutton

Notes to the Financial Statements for the Year ended 31st March 2025

1. ACCOUNTING POLICIES

1.1a Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention and include the results of the charity's operations which are described in the Directors' and Trustees' Report and all of which are continuing.

The Accounts have been prepared in compliance with the Statement of Recommended Practice on Charity Accounts Accounting and Reporting by Charities (SORP 2005) issued in March 2005, the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities.

The Charity has taken advantage of the exemption in Financial Reporting Statement No 1 (revised) from the requirement to produce a cash flow statement.

1.1b Fund Accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of a grant.

1.2 Tangible Fixed Assets and Depreciation

Tangible Fixed Assets are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of Fixed Assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold Property	Not provided
Fixtures & Fittings	25% on reducing balance
Office Equipment	25% on reducing balance

1.3 Incoming Resources

Voluntary income & donations are accounted for as received by the charity. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period, but these are dealt with through the Statement of Financial Activities when received.

The value of services provided by volunteers has not been included in these Accounts.

The Women's Centre Sutton

Notes to the Financial Statements for the Year ended 31st March 2025 (cont'd)

1.4 Investments

Investments are stated at market value. Realised and unrealised gains and losses on investments are dealt with in the Statement of Financial Activities. Investment income plus associated tax recoverable is credited to income on an accrual basis, using dividend dates and interest accrued daily.

1.5 Value Added Tax

Value-added tax is not recoverable by the charity, and as such is not included in the relevant costs in the Statement of Financial Activities.

1.6 Resources Expended

Administration expenditure includes all expenditures directly related to the charitable activity which is based within the premises. This includes costs of running office premises, staff salaries for administrative staff and accountancy fees.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the Independent Examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly.

1.7 Fundraising Costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations and the staging of special fundraising events.

The Women's Centre Sutton

Notes to the Financial Statements for the Year ended 31st March 2025 (cont'd)

2. DONATIONS

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Grants	525	296,039	296,564	-
Counselling donations	-	-	-	9,263
Non-Gift Aid	-	-	-	20,832
Grants & donations:LWD Books	-	-	-	393
Grants & donations:Outreach	-	-	-	2,240
Grants & donations:Supervision donations	-	-	-	9,299
Grants & donations:Gift Aid donations	-	-	-	6,316
Other donations	13,237	-	13,237	-
Fundraising	-	-	-	7,562
Gift Aid Reclaimed	-	-	-	2,416
	13,762	296,039	309,801	58,321

All donations are treated as an unrestricted fund. Investment Income is derived from interest receivable on cash deposits.

The Women's Centre Sutton

Notes to the Financial Statements for the Year ended 31st March 2025 (cont'd)

3. CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Services	-	141,179	141,179	-
CPD Training	1,320	-	1,320	-
Unrestricted:Donations - Counselling	5,950	-	5,950	-
Unrestricted:Donations - Supervision	8,027	-	8,027	-
Unrestricted:Fundraising Activities	5,834	-	5,834	-
Unrestricted:Room Hire	750	-	750	-
Unrestricted:Sales of Product Income	188	-	188	-
Restricted Funds	-	-	-	1,100
Art therapy	-	-	-	1,000
Awards4All	-	-	-	19,938
City Bridge Trust	-	-	-	18,096
Civil Roots	-	-	-	21,706
IRIS	-	-	-	58,000
LBS Escape the Trap	-	-	-	5,000
LBS Light & Dark Event	-	-	-	4,000
LBS Ukraine	-	-	-	8,206
London Community Foundation	-	-	-	16,269
MOPAC	-	-	-	5,200
National Lottery	-	-	-	51,862
Sutton College	-	-	-	19,540
Sutton Community Fund	-	-	-	800
Transform	-	-	-	44,240
Total	22,069	141,179	163,248	274,957

All grant funding has been treated as a restricted fund.

The Women's Centre Sutton

Notes to the Financial Statements for the Year ended 31st March 2025 (cont'd)

4. RESOURCES EXPENDED

	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
DIRECT COSTS				
Accountancy fees	1,350	-	1,350	-
Independent Examination Fees	950	-	950	975
Total Service delivery	-	121,760	121,760	49,908
Project Salary Costs	-	142,701	142,701	-
Staff salaries	9,373	-	9,373	158,950
Staff training	-	-	-	2,295
Supervision	-	-	-	20,863
Telephone	-	-	-	520
Total DIRECT COSTS	11,673	264,461	276,134	233,511
SUPPORT COSTS				
Support Costs:Bank Fees	120	-	120	120
Support Costs:Building Repair & Maintenance	7,018	-	7,018	2,394
Support Costs:Fundraising Costs	2,492	-	2,492	749
Support Costs:Insurance	1,226	-	1,226	1,353
Support Costs:Office/General Administrative Expenses	5,319	-	5,319	-
Support Costs:Operational Licenses	3,974	-	3,974	-
Support Costs:Staff Training	14,058	-	14,058	-
Support Costs:Staff Wellbeing	4,598	-	4,598	-
Support Costs:Subscriptions	17,607	-	17,607	-
Support Costs:Utilities	2,631	-	2,631	-
Support Costs:Water	41	-	41	-
Cleaning	-	-	-	2,457
Computer costs	-	-	-	72
Conference	-	-	-	4,536
Finance costs	-	-	-	205
Light & heat	-	-	-	1,384
Memberships	-	-	-	1,724
Post & stationery	-	-	-	3,123
Rates	-	-	-	1,014
Repairs and maintenance	-	-	-	1,628
Sundry	-	-	-	441
Volunteer expenses	-	-	-	568
Depreciation	750	-	750	25
Total SUPPORT COSTS	59,836	-	59,836	21,794
Total	71,509	264,461	335,970	255,305

The Women's Centre Sutton

Notes to the Financial Statements for the Year ended 31st March 2025 (cont'd)

5. NET INCOME / (OUTGOING) RESOURCES FOR THE YEAR

	2025	2024
	£	£
Depreciation of tangible fixed assets owned by the charity	750	25
Independent Examiners Fees	975	975
	<u>1,725</u>	<u>1,000</u>

6. STAFF COSTS

	2025	2024
	£	£
Salaries & Social Security Costs	<u>152,075</u>	<u>158,950</u>

No employee received remuneration of more than £43,000.00

The number of employees at the end of the year totalled **10** (2024: 12)

7. TRUSTEE REMUNERATION & RELATED PARTY TRANSACTIONS

No members of the management committee received any remuneration during the year. No travel costs were reimbursed to any Trustee during the year (2024 - nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year. (2024 - nil).

8. TAXATION

As a charity The Women's Centre (Sutton) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives. No tax charges have arisen in the charity.

The Women's Centre Sutton

Notes to the Financial Statements for the Year ended 31st March 2025 (cont'd)

9. TANGIBLE FIXED ASSETS

	FREEHOLD PROPERTY	FIXTURES & FITTINGS	COMPUTER EQUIPMENT	TOTALS 2024
	£	£	£	£
COST				
As at 1 April 2024	200,000	10,218	13,495	223,713
Disposals	-	-	-	-
Additions	-	-	2,927	2,927
As at 31 March 2025	200,000	10,218	16,422	226,640
DEPRECIATION				
As at 1 April 2024	-	10,193	13,445	23,638
Disposals	-	-	-	-
Charge for Year	-	6	744	750
At 31 March 2025	-	10,199	14,189	24,388
NET BOOK VALUE				
As at 31 March 2025	200,000	19	2,232	202,251
At 31 March 2024	200,000	25	50	200,075

Freehold Property

There is a charge registered by the London Borough of Sutton against all the charity's property.

Statement of Fair Value given with respect to the charity's operational property

At the instructions on behalf of the Trustees of SWC, the property was evaluated by Derrick Wade Waters Limited for incorporation by the charity into its Annual Report for the period ended 31st March 2023. For accounting purposes, the 'Fair Value' for the property as of 7th December 2022 ('valuation date'/'date of valuation') is fairly stated in the sum of £200,000.

The Women's Centre Sutton

Notes to the Financial Statements for the Year ended 31st March 2025 (cont'd)

10. PREPAYMENTS	2025	2025
	£	£
Insurance	667	559
	<u>667</u>	<u>559</u>
	<u>667</u>	<u>559</u>

11. ACCRUED INCOME	2025	2024
	£	£
Accrued income (Notes)	117,935	-
	<u>117,935</u>	<u>-</u>
	<u>117,935</u>	<u>-</u>

Notes:

Cranstoun	22,120
IRIS Health-Q4 25/26	18,990
IRIS 24/25	18,000
Cranstoun	14,183
Cranstoun	22,120
Sutton College	22,522
	<u>117,935</u>
	<u>117,935</u>

12. CREDITORS: Amounts falling due within one year	2025	2024
	£	£
Creditors	18,664	135
Accruals	1,050	1,050
Control accounts	4,647	3,310
	<u>24,361</u>	<u>4,495</u>
	<u>24,361</u>	<u>4,495</u>

13. DEFERRED INCOME	202554	2024
	£	£
National Lottery Grant	46,948	44,713
Apr to Aug		
	<u>46,948</u>	<u>44,713</u>
	<u>46,948</u>	<u>44,713</u>

The Women's Centre Sutton

Notes to the Financial Statements for the Year ended 31st March 2025 (cont'd)

14. MOVEMENT IN FUNDS

Restricted Funds	At 31 March 2024	Total Income	Total Expenditures	Funds Transfer	At 31 March 2025
	£	£	£	£	£
AMRO		5,000	0		5,000
Ashley Foundation	888	-	-888	-	-
Awards4All	15,876	-	-15,876	-	-
City Bridge Trust	180	24,248	-15,545	-	8,883
Community Action Sutton	-	1,000	-1,000	-	-
Cranstoun	7,802	95,290	-44,217	-	58,874
IRIS	37,273	108,990	-38,841	-	107,422
LBS Afghan Support	-	9,570	-4,036		5,534
LBS Escape the Trap	3,800	-	-3,800	-	-
LBS Rebuild	2	-	-2	-	-
LBS Ukraine	7,651	10,820	-12,200	-	6,271
London Community Foundation	422	-	-422	-	-
MOPAC	778	3,000	-1,782	-	1,996
National Lottery	3,845	109,993	-86,891	-	26,947
Provident	270	-	-270	-	-
Restricted Funds	1,100	-	-1,100	-	-
Rosa Fund		150	-150		-
Sainsbury		2,384	-2,384		-
Sutton College	5,611	32,522	-24,588	-	13,545
CASutton Innovation Fund		18,667	-3,203		15,463
Tesco Groundworks	651	1,000	-1,651	-	-
Transform	-15,832	-	-	-	-15,832
Into the Light		14,585	-3,147		11,437
White Ribbon	841	-	-841	-	-
Women In Prison	1,626	-	-1,626	-	-
Total Restricted Funds	72,784	437,218	-264,461	-	245,542
Unrestricted Funds	142,097	36,748	-71,509	-	107,336
General Account	52,577	-	-	-	52,577
Total Unrestricted Funds	194,674	36,748	-71,509	-	159,913
Other Reserve	54,000	-	-	-	54,000
Revaluated Reserve	146,000	-	-	-	146,000
Total Funds	467,457	473,966	-335,970	-	605,453

The Women's Centre Sutton

Independent Examiner's Report on the Accounts for the Year ended 31 March 2025

I report on the accounts for The Women's Centre (Sutton) for the year ended 31st March 2025.

Respective responsibilities of trustees and examiner

The trustees, who are also directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Charities Act;
- to follow the procedures laid down in the general directions given by the Charities Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of independent review

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe, that in any material respect, the requirements have not been met:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the statement of Recommended Practice; Accounting and Reporting by Charities; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Name: Dunstanette Kuti FCCA MCSI
Position: Head of Financial Services
Community Action Sutton
Granfers Community Centre
73-79 Oakhill Road
Sutton, Surrey, SMI 3AA

Date: 29/01/26

THE WOMENS' CENTRE SUTTON

England & Wales - Charity number 294067

Accounts

2023/2024

ANNUAL REPORT

The Sutton Womens Centre

Empowering women to achieve their full potential



Executive Summary

The Sutton Women's Centre has been a mainstay of the London Borough of Sutton for many, many years, providing a safe space where women can access support, advice, information and education. A staggering one in four women will experience abuse in their lifetimes, and demand for our services has increased year on year.

Over 600 women a week access our services, and these are the stark figures that drive our dedicated staff, volunteers, trustees, partners and supporters to work tirelessly to do outstanding work. We have a strong reputation for high quality service delivery and specialised domestic abuse knowledge and we monitor and evaluate our services to ensure we are successful. Statistics and data are only one part of the story. The feedback and notes we receive from women on how their lives have changed is the true testament to what we can, and do, achieve.

It has been an exciting year for us being shortlisted for the Sutton Community Awards in the Voluntary and Community Sector Organisation of the Year Awards. We also launched the IRIS Programme this year, and have build strong partnerships with our local Primary Care Network, dedicated GPs with women's health at the heart of their practices.

In November we held our Building a Safer Sutton for Women and Girls Conference at the CryerArts Centre in Carshalton hosted by our chair, Susan Calthorpe, marking the start of our campaign to improve safety for Women and Girls in the borough. We heard inspirational stories from amazing speakers and are very excited to collaborate with our partners over the coming months, building on its success.

As we approach our 40th anniversary of providing services to women living and working in the London Borough of Sutton, it gives me a moment to reflect on the hard work and dedication of the team members and supporters of SWC, past and present, to raise awareness of the issues of domestic abuse and Violence Against Women and Girls at every opportunity over the years.

We'd like to thank Susan Calthorpe for her unwavering support during her tenure as our Chair. Susan had to step down due to personal commitments and Emma Matthews stepped into the Chair position at very short notice at the start of the year. We'd also like to thank Emma for taking on the role as Chair to spearhead the many changes that needed to be made to keep SWC up to date and continue to provide the effective services that we do. However, Emma was unable to continue due to busy work commitments, and I took over the role as Chair when Emma stepped down in the autumn.

We would like to take this opportunity to thank all the amazing individuals and organisations that have supported us this year, including the incredible Bob Watson, who fundraises every year to provide toys at Christmas for our families; Sainsburys who continue to support us as their charity of the year, boosting much needed supplies to our foodbank; the Sound Lounge, Sutton BID and Sutton Community Dance, who support us with our events and many many more. We are incredibly grateful for their continued support.

Moe Stehfest
Chair of Trustees



Reference and Administration Information

Charity Number	294067
Registered Number	01829008 (England and Wales)
Registered Office and Principal place of Business:	3 Palmerston Road, Sutton, SM1 4QL
Date of Incorporation	05 March 1984
Directors	S. Davis M. Turner E. Matthews V. Hill
Trustees	E. Matthews (Chair: Appointed 30/01/24) S Davis (Chair: Resigned 30/01/2024) M Turner (Vice-Chair) V. Hill (Secretary) M. Stehfest (Treasurer) L. Noakes N. Fadero S. Qureshiah
Senior Management	E. McGarry H. Smiles P. Hennessy
Accountant	Community Action Sutton Granfers Community Centre 73-79 Oakhill Road Sutton SM1 3AA
Bankers	CAF Bank Limited 25 Kings Hill Lane West Malling, Kent ME19

Our Governance

I am writing this report as Chair of the Trustees although I was appointed on 09/09/2024, replacing Emma Matthews, appointed Chair on 30/01/2024, resigned on 09/09/2024, who replaced Susan Davis, resigned as Chair on 30/01/2024.

Moe Stehfest

Our Aims, Objectives and Outcomes

Our Vision – A Community where every woman has achieved her full potential.

Our Mission Statement

“Providing a safe, women only space where women can access support, advice, information and education to help them achieve their potential; develop their skills; and live their lives free from domestic abuse. We aim to improve knowledge and awareness of domestic abuse and build a safer and more supportive community.”

Our Objectives

Sutton Women’s Centre is a unique organisation within the London Borough of Sutton with the capacity, skills and knowledge to design and deliver services to meet the needs of local women. We continue to innovate and have a strong reputation for high quality service delivery. We are strong advocates for services for local women and champion these. We work in partnership with other organisations and are active members of a number of local voluntary sector fora.

Our headline objectives are:

To support and empower women to increase their confidence and self-esteem and enable them to make positive life decisions for themselves and their children.

To provide advice to local women to ensure they are able to access appropriate services, support and increase communication between women

To provide inclusive educational and learning opportunities to improve the life chances of local women and their children, increase their career related skills and enable women to develop the tools they need to be active citizens.

To provide information to women that respects their individual needs and improves their life chances, reduces isolation and increases communication between women.

To champion the needs of local women to local partners and collaborate to find solutions.

To promote women’s safety in the borough and raise awareness about VAWG

Our Outcomes

In line with many other organisations we monitor and evaluate our work. Many of the outcomes we monitor and evaluate are prescribed by funders and commissioners. However, we believe that if we are to ensure we are functioning well as a charity and meeting our charitable objectives, we need to have objectives that can demonstrate this. To that end we monitor and evaluate all our work to ensure our work with women:

Improves their life chances

Improves their health and well-being

Increases their basic skills

Reduces their Isolation

To live a life free from abuse

Our Achievements

IRIS

We were delighted this year to be awarded the IRIS Programme for the London Borough of Sutton.

IRIS (identification Referral to Improve Safety) is a national social enterprise delivered locally to improve the health care response to gender based domestic abuse. The current funding is for 2 years and has been awarded by the Violence Reduction Unit and managed pan-London by IRISi.

Domestic abuse can impact on a person's physical and mental health and the IRIS model trains health practitioners to recognise early warning signs with patients who may be experiencing domestic abuse. IRIS is evidence-based and has been shown to improve referral rates to specialist domestic abuse agencies and to improve recorded identification of patients experiencing domestic abuse.

We are delighted to be working in partnership with IRISi nationally and partnering with local GP surgeries. The project provides domestic abuse training for all staff in primary care and follows up with a direct referral pathway for patients who have either historically or are currently experiencing domestic abuse.

Throughout the next 2 years, we will train all surgeries in the borough and provide an advocacy service for referred patients. We are able to offer specialist support, information and advice.



Robin Hood Surgery – our first fully trained GP surgery. March 2024

In addition to working with GPs through the IRIS project, we have also worked collaboratively with local GPs with various health engagement events. These have included a Women's Health and Wellbeing event in November and a Winter Health Engagement Event in January.



Winter Health Engagement Event St Peter's Church, Carshalton 23rd Jan 2024, funded by SW London NHS

Sutton Community Awards

We were honoured to be nominated for the Voluntary and Community Sector Organisation of the Year and then to be shortlisted. We had a wonderful evening at the Awards event, hosted by Tim Vine



Women's Health & Wellbeing Day, Sutton Community Dance November 19th 2024

Our Achievements

Building a Safer Sutton for Women and Girls

In June 2023, we ran a survey, in conjunction with Reclaim Sutton's Streets and Roehampton University, to explore how safety was perceived by women in the borough. After the murder of Sarah Everard on the 21st March 2021, we have formed close links with Reclaim Sutton's Streets. This year, following a startling increase in violence and abuse across the borough, we wanted to understand what this behaviour looks like and to explore women's experiences in a multitude of settings.

During 2022 to 2023, there were 1853 domestic violence offences reported across the borough, with peaks over the summer months. There were also 4,603 violent and sexual offences reported, which makes up a significant percentage of the overall crime in the borough.

Findings from the survey were launched at our Building a Safer Sutton for Women and Girls Conference in November 2023. The conference was a huge success and well attended by key stakeholders and decision makers in the borough. Speakers included:

Tallulah Belassie-Page, Senior Policy and Campaigns Officer at the Suzy Lamplugh Trust and Steering Group member of the Mayor of London's Women's Night Safety Charter, discuss women and girls' safety from a national perspective.

David Challen, White Ribbon Ambassador and Domestic Abuse Survivor and Campaigner discussing Engaging with Men and Boys

Karen Whybro on the Women's Safety Charter in Chelmsford

Emily Turner on Women Friendly Leeds

Kafayat Okanlawon, from VAWG Consultant discussing what the word 'safe' means in different cultures.

This was followed by a panel discussion chaired by Helen Bailey (LBS Chief Executive) and included representatives from the Met Police, the London Assembly, our local MP and our local BID CEO.



We are now actively working towards the implementation of a Women's Safety Charter in the London Borough of Sutton, and creating a movement to make Sutton a Women-Friendly Borough. This will be a large part of our focus for the forthcoming year.

Into the Light

We have wanted to support survivors of Sexual Assault and Childhood Sexual Abuse for a long time and this year we were successful in securing a donation for this purpose, so, in November 2023 we trained 12 of our qualified counsellors and supervisors as facilitators of the Into the Light programme and in January 2024, we ran 2 pilot programmes for survivors. We have also introduced a monthly support group for attendees, as they requested continued support. We are now working with this group to create some events and campaigning for Sexual Abuse Week in February 2025 and Dress Like A Zebra Day on 31st January 2025.

The programmes went well and feedback was positive so we will continue to source funding for this project.

100% of participants felt they had benefitted from attending the course

100% of participants reported a greater understanding of the impact of their abuse on their lives and relationships

100% felt their negative behaviour patterns had improved, with 67% noticing a significant improvement

"I am so grateful to Sutton Women's Centre for running this course. There is an isolation that comes from having been sexually abused as a child most people just don't want to know and so I have had to hide the 'unacceptable' part of me. Even my family members just don't want to face up to what has happened. So being with other women who have had some similar experience is a tremendous comfort, just being in the same room. I think that feel that the course has helped me start the next part of my journey in trying to work through what has happened to me and the isolation that results from having to keep unhealthy secrets. I am hoping that the support groups following will be a part of continuing that journey. There are so few resources for survivors, so just by attending the course some of that isolation is broken." Survivor of CSA

Freedom Programme

We have continued to run The Freedom Programme this year -running 9 standard programmes a year and 3 Young Women's Freedom Programmes

The Freedom Programme is a twelve-week domestic abuse group course for women, which covers:

- All aspects of the dominator
- The characteristics that he uses to gain power and control
- The roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors
- The tactics that are involved in the games the dominator plays and the effects that domestic violence has on babies, toddlers, and teenagers.

Women either self-refer or are referred by other agencies to the programme. The majority of our referrals are received from Children's Services and have Child Protection Plans. Other referrals come from Hestia, NHS services, the police and schools.

Across the 12 programmes run this year we have supported 204 women.

We continue to update the programme and have adapted the standard programme to a self-esteem week and a Trauma and Mental Health week. The 'Self-Esteem' session is very popular and is a nice gentle way for the women who were more reserved to get involved. The Mental Health session was a huge success. The ladies were open, honest and very brave discussing their mental health. They engaged with the body mapping exercise and produced some fantastic artwork.

The Young Women's Freedom Programme, for those aged 16 to 30, has continued to go from strength to strength. We have now perfected the content and feedback from attendees has been very positive. - Young women experience abuse in different ways to older women. There is a lot of sexual abuse, online abuse and financial abuse. We have also found that, with several of the young women who attend the programmes, their perpetrator is their mother.

Think about how you felt at the start of the Freedom Programme. What advice, reassurance or wisdom could you give to help them in their journey?

To whoever sits in my chair next.....

*you have got this! I know it sounds cliché but turning up here is really the hardest part.
it may feel that you will never be the person you once were it will take a long time, you are healing and you can't heal from any trauma overnight but you WILL GET THERE!
Sometimes you may feel the group may not be for you. Sometimes it may be uncomfortable to hear what's being said just keep coming! Every week you attend you are one step closer to becoming free, to becoming you again, but never & improved. I wish you love, strength and hope and I pray you never experience what got you here again ☺*

Letter from of our ladies who attended the Freedom Programme

Ask Me Community Domestic Abuse Training

We have continued to run the Ask Me Domestic Abuse Ambassador Scheme in conjunction with Women's Aid. This programme trains community members to understand and raise awareness about domestic abuse. Communities tend to know first where abuse is happening and, by breaking the silence they can help people experiencing abuse to take the first step towards safety.

The training covers how to raise awareness, how to respond to someone who discloses abuse and where to signpost people.

In the past year we have trained 99 new ambassadors, from communities all over the borough.

We are delighted by the growing diversity of people signing up to the training and the reach that this network of people is now achieving.

98.2% of participants reported that they found the training excellent.

97.6% reported that their understanding of coercive control had increased

88% reported that they now felt confident to start a conversation about domestic abuse

We have continued to support our network of ambassadors with regular training opportunities, including working with male survivors of domestic abuse, supporting the LGBTQ+ community and deaf people.



Domestic Abuse and Sexual Abuse Counselling Service

We continue to provide one to one counselling service for local women who have experienced domestic/ sexual abuse, 272 women have received counselling with 94 women on the waiting list. This service has now been running for over 12 years with many thanks to funding from the National Lottery.

We now have 48 counsellors volunteering for this service. These volunteers come from a mixed background of counselling students looking for a counselling placement as part of their qualification, and fully qualified counsellors who want to give back to their community.

Many of our counsellors stay with us once they are qualified and we can now boast that half our counsellors are fully qualified. We have also noticed an increase in the number of qualified counsellors who are now wanting to join our service as a volunteer counsellor.

We have increased the diversity of our team of counsellors and have introduced creative tools to the counselling rooms, as well as sensory tools for people who are neuro diverse. We have received positive feedback about the new equipment.

Supporting and developing our counsellors

We continue to provide training in the Freedom Programme and working with Childhood Sexual Abuse. We have also increased the CPD and training opportunities for our team of counsellors and are organising twice yearly get-togethers.

All counsellors now attend our community domestic abuse training sessions before they begin to see clients. This gives them a good understanding of domestic abuse and how the services work in the borough. The training supports the counsellors in their placement and enables them to provide a trauma-informed approach to our clients.

Counselling Testimonial

I'm much more confident now and assertive in my boundaries. This is because of work done during counselling sessions, and practice tasks that I was set to work on during the week. I also used to struggle with binge drinking / making reckless decisions whilst drinking, and counselling helped me figure out the underlying causes and work towards fixing this. I now genuinely feel in a really positive place with my drinking, and my outlook on life as a whole.

The counselling has had a positive impact on my relationship with my parents. I'm much better at communicating how I feel with them, and they don't have the same fears if I go on a night out that they used to. Some friendships / family relationships have deteriorated, but this is a positive thing as they were unhealthy relationships. I learnt to recognise the issues in the relationships, and stand up for myself and my boundaries. So even though I've lost some friendships, it's a positive thing and my life is healthier for it.

During my sessions, I've also had to come to terms with a chronic health diagnosis, which definitely made recovery more difficult, but I was able to work through it in counselling and better understand the relationship between my physical and mental health. On the flip side I am now working in my ideal profession, and it's the first time I feel like my work is genuinely important.

When I first started counselling, I was finishing off my masters, and almost didn't graduate because of my mental health. To be in a position now where I love my job feels really special, and I definitely wouldn't have had the resilience to pursue it without counselling.

If I hadn't found Sutton Women's Centre, I probably would have continued to spiral in my reckless behaviour. I still get flashbacks etc, even after counselling, but they're so much better and easy to handle. If I hadn't been to the Women's Centre I would have continued the unhealthy drinking as a way to not deal with the flashbacks. I would have still been feeling very low about myself. I used to really struggle with rejecting any advances from a man, so chances are I would've ended up in another abusive relationship.

My life is on such a positive trajectory now, and it's definitely because of the support from the Sutton Women's Centre. Thank you.

Workshops and Classes

Sutton College

Sutton College have again funded us to run a variety of courses to help women learn skills and build confidence

We have once again run Art for Wellbeing, Sewing and Let's Create drama classes and introduced some new classes, including a Website Design course, which has been very popular and has supported some service users to set up their own businesses.

Art for Wellbeing

Our Art for Wellbeing programmes, featuring three weekly classes, continues to thrive. Women attending these sessions cherish the supportive group dynamic, forming meaningful friendships and robust support systems

Drama Group

Our drama group remains a highly popular class, providing women with a valuable opportunity to express themselves through dramatic performances. Participants have showcased their talents at our Power of Women events, marking a significant milestone for many as they demonstrate remarkable growth in confidence and self-expression.

Sewing Classes

The sewing classes continue to enjoy great popularity, with many women returning each term to further develop their skills. Participants are now working on independent projects, including creating trousers, hoodies, and dresses. Beyond improving their technical abilities, the group has fostered strong friendships and a sense of community among its members.

Website Workshop

Our newest course, Website Design, has been a highly popular addition to our program, providing women with the skills to create their own WordPress websites from scratch. The course was specifically designed for women with an existing business or a business idea, helping them expand their reach through a professional online presence. Participants shared overwhelmingly positive feedback, noting increased confidence in managing their businesses. They valued the opportunity to showcase and promote their companies from home, opening doors to broader audiences and greater growth.

Other classes include **Cookery Classes** We offered several four-week courses designed to teach women how to prepare healthy and affordable meals at home. Each session included all necessary ingredients and provided detailed, step-by-step guidance to help participants confidently recreate the dishes on their own. The courses were incredibly well-received and culminated in a special session where attendees shared dishes from their own cultural backgrounds, showcasing a variety of cuisines ranging from Jamaica to Lancashire. For example, one participant led the class in preparing a vegetarian curry accompanied by homemade paratha, adding a unique and personal touch to the program.

Zumba

Thanks to the ongoing support of Sutton Community Dance, we host a weekly Zumba class that has become a favourite among attendees. The private and welcoming space allows participants to enjoy the freedom and joy of movement in a comfortable and supportive environment.

Domestic Abuse Support Groups

Our support groups continue to take place once a month and are facilitated by a qualified counsellor. Women find this ongoing support invaluable and many still need crisis intervention.

There is also online facilitated support via WhatsApp groups for each programme and a private Facebook page where women can share and receive support.

Weekly Drop-In

We continue to run our weekly drop-in. This is now facilitated by Lyzanne, one of our Freedom Programme Facilitators and a qualified IDVA. The sessions are very popular and you can hear them all enjoying themselves. Ann continues to run our weekly computer support sessions, supported by Belinda. This year they have supported 43 women

Events

Power of Women

Our Power of Women (POW) events continue to be well supported and we run 3 sold out evenings a year.



International Women's Day Celebration

We ran several International Women's Day celebrations this year..

One was with our friends at SACCO (Sutton African and Caribbean Cultural Organisation). This was a fun afternoon of celebrating women and included some poetry, story telling, finger knitting and song. A few audience members took the opportunity to get up and dance and soon everyone was joining in.



We worked with the lovely Yani Yordanova of Nova Photo Atelier to produce an exhibition of portraits of Inspirational Women, which was shown at Sutton Central Library, our International Women's Day celebrations and at Oru, a local community space.

We also ran a Women's Empowerment Day with our friends at SACCO in celebration of Black History Month in October 2023.



Fundraising and Donations

We have continued regular fundraising events and activities

Particular thanks go to

- Mayor of London Borough of Sutton - Trish Fivey
- Sainsbury's Sutton
- Sutton Community Farm
- Carshalton Community Allotment
- Tropic Skin Care
- Cheam and Sutton Rotary
- Carshalton Park Rotary Club,
- Waitrose
- Bob Watson
- Sutton Vineyard Church
- Sutton Car Boot Sale
- Jill Scarlett (Sainsburys community champion) and her mother, Janet
- Mason's
- Debbie Bailey
- Carol Brazier – The Ginger Frog
- Oldfield Partners
- Sutton High School
- Sutton Soup
- B&Q
- Lexis Nexis
- Sutton United Football Club
- Sound Lounge
- AMRO

And to all the wonderful people who have donated through Social Media, visited us at our fundraising events or shaken a bucket alongside us, and those who have donated goods to help us fundraise or to pass directly to Service Users and their children.



Christmas gift donations from the amazing Bob Watson



Accompanying Santa and his sleigh with the Carshalton Park Rotary Club



We finished our year at the Mayor of Sutton's Chosen Charity at a celebration event.

Food Bank

We continue to support 40 families each week and are grateful to Sainsbury's Sutton for continuing to choose us as their chosen local charity for food donations. We also receive a weekly donation of fresh fruit and vegetables from the Sutton Community Farm and regular donations of vegetables, salad and herbs from Carshalton Community Allotment.

Our Volunteers

Our volunteers are pivotal to our success. From counselling to legal advice, they bring skills and knowledge that we could never hope to buy in. We have 48 voluntary counsellors at the Centre. We are grateful to them not only for the hours they give us but for the way so many of them throw themselves into the life and culture of the Centre.

We would not be able to provide the wide range of support and services without our volunteers. For example, our IT Support and Job Search has been supported by Ann, Mary and, their new recruit, Belinda, for the past few years. All have shown a long-term commitment to working with local women and supporting the Centre.

Nyssa and Carol, who run our weekly drop-in support group, are also pivotal to the work that we do, providing a friendly and supportive space every week for our service users, plus a nice cuppa and cake.

Clare runs our Writing for Wellbeing and Creative Writing courses and, this year, has introduced a new Bibliotherapy Group.

Our Plans for 2024 – 2025

Our overarching priorities in terms of service delivery are continuing -

- Supporting women to live their lives free of violence
- Enabling women to be economically and socially active
- Supporting mothers in the challenges they face
- Introducing a Women's Safety Charter across the borough and raising awareness of VAWG
- Raise awareness of women's health issues
- Continue to increase our work with survivors of sexual abuse

As a small charity we rely on funding streams to support services for which we have identified a need. This means that the majority of our funding is restricted- with contractual obligations setting out what must be delivered, the time frame and the available resources.

In terms of unrestricted funding, money is raised through fundraising activity but given the nature of this it is impossible to identify what this resource would be throughout the year or make any plans for this.

The Management Committee regularly consider the priorities for unrestricted funds when they become available.

Like many organisations we are not sure what the long-term impact of the Covid-19 pandemic, the Cost of Living Crisis and now the increase in employer NI will have. What we are certain of, is that we have the capacity and skills to quickly flex to meet the needs of local women and design services that meet these needs.

2023/2024

FINANCE REPORT

The Sutton Womens Centre

Empowering women to achieve their full potential



Financial position

The statement of financial activities shows net income/ (outgoings) for the year of £78,359 (2023:-£15,562) and our reserves stand at £467,457 (2023-£389,098) in total, of which £243,098 represents Current Assets and £146,000 represents Fixed Assets.

Tangible Fixed Assets for use by the charity

Details of movements in Fixed Assets are set out in Note 9 of the Accounts.

Reserves

The Trustees recognise the need to ensure adequate resources are held in reserve to account for contractual obligations to staff (i.e. maternity and redundancy pay), contingencies, risk management and any unanticipated reduction in income. The Trustees have agreed a reserves policy in recognition of the risks to our operations if we fail to secure future funding. The reserves policy aims to mitigate these risks. We have one main asset which is our premises, which is owned by Sutton Women's Centre. This puts us in a slightly different position to many charities in that we can keep the Centre open, in some form, with only basic running costs and volunteers. However this means that the major risk to our future is the building itself and as such the potential costs / liability for major work is incorporated into this reserve policy.

Sutton Women's Centre is currently dependent on a variety of funders providing restricted funding to deliver agreed services. This reserves policy does not cover the actual loss from these funding streams once the funding period has ended but rather the reserves required to keep a basic level of service available to local women and to prevent Sutton Women's Centre from closing.

Directors and Trustees

All Directors of the company are also Trustees of the charity, and there have been no other Trustees. All of the Trustees named on page 1 served as detailed. The Board has the power to appoint additional Trustees as it considers fit to do so.

Risk Management

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Trustee's responsibilities in relation to the Financial Statements

The Trustees are required by company law to prepare Financial Statements for each financial year which give a true and fair view of the financial activities of the charity and of

its financial position at the end of that year. In preparing those Financial Statements the Trustees are required to:

- (a)select suitable policies and apply them consistently;
- (b)make judgements and estimates that are reasonable and prudent;
- (c)state whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the Financial Statements; and
- (d)prepare the Financial Statements on a going concern basis unless it is inappropriate to assume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the Financial Statements comply with the Companies Act 2006.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.

Independent Examiners

A resolution proposing Community action Sutton be re-appointed as Independent Examiners of the charity will be put to the Annual General Meeting.

Approval

This report was approved by the Trustees on 20/12/2024 and signed on their behalf by:


.....

Moe Stehfest – Chair

The Women's Centre Sutton

Statement of Financial Activities
(including Income & Expenditure Account)

Year ended 31st March 2024

Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Income from:				
Charitable Activities	3	-	274,957	156,238
Grants and Donations	2	58,321	-	55,561
Financial investment		385	-	231
Total		58,706	274,957	212,031
Expenditure On:				
Charitable Activities	4	21,696	233,609	227,593
Total		21,696	233,609	227,593
Net Income / (expenditure)		37,010	41,349	(15,562)
Transfers between funds		(141)	141	-
Net Movement in Funds		36,869	41,490	(15,562)
Reconciliation of funds:				
Total Funds brought forward		157,805	85,293	243,098
Revaluated reserve brought forward		146,000	-	146,000
Total Funds carried forward		340,674	126,783	467,457

CONTINUING OPERATIONS

All the activities of the charity are classed as continuing.

TOTAL RECOGNISED GAINS AND LOSSES

The charity has no recognised gains or losses other than the results for the year as set out above

The Women's Centre Sutton

Balance Sheet as at 31st March 2024

	Note	2024 £	2023 £
FIXED ASSETS:			
Tangible Assets	9	200,075	200,100
CURRENT ASSETS:			
Cash at bank and in hand		293,031	168,349
Prepayments	10	559	1,844
Debtors		23,000	21,954
		<u>316,590</u>	<u>192,147</u>
CREDITORS: Amounts falling due within one year	11	4,495	3,149
Deferred Income	12	44,713	-
		<u>49,208</u>	<u>3,149</u>
NET CURRENT ASSETS:		267,382	188,998
TOTAL NET ASSETS		<u><u>467,457</u></u>	<u><u>389,098</u></u>
THE FUNDS OF THE CHARITY:			
Other Reserves	13	54,000	54,000
Restricted Funds		72,783	31,293
Unrestricted Funds		194,674	157,805
Revaluated Reserve		146,000	146,000
TOTAL CHARITY FUNDS		<u><u>467,457</u></u>	<u><u>389,098</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024. The members have not required the charity to obtain an audit of its Financial Statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006

The Directors acknowledges their responsibilities for:

- (i) ensuring that the charity keeps proper accounting records which comply with section 386 of the Companies Act 2006 and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each year, financial year and of its profit or loss for each financial year in accordance with the requirements of sections 394 & 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

Approved by the Board on Dec 20, 2024.....

Signed on their behalf by:

Chair 
A.T. Steffert (Dec 20, 2024 12:41 GMT)

Treasurer 
Sunayyah Sureshbab (Dec 20, 2024 11:14 GMT)

Notes to the Financial Statements

Year ended 31st March 2024

1.1a Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention and include the results of the charity's operations which are described in the Directors' and Trustees' Report and all of which are continuing.

The Accounts have been prepared in compliance with the Statement of Recommended Practice on Charity Accounts Accounting and Reporting by Charities (SORP 2005) issued in March 2005, the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities.

The Charity has taken advantage of the exemption in Financial Reporting Statement No 1 (revised) from the requirement to produce a cash flow statement.

1.1b Fund Accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of a grant.

1.2 Tangible Fixed Assets and Depreciation

Tangible Fixed Assets are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of Fixed Assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold Property	Not provided
Fixtures & Fittings	25% on reducing balance
Office Equipment	25% on reducing balance

1.3 Incoming Resources

Voluntary income & donations are accounted for as received by the charity. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period, but these are dealt with through the Statement of Financial Activities when received.

The value of services provided by volunteers has not been included in these Accounts.

1.4 Investments

Investments are stated at market value. Realised and unrealised gains and losses on investments are dealt with in the Statement of Financial Activities. Investment income plus associated tax recoverable is credited to income on an accrual basis, using dividend dates and interest accrued daily.

1.5 Value Added Tax

Value added tax is not recoverable by the charity, and as such is not included in the relevant costs in the Statement of Financial Activities.

Notes to the Financial Statements (continued)

Year ended 31st March 2024

1.6 Resources Expended

Administration expenditure includes all expenditures directly related to the charitable activity which is based within the premises. This includes costs of running office premises, staff salaries for administrative staff and accountancy fees.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the Independent Examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly.

1.7 Fundraising Costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations and the staging of special fundraising events.

2 DONATIONS

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Grants & donations: Counselling donations	9,263	-	9,263	7,316
Grants & donations: Non-Gift Aid	20,832	-	20,832	22,888
Grants & donations: LWD Books	393	-	393	422
Grants & donations: Outreach	2,240	-	2,240	-
Grants & donations: Supervision donations	9,299	-	9,299	6,446
Grants & donations: Gift Aid donations	6,316	-	6,316	3,947
Other donations	-	-	-	1,641
Fundraising	7,562	-	7,562	12,902
Gift Aid Reclaimed	2,416	-	2,416	-
	58,321	-	58,321	55,561

All donations are treated as an unrestricted fund. Investment Income is derived from interest receivable on cash deposits.

Notes to the Financial Statements (continued)
Year ended 31st March 2024

3. CHARITABLE ACTIVITIES

Grants were received during the year from the following sources:

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Restricted Funds	-	1,100	1,100	-
Art therapy	-	1,000	1,000	(900)
Awards4All	-	19,938	19,938	-
City Bridge Trust	-	18,096	18,096	27,134
Civil Roots	-	21,706	21,706	-
IRIS	-	58,000	58,000	-
LBS Escape the Trap	-	5,000	5,000	-
LBS Light & Dark Event	-	4,000	4,000	-
LBS Ukraine	-	8,206	8,206	-
London Community Foundation	-	16,269	16,269	-
MOPAC	-	5,200	5,200	-
National Lottery	-	51,862	51,862	52,452
Sutton College	-	19,540	19,540	21,980
Sutton Community Fund	-	800	800	44,240
Transform	-	44,240	44,240	-
White Ribbon	-	-	-	2,500
Arts Network	-	-	-	1,800
Children In Need Extra Funding	-	-	-	6,032
Tesco Groundworks	-	-	-	1,000
Total	-	274,957	274,957	156,238

All grant funding has been treated as a restricted fund.

Notes to the Financial Statements (continued)

Year ended 31st March 2024

4. RESOURCES EXPENDED

		Unrestricted	Restricted	Total	Total
		2024	2024	2024	2023
		£	£	£	£
DIRECT COSTS					
Accountancy fees	IE Fees	975	-	975	1,048
Total Service delivery		(792)	50,700	49,908	46,385
Staff salaries		186	158,765	158,950	138,705
Staff training		1,926	369	2,295	525
Supervision		5,238	15,625	20,863	17,710
Telephone		520	-	520	651
	Total DIRECT COSTS	<u>8,052</u>	<u>225,459</u>	<u>233,511</u>	<u>205,023</u>
SUPPORT COSTS					
Bank charges		60	60	120	144
Building works		2,394	-	2,394	5,604
Cleaning		2,457	-	2,457	1,466
Computer costs		72	-	72	836
Conference		-	4,536	4,536	-
Depreciation		25	-	25	34
Finance costs		205	-	205	-
Fundraising costs		749	-	749	1,091
Insurance		1,353	-	1,353	794
Light & heat		1,384	-	1,384	977
Memberships		674	1,050	1,724	3,532
Post & stationery		819	2,304	3,123	3,194
Rates		1,014	-	1,014	860
Repairs and maintenance		1,628	-	1,628	1,299
Sundry		241	200	441	582
Volunteer expenses		568	-	568	434
Workshops		-	-	-	1,720
	Total SUPPORT COSTS	<u>13,644</u>	<u>8,150</u>	<u>21,794</u>	<u>227,593</u>
		<u>21,696</u>	<u>233,609</u>	<u>255,305</u>	<u>432,616</u>

Notes to the Financial Statements (continued)

Year ended 31st March 2024

5. NET INCOME / (OUTGOING) RESOURCES FOR THE YEAR

	2024	2023
	£	£
Depreciation of tangible fixed assets owned by the charity	25	34
Independent Examiners Fees	975	850
	<hr/> 1,000	<hr/> 884

6. STAFF COSTS

	2024	2023
	£	£
Salaries & Social Security Costs	158,950	138,705

No employee received remuneration of more than £34,719.

The number of employees at the end of the year totalled **12** (2023: 11)

7. TRUSTEE REMUNERATION & RELATED PARTY TRANSACTIONS

No members of the management committee received any remuneration during the year. No travel costs were reimbursed to any Trustee during the year (2023 - nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year. (2023 - nil).

8. TAXATION

As a charity The Women's Centre (Sutton) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives. No tax charges have arisen in the charity.

Notes to the Financial Statements (continued)

Year ended 31st March 2024

9. TANGIBLE FIXED ASSETS

	FREEHOLD PROPERTY	FIXTURES & FITTINGS	COMPUTER EQUIPMENT	TOTALS 2024
	£	£	£	£
COST				
As at 1 April 2023	200,000	10,218	13,495	223,713
Revaluation increased 7/12/2022	-	-	-	-
Disposals	-	-	-	-
Additions	-	-	-	-
As at 31 March 2024	200,000	10,218	13,495	223,713
DEPRECIATION				
As at 1 April 2023	-	10,184	13,429	23,613
Disposals	-	-	-	-
Charge for Year	-	9	16	25
At 31 March 2024	-	10,193	13,445	23,638
NET BOOK VALUE				
As at 31 March 2024	200,000	25	50	200,075
At 31 March 2023	200,000	34	66	200,100

Freehold Property

There is a charge registered by the London Borough of Sutton against all the charity's property.

Statement of Fair Value given with respect to the charity's operational property

At the instructions on behalf of the Trustees of SWC, the property was evaluated by Derrick Wade Waters Limited for incorporation by the charity into its Annual Report for the period ended 31st March 2023. For accounting purposes, the 'Fair Value' for the property as of 7th December 2022 ('valuation date'/date of valuation') is fairly stated in the sum of £200,000.

10. PREPAYMENTS

	2024	2023
	£	£
Insurance	559	1,844
	559	1,844

Notes to the Financial Statements (continued)

Year ended 31st March 2024

11. CREDITORS: Amounts falling due within one year

	2024	2023
	£	£
Creditors	135	-
Other accruals -CAS IE fees	1050	950
HMRC Control a/c	3,310	2,199
	<u>4,495</u>	<u>3,149</u>

12. DEFERRED INCOME

	2024	2023
	£	£
National Lottery Grant	44,713	-
Apr to Aug		
	<u>44,713</u>	<u>-</u>

Notes to the Financial Statements (continued)

Year ended 31st March 2024

13. MOVEMENT IN FUNDS

	At 31 March 2023	Total Income £	Total Expenditures £	Funds Transfer £	At 31 March 2024
Restricted Funds					
Art Therapy	(900)	1,000	(1,000)	900	-
Arts Network	900	-	-	(900)	-
Ashley Foundation	1,760	-	(872)	-	888
Awards4All	-	19,938	(4,063)	-	15,876
City Bridge Trust	4,806	18,096	(22,722)	-	180
Civil Roots	7,296	21,706	(29,002)	-	-
Freedom Programme	7,802	-	-	-	7,802
Groundworks	651	-	-	-	651
LBS Rebuild	5,961	-	(5,959)	-	2
LBS Survivors	(1)	-	-	1	-
National Lottery	7,375	51,862	(55,392)	-	3,845
Provident	270	-	-	-	270
supervision	(140)	-	-	140	-
Sutton College	3,502	19,540	(17,431)	-	5,611
Transform	(10,804)	44,240	(49,268)	-	(15,832)
White Ribbon	1,010	-	(169)	-	841
Women In Prison	1,806	-	(180)	-	1,626
Restricted Funds	-	1,100	-	-	1,100
IRIS	-	58,000	(20,727)	-	37,273
LBS Escape the Trap	-	5,000	(1,200)	-	3,800
LBS Light & Dark Event	-	4,000	(4,000)	-	-
LBS Ukraine	-	8,206	(555)	-	7,651
London Community Foundation	-	16,269	(15,847)	-	422
MOPAC	-	5,200	(4,422)	-	778
Sutton Community Fund	-	800	(800)	-	-
Total Restricted Funds	31,293	274,957	(233,609)	141	72,783
Unrestricted Funds	142,097	-	-	-	142,097
General Account	15,708	58,706	(21,696)	(141)	52,577
Total Unrestricted Funds	157,805	58,706	(21,696)	(141)	194,674
Other Reserve	54,000	-	-	-	54,000
Revaluated Reserve	146,000	-	-	-	146,000
Total Funds	389,098	333,663	(255,305)	-	467,457

**Independent Examiner's Report
on the Accounts for the Year ended 31 March 2024**

I report on the accounts for The Women's Centre (Sutton) for the year ended 31st March 2024.
Respective responsibilities of trustees and examiner

The trustees, who are also directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Charities Act;
- to follow the procedures laid down in the general directions given by the Charities Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of independent review

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe, that in any material respect, the requirements have not been met:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the statement of Recommended Practice; Accounting and Reporting by Charities; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Name: Dunstanette Kuti FCCA MCSI
Position: Head of Financial Services
Community Action Sutton
Granfers Community Centre
73-79 Oakhill Road
Sutton, Surrey, SMI 3AA

Date: 20/12/2024

THE WOMENS' CENTRE SUTTON

England & Wales - Charity number 294067

Accounts



www.suttonwomen.co.uk



[suttonwomen](https://www.facebook.com/suttonwomen)



[@suttonwomen](https://twitter.com/suttonwomen)

Charity Registration Number: 294067
Company number 01829008

“Empowering women to achieve their
full potential”

Annual Report 2022 / 2023

The Women's Centre Sutton



Charity Registration Number: 294067
Company Number: 01829008

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Executive Summary

We are strengthening our links with a wide range of Sutton's communities, to understand what our services mean, and should mean, to people from diverse races, nationalities, sexualities, ages and disabilities. We are constantly reviewing and reflecting on our language, from our social media channels to our job adverts, to ensure the words and images we use are welcoming and inclusive.

We have grown our services, especially the provision of English as a Second Language to ensure women who have recently come to the borough are able to access services and become a meaningful part of our community.

This commitment to diversity meant that our celebration for International Women's Day at Croyer Arts this year was an amazing blend of multicultural talent, from our SACCO speakers, to Bhangra dancers to a stunning musical performance by recent arrivees from Hong Kong.

This year also saw us design and develop our Centre strategy. We have also put firm plans in place to attract and retain volunteers to support the work we do, from fundraising to legal advice; from mentoring to media.

Sutton Women's Centre continues to be a place of hard work and hope, of empathy and empowerment. We thank everyone who supports us from the bottom of our hearts.

Sue Davis,

Chair of Trustees

Our world, and the worlds of the women and families who use our services, is changing around us – and we are working hard to respond to, and importantly, anticipate those changes.



Demand for our services has increased by 68% since lockdown and the disruption of the past two years. We are currently working with more than 300 women a week with a waiting list that we are working hard to reduce, by attracting increased resource and funding.

Our Centre staff work tirelessly in real-life

roles that far exceed their job descriptions.

They are supported by our team of qualified

volunteer counsellors (more than 45 at the

last count) and by our Centre volunteers,

Board of Trustees, and tutors and associates,

many of whom are former service-users who

now just want to give something back to the

Centre that empowered them to move on

with their lives.

The notes of thanks we receive are constant

reminders of the difference the Centre and

those who work in and around it have made

to dozens of people every month – providing

a safe space, a non-judgemental listening ear

and the supported chance to take the first

steps to a different life.

Our changing world means we have renewed

our commitment to become a learning

organisation.

01

Reference and Administrative Information

CHARITYNUMBER: 294067

REGISTERED NUMBER: 01829008 (England and Wales)
REGISTERED OFFICE AND PRINCIPAL PLACE OF BUSINESS: 3 Palmerston Road
Sutton
Surrey
SM1 4QL

DATE OF INCORPORATION: 05 March 1984

DIRECTORS : S. Davis
M. Turner
V. Hill

TRUSTEES: M Turner (Vice-Chair)
V. Hill (Secretary)
M. Stehfest (Treasurer)
L. Noakes
V. Hill
S. Murphy
K. Reid
N. Fadero
G. Oggudah,
S. Qjureshiah!

SENIOR MANAGEMENT TEAM: L. McGarry
H. Smiles
P. Hennessy

ACCOUNTANTS: Community Action Sutton
Granters Community Centre
73-79 Oakhill Road
Sutton
SM1 3AA

BANKERS: CAF Bank Limited
25 Kings Hill Lane
West Malling, Kent ME19

Susan Davis
Chair of the Trustees

I am writing this report as Chair of the Trustees using information supplied by the staff at Sutton Women's Centre.

Our Governance

02

03

Our Aims, Objectives and Outcomes

Our Mission Statement

"Providing a safe, women only space where women can access support, advice, information and education to help them achieve their potential; develop their skills; and live their lives free from domestic abuse."

Our Objectives

Sutton Women's Centre is a unique organisation within the London Borough of Sutton with the capacity, skills and knowledge to design and deliver services to meet the needs of local women. We continue to innovate and have a strong reputation for high quality service delivery. We are strong advocates for services for local women and champion these. We work in partnership with other organisations and are active members of a number of local voluntary sector fora.



- To support and empower women to increase their confidence and self-esteem and enable them to make positive life decisions for themselves and their children.
- To provide advice to local women to ensure that they are able to access appropriate services, support and increase communication between women

Our headline objectives are:

In line with many other organisations we monitor and evaluate our work. Many of the outcomes we monitor and evaluate are prescribed by funders and commissioners. However, we believe that if we are to ensure we are functioning well as a charity and meeting our charitable objectives we need to have objectives that can demonstrate this. To that end we monitor and evaluate all our work to ensure our work with women:

- To provide inclusive educational and learning opportunities to improve the life chances of local women and their children, increase their career related skills and enable women to develop the tools they need to be active citizens.
- To provide information to women that respects their individual needs and improves their life chances, reduces isolation and increases communication between women.
- To champion the needs of local women to local partners and collaborate to find solutions.

Our Outcomes

- Improves their life chances
- Improves their health and well-being
- Increases their basic skills
- Reduces their isolation

Our Achievements

The Freedom Programme

We are now into our 13th year of providing the Freedom Programme currently funded by the London Borough of Sutton via the Transform Partnership. To date over 2400 women have completed the programme with us.

The Freedom Programme is a twelve-week domestic abuse group course for women, which covers:

- All aspects of the dominator
- The characteristics that he uses to gain power and control
- The roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors
- The tactics that are involved in the games the dominator plays and the effects that domestic violence has on babies, toddlers, and teenagers.

The Self-Esteem and Mental Health sessions are still proving a very popular addition to the programme.

Women either self-refer or are referred by other agencies to the programme. The majority of our referrals are received from Children's Services, and have Child Protection Plans. Other referrals come from Hestia, NHS services, the police and schools.

We have updated the programme to include a self-esteem week and a week looking at Trauma and Mental Health. The 'Self-Esteem' session was well received. The ladies were open, honest and very brave discussing their mental health. They engaged with the body mapping exercise and produced some fantastic artwork. Feedback was that this session was introduced at the right time and it was lovely to not talk about the dominator and focus on themselves.

We introduced a Young Women's Freedom Programme for those aged 16 to 30, funded through the LBS Rebuild Fund. Feedback was positive and 3 of the young women attended the Power of Women event at the Sound Lounge to be presented with their Certificate of Achievement. We have also set up a weekly young women's support/meet up group. Women from the Freedom Programme Young Women's Group have been attending and it is being facilitated by some of our young counsellors

Ask Me

We are running the Ask Me Domestic Abuse Ambassador Scheme in conjunction with Women's Aid. This programme trains community members to understand and raise awareness about domestic abuse. Communities tend to know first where abuse is happening and, by breaking the silence they can help people experiencing abuse to take the first step towards safety. The training covers how to raise awareness, how to respond to someone who discloses abuse and where to signpost people.

We have now trained 160 people, many of whom have signed up to join our network of ambassadors.

98.2% of participants reported that they found the training excellent.
 97.6% reported that their understanding of coercive control had increased
 88% reported that they now felt confident to start a conversation about domestic abuse

A joined the Freedom Programme in April. Two years ago she sustained a brain injury and had to relearn to talk and retain words amongst other things. A also has autism. When she first came to the Freedom Programme, she was very quiet and withdrawn. She wouldn't hold eye contact with anyone in the room. During the Freedom Programme, we have watched A blossom into a confident young woman. She has been an integral part of the group and has grown to be happy to share her painful experience. Since beginning the Freedom Programme, A has regained her driving licence which had been withdrawn after suffering her head injury. She now has confidence and is back driving her car.

Through sharing her experiences, A found the courage to challenge the police on the way her case was handled. This was helped by the CAB who came to our resources week.

Since coming to SWC, A has also joined the art club and the drama group. She stood up on stage at our POW event and recited lines she had learnt in front of a sold out crowd. Our very own "star of the show". Being part of the LGBTQ+ community, A had additional barriers to face. She was able to share these differences in the group and has also given us some material to use to help us make the programme more accessible to the LGBTQ+ community.

Service-user story

Domestic and Sexual Abuse Counselling

Charity Registration Number: 294067
Company Number: 01829008

We continue to provide one to one counselling service for local women who have experienced domestic/sexual abuse, 142 women have received counselling with 94 women on the waiting list. This service has now been running for over 13 years with many thanks to funding from the National Lottery. We now have 45 counsellors volunteering for this service. These volunteers come from a mixed background of counselling students looking for a counselling placement as part of their qualification, and fully qualified counsellors who want to give back to their community.

We are finding that many of our counsellors are now staying with us once they are qualified and we can now boast that half our counsellors are fully qualified. We have begun to work more closely with two of our local colleges to provide a placement for trainee counsellors.

Supporting and developing our counsellors

We have increased our number of supervisors to 5. We have provided training in Childhood Sexual Abuse

Counselling Testimonial

I am grateful to Sutton's women centre for providing me with support after what has been a very difficult and traumatic time following a sexual assault. I am glad services like this exist to support women and help them rebuild their lives after experiencing gender-based violence. It seems services like this are few and far between and are such a positive, supportive, and safe space for women who need this the most after experiencing trauma. The specialist knowledge, understanding and refuge has been fundamental to my recovery and getting through what has happened.

I am really grateful to Pauline in particular who has been amazing and always gave me a sense of hope when I needed it the most and was struggling.

Thank you Sutton's Women's Centre for the work you do. I am glad you are there and have the people you do. It has been life changing in the best of ways following what has been one of the darkest times in my life and has really helped me.

Thank you

Workshops and classes

Art for Wellbeing: The art works of the women who attended Art for Wellbeing were exhibited at several art exhibitions and events. We collaborated with other organisations such as Sutton Council, Arts Network Sutton, Carshalton Artists, Honeywood Museum, Whitehall Museum, which brought a great value to the women who attended the classes but also our community and everyone involved. Through "Art Against Domestic Violence" on International Day of Elimination of Violence against Women, we raised awareness in within our community of this important cause.

Breaking the Chains/Let's Create: To promote connection with others, support, outlet for creativity, confidence, explore and understand themselves, breathing and relaxation, positivity.

Why Do I Feel Like This?: Hearing someone say, "This has truly transformed my whole outlook on my life for the better" and another, "I now realise that I don't have to hold myself back any more." One lady shared that she managed to avoid becoming angry in situations that would normally have escalated and would have ruined her weekend, but instead she handled things very differently. Another has said that she has avoided panic attacks taking hold by using a technique shared in a session.

Chaos to Clarity - delegates found the sessions to be like an oasis in their life and a valued chance to truly focus on themselves.

Sewing - the highlight was the class trip to the Fashion and textile museum which gave the learners ideas for future sewing projects and courses. Key successes were supporting learners who may be nervous, new to sewing to finally trying on the completed garment/item. Teaching ESOL learners sewing vocabulary in English.

Zumba - the participants all had a lot of fun and improved their fitness and their co-ordination. An unexpected outcome was that Muslim women felt able to attend and exercise freely without their headsscarves as there are no men allowed and no windows. Muslim participants reported really appreciating a safe space to exercise, - all women improved their fitness and co-ordination but our highlights were seeing women from the Muslim community engaging

Domestic Abuse Support Groups

Support groups take place twice a month and are facilitated by a qualified counsellor. Women find this ongoing support invaluable and many still need crisis intervention. There is also online facilitated support via WhatsApp groups for each programme and a private Facebook page where women can share and receive support.

International Women's Day Celebration

We ran a very successful International Women's Day Celebration in March at Cryer Arts, to support the increased number of women who wished to attend. We ran a full range of activities, from art classes to dance, from yoga to music, with a film showing from filmmaker Linzy Attenborough with whom we are developing an ongoing working relationship.

Fundraising and donations

Particular thanks go to

Tropic Skin Care

Cheam and Sutton Rotary

Carshalton Park Rotary Club

Banstead Rotary

Waitrose

Viridian

Bob Watson

Sutton Vineyard Church

Sutton Car Boot Sale

TKMaxx,

Sutton Masonic Hall

The Mark Benevolent Fund

Morden Lodge

Pride of Surrey

Conglave of Surrey

Sutton Car Boot Sales

Barratt Development

Oldfield Partners

Patrick Ryan

Carshalton Boys

Sutton Soup

Jill Scarlett (Sainsburys community champion) and her mother,

And to all the people who have donated anonymously through Facebook, Amazon Smile and PayPal, and those who have donated goods to help us fundraise.

Food Bank

We are currently supporting 40 families each week and have been chosen as the local charity for food donations from Sainsbury's Sutton.

05

Our Volunteers

Our volunteers are pivotal to our success. From counselling to legal advice, they bring skills and knowledge that we could never hope to buy in. We have 45 voluntary counsellors at the Centre. We are grateful to them not only for the hours they give us but for the way so many of them throw themselves into the life and culture of the Centre.

We would not be able to provide the wide range of support and services without our volunteers.

Helping Women with Computing and Job Club Annual Report 2022 / 2023

Myself, Ann Crago Digital Champion (DC) and my colleague, Mary Coleman DC run bespoke 1:1 sessions at the Sutton Women's Centre, primarily helping women learn and improve their computing skills, digital communication and to promote safety and security online. For those who require it, we run Job Club sessions to support women in all aspects preparing for work, either to return to employment, or progression including help with CV's.

An average of 3 women per week attend on a Wednesday.

Weekly, the main tuition topics include learning the MS Office package - Word, PowerPoint, basic Excel skills and email. A popular topic for women to learn and manage is an email account. We have created new email accounts for many. I have set up new laptops for women who have decided to buy their own device, we follow up with help to learn and develop their digital skills and knowledge.

We also provide digital help to complete and submit online forms for state benefits, job applications, online ID verification and recruitment. Mary and I are both CPD trained and experienced DC's but not trained counsellors or advisors. Therefore, we refrain from giving personal advice on content and wording for benefit applications.

Content and application wording on forms must be the person's own expression ready for us to prepare and format for online submission or print for hand delivery.

April 2022 to March 2023 was a busy year.

In addition to 1:1 bespoke computer training, funding from Provident provided an opportunity for us to host 3 x six-week basic computer courses for migrant women and older women to learn and improve their IT skills. The main learning package was in MS Office Skills and email.

The courses were advertised and well attended; most sessions had 4 – 6 people participating. Many of the participants came through the ESOL class or other groups taking place at the centre. Some women responded to advertising in the SWC newsletter and social media.

On the course completion, all participants received a DC signed certificate in achieving Basic Computing Skills.

Historical evidence suggests that women benefit more from individual help. However, to offer a wider choice we welcome more opportunities to host funded group training sessions.

Our Future Plans

Our Plans for 2023 – 2024

Our overarching priorities in terms of service delivery are

- Increased access to relevant services with monitored impact
- Building strategic partnerships and alliances
- Increased presence and visibility
- Maintaining a strong, resilient and sustainable organisation.

As a small charity we rely on funding streams to support services for which we have identified a need. This means that the majority of our funding is restricted - with contractual obligations setting out what must be delivered, the time frame and the available resources.

In terms of unrestricted funding, money is raised through fundraising activity but given the nature of this it is impossible to identify what this resource would be throughout the year or make any plans for this.

The Management Committee regularly consider the priorities for unrestricted funds when they become available.

Like many organisations we are not sure what the long-term impact of the Covid-19 pandemic will have. What we are certain of, is that we have the capacity and skills to quickly flex to meet the needs of local women and design services that meet these needs.

07

Our Funding

Transactions and financial position

Financial position

The statement of financial activities shows net income/ (outgoings) for the year of a deficit of £15,562 (2022: Surplus of £33,645) and our reserves stand at £389,098 (2022 £258,660) in total, of which £188,998 represents Current Assets and £200,100 represents Fixed Assets after revaluation.

Tangible Fixed Assets for use by the charity

Details of movements in Fixed Assets are set out in Note 9 of the Accounts.

Reserves

The Trustees recognise the need to ensure adequate resources are held in reserve to account for contractual obligations to staff (i.e. maternity and redundancy pay), contingencies, risk management and any unanticipated reduction in income. The Trustees have agreed a reserves policy in recognition of the risks to our operations if we fail to secure future funding. The reserves policy aims to mitigate these risks. We have one main asset which is our premises, which is owned by Sutton Women's Centre. This puts us in a slightly different position to many charities in that we can keep the Centre open, in some form, with only basic running costs and volunteers. However this means that the major risk to our future is the building itself and as such the potential costs / liability for major work is incorporated into this reserve policy.

Sutton Women's Centre is currently dependent on a variety of funders providing restricted funding to deliver agreed services. This reserves policy does not cover the actual loss from these funding streams once the funding period has ended but rather the reserves required to keep a basic level of service available to local women and to prevent Sutton Women's Centre from closing.

Directors and Trustees

All Directors of the company are also Trustees of the charity, and there have been no other Trustees. All of the Trustees named on page 1 served as detailed. The Board has the power to appoint additional Trustees as it considers fit to do so.

Risk Management

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Trustee's responsibilities in relation to the Financial Statements

The Trustees are required by company law to prepare Financial Statements for each financial year which give a true and fair view of the financial activities of the charity and of its financial position at the end of that year. In preparing those Financial Statements the Trustees are required to:

- (a) select suitable policies and apply them consistently;

- (b) make judgements and estimates that are reasonable and prudent;

- (c) state whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the Financial Statements; and

- (d) prepare the Financial Statements on a going concern basis unless it is inappropriate to assume that the charity will continue in operation.

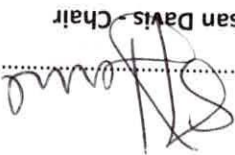
The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the Financial Statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Examiners

A resolution proposing Community Action Sutton be re-appointed as Independent Examiners of the charity will be put to the Annual General Meeting.

Approval

This report was approved by the Trustees on 13/11/2023 and signed on their behalf by:


Susan Davis - Chair

**The Women's Centre Sutton
Balance Sheet as at 31st March 2023**

	2022	2023	Note
FIXED ASSETS:			
Tangible Assets	54,133	200,100	9
CURRENT ASSETS:			
Cash at bank and in hand	202,717	168,349	
Prepayments	-	1,844	
Accrued income	1,940	-	
Debtors	820	21,954	10
CREDITORS: Amounts falling due within one year	950	3,149	11
NET CURRENT ASSETS:	204,527	188,998	
TOTAL NET ASSETS	258,660	389,098	
FUNDS			
Other Reserves	54,000	54,000	
Restricted Funds	64,826	31,293	
Unrestricted Funds	139,834	157,805	
Revaluated Reserve	-	146,000	
TOTAL CHARITY FUNDS	258,660	389,098	

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the charity to obtain an audit of its Financial Statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The Director acknowledges her responsibilities for:

- (i) ensuring that the charity keeps proper accounting records which comply with section 386 of the Companies Act 2006 and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each year, financial year and of its profit or loss for each financial year in accordance with the requirements of sections 394 & 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective 1 January 2015) and with the requirements of the Companies Act 2006 and the Charities Act 2011.

Approved by the Board on

Signed on their behalf by:

Susan Davis –
Chair

Amokegbame Stehfast -
Treasurer

Notes to the Financial Statements

Year ended 31st March 2023

1.1a Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention and include the results of the charity's operations which are described in the Directors' and Trustees' Report and all of which are continuing.

The Accounts have been prepared in compliance with the Statement of Recommended Practice on Charity Accounts Accounting and Reporting by Charities (SORP 2005) issued in March 2005, the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities.

The Charity has taken advantage of the exemption in Financial Reporting Statement No 1 (revised) from the requirement to produce a cash flow statement.

1.1b Fund Accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of a grant.

1.2 Tangible Fixed Assets and Depreciation

Tangible Fixed Assets are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of Fixed Assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold Property	Not provided
Fixtures & Fittings	25% on reducing balance
Office Equipment	25% on reducing balance

1.3 Incoming Resources

Voluntary income & donations are accounted for as received by the charity. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period, but these are dealt with through the Statement of Financial Activities when received.

The value of services provided by volunteers has not been included in these Accounts.

1.4 Investments

Investments are stated at market value. Realised and unrealised gains and losses on investments are dealt with in the Statement of Financial Activities. Investment income plus associated tax recoverable is credited to income on an accrual basis, using dividend dates and interest accrued daily.

1.5 Value Added Tax

Value added tax is not recoverable by the charity, and as such is not included in the relevant costs in the Statement of Financial Activities.

Notes to the Financial Statements (continued)
Year ended 31st March 2022

1.6 Resources Expended
Administration expenditure includes all expenditures directly related to the charitable activity which is based within the premises. This includes costs of running office premises, staff salaries for administrative staff and accountancy fees.
Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the Independent Examination fees and costs linked to the strategic management of the charity.
All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly.
1.7 Fundraising Costs
Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations and the staging of special fundraising events.

2. INCOME FROM GENERATED FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
Grants & donations:Counselling	7,316	-	7,316	6,838
Grants & donations:Non-Gift Aid	22,888	-	22,888	18,782
Grants & donations:LWD Books	422	-	422	341
Grants & donations:Supervision	6,446	-	6,446	5,330
Grants & donations:Gift Aid donations	3,947	-	3,947	1,331
Other donations	1,641	-	1,641	-
Fundraising	12,902	-	12,902	8,077
Sales	-	-	-	820
Grants (Note 3)	156,238	156,238	156,238	202,183
	55,561	156,238	211,799	243,701

All donations are treated as an unrestricted fund. Investment Income is derived from interest receivable on cash deposits.

Notes to the Financial Statements (continued)
Year ended 31st March 2023

3. GRANTS

Grants were received during the year from the following sources:

	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds
	2023	2023	2022
	£	£	£
Art Therapy	-	(900)	-
Ask Me	-	-	-
Awards4All	-	-	13,392
Freedom Programme	-	-	9,900
LBS Rebuild	-	-	50,888
National Lottery	-	-	27,366
Arts Network	-	52,452	51,410
Provident	-	1,800	-
Sutton College	-	-	10,000
Women In Prison	-	21,980	20,171
Ashley Foundation	-	-	5,110
B & Q	-	-	1,920
Masons	-	-	5,000
Children In Need Extra Funding	-	-	4,327
City Bridge Trust	-	6,032	-
Tesco Groundworks	-	27,134	-
Transform	-	1,000	-
General Account	-	44,240	-
White Ribbon	-	2,500	2,700
	-	156,238	-
	-	156,238	202,183

All grant funding has been treated as a restricted fund.

Notes to the Financial Statements (continued)
Year ended 31st March 2023

4. RESOURCES EXPENDED

	Unrestricted	Restricted	Total	Total
	£	£	£	£
	2023	2023	2023	2022
				Total
DIRECT COSTS				
Accountancy fees	198	-	198	517
Creche	-	-	-	60
Independent examination fee	850	-	850	950
Service delivery	(3,354)	49,738	46,385	46,329
Staff salaries	26,435	112,270	138,705	124,907
Staff training	525	-	525	6,270
Supervision	(430)	18,140	17,710	14,530
Telephone	354	297	651	621
SUPPORT COSTS				
Bank charges	72	72	144	192
Building works	1,507	4,097	5,604	4,571
Cleaning	1,169	297	1,466	1,183
Computer costs	836	-	836	624
Depreciation	34	-	34	45
Fundraising costs	1,091	-	1,091	354
Insurance	497	297	794	927
Light & heat	680	297	977	938
Memberships	382	3,150	3,532	642
Post & stationery	2,897	297	3,194	1,567
Rates	563	297	860	704
Repairs and maintenance	1,002	297	1,299	752
Sundry	359	223	582	2,690
Volunteer expenses	434	-	434	684
Workshops	1,720	-	1,720	-
	37,822	189,771	227,593	210,056

5. NET INCOME / (OUTGOING) RESOURCES FOR THE YEAR

	2023	2022
Depreciation of tangible fixed assets owned by the charity	34	45
Independent Examiners Fees	850	950
	884	995

6. STAFF COSTS

	2023	2022
Salaries & Social Security Costs	£ 138,705	£ 124,907

No employee received remuneration of more than €20,426.

The number of employees at the end of the year totalled 11 (2022: 14)

7. TRUSTEE REMUNERATION & RELATED PARTY TRANSACTIONS

No members of the management committee received any remuneration during the year. No travel costs were reimbursed to any Trustee during the year (2022 - nil).
 No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year. (2022 - nil).

8. TAXATION

As a charity The Women's Centre (Suton) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives. No tax charges have arisen in the charity.

9. TANGIBLE FIXED ASSETS

	£	£	£	£
	FREEHOLD PROPERTY	FIXTURES & FITTINGS	COMPUTER EQUIPMENT	TOTALS 2023
COST				
As at 1 April 2022	54,000	10,218	13,495	77,713
Revaluation increased 7/12/2022	146,000	-	146,000	-
Disposals	-	-	-	-
Additions	-	-	-	-
As at 31 March 2023	200,000	10,218	13,495	223,713
DEPRECIATION				
As at 1 April 2022	-	10,172	13,407	23,580
Disposals	-	-	-	-
Charge for Year	-	12	22	34
As at 31 March 2023	-	10,184	13,429	23,614
NET BOOK VALUE				
As at 31 March 2023	200,000	34	66	200,100
At 31 March 2022	54,000	46	88	54,133

Freehold Property

There is a charge registered by the London Borough of Sutton against all the charity's property.

At the instructions on behalf of the Trustees of SWC, the property was evaluated by Derrick Wade Waters Limited for incorporation by the charity into its Annual Report for the period ended 31st March 2023. For accounting purposes, the 'Fair Value' for the property as of 7th December 2022 ('valuation date'/date of valuation) is fairly stated in the sum of £200,000.

10. ACCRUED INCOME

	£	£
	2023	2022
Accrued income	-	1,940
	-	1,940

Notes to the Financial Statements (continued)

Year ended 31st March 2023

11. CREDITORS: Amounts falling due within one year

Other accruals - IE fees
HMRC Control

2022	2023
£ 950	£ 950
-	2,199
950	3,149
950	950

12. MOVEMENT IN FUNDS

Restricted Funds	At 31 March 2022	£	Total Income	£	Total Expenditures	£	Funds Transfer	£	At 31 March 2023
Masons	2,429	-	(2,429)	-	(2,429)	-	-	-	-
Art Therapy	-	(900)	-	-	-	-	-	(900)	-
Arts Network	-	1,800	-	-	(900)	-	-	900	900
Ashley Foundation	1,920	-	(160)	-	(160)	-	-	1,760	1,760
Awards4All	4,470	-	(4,470)	-	(4,470)	-	-	-	-
B & Q	5,000	-	(5,000)	-	(5,000)	-	-	-	-
Children In Need	223	-	(223)	-	(223)	-	-	-	-
City Bridge Trust	-	6,032	(1,226)	-	(1,226)	-	-	4,806	4,806
Civil Roots	-	27,134	(19,838)	-	(19,838)	-	-	7,296	7,296
Freedom Programme	869	-	6,933	-	6,933	-	-	7,802	7,802
Groundworks	500	1,000	(849)	-	(849)	-	-	651	651
LBS Rebuild	19,224	-	(13,263)	-	(13,263)	-	-	5,961	5,961
LBS Survivors	-	-	(1)	-	(1)	-	-	(1)	(1)
National Lottery	16,409	52,452	(61,487)	-	(61,487)	-	-	7,375	7,375
Provident	6,544	-	(6,274)	-	(6,274)	-	-	270	270
Supervision	-	-	(140)	-	(140)	-	-	(140)	(140)
Suton College	2,482	21,980	(20,960)	-	(20,960)	-	-	3,502	3,502
Transform	-	44,240	(55,044)	-	(55,044)	-	-	(10,804)	(10,804)
White Ribbon	-	2,500	(1,490)	-	(1,490)	-	-	1,010	1,010
Women In Prison	4,756	-	(2,950)	-	(2,950)	-	-	1,806	1,806
Restricted Funds	64,826	156,238	(189,771)	31,293	64,826	156,238	(189,771)	31,293	64,826
Total Restricted Funds	138,963	2,780	354	142,097	138,963	2,780	354	142,097	138,963
Unrestricted Funds	871	53,013	(38,176)	-	-	-	-	15,708	15,708
General Account	54,000	-	-	-	-	-	-	54,000	54,000
OTHER RESERVE	54,000	-	-	54,000	-	-	-	54,000	54,000
Total Unrestricted Funds	139,834	53,793	(37,822)	157,805	139,834	53,793	(37,822)	157,805	139,834
Total Funds	258,660	212,031	(227,593)	243,098	258,660	212,031	(227,593)	243,098	258,660

Independent Examiner's Report on the Accounts for the Year ended 31 March 2023

I report on the accounts for The Women's Centre (Sutton) for the year ended 31st March 2023. Respective responsibilities of trustees and examiner
The trustees, who are also directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed
Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Charities Act;
- to follow the procedures laid down in the general directions given by the Charities Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

BASIS OF INDEPENDENT REVIEW
My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.
Independent examiner's statement
In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe, that in any material respect, the requirements have not been met;
- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the statement of Recommended Practice: Accounting and Reporting by Charities; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Dunsanne Kuhl FCCA MCISI
Position: Head of Financial Services
Community Action Sutton
Grangers Community Centre
73-79 Oakhill Road
Sutton, Surrey, SM1 3AA

Date: 25/9/2023

THE WOMENS' CENTRE SUTTON

England & Wales - Charity number 294067

Accounts



The Women's Centre Sutton

Annual Report 2021 / 2022

“Empowering women to achieve their
full potential”

Charity Registration Number: 294067
Company number 01829008



@suttonwomen



suttonwomen



www.suttonwomen.co.uk

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Executive Summary



One in four women will experience abuse in their lifetime. That stark figure is what drives our amazing staff, volunteers, Trustees, partners and supporters

to do outstanding work. And, of course, there is still lots more to do.

After the challenges of the past couple of years, we've been delighted to be able to return to face-to-face business as usual, while constantly keeping abreast of latest health developments to ensure we keep the most vulnerable members of our community safe.

I want to say an early thanks to Kimberley Reed, who took on the role of Chair of Trustees at very short notice, balancing a busy work life and a young family to step up to keep the decision-making process at the Centre on track. Her continued work with the Centre is appreciated and valued by us all. We have also been delighted to welcome many new Trustees to our Board this year, who bring a wealth of experience from a variety of sectors, as well as their enthusiasm and dedication.

Every member of our Team is proud to be building on the strong foundations which were only been made possible by our Centre Manager Liz McGarry and her close colleague Pauline Hennessey.

Heather Smiles has moved into a new role as our Counselling Lead, a job description that, of course, only covers a very small part of her actual contribution. And Kerry Flynn (job title) continues to develop our range of services to

ensure we are able to meet the changing needs of the communities we serve across the London Borough of Sutton.

This year promises to be an exciting one. We have been nominated as one of the Mayor of Sutton's charities, and will be fundraising alongside Maggie's at the Marsden with a range of events, from Diwali dinners, Christmas bucket shaking with the Rotary Club's Santa and a major gala dinner in 2023.

We continue to raise our profile in the Borough thanks to a wide range of partners, from Bob Watson, fundraising to provide toys to our youngest users; Sainsburys who nominated us as their charity of the year, boosting supplies to our foodbank; the Sound Lounge who support us with our events and our local Primary Care Network, dedicated GPs with women's health at the heart of their practices.

This list represents a small selection of our partners – to all of you, we couldn't deliver our work without you and you are in our grateful thoughts every day.

We are now finalising our Business Strategy to ensure Sutton Women's Centre continues to deliver the services our users need and are forging stronger links within local communities to ensure that those who need us know we are there. We will continue to empower women across the Borough and look forward to continued success in 2023.

01

Reference and Administrative Information

CHARITYNUMBER:	294067
REGISTERED NUMBER:	01829008 (England and Wales)
REGISTERED OFFICE AND PRINCIPAL PLACE OF BUSINESS:	3 Palmerston Road Sutton Surrey SM1 4QL
DATE OF INCORPORATION:	05 March 1984
DIRECTORS :	S. Davis (appointed 14/05/2022) M.Turner V. Hill
TRUSTEES:	K. Coombes (Chair: Appt 04/10/2021) A.Cummins (Chair: resigned 04/10/2021) M Turner (Vice-Chair V. Hill (Secretary) M. Stehfest (Treasurer) C.Williams L. Noakes V. Hill S. Murphy K.Reid A. Shuko
SENIOR MANAGEMENT TEAM:	L. McGarry H.Smiles P. Hennessy
ACCOUNTANTS:	Community Action Sutton Granfers Community Centre 73-79 Oakhill Road Sutton SM1 3AA
BANKERS:	CAF Bank Limited 25 Kings Hill Lane West Malling, Kent ME19

02

Our Governance

I am writing this report as Chair of the Trustees although I was appointed on 4th May 2022 replacing Kimberley Coombes, appointed Chair on 4th October, resigned on 2nd May, replacing Anna Cummins who resigned on 4th October.

Susan Davis

03

Our Aims, Objectives and Outcomes

Our Mission Statement

“Providing a safe, women only space where women can access support, advice, information and education to help them achieve their potential; develop their skills; and live their lives free from domestic abuse.”

Our Objectives



Sutton Women’s Centre is a unique organisation within the London Borough of Sutton with the capacity, skills and knowledge to design and deliver services to meet the needs of local women. We continue to innovate and have a strong reputation for high quality service delivery. We are strong advocates for services for local women and champion these. We work in partnership with other organisations and are active members of a number of local voluntary sector fora.

Our headline objectives are:

- To support and empower women to increase their confidence and self-esteem and enable them to make positive life decisions for themselves and their children.
- To provide advice to local women to ensure that they are able to access appropriate services, support and increase communication between women
- To provide inclusive educational and learning opportunities to improve the life chances of local women and their children, increase their career related skills and enable women to develop the tools they need to be active citizens.
- To provide information to women that respects their individual needs and improves their life chances, reduces isolation and increases communication between women.
- To champion the needs of local women to local partners and collaborate to find solutions.

Our Outcomes

In line with many other organisations we monitor and evaluate our work. Many of the outcomes we monitor and evaluate are prescribed by funders and commissioners. However, we believe that if we are to ensure we are functioning well as a charity and meeting our charitable objectives we need to have objectives that can demonstrate this. To that end we monitor and evaluate all our work to ensure our work with women:

- Improves their life chances
- Improves their health and well-being
- Increases their basic skills
- Reduces their Isolation

04

Our Achievements

The Freedom Programme

We are now into our 12th year of providing the Freedom Programme currently funded by the London Borough of Sutton via the Transform Partnership. To date over 2000 women have completed the programme with us.

The Freedom Programme is a twelve-week domestic abuse group course for women, which covers:

- All aspects of the dominator
- The characteristics that he uses to gain power and control
- The roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors
- The tactics that are involved in the games the dominator plays and the effects that domestic violence has on babies, toddlers, and teenagers.

Women either self-refer or are referred by other agencies to the programme. The majority of our referrals are received from Children's Services, and have Child Protection Plans. Other referrals come from Hestia, NHS services, the police and schools.

We provided 17 Freedom Programmes this year to deal with the backlog in referrals as a result of Covid. 375 women were referred with 285 women completing the programme.

We have updated the programme to include a self-esteem week and a week looking at Trauma and Mental Health. The 'Self-Esteem' session was well received. We ran this on week 11. Everyone got involved and it was a nice gentle way for the ladies who were more reserved to get involved. The Mental Health session was a huge success. The ladies were open, honest and very brave discussing their mental health. They engaged with the body mapping exercise and produced some fantastic artwork. Feedback was that this session was introduced at the right time and it was lovely to not talk about the dominator and focus on themselves.

We introduced a Young Women's Freedom Programme for those aged 16 to 30, funded through the LBS Rebuild Fund. The programme incorporates the Freedom Programme with self-esteem sessions delivered by She is You (Caroline Odogwu). Feedback was positive and 3 of the young women attended the Power of Women event at the Sound Lounge to be presented with their Certificate of Achievement. We have also set up a weekly young women's support/meet up group. Women from the Freedom Programme Young Women's Group have been attending and it is being facilitated by some of our young counsellors

Service-user story

A joined the Freedom Programme in April. Two years ago she sustained a brain injury and had to relearn to talk and retain words amongst other things. A also has autism. When she first came to the Freedom Programme, she was very quiet and withdrawn. She wouldn't hold eye contact with anyone in the room. During the Freedom Programme, we have watched A blossom into a confident young woman. She has been an integral part of the group and has grown to be happy to share her painful experience. Since beginning the Freedom Programme, A has regained her driving licence which had been withdrawn after suffering her head injury. She now has confidence and is back driving her car. Through sharing her experiences, A found the courage to challenge the police on the way her case was handled. This was helped by the CAB who came to our resources week. Since coming to SWC, A has also joined the art club and the drama group. She stood up on stage at our POW event and recited lines she had learnt in front of a sold out crowd. Our very own "star of the show". Being part of the LGBTQ+ community, A had additional barriers to face. She was able to share these differences in the group and has also given us some material to use to help us make the programme more accessible to the LGBTQ+ community.

Ask Me

We are running the Ask Me Domestic Abuse Ambassador Scheme in conjunction with Women's Aid. This programme trains community members to understand and raise awareness about domestic abuse. Communities tend to know first where abuse is happening and, by breaking the silence they can help people experiencing abuse to take the first step towards safety.

The training covers how to raise awareness, how to respond to someone who discloses abuse and where to signpost people.

In the past year we have trained over 80 people, 73 of whom have signed up to join our network of ambassadors.

98.2% of participants reported that they found the training excellent.

97.6% reported that their understanding of coercive control had increased

88% reported that they now felt confident to start a conversation about domestic abuse

Domestic and Sexual Abuse Counselling

We continue to provide one to one counselling service for local women who have experienced domestic/ sexual abuse, 142 women have received counselling with 94 women on the waiting list. This service has now been running for over 12 years with many thanks to funding from the National Lottery.

We now have 41 counsellors volunteering for this service. These volunteers come from a mixed background of counselling students looking for a counselling placement as part of their qualification, and fully qualified counsellors who want to give back to their community.

We are finding that many of our counsellors are now staying with us once they are qualified and we can now boast that half our counsellors are fully qualified. We have begun to work more closely with two of our local colleges to provide a placement for trainee counsellors.

Supporting and developing our counsellors

We have increased our number of supervisors to 5. We have provided training in Childhood Sexual Abuse

Counselling Testimonial

I am grateful to Sutton's women centre for providing me with support after what has been a very difficult and traumatic time following a sexual assault. I am glad services like this exist to support women and help them rebuild their lives after experiencing gender-based violence. It seems services like this are few and far between and are such a positive, supportive, and safe space for women who need this the most after experiencing trauma. The specialist knowledge, understanding and refuge has been fundamental to my recovery and getting through what has happened.

I am really grateful to Pauline in particular who has been amazing and always gave me a sense of hope when I needed it the most and was struggling.

Thank you Sutton's Women's Centre for the work you do. I am glad you are there and have the people you do. It has been life changing in the best of ways following what has been one of the darkest times in my life and has really helped me.

Thank you

Workshops and classes

Art for Wellbeing: The art works of the women who attended Art for Wellbeing were exhibited at several art exhibitions and events. We collaborated with other organisations such as Sutton Council, Arts Network Sutton, Carshalton Artists, Honeywood Museum, Whitehall Museum, which brought a great value to the women who attended the classes but also our community and everyone involved. Through “**Art Against Domestic Violence**” on International Day of Elimination of Violence against Women, we raised awareness in within our community of this important cause.

Breaking the Chains/Let’s Create: To promote connection with others, support, outlet for creativity, confidence, explore and understand themselves, breathing and relaxation, positivity.

Why Do I Feel Like This?: Hearing someone say, "This has truly transformed my whole outlook on my life for the better" and another, "I now realise that I don't have to hold myself back any more." One lady shared that she managed to avoid becoming angry in situations that would normally have escalated and would have ruined her weekend, but instead she handled things very differently. Another has said that she has avoided panic attacks taking hold by using a technique shared in a session.

Chaos to Clarity - delegates found the sessions to be like an oasis in their life and a valued chance to truly focus on themselves.

Chi-Flow: 100% of all participants stated that it had helped with their stress and improved their physical health.

Sewing - the highlight was the class trip to the Fashion and textile museum which gave the learners ideas for future sewing projects and courses. Key successes were supporting learners who may be nervous, new to sewing to finally trying on the completed garment/item. Teaching ESOL learners sewing vocabulary in English.

Mindful Money - The participants learned the Eight Money Archetypes (Innocent, Victim, Warrior, Martyr, Fool, Creator/Artist, Tyrant and Magician). They increased their confidence and self-esteem to apply the archetypes – to make themselves a priority around your finances. The learners understood the importance of self-care around money. They understood what a healthy relationship with money looks like and as a result, it became very clear what they needed to do to improve that relationship.

Zumba – the participants all had a lot of fun and improved their fitness and their co-ordination. An unexpected outcome was that Muslim women felt able to attend and exercise freely without their headscarves as there are no men allowed and no windows. Muslim participants reported really appreciating a safe space to exercise, – all women improved their fitness and co-ordination but our highlights were seeing women from the Muslim community engaging

Domestic Abuse Support Groups

Support groups take place twice a month and are facilitated by a qualified counsellor. Women find this ongoing support invaluable and many still need crisis intervention. There is also online facilitated support via WhatsApp groups for each programme and a private Facebook page where women can share and receive support.

International Women's Day Celebration

Huge thanks to Heather Smiles and her daughter Bethany we had a very successful event which was spread over two days, 5th & 6th March. 180 women attended the following activities and workshops: BioDanza, Word & Poetry, Drama, Yoga, Mindfulness & Self-compassion and Chi-Flow.

Fundraising and donations

Particular thanks go to

Tropic Skin Care

Cheam and Sutton Rotary

Carshalton Park Rotary Club,

Pilgrim Quilters

Waitrose

Viridian

Bob Watson

Sutton Vineyard Church

Sutton Car Boot Sale

TKMaxx,

Mason's

Jill Scarlett (Sainsburys community champion) and her mother,

Harrodian School

John Boyle

Debbie Bailey

And to all the people who have donated anonymously through Facebook, Amazon Smile and PayPal, and those who have donated goods to help us fundraise.

Food Bank

We are currently supporting 40 families each week and have been chosen as the local charity for food donations from Sainsbury's Sutton

05

Our Volunteers

Our volunteers are pivotal to our success. From counselling to legal advice, they bring skills and knowledge that we could never hope to buy in. We have 41 voluntary counsellors at the Centre. We are grateful to them not only for the hours they give us but for the way so many of them throw themselves into the life and culture of the Centre.

We would not be able to provide the wide range of support and services without our volunteers. For example, our IT Support and Job Search has been supported by Ann and Mary for the past few years, both have shown a long-term commitment to working with local women and supporting the Centre.

06

Our Future Plans

Our Plans for 2022 – 2023

Our overarching priorities in terms of service delivery are -

- Supporting women to live their lives free of violence
- Enabling women to be economically and socially active
- Supporting mothers in the challenges they face

As a small charity we rely on funding streams to support services for which we have identified a need. This means that the majority of our funding is restricted- with contractual obligations setting out what must be delivered, the time frame and the available resources.

In terms of unrestricted funding, money is raised through fundraising activity but given the nature of this it is impossible to identify what this resource would be throughout the year or make any plans for this.

The Management Committee regularly consider the priorities for unrestricted funds when they become available.

Like many organisations we are not sure what the long-term impact of the Covid-19 pandemic will have. What we are certain of, is that we have the capacity and skills to quickly flex to meet the needs of local women and design services that meet these needs.

07

Our Funding

Transactions and financial position

Financial position

The statement of financial activities shows net income/ (outgoings) for the year of £33,645 (2021:-£7,562) and our reserves stand at £258,660 (2021-£225,015) in total, of which £204,527 represents Current Assets and £54,133 represents Fixed Assets.

Tangible Fixed Assets for use by the charity

Details of movements in Fixed Assets are set out in Note 9 of the Accounts.

Reserves

The Trustees recognise the need to ensure adequate resources are held in reserve to account for contractual obligations to staff (i.e. maternity and redundancy pay), contingencies, risk management and any unanticipated reduction in income. The Trustees have agreed a reserves policy in recognition of the risks to our operations if we fail to secure future funding. The reserves policy aims to mitigate these risks. We have one main asset which is our premises, which is owned by Sutton Women's Centre. This puts us in a slightly different position to many charities in that we can keep the Centre open, in some form, with only basic running costs and volunteers. However this means that the major risk to our future is the building itself and as such the potential costs / liability for major work is incorporated into this reserve policy.

Sutton Women's Centre is currently dependent on a variety of funders providing restricted funding to deliver agreed services. This reserves policy does not cover the actual loss from these funding streams once the funding period has ended but rather the reserves required to keep a basic level of service available to local women and to prevent Sutton Women's Centre from closing.

Directors and Trustees

All Directors of the company are also Trustees of the charity, and there have been no other Trustees. All of the Trustees named on page 1 served as detailed. The Board has the power to appoint additional Trustees as it considers fit to do so.

Risk Management

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Trustee's responsibilities in relation to the Financial Statements

The Trustees are required by company law to prepare Financial Statements for each financial year which give a true and fair view of the financial activities of the charity and of its financial position at the end of that year. In preparing those Financial Statements the Trustees are required to:

- (a) select suitable policies and apply them consistently;
- (b) make judgements and estimates that are reasonable and prudent;
- (c) state whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the Financial Statements; and
- (d) prepare the Financial Statements on a going concern basis unless it is inappropriate to assume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the Financial Statements comply with the Companies Act 2006. 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.

Independent Examiners

A resolution proposing Community action Sutton be re-appointed as Independent Examiners of the charity will be put to the Annual General Meeting.

Approval

This report was approved by the Trustees on xxxxxxx and signed on their behalf by:


.....

Susan Davis - Chair

7/11/2022

The Women's Centre Sutton
Statement of Financial Activities (including Income & Expenditure Account)

Year ended 31st March 2022

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
		£	£	£	£
Income from:					
Charitable Activities	3	2,700	199,483	202,183	165,460
Donations	2	41,518	-	41,518	71,961
Total	2	44,218	199,483	243,701	237,421
Expenditure On:					
Charitable Activities		44,675	165,381	210,056	229,859
Total	4	44,675	165,381	210,056	229,859
Net Income / (expenditure)		(457)	34,102	33,645	7,562
Transfers between funds		-	-	-	-
Net Movement in Funds		(457)	34,102	33,645	7,562
Reconciliation of funds:					
Total Funds brought forward		140,291	84,724	225,015	217,453
Total Funds carried forward		139,834	118,826	258,660	225,015

CONTINUING OPERATIONS

All the activities of the charity are classed as continuing.

TOTAL RECOGNISED GAINS AND LOSSES

The charity has no recognised gains or losses other than the results for the year as set out above

**The Women's Centre Sutton
Balance Sheet as at 31st March 2022**

	Note	2022 £	2021 £
FIXED ASSETS:			
Tangible Assets	9	54,133	54,178
CURRENT ASSETS:			
Cash at bank and in hand		202,717	170,837
Accrued income	10	1,940	-
Debtors		820	-
		<u>205,477</u>	<u>170,837</u>
CREDITORS: Amounts falling due within one year	11	950	-
NET CURRENT ASSETS:		<u>204,527</u>	<u>170,837</u>
NET ASSETS		<u><u>258,660</u></u>	<u><u>225,015</u></u>
FUNDS			
Other Reserves	12	54,000	54,000
Restricted Funds		64,826	30,724
Unrestricted Funds		139,834	140,291
		<u><u>258,660</u></u>	<u><u>225,015</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the charity to obtain an audit of its Financial Statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The Director acknowledges her responsibilities for:

- (i) ensuring that the charity keeps proper accounting records which comply with section 386 of the Companies Act 2006 and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each year, financial year and of its profit or loss for each financial year in accordance with the requirements of sections 394 & 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective 1 January 2015) and with the requirements of the Companies Act 2006 and the Charities Act 2011.


Approved by the Board on

7. 11. 2022

Signed on their behalf by:

Susan Davis –
Chair




Amokegbame Stehfast -
Treasurer

Notes to the Financial Statements

Year ended 31st March 2022

1.1a Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention and include the results of the charity's operations which are described in the Directors' and Trustees' Report and all of which are continuing.

The Accounts have been prepared in compliance with the Statement of Recommended Practice on Charity Accounts Accounting and Reporting by Charities (SORP 2005) issued in March 2005, the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities.

The Charity has taken advantage of the exemption in Financial Reporting Statement No 1 (revised) from the requirement to produce a cash flow statement.

1.1b Fund Accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of a grant

1.2 Tangible Fixed Assets and Depreciation

Tangible Fixed Assets are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of Fixed Assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold Property	Not provided
Fixtures & Fittings	25% on reducing balance
Office Equipment	25% on reducing balance

1.3 Incoming Resources

Voluntary income & donations are accounted for as received by the charity. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period, but these are dealt with through the Statement of Financial Activities when received.

The value of services provided by volunteers has not been included in these Accounts.

Notes to the Financial Statements (continued)

Year ended 31st March 2022

1.4 Investments

Investments are stated at market value. Realised and unrealised gains and losses on investments are dealt with in the Statement of Financial Activities. Investment income plus associated tax recoverable is credited to income on an accruals basis, using dividend dates and interest accrued daily.

1.5 Value Added Tax

Value added tax is not recoverable by the charity, and as such is not included in the relevant costs in the Statement of Financial Activities.

1.6 Resources Expended

Administration expenditure includes all expenditure directly related to the charitable activity which is based within the premises. This includes costs of running office premises, staff salaries for administrative staff and accountancy fees.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the Independent Examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly.

1.7 Fundraising Costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations and the staging of special fundraising events

Notes to the Financial Statements (continued)

Year ended 31st March 2022

2 .INCOME FROM GENERATED FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Charitable Activities:				
Grants & donations	-	-	-	21,751
Grants & donations:Counselling donations	6,838	-	6,838	3,750
Grants & donations:Non-Gift Aid	18,782	-	18,782	-
Grants & donations:LWD Books	341	-	341	370
Grants & donations:Supervision donations	5,330	-	5,330	6,600
Grants & donations:Gift Aid donations	1,331	-	1,331	2,128
HMRC Job RS	-	-	-	15,052
Fundraising	8,077	-	8,077	22,309
Sales	820	-	820	-
Grants (Note 3)	2,700	199,483	202,183	165,460
	44,218	199,483	243,701	237,421

All donations are treated as an unrestricted fund. Investment Income is derived from interest receivable on cash deposits.

3. GRANTS

Grants were received during the year from the following sources:

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Art Therapy	-	-	-	1,000
Ask Me	-	13,392	13,392	-
Awards4All	-	9,900	9,900	-
Freedom Programme	-	50,888	50,888	-
LBS Rebuild	-	27,366	27,366	-
National Lottery	-	51,410	51,410	50,412
Provident	-	10,000	10,000	-
Sutton College	-	20,171	20,171	9,291
Women In Prison	-	5,110	5,110	13,063
Ashley Foundation	-	1,920	1,920	-
B & Q	-	5,000	5,000	-
Masons	-	4,327	4,327	-
Children In Need	-	-	-	4,996
Children In Need Extra Funding	-	-	-	3,000
Community Action Sutton Rebuild	-	-	-	10,000
Community Action Sutton COVID19	-	-	-	1,300
London Funders Wave3	-	-	-	9,990
Ministry of Justice	-	-	-	2,450
National Lottery COVID Fund	-	-	-	2,882
Neighbourly Com Fund	-	-	-	400
Sutton College Bid	-	-	-	4,494
Sutton College ESOL	-	-	-	288
Tesco Groundworks	-	-	-	500
Transform	-	-	-	44,240
Transform MOPAC	-	-	-	7,155
General Account	2,700	-	2,700	-
	2,700	199,483	202,183	165,460

All grant funding has been treated as a restricted fund.

Notes to the Financial Statements (continued)
Year ended 31st March 2022

4. RESOURCES EXPENDED

	Unrestricted	Restricted	Total	Total
	2022	2022	2022	2021
	£	£	£	£
DIRECT COSTS				
Accountancy fees	517	-	517	-
Creche	60	-	60	82
Service delivery	(5,036)	51,365	46,329	9,078
Staff salaries	34,919	89,988	124,907	124,492
Staff training	1,670	4,600	6,270	1,589
Supervision	(140)	14,670	14,530	15,010
Telephone	621	-	621	558
SUPPORT COSTS				
Bank charges	96	96	192	138
Building works	4,229	342	4,571	45,484
Cleaning	1,183	-	1,183	880
Computer costs	624	-	624	-
Depreciation	45	-	45	59
Fundraising costs	354	-	354	200
Insurance	927	-	927	1,114
Light & heat	938	-	938	819
Memberships	642	-	642	-
Post & stationery	1,567	-	1,567	1,953
Rates	704	-	704	792
Repairs and maintenance	752	-	752	7,299
Sundry	(1,630)	4,320	2,690	171
Volunteer expenses	684	-	684	392
COVID	-	-	-	3,279
WORKSHOPS	-	-	-	15,760
IND EXAMINERS FEES	950	-	950	710
	44,675	165,381	210,056	229,859

Notes to the Financial Statements (continued)
Year ended 31st March 2022

5. NET INCOME / (OUTGOING) RESOURCES FOR THE YEAR

This is stated after charging:

	2022	2021
	£	£
Depreciation of tangible fixed assets owned by the charity	45	59
Independent Examiners Fees	950	710
	<u>995</u>	<u>769</u>

6. STAFF COSTS

	2022	2021
	£	£
Salaries & Social Security Costs	<u>124,907</u>	<u>124,492</u>

No employee received remuneration of more than £20,426.

The number of employees at the end of the year totalled **14** (2021: 14)

7. TRUSTEE REMUNERATION & RELATED PARTY TRANSACTIONS

No members of the management committee received any remuneration during the year. No travel costs were reimbursed to any Trustee during the year (2021 - nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year. (2021 - nil).

8. TAXATION

As a charity The Women's Centre (Sutton) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives. No tax charges have arisen in the charity.

Notes to the Financial Statements (continued)
Year ended 31st March 2022

9. TANGIBLE FIXED ASSETS

	FREEHOLD PROPERTY	FIXTURES & FITTINGS	COMPUTER EQUIPMENT	TOTALS 2022	TOTALS 2021
	£	£	£	£	£
COST					
As at 1 April 2021	54,000	10,218	13,495	77,713	77,713
Disposals	-	-	-	-	0
Additions	-	-	-	-	0
As at 31 March 2022	54,000	10,218	13,495	77,713	77,713
DEPRECIATION					
As at 1 April 2021	-	10,156	13,378	23,535	23,476
Disposals	-	-	-	-	0
Charge for Year	-	16	29	45	59
At 31 March 2022	-	10,172	13,407	23,580	23,535
NET BOOK VALUE					
As at 31 March 2022	54,000	46	88	54,133	54,178
At 31 March 2021	54,000	62	117	54,178	54,238

Freehold Property

There is a charge registered by the London Borough of Sutton against all the charity's property.

10. ACCRUED INCOME

	2022	2021
	£	£
Accrued income	1,940	-
	1,940	-

11. CREDITORS: Amounts falling due within one year

	2022	2021
	£	£
Creditors	950	-
	950	-

Notes to the Financial Statements (continued)
Year ended 31st March 2022

11. MOVEMENT IN FUNDS

	At 31 March 2021	Total Income	Total Expenditures	Funds Transfer	At 31 March 2022
	£	£	£	£	£
Art Therapy	1,000	-	(1,000)	-	-
Ask Me	-	13,392	(13,392)	-	-
Awards4All	-	9,900	(5,430)	-	4,470
Freedom Programme	-	50,888	(57,821)	-	(6,933)
LBS Rebuild	-	27,366	(8,143)	-	19,223
National Lottery	14,324	51,410	(49,464)	-	16,269
NHS	3,316	-	(3,316)	-	-
Provident	-	10,000	(3,456)	-	6,544
Supervision	-	-	140	-	140
Sutton College	-	20,171	(16,528)	-	3,643
Women In Prison	4,280	5,110	(4,634)	-	4,756
Restricted Funds Ashley Foundation	-	1,920	(440)	-	1,480
Restricted Funds B & Q	-	5,000	-	-	5,000
Restricted Funds Masons	-	4,327	(1,898)	-	2,429
Transform	7,802	-	-	-	7,802
LBS Survivors	1	-	-	-	1
CHILDREN IN NEED	223	-	-	-	223
Sutton College Bid 2	(1,161)	-	-	-	(1,161)
Ashley Foundation	440	-	-	-	440
Tesco Groundworks	500	-	-	-	500
Restricted Funds	30,724	199,483	(165,381)	-	64,826
Unrestricted Funds	140,291	-	(1,328)	-	138,963
General Account	-	44,218	(43,347)	-	871
Unrestricted Funds	140,291	44,218	(43,347)	-	139,834
OTHER RESERVE	54,000	-	-	-	54,000
Total Funds	225,015	243,701	(210,056)	-	258,660

Independent Examiner's Report on the Accounts for the Year ended 31 March 2022

I report on the accounts for The Women's Centre (Sutton) for the year ended 31st March 2022.

Respective responsibilities of trustees and examiner

The trustees, who are also directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Charities Act;
- to follow the procedures laid down in the general directions given by the Charities Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of independent review

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe, that in any material respect, the requirements have not been met:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the statement of Recommended Practice; Accounting and Reporting by Charities; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Name: Dunstanette Kuti FCCA MCS1
Position: Head of Financial Services
Community Action Sutton
Granfers Community Centre
73-79 Oakhill Road
Sutton, Surrey, SM1 3AA

Date:

8th November 2022

THE WOMENS' CENTRE SUTTON

England & Wales - Charity number 294067

Accounts



The Women's Centre Sutton

Annual Report 2020 / 2021

“Empowering women to achieve their
full potential”

Charity Registration Number: 294067
Company number 01829008

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Executive Summary



This past year we have all experienced the huge upheaval in our lives and ways of working as a result of the Covid pandemic.

We know that one of biggest impacts was the increase in domestic abuse during lockdown - with women being forced to stay at home with their perpetrators and being unable to reach out for help.

Lockdown meant all our face-to-face services suddenly closed. This presented a huge challenge to us and the approximately 200 women we were supporting at the time.

But the speed with which our staff and volunteers stepped up and reacted to this was inspiring. Counselling was quickly delivered through WhatsApp, Zoom, telephone - whichever suited the client. Our Freedom Programme, art classes, writing classes, therapeutic activities and committee meetings took place via Zoom. We increased access to our foodbank and we campaigned digitally to increase awareness of available domestic abuse services and encourage women to reach out.

Our local community also stepped up to help the women and families we work with. From a local green grocer who donated a huge amount of fresh food to our food bank to Cheam and Sutton Rotary Club who provided our families with a virtual Father Christmas

and Bob Watson who provided over 200 bags of Christmas presents, the response has been overwhelming and we are incredibly grateful to everyone who has offered us support.

Somehow, during this time we also managed to fundraise and build an extension to our premises. This meant that once restrictions were eased, we could provide Covid safe classes, and provide an extra 40 counselling sessions every week. We also delivered an online International Women's Day event which was attended by 378 women - the largest number we have ever achieved.

Our hard work has been recognised and this year we were again nominated for Sutton Voluntary Organisation of the Year Award, and we won the Self Care Award organised by the National Self Care Forum.

The changes we have had to manage this year have also presented us with opportunities to do things differently. Our future plans include providing more services online to enable women who work and disabled women easier access to our services.

As ever it is our people who make the difference. Without the commitment, knowledge and skills of our staff and volunteers we would not achieve what we do. This year they have really demonstrated what commitment, caring and hard work can achieve.

Anna
Cummins

Chair of the
Trustees

01

Reference and Administrative Information

CHARITY NUMBER:	294067
REGISTERED NUMBER:	01829008 (England and Wales)
REGISTERED OFFICE AND PRINCIPAL PLACE OF BUSINESS:	3 Palmerston Road Sutton Surrey SM1 4QL
DATE OF INCORPORATION:	05 March 1999
DIRECTORS :	A. Cummins A. McLoughlin M.Turner
TRUSTEES:	A. Cummins (Chair) M Turner (Vice-Chair) C. Williams(Secretary) M. Stehfest (Treasurer) L. Noakes V. Hill L. Mupfurutsa K. Coombes S. Murphy
SENIOR MANAGEMENT TEAM:	L. McGarry P. Hennessy
ACCOUNTANTS:	Community Action Sutton Granfers Community Centre 73-79 Oakhill Road Sutton SM1 3AA
BANKERS:	CAF Bank Limited 25 Kings Hill Lane West Malling, Kent ME19

02

Our Governance



All our trustees continue to put a huge amount of personal time and effort into developing and resourcing the Centre

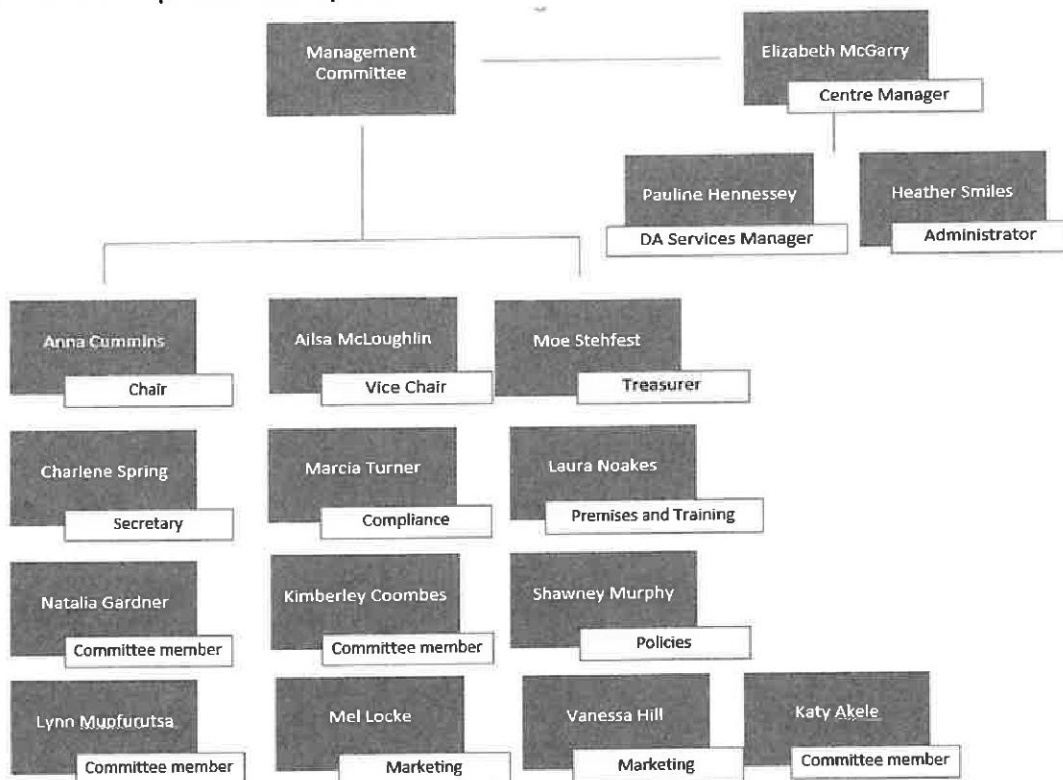
As a charity, we take our governance seriously and have put a number of policies in place to ensure the Women's Centre is sustainable in the long term and will continue to deliver services and support local women in the long term.

In 2018 we were successful in achieving the PQASSO standard. Unfortunately, NCVO are no longer running the replacement standard Trusted Charity however, we continue to regularly review our policies and operational

processes to ensure we are complying with the high standard we have set ourselves.

The Management Committee continues to function well and takes collective responsibility for all of its decisions. We held a number of strategy sessions with Linda Wood in January to review our effectiveness in delivery and to strengthen our team bonds. This was very successful and has led to many new and better ways of working. We are also planning to work with the Women's Resource Centre on their Feminist Leadership Programme

Our management structure is detailed below.



03

Our Aims, Objectives and Outcomes

Our Mission Statement

"Providing a safe, women only space where women can access support, advice, information and education to help them achieve their potential; develop their skills; and live their lives free from domestic abuse."

Our Objectives



Sutton Women's Centre is a unique organisation within the London Borough of Sutton with the capacity, skills and knowledge to design and deliver services to meet the needs of local women. We continue to innovate and have a strong reputation for high quality service delivery. We are strong advocates for services for local women and champion these. We work in partnership with other organisations and are active members of a number of local voluntary sector fora.

Our headline objectives are -

- To support and empower women to increase their confidence and self-esteem and enable them to make positive life decisions for themselves and their children.
- To provide advice to local women to ensure that they are able to access appropriate services, support and increase communication between women
- To provide inclusive educational and learning opportunities to improve the life chances of local women and their children, increase their career related skills and enable women to develop the tools they need to be active citizens.
- To provide information to women that respects their individual needs and improves their life chances, reduces isolation and increases communication between women.
- To champion the needs of local women to local partners and collaborate to find solutions.

Our Outcomes

In line with many other organisations we monitor and evaluate our work. Many of the outcomes we monitor and evaluate are prescribed by funders and commissioners. However, we believe that if we are to ensure we are functioning well as a charity and meeting our charitable objectives we need to have objectives that can demonstrate this. To that end we monitor and evaluate all our work to ensure our work with women:

- Improves their life chances
- Improves their health and well-being
- Increases their basic skills
- Reduces their Isolation

04

Our Achievements

The Freedom Programme

We are now into our seventh year of providing the Freedom Programme currently funded by the London Borough of Sutton via the Transform Partnership. To date over 1800 women have completed the programme with us.

The Freedom Programme is a twelve-week domestic abuse group course for women, which covers:

- All aspects of the dominator,
- The characteristics that he uses to gain power and control,
- The roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors
- The tactics that are involved in the games the dominator plays and the effects that domestic violence has on babies, toddlers, and teenagers.

Women either self refer or are referred by other agencies to the programme. The majority of our referrals are received from Children's Services, and have Child Protection Plans. Other referrals come from Hestia, NHS services, the police and schools.



178
WOMEN

completed the
Freedom
Programme with us
from April 2020 to
March 2021

Over 95% of women can now keep themselves and their children safe



Over 90% can now recognise the warning signs of abuse



Over 50% go on to access our free counselling service



Women on the Freedom Programme also accessed our other services



Free legal advice



1-1 crisis support



Counselling



Well being workshops



Social events



Monthly support group

This year saw a **68% increase** in the number of referrals to the Freedom Programme. From 371 in the previous year up to 545 this year. This very much reflects the increase in domestic abuse seen across the UK (and globally) during lockdown. We also saw a substantial increase in women aged 20-30 being referred, or self referring.

Continuing to provide the Freedom Programme was a priority for us. Our team quickly looked to Zoom and our team redesigned elements of the programme to better work online. This was hugely successful. Unfortunately, not all referrals were able to do the course online because of issues around safety, where their perpetrator was in the home; privacy, with children being at home), and lack of access to IT. Once restrictions were slightly lifted we were able to provide

Covid secure space and laptops for women who did not have access to IT - these were funded by the Coronavirus Community Support Fund..

Using Zoom has also meant that we are able to provide evening groups which has made it much more accessible for working women. Going forward we will continue to exploit the potential of online groups to make the Freedom Programme even more accessible.

We never view the Freedom Programme as a one-off course that ticks the box. Many of our women have complex needs as a result of years of abuse. We are there at every step of the way in what is often a very long journey to freedom. For example, we are -

- Supporting women to report incidences of abuse to the police
- Supporting women during court proceedings
- Providing crisis support
- Providing online support
- Providing access to our free counselling services
- Providing access to free legal advice
- Providing free workshops and classes to help with building self-esteem, improving mental health and coping with parenting challenges.
- Guiding women to our other services and those provided by other organisations in the community.

Women attending the Freedom Programme are diverse. The youngest woman we had was 16 years old and the oldest was 84. 33% of women attending the course are BME, which very much reflects our local community. For many this awareness of our services directly links to our provision of free ESOL classes - women are know us, they recommend us and they trust us.

Data shows that 9% of women attending have a disability, which is quite low. So this year two of our staff have been completed an accredited course on best practice to work with women with disabilities who have experienced domestic abuse. Using Zoom provides us with an opportunity to reach out to disabled women and our aim in the coming year is to trial a Freedom Programme group online specifically for disabled women.

The Freedom Programme - Jane's story in her own words *

I came to the Women's Centre after hearing about it from my IDVA who I was put in contact with via my children's school after reporting my ex-partner for domestic abuse.

The support and guidance I have received from the centre has been an absolute lifeline. My life and my children's has been very difficult these past two years and in the beginning I was feeling very scared, lost, alone and confused by everything that was going on.

I first spoke to a lady called Pauline after a horrendous court case. She listened and advised and sympathised with me which was very, very needed after the day I'd had. I was in a very low place and speaking to her that day really helped.

I then went in to see if I was suitable for the freedom programme. I started the programme and found it very useful but due to struggling with time due to working and everything else I only attended two sessions. After speaking with my IDVA I spoke to Pauline again and as the courses were now being held via zoom and in the evenings I decided to give it another go.

I found it so helpful and found myself looking forward to our Tuesday meetings. After the meetings I felt like a weight had been lifted being able to talk and understand the abuse I'd been subjected to. Listening to the other ladies also helped and the help and guidance they provided was brilliant.

I now realise I am not alone and have stopped being so hard on myself for allowing this to happen. I also have hope that things will eventually get better for me and my children after listening to the meeting leaders and hearing how life is for them now.

I have also accessed some free legal help from the centre which has helped me navigate myself through the court process.

I can't thank these ladies enough and I know without this service things would be very different for me and I probably wouldn't have had the strength to carry on fighting for a better, abuse free life for me and my children and would have felt I had no other option but to go back to my ex partner and endure many more years of physical, emotional, financial and verbal abuse.

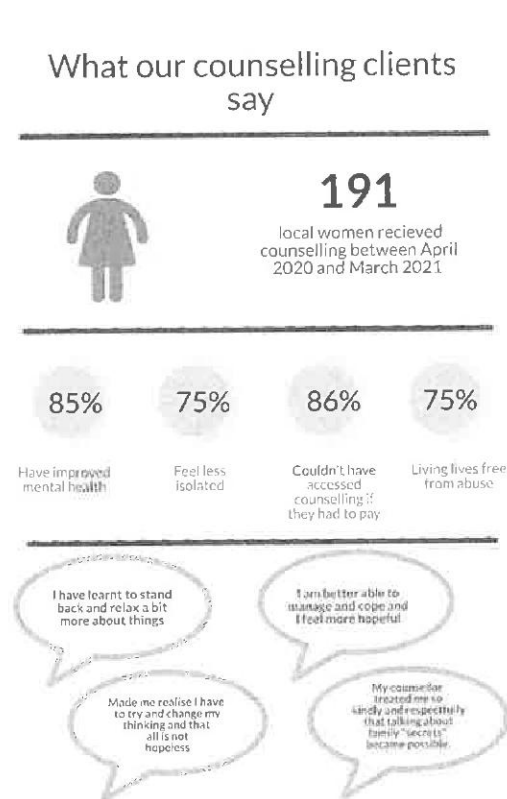
I am currently on the waiting list for counselling which I think will massively benefit me as I am still struggling with the emotional damage from the relationship.

Thank you, Sutton Women's Centre, from the bottom of my heart. You've changed mine and my children's lives.

*name changed to protect confidentiality

Domestic and Sexual Abuse Counselling

We continue to provide one to one counselling service for local women who have experienced domestic/ sexual abuse. This service has now been running for over 10 years with many thanks to funding from the National Lottery.



This year we worked with 191 women and delivered over 5,000 hours of counselling. As a result of the Covid pandemic our counselling service had to be adapted to online or telephone support. We provided training to our counsellors to enable them to make the transition to online work ethically and our counsellors rose to the challenge and took on more clients to reduce our ever-increasing waiting list. We also provided crisis support to 40 women suffering from anxiety and stress.

We now have 38 counsellors volunteering for this service. These volunteers come from a mixed background of counselling students looking for a counselling placement as part of their qualification, and fully qualified counsellors who want to give back to their community.

We are finding that many of our counsellors are now staying with us once they are qualified and we can now boast that half our counsellors are fully qualified. We have begun to work more closely with two of our local colleges to provide a placement for trainee counsellors.

The extension we built this year has provided us with enough space for an additional 40 hours of counselling a week to help us manage our waiting list of over 100 women.

What our stakeholders say

We get referrals from a number of sources - Social Services, GPs, Health Visitors, voluntary and community organisations, and hospitals. We recently undertook a survey of our stakeholders, who regularly refer women to our counselling service.

- 100% believed that women's mental and emotional health has improved because of the services we provide
- 88.9% reported that the counselling service makes a difference to the lives of survivors of domestic abuse
- 88.9% reported that our counselling service made a difference to the mental and emotional wellbeing of their service users
- 100% valued that the counselling service is able to be free of charge due to funding
- 100% stated that it was important to them that it was a female only service.

What our clients say

A 2020 survey of our service users found the following results:

- 84.6% of women had improved mental health
- 64% reported an increase in confidence
- 74.1% reported a reduction in feelings of isolation
- 78.6% reported an increased ability to cope with life on a day to day basis
- 69.2% reported an increase in self esteem
- 72.4% reported that they now live a life free of abuse
- 79.3% of women reported that they couldn't have had counselling on a regular basis if the sessions weren't free of charge and 85.7% reported that they wouldn't have been able to have counselling at all.
- 92.6% reported that they wouldn't have been able to look at their trauma if they had only been offered a handful of sessions.
- 69.3% felt that we managed to changeover to online counselling well but only 23.1% would prefer to work online rather than return to face to face sessions.

Our work with Women In Prison's local branch has continued and this is going well. They are hopeful to get further funding to continue with this outreach counselling service.

We have had a number of successes in the past year, including winning the Self Care Award organized by the Self Care Forum, a national organisation. A personal thankyou was received from the borough domestic abuse commissioner for providing additional services.

We have also introduced a weekly evening support group for women who have experienced childhood sexual abuse.

Supporting and developing our counsellors

We have increased our number of supervisors to 4 and now offer supervision on a Tuesday as well as a Monday, in order to be able to accommodate all our counsellors. Previously we only offered supervision on a Monday and this clashed with lessons at one of the local colleges which meant students then had to have their supervision privately. By introducing a new supervisor, on a different day, we can now offer all our counsellors group supervision.

We have also increased our counsellor's training opportunities, including a workshop on how to work effectively with the LGBTQ+ community and with women with disabilities who have experienced domestic abuse. We have also provided training in working with women who have experienced childhood sexual abuse as we are finding that more and more of our clients are presenting with this issue.

The workshop on the LGBTQ+ community was very informative and gave us some pointers into how we can engage with this hard-to-reach community more effectively.

Counselling feedback

I was so frightened when I came to SWC - not of SWC obviously, but of my husband, and also how I would be viewed as a professional working in the Borough and accessing the service (even though I had nothing to base this on!)

I was shown nothing but caring, non-judgemental, professional kindness and cannot thank SWC and Moira enough.

I knew I needed counselling for some time, but until that incident occurred last year, I just kept putting it off. I also felt that there were so many other women out there who deserved the counselling much more than me, and who were in far worse circumstances.

Well Moira allowed me to realise I am as important as anyone else and she gave me time to recognise what had led me to my current circumstances. She helped provide me clarity and allowed me to gain in confidence, so that I could leave my relationship when ready.

I have not done that yet, however I feel in a very different place. My anxiety levels have drastically reduced, and I feel less guilty and far more confident and happier. I know longer feel like I'm standing on the edge of a cliff waiting to jump or be pushed!

Workshops and classes

We run a number of classes to help build women's self-esteem, understand and manage their mental health better, and help them find their voice. Over the year approximately 270 have accessed these workshops and courses. The following courses took place as a result of working in partnership with Sutton College.

Art for Wellbeing funding enabled us to increase our classes to 3 a week. The classes are incredibly popular and oversubscribed, even when we had to switch them online.

Chi Flow, a mixture of Tai Chi and Qigong, helps women with their physical as well as their mental health, improving balance and flexibility as well as reintroducing women to their bodies, something that is very important to women who have experienced domestic and sexual abuse.

Breaking the Chains a drama-based course which helps women build on their self-esteem and empowers them to find their voice.

Writing for Wellbeing funhelps women to get their thoughts and feelings down on paper, a proven method to release trauma. It is also helpful to write your own story and to use metaphor to process feelings that may be too painful to express verbally.

Linda Wood facilitated 3 courses for us, each one several times a year and these are designed to improve women's understanding of their mental health and provide them with psychoeducation. These classes also build on women's self-esteem and confidence.

Domestic Abuse Support Groups

Support groups take place twice a month and are facilitated by a qualified counsellor. Twenty to thirty women attend each month and crèche facilities are available. Women find this ongoing support invaluable and many still need crisis intervention.

There is also online facilitated support via WhatsApp groups for each programme and a private Facebook page where women can share and receive support.

International Women's Day Celebration

As International Women's Day approached we started to look at what we could do within Covid guidelines and how we could do things differently. It is with thanks to team member Heather Smiles that we ended up with a full weekend of activities and over 378 tickets booked. Heather put her heart and soul into the celebrations and delivered a fantastic event over a full two days. We are incredibly grateful to the women below who shared their time, skills and experience free of charge.

- Art for Wellbeing Workshop - Anna Virabyan
- Singing for Wellbeing with local Choir Leader - come and sing for fun.
- Fabulicious Fitness - Shelly Holmes
- Time to Relax and Recharge - a meditation session - Linda Wood
- To Your Future Self - Caroline Odogwu of She Is You and winner of the Sutton Means Business Awards 2020.
- Gentle Yoga - Dipika
- Positive Mental Health Talk - Michelle Dawes, Life Coach
- Young Vibes a talk on inspirational women - Sutton African and Caribbean Cultural Society
- Musical Beats - Arabic Dance Demonstration - Daff Drumming
- Finding Inner Strength Through Self Compassion - Kind Mind Academy

Fundraising and donations

Like many charities, this year has been very hard in terms of fundraising as our usual range of local activities were not available and our fundraising Gala Dinner was cancelled.

However, many local organisations and people have stepped up and been incredibly generous with their donations. Acts of kindness have a huge impact on survivors.

Particular thanks go to

Tropic Skin Care - donated a huge amount of their products which we gave out as Christmas presents. We also distribute these to women who are attending the Freedom Programme, women having counselling and women using the foodbank.

Phase Eight - who donated a huge number of items of clothing

Carshalton High School for Girls - who donated £1.000 which they raised by making and selling face masks.

Cheam and Sutton Rotary Club - who donated £750.00 and also hosted a virtual Santa's Grotto which was enjoyed by 62 children

Bob Watson - who donated a huge number of children's presents enabling 168 families to have a special Christmas. And thanks to his wife and daughter who spent days sorting the presents into age groups and wrapping them beautifully.

Cuddington Ladies Golf Club - who donated £5,000

Sutton Vineyard Church - who donated Christmas presents and over 40 Christmas food hampers

Jill Scarlett (Sainsburys community champion) - who donated 30 Christmas cakes baked by her and her mother

Kathy Pelc who did a sponsored walk around the borough and raised £455.00

SWAN (a local Muslim Women's Group) - who donated stationery packs and clothes

And finally, a huge thanks to all the people who have donated anonymously through Facebook, Amazon Smile and PayPal, and those who have donated goods to help us fundraise.

Food Bank

We are currently supporting 58 women a week and have supplied 1935 bags of shopping in the last year. The introduction of a food bank for our clients has made a huge difference to our service users. Many of our women have challenges with Universal Credit and still live with the impact of economic abuse. From October to December alone we provided 763 bags of shopping to local women.

During lockdown, a visit to the foodbank also gave women the opportunity to have a chat with one of our counsellors or support staff and receive some emotional support. Service users reported back that this was invaluable in getting them through such a difficult time. We are very grateful to all the individuals and organisations who have made donations which we have distributed to women in need. Particular thanks go to -

- Cheam and Sutton Rotary Club
- Carshalton Park Rotary club
- Sutton Community Farm
- Sainsburys
- Morrisons
- Tesco
- Lighthouse Church

Building our extension

We had planned for some time to create an extension in our back garden as we are in desperate need of more space to deliver our services. George Williamson from WAD Associates Ltd in Wallington was the architect who pulled together the plans, secured planning permission and managed the project for us. We are incredibly grateful for his professionalism and support.

We started the build shortly after lockdown. We are incredibly grateful to Surrey Lofts who carried out the building work. They were diligent, professional and we are more than happy with the result. Having the extension gives us an extra room and the capacity to offer over 40 more women a week counselling. The room has also allowed us to increase our capacity for other services such as ESOL, art classes and well-being workshops. This has been crucial during the pandemic as we have had the room to offer Covid secure classes and counselling sessions.

The total cost of the build was £45,000. We already had £21,000 of funds ringfenced by fundraising and we raised the remaining £24,000+ from

- Sutton Vineyard Church - donated £4,000
- Viridor Beddington Community Benefit Fund - donated £3, 000
- Bernard Sunley Foundation - donated £5,000
- Aviva Crowdfunding - which raised £3,500. Huge thanks to Sarah McGourty who did all the work on this so well, and so successfully.
- Community Action Sutton and Sutton Giving COVID-19 Rebuild Fund - who gave us a grant of £10,000

We had a limited launch with the Mayor of Sutton and Deputy Madam Mayor and we extend our thanks to them for doing this.

Engaging with the wider community

Opportunities to engage with the wider community were very limited this year. We have always welcomed visitors to the Centre and going out to speak and engage with local people and organisations.

However, we have continued to act as a voice in the local community as members of

- The London Borough of Sutton Domestic Abuse Strategic Board
- The London Borough of Sutton Domestic Abuse Forum
- The London Borough of Sutton Reducing Reoffending Board
- The local VCS CEO forum
- Women's Aid and the Women's Aid CEO Network

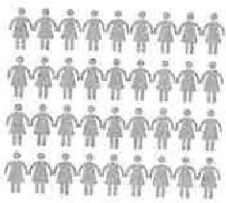
05

Our Volunteers

Our volunteers are pivotal to our success. From counselling to legal advice, they bring skills and knowledge that we could never hope to buy in.

We have increased the number of our volunteers to over 60 this year. We have 41 voluntary counsellors at the Centre. These are second- or third-year students studying for an MSC or Diploma in counselling, or recently qualified counsellors. We are grateful to them not only for the hours they give us but for the way so many of them throw themselves into the life and culture of the Centre.

We are finding that many of our counsellors are now staying with us once they are qualified and we can now boast that half our counsellors are fully qualified. We have recently begun to work more closely with two of our local colleges to provide a placement for trainee counsellors.



62
VOLUNTEERS
regularly give their time
to Sutton Women's
Centre



We are particularly pleased that our volunteers on the Freedom Programme are drawn from women who have been on the programme themselves. Not only can they share their insight but develop their own skills and experience as they take their lives forward. Two of our former Freedom Programme volunteers - Kerry and Lyzanne - are now qualified facilitators and truly understand the hard journey women face to find freedom.

OVER
9,738
VOLUNTEER HOURS



are gifted to Sutton Women's
Centre every year

The annual value of our
volunteers is over

£271,151.90



We would not be able to provide the wide range of support and services without our volunteers. For example, our "Women on Wednesday" is supported totally by volunteers who have shown a long-term commitment to working with local women and supporting the centre.

We have calculated that this year our volunteers have provided an annual value of over £270,000¹.

¹ ONS annual survey of hours and earnings
<https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/earningsandworkinghours/datasets/pla-ceofresidencebylocalauthorityshetable8>

06

Our Future Plans

Our Plans for 2021 - 2022

Our overarching priorities in terms of service delivery are -

- Supporting women to live their lives free of violence
- Enabling women to be economically and socially active
- Supporting mothers in the challenges they face

As a small charity we rely on funding streams to support services for which we have identified a need. This means that the majority of our funding is restricted- with contractual obligations setting out what must be delivered, the time frame and the available resources.

In terms of unrestricted funding, money is raised through fundraising activity but given the nature of this it is impossible to identify what this resource would be throughout the year or make any plans for this. The Management Committee regularly consider the priorities for unrestricted funds when they become available.

Like many organisations we are not sure what the long-term impact of the Covid-19 pandemic will have. What we are certain of, is that we have the capacity and skills to quickly flex to meet the needs of local women and design services that meet these needs.

There is a planned Strategy Session due to take place in May 2021 to determine our plans going forward.

07

Our Funding

Transactions and financial position

Financial position

The statement of financial activities shows net income/ (outgoings) for the year of (2021:- £7562) and our reserves stand at **£225016** (2020: £217,453) in total, of which £170,837 represents Current Assets and £54,237 represents Fixed Assets.

Tangible Fixed Assets for use by the charity

Details of movements in Fixed Assets are set out in Note 9 of the Accounts.

Reserves

The Trustees recognise the need to ensure adequate resources are held in reserve to account for contractual obligations to staff (i.e. maternity and redundancy pay), contingencies, risk management and any unanticipated reduction in income. The Trustees have agreed a reserves policy in recognition of the risks to our operations if we fail to secure future funding. The reserves policy aims to mitigate these risks. We have one main asset which is our premises, which is owned by Sutton Women's Centre. This puts us in a slightly different position to many charities in that we can keep the Centre open, in some form, with only basic running costs and volunteers. However this means that the major risk to our future is the building itself and as such the potential costs / liability for major work is incorporated into this reserve policy.

Sutton Women's Centre is currently dependent on a variety of funders providing restricted funding to deliver agreed services. This reserves policy does not cover the actual loss from these funding streams once the funding period has ended but rather the reserves required to keep a basic level of service available to local women and to prevent Sutton Women's Centre from closing.

Directors and Trustees

All Directors of the company are also Trustees of the charity, and there have been no other Trustees. All of the Trustees named on page 1 served as detailed. The Board has the power to appoint additional Trustees as it considers fit to do so.

Risk Management

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Trustee's responsibilities in relation to the Financial Statements

The Trustees are required by company law to prepare Financial Statements for each financial year which give a true and fair view of the financial activities of the charity and of its financial position at the end of that year. In preparing those Financial Statements the Trustees are required to:

- (a) select suitable policies and apply them consistently;
- (b) make judgements and estimates that are reasonable and prudent;
- (c) state whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the Financial Statements; and
- (d) prepare the Financial Statements on a going concern basis unless it is inappropriate to assume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the Financial Statements comply with the Companies Act 2006. 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.

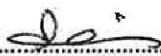
Independent Examiners

A resolution proposing Community Action Sutton be re-appointed as Independent Examiners of the charity will be put to the Annual General Meeting.

Approval

This report was approved by the Trustees on

and signed on their behalf by:


.....

A Cummins - Chair

The Women's Centre Sutton
Statement of Financial Activities (including Income & Expenditure Account)

Year ended 31st March 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Income from:					
Charitable Activities	3	-	165,460	165,460	116,190
Donations	2	56,909	15,052	71,961	41,844
Total	2	56,909	180,512	237,421	158,034
Expenditure On:					
Charitable Activities		54,935	174,924	229,859	147,506
Total	4	54,935	174,924	229,859	147,506
Net Income / (expenditure)		1,974	5,588	7,562	10,528
Transfers between funds		-	-	-	-
Net Movement in Funds		1,974	5,588	7,562	10,528
Reconciliation of funds:					
Total Funds brought forward		138,316	79,137	217,453	206,925
Total Funds carried forward		140,291	84,724	225,015	217,453

CONTINUING OPERATIONS

All the activities of the charity are classed as continuing.

TOTAL RECOGNISED GAINS AND LOSSES

The charity has no recognised gains or losses other than the results for the year as set out above

**The Women's Centre Sutton
Balance Sheet as at 31st March 2021**

	Note	2021 £	2020 £
FIXED ASSETS:			
Tangible Assets	9	54,178	54,237
CURRENT ASSETS:			
Cash at bank and in hand		170,837	163,926
CREDITORS: Amounts falling due within one year	10	-	710
NET CURRENT ASSETS:		170,837	163,216
NET ASSETS		<u>225,015</u>	<u>217,453</u>
FUNDS	11		
Other Reserves		54,000	54,000
Restricted Funds		30,724	25,137
Unrestricted Funds		140,291	138,316
		<u>225,015</u>	<u>217,453</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the charity to obtain an audit of its Financial Statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The Director acknowledges her responsibilities for:

(i) ensuring that the charity keeps proper accounting records which comply with section 386 of the Companies Act 2006 and

(ii) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each year, financial year and of its profit or loss for each financial year in accordance with the requirements of sections 394 & 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective 1 January 2015) and with the requirements of the Companies Act 2006 and the Charities Act 2011.

Approved by the Board on

4/10/2021

Signed on their behalf by:

Anna Cummins –
Chair

X 

Amokegbame Stehfast -
Treasurer

X



Notes to the Financial Statements

Year ended 31st March 2021

1.1a Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention and include the results of the charity's operations which are described in the Directors' and Trustees' Report and all of which are continuing.

The Accounts have been prepared in compliance with the Statement of Recommended Practice on Charity Accounts Accounting and Reporting by Charities (SORP 2005) issued in March 2005, the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities.

The Charity has taken advantage of the exemption in Financial Reporting Statement No 1 (revised) from the requirement to produce a cash flow statement.

1.1b Fund Accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of a grant

1.2 Tangible Fixed Assets and Depreciation

Tangible Fixed Assets are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of Fixed Assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold Property	Not provided
Fixtures & Fittings	25% on reducing balance
Office Equipment	25% on reducing balance

1.3 Incoming Resources

Voluntary income & donations are accounted for as received by the charity. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period, but these are dealt with through the Statement of Financial Activities when received.

The value of services provided by volunteers has not been included in these Accounts.

Notes to the Financial Statements (continued)

Year ended 31st March 2021

1.4 Investments

Investments are stated at market value. Realised and unrealised gains and losses on investments are dealt with in the Statement of Financial Activities. Investment income plus associated tax recoverable is credited to income on an accruals basis, using dividend dates and interest accrued daily.

1.5 Value Added Tax

Value added tax is not recoverable by the charity, and as such is not included in the relevant costs in the Statement of Financial Activities.

1.6 Resources Expended

Administration expenditure includes all expenditure directly related to the charitable activity which is based within the premises. This includes costs of running office premises, staff salaries for administrative staff and accountancy fees.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the Independent Examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly.

1.7 Fundraising Costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations and the staging of special fundraising events

Notes to the Financial Statements (continued)

Year ended 31st March 2021

2. INCOME FROM GENERATED FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
HMRC Job RS	-	15,052	15,052	-
Donations and Gifts	21,751	-	21,751	13,028
Counselling donations	3,750	-	3,750	6,472
Fundraising	22,309	-	22,309	8,464
ROOM-HIRE	-	-	-	2,795
LWD BOOKS	370	-	370	445
Supervision	6,600	-	6,600	5,160
Gift Aid	2,128	-	2,128	3,034
Contributions towards courses	-	-	-	2,447
Grants (Note 3)	-	165,460	165,460	116,190
	56,909	180,512	237,421	158,034

All donations are treated as an unrestricted fund. Investment Income is derived from interest receivable on cash deposits.

3. GRANTS

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Transform	-	44,240	44,240	11,057
Transform MOPAC	-	7,155	7,155	-
Children In Need	-	4,996	4,996	9,992
Children In Need Extra Funding	-	3,000	3,000	-
London Funders Wave3	-	9,990	9,990	-
National Lottery	-	50,412	50,412	43,291
National Lotte COVID Fund	-	2,882	2,882	-
Sutton College ESOL	-	288	288	1,440
Tesco Groundworks	-	500	500	-
CommunityAction COVID19	-	1,300	1,300	-
Community Action Rebuild	-	10,000	10,000	-
Women In Prison	-	13,063	13,063	2,247
Neighbourly Com Fund	-	400	400	-
Arts Network	-	1,000	1,000	-
Sutton College Bid	-	4,494	4,494	4,314
Sutton College	-	9,291	9,291	-
Ministry of Justice	-	2,450	2,450	-
LBS FREEDOM PROGRAMME	-	-	-	27,990
ICS NHS	-	-	-	10,400
Ashley Foundation	-	-	-	960
St James Place	-	-	-	2,500
Sutton College ART	-	-	-	2,000
	-	165,460	165,460	116,190

Notes to the Financial Statements (continued)

Year ended 31st March 2021

4. RESOURCES EXPENDED

	Unrestricted 2021 £	Restricted 2021 £	Total 2021 £	Total 2020 £
STAFF SALARIES	41,394	83,098	124,492	93,983
STAFF TRAINING	-	1,589	1,589	1,755
SUPERVISION	-	15,010	15,010	11,250
CRECHE	-	82	82	1,081
SERVICE DELIVERY	-	9,078	9,078	15,213
IND EXAMINERS FEES	-	710	710	1,310
TELEPHONE	-	558	558	376
Accounting	-	-	-	193
Salaries	-	-	-	7,696
RATES	-	792	792	881
INSURANCE	-	1,114	1,114	1,029
COMPUTER COSTS	-	-	-	739
LIGHT & HEAT	-	819	819	922
SUNDRY	-	171	171	1,568
POST & STATIONERY	-	1,953	1,953	2,356
Building Works	13,541	31,943	45,484	2,059
REPAIRS & MAINTENANCE	-	7,299	7,299	827
Cleaning	-	880	880	918
BANK CHARGES	-	138	138	120
FUNDRAISING COSTS	-	200	200	591
CONFERENCE	-	-	-	250
Gala Dinner	-	-	-	550
COVID	-	3,279	3,279	-
WORKSHOPS	-	15,760	15,760	1,262
VOLUNTEER EXPENSES	-	392	392	499
DEPRECIATION	-	59	59	79
	54,935	174,924	229,859	147,507

Notes to the Financial Statements (continued)

Year ended 31st March 2021

5. NET INCOME / (OUTGOING) RESOURCES FOR THE YEAR

This is stated after charging:

	2021	2020
	£	£
Depreciation of tangible fixed assets owned by the charity	59	79
Independent Examiners Fees	710	1,310
	<u>769</u>	<u>1,389</u>

6. STAFF COSTS

	2021	2020
	£	£
Salaries & Social Security Costs	<u>124,492</u>	<u>93,983</u>

No employee received remuneration of more than £20,426.

The number of employees at the end of the year totalled **14** (2020: 15)

7. TRUSTEE REMUNERATION & RELATED PARTY TRANSACTIONS

No members of the management committee received any remuneration during the year. No travel costs were reimbursed to any Trustee during the year (2020 - nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year. (2020 - nil).

8. TAXATION

As a charity The Women's Centre (Sutton) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives. No tax charges have arisen in the charity.

Notes to the Financial Statements (continued)

Year ended 31st March 2021

9. TANGIBLE FIXED ASSETS

	FREEHOLD PROPERTY	FIXTURES & FITTINGS	COMPUTER EQUIPMENT	TOTALS 2021	TOTALS 2020
	£	£	£	£	£
COST					
As at 1 April 2020	54,000	10,218	13,495	77,713	77,713
Disposals	-	-	-	-	-
Additions	-	-	-	-	-
As at 31 March 2021	54,000	10,218	13,495	77,713	77,713
DEPRECIATION					
As at 1 April 2020	-	10,136	13,339	23,476	23,397
Disposals	-	-	-	-	-
Charge for Year	-	20	39	59	79
At 31 March 2021	-	10,156	13,378	23,535	23,476
NET BOOK VALUE					
As at 31 March 2021	54,000	62	117	54,178	54,237
At 31 March 2020	54,000	82	156	54,238	54,317

Freehold Property

There is a charge registered by the London Borough of Sutton against all the charity's property.

10. CREDITORS: Amounts falling due within one year

	2021	2020
	£	£
Creditors	-	-
Other accruals	-	710
	-	710

Notes to the Financial Statements (continued)

Year ended 31st March 2021

11. MOVEMENT IN FUNDS

	At 31 March 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
OTHER RESERVE	54,000	-	-	-	54,000
RESTRICTED					
CommunityNat Lottery Fund	17,643	50,412	(53,731)		14,324
National Lottery COVID	-	2,882	(2,882)		-
Transform	(2,816)	44,240	(33,622)		7,802
Transform MOPAC	-	7,155	(7,155)		-
LBS Survivors	1	1	1		1
CHILDREN IN NEED	4,356	4,996	(9,129)		223
Children In Need COVID	-	3,000	(3,000)		-
London Funders Wave 3	-	9,990	(9,990)		-
Ministry of Justice	-	2,450	(2,450)		-
Sutton college Bid	220	4,494	(4,714)		-
Sutton College Bid 2	-	9,291	(10,451)		(1,161)
Sutton College ESOL	-	288	(288)		-
Women In Prison	717	13,063	(9,500)		4,280
St James Place	882	-	(882)		-
Ashley Foundation	820	-	(380)		440
CommunityAction COVID19	-	1,300	(1,300)		-
CommunityAction COVID19	-	10,000	(10,000)		-
Neighbourly Com Fund	-	400	(400)		-
Tesco Groundworks	-	500	-		500
Art Network	-	1,000	-		1,000
NHS	3,316	-	-		3,316
HMRC Job Ret	-	15,052	(15,052)		-
TOTAL	79,137	180,512	(174,925)		84,724
GENERAL	138,316	56,909	(54,935)		140,291
	217,453	237,421	(229,859)		225,015

Independent Examiner's Report on the Accounts for the Year ended 31 March 2021

I report on the accounts for The Women's Centre (Sutton) for the year ended 31st March 2021.

Respective responsibilities of trustees and examiner

The trustees, who are also directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Charities Act;
- to follow the procedures laid down in the general directions given by the Charities Commission under section 145(5)(b) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of independent review

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe, that in any material respect, the requirements have not been met:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the statement of Recommended Practice; Accounting and Reporting by Charities; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Name: Dunstanette Kuti FCCA MCS1

Position: Head of Financial Services

Community Action Sutton

Granfers Community Centre

73-79 Oakhill Road

Sutton, Surrey, SM1 3AA

Date:

11/10/21

2021