

# 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

<b>Charity Number</b>	294067
<b>Registered Number</b>	01829008 (England and Wales)
<b>Registered Office and Principal place of Business:</b>	3 Palmerston Road, Sutton, SM1 4QL
<b>Date of Incorporation</b>	05 March 1984
<b>Directors</b>	S. Davis M. Turner E. Matthews V. Hill
<b>Trustees</b>	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
<b>Senior Management</b>	E. McGarry H. Smiles P. Hennessy
<b>Accountant</b>	Community Action Sutton Granfers Community Centre 73-79 Oakhill Road Sutton SM1 3AA
<b>Bankers</b>	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 you have 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.



An Ambassador Meet Up to learn about the experiences of male survivors of Domestic Abuse

## 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 £
<b>Income from:</b>					
Charitable Activities	3	-	274,957	274,957	156,238
Grants and Donations	2	58,321	-	58,321	55,561
Financial investment		385	-	385	231
<b>Total</b>		58,706	274,957	333,663	212,031
<b>Expenditure On:</b>					
Charitable Activities	4	21,696	233,609	255,305	227,593
<b>Total</b>		21,696	233,609	255,305	227,593
<b>Net Income / (expenditure)</b>		37,010	41,349	78,359	(15,562)
<b>Transfers between funds</b>		(141)	141	-	-
<b>Net Movement in Funds</b>		36,869	41,490	78,359	(15,562)
<b>Reconciliation of funds:</b>					
Total Funds brought forward		157,805	85,293	243,098	258,660
Revaluated reserve brought forward		146,000	-	146,000	146,000
<b>Total Funds carried forward</b>		340,674	126,783	467,457	389,098

**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 £
<b>FIXED ASSETS:</b>			
Tangible Assets	9	200,075	200,100
<b>CURRENT ASSETS:</b>			
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>
<b>NET CURRENT ASSETS:</b>		267,382	188,998
<b>TOTAL NET ASSETS</b>		<u>467,457</u>	<u>389,098</u>
<b>THE FUNDS OF THE CHARITY:</b>	13		
Other Reserves		54,000	54,000
Restricted Funds		72,783	31,293
Unrestricted Funds		194,674	157,805
Revaluated Reserve		146,000	146,000
<b>TOTAL CHARITY FUNDS</b>		<u>467,457</u>	<u>389,098</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. Stehfest (Dec 20, 2024 12:41 GMT)

Treasurer   
Samiyah Qureshi (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**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2024</b>	<b>Total Funds 2023</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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	-
	<b>58,321</b>	<b>-</b>	<b>58,321</b>	<b>55,561</b>

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	-	<b>274,957</b>	<b>274,957</b>	<b>156,238</b>

All grant funding has been treated as a restricted fund.



Notes to the Financial Statements (continued)

Year ended 31st March 2024

4. RESOURCES EXPENDED

		<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>	<b>Total</b>
		<b>2024</b>	<b>2024</b>	<b>2024</b>	<b>2023</b>
		<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>DIRECT COSTS</b>					
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		8,052	225,459	233,511	205,023
<b>SUPPORT COSTS</b>					
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		13,644	8,150	21,794	227,593
		<b>21,696</b>	<b>233,609</b>	<b>255,305</b>	<b>432,616</b>

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
	<u>1,000</u>	<u>884</u>

6. STAFF COSTS

	2024	2023
	£	£
Salaries & Social Security Costs	<u>158,950</u>	<u>138,705</u>

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
	£	£	£	£
<b>COST</b>				
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
<b>DEPRECIATION</b>				
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
<b>NET BOOK VALUE</b>				
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**

	<b>At 31 March 2023</b>	<b>Total Income</b>	<b>Total Expenditures</b>	<b>Funds Transfer</b>	<b>At 31 March 2024</b>
<b>Restricted Funds</b>		<b>£</b>	<b>£</b>	<b>£</b>	
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)	-	-
<b>Total Restricted Funds</b>	<b>31,293</b>	<b>274,957</b>	<b>(233,609)</b>	<b>141</b>	<b>72,783</b>
Unrestricted Funds	142,097	-	-	-	142,097
General Account	15,708	58,706	(21,696)	(141)	52,577
<b>Total Unrestricted Funds</b>	<b>157,805</b>	<b>58,706</b>	<b>(21,696)</b>	<b>(141)</b>	<b>194,674</b>
<b>Other Reserve</b>	<b>54,000</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>54,000</b>
<b>Revaluated Reserve</b>	<b>146,000</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>146,000</b>
<b>Total Funds</b>	<b>389,098</b>	<b>333,663</b>	<b>(255,305)</b>	<b>-</b>	<b>467,457</b>

**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, SM1 3AA

Date: 20/12/2024