



Company number: 02443288

Charity Number: 1010129

Sheffield Women's Counselling
and Therapy Service

Sheffield Women's Counselling and Therapy Service Limited

trading as

Saffron Sheffield

Report and financial statements
For the year ended 31 March 2022

Sheffield Women's Counselling and Therapy Service Limited

Reference and administrative information

for the year ended 31 March 2022

Charity name Sheffield Women's Counselling and Therapy Service Limited also known as Saffron Sheffield

Company number 02443288

Charity number 1010129

Registered office & operational address 289 Abbeydale Road, Sheffield S7 1FJ

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Susan Bridgeford (Chair, until AGM on 15 November 2021)

Pamela Marshall (Chair, from 15 November 2021)

Teresa Allewell (Treasurer)

Judith Dodds

Ahmina Akhtar (Deputy Chair)

Stephanie Allan (resigned 20 April 2022)

Olivia Sinclair

Emma Draper (from 15 November 2021)

Gillian Godden (from 15 November 2021)

Afolasade Ladejobi (from 15 November 2021)

Key management Katherine Myles (Chief Executive, until May 2021)

personnel Sarah Smart (Chief Executive, from May 2021)

Ingrid Harris (Head of Clinical Services)

Bankers Co-operative Bank plc
PO Box 250, Delf House, Southway, Skelmersdale WN8 6WT

Independent Examiner Christy Lau FCCA CTA DChA, Slade & Cooper Limited
Beehive Mill, Jersey Street, Ancoats, Manchester, M4 6JG

Sheffield Women's Counselling and Therapy Service Limited

Trustees' annual report

for the year ended 31 March 2022

The trustees present their report and the unaudited financial statements for the year ended 31 March 2022. Included within the trustees' report is the directors' report as required by company law.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association of Sheffield Women's Counselling and Therapy Service Limited ("**the company**" or "**the charity**" or "**Saffron Sheffield**") and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes.

Objectives

The objectives of Saffron Sheffield, as set out in its governing document, are:

- to promote and protect the mental health and wellbeing of women and girls, in particular through the provision of counselling and psychotherapy, and
- to advance the education of the public with regard to the mental health and wellbeing of women and girls.

The following key strategic aims help Saffron Sheffield meet the above objectives:

Service delivery

To provide free, accessible and high-quality psychotherapy and group programmes for women in Sheffield who have experienced trauma or abuse.

Training & support

To provide training and support for other agencies and practitioners to enable them to work more effectively with women who have experienced trauma or abuse.

Awareness raising and campaigning

To raise awareness of the needs of women who have experienced trauma or abuse and campaign for better services.

Securing our future

To build a sustainable future for Saffron Sheffield so that it can continue to support women who have experienced trauma or abuse.

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Activities undertaken for public benefit

The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and planning its future activities. In particular, the trustees consider how planned activities will contribute to the set aims and objectives.

The most direct beneficiaries of our activities are women in Sheffield aged 16 and above who have experienced trauma or abuse in childhood or adulthood, including:

- Sexual abuse, sexual violence, rape or sexual exploitation
- Domestic abuse and domestic violence, including coercive control
- Honour-based violence and female genital mutilation
- Torture and trafficking
- Being a victim or witness of a crime or an accident
- "County lines" or the exploitation of children and vulnerable people to aid illegal drugs distribution
- Emotional abuse
- Childhood neglect

Our clients usually suffer from complex post-traumatic stress symptoms due to chronic or repeated instances of abuse or trauma. We provide free 1:1 psychotherapy and free 1:1 and group well-being activities for these women.

Women accessing our services tell us that due to the support they have received, they can better recognise the potential for unhealthy relationships which enables them to maintain healthier relationships. In many cases, therapy also helped women keep or find new employment whilst struggling with their mental health. Our work has wider, additional benefits for the families and communities of the women we directly support. Our clients often tell us that therapy has made them better parents. They also find it easier to attend or volunteer in community activities because of our services.

Our activities have also included providing signposting and informal support to other professionals and agencies who work with women and girls who have experienced trauma or abuse. By sharing our expertise, we can benefit women who are clients or service users of these other agencies.

Achievements and performance

All of Saffron Sheffield's charitable activities focus on improving the mental health and wellbeing of women and girls who have experienced abuse or trauma. We undertake them to further Saffron Sheffield's charitable purposes for the public benefit.

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for the year ended 31 March 2022

Activities

External Impacts - Covid 19

The Covid-19 pandemic has had an unprecedented impact on our clients and how we deliver our services. It has been essential to recognise that a shared experience can affect individuals differently. Since March 2020, and ongoing throughout the reporting period, exacerbated trauma symptoms have impacted our clients, who told us that the lockdowns felt similar to being in coercive controlling relationships.

Overall, the pandemic has had a destabilising impact on women's mental health in Sheffield, worsening their depression, anxiety, panic attacks, flashbacks, self-harm and suicidality. The main effects that clients have struggled to cope with have been:

- ongoing economic pressures of job loss or job insecurity
- children not being in school
- bereavement and restrictions on attendance at funerals
- continuing restrictions on attendance at hospitals and care homes
- delayed hospital appointments and treatments
- re-engaging with life post-lockdowns

For a minority of our clients, it was felt that the move to remote 1:1 therapy delivered either online or by telephone would not meet their needs or the clients themselves did not wish to receive therapy remotely. We found that children not able to attend school, job furloughs and remote working impacted the ability of our clients to find a private location and commit to a regular slot for therapy each week. In these cases, we offered remote wellbeing support and regular supportive calls from a therapist who also helped to signpost clients to other services if available or required. All but one of these clients have now resumed and completed their 1:1 therapy.

We did not encounter any digitally excluded service users during the reporting period as the ongoing telephone offer is highly accessible. Similarly, we continued to offer a user-friendly, web-based video call platform that does not require any account or app download.

For clients who were still actively at risk of abuse, self-harm or suicide, our therapists adapted their implementation of safeguarding and risk management protocols for remote working. This adaptation ensured that any signs, symptoms or disclosures of abuse and self-harm were carefully managed and referred to relevant agencies.

In July 2021, we began to resume face to face therapy at our premises on Abbeydale Road. In September 2021, we decided to make our blended offer of face to face, online or telephone therapy permanent. In December 2021, we temporarily halted face to face therapy for five weeks due to the rising infections from the Omicron variant.

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for the year ended 31 March 2022

Across the two years of the pandemic, additional funding sources have been available regionally and nationally to mitigate the adverse mental health and domestic abuse effects of the lockdowns and Covid-19. We continued to be successful in our fundraising bids, enabling us to sustain and grow our staff base and infrastructure during the reporting period. This capacity growth allowed us to increase the number of women we helped.

External Impacts – Other

Other external impacts on our service have included;

- Traumatic events reported on media - such as the murder of Sarah Everard in March 2021 - and the resulting lack of trust in the police force regarding support for prosecutions and general safety.
- The sudden war in Ukraine creating fear and concern for self and others.
- The rising cost of living and potential struggle to pay bills.

Premises

In the first year of the pandemic, our premises at Daniel Hill in Sheffield became unfit for purpose. A steering committee was formed of two trustees and the CEO, Head of Clinical Services and Office Manager. Alongside the support of Lloyd's Foundation Enhance Programme, considerations began for a suitable alternative in time for the return to face to face service delivery.

However, no suitable alternative was found. The Trustees agreed that, due to the loss of trading income throughout the pandemic, the hiring out of rooms at its premises at Abbeydale Road would cease from 31 October 2021. We could then use that building for all of our operations moving forward. 289 Abbeydale Road became our registered address in October 2021, and one month's notice was given to the local authority for the termination of the tenancy of 44 Daniel Hill on 19 March 2022.

1:1 Therapy

Waiting List

We opened our waiting list for 3 weeks in August 2021 and 137 women registered for therapy. Our previous intake over 3 weeks in November 2020 had been 95.

Assessments

In the current reporting period, Saffron Sheffield offered 366 assessment sessions (2021: 361) and these were attended by 143 women (2021: 142). 9% of our assessments (2021: 9%) were missed without prior arrangement. We carried out comprehensive clinical assessments in order to obtain a detailed picture of client symptoms, to assess risk and to inform a personalised offer of therapy.

Therapy sessions

153 women benefited from 1:1 therapy sessions (2021: 116), from the 2,372 1:1 therapy sessions that were offered (2021: 1,697). Only 4% of these sessions were not attended without prior arrangement (2021: 6%). 75 clients completed therapy in this time (2021: 44).

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Wellbeing sessions

We provided 155 hours of 1:1 wellbeing support (2021: 148), attended by 55 women (2021: 41).

Therapeutic groups

We did not undertake any face-to-face group therapy sessions during the reporting period. However, we provided 30 sessions of online group well-being support (2021: 31) attended by 5 women (2021: 6)

Recruitment and team development

In May 2021, Sarah Smart took up the CEO role after Katherine Myles gave notice of her resignation from Saffron Sheffield in February 2021.

We have recruited two new staff therapists and two volunteer therapists. All underwent rigorous selection and demonstrated they had a good depth of experience in delivering psychotherapy for trauma and/or abuse before starting with us.

With the increase in our service delivery, the need to increase our support capacity became apparent. We have recruited two new roles: Finance Manager and Administration Assistant. Alongside this, we developed the role of Office Coordinator to Office Manager.

One of our Senior Therapists completed supervision training and has now taken responsibility for the supervision of our three volunteers. She has also taken on leading a monthly reflective practice for all of our clinical staff.

At the end of the current reporting period, we have ten employed staff (7 FTE), seven associate staff and three volunteers.

Several staff CPD opportunities took place during this reporting period:

- Child Safeguarding training (external)
- Adult Safeguarding training (internal)
- Power Threat Meaning Framework (internal)
- Trauma-Informed Care workshop
- Neurodiversity in Therapy workshop
- General Data Protection Regulation(GDPR) Training

Trustees

On 15 November 2021 at our annual AGM, Susan Bridgeford resigned from the post of Chair of trustees. She was replaced by Pam Marshall (Chair) and Ahmina Akhtar (Deputy Chair). The board of trustees decided to create a position as deputy to the chair of trustees to deputise for the chair when necessary. The Board also elected three new trustees at this time: Emma Draper, Gill Godden and Sade Ladejobi.

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Partnership working

We partner with a number of networks within both the Sheffield and South Yorkshire area and nationally:

Sheffield Psychologies Board

All psychology services commissioned by the NHS meet once a month to share practice, collaborate on service improvements and develop client/patient pathways. Consequently, mental health practitioners across the city are better aware of our specialist service and how to signpost clients to us. We can also better support clients to access other mental health services. We are well-embedded in existing pathways and regularly liaise with other health and social care practitioners to ensure continuity of care.

End Violence Against Women and Girls (WAVES)

WAVES is a Sheffield voluntary sector forum for organisations whose primary purpose is working to end violence against women and their children. Saffron is a member organisation and works collaboratively to share resources, information, and best practices to develop a strong voice to tackle domestic and sexual abuse, rape and other forms of male or gender-based violence.

Mental Health Partnership Network (MHPN)

This network was developed to support and sustain a strong mental health voluntary sector in Sheffield. Its purposes are to ensure that the mental health voice is heard, its diverse perspectives are represented in several inter-agency forums and opportunities are maximised to influence policy and decision-makers, funders and commissioners and other partner agencies. In September 2021, Saffron Sheffield's CEO was invited onto the Steering Committee of the MHPN.

The Survivor's Trust

The Survivors Trust is the largest umbrella agency for specialist rape and sexual abuse services in the UK and has been providing infrastructure support to members for the past 15 years. Saffron Sheffield is one of 124 member agencies based in the UK and Ireland.

Sheffield Mental Health Alliance

Saffron Sheffield's CEO has been involved in the Governance and wider Steering Committee which is working towards the formation of this alliance. The alliance will be made up of a group of Voluntary and Community Sector partners who will come together, along with experts by experience, to improve the provision of mental health services across Sheffield and to positively influence the sector and the wider system we are working within.

Sheffield City Council's Domestic and Sexual Abuse Provider Consultation Group

This group exists in order to provide a regular formal forum for commissioned and non-commissioned providers working in and around domestic abuse and sexual abuse to consult and be consulted on local, regional and national initiatives and developments.

Clinical Lead Network

This is an informal network for all heads/leads of third-sector therapeutic services in Sheffield, Doncaster, Rotherham and Barnsley. They meet every other month, allowing peer support discussion and

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consultation on clinical and professional topics. Saffron is represented at these meetings by Ingrid Harris, Head of Clinical Services.

Beneficiary Outcomes

Therapy Sessions

Our work in this current reporting period has had a profound impact on our clients. We are confident that our remote therapy offer achieves the same standards for building therapeutic relationships, ensuring client satisfaction and reducing trauma symptoms, anxiety, and depression. Our clinical results have continued to be as strong as before the pandemic and client testimonies demonstrate that our service remains critical for our clients.

From April 2021 to March 2022 we collected information on 22 different trauma symptoms from all 75 clients who had completed therapy, using an evidence-based statistically validated tool - The Trauma Symptom Inventory-II (TSI-2).

Of the 75 women that completed therapy in the reporting period:

- 78% had a statistically significant reduction in their trauma symptoms
- 93% felt more self-confident
- 91% felt better able to say 'no' and be assertive when they needed to be
- 91% felt better able to have healthy boundaries in their relationships
- 99% achieved a personal goal
- 93% felt they were better able to recognise abuse in a relationship
- 81% felt less isolated

We received feedback forms from 68 of the 75 clients (91%) who completed therapy. These showed a positive trend among clients in self-reported improvements in physical health and mental health-related emergency visits:

- 51% said their physical health had improved
- 27% were visiting their GP less often
- 26% were visiting A&E less often

The feedback forms also showed how clients felt about Saffron Sheffield:

- 100% were happy with the service they received
- 100% would recommend Saffron Sheffield to a friend
- 100% were satisfied with their initial contact and response

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Wellbeing Sessions

Of the 36 clients who completed their 1:1 wellbeing sessions, 88% saw a reduction in depression symptoms as measured by the Patient Health Questionnaire (PHQ) and 88% experienced a decrease in their general anxiety as measured by the Generalised Anxiety Disorder (GAD) 7 scale.

Client Voices from 2021 - 2022

"I've learned why I react to many things in life and that some triggers are a safety warning! With help and support from my therapist, I've also implemented a daily routine, which sounds small but is huge because I'm already feeling better and more stable."

"My therapist has enabled me to become self-aware and also understand my behaviours, particularly how I respond to situations and the link to my trauma. My therapist is helping me to be kind to myself and using techniques to process some of my trauma. I've been holding on to trauma, and disassociation was my norm. I am now noticing things more and aware of myself and my environment. I recognise I have a long way to go, but it's not daunting for me but is exciting!"

My therapist supported and inspired me to get better, including behaviour and emotions and adjusting my life. I'm learning to have boundaries and give myself space when I need it. Using 'no' has become easier for me, looking at myself differently and not focusing on my past. Accepting mistakes and previous events have been tricky, especially if I can not change them. My therapist has taught me to cope with these hard times and look after myself well, as well as having the ability to ask for help, be around people and focus on improving myself in my own space."

"I acknowledge I visit the GP more; however, this is positive for me, as at first, this caused me anxiety. I have enjoyed the sessions. They have been informative in a nice, safe, comfy space. I was concerned at first that there would be no change. It was hard to visualise I could feel better. I have achieved so much due to increased motivation and confidence. The EMDR was useful and effective at processing the trauma. I was able to make connections to stuff I hadn't related to trauma. I feel there has been progress over time. The service was really flexible, and I appreciated working online, which accommodated my needs."

"The counselling I have had has enabled me to understand my feelings better. I've been able to explore what happened to me and "repack" it in a better way, so I am better prepared to deal with stray thoughts as they happen. My therapist was amazing at reflecting my thoughts back to me in such a way that I could explore the guilt and shame I had been carrying for over 20 years and start to let it go."

"My sessions with my therapist have proved important in so many ways. We spent the first 20 sessions meeting via a video link and then the last few sessions face-to-face. Although I feel the face-to-face sessions allowed me to express myself more honestly, I still feel that all of the sessions allowed me to explore my insecurities, vulnerabilities, and lack of confidence in relationships to the point where I can feel positive about the future. My therapist's approach made this possible - she listened attentively and made me feel valued. Through her insights which were so gently offered, I feel able to stop blaming

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myself for past experiences. Her calm, still presence and non-judgemental approach made it safe to explore very difficult areas of my life."

"Therapy with Saffron has been amazing! I have finally worked through some things I've needed to for a long time and I feel less stuck in the past and finally feel present for the first time in a long time. It's amazing to see I actually have boundaries in my relationships and can spot abuse and accept a lot of the feelings I experience! I have told many close family and friends who are struggling, about this service and the amazing therapy you offer. My therapist has been amazing and I've always felt heard in sessions and guided towards reality and the truth."

"The therapy I have had with Saffron has been a unique opportunity for me to have time to process and understand what has happened to me in an abusive marriage and its aftermath. This therapy has been focused on me which has been a completely new experience and I think what I have learned about the behaviour of others and about my own feelings is in itself a new start and will stay with me. I don't know where else I would have found this help at a really important turning point in my life."

Service User Involvement Project

In early 2021, we began implementing a Service User Involvement Project initiated by our volunteer student therapist from the University of Sheffield. This project aimed to ensure that client experience informed any development work. We invited past clients who had completed therapy to participate in the project and have a voice in the broader organisation. We wanted to gather their expectations and opinions about the work we do and their suggestions for improving our service. Seven women responded, with six of them preferring to give feedback remotely rather than face to face during the ongoing pandemic. The development of this project is continuing, and during 2022/23 we will review a new post covid structure and way forward.

Financial review

At the end of the reporting period the charity held funds of £316,915 (2021: £342,639). Of this £15,770 (2021: £62,275) is restricted funds and £301,145 (2021: £280,364) is unrestricted funds. Of the unrestricted funds, £55,840 has been designated to fund operating costs for the new financial year 2022-2023.

Of the total funds £142,305 (2021: £146,050) is held in tangible fixed assets (our premises at 289 Abbeydale Road) and £174,610 (2021: £196,589) is held in net current assets.

The charity holds £103,000 in free reserves as of 31 March 2022 (2021: £100,973).

Income

The Sheffield Clinical Commissioning Group (SCCG) has continued to acknowledge the importance of our work in Sheffield, awarding us £83,021 in the reporting period. We are very appreciative that our role as a specialist service provider continues to be recognised by the SCCG.

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We were fortunate to have been awarded 18 grants and donations totalling £154,785 (2021: £209,648) from local and national charitable trusts.

In 2021, due to the ongoing COVID-19 crisis impacting our ability to rent therapy rooms and the decision to move our premises to 289 Abbeydale Road we ceased all trading income activity on 31 October 2021.

We began to diversify our income streams and start more individual donor fundraising activities. Alongside developing our digital presence, including social media, we gave supporters the opportunity to donate via our website through appeal emails. We undertook two fundraising appeals within the year; Giving Tuesday and the Big Give Women and Girls Match Fund Appeal. The latter included a bucket collection at a Sheffield Wednesday football match. Total income raised from individual donors and campaign activity during the reporting period was £9,945 (2021: £7,622).

Expenditure

As a provider of specialist services, our staff costs are our main expenditure. Due to the rising cost of living, the Trustees agreed to a 3% increase to staff salaries from April 2022, and will review again before the start of the 2022/2024 financial year.

Reserves policy

The trustees review the reserves each year in line with Charity Commission guidance. We hold reserves in order to;

- meet expenditure commitments in the event of cash flow difficulties which could otherwise bring about an interruption to service for our clients
- pay for unforeseen expenditure
- enable the winding up of the charitable company in the event of ceasing to operate

The level of required reserves agreed by the Trustees is an amount sufficient to cover at least 4 months fixed and essential running costs (as per budgeted costs for the financial period) as well as a provision to ensure the charity would be able to meet statutory redundancy commitments if required.

The charity holds £103,000 in free reserves as of 31 March 2022. This amount covers 4 months of fixed and essential running costs (as per forecasted operating costs for the financial year 2022-2023) as well as a provision of £6,600 to ensure the charity would be able to meet statutory redundancy commitments.

Designated Funds

The trustees have designated funds of £55,840 to fund otherwise unfunded operating costs in the charity's 2022-2023 operating budget.

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Plans for the future

Saffron Sheffield has been through a time of significant growth and changes over the past two years, navigating and thriving through a global pandemic. During 2022/23 we will implement a three-year strategic plan developed by the CEO across all aspects of the charity to ensure we become an even stronger, more resilient and sustainable organisation, able to plan for further growth in its objectives to meet the needs of increasing numbers of women in Sheffield who are suffering from the effects of trauma and/or abuse.

The plan includes a review of our external messaging, audits of our policies and processes, an ongoing review of our service rationale, improvement of our HR practices and ongoing diversification of our funding streams. We will recruit a new post of Fundraising Manager as part of this.

We intend to continue to offer a blended therapy service during 2022/23, with all face to face appointments taking place at 289 Abbeydale Road.

In May 2022, the Crown Prosecution Service issued new guidance to prosecutors regarding the importance of therapeutic support for a victim before any trial. We have organised a Pre-trial therapy training day in August 2022 for our therapists to help them understand and implement the new guidance appropriately for our clients.

Structure, governance and management

Sheffield Women's Counselling and Therapy Service Limited is a charitable company limited by guarantee, incorporated on 15 November 1989 and registered as a charity on 26 March 1992. Sheffield Women's Counselling and Therapy Service Limited adopted the trading name Saffron Sheffield in 2019.

The company was established under a Memorandum of Association which sets out its objects and powers and it is governed by its Articles of Association.

The trustees of Saffron Sheffield guarantee to contribute an amount not exceeding £1 to the charity's assets in the event of winding up. The trustees are entitled to voting rights and have no beneficial interest in the charity.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 11 to the accounts.

A person wishing to become a trustee must be aged 18 or over and recommended by the trustees after an appropriate recruitment process. All trustees must retire at each AGM but can offer themselves for re-election or further co-option. Trustees can at any time co-opt someone to be a trustee, but the total number of co-opted trustees cannot be more than half of the number of elected trustees.

Trustees delegate responsibility for day-to-day management of the charity to the CEO.

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for the year ended 31 March 2022

Risk management

Although Saffron's current turnover is below the threshold requirement to report on Risk Management, we believe it remains good practice to carry out Risk Management activities appropriate to the scale and risk of our service.

The trustees annually review Saffron's risk register in order to be confident that we are managing our organisational risks and opportunities appropriately.

In early 2022, the trustees developed a Risk Appetite Framework with accompanying statements reflecting all aspects of the charity's operations.

A significant risk area is a potential for a loss of funding. With this in mind, the CEO has developed a strategy to diversify income streams over the next three years to ensure the future sustainability of the charity.

Having decided to continue to provide a blended service of online, telephone and face to face therapy, Saffron recognised the increased risk of a data security breach. The trustees have agreed to engage a specialist data protection company to undertake a full audit of our systems and data controls in July 2022.

Client risk assessments are carried out separately at several stages throughout the therapy journey. Our therapists use the Trauma Scale Inventory framework with support from the Head of Clinical Service and as an integral part of Clinical Supervision and line management.

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Statement of responsibilities of the trustees

The trustees (who are also directors of Sheffield Women's Counselling and Therapy Service Limited for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement of Recommended Practice
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Additionally, the trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

The trustees' annual report has been approved by the trustees on 24.10.2022 and signed on their behalf by



Pamela Marshall
Chair of Trustees

Independent examiner's report

to the members of

Sheffield Women's Counselling and Therapy Service Limited

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2022 which are set out on pages 16 to 36.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Christy Lau FCCA CTA DChA

Slade & Cooper Limited
Beehive Mill, Jersey Street
Ancoats Manchester, M4 6JG

Date 18 November 2022

Sheffield Women's Counselling and Therapy Service Limited

Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2022

	Note	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	11,945	-	11,945	9,680
Charitable activities	4	29,500	206,306	235,806	292,669
Other trading activities	5	1,521	-	1,521	719
Total income		42,966	206,306	249,272	303,068
Expenditure on:					
Raising funds	6	19,436	-	19,436	12,962
Charitable activities	7	2,749	252,811	255,560	197,089
Total expenditure		22,185	252,811	274,996	210,051
Net income/(expenditure) for the year	9	20,781	(46,505)	(25,724)	93,017
Transfer between funds		-	-	-	-
Net movement in funds for the year		20,781	(46,505)	(25,724)	93,017
Reconciliation of funds					
Total funds brought forward	21	280,364	62,275	342,639	249,622
Total funds carried forward	21	301,145	15,770	316,915	342,639

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derives from continuing activities.

A full comparative Statement of Financial Activities is available on the last page of the financial statements.

Sheffield Women's Counselling and Therapy Service Limited
Company number 02443288

Balance sheet as at 31 March 2022

	Note	2022		2021	
		£	£	£	£
Fixed assets					
Tangible assets	14		142,305		146,050
Total fixed assets			142,305		146,050
Current assets					
Debtors	15	17,110		7,360	
Cash at bank and in hand	16	255,380		256,373	
Total current assets		272,490		263,733	
Liabilities					
Creditors: amounts falling due in less than one year	17	(97,880)		(67,144)	
Net current assets			174,610		196,589
Total assets less current liabilities			316,915		342,639
Net assets			316,915		342,639
The funds of the charity:					
Restricted income funds	19		15,770		62,275
Unrestricted income funds	20		301,145		280,364
Total charity funds			316,915		342,639

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' (trustees') responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006
- The directors (trustees) acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 19 to 36 form part of these accounts.

Approved by the trustees on 24.10.2022 and signed on their behalf by:

P. E. Marshall

.....
Pamela Marshall (Chair)

T. Allewell

.....
Teresa Allewell (Treasurer)

Sheffield Women's Counselling and Therapy Service Limited

Statement of Cash Flows
for the year ending 31 March 2022

	Note	2022 £	2021 £
Cash provided by/(used in) operating activities	23	(993)	116,967
Increase/(decrease) in cash and cash equivalents in the year		(993)	116,967
Cash and cash equivalents at the beginning of the year		256,373	139,406
Cash and cash equivalents at the end of the year	16	255,380	256,373

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Sheffield Women's Counselling and Therapy Service Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

d Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

e Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

f Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

i Tangible fixed assets

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Land & buildings	50 years
Improvements to property	4 years
Fixtures & fittings	3 years
Equipment	4 years

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

j Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

n Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 10. There were £196 outstanding contributions at the year end. These were contributions corresponding to the starting month of 2 new employees in the year as the accounts with The Pension Trust were not set up in time for their first payroll. The contributions have now been paid over to The Pension Trust.

The money purchase plan is managed by The Pensions Trust and the plan invests the contributions made by the employee and employer in an investment fund to build up over the term of the plan a pension fund which is then converted into a pension upon the employee's normal retirement year age when eligible for a state pension. The total expense ratio of the plan is 0.45% for the main fund, and total expense ratio is less than 0.52%, and this is deducted from the investment fund annually. The trust has no liability beyond making its contributions and paying across the deductions for the employee's contributions.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

3 Income from donations and legacies

	Total 2022 £	Total 2021 £
Donations		
Individual Giving, Gift aid and The Big Give campaign activity	9,945	7,622
Ecclesiastical Movement for Good	1,000	-
Arnold Clark Community Fund	1,000	-
HMRC Job Retention Scheme	-	2,058
	11,945	9,680
Total	11,945	9,680

All donations and legacies income is unrestricted.

4 Income from charitable activities

Current reporting period	Unrestricted £	Restricted £	Total 2022 £
NHS Sheffield CCG	-	83,021	83,021
Sheffield Town Trust	-	2,000	2,000
J.G. Graves Charitable Trust	3,000	-	3,000
The Cutlers' Company Charitable Trust	-	1,000	1,000
Henry Smith Charity	-	59,200	59,200
Lloyds Bank Foundation for England & Wales	25,000	-	25,000
South Yorkshire PCC / MoJ	-	22,440	22,440
Rosa's Covid-19 Response Fund	-	3,264	3,264
South Yorkshire's Community Foundation	-	5,000	5,000
Brelms Trust	-	3,431	3,431
James Neill Trust Fund	1,000	-	1,000
Talbot Trust	-	15,000	15,000
Wesleyan Foundation	-	10,000	10,000
Zachary Merton & George Woofindin Convalescent Trust	-	750	750
The Big Give	-	700	700
Hyman Winstone Foundation	-	500	500
Rethink Mental Illness	500	-	500
	29,500	206,306	235,806
Total	29,500	206,306	235,806

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

4 Income from charitable activities (cont.)

Previous reporting period	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2021</i> £
<i>NHS Sheffield CCG</i>	-	83,021	83,021
<i>Sheffield Town Trust</i>	-	4,000	4,000
<i>J.G. Graves Charitable Trust</i>	3,000	-	3,000
<i>The Sheffield Church Burgesses Trust</i>	-	2,000	2,000
<i>The Cutlers' Company Charitable Trust</i>	-	1,000	1,000
<i>Henry Smith Charity</i>	-	58,300	58,300
<i>Lloyds Bank Foundation for England & Wales</i>	25,000	-	25,000
<i>Department for Digital, Culture, Media & Sport (DCMS)</i>	-	35,109	35,109
<i>South Yorkshire PCC / MoJ</i>	-	26,186	26,186
<i>Coronavirus Mental Health Response Fund</i>	-	20,000	20,000
<i>Rosa's Covid-19 Response Fund</i>	-	9,937	9,937
<i>People's Postcode Trust</i>	-	9,720	9,720
<i>SYCF, Fund in Memory of Molly Hurst</i>	-	5,000	5,000
<i>Brelms Trust</i>	-	3,396	3,396
<i>February Foundation</i>	-	3,000	3,000
<i>Charles and Elsie Sykes Trust</i>	2,000	-	2,000
<i>Virgin Money Foundation</i>	1,000	-	1,000
<i>James Neill Trust Fund</i>	1,000	-	1,000
Total	32,000	260,669	292,669

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

5 Income from other trading activities

	2022 £	2021 £
Room hire	1,521	719
	<hr/>	<hr/>
	1,521	719
	<hr/> <hr/>	<hr/> <hr/>

All income from other trading activities is unrestricted.

6 Cost of raising funds

	2022 £	2021 £
Staff costs	12,970	9,285
Fundraising costs	6,466	3,677
	<hr/>	<hr/>
	19,436	12,962
	<hr/> <hr/>	<hr/> <hr/>

All expenditure on cost of raising funds is unrestricted.

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

7 Analysis of expenditure on charitable activities

	Total 2022 £	Total 2021 £
Staff costs (see note 10)	* 176,836	134,130
Recruitment	6,604	1,066
Supervision	1,425	937
Associate therapists	37,936	28,604
Staff training	2,174	558
Staff travel & subsistence	301	-
User costs	127	-
Subscription & reference	407	277
Office supplies	1,037	1,036
Consultancy fees & expenses	1,230	5,243
Events & conferences	-	-
Awareness raising	161	-
Premises costs	13,015	10,258
Office costs	5,303	4,412
Equipment & repairs	2,324	4,675
Depreciation	3,745	3,745
Governance costs (see note 8)	2,935	2,148
	<hr/>	<hr/>
	255,560	197,089
	<hr/> <hr/>	<hr/> <hr/>
	2022 £	2021 £
Restricted expenditure	252,811	198,394
Unrestricted expenditure	2,749	(1,305)
	<hr/>	<hr/>
	255,560	197,089
	<hr/> <hr/>	<hr/> <hr/>

* Staff costs have increased in the year due to capacity building within both the Clinical and Non-Clinical teams (leadership and support) and in line with the increase in service delivery

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

8 Analysis of governance and support costs

	Basis of apportionment	Governance £	Total 2022 £
Independent examination fees	Governance	480	480
Accountancy services	Governance	1,927	1,927
Legal and professional	Governance	528	528
		<hr/>	<hr/>
		2,935	2,935
		<hr/> <hr/>	<hr/> <hr/>

Previous reporting period

	Basis of apportionment	Governance £	Total 2021 £
<i>Independent examination fees</i>	<i>Governance</i>	<i>480</i>	<i>480</i>
<i>Accountancy services</i>	<i>Governance</i>	<i>960</i>	<i>960</i>
<i>Legal and professional</i>	<i>Governance</i>	<i>708</i>	<i>708</i>
		<hr/>	<hr/>
		2,148	2,148
		<hr/> <hr/>	<hr/> <hr/>

9 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2022 £	2021 £
Depreciation	3,745	3,745
Operating lease rentals:		
Property	2,750	2,750
Other	-	-
Independent examiner's fees (net of VAT)		
Accountancy fees	1,133	800
Independent examination	400	400
QuickBooks Online subscription	472	-
	<hr/>	<hr/>

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

10 Staff costs

Staff costs during the year were as follows:

	2022 £	2021 £
Wages and salaries	169,669	130,783
Social security costs	6,836	1,960
Pension costs	13,301	10,672
	189,806	143,415
	189,806	143,415
Allocated as follows:		
Cost of raising funds	12,970	9,285
Charitable activities	176,836	134,130
	189,806	143,415
	189,806	143,415

No employee has employee benefits in excess of £60,000 (2021: Nil).

The average number of staff employed during the period was 10 (2021: 7.0).

The key management personnel of the charity comprise the trustees and Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £39,510 (2021: £37,026).

11 Trustee remuneration and expenses, and related party transactions

Neither the trustees nor any persons connected with them received any remuneration or reimbursed expenses during the year (2021: Nil).

Aggregate donations from related parties were £595 (2021: £420).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2021: Nil).

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

12 Government grants

The government grants recognised in the accounts were as follows:

	2022 £	2021 £
NHS Sheffield CCG	83,021	83,021
Department for Digital, Culture, Media & Sport (DCMS)	-	35,109
South Yorkshire PCC / MoJ	22,440	26,186
	<u>105,461</u>	<u>144,316</u>

The unfulfilled conditions and contingencies attaching to the grants were to complete restricted projects (see note 19).

13 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

14 Fixed assets: tangible assets

	Property & improvements £	Fixtures & fittings £	Equipment £	Total £
Cost				
At 1 April 2021	191,840	3,607	2,283	197,730
Disposals	-	-	-	-
	<u>191,840</u>	<u>3,607</u>	<u>2,283</u>	<u>197,730</u>
At 31 March 2022	<u>191,840</u>	<u>3,607</u>	<u>2,283</u>	<u>197,730</u>
Depreciation				
At 1 April 2021	45,790	3,607	2,283	51,680
Charge for the year	3,745	-	-	3,745
Disposals	-	-	-	-
	<u>49,535</u>	<u>3,607</u>	<u>2,283</u>	<u>55,425</u>
At 31 March 2022	<u>49,535</u>	<u>3,607</u>	<u>2,283</u>	<u>55,425</u>
Net book value				
At 31 March 2022	<u>142,305</u>	<u>-</u>	<u>-</u>	<u>142,305</u>
At 31 March 2021	<u>146,050</u>	<u>-</u>	<u>-</u>	<u>146,050</u>

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

15 Debtors

	2022 £	2021 £
Grants receivable	12,735	5,000
Other debtors	1,141	-
Prepayments and accrued income	3,234	2,360
	<hr/>	<hr/>
	17,110	7,360

16 Cash at bank and in hand

	2022 £	2021 £
Cash at bank and in hand	255,380	256,373
	<hr/>	<hr/>
	255,380	256,373

17 Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors and accruals	9,630	7,544
Deferred income	88,250	59,600
	<hr/>	<hr/>
	97,880	67,144

18 Deferred income

	2022 £	2021 £
Deferred grant brought forward	59,600	46,150
Grant received	88,250	59,600
Released to income from charitable activities	(59,600)	(46,150)
	<hr/>	<hr/>
Deferred grant carried forward	88,250	59,600

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

19 Analysis of movements in restricted funds

Current reporting period	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2022 £
NHS Sheffield CCG	48,429	83,021	(117,869)	-	13,581
Sheffield Town Trust	-	2,000	(2,000)	-	-
The Cutlers' Company Charitable Trust	-	1,000	(1,000)	-	-
Henry Smith Charity	-	59,200	(59,200)	-	-
South Yorkshire PCC / MoJ	-	22,440	(22,440)	-	-
Coronavirus Mental Health Response Fund	9,626	-	(9,626)	-	-
Rosa's Covid-19 Response Fund	-	3,264	(3,264)	-	-
People's Postcode Trust South Yorkshire's Community Foundation	4,220	-	(4,220)	-	-
Brelms Trust	-	5,000	(3,511)	-	1,489
Talbot Trust	-	3,431	(3,431)	-	-
Wesleyan Foundation	-	15,000	(15,000)	-	-
Zachary Merton & George Woofindin Convalescent Trust	-	750	(750)	-	-
The Big Give	-	700	-	-	700
Hyman Winstone Foundation	-	500	(500)	-	-
Total	62,275	206,306	(252,811)	-	15,770

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

19 Analysis of movements in restricted funds (cont.)

Previous reporting period	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2021 £</i>
NHS Sheffield CCG	-	83,021	(34,592)	-	48,429
Sheffield Town Trust	-	4,000	(4,000)	-	-
The Sheffield Church Burgesses Trust	-	2,000	(2,000)	-	-
The Cutlers' Company Charitable Trust	-	1,000	(1,000)	-	-
Henry Smith Charity	-	58,300	(58,300)	-	-
Lloyds Bank Foundation for England & Wales	-	35,109	(35,109)	-	-
South Yorkshire PCC / MoJ	-	26,186	(26,186)	-	-
Coronavirus Mental Health Response Fund	-	20,000	(10,374)	-	9,626
Rosa's Covid-19 Response Fund	-	9,937	(9,937)	-	-
People's Postcode Trust	-	9,720	(5,500)	-	4,220
SYCF, Fund in Memory of Molly Hurst	-	5,000	(5,000)	-	-
Brelms Trust	-	3,396	(3,396)	-	-
February Foundation	-	3,000	(3,000)	-	-
Total	-	260,669	(198,394)	-	62,275

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

19 Analysis of movements in restricted funds (cont.)

Name of fund	Description, nature and purposes of the fund
NHS Sheffield CCG	Towards the running costs of the charity, enabling the provision of Saffron Sheffield's service which offers women who have suffered sexual abuse an opportunity to explore their feelings and experiences in a safe, supportive women only setting.
Sheffield Town Trust	Towards the running costs of the organisation, enabling the provision of therapy and one-to-one counselling sessions for women who have experienced trauma or abuse.
The Cutlers' Company Charitable Trust	Towards the running costs of the organisation, enabling the provision of therapy and one-to-one counselling sessions for women who have experienced trauma or abuse.
Henry Smith Charity	Towards the running costs of the charity and in particular to maintain the core post of Head of Clinical Service and to fund a Senior Psychotherapist post.
South Yorkshire Police and Crime Commissioner - Victim Services / Ministry of Justice	Towards the cost of therapy provision for women who have experienced trauma or abuse by contributing to the cost of specialist Associate Therapists.
Coronavirus Mental Health Response Fund	Towards the cost of one-to-one Specialist Trauma Therapy to support survivors of trauma or abuse impacted by Covid-19.
Rosa's Covid-19 Response Fund	Towards the cost of counselling and therapy provision for women who have experienced trauma or abuse and a contribution towards the cost of the Office Coordinator post to enable the coordination of remote therapy provision.
People's Postcode Trust	Towards the cost of providing one-to-one and group wellbeing sessions as part of the 'Skills for Wellbeing after Trauma and Abuse' project.
South Yorkshire's Community Foundation - Community Grants Programme	Funding to set up and run an Outdoor Therapeutic walking group for women who are suffering with isolation and trauma symptoms. Following agreement with funder, remaining funds were used towards the cost of running Wellbeing sessions as part of the 'Skills for Wellbeing after Trauma and Abuse' project.
Brelms Trust	Towards the cost of maintaining the core post of Head of Clinical Service.
Talbot Trust	Towards the cost of counselling and therapy provision for women who have experienced trauma or abuse and towards building capacity within the clinical staff team.
South Yorkshire's Community Foundation - Wesleyan Foundation Fund	Funding for 'Life beyond trauma and abuse: supporting women to recover and rebuild their lives' through counselling and therapy provision.

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

19 Analysis of movements in restricted funds (cont.)

Name of fund	Description, nature and purposes of the fund
Zachary Merton & George Woofindin Convalescent Trust	Towards the running costs of the organisation, enabling the provision of therapy and one-to-one counselling sessions for women who have experienced trauma or abuse.
The Big Give	Saffron Sheffield benefitted from a matched funding grant from the Big Give Campaign which will be put towards the running costs of the charity. In addition to this a separate Digital Capacity Grant was awarded which is to be put towards the cost of donor CRM software.
Hyman Winstone Foundation	Towards the running costs of the organisation, enabling the provision of therapy and one-to-one counselling sessions for women who have experienced trauma or abuse.

20 Analysis of movement in unrestricted funds

Current reporting period	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2022 £
General fund	247,023	42,966	(22,185)	(22,499)	245,305
Contingency fund	25,000	-	-	(25,000)	-
Business continuity fund	8,341	-	-	47,499	55,840
	<u>280,364</u>	<u>42,966</u>	<u>(22,185)</u>	<u>-</u>	<u>301,145</u>

Previous reporting period	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2021 £
General fund	249,622	34,058	(11,657)	(25,000)	247,023
Contingency fund	-	-	-	25,000	25,000
Business continuity fund	-	8,341	-	-	8,341
	<u>249,622</u>	<u>42,399</u>	<u>(11,657)</u>	<u>-</u>	<u>280,364</u>

Name of unrestricted fund	Description, nature and purposes of the fund
General fund	The General Fund figure after allowing for all designated funds. This figure comprises Saffron Sheffield's free reserves of £103,000 and the value of its fixed asset (property at 289 Abbeydale Road) £142,305.
Contingency fund	New development fund for renewals at 289 Abbeydale Rd
Business continuity fund	Designated to fund otherwise unfunded operating costs in the 2022/23 operational budget.

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

21 Analysis of net assets between funds

Current reporting period	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	142,305	-	-	142,305
Net current assets/(liabilities)	103,000	55,840	15,770	174,610
	<hr/>	<hr/>	<hr/>	<hr/>
Total	245,305	55,840	15,770	316,915
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Previous reporting period	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	146,050	-	-	146,050
Net current assets/(liabilities)	100,973	33,341	62,275	196,589
	<hr/>	<hr/>	<hr/>	<hr/>
Total	247,023	33,341	62,275	342,639
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

22 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Property		Equipment	
	2022 £	2021 £	2022 £	2021 £
Less than one year	2,750	2,750	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
	2,750	2,750	-	-
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2022 (continued)

23 Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net income/(expenditure) for the year	(25,724)	93,017
Adjustments for:		
Depreciation charge	3,745	3,745
Decrease/(increase) in debtors	(9,750)	3,544
Increase/(decrease) in creditors	30,736	16,661
	<hr/>	<hr/>
Net cash provided by/(used in) operating activities	(993)	116,967
	<hr/> <hr/>	<hr/> <hr/>

Sheffield Women's Counselling and Therapy Service Limited

Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	3	9,680	-	9,680	8,349
Charitable activities	4	32,000	260,669	292,669	119,997
Other trading activities	5	719	-	719	24,838
Total income		42,399	260,669	303,068	153,184
Expenditure on:					
Raising funds	6	12,962	-	12,962	14,596
Charitable activities	7	(1,305)	198,394	197,089	191,167
Total expenditure		11,657	198,394	210,051	205,763
Net income/(expenditure) for the year	9	30,742	62,275	93,017	(52,579)
Net movement in funds for the year		30,742	62,275	93,017	(52,579)
Reconciliation of funds					
Total funds brought forward		249,622	-	249,622	302,201
Total funds carried forward		280,364	62,275	342,639	249,622

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derives from continuing activities.