

# REGISTRAR OF COMPANIES

## Women's Therapy Centre

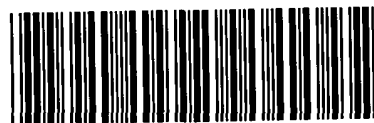
### Annual Report and Financial Statements

31 March 2017

Company Limited by Guarantee  
Registration Number  
1435901 (England and Wales)

Charity Registration Number  
274520

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## Reference and administrative details of the charity, its trustees and advisers

<b>Patrons</b>	Rosie Boycott Susie Orbach Philippa Perry Mary Target
<b>Trustees</b>	Miriam David – Chair Emua Ali – Vice Chair Daniela Lungu – Treasurer Kelly Hearn Sasha Roseneil (resigned 1 September 2016) Christine Smith Bhupinder Virdee
<b>Interim Chief Executive</b>	Jackie Kelly (to 31 March 2017)
<b>Chief Executive</b>	Margaret Unwin (from 1 April 2017)
<b>Registered/Principal office</b>	10 Manor Gardens London N7 6JS
<b>Email</b>	<a href="mailto:enquiries@womenstherapycentre.co.uk">enquiries@womenstherapycentre.co.uk</a>
<b>Telephone</b>	020 7263 7860
<b>Fax</b>	020 7281 7879
<b>Website</b>	<a href="http://www.womenstherapycentre.co.uk">www.womenstherapycentre.co.uk</a>
<b>Company registration number</b>	1435901 (England and Wales)
<b>Charity registration number</b>	274520
<b>Auditor</b>	Buzzacott LLP 130 Wood Street London EC2V 6DL
<b>Accountants</b>	Accountability Europe Limited Omnibus Workspace LTD 39-41 North Road London N7 9DP

## **Reference and administrative details of the charity, its trustees and advisers**

### **Bankers**

The Cooperative Bank  
PO Box 250  
Delf House  
Southway  
Skelmersdale  
WN8 6WT

HSBC Bank plc  
312 Seven Sisters Road  
London  
N4 2AW

CAF Bank Limited  
25 Kings Hill Avenue  
Kings Hill  
West Malling  
Kent  
ME19 4JQ

### **Solicitors**

Russell-Cooke LLP  
2 Putney Hill  
Putney  
London  
SW15 6AB

## **Trustees' report 31 March 2017**

The trustees present their report together with the financial statements of the Women's Therapy Centre for the year ended 31 March 2017.

The report has been prepared in accordance with Part VIII of the Charities Act 2011 and constitutes a directors' report for the purposes of company legislation.

The accounts have been prepared in accordance with the accounting policies set out on pages 25 to 28 of the attached financial statements and comply with the charitable company's memorandum and articles of association, applicable laws and 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 United Kingdom and Republic of Ireland (FRS 102).

### **Introduction**

The Women's Therapy Centre's (WTC) charitable objects are the relief of sickness among women suffering from psychological problems and from stress by the provision of personal counselling and psychotherapeutic treatment, and the advancement of education for the public benefit of psychotherapists and mental health workers in this subject.

### **Governance, structure and management**

#### **◆ Governance**

The Women's Therapy Centre is constituted as a company limited by guarantee (Company Registration Number 1435901 (England and Wales)) and is a charity registered for charitable purposes with the Charity Commission (Charity Registration Number 274520).

#### **◆ Liability of the members**

In the event of the charitable company being wound up during the period of membership, or within the year following, company members are required to contribute an amount not exceeding £1.

#### **◆ Trustees**

The Women's Therapy Centre is governed by its trustees who are also directors of the company. The number of trustees shall never be less than three, and, until otherwise determined by a General Meeting, shall not be more than 14. All trustees shall be members of the company or the authorised representative of a member organisation.

The trustees may from time to time appoint any member of the company as a trustee, either to fill a casual vacancy or by way of addition to their number, provided that the prescribed maximum shall not be exceeded. Any member so appointed shall retain office only until the next Annual General Meeting, but shall then be eligible for re-election. Observers may be invited to meetings of the trustees but shall not be allowed to vote at such meetings.

**Governance, structure and management (continued)**

♦ **Trustees (continued)**

The board of trustees carries out an audit of its members, from time to time, to identify relevant skills and gaps. Prospective trustees make an application and meet with the trustees and undergo an induction covering key aspects of the organisation's work and of the requirements of being a trustee, before they join the board. Regular governance updates are provided to all trustees on an ongoing basis to ensure they keep up to date with the requirements of their role, and with any changes in charity law and guidance.

The following trustees were in office at 31 March 2017 and served throughout the year except where indicated.

Trustees	Appointed / Resigned
Miriam David - Chair	
Emua Ali – Vice Chair	
Daniela Lungu – Treasurer	
Kelly Hearn	
Sasha Roseneil	Resigned 1 September 2016
Christine Smith	
Bhupinder Virdee	

Brief biographical details on each of the trustees in office at 31 March 2017 are given below.

**Professor Miriam David (Chair)** is Professor Emerita of Sociology of Education at the Institute of Education, University College London and visiting Professor in the Centre for Higher Education & Equity Research (CHEER) in the School of Education and Social Work at the University of Sussex. She has a world-class reputation for her feminist social research and is the author of several books. Professor David has been an academic and activist for all of her career.

**Emua Ali (Vice Chair)** set up an organisation which supports refugee and migrant women in the community to find employment and set up their own businesses. Emua is a carer for her daughter.

**Daniela Lungu (Treasurer)** is an investment analyst with extensive experience of financial management.

**Kelly Hearn** was involved in business and finance for two decades and has recently completed her training as a therapist.

**Christine Smith** is a retired psychoanalytic psychotherapist and supervisor with extensive experience in higher education.

**Bhupinder Virdee** is a violence prevention practitioner and Risk Assessor for the Domestic Violence Intervention Project (DVIP). She holds a degree in psychology and has completed post-graduate training in integrative and psychodynamic counselling.

**Governance, structure and management (continued)**

◆ **Trustees (continued)**

The Centre has insurance to protect against any loss arising from the neglect and defaults of its trustees, employees and agents and to indemnify the trustees for any neglect or default. The insurance premium amounted to £2,536 and provides cover up to a maximum of £1,500,000.

◆ **Key management personnel**

Key management personnel comprise the trustees and the Chief Executive.

The trustees are responsible for the governance of the charity and they delegate responsibility for day to day operations and management of resources to the Chief Executive.

During the year to 31 March 2017, interim Chief Executive, Jackie Kelly, was appointed, initially for six months, to conduct a review of the organisation and to put plans in place to address key operational issues. Ms Kelly was retained for a further six months to focus on fundraising and was supported during her tenure by a small senior staff team comprising the Clinical Services Manager and Office & Operations Manager. Subsequent to the year end Ms Margaret Unwin has been appointed Chief Executive.

Following the departure of WTC's finance officer during the year, trustees took the decision to outsource the finance function, in order to manage risk, and following a tendering process WTC's finance support was provided towards the latter part of the year by external accountancy service: Accountability Europe Limited.

◆ **Statement of trustees' responsibilities**

The trustees (who are also directors of Women's Therapy Centre for the purposes of company law) are responsible for preparing the trustees' report and 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 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 Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);
- ◆ make judgements and estimates that are reasonable and prudent;
- ◆ state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

**Governance, structure and management (continued)**

◆ **Statement of trustees' responsibilities (continued)**

- ◇ prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company 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.

Each of the trustees confirms that:

- ◇ so far as the trustee is aware, there is no relevant audit information of which the charitable company's auditor is unaware; and
- ◇ the trustee has taken all the steps that she ought to have taken as a trustee in order to make herself aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.

This confirmation is given and should be interpreted in accordance with the provisions of s418 of the Companies Act 2006.

The trustees are responsible for the maintenance and integrity of 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.

◆ **Public benefit**

WTC trustees have due regard to the public benefit guidance issued by the Charity Commission and continue to ensure that WTC's activities meet the public benefit requirements.

◆ **Structure and management reporting**

The trustees are ultimately responsible for the charity and meet on a regular basis to consider developments and make decisions regarding strategy and other important matters. The Treasurer is an investment analyst with extensive experience of financial management. Three of the trustees are experienced psychotherapists and all have management experience within their own professions in the voluntary, statutory and private sectors. Staff, volunteers and contract staff are from a range of cultural and religious backgrounds, reflecting the communities that we serve. Trustees have a personal and professional understanding of the issues facing the women using the Centre.

The Chief Executive has overall responsibility for the organisation and works closely with the Clinical Management Team to ensure that the delivery and development of the clinical work is in line with the Centre's financial resources and criteria stipulated by funders.



**Governance, structure and management (continued)**

◆ **Structure and management reporting (continued)**

The Chief Executive of the Women's Therapy Centre chairs monthly Business Meetings, which are open to all staff. At these meetings staff are consulted and their views are then fed back to the trustees. Staff are informed about decisions made by the trustees. The trustees meet at least once every two months and the Chief Executive of the Centre attends these meetings. Decisions taken at trustees' meetings are discussed at Business Meetings. A Finance Committee and a Clinical Trustee Committee have been established and both meet bi-monthly and report to the trustees' meetings. The Chair and Vice Chair supervise the Chief Executive and head up the personnel committee which is convened when required.

The staff and trustees of the Centre have extensive experience of delivering and managing high quality psychoanalytic psychotherapy and community based services.

Following the retirement of Monika Schwartz as Chief Executive on 31 March 2016, she was replaced by Jackie Kelly (MBA), an experienced interim chief executive with over 25 years senior management experience in the charity sector. Jackie was in post until 31 March 2017. Since the year end Margaret Unwin has been appointed as Chief Executive.

The Clinical Management Team comprises of three senior therapists who oversee the day to day management of the clinical services and related projects. The Clinical Management Team reports to the Chief Executive.

The Centre's activities are administered and co-ordinated from its premises at 10 Manor Gardens, London, N7 6JS.

◆ **Risk management**

A risk management policy and a risk register are in place. The policy forms part of the Women's Therapy Centre's internal control and corporate governance arrangements. Its function is to:

- ◇ explain the Women's Therapy Centre's approach to risk management;
- ◇ identify the roles and responsibilities of the trustees and the management team;
- ◇ outline the main aspects of the risk management process;
- ◇ describe the processes the trustees will use to evaluate the effectiveness of internal control procedures.

The trustees believe they have a major role in the management of risk and will:

- ◇ determine what types of risk are acceptable;
- ◇ determine the appropriate level of exposure to risk of the Women's Therapy Centre;

**Governance, structure and management (continued)**

◆ **Risk management (continued)**

- ◇ approve any major decisions affecting the Women's Therapy Centre's exposure to risk;
- ◇ monitor the management of significant risks to reduce the likelihood of unforeseen and unwanted events;
- ◇ ensure that the less significant risks are being actively managed, with the appropriate controls in place and working effectively; and
- ◇ review the approach to risk management on an annual basis and approve any fundamental changes to processes and procedures.

Risk management is incorporated in the charity's system of internal control. The system includes several elements that, in combination, lead to an effective and efficient operation and enable the Women's Therapy Centre to respond to risks in a timely manner.

The Finance Committee reviews the effectiveness of the internal control systems and produces reports for consideration. Each risk will be assessed in conjunction with other risks encountered. The Finance Committee reports to the trustees on the effectiveness of the internal controls and whether the controls in place are sufficient.

The risk register identifies major risks, contributing factors, mitigating actions and any early warning mechanisms. Sections of this register are also considered by the Clinical Committee and the document is formally evaluated annually. Risks that become apparent between reviews are added to the document and brought to the attention of the trustees at their meetings.

Actions to be taken to mitigate risks and risk indicators are monitored regularly.

In preparing the plan for 2016/17, trustees considered and agreed:

- ◇ key strategic risks faced by the charity, including those related to governance, funding, staffing, delivery, reputation, ICT and external factors.
- ◇ the relative strengths and impact of the various risks, and how these can be mitigated
- ◇ what levels of risk they judge to be acceptable, in particular in relation to funding and the financial performance of the charity
- ◇ what levels of risk they judge to be unacceptable, and if so what strategic decisions and management strategies will be applied to counter these

**Governance, structure and management (continued)**

◆ **Risk management (continued)**

- ◇ to ask the Chief Executive to pursue proactive management of operational risks, and to report these appropriately to the Board, as part of the charity's systems of management reporting and internal control
- ◇ to review risk indicators regularly and to review the risk management plan on an annual basis, in order to approve any fundamental changes

Trustees reviewed the risk management plan in 2016/17 and identified the top three key strategic risks and planned mitigations:

- ◇ The need to identify wider sources of project funding and to diversify project funding streams. The services of two freelance fundraisers were secured to support the interim chief executive, Jackie Kelly, with this task.
- ◇ The need for more unrestricted income and the potential to develop an earned income stream. Plans were put in place to increase income from room rental and to start to expand income from other fee-charging work.
- ◇ The need to increase clinical expertise on the Board, following retirement of a key clinical trustee. Plans were put in place to recruit new trustees in the coming year.

**Specific objectives and relevant policies**

◆ **Overall objectives and aims**

WTC's core purposes are to provide psychoanalytic psychotherapy, education and training for women by women, in order to enable women to make changes in their lives.

WTC's practice, utilising over 40 years' experience of working with women, is rooted in the knowledge that women's mental health is deeply affected by the social and political context in which they live. This includes the impact of the various forms of oppression women experience, on grounds of: culture, gender, sexual orientation, age, disability, class, race and refugee status, as well as other forms of oppression.

WTC provides an accessible, women-only service for women who would otherwise not have access to psychotherapy, for financial, cultural and other reasons. During the year the Centre has provided support to many marginalised women, including:

- ◇ women who have experienced domestic abuse, child sexual abuse and other forms of gender-based violence, including female genital mutilation and honour-based violence
- ◇ women who are refugees and asylum seekers
- ◇ women who have been trafficked, or are at risk of exploitation

**Specific objectives and relevant policies (continued)**

◆ **Overall objectives and aims (continued)**

- ◇ disabled women
- ◇ black and minority ethnic women, and women whose first language is not English
- ◇ young mothers who are isolated and have limited family and community support
- ◇ women at risk of suicide and self-harm

As well as providing therapy and associated support to women, WTC also provides training and support to professionals who are working with women, including non-managerial supervision for frontline workers in a Domestic Violence (DV) service. WTC also works in partnership with many like-minded organisations to build capacity, to provide the best service to women and to raise awareness of therapy and of the issues women face. To enable women to access therapy, we carry out community development and outreach to communities and groups of women where needs are greatest, yet access is least likely.

The women-only space provided at WTC is essential for the women we work with, who generally do not access mainstream or generic mental health services as these do not meet their needs.

◆ **Employees**

WTC is a women-only space and all staff, sessional workers and volunteers are female. During 2016/17 the charity employed the following staff:

- ◇ Interim Chief Executive - Jackie Kelly
- ◇ Clinical Services Manager - Dilek Gungor
- ◇ Office & Operations Manager - Olayinka Okerere
- ◇ Community Development Psychotherapist - Njomeza Kartallozi
- ◇ Link Worker - Tuba Karacalar
- ◇ Finance Officer

In addition, there were eight sessional psychotherapists employed during the year and a further six 'honorary' (volunteer) psychotherapists who were mostly in training. The number of paid therapists was increased significantly during the year, from three to eight, to ensure WTC could meet the demand for services and our commitments to funders, particularly in respect of women with more complex needs. Related to this decision, the number of honorary therapists was reduced to four.

**Specific objectives and relevant policies (continued)**

♦ **Volunteers**

The charity also benefitted from the contributions of five administrative volunteers during the year, who were particularly essential to the delivery of the services and the day to day operations: meeting and greeting clients, managing petty cash and timesheets, providing data for reports, setting up rooms for meetings, supporting managers, assisting therapists with admin tasks, organising and attending events. In the absence of paid administrative staff the volunteers' contribution was critical to the success of the whole year.

♦ **Working with other organisations**

The Women's Therapy Centre continues to develop working relationships with a range of statutory and non-statutory organisations. The Centre has worked with over 40 community groups during the year. The working relationships with community organisations are the cornerstone in the success of community development. The community development work embraces a range of work with refugees and asylum seekers, those affected by gender violence, suicidal thoughts and self-harm as well as young mothers. This work is the heart of the Centre's commitment to making psychotherapy accessible to a broad range of women and in particular women who are not aware of psychotherapy or for whom psychotherapy is an unfamiliar concept.

The Women's Therapy Centre, together with three other leading psychotherapy agencies (icap, Maya Centre, Nafsiyat Intercultural Therapy Centre) based in North London, are part of the Accept Consortium. These well-established agencies have excellent track records of delivering quality, culturally and gender-appropriate psychotherapy and counselling to disadvantaged communities.

Accept is a unique and innovative approach to partnership working, formed to ensure the ongoing delivery of psychotherapy and counselling services in London. Accept aims to maintain its support for vulnerable and excluded groups, addressing clients' underlying problems as well as the symptoms, in the face of changes to policy and the funding environment. Accept is currently delivering two contracts within Islington, providing therapeutic support for those from black, Asian, minority ethnic and refugee communities as well those affected by domestic violence and childhood sexual abuse.

The Women's Therapy Centre continues to work in partnership with Hearthstone; a one stop support service for victims of domestic violence based in Haringey. Women who use this service and want psychological help are referred for brief psychotherapeutic interventions at the Women's Therapy Centre. This partnership has worked well, giving women opportunity to address both the practical issues they face (e.g. housing, engaging in legal proceedings) with Hearthstone while focusing on their psychological needs and emotional distress at the Women's Therapy Centre.

The Women's Therapy Centre is a member of the London-wide Refugee Therapy Practitioners' Forum. Other members include The Tavistock and Portman Trust, The British Red Cross, The Refugee Council, Freedom from Torture and many other locally based services offering therapeutic help to refugees.

**Specific objectives and relevant policies (continued)**

♦ **Strategic review**

During 2016/17 the interim Chief Executive carried out a strategic review for the Board of trustees, in order to identify strengths and weaknesses and opportunities for the charity going forwards. The review was initiated in response to losses in funding which WTC has faced in recent years, which trustees recognised to be a key, ongoing risk.

The strategic review yielded a set of organisational objectives for 2016-19, which are summarised below:

- ◇ Ensure services are developed that meet the current needs of women and result in their improved mental wellbeing, including further development of WTC's unique community psychotherapy model
- ◇ Develop the evidence base for long term psychotherapy; develop effective models for short term psychotherapy
- ◇ Develop a monitoring and evaluation framework that is fit for purpose across the organisation
- ◇ Raise the profile of WTC as a specialist provider of psychotherapeutic services
- ◇ Develop earned income, including from low cost therapy, supervision to workers in external agencies and paid reflective practice training
- ◇ Develop closer working relationships with like-minded organisations, in order to increase efficiency and impact and potentially reduce costs

**Review of activities and future plans**

♦ **Psychotherapy service**

During the year WTC was able to offer women between 12 and 40 weeks of psychotherapy, depending on their individual needs and within the limits of the various funding streams. The core offering is psychoanalytic psychotherapy from a feminist perspective, provided at 10 Manor Gardens or in the community. WTC believes that for women who have experienced significant trauma, whatever the genesis and type of trauma, long term psychotherapy, and in particular psychoanalytic psychotherapy, can enable women to begin a long sustained process of recovery.

During 2016/17 WTC has continued to employ psychotherapists who speak a range of community languages and are from a range of cultural backgrounds. They have worked with these groups of women this year:

- ◇ Refugees and asylum seekers
- ◇ Women who have experienced child sexual abuse
- ◇ Women who have experienced domestic violence
- ◇ Women who have a long-term disability

**Review of activities and future plans (continued)**

◆ **Psychotherapy service (continued)**

- ◇ Women who have been trafficked, and/or are at risk of trafficking
- ◇ Women at risk of suicide and self harm
- ◇ Young mothers in crisis

During the year WTC provided therapy to 146 women from a wide range of backgrounds. 44 ethnic and cultural identities were represented in the clients we worked with.

The largest ethnic groups are shown in the table below:

White British	22%
Albanian	10%
African	10%
Turkish/Kurdish	9%
Black Caribbean	6%
Black British	4%
Asian	4%
Mixed	6%
Irish	5%

The remaining 24% of clients identified as: Italian; Polish; Spanish; American; Latin American; Sri Lankan; Puerto Rican; Caribbean; Kosovan; Finnish; Bangladeshi; Kenyan/Indian; French/Arab; Azerbaijani; US/German and White European.

Women we worked with came from 16 London Boroughs, with Haringey (39%), Islington (34%), Camden (3%), Hackney (4%) and Barnet (3%) being the most well-represented. Smaller numbers of women came from Southwark, Romford, Waltham Forest, Uxbridge and other Boroughs. The relatively higher percentage of women from Haringey reflects the fact that WTC has a contract with a Haringey DV support provider, Hearthstone.

**Review of activities and future plans (continued)**

♦ **Psychotherapy service (continued)**

The reasons women came into therapy, and the issues they presented, paint a picture of a significant amount of distress and trauma. For those women we provided a lifeline, and they made a gargantuan effort to get to us. The table below shows the main issues women presented in therapy:

Domestic violence	41%
Anxiety & depression	14%
Trauma & neglect	21%
Victim of trafficking	6%
Suicidal ideation	5%
PTSD	5%
Child sexual abuse	5%
Long term disability	4%
Forced marriage	2%
Eating disorder	2%
Shame & guilt	1%
Divorce	1%

\*Percentages add to more than 100% as women may present with more than one issue.

♦ **Community Development**

WTC has been the innovator of community based psychotherapy, especially for groups of women who do not have a concept of or have access to psychotherapy. During 2016/17 the Community Development Psychotherapist continued outreach to community groups and organisations working with underrepresented women - those least likely to access psychotherapy - in order to encourage referrals from agencies supporting these women as well as from women themselves. This included: refugee community organisations, BAMER women's groups, groups working with young mothers, organisations supporting women affected by gender-based violence as well as those dealing with complex needs, suicide and self-harm. Work with refugee women was made possible by funding from AB Charitable Trust, Henry Smith Charity and the Feminist Review Trust. City Bridge Trust has continued to fund work with women at risk of suicide and self-harm.



**Review of activities and future plans (continued)**

◆ **Community Development (continued)**

WTC has developed a number of models which have proved popular and beneficial to women in the community, and can help create a 'bridge' towards therapy, which makes it easier for women to access 1 to 1 or group therapy. Information and 'taster' psychotherapy sessions give women information about therapy and a 'taste' of what therapy is like. Psycho-education groups enable women to develop awareness about their feelings and develop confidence and coping techniques, including within their family and community context. Feedback shows that psycho-education has helped many clients transform their lives, both in terms of confidence and practical issues, and experience has also shown the psycho-education model is adaptable to many different groups of women.

WTC has continued to develop expertise, and to gain profile, around working with trafficked women. This work has been made possible with funding from Lloyds Bank Foundation, over three years 2015-18, for our "Assert" Project. This year we worked with 22 women directly, in one to one therapy, and with a further 40 women in groups.

Community development work has continued to add significant value to WTC's core therapy work, and has enabled the charity to remain relevant and be able to respond proactively to different groups of women's current and continually changing needs.

Core funding from Cripplegate Foundation and Richard Cloudesley's Charity has supported the organisation's infrastructure and work with Islington residents.

A number of Trusts also funded work with women living with disability and life-limiting conditions. These were Mercers Charity, Armourers, Persula Foundation and the Sobell Foundation.

◆ **Community Link Work**

Link Work is fundamental to WTC's holistic model.

In order for women to be able to access and to benefit from psychotherapy they need help to manage the practical issues in their lives which might otherwise hold them back. This includes particularly: insecure housing, unstable or limited finances, insecure legal status, exposure to violence, language and cultural barriers, childcare and absence of social support systems.

During 2016/17 WTC's Link Worker provided a personalised package of support to over 60 clients, which enabled them to access and remain in therapy and to start to tackle some of the main practical issues they faced.

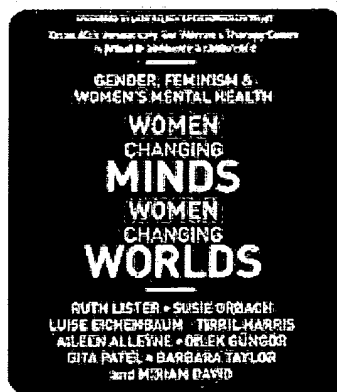
### Review of activities and future plans (continued)

#### ◆ Support for colleagues working with women

WTC recognises that working with women who have experienced trauma, violence and abuse is challenging for frontline staff, and workers need to be able to have regular supervision to enable them to support clients effectively and safely. During 2016/17 WTC provided non-managerial supervision for workers in partner organisations, including Hearthstone, the domestic violence service in Haringey, as well as reflective practice sessions for mixed groups of women workers. Senior staff also provided regular in-house CPD sessions at 10 Manor Gardens for honorary and paid therapists.

#### ◆ 40th Anniversary Conference

WTC celebrated its 40th year anniversary by holding a conference with our Patron, Susie Orbach and other key speakers. The day was energising and thought-provoking and a short film of the event is on our website.



#### ◆ Sheila Ernst Memorial Lecture

During the year we also held the second Sheila Ernst Memorial Lecture. Although attendance was lower than at the inaugural lecture the previous year, it was a very stimulating evening for those present.

### WTC's future plans

For over four decades the Women's Therapy Centre has been a centre of excellence for the provision of longer term psychotherapy and support for women in Islington and across London. In recent times activities have focused on working with women from the most marginalised communities, where women have the greatest need.

Trustees remain committed to meeting women's greatest needs and future plans will focus on continuing to ensure services to these women are preserved and enhanced.

As a result of the strategic review in 2016, WTC's trustees took a key decision to conduct exploratory discussions, with a view to a potential merger, with a like-minded women's organisation in Islington. These discussions are currently ongoing, and trustees continue to keep an open mind about the future of WTC's services, in the face of an increasingly challenging funding environment and diminishing resources for specialist women's services, such as WTC provides.

**WTC's future plans (continued)**

Trustees will hold their annual planning day in the Autumn of 2017, to further consider the options going forwards. Trustees will keep in mind the unique position WTC occupies in the landscape of women's services in London, and most of all the needs of the women who absolutely depend on our services and will always come first.

**Financial review**

◆ **Results for the year**

A summary of the year's results can be found on page 22 of this annual report and financial statements.

Total income in the year amounted to £264,873 a decrease of £14,798 from the previous year. This decrease on the previous year was due to the Comic Relief funding coming to an end. Expenditure in the year amounted to £302,132, a £40,097 increase on the prior year, predominantly in the area of individual and group therapy.

The net deficit for the year was £37,259 (2016 – surplus of £17,636).

◆ **Reserves policy**

Trustees ordinarily consider it prudent to keep three months' reserves in order to ensure the charity is able to cover its expenses in the event of closure. However, this has been a year in transition and WTC has decided to utilise reserves, in order to keep services going. This will make 2017/18 an equally challenging year and all focus will be on maintaining services and holding ground, in order to move forwards in future years.

Free reserves at 31 March 2017 totalled £73,137. This is equivalent to three months expenditure. The trustees consider that the charity's free reserves are adequate but not excessive at the present time.

In the current funding climate the trustees recognise that it is not enough to endeavour to increase the charity's income level as a means of retaining appropriate free reserves but that they must actively tackle both income raising and expenditure reduction side by side if the Centre is to have a long term and sustainable future. This is a particular challenge for the Women's Therapy Centre because of the nature of the service it provides and the need to ensure that commitments to clients are honoured while, at the same time, striving to manage its financial resources. However, it is vital that the Centre adopts this cautious, prudent financial strategy.

◆ **Financial position**

The balance sheet shows funds of £136,075 (2016 - £173,334). The balance comprises restricted fund balances of £51,644 (2016 - £79,176), designated funds of £10,000 (2016 – £10,000) and general funds which at 31 March 2017 were in surplus by £74,431 (2016 – £84,158).

The designated funds are unrestricted monies set aside by the trustees for specific purposes. Details of the funds can be found in note 11 to the financial statements.

**Financial review (continued)**

♦ **Financial position (continued)**

The restricted monies have either been raised for, and their use restricted to, specific purposes, or they comprise income subject to donor imposed conditions. Full details of the restricted funds can be found in note 10 to the financial statements together with an analysis of movements in the year.

The **Henry Smith Charity** is funding work to support women from BME communities until the end of 2015. **Comic Relief** has awarded a three year grant to continue to build on the current Comic Relief funded work with refugee and asylum seeking women.

The **Big Lottery Fund** funded a project working with young mothers in Islington. The project 'Breaking the Cycle' sought to improve women's mental health and enable them to make positive changes in other areas of their lives by providing information sessions in community settings and offering individual and group psychotherapy. This project ran until May 2015.

**Cripplegate Foundation** has continued to fund psychotherapy for Islington women on low incomes. Their continuing support is vital for our services in Islington.

**City Bridge Trust** has funded a three year programme starting in August 2014 to support women who are at risk of suicide and affected by self harm. This service has a London wide reach.

The **Lloyds Bank Foundation** has funded a three year programme to work with women subject to harmful practices including trafficking, forced marriage, honour violence and FGM. The funding started in April 2015. This service has a London wide reach.

**Richard Cloudsley** has funded vulnerable women in Islington.

**The Feminist Review Trust** is funding vulnerable women, including Refugees and Asylum Seekers across London.

**The AB Trust** is also funding refugees and asylum seekers.

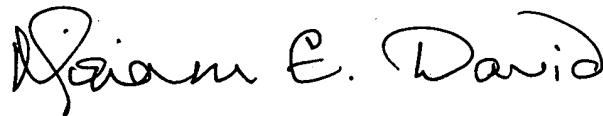
A number of small trusts and Islington commissioners have funded our Enabling Access programme offering therapeutic and practical support to women with disabilities, long term conditions and life threatening illnesses.

**Financial review (continued)**

♦ **Financial position (continued)**

The trustees believe that the funding secured, together with continued careful cost management and continued fundraising, will enable the Women's Therapy Centre to operate within a balanced budget. The trustees believe that it is important to use public, trust and foundation, and individual donor money responsibly and to ensure accountability. However, they also believe it is essential that the Centre does not compromise the quality and ethos of its work.

Approved by the trustees and signed on their behalf by:

A handwritten signature in black ink that reads "Miriam E. David". The signature is written in a cursive style with a large initial 'M'.

Miriam David  
Chair of Trustees

Approved on: 1. 11. 2017

**Independent auditor's report to the members of Women's Therapy Centre**

We have audited the financial statements of Women's Therapy Centre for the year ended 31 March 2017 which comprise the statement of financial activities, the balance sheet, the statement of cash flows the principal accounting policies and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland.

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

**Respective responsibilities of trustees and auditor**

The trustees are also the directors of the charitable company for the purposes of company law. As explained more fully in the trustees' responsibilities statement set out in the trustees' report, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

**Scope of the audit of the financial statements**

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the trustees' report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

**Independent auditor's report 31 March 2017**

**Opinion on financial statements**

In our opinion the financial statements:

- ◆ give a true and fair view of the state of the charity's affairs as at 31 March 2017 and of its income and expenditure for the year then ended;
- ◆ have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- ◆ have been prepared in accordance with the requirements of the Companies Act 2006.

**Opinion on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit, the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements. In light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

**Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- ◆ adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- ◆ the financial statements are not in agreement with the accounting records and returns; or
- ◆ certain disclosures of trustees' remuneration specified by law are not made; or
- ◆ we have not received all the information and explanations we require for our audit; or
- ◆ the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a strategic report.

Buzzacott LLP

Amanda Francis, Senior Statutory Auditor  
for and on behalf of Buzzacott LLP, Statutory Auditor  
130 Wood Street  
London  
EC2V 6DL

14 November 2017

**Statement of financial activities Year to 31 March 2017**

	Notes	Unrestricted funds £	Restricted funds £	2017 Total funds £	2016 Total funds £
<b>Income from:</b>					
Donations*		498	—	498	1,867
Interest receivable*		158	—	158	342
Income from charitable activities					
Provision of psychoanalytical psychotherapy	1	49,316	186,626	235,942	260,815
Other sources					
Room hire*		24,038	—	24,038	16,647
Conference income*		4,237	—	4,237	—
<b>Total income</b>		<b>78,247</b>	<b>186,626</b>	<b>264,873</b>	<b>279,671</b>
<b>Expenditure on:</b>					
Charitable activities					
Provision of psychoanalytical psychotherapy	2	87,974	214,158	302,132	262,035
<b>Total expenditure</b>		<b>87,974</b>	<b>214,158</b>	<b>302,132</b>	<b>262,035</b>
<b>Net (expenditure) income and net movement in funds</b>					
	4	(9,727)	(27,532)	(37,259)	17,636
<b>Reconciliation of funds:</b>					
Balances brought forward at 1 April 2016		94,158	79,176	173,334	155,698
Balances carried forward at 31 March 2017		84,431	51,644	136,075	173,334

All of the charity's activities derived from continuing operations during the above two financial years.

All recognised gains and losses are included in the above statement of financial activities.

\*All income from donations, room hire, conference and interest receivable was unrestricted in 2016.



**Balance sheet 31 March 2017**

	Notes	2017 £	2017 £	2016 £	2016 £
<b>Fixed assets</b>					
Tangible assets	7		1,294		1,996
<b>Current assets</b>					
Debtors	8	17,568		12,014	
Cash at bank and in hand		153,140		178,461	
		<u>170,708</u>		<u>190,475</u>	
<b>Liabilities:</b>					
Creditors: amounts falling due within one year	9	(35,927)		(19,137)	
<b>Net current assets</b>			134,781		171,338
<b>Total net assets</b>			<u>136,075</u>		<u>173,334</u>
<b>The funds of the charity:</b>					
Restricted funds	10		51,644		79,176
Unrestricted funds					
Designated funds	11	10,000		10,000	
General funds		<u>74,431</u>		<u>84,158</u>	
			84,431		94,158
<b>Total charity funds</b>			<u>136,075</u>		<u>173,334</u>

Approved by the trustees of Women's Therapy Centre (Company Registration No 1435901 (England and Wales)) and signed on their behalf by:



Daniela Lungu

Trustee

Approved on:

1 Nov 2017

# Statement of cash flows Year to 31 March 2017

	Notes	2017 £	2016 £
<b>Cash flows from operating activities:</b>			
Net cash (used in) provided by operating activities	A	(25,479)	21,649
<b>Cash flows from investing activities:</b>			
Interest received		158	342
Purchase of tangible fixed assets		—	(1,932)
<b>Net cash provided by investing activities</b>		<b>158</b>	<b>(1,590)</b>
<b>Change in cash and cash equivalents in the year</b>		<b>(25,321)</b>	<b>20,059</b>
<b>Cash and cash equivalents at 1 April 2016</b>	B	<b>178,461</b>	<b>158,402</b>
<b>Cash and cash equivalents at 31 March 2017</b>	B	<b>153,140</b>	<b>178,461</b>

## Notes to the statement of cash flows for the year to 31 March 2017

### A Reconciliation of net movement in funds to net cash (used in) provided by operating activities

	2017 £	2016 £
<b>Net movement in funds (as per the statement of financial activities)</b>	<b>(37,259)</b>	<b>17,636</b>
<b>Adjustments for:</b>		
Depreciation charge	702	986
Interest receivable	(158)	(342)
(Increase) decrease in debtors	(5,554)	2,150
Increase in creditors	16,790	1,219
<b>Net cash (used in) provided by operating activities</b>	<b>(25,479)</b>	<b>21,649</b>

### B Analysis of cash and cash equivalents

	2017 £	2016 £
<b>Total cash and cash equivalents: cash at bank and in hand</b>	<b>153,140</b>	<b>178,461</b>

## **Principal accounting policies 31 March 2017**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are laid out below.

### **Basis of preparation**

These financial statements have been prepared for the year to 31 March 2017.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policies below or the notes to these accounts.

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 United Kingdom and Republic of Ireland (Charities SORP FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements are presented in sterling and are rounded to the nearest pound.

### **Critical accounting estimates and areas of judgement**

Preparation of the financial statements requires the trustees and management to make significant judgements and estimates.

The only item in the financial statements where these judgements and estimates have been made is in respect to estimating the useful economic life of tangible fixed assets.

### **Assessment of going concern**

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these accounts. The trustees have made this assessment in respect to a period of one year from the date of approval of these accounts.

The trustees are aware of significant uncertainties but they are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due. The trustees believe that the funding secured, together with continued careful cost management and continued fundraising, will enable the Women's Therapy Centre to operate within a balanced budget. The trustees believe that it is important to use public, trust and foundation, and individual donor money responsibly and to ensure accountability. However, they also believe it is essential that the Centre does not compromise the quality and ethos of its work.

The most significant areas of judgement that affect items in the accounts are detailed above.

### **Income recognition**

Income is recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

**Income recognition (continued)**

Income comprises donations; interest receivable; contractual income; grants and fees in respect to the provision of psychoanalytical psychotherapy; and income from room hire.

Donations are recognised when the charity has confirmation of both the amount and settlement date. In the event of donations pledged but not received, the amount is accrued for where the receipt is considered probable. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

In accordance with the Charities SORP FRS 102 volunteer time is not recognised.

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.

Contractual income and fees receivable in respect to the provision of psychoanalytical psychotherapy are recognised to the extent that it is probable that the economic benefits will flow to the charity and the revenue can be reliably measured. Such income is measured as the fair value of the consideration received or receivable, excluding discounts and rebates. Grants from government and other agencies relating directly to the provision of psychoanalytical psychotherapy are included as income from charitable activities and are credited to income when the charity has both confirmation of the amount and entitlement to the income. In the event of grants confirmed but not received, the amount is accrued for where the receipt is considered probable. In the event that a grant is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met.

Income from room hire is recognised to the extent that it is probable that the economic benefits will flow to the charity and the revenue can be reliably measured.

**Expenditure recognition**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to make a payment to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. Expenditure comprises direct costs and support costs (including governance costs). All expenses, including support costs, are associated with furthering the charitable purposes of the charity through the provision psychoanalytical psychotherapy.

All expenditure is stated inclusive of irrecoverable VAT.

#### **Allocation of support and governance costs**

Support costs represent indirect charitable expenditure. In order to carry out the primary purposes of the charity it is necessary to provide support in the form of personnel, financial procedures, provision of office services and equipment and a suitable working environment.

Governance costs comprise the costs involving the public accountability of the charity (including audit costs) and costs in respect to its compliance with regulation and good practice.

Support costs and governance costs form part of the costs of charitable activity.

#### **Tangible fixed assets**

All assets costing more than £250 and with an expected useful life exceeding one year are capitalised.

Expenditure on the purchase and replacement of computer equipment and significant items of furniture and fittings is capitalised and depreciated over the estimated useful lives of the assets as follows:

Computer and office equipment	33% on cost
Furniture and fittings	25% on cost

#### **Debtors**

Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are valued at the amount prepaid. They have been discounted to the present value of the future cash receipt where such discounting is material.

#### **Cash at bank and in hand**

Cash at bank and in hand represents such accounts and instruments that are available on demand or have a maturity of less than three months from the date of acquisition.

#### **Creditors and provisions**

Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payment where such discounting is material.

#### **Fund structure**

The restricted funds are funds which have been raised for, and their use restricted to, a specific purpose; or donations or grants subject to donor or funder imposed restrictions.

The designated funds comprise unrestricted monies set aside by the trustees for specific purposes.

**Fund structure (continued)**

The general funds consist of those funds which the charity may use in furtherance of its charitable objectives and which may be applied at the discretion of the trustees.

**Leased assets**

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the statement of financial activities on a straight line basis over the lease term.

**Pension costs**

Contributions in respect to defined contribution pension schemes are charged to the statement of financial activities when they are payable to the scheme. The charity's contributions are restricted to the contributions disclosed in note 5. There were no outstanding contributions at the year end. The charity has no liability beyond making its contributions and paying across the deductions for the employees' contributions.

**1 Income from the provision of psychoanalytical psychotherapy**

	Unrestricted funds £	Restricted funds £	2017 Total funds £	2016 Total funds £
<b>Contracts and service agreements with Central Government and statutory bodies</b>				
NHS Islington	27,249	—	27,249	29,000
Hearthstone/L B Haringey	14,922	—	14,922	16,326
	<u>42,171</u>	<u>—</u>	<u>42,171</u>	<u>45,326</u>
<b>Other grants</b>				
Comic Relief	—	15,962	15,962	31,182
City Bridge Trust	—	37,000	37,000	41,000
Lloyds Bank Foundation	—	25,000	25,000	25,000
The Henry Smith Charity	—	39,100	39,100	—
Grants from voluntary bodies	—	69,564	69,564	107,180
	<u>—</u>	<u>186,626</u>	<u>186,626</u>	<u>204,362</u>
<b>Psychotherapy fees</b>	<u>7,145</u>	<u>—</u>	<u>7,145</u>	<u>11,127</u>
<b>2017 Total funds</b>	<u>49,316</u>	<u>186,626</u>	<u>235,942</u>	<u>260,815</u>
<b>2016 Total funds</b>	<u>62,453</u>	<u>198,362</u>	<u>260,815</u>	

**2 Expenditure on the provision of psychoanalytical psychotherapy**

	Unrestricted £	Restricted £	2017 Total £	2016 Total £
Individual and group therapy	81,757	57,973	139,730	76,912
Refugees and Asylum Seekers and Black and Minority Ethnic (BME) projects	—	55,721	55,721	93,425
Young Mothers projects	—	8,154	8,154	5,710
Domestic Violence projects	—	—	—	9,768
Gender Violence and Trafficking projects	—	25,000	25,000	1,000
Self Harm and Suicide projects	—	38,631	38,631	39,982
Disability projects	—	28,679	28,679	25,106
Women and Girls projects	—	—	—	5,460
Governance costs (note 3)	6,217	—	6,127	4,672
<b>2017 Total funds</b>	<u>87,974</u>	<u>214,158</u>	<u>302,132</u>	<u>262,035</u>
<b>2016 Total funds</b>	<u>62,692</u>	<u>199,343</u>	<u>262,035</u>	

### 3 Governance costs

	Unrestricted funds £	Restricted funds £	2017 Total funds £	2016 Total funds £
Audit fees	5,000	—	5,000	4,571
Trustees' expenses and similar costs	1,217	—	1,217	101
<b>2017 Total funds</b>	<b>6,217</b>	<b>—</b>	<b>6,217</b>	<b>4,672</b>
2016 Total funds	4,472	200	4,672	

### 4 Net (expenditure) income and net movement in funds

This is stated after charging:

	2017 Total funds £	2016 Total funds £
Staff costs (note 5)	161,605	141,830
Auditor's remuneration:		
.. Statutory audit services (including VAT)		
.. Current year	4,385	4,451
.. Prior year	615	120
Depreciation (note 7)	702	986
Operating lease rentals	31,347	41,126

### 5 Staff costs and key management personnel

	2017 Total funds £	Restated 2016 Total funds £
Staff costs during the year were as follows:		
Wages and salaries	156,413	127,539
Social security costs	3,579	11,407
Other pension costs	1,613	2,884
	<b>161,605</b>	<b>141,830</b>
Staff costs per function were as follows:		
Psychotherapy	59,111	106,766
Support	102,494	35,064
	<b>161,605</b>	<b>141,830</b>

Wages and salaries includes the remuneration costs of the interim Chief Executive who was engaged on a self-employed basis.

No employees earned £60,000 per annum or more (including benefits) during the year (2016 - none).



**5 Staff costs and key management personnel (continued)**

The average number of employees, analysed by function, on a full time equivalent basis, was:

	Year to 31 March 2017	Year to 31 March 2016
Psychotherapy	3	3.5
Support	1	1
	<b>4</b>	<b>4.5</b>

The average number of employees, analysed by function, was:

	Year to 31 March 2017	Year to 31 March 2016
Psychotherapy	3	4
Support	1	1
	<b>4</b>	<b>5</b>

The key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis comprise the trustees and the Chief Executive. The total remuneration (including taxable benefits but excluding employer's pension contributions) of the key management personnel for the year was £77,025 (2016 - £48,757).

No trustee received any remuneration during the year (2016 – £nil). Expenses in connection with out-of-pocket travel costs were not reimbursed to trustees (2016 - £nil).

**6 Taxation**

Women's Therapy Centre is a registered charity and, therefore, is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

## Notes to the financial statements Year to 31 March 2017

### 7 Tangible fixed assets

	Furniture and fittings £	Computer and office equipment £	Total £
<b>Cost</b>			
At 1 April 2016 and at 31 March 2017	9,245	32,919	42,164
<b>Depreciation</b>			
At 1 April 2016	9,244	30,924	40,168
Charge for year	—	702	702
At 31 March 2017	9,244	31,626	40,870
<b>Net book values</b>			
At 31 March 2017	1	1,293	1,294
At 31 March 2016	1	1,995	1,996

### 8 Debtors

	2017 £	2016 £
Fees receivable	6,169	1,059
Prepayments and accrued income	11,399	10,955
	<b>17,568</b>	<b>12,014</b>

### 9 Creditors: amounts falling due within one year

	2017 £	2016 £
Social security costs and PAYE	3,165	3,045
Expense and other creditors	6,383	8,079
Accruals	21,127	4,425
Deferred income	5,252	3,588
	<b>35,927</b>	<b>19,137</b>

Income is deferred where the conditions for recognition have not been met. The movements on deferred income in the year are as follows:

	2017 £	2016 £
Deferred income brought forward	3,588	8,580
Amounts deferred in year	5,252	3,588
Amounts released in year	(3,588)	(8,580)
Deferred income carried forward	<b>5,252</b>	<b>3,588</b>

## 10 Restricted funds

The income funds of the charity include restricted funds comprising unexpended balances of donations and grants held on trusts to be applied for specific purposes.

	At 1 April 2016 £	Income £	Expenditure £	At 31 March 2017 £
<u>Individual and group therapy</u>				
Richard Cloudesley	6,312	19,900	(22,194)	4,018
Peter Stebbings Memorial Charity	3,000	—	(3,000)	—
Cripplegate Foundation	3,077	30,000	(32,779)	298
	<b>12,389</b>	<b>49,900</b>	<b>(57,973)</b>	<b>4,316</b>
<u>Refugees and Asylum Seekers and BME</u>				
Comic Relief	4,947	15,962	(20,909)	—
Henry Smith Charity	—	39,100	(22,812)	16,288
Feminist Review Trust	12,000	—	(12,000)	—
AB Trust	10,000	—	—	10,000
	<b>26,947</b>	<b>55,062</b>	<b>(55,721)</b>	<b>26,288</b>
<u>Young Mothers</u>				
Islington Giving	—	14,664	(8,154)	6,510
<u>Gender Violence and Trafficking</u>				
Lloyds Bank Foundation	—	25,000	(25,000)	—
<u>Self Harm and Suicide</u>				
City Bridge Trust	4,870	37,000	(38,631)	3,239
<u>Disability</u>				
Sobell Foundation	5,000	5,000	(10,000)	—
Trusthouse Charitable Foundation	6,000	—	(6,000)	—
Mercers Company	12,000	—	(11,807)	193
Persula Foundation	2,000	—	(872)	1,128
	<b>25,000</b>	<b>5,000</b>	<b>(28,679)</b>	<b>1,321</b>
<u>Other</u>				
Awards for All/Big Lottery	9,970	—	—	9,970
<b>Total</b>	<b>79,176</b>	<b>186,626</b>	<b>(214,158)</b>	<b>51,644</b>

## 11 Designated funds

	Development fund £
At 1 April 2016 and at 31 March 2017	10,000

The development fund represents monies set aside to meet the costs associated with the future development of the charity, including strategic planning and income generation, and these are expected to be utilised over the next financial year.

## 12 Analysis of net assets between funds

	General funds £	Designated funds £	Restricted funds £	Total 2017 £
<b>Fund balances at 31 March 2017 are represented by:</b>				
Tangible fixed assets	1,294	—	—	1,294
Current assets	109,064	10,000	51,644	170,708
Creditors: amounts falling due within one year	(35,927)	—	—	(35,927)
	<u>74,431</u>	<u>10,000</u>	<u>51,644</u>	<u>136,075</u>

## 13 Lease commitments

At 31 March 2017 the charity had future minimum commitments under non-cancellable operating leases as follows:

	2016 £	2017 £
Land and buildings		
. Amounts due within one year	<u>10,436</u>	<u>10,436</u>
Other		
. Amounts due within one year	<u>930</u>	<u>1,839</u>

## 14 Related party transactions

During the year the charity received donations of £315 from two of its trustees (2016 - £120). There were no other related party transactions during the year which required disclosure (2016 - none).

## Section 37 Statement Year to 31 March 2017

In accordance with Section 37 of the Local Government and Housing Act 1989, the following is a statement of grants in excess of £2,000 or where the funder has stipulated their grant should be disclosed, receivable in respect of the period ended 31 March 2017, together with a note on the use to which they were put.

This statement also includes unspent balances brought forward at 1 April 2016, the amounts used during the year and the balances carried forward at 31 March 2017.

	At 1 April 2016 £	Income £	Expenditure £	At 31 March 2017 £
NHS Islington - Individual and Group Therapy	2,936	27,249	(30,185)	—
Cripplegate Foundation				
Individual and Group Therapy	3,077	30,000	(32,779)	298
Richard Cloudesley	6,312	19,900	(22,194)	4,018
Peter Stebbings Memorial Charity	3,000	—	(3,000)	—
Comic Relief	4,947	15,962	(20,909)	—
Lloyds Bank Foundation	—	25,000	(25,000)	—
City Bridge Trust	4,870	37,000	(38,631)	3,239
Feminist Review Trust	12,000	—	(12,000)	—
Henry Smith Charity	—	39,100	(22,812)	16,288
Awards for All/Big Lottery	9,970	—	—	9,970
Hearthstone/LB of Harringey	(3,588)	14,922	(11,334)	—
AB Trust	10,000	—	—	10,000
Sobell Foundation	5,000	5,000	(10,000)	—
Trusthouse Foundation	6,000	—	(6,000)	—
Mercers Company	12,000	—	(11,807)	193
Lady Balogh Trust	4,000	—	(4,000)	—
Islington Giving	—	14,664	(8,154)	6,510
	80,524	228,797	(258,805)	50,516

This statement forms part of the audited financial statements of the charity.