

REGISTRAR OF COMPANIES

Women's Therapy Centre

Annual Report and Financial Statements

31 March 2015

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

Patrons	Rosie Boycott Susie Orbach Philippa Perry Mary Target
Trustees	Miriam David – Chair Emua Ali – Vice Chair Daniela Lungu – Treasurer Barbara Fletchman Smith Kelly Hearn Sasha Roseneil Christine Smith Bhupinder Virdee
Secretary	Monika Schwartz
Chief Executive	Monika Schwartz
Registered/Principal office	10 Manor Gardens London N7 6JS
email	enquiries@womenstherapycentre.co.uk
Telephone	020 7263 7860
Fax	020 7281 7879
Company registration number	1435901 (England and Wales)
Charity registration number	274520
Auditor	Buzzacott LLP 130 Wood Street London EC2V 6DL

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 2015

The trustees present their report together with the financial statements of the Women's Therapy Centre for the year ended 31 March 2015.

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 and 26 of the attached financial statements and comply with the charitable company's memorandum and articles of association, applicable laws and the requirements of Statement of Recommended Practice on "Accounting and Reporting by Charities" issued in March 2005.

Introduction

The main object for which the Women's Therapy Centre exists is to benefit women with psychological issues and stress, in particular by providing psychoanalytic psychotherapy, developing access to psychotherapy and the provision of education, supervision and training.

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 experience gaps. Prospective trustees make an application and meet with the trustees before they are co-opted to the board. Training sessions on governance and responsibilities take place on a regular basis. New trustees 'shadow' members of the staff team in order to become familiar with the work, in particular with an area of work which is not their specialism e.g. non clinical trustees would expect to 'shadow' psychotherapists.

The following trustees were in office at 31 March 2015, and served throughout the year.

Trustees	Appointed / Resigned
Miriam David - Chair	
Emua Ali – Vice Chair	
Daniela Lungu – Treasurer	
Barbara Fletchman Smith	
Kelly Hearn	Appointed 17 October 2014
Sasha Roseneil	Appointed 17 October 2014
Christine Smith	
Bhupinder Virdee	

Brief biographical details on each of the trustees in office at 31 March 2015 are given below.

Miriam David is Professor Emerita of Sociology of Education, and was Professor (2005-2010) and Associate Director (Higher Education) of the ESRC's Teaching & Learning Research Programme (2004-2009) at the Institute of Education, University College London. She is a 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 recently completed an European Union-Daphne funded project on training teachers, youth and community workers to challenge gender-related violence for children and young people. This is now being written up as a book entitled *A Feminist Manifesto for Education* (Polity Press, 2015). She has been an academic activist for all her career, interested in psycho-social and feminist studies in and of education. She has a world-class reputation for her feminist social research on families, gender, social diversity and inequalities across education.

Emua Ali works with refugee and migrant women in the local community, supporting them to find employment and to set up their own businesses.

Daniela Lungu is an investment analyst with extensive experience of financial management.

Governance, structure and management (continued)

♦ **Trustees (continued)**

Barbara Fletchman Smith has a private psychotherapy practice and is a published author of two books on the inner worlds of people of Caribbean background. She is interested in making psychoanalytic psychotherapy more accessible to people who need and can make use of it. She has a long association with the Women's Therapy Centre. She is a member of the Inner City Centre and an advanced member of the Lincoln Clinic and Centre for Psychotherapy and has a Master's degree in Psychoanalysis.

Kelly Hearn is passionate about therapy and is in training presently. She has been involved in business and finance for two decades and so brings these skills and experience to the board of trustees.

Sasha Roseneil is a Professor of Sociology and Social Theory and Head of the Department of Psychosocial Studies at Birkbeck University of London, where she is also Director of the Birkbeck Institute for Social Research. She is also a group analyst.

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 Domestic Violence Intervention Project (DVIP). She has 15 years' experience of working with domestic violence. Her responsibilities include risk assessments; individual and group work with perpetrators around their use of violence and abusive behaviour to partners and individual and group work with victims and survivors of abuse. She holds a degree in psychology and has completed post graduate training in Integrative and Psychodynamic Counselling.

No trustee received any remuneration during the year. No trustee received reimbursement of expenses in connection with out-of-pocket travel or other costs (2014 - £nil).

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 £2,547 and provides cover up to a maximum of £1,500,000.

♦ **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).

Governance, structure and management (continued)

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

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 Statement of Recommended Practice (Accounting and Reporting by Charities) (the Charities' SORP);
- ◇ 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
- ◇ 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.

Governance, structure and management (continued)

♦ **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 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.

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.

Monika Schwartz has been the Chief Executive since August 2013. She brings a wealth of experience from working across the sectors and was formerly the Chief Executive of Nafsiyat Intercultural Therapy Centre. She has over 30 years' experience of voluntary, public and private sector management, working with a range of diverse communities and organisations. Her skills include financial and staff management, research and project planning.

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:

Governance, structure and management (continued)

◆ **Risk management (continued)**

- ◇ 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;
- ◇ 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.

Specific objectives and relevant policies

◆ Overall objectives and aims

The core purposes of the Women's Therapy Centre are:

- ◇ to provide psychoanalytic psychotherapy, education and training for women by women;
- ◇ to exist in order to enable women to make changes in their lives;
- ◇ to recognise that women's mental health is deeply affected by the social and political context in which they live. This is further compounded by oppression on the grounds of race, culture, disability, sexual orientation, refugee status, age and class.

Its aims are:

- ◇ to provide group and individual psychoanalytic psychotherapy for women. This therapy is informed by psychoanalytic theory based on an understanding of women's psychology and the Women's Therapy Centre clinical practice, and which endeavours to promote emotional well being;
- ◇ to provide an accessible service for women regardless of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sexual orientation or refugee status.
- ◇ to provide a service for women by women which is gender-conscious and is based on a particular awareness of women's oppression and the social and political context in which women live;
- ◇ to broaden access to psychotherapy services, by the provision of services in community settings and at the Women's Therapy Centre;
- ◇ to develop and promote the Women's Therapy Centre's perspective on women's psychology and to raise public awareness about women's mental health issues;
- ◇ to provide education and training about women's psychology based on the Women's Therapy Centre experience and practice, to a wide range of professionals and workers;
- ◇ to provide an advice and information service about the Women's Therapy Centre and other provisions relating to women's mental health;
- ◇ to ensure the provision of a high quality service which is cost effective and responsive to the needs of women who use the Women's Therapy Centre services; and
- ◇ to operate efficient and accountable systems of organisational and financial management.

Specific objectives and relevant policies (continued)

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

When setting the objectives and planning the work of the charity for the year, the trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

♦ **Employees**

Ten staff (2014 – fifteen) were employed by the charity during the year. The nature of the activities of the Women's Therapy Centre means that the charity employs only females. The Women's Therapy Centre strives to be an equal opportunities employer in all other respects and applies objective criteria to assess merit. It aims to ensure that no job applicant or employee receives less favourable treatment on the grounds of age, race, colour, nationality, religion, ethnic or national origin, marital status, sexual orientation or disability.

Selection criteria and procedures are in place to ensure that individuals are selected, promoted and treated on the basis of their relevant merits and abilities. All employees are given opportunity and training to enable them to develop their skills and knowledge. The Women's Therapy Centre is committed to a programme of action to make this policy effective, and brings it to the attention of all employees.

♦ **Volunteers**

The Centre benefited from the contribution of 18 volunteers during the period. Ten of the volunteers were 'honorary psychotherapists'. Honorary psychotherapists are women who have completed their training, or are in the last year of psychoanalytic psychotherapy or completed psychodynamic counselling training and require clinical hours towards accreditation. We offer a unique experience of working with women with complex needs from diverse backgrounds in a clinical setting. They receive clinical supervision from trained supervisors and attend continuing professional development CPD offered by the centre and partner agencies.

Eight of the volunteers provided administrative support and contributed to the development of the organisation's social media profile and event planning. These positions are helpful to the administration, clinical support services and community development projects. They enabled women to gain valuable administrative skills as well as gaining an experience of being part of a voluntary sector organisation. The honorary psychotherapists contributed to the work of the Centre by providing therapy to 28 women over the year. The administration volunteers contributed one or two days per week. The volunteers are an important part of the centre's work and are an invaluable resource.

Specific objectives and relevant policies (continued)

♦ Working with other organisations

The Women's Therapy Centre continues to develop working relationships with a range of statutory and non-statutory organisations. 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.

Review of activities and future plans

The Women's Therapy Centre seeks to provide an accessible psychotherapy service for women with mental health issues who have traditionally had no access to such a service, including: black and minority ethnic women, refugees and asylum seekers, women whose first language is not English, women with disabilities, young women, women who have experienced violence and abuse and women on low incomes.

Review of activities and future plans (continued)

The Women's Therapy Centre is unique in providing a women-only setting. This is particularly important for women who have experienced violence and rape, possibly in situations of conflict or war, or for women whose cultural background would make it difficult for them to access therapy in a mixed environment. The Women's Therapy Centre's services are very oversubscribed and have to have a managed waiting list.

♦ **Psychotherapy service**

The Women's Therapy Centre ensures that its services are accessible by:

- ◊ Employing experienced therapists who speak a range of community languages or who can work effectively with appropriately skilled interpreters, as well as employing staff who have a cultural and political understanding of the environment many of the women have come from and a psychotherapeutic knowledge of issues affecting these women such as trauma and loss;
- ◊ Publicising services using sensitive, culturally relevant images, in community languages and in places where women traditionally excluded from therapy are likely to see these images.
- ◊ Using a building which is accessible for women with mobility problems;
- ◊ Endeavouring to employ staff and volunteers from a range of cultural backgrounds, reflecting the communities that we are serving;
- ◊ Opening at least one evening a week;
- ◊ Ensuring that trustees come from the communities we serve and have an understanding of the issues women using the Centre face and are experts in their given field; and
- ◊ Developing links with groups of mental health service users, refugee community organisations, black and minority ethnic women's groups, working with young mothers and agencies working with women who traditionally do not have access to therapy. Working also with organisations supporting women affected by gender violence, trafficking, disability and long term conditions as well as those dealing with complex needs and self-harm.

The Women's Therapy Centre has focused on particular groups in response to identified needs, and increasingly alongside available funding streams. Currently those groups of women, usually with no income or on low incomes, who are being prioritised are:

- ◊ Refugees and asylum seeking women;
- ◊ Women who have experienced childhood sexual abuse;
- ◊ Women who have experienced domestic violence;
- ◊ Young mothers;

Review of activities and future plans (continued)

♦ **Psychotherapy service (continued)**

- ◊ Women from black and minority ethnic communities;
- ◊ Women at risk of self harm and suicide;
- ◊ Women with disabilities, long term conditions and life – threatening illnesses;
- ◊ Women subject to harmful practices (such as trafficking, forced marriage, honour violence and FGM); and
- ◊ Women on low or no income.

The current economic climate has resulted in a decrease in the level of funding available for third sector organisations. This is a challenging time for not for profit providers such as the Women's Therapy Centre.

The Women's Therapy Centre will continue to actively seek to broaden its funding base and to secure the financial future of the Centre, in spite of the challenging economic climate, through careful financial planning and strategic fund-raising. It is important that the organisation continues to identify and secure funding to deliver its services. We also have a role to play in raising awareness and understanding among policy makers, politicians and the general public about the long-term benefits of psychotherapy for those who receive it, their families, the communities in which they live and society as a whole. We consider that our work demonstrates that high quality psychotherapy can, over time, enable women to make sense of their distress, take more control of their lives and find less damaging ways to cope with past trauma.

The Women's Therapy Centre believes that:

- ◊ Psychoanalytic psychotherapy can help women who have been through very traumatic experiences. It can provide support over a longer period of time and does not seek to offer a 'quick fix' to women who are very vulnerable;
- ◊ Talking therapies which focus on the symptoms and not the causes of mental health problems may not be the most appropriate models of therapy for women who have survived torture, trafficking, exile, detention and gender based violence. For these women psychoanalytic psychotherapy can enable them to begin a long process of recovery.

Psychoanalytic psychotherapy can help women, over time, to find their own solutions and identify their own strengths. For women who have been stigmatised and demonised both as asylum seekers and as survivors of gender based violence, being treated in this way can be a uniquely powerful experience and one that offers them hope for the future. There is a need for the provision of support services specifically for front-line staff working with women, including the reflective practice model offered by the Women's Therapy Centre. In 2014/15 176 Women were offered psychotherapy, either in one to one sessions or as part of a therapeutic group.

Review of activities and future plans (continued)

♦ **Psychotherapy service (continued)**

Of the women seen at the centre 34% were between the age of 35 and 44 and another 34% were between 45 and 55. 17 % were under 25, 5% between 25 and 34 and 10% were over 55.

[Picture 1]

The largest minority (22%) of women identified themselves as White other (including Irish, west south and eastern European) followed by White British women 21% and black women 18% (including African, Caribbean and British).

[Picture 2]

53% identified themselves as Christian and 20% identified themselves as Muslim.

[Picture 3]

Review of activities and future plans (continued)

♦ Psychotherapy service (continued)

We take self-referrals as well as from family, friends, health and social care providers in both the statutory and voluntary sector. Women can contact the Centre via the phone, e-mail or the website. We are mindful that contact is often difficult because of their domestic and or financial circumstances, therefore we adapt the referral process according to the women's situation and promote access by being flexible and supportive. Many women benefit from therapy, which often makes significant changes to their lives (over 52% according to CORE data).

A young woman commented, 'it allowed me to speak to someone who was not judging me. I was very confused and lost when I came. However at the end of the sessions I was a little more positive about my future. Thank you for your support. I am grateful.'

In the last year the Women's Therapy Centre has run two 40 week groups for women affected by gender violence; one for English speaking women (a diverse mix of ages, background and nationalities) the other for Turkish speaking women.

Each group had at least eight women attending, some of whom spent a shorter time in the group due to changes in their circumstances.

The groups had a profound effect on the women who attended. The groups were able to deal with many of the difficult issues, faced by women who have been subjected to gender violence.

A participant wrote 'Just wanted to say thank you for your support, great work and creating a unique and good atmosphere in the group, creating a positive oasis for all of us. It means so much to me.'

Another from the Turkish speaking group commented 'This is my real caring family. I now have strong emotional muscles through the challenges and support of the group.'

♦ Community development and support services

The Women's Therapy Centre provided information and taster sessions, psycho education groups and staff support as part of its community development projects. These sessions are aimed at a diverse range of women including women refugees and asylum seekers, young mothers in Islington, women from black and minority ethnic communities who have experienced domestic violence.

In 2014/15 we continued to receive funding from Comic Relief and Henry Smith Charity to continue our services with refugees and asylum seekers. It is part of the Women's Therapy Centre's objective to improve access for women from refugee communities and other women living in exile including:

- ♦ the provision of mother tongue therapy in same language or through an interpreter;
- ♦ the provision of a Link Worker, who supports women who are accessing therapy at the Women's Therapy Centre by assisting them with practical problems and signposting them to other support services in relation to housing, benefits and immigration issues;

Review of activities and future plans (continued)

♦ **Community development and support services (continued)**

- ◊ the provision of support with child care and travel costs;
- ◊ the provision of training and support for staff and volunteers in refugee community organisations.

The Big Lottery Fund project has reached out to young mothers (in the borough of Islington) experiencing social exclusion, poverty and mental and emotional ill-health and provided them with a programme of psychotherapeutic and practical support to enable them to make positive changes in their lives.

The last year of the project has been focusing on partnerships with organisations working with young women and offering group and individual therapy to young women to develop their resilience and potential. In March 2015 we held a celebration of Mother's Day where over 70 women and their children attended. It showcased the partnerships involved in the project, highlighted the progression of the young mothers who were involved in the planning and delivery of the event as well as looking at the issues that needed to be focused on in future work.

Affirm, funded by City Bridge since August 2014, aims to make a real impact on the problems experienced by women who are affected by suicidal thoughts or self harm. In the short life time of this project, we have been able to make significant interventions in helping women through their complex issues and towards recovery as well as supporting front-line staff.

Community development programme

1,015 women were involved in Women's Therapy Centre's community development. This way of working is an important part of the Centre's commitment to making psychotherapy accessible to groups of women who do not take up psychotherapy for a range of often complex reasons. An important part of the community development model is the provision of information and 'therapy taster' sessions in community settings. These sessions give women the opportunities to: Learn more about women's mental health, feel more comfortable discussing mental health issues, access information about other services which help people cope with anxieties, concerns and problems.

When asked to comment on how comfortable women were before attending the information sessions discussing mental health issues only 7% stated they were comfortable discussing issues related to mental health. Having attended the sessions, that figure rose to 88%.

Review of activities and future plans (continued)

♦ **Community development and support services (continued)**

Community development programme (continued)

The evaluation of the psycho education groups shows how these groups have had a positive impact on women's lives in the following ways:

- ◊ Be supported to speak often for the first time about their mental distress, isolation, depression and experiences of abuse/violence.
- ◊ Have the opportunity to meet with others who experience feelings of isolation and poor mental health and no longer feel alone.
- ◊ Gain self-esteem, increase coping skills and build confidence to make changes in their lives.
- ◊ Develop emotional insight and better understanding of the support they require and be in contact with services that can meet their needs.
- ◊ Leading to a reduced contact with their GP and mental health services, enhancing their ability to lead independent lives and engage more actively in the community.

Feedback included 'I feel inspired to make a difference to the way I feel about things and seek the help I need.'

'I feel very confident and safe to talk about the issues I struggle with.'

Link worker support

Women were able to access practical support and advice on issues including housing, benefits and education through the Centre's Link Worker. The greatest proportion of referred women were helped with housing issues, followed by assistance with welfare benefit advice, immigration, and no recourse to public funds. This support enables women to gain the support they need to progress and is vital on their long road to recovery. Last year alone over £2,250 was raised from Trusts to directly support women in need.

An example is AH who was supported through a difficult time in her life. She was able to get safe and secure housing for herself and her children, assistance with household goods and a small grant to help her with her studies.

Review of activities and future plans (continued)

♦ Community development and support services (continued)

Reflective practice

Reflective practice sessions are for women who are members of staff or volunteers delivering services to women in the community in the voluntary and statutory sector. It offers them with a safe space where they can examine the emotional and psychological impact of their work, explore their own responses to the loss and trauma that they face in their work, and identify how more supportive structures can be developed in their workplace. This can be individual sessions or in a group setting.

A front line worker gave this feedback on the group sessions:

'The sessions were a life-line for us as we were going through so many changes in our workplace. It was difficult to focus on the women we work with especially as we were not able to offer the women safe alternatives for women on a regular basis. Having a safe space to deal with this was so important thanks.'

Financial review

♦ Results for the year

A summary of the year's results can be found on page 23 of this annual report and financial statements.

Total incoming resources in the year amounted to £261,389 a decrease of £48,326 from the previous year. This decrease on the previous year was due to a decrease in contracts and service agreements with Central Government and Statutory bodies and in room hire. Resources expended in the year amounted to £279,668, a £38,610 decrease on the prior year, predominantly in the area of individual and group therapy.

The net deficit for the year was £18,279 (2014 – net surplus of £69,553).

♦ Reserves policy

The charity carries out a wide range of activities and projects, some of which comprise short term and externally funded projects whilst others comprise longer term activities requiring ongoing financial commitment. The trustees have examined the requirement for free reserves i.e. those unrestricted funds not invested in tangible fixed asset or designated for specific purposes. The trustees consider that, given the nature of the charity's work, the level of free reserves should be approximately equivalent to three month's expenditure that this provides sufficient flexibility to cover temporary shortfalls in incoming resources due to timing differences in income flows, adequate working capital to cover core costs, and will allow the charity to cope with unforeseen emergencies.

The trustees consider that the charity's free reserves are adequate but not excessive at the present time.

Financial Review (continued)

♦ Reserves policy (continued)

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 £155,698 (2014 - £173,977). The balance comprises restricted fund balances of £77,964 (2014 - £48,706), designated funds of £10,000 (2014 - £60,000) and general funds which at 31 March 2015 were in surplus by £67,734 (2014 - surplus of £65,271).

The designated funds are unrestricted monies set aside by the trustees for specific purposes. Details of the funds can be found in note 12 to the financial statements.

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 11 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' seeks 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 has funded a three year programme starting in August 2014 to support women who are at risk of suicide and affected by self harm.

The Lloyds Foundation Trust 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. Both these services have a London wide reach.

Financial Review (continued)

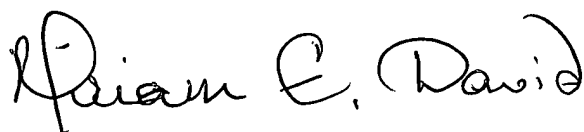
♦ **Financial position** (continued)

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. This programme was developed in February 2015 and commenced in March 2015.

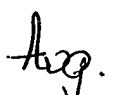
In April 2016, The Women's Therapy centre will be celebrating its 40th Birthday. We have already, with the support of our founder members and trustees, started to develop a programme of events, starting with a series of seminars highlighting aspects of our work.

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:



Miriam E David
Trustee

Approved on:  11 2015

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 2015 which comprise the statement of financial activities, the balance sheet, 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).

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.

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 2015 and of its incoming resources and application of resources, including 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 matter prescribed by the Companies Act 2006

In our opinion the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.

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

12 August 2015

Statement of financial activities Year to 31 March 2015

	Notes	Unrestricted funds £	Restricted funds £	2015 Total funds £	2014 Total funds £
Income and expenditure					
Incoming resources					
Incoming resources from generated funds:					
. Voluntary income	1	879	—	879	684
. Room hire		4,877	—	4,877	14,316
. Interest receivable		340	—	340	1,763
Incoming resources from charitable activities					
. Provision of psychoanalytical psychotherapy	2	19,871	235,476	255,293	292,952
Total incoming resources		25,913	235,476	261,389	309,715
Resources expended					
Charitable activities					
. Provision of psychoanalytical psychotherapy	3	69,109	205,745	274,854	314,047
Governance costs	4	4,341	473	4,814	4,231
Total resources expended		73,450	206,218	279,668	318,278
Net movement in funds i.e. net (expenditure) income	5	(47,537)	29,258	(18,279)	(8,563)
Balances brought forward at 1 April 2014		125,271	48,706	173,977	182,540
Balances carried forward at 31 March 2015		77,734	77,964	155,698	173,977

There is no difference between the net movement in funds stated above, and the historical cost equivalent.

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

The charity has no recognised gains and losses other than those shown above and therefore no separate statement of total recognised gains and losses has been presented.

Balance sheet 31 March 2015

	Notes	2015 £	2015 £	2014 £	2014 £
Fixed assets					
Tangible assets	8		1,050		4,903
Current assets					
Debtors	9	14,164		14,111	
Cash at bank and in hand		158,402		172,380	
		<u>172,566</u>		<u>186,491</u>	
Creditors: amounts falling due within one year	10	<u>(17,918)</u>		<u>(17,417)</u>	
Net current assets			154,648		169,074
Total net assets			<u>155,698</u>		<u>173,977</u>
Represented by:					
Funds and reserves					
Restricted funds	11		77,964		48,706
Unrestricted funds					
. Designated funds	12	10,000		60,000	
. General funds		<u>67,734</u>		<u>65,271</u>	
			77,734		125,271
			<u>155,698</u>		<u>173,977</u>

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



Miriam E David
Trustee

Approved on: 11. 08. 2015

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with the requirements of the Companies Act 2006. Applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2005) have been followed in these financial statements.

Cash flow

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard No 1 "Cash Flow Statements".

Incoming resources

Incoming resources are recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty. Income is deferred only when the charity has to fulfil conditions before becoming entitled to it or where the donor or funder has specified that the income is to be expended in a future accounting period.

Grants from government and other agencies have been included as income from activities in furtherance of the charity's objectives where these amount to a contract for services, but as donations where the money is given in response to an appeal or with greater freedom of use, for example monies for core funding.

Legacies are included in the statement of financial activities when the charity is advised by the personal representative of an estate that the payment will be made or property transferred and the amount involved can be quantified.

Resources expended and the basis of apportioning costs

Expenditure is included in the statement of financial activities when incurred and includes any attributable VAT which cannot be recovered.

Resources expended comprise the following:

- a. The cost of charitable activities comprise expenditure on psychotherapy and the provision of training for women.
- b. Governance costs comprises the costs associated with governance of the charity. Included within this category are costs associated with the strategic as opposed to day to day management of the charity's assets.

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 equipment | 33% on cost |
| ◆ Furniture and fittings | 25% on cost |

Fund accounting

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.

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 of defined contribution schemes are charged to the statement of financial activities in the year in which they become payable to the schemes.

1 Voluntary income

	Unrestricted funds £	Restricted funds £	2015 Total funds £	2014 Total funds £
Donations	879	—	879	684

2 Provision of psychoanalytical psychotherapy

	Unrestricted funds £	Restricted funds £	2015 Total funds £	2014 Total funds £
Contracts and service agreements with Central Government and statutory bodies				
Department of Health	—	—	—	68,014
NHS Islington	—	29,000	29,000	28,999
Hearthstone/L B Haringey	—	7,850	7,850	6,238
	—	36,850	36,850	103,251
Other grants				
Big Lottery Fund	—	39,996	39,996	39,104
Comic Relief	—	30,112	30,112	37,071
City Bridge Trust	—	33,000	33,000	—
Islington NHS small grants	—	17,106	17,106	—
Grants from voluntary bodies	4,250	78,412	82,662	98,526
	4,250	198,626	202,876	174,701
Psychotherapy fees	15,567	—	15,567	15,000
Total	19,817	235,476	255,293	292,952

3 Provision of psychoanalytical psychotherapy

	Unrestricted £	Restricted £	2015 Total £	2014 Total £
Individual and group therapy	63,697	45,848	109,545	72,654
Refugees and Asylum Seekers and BME projects	—	75,352	75,532	155,651
Young Mothers projects	387	39,431	39,818	60,156
Domestic Violence projects	—	13,004	13,004	18,953
Gender Violence and Trafficking projects	—	1,000	1,000	—
Self Harm and Suicide projects	—	29,148	29,148	—
Disability projects	4,250	—	4,250	—
IT and refurbishment	775	1,962	2,737	6,633
	69,109	205,745	274,854	314,047

4 Governance costs

	Unrestricted funds £	Restricted funds £	2015 Total funds £	2014 Total funds £
Audit fees	3,619	473	4,092	3,840
Trustees' expenses and similar costs	722	—	722	391
	<u>4,341</u>	<u>473</u>	<u>4,814</u>	<u>4,231</u>

5 Net movement in funds i.e. net (expenditure) income

This is stated after charging:

	2015 Total funds £	2014 Total funds £
Staff costs (note 6)	161,854	201,283
Auditor's remuneration:		
.. Statutory audit services (including VAT)		
.. Current year	4,167	4,080
.. Prior year	(75)	(240)
Depreciation (note 8)	3,853	6,633
Operating lease rentals	<u>44,416</u>	<u>40,117</u>

6 Staff costs and trustees' remuneration

	2015 Total funds £	2014 Total funds £
Staff costs during the period were as follows:		
Wages and salaries	144,975	183,990
Social security costs	13,345	15,410
Other pension costs	3,534	1,883
	<u>161,854</u>	<u>201,283</u>
Staff costs per function were as follows:		
Psychotherapy	159,426	198,264
Support	2,428	3,019
	<u>161,854</u>	<u>201,283</u>

No employees earned £60,000 per annum or more (including benefits) during the year (2014 - none).

6 Staff costs and trustees' remuneration (continued)

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

	Year to 31 March 2015	Year to 31 March 2014
Psychotherapy	5	8
Support	2	1
	<u>7</u>	<u>9</u>

The average number of employees calculated on a full time equivalent basis was:

	Year to 31 March 2015	Year to 31 March 2014
Psychotherapy	4	6
Support	1	1
	<u>5</u>	<u>7</u>

No trustee received any remuneration during the year (2014 – £nil). Expenses in connection with out-of-pocket travel costs totalling £nil were reimbursed to no trustees (2014 – £nil).

7 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.

8 Tangible fixed assets

	Furniture and fittings £	Computer equipment £	Total £
Cost			
At 1 April 2014 and at 31 March 2015	<u>9,245</u>	<u>30,987</u>	<u>40,232</u>
Depreciation			
At 1 April 2014	8,276	27,053	35,329
Charge for year	968	2,885	3,853
At 31 March 2015	<u>9,244</u>	<u>29,938</u>	<u>39,182</u>
Net book values			
At 31 March 2015	<u>1</u>	<u>1,049</u>	<u>1,050</u>
At 31 March 2014	<u>969</u>	<u>3,934</u>	<u>4,903</u>

Notes to the financial statements 31 March 2015

9 Debtors

	2015 £	2014 £
Fees receivable	2,769	2,216
Prepayments and accrued income	11,395	11,895
	14,164	14,111

10 Creditors: amounts falling due within one year

	2015 £	2014 £
Social security costs and PAYE	2,849	3,778
Expense and other creditors	2,409	4,388
Accruals	4,080	4,155
Deferred income	8,580	5,096
	17,918	17,417

11 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 2014 £	Incoming resources £	Resources expended £	At 31 March 2015 £
<u>Individual and group therapy</u>				
NHS Islington	3,466	29,000	(29,505)	2,961
Hyde Park Place Estuary	—	1,500	(1,500)	—
Mary Strand Trust	—	200	(200)	—
The Heinz Foundation	—	74	(74)	—
Cripplegate Foundation	—	16,668	(14,569)	2,099
	3,466	47,442	(45,848)	5,060
<u>Refugees and Asylum Seekers and BME</u>				
Comic Relief	6,777	30,112	(27,388)	9,501
Henry Smith Charity	31,053	50,000	(48,164)	32,889
	37,830	80,112	(75,552)	42,390
<u>Young Mothers</u>				
Big Lottery Fund	2,502	39,966	(36,758)	5,710
John Lyon's Charity	2,946	—	(2,946)	—
	5,448	39,966	(39,704)	5,710
<u>Domestic Violence</u>				
Hearthstone/LB of Haringey	—	7,850	(13,004)	(5,154)
<u>Gender Violence and Trafficking</u>				
Eleanor Rathbone Charitable Trust	—	2,000	(1,000)	1,000
<u>Self Harm and Suicide</u>				
City Bridge Trust	—	33,000	(29,148)	3,852
<u>Disability</u>				
NHS Islington	—	17,106	—	17,106
Goldsmith's Company	—	3,000	—	3,000
London Catalyst	—	5,000	—	5,000
	—	25,106	—	25,106
<u>IT Funding</u>				
Awards for All	1,420	—	(1,420)	—
<u>Refurbishment Fund</u>				
Cripplegate Foundation	542	—	(542)	—
Total	48,706	235,476	(206,218)	77,964

12 Designated funds

	Development fund £
At 1 April 2014	60,000
Released in the year	(50,000)
At 31 March 2015	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.

13 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total 2015 £
Fund balances at 31 March 2015 are represented by:			
Tangible fixed assets	1,050	—	1,050
Current assets	80,764	91,802	172,566
Creditors: amounts falling due within one year	(4,080)	(13,838)	(17,918)
	77,734	77,964	155,698

14 Lease commitments

At 31 March 2015, the Centre had a commitment under an operating lease in connection with land and buildings amounting to £17,136 (2014 - £40,719). The lease, which is for a five year period which commenced in September 2010, may be terminated by either the landlord or the Centre by three months' notice in writing. The lease is subject to periodic rent reviews.

At 31 March 2015 the charity also had annual commitments under other non-cancellable operating leases as follows:

	2015 £	2014 £
Operating leases which expire:		
Within one year	2,705	3,463
Between two and five years	1,839	4,543
	4,544	8,006

Section 37 Statement Year to 31 March 2015

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 2015, together with a note on the use to which they were put.

This statement also includes unspent balances brought forward at 1 April 2014, the amounts used during the year and the balances carried forward at 31 March 2015.

	At 1 April 2014 £	Incoming resources £	Resources expended £	At 31 March 2015 £
NHS Islington - Individual and Group Therapy	3,466	29,000	(29,505)	2,961
Cripplegate Foundation				
Individual and Group Therapy	—	16,668	(14,569)	2,099
Refurbishment grant	542	—	(542)	—
Comic Relief	6,777	30,112	(27,388)	9,501
Islington Giving	5,217	—	(5,217)	—
Big Lottery Fund	2,502	39,966	(36,758)	5,710
City Bridge Trust	—	33,000	(29,148)	3,852
John Lyon's Charity	2,946	—	(2,946)	—
Henry Smith Charity	31,053	50,000	(48,164)	32,889
Awards for All	1,420	—	(1,420)	—
Hearthstone/LB of Harringey	—	7,850	(13,004)	(5,154)
Islington NHS small grants	—	17,106	—	17,106
Goldsmiths Company	—	3,000	—	3,000
London Catalyst	—	5,000	—	5,000
	53,923	231,702	(208,661)	76,964

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

Women's Therapy Centre

Additional Information

31 March 2015

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

Charity Registration Number
274520

Contents

Detailed income and expenditure report	1 - 2
Grants from trusts, foundations and corporations	3

Detailed income and expenditure report Year to 31 March 2015

	2015 £	2015 £	2014 £	2014 £
Income				
Psychotherapy fees		15,567		15,000
Contracts and service agreements with Central Government and statutory bodies				
NHS Islington	29,000		28,999	
Hearthstone/L B Haringey	7,850		6,238	
Department of Health	—		68,014	
		36,850		103,251
Grants from Trusts, Foundations and Corporations (page 3)		202,876		174,701
Donations		879		684
Room hire		4,877		14,316
Interest receivable		340		1,763
Total operating income carried forward		261,389		309,715

Detailed income and expenditure report Year to 31 March 2015

	2015 £	2015 £	2014 £	2014 £
Total operating income brought forward		261,389		309,715
Psychotherapy				
<u>Individual and group psychotherapy</u>				
Staff and similar costs	50,661		46,298	
Premises costs	30,064		13,147	
Office costs	26,074		9,506	
Support costs – bank charges	—		684	
Support costs – salaries	2,746		3,019	
		109,545		72,654
<u>BME, Refugees and Asylum Seekers</u>				
Staff and similar costs	66,344		119,791	
Premises costs	7,281		21,400	
Office costs	1,727		14,460	
		75,352		155,651
<u>Domestic Violence</u>				
Staff and similar costs	13,004		14,744	
Premises costs	—		2,634	
Office costs	—		1,575	
		13,004		18,953
<u>Young Mothers</u>				
Staff and similar costs	33,714		45,909	
Premises costs	4,742		8,201	
Office costs	1,362		6,046	
		39,818		60,156
<u>Disability</u>				
Staff and similar costs		4,250		—
<u>Self Harm and Suicide</u>				
Staff and similar costs	27,094		—	
Premises costs	1,314		—	
Office costs	740		—	
		29,148		—
<u>Gender Violence and Trafficking</u>				
Premises costs		1,000		—
<u>IT funding</u>				
Office costs		2,195		3,317
<u>Refurbishment fund</u>				
Office costs		542		3,316
Governance				
Audit fees	4,092		3,840	
Trustees' meetings and expenses	722		391	
		4,814		4,231
Total expenditure		279,668		318,278
Deficit for the year		(18,279)		(8,563)

Grants from trusts, foundations and corporations Year to 31 March 2014

	2015 £	2014 £
Cripplegate Foundation	16,668	16,666
Islington NHS small grants	17,106	12,960
Comic Relief	30,112	37,071
City Bridge Trust	33,000	—
Big Lottery Fund	39,966	39,104
John Lyons Charity	—	20,000
Henry Smith Charity	50,000	48,900
Eleanor Rathbone Charitable Trust	2,000	—
Goldsmiths Corporation	3,000	—
London Catalyst	5,000	—
Hyde Park Place Estuary	1,500	—
Mary Strand Trust	200	—
The Heinz Foundation	74	—
Other	4,250	—
	202,876	174,701