

**Women's
Therapy
Centre**

**Annual Report and Financial
Statements**

31 March 2016

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 (Resigned December 2015) Kelly Hearn Sasha Roseneil Christine Smith Bhupinder Virdee
Interim Chief Executive	Jackie Kelly
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 2016

The trustees present their report together with the financial statements of the Women's Therapy Centre for the year ended 31 March 2016.

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 24 to 28 of the attached financial statements and comply with the charitable company's memorandum and articles of association, applicable laws 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), effective from accounting periods commencing 1 January 2015 or later.

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 2016, and served throughout the year except where indicated.

Trustees	Appointed / Resigned
Miriam David - Chair	
Emua Ali – Vice Chair	
Daniela Lungu – Treasurer	
Barbara Fletchman Smith	Resigned December 2015
Kelly Hearn	
Sasha Roseneil	
Christine Smith	
Bhupinder Virdee	

Brief biographical details on each of the trustees in office at 31 March 2016 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, 2016). 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)

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.

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

The trustees consider that they, together with the Chief Executive Officer, comprise the key management of the charity in charge of directing and controlling, running and operating the charity on a day-to-day basis.

The Chief Executive Officer's remuneration is decided on by the board after recommendation from the Chair and Vice Chair of the organisation, based on comparisons with other similar organisations, the current financial position of the organisation and the performance of the Chief Executive against targets.

None of the trustees received any remuneration from the charity in respect of their services during the year. There were no out of pocket travelling expenses reimbursed to trustees during the year.

◆ 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.

Governance, structure and management (continued)

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

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
- ◇ 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 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.

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 was appointed Chief Executive in August 2013. She brought 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. Monika Schwartz retired on 31 March 2016 and was replaced by Jackie Kelly (MBA), an experienced interim chief executive with over 25 years senior management experience in the charity sector.

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.

Governance, structure and management (continued)

◆ 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;
- ◇ 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.

Governance, structure and management (continued)

◆ **Risk management (continued)**

The key risks for the charity, as identified by the trustees, are described below together with the principal way in which they are mitigated:

- ◇ Not being able to successfully generate sufficient income from grants to maintain our free service to our client group of disadvantaged black and minority ethnic refugee women and women who have experienced gender violence and harmful practices. To mitigate this we are using the services of professional fundraisers to continue to apply for grant applications, set fundraising targets and effectively monitor the targets. We also aim to have a fundraising mix which includes other means such as online donations, legacy and corporate funding to increase our fundraising income.
- ◇ Reducing unrestricted income due to existing contracts not being renewed and/or not winning new contracts. Unrestricted income is vital to the sustainability of the charity. The charity is actively looking to win new contracts and to increase the mix of unrestricted income through expansion of room rentals, private therapy work, supervision and other fee charging work.
- ◇ The Centre provides psychotherapeutic services and as such it is imperative that we maintain good clinical guidance on the board. With the resignation of Barbara Fletchman Smith, a clinical trustee, the board will recruit new clinical trustees during 2016/17.

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.

Specific objectives and relevant policies (continued)

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

- ◇ 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.

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 (2015 - ten) 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.

Specific objectives and relevant policies (continued)

◆ Volunteers

The Centre benefited from the contribution of 17 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.

Seven 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.

◆ 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.

Specific objectives and relevant policies (continued)

◆ **Working with other organisations** (continued)

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

◆ **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;
- ◇ 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.

Review of activities and future plans (continued)

◆ **Psychotherapy service** (continued)

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;
- ◇ Women who have a long term disability; and
- ◇ Young mothers.

2015/16 was a busy year for the Women's Therapy Centre. We have reached 1,532 women through our psychotherapy, community psychoeducational therapy, link worker and events.

The Women's Therapy Centre had its 40th anniversary in 2016 and arranged a number of events that helped to celebrate the work that we have done and are still doing with women.

The Centre ran a number of events in which at least 400 people attended, including:

- ◇ Breaking the cycle, highlighting the work that we did as part of our breaking the cycle project with mothers exploring the themes raised in the project such as self-esteem, separation, culture, and violence;
- ◇ Sheila Ernst memorial lecture – looking at the life and work of Sheila Ernst, one of the founders of the Women's Therapy Centre;
- ◇ When the love affair ends - looking at the effects of and relationships on the psyche of women by Barbara Fletchman Smith;
- ◇ Emotional journeys – seminar on the psychological effects of being a refugee or asylum seeker by Dilek Gungor; and
- ◇ Short video – impact of psychotherapy on women's lives.

◆ **Psychoanalytical psychotherapy**

The Women's Therapy Centre provides medium to short term psychoanalytical psychotherapy from a feminism perspective for women both at the Centre and in the community. The Women's Therapy Centre believes that: 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 quick fixes to women who are vulnerable. For these women psychoanalytical psychotherapy can enable them to begin a long sustained process of recovery.

Review of activities and future plans (continued)

◆ **Psychoanalytical psychotherapy** (continued)

The Centre provides the following services:

To individuals the Centre provides free psychotherapy to specific individuals and groups such as refugees, victims of child sexual abuse and victims of domestic violence. We also provide affordable sliding scale psychotherapy.

During the year we assessed 171 women and provided psychoanalytical therapy to 141 women. Many of the women who did not receive therapy were DNA's (Did Not Attend's). We continue to have to close our waiting list as the demands for our services always outstrip supply and we do not want women to wait unnecessarily long for such vital services.

Quotes from clients:

"Thank you so much, you helped me so much."

"I can't thank you enough for this help, I'm so touched!"

◆ **Community development and support services**

In the community The Women's Therapy Centre has been one of the innovators of **community based psychotherapy** especially for women who don't understand or do not have access to psychotherapy.

Although these are challenging times for the organisation we have sustained our community development work and individual therapy. During 2015/16 our free psycho-educational therapy reached 606 women through 26 psycho-educational groups, 12 taster and four information sessions and five presentations to professionals.

Our feedback shows that our clients have been transformed as a result of psycho-educational therapy, both in terms of confidence and practical activities. We have also had concrete outcomes for clients, in terms of gaining status to remain, developing theirs and their children's lives and integration.

Our partnership with the Elfrida Society to develop a psycho-education group is a good example of the type of work we do in the community. This was a pioneering group with mums with physical learning disabilities whose children have been taken away. Although it was very challenging, it worked well, with very positive feedback from the women who attended. This group demonstrated just how effective and adaptable the community model of psycho-education can be for a diverse group of clients.

The Women's Therapy Centre is seen as a leader in working with trafficked women especially those from Eastern Europe. However, we believe in sharing our expertise with other professionals where ever we can so that more women can benefit from the work we do. Last year we gave a presentation to the Human Trafficking Foundation for professionals involved with trafficked women. In attendance were the Albanian Ambassador, Home Office officials, Metropolitan Police and other organisations such as Salvation Army, Poppy Project and many other organisations.

Review of activities and future plans (continued)

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

A quote from a women psycho-education group: **“Today it’s the first time in a long time, someone has spoken to me as a human being.”**

Community link worker In order for women to fully benefit from psychotherapy they must also manage any environmental and social issues that may be affecting their wellbeing. This is why our link worker is so fundamental to our community model. During 2015/16 our community link worker reached 355 women through information and taster sessions, networking at community groups/events, and referrals for advice and advocacy. We successfully fundraised £1,636 for clients as well as assisted clients to get children’s clothes, travel expenses, household items, food, children’s toys and accommodation expenses. Some of the issues that the link worker dealt with through signposting or advice are; homelessness, No Recourse to Public Funds, immigration issues and ‘Leave to Remain’ issues, housing issues; insufficient housing conditions such as damp, lack of space for children, finding suitable ‘parenting courses’, domestic violence, safety issues and finding English language courses.

Quotes from clients:

“I really miss it, when I was at WTC and supported by you all. I just want to thank you for the help you offered me all those years, when all things seemed to be falling apart...”

“The Service’s help gives me hope.”

“This service is very useful for me, thank you very much.”

◆ **Clinical supervision to external and internal staff**

We believe that frontline staff who have to support these very traumatised women should also have support to prevent them from being affected by these women’s trauma. We provide clinical supervision for counsellors at the Family Action Counselling service, the Latin American Women group, Solace Women’s Aid as well as to our honourees at the Women Therapy Centre.

◆ **Professional reflective practice**

We continue to provide reflective practice services to organisations such as Heartstone. This year in addition we provided reflective practice for frontline domestic violence workers, and Dr Helen Sheldon provided on eight week reflective practice group for mental health professionals on behalf of the Women’s Therapy Centre.

◆ **CPD training**

We still continue to provide internal CPD training and had two popular and insightful training sessions this year: one by an Honouree on using skype as a medium for psychoanalytical psychotherapy and one on Good practice in working with gender violence by Dilek Gungor.

Review of activities and future plans (continued)

◆ Challenges for the future

The charity sector has undergone profound changes over the past few years, and there may still be a way to go as public-sector austerity continues to bite. Lloyds Bank Foundation for England and Wales says that overall charities with less than £1 million income experienced more decreases in income and were less financially secure than larger charities.

The vast majority of the Women's Therapy Centre's income comes from Trusts and Foundations, and is likely to be the main source of income for the foreseeable future. There has been a steady rise in demand for grants whilst at the same time a decrease in grants available, which has led to more competition applying for grants as more funders are seeking detailed evidence of impact and more detailed year end reports. This means that fundraising is more essential, time consuming and requires detailed data and performance management if we are to be effective.

Whilst "big society" was supposed to increase income for charities through bidding for government contracts, the value of contracts has fallen and is likely continue to fall with the continuation of austerity and cuts to the public sector.

Commissioners are also requiring contractors to provide evidence of co-production of services with clients, short term psychotherapy, recovery model of therapy, and have outcomes that matter to our clients. These new requirements will require more time, new organisational skills and changes in culture if we are to continue successfully bidding for tenders.

The Women's Therapy Centre will actively seek to broaden its income base and ensure financial security for its future through developing a mixed income strategy which focuses more on unrestricted income.

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 long term (over 12 months) psychotherapy to the individual woman, her family and society as a whole.

Financial review

◆ Results for the year

A summary of the year's results can be found on page 21 of this annual report and financial statements.

Total income in the year amounted to £279,671 an increase of £18,282 from the previous year. This increase on the previous year was due to an increase in contracts and service agreements with central Government and statutory bodies and in room hire. Expenditure in the year amounted to £262,035, a £17,633 decrease on the prior year, predominantly in the area of individual and group therapy.

The net surplus for the year was £17,636 (2015 – net deficit of £18,279).

Financial review (continued)

◆ 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 assets 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. This provides sufficient flexibility to cover temporary shortfalls in income due to timing differences in income flows, adequate working capital to cover core costs, and will allow the charity to cope with unforeseen emergencies.

Free reserves at 31 March 2016 totalled £82,162. This is equivalent to four 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 £173,334 (2015 - £155,698). The balance comprises restricted fund balances of £79,176 (2015 - £77,964), designated funds of £10,000 (2015 - £10,000) and general funds which at 31 March 2016 were in surplus by £84,158 (2015 - surplus of £67,734).

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.

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.

Financial review (continued)

◆ **Financial position** (continued)

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

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
Chair of Trustees

Approved on: 2 August 2016

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 2016 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), 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.

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 2016 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 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. Also in our opinion, in light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have identified no 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.

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

16 August 2016

Statement of financial activities Year to 31 March 2016

	Notes	Unrestricted funds £	Restricted funds £	2016 Total funds £	2015 Total funds £
Income from:					
Donations*		1,867	—	1,867	879
Interest receivable*		342	—	342	340
Income from charitable activities					
. Provision of psychoanalytical psychotherapy	1	62,453	198,362	260,815	255,293
Other sources					
. Room hire*		16,647	—	16,647	4,877
Total income		81,309	198,362	279,671	261,389
Expenditure on:					
Charitable activities					
. Provision of psychoanalytical psychotherapy	2	62,692	199,343	262,035	279,668
Total expenditure		62,692	199,343	262,035	279,668
Net income (expenditure) before transfers					
		18,617	(981)	17,636	(18,279)
Transfers					
		(2,193)	2,193	—	—
Net income (expenditure) and net movement in funds	4	16,424	1,212	17,636	(18,279)
Reconciliation of funds:					
Balances brought forward at 1 April 2015					
		77,734	77,964	155,698	173,977
Balances carried forward at 31 March 2016					
		94,158	79,176	173,334	155,698

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 and interest receivable was unrestricted in 2015.

Balance sheet 31 March 2016

	Notes	2016 £	2016 £	2015 £	2015 £
Fixed assets					
Tangible assets	7		1,996		1,050
Current assets					
Debtors	8	12,014		14,164	
Cash at bank and in hand		178,461		158,402	
		190,475		172,566	
Liabilities:					
Creditors: amounts falling due within one year	9	(19,137)		(17,918)	
Net current assets			171,338		154,648
Total net assets			173,334		155,698
The funds of the charity:					
Restricted funds	10		79,176		77,964
Unrestricted funds					
. Designated funds	11	10,000		10,000	
. General funds		84,158		67,734	
			94,158		77,734
Total charity funds			173,334		155,698

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: 2 August 2016

Statement of cash flows Year to 31 March 2016

	Notes	2016 £	2015 £
Cash flows from operating activities:			
Net cash provided (used in) by operating activities	A	21,649	(14,318)
Cash flows from investing activities:			
Interest received		342	340
Purchase of tangible fixed assets		(1,932)	—
Net cash provided by investing activities		(1,590)	340
Change in cash and cash equivalents in the year		20,059	(13,978)
Cash and cash equivalents at 1 April 2015	B	158,402	172,380
Cash and cash equivalents at 31 March 2016	B	178,461	158,402

Notes to the statement of cash flows for the year to 31 March 2016

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

	2016 £	2015 £
Net movement in funds (as per the statement of financial activities)	17,636	(18,279)
Adjustments for:		
Depreciation charge	986	3,853
Interest receivable	(342)	(340)
Decrease (increase) in debtors	2,150	(53)
Increase in creditors	1,219	501
Net cash provided (used in) by operating activities	21,649	(14,318)

B Analysis of cash and cash equivalents

	2016 £	2015 £
Total cash and cash equivalents: cash at bank and in hand	178,461	158,402

Principal accounting policies 31 March 2016

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 2016.

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. This is the first set of the charity's financial statements prepared in accordance with the Charities SORP FRS 102.

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.

Reconciliation with previous Generally Accepted Accounting Practice

In preparing the financial statements, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 a restatement of comparative items was needed. Other than presentational adjustments to reanalyse the expenditure for the year ended 31 March 2015 to accord with the format prescribed in the updated Charities SORP FRS 102, no further adjustments were required. Specifically, governance costs which were previously reported as a separate line of expenditure within the statement of financial activities are now allocated to expenditure on the provision of psychoanalytical psychotherapy.

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 of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees 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 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.

Income recognition (continued)

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 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 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 £	2016 Total funds £	2015 Total funds £
Contracts and service agreements with Central Government and statutory bodies				
NHS Islington	29,000	—	29,000	29,000
Hearthstone/L B Haringey	16,326	—	16,326	7,850
	<u>45,326</u>	<u>—</u>	<u>45,326</u>	<u>36,850</u>
Other grants				
Big Lottery Fund	—	—	—	39,996
Comic Relief	—	31,182	31,182	30,112
City Bridge Trust	—	41,000	41,000	33,000
Lloyds Bank Foundation	—	25,000	25,000	—
Grants from voluntary bodies	6,000	101,180	107,180	82,662
	<u>6,000</u>	<u>198,362</u>	<u>204,362</u>	<u>202,876</u>
Psychotherapy fees	<u>11,127</u>	<u>—</u>	<u>11,127</u>	<u>15,567</u>
2016 Total funds	<u>62,453</u>	<u>198,362</u>	<u>260,815</u>	<u>255,293</u>
2015 Total funds	<u>19,817</u>	<u>235,476</u>	<u>255,293</u>	

2 Expenditure on the provision of psychoanalytical psychotherapy

	Unrestricted £	Restricted £	2016 Total £	2015 Total £
Individual and group therapy	48,452	28,460	76,912	109,545
Refugees and Asylum Seekers and Black and Minority Ethnic (BME) projects	—	93,425	93,425	75,532
Young Mothers projects	—	5,710	5,710	39,818
Domestic Violence projects	9,768	—	9,768	13,004
Gender Violence and Trafficking projects	—	1,000	1,000	1,000
Self Harm and Suicide projects	—	39,982	39,982	29,148
Disability projects	—	25,106	25,106	4,250
Women and Girls projects	—	5,460	5,460	—
IT and refurbishment	—	—	—	2,737
Governance costs (note 3)	4,472	200	4,672	4,814
2016 Total funds	<u>62,692</u>	<u>199,343</u>	<u>262,035</u>	<u>279,668</u>
2015 Total funds	<u>73,450</u>	<u>206,218</u>	<u>279,668</u>	

3 Governance costs

	Unrestricted funds £	Restricted funds £	2016 Total funds £	2015 Total funds £
Audit fees	4,371	200	4,571	4,092
Trustees' expenses and similar costs	101	—	101	722
2016 Total funds	4,472	200	4,672	4,814
2015 Total funds	4,341	473	4,814	

4 Net income (expenditure) and net movement in funds

This is stated after charging:

	2016 Total funds £	2015 Total funds £
Staff costs (note 5)	135,980	161,854
Auditor's remuneration:		
. Statutory audit services (including VAT)		
.. Current year	4,451	4,167
.. Prior year	120	(75)
Depreciation (note 7)	986	3,853
Operating lease rentals	41,126	44,416

5 Staff costs and key management personnel

	2016 Total funds £	2015 Total funds £
Staff costs during the year were as follows:		
Wages and salaries	121,689	144,975
Social security costs	11,407	13,345
Other pension costs	2,884	3,534
	135,980	161,854
Staff costs per function were as follows:		
Psychotherapy	106,766	127,081
Support	29,214	34,773
	135,980	161,854

No employees earned £60,000 per annum or more (including benefits) during the year (2015 - 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 2016	Year to 31 March 2015
Psychotherapy	3.5	4
Support	1	1
	4.5	5

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

	Year to 31 March 2016	Year to 31 March 2015
Psychotherapy	4	5
Support	1	2
	5	7

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 £48,757 (2015 - £41,410).

No trustee received any remuneration during the year (2015 – £nil). Expenses in connection with out-of-pocket travel costs were not reimbursed to trustees (2015 - £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.

7 Tangible fixed assets

	Furniture and fittings £	Computer and office equipment £	Total £
Cost			
At 1 April 2015	9,245	30,987	40,232
Additions	—	1,932	1,932
At 31 March 2016	<u>9,245</u>	<u>32,919</u>	<u>42,164</u>
Depreciation			
At 1 April 2015	9,244	29,938	39,182
Charge for year	—	986	986
At 31 March 2016	<u>9,244</u>	<u>30,924</u>	<u>40,168</u>
Net book values			
At 31 March 2016	<u>1</u>	<u>1,995</u>	<u>1,996</u>
At 31 March 2015	<u>1</u>	<u>1,049</u>	<u>1,050</u>

8 Debtors

	2016 £	2015 £
Fees receivable	1,059	2,769
Prepayments and accrued income	10,955	11,395
	<u>12,014</u>	<u>14,164</u>

9 Creditors: amounts falling due within one year

	2016 £	2015 £
Social security costs and PAYE	3,045	2,849
Expense and other creditors	8,079	2,409
Accruals	4,425	4,080
Deferred income	3,588	8,580
	<u>19,137</u>	<u>17,918</u>

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

	2016 £	2015 £
Deferred income brought forward	8,580	5,096
Amounts deferred in year	3,588	8,580
Amounts released in year	(8,580)	(5,096)
Deferred income carried forward	<u>3,588</u>	<u>8,580</u>

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 2015 £	Income £	Expenditure £	Transfers £	At 31 March 2016 £
<u>Individual and group therapy</u>					
NHS Islington	2,961	—	—	(2,961)	—
Richard Cloudesley	—	15,000	(8,688)	—	6,312
Peter Stebbings Memorial Charity	—	6,000	(3,000)	—	3,000
Cripplegate Foundation	2,099	17,500	(16,522)	—	3,077
	5,060	38,500	(28,210)	(2,961)	12,389
<u>Refugees and Asylum Seekers and BME</u>					
Comic Relief	9,501	31,182	(35,736)	—	4,947
Henry Smith Charity	32,889	—	(32,889)	—	—
Lloyds Bank Foundation	—	25,000	(25,000)	—	—
Feminist Review Trust	—	12,000	—	—	12,000
AB Trust	—	10,000	—	—	10,000
	42,390	78,182	(93,625)	—	26,947
<u>Young Mothers</u>					
Big Lottery Fund	5,710	—	(5,710)	—	—
<u>Domestic Violence</u>					
Hearthstone/LB of Harringey	(5,154)	—	—	5,154	—
<u>Gender Violence and Trafficking</u>					
Eleanor Rathbone Charitable Trust	1,000	—	(1,000)	—	—
<u>Self Harm and Suicide</u>					
City Bridge Trust	3,852	41,000	(39,982)	—	4,870
<u>Disability</u>					
NHS Islington	17,106	—	(17,106)	—	—
Goldsmith's Company	3,000	—	(3,000)	—	—
London Catalyst	5,000	—	(5,000)	—	—
Sobell Foundation	—	5,000	—	—	5,000
Trusthouse Charitable Foundation	—	6,000	—	—	6,000
Mercers Company	—	12,000	—	—	12,000
Persula Foundation	—	2,000	—	—	2,000
	25,106	25,000	(25,106)	—	25,000
<u>Other</u>					
Awards for All/Big Lottery	—	9,970	—	—	9,970
Big Lottery Development	—	5,460	(5,460)	—	—
Buttle Trust	—	250	(250)	—	—
	—	15,680	(5,710)	—	9,970
Total	77,964	198,362	(199,343)	2,193	79,176

11 Designated funds

	Development fund £
At 1 April 2015 and at 31 March 2016	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 2016 £
Fund balances at 31 March 2016 are represented by:				
Tangible fixed assets	1,996	—	—	1,996
Current assets	90,621	10,000	89,854	190,475
Creditors: amounts falling due within one year	(8,459)	—	(10,678)	(19,137)
	<u>84,158</u>	<u>10,000</u>	<u>79,176</u>	<u>173,334</u>

13 Lease commitments

At 31 March 2016 the charity had future minimum commitments under non-cancellable operating leases as follows:

	2016 £	2015 £
Land and buildings		
. Amounts due within one year	<u>10,436</u>	10,282
	<u>10,436</u>	<u>10,282</u>
Other		
. Amounts due within one year	1,839	2,452
. Amounts due between one and two years	—	1,839
	<u>1,839</u>	<u>4,291</u>

14 Related party transactions

During the year the charity received donations of £120 from one of its trustees (2015 - £120). There were no other related party transactions during the year which required disclosure (2015 - none).

Section 37 Statement Year to 31 March 2016

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 2016, together with a note on the use to which they were put.

This statement also includes unspent balances brought forward at 1 April 2015, the amounts used during the year and the balances carried forward at 31 March 2016.

	At 1 April 2015 £	Income £	Expenditure £	At 31 March 2016 £
NHS Islington - Individual and Group Therapy	2,961	29,000	(29,025)	2,936
Cripplegate Foundation				
. Individual and Group Therapy	2,099	17,500	(16,522)	3,077
Richard Cloudesley	—	15,000	(8,688)	6,312
Peter Stebbings Memorial Charity		6,000	(3,000)	3,000
Comic Relief	9,501	31,182	(35,736)	4,947
Lloyds Bank Foundation	—	25,000	(25,000)	—
Big Lottery Fund	5,710	—	(5,710)	—
City Bridge Trust	3,852	41,000	(39,982)	4,870
Feminist Review Trust	—	12,000	—	12,000
Henry Smith Charity	32,889	—	(32,889)	—
Awards for All/Big Lottery	—	9,970		9,970
Hearthstone/LB of Harringey	(5,154)	11,334	(9,768)	(3,588)
Islington NHS small grants	17,106	—	(17,106)	—
Goldsmiths Company	3,000	—	(3,000)	—
London Catalyst	5,000	—	(5,000)	—
AB Trust	—	10,000	—	10,000
Sobell Foundation	—	5,000	—	5,000
Trusthouse Foundation	—	6,000	—	6,000
Mercers Company	—	12,000	—	12,000
Big Lottery Development	—	5,460	—	5,460
Lady Balogh Trust	—	4,000	—	4,000
	76,964	240,446	231,426	85,984

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

Women's Therapy Centre

Additional Information

31 March 2016

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

Charity Registration Number
274520

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Grants from trusts, foundations and corporations	3

Detailed income and expenditure report Year to 31 March 2016

	2016 £	2016 £	2015 £	2015 £
Income				
Psychotherapy fees		11,127		15,567
Contracts and service agreements with Central Government and statutory bodies				
NHS Islington	29,000		29,000	
Hearthstone/L B Haringey	16,326		7,850	
		45,326		36,850
Grants from Trusts, Foundations and Corporations (page 3)		204,362		202,876
Donations		1,867		879
Room hire		16,647		4,877
Interest receivable		342		340
Total operating income carried forward		279,671		261,389

Detailed income and expenditure report Year to 31 March 2016

	2016 £	2016 £	2015 £	2015 £
Total operating income brought forward		279,671		261,389
Psychotherapy				
<u>Individual and group psychotherapy</u>				
Staff and similar costs	47,719		50,661	
Premises costs	8,743		30,064	
Office costs	16,727		26,074	
Support costs	3,723		2,746	
		76,912		109,545
<u>BME, Refugees and Asylum Seekers</u>				
Staff and similar costs	62,036		66,344	
Premises costs	24,824		7,281	
Office costs	4,641		1,727	
Support Costs	1,924		—	
		93,425		75,352
<u>Domestic and Gender Violence</u>				
Staff and similar costs	9,768		13,004	
Premises costs	—		1,000	
Office costs	1,000		—	
		10,768		14,004
<u>Young Mothers</u>				
Staff and similar costs	4,795		33,714	
Premises costs	915		4,742	
Office costs	—		1,362	
		5,710		39,818
<u>Disability</u>				
Staff and similar costs	20,044		4,250	
Premises Costs	4,076		—	
Office Costs	62		—	
Support Costs	924		—	
		25,106		4,250
<u>Self Harm and Suicide</u>				
Staff and similar costs	36,425		27,094	
Premises costs	2,893		1,314	
Office costs	52		740	
Support costs	612		—	
		39,982		29,148
<u>Women & Girls</u>				
Staff and similar costs	5,460		—	
		5,460		
<u>IT funding and refurbishment</u>				
Office costs	—		2,737	
		—		2,737
Governance				
Audit fees	4,571		4,092	
Trustees' meetings and expenses	101		722	
		4,672		4,814
Total expenditure		262,035		279,668
Surplus/(deficit) for the year		17,636		(18,279)

Grants from trusts, foundations and corporations Year to 31 March 2016

	2016	2015
	£	£
Cripplegate Foundation	17,500	16,668
Islington NHS small grants	—	17,106
Comic Relief	31,182	30,112
City Bridge Trust	41,000	33,000
Big Lottery Fund	5,460	39,966
Richard Cloudesley	15,000	—
Henry Smith Charity	—	50,000
Peter Stebbings Memorial Charity	6,000	—
Lloyds Bank Foundation	25,000	—
Feminist Review Trust	12,000	—
AB Trust	10,000	—
Sobell Foundation	5,000	—
Trusthouse Foundation	6,000	—
Mercers Company	12,000	—
Awards For All/Big Lottery	9,970	—
Lady Balogh Psychotherapy Trust	4,000	—
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	4,250
	204,362	202,876