



Annual Report

2020-2021

Charity Reg. No. 1157970

REFERENCE AND ADMINISTRATIVE INFORMATION AS AT OCTOBER 2021

Charity Name	Compassion
Registered Charity no.	1157970
Registered address	19 Kings Hill Great Cornard Sudbury Suffolk CO10 0EH
Website address	www.compass-ion.org
Trustees	Tracey Barton Vince Chandler Treasurer Jane Kiddy Julia Korona Chair
Project Manager	Paula Devaux
Bankers	Barclays Bank 35 Market Hill Sudbury Suffolk CO10 2EP

TRUSTEES' REPORT

FOR THE YEAR ENDING 31st March 2021.

The Trustees present their annual report for the year ended March 2021, incorporating the Reference and Administration information on page 1. This delay to the usual filing date was as a direct result of Covid 19 and the increased contact and referrals we have responded to throughout the pandemic.

Structure, Governance and Management

Compassion was established in 2001 as a voluntary organisation and became registered as a Charitable Incorporated Organisation, by the Charity Commission in 2014.

Under the constitution the power to appoint Trustees, of which there shall be at least 3 and is not limited by any maximum.

In the event of the Charity being wound up, the Trustees of the Charitable Incorporated Organisation have no liability to contribute to its assets and no personal responsibility for settling its debts or liabilities.

The Trustees met eight times during the year in pursuance of the Charity's objectives, performance, policies, management and to decide strategic direction and in support of the volunteers in their work with women, children, young people, and partner organisations. All meetings took place remotely.

Objectives and Activities

1. The relief of emotional distress and suffering and the preservation and protection of the mental and physical health of men, women, young people, and children who have suffered or are exposed to domestic abuse by the provision of advice, information, programmes of support and such other ways as shall be determined.
2. To advance the education of the public, organisations, and agencies in all aspects of domestic violence including its impact on individuals and wider society.

Public benefit

The charity's public benefits are outlined in the charitable objectives above. All our charitable activities focus on the relief of need, hardship and distress of persons who have suffered and are suffering from domestic abuse and any children of such persons. These activities are undertaken to further our charitable purposes for the public benefit.

Financial Review

The financial statements are included in the report, for the year and the financial situation as at 31st March 2021.

The Trustees are conscious that there is considerable unmet need that could be met by the Charity with greater funds and funding applications were made for Covid 19 grants and will continue to be made and remain focused on the long-term development and sustainability of the charity and being able to retain core services, particularly following the Covid 19 pandemic and the need to replace the Project Manager - the reserves policy has been considered for this appointment.

REVIEW OF THE YEAR'S ACTIVITIES, PERFORMANCE AND ACHIEVEMENTS

Chair's Review 2020 - 2021

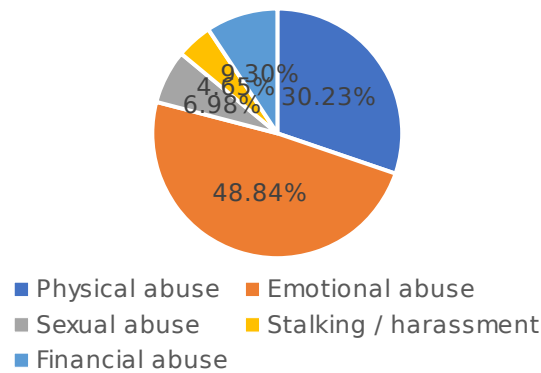
Within this reporting period Compassion has played a crucial role in responding to the exacerbating impact Covid 19 has had upon domestic abuse. Victims in lockdown with their abuser have been less able to get breathing space. It has been so much harder to text or call to get support from friends and family, and from specialist support services. Also, child survivors have no longer had the respite of school or nursery, that safe space to access support. The slogan 'Stay Home, Stay Safe' sadly does not apply to those who live within an abusive household and as such Compassion has risen to the challenges that the pandemic has brought, to ensure that victims can continue to access the support they need now more than ever. The Compassion team were very quick to recognise the need to offer virtual support and programme intervention, working extremely hard to adapt to online delivery in 2020. This was by no means an easy task, upholding the integrity of the programmes, whilst interpreting it into suitable and impactful online content and ensuring the safety and wellbeing of those looking to access the support. It is important to note that Compassion has seen a 178% increase in referral rate since COVID struck.

During 2020 - 2021 Compassion not only had to adapt to deliver programmes and support services remotely during Covid 19, but also cope without an overall Project Manager (vacancy remained unfilled until Sept 2021), whilst tirelessly submitting numerous funding applications to secure the service provision. We submitted 3 x COVID-19 emergency funding requests for PCC-Commissioned Services, in order to increase staffing levels and fund the development and delivery of digital programmes. We are pleased to report these applications were successful and as a result the essential interventions and support Compassion offers has continued.

Funding provided by the Suffolk Police and Crime Commissioner (PCC) was secured to proceed with the recruitment of a part time *Lead Programme Facilitator*, Sharron Ansell, who commenced her post in October 2020 and has proven to be a real asset to Compassion. Sharron leads the referral process, through triage of calls and emails directly from victims and referring agencies, whilst scheduling and delivering a range of programmes. Continued funding supports the employment of the part time Lead Programme Facilitator to run support groups, offer one to one support and programme intervention for victims of domestic abuse; all services that are essential to those suffering and recovering from abuse.

In addition to the above post, Compassion secured part funding from the PCC for a Project Coordinator to provide specialist support. Paula DeVaux (PD) is the newly appointed Project Coordinator for Compassion and brings with her a wealth of knowledge and experience, having specialised in DA for 18 years. Paula commenced her role with Compassion on the 1st of September and is working closely with Trustee's to explore ways to develop and sustain the charity. She has already established contact with local DA Forums across the County and will have a continued presence at partnership meetings, to expand and develop services whilst maintaining existing ongoing programmes and support services.

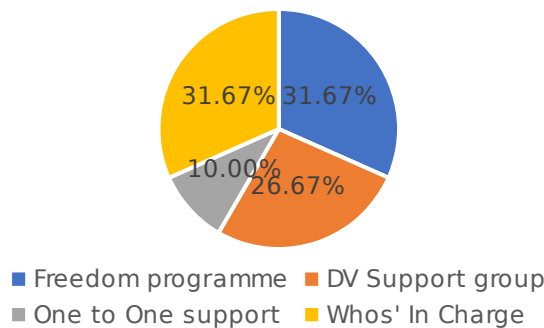
Breakdown of type of abuse



The impact of Lockdown has been profound, particularly upon women, with higher numbers of service users reporting domestic abuse, coercive and financial control, and a notable increase in intensity and severity of the abuse upon them and their children. As lockdown restrictions were eased, the reports of physical abuse peaked, as well as the use of threats and harassment following separation. In January 2021 Compassion received 73 referrals in just one month and were able to support 305 women in

total throughout this 12-month reporting period.

Type of support offered



Our team of volunteers have provided invaluable befriending services and weekly “drop in” online Zoom support groups, which many described as a ‘life line’. This is an online support group, allowing participants to utilize the support as and when needed and when safe to do so. This has been particularly popular during periods of Lockdown, with one service user building the support group into her daily exercise time

away from the house whilst her perpetrator was on furlough. The Freedom Programme was also quickly adapted for online delivery, with the demand being so high that at one point there were up to three groups a week running to meet the need.

Compassion have also been able to deliver the Who’s in Charge? Programme (WiC?) online, a 9-week programme combining educational and therapeutic sessions for parents of children, who are verbally or physically abusive and beyond parental control. The programme works with parents to understand the complex nature of child on parent abuse. The group works towards empowering parents to develop ideas on improving family relationships and building strategies to promote the reduction of children’s violent and abusive behaviours. It is important to note that enquires for the WiC? programme have notably increased during this period and national research shows that the demand for this intervention is at an all-time high, with limited support available. Research shows that the number of reported crimes involving children attacking parents has doubled in the past three years and 70% of parents experiencing this saw an increase in violent episodes during Lockdown.

Unfortunately, we were unable to offer the Escape the Trap programme during this review period due to Covid 19, however there is a scheduled group due to commence in November 2021.

Here at Compassion, we feel it is important to reflect the voice of our service users to demonstrate the impact our service has, so please see below some feedback provided;

What was the single most helpful thing about completing the group?

- Being treated as an equal.
- Meetings are just the right length of time. Work covered in each session is so helpful, not too much to absorb and the work given to do at home fits onto family life well – great course.
- Speaking to others who totally get and understand the issues and behaviours being experienced.
- I have been given strategies and confidence to manage things. Also, permission to put my own needs higher up and express my view that abuse is unacceptable and what's more, I believe it and I won't accept it. Feelings of shame are reduced.
- Group leaders were good and very nurturing and supportive. They allowed all feelings to be expressed in a safe atmosphere.
- Listening to each other without judgement or shame.
- The course has helped me to come up with strategies moving forward.
- Knowing there are other parent's and you are not alone.
- This group has literally been a life changer for me. I have learnt so many methods to help deal with not only the child I have major issues with, but also my other two children. The support from the other ladies in the group has been amazing and some of us have kept in touch via WhatsApp for times where we have needed that extra, non- judgemental support.

General comments from group participants:

- Thank you to those that run this and who fund this!
- Thank you so much for running this group – so so helpful.
- Homelife is so much less stressful and for the first time in so long I enjoy my home life and don't feel like I am treading on eggshells all the time.

This year marks Compassions 20th Anniversary. We as trustees and volunteers are exceptionally proud at the lifechanging impact that the charity has had on the families in Babergh and further afield. We continue to provide free initial family law advice and signposting to other agencies for support services and information and hope to grow from strength to strength in the future to develop the programmes offered to educate, support, and raise awareness to make sure domestic abuse is legally and socially unacceptable on every level. Our aim is to become self-funding through the provision of training, including a funded primary and secondary school education programme and an income stream from a charity shop.

As a charity, we cannot provide the amazing work without the dedication and commitment of our volunteers who continue to support the victims, children, and young people. We are humbled and sincerely grateful for the outstanding commitment given by the trustees, staff, and volunteers, especially for the delivery of lifechanging support and services during the global pandemic.

Julia Korona- Chair

Receipts and Payments Account for the Year Ended 31st March 2021

Restricted Joy Abbott Fund b/fwd	2000.00
Restricted Suffolk Police b/fwd	12949.08
Restricted Dulverton Trust b/fwd	4379.00
Unrestricted Petty Cash b/fwd	236.08
Unrestricted Community Account B/Fwd	6583.34

Expenses:-

Income		Insurance	614.48
		Freedom Programme Co-Ordinator's	0.00
Survivors Stories DVD's			
Stanbury-Jones donations	480.00		
Suffolk Community Fund donation/grants	8992.00	Training	3125.00
Colchester Community High School		Awareness Matters charges	555.00
Esther Hannel Charitable Trust		Trustees expenses reimbursements	74.45
Suffolk Police	22852.85		
Other donations	145.00	Miscellaneous	426.38
Sfty Tch & LG		Website	256.96
Pamper evening	631.09	Advertising	75.00
CAF donation	1000.00		
Miscellaneous income	490.00	Salaries	17719.51
		Mileage costs	23.08
		Telephone costs	139.95
		FP Delivery Fee - Suffolk Coronavirus	2500.00
		Community Fund	
Income Total	34590.94	Expenses Total	25509.81
		Restricted Joy Abbott Fund c/fwd	2000.00
		Restricted Suffolk Police c/fwd	17919.39
		Restricted Dulverton Trust c/fwd	4379.00
		Unrestricted Petty Cash c/fwd	236.08
		Unrestricted Community Account c/fwd	10694.16
	60738.44		60738.44

Bank reconciliationFunds summary

Income	34590.94	Restricted Funds	24298.39
Expenditure	<u>25509.81</u>	Unrestricted Funds	10930.24
Profit for the Year	9081.13		<u>35228.63</u>
Bank Accounts Brought Forward	27962.49		
Cash expenses	<u>0.00</u>		
Bank Accounts Carried Forward	<u>37043.62</u>		
O/s payments	2187.40		
Bank balance per statement	<u>39231.02</u>		

These accounts have been prepared by the Trustees and approved by them on 16/9/21



Vincent Chandler (acting Treasurer)

Trustees expenses incurred during the year related to reimbursement of expenses of £74.45 and services in connection with Awareness Matters of £555.00.

Independent Examiners Report

I have examined these receipts and payments accounts as prepared by the Trustees and confirm that the charity qualifies for exemption from audit and also qualifies for exemption from preparing the accounts under the accruals basis.



Clare Anderson FCCA

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