



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **Trustees' Annual Report for the period**

**From April 2021 to March 2022**

**Charity name: Sarah Agnes Foundation**

**Charity registration number: 1164337**

## **Objectives and Activities**

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>To preserve and protect good health for the public benefit in particular but not exclusively by:</p> <ul style="list-style-type: none"><li>- Providing a counselling and psychotherapy to people to help deal with issues such as mental health, domestic violence, or substance abuse which impact on family relationships</li><li>- Providing workshops on general public issues such as anger management, health, and parent/infant relationships</li></ul>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>To achieve the aims of the charity, SAF provides affordable counselling to couples, families, adults, and children and young people. SAF believes in the importance of prevention and delivers wellbeing workshops as an educational tool for individuals to understand mental health issues better and gain tools to increase resilience. We work with several funders to provide free counselling to communities with high levels of deprivation. Additionally, SAF delivers counselling services at schools within deprived areas.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>All trustees of the Sarah Agnes Foundation have been provided guidance issued by the Charity Commission on public benefit, namely the PB1, PB2, and PB3 documentation.</p>

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	During this reporting period, SAF has had 16 volunteers who support the charity by providing counselling to both adults and children. Over the course of this period, volunteers have delivered 9,600 hours of services.
Other		

**Achievements and Performance**

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>During the reporting period, SAF continued to focus on organisational development in line with its sustainability strategy. This included continuing our growth of Child &amp; Adolescent services, in partnership with schools situated in areas of deprivation. This led to the delivery of 7,200 sessions reaching 1,200 children and young people. Our school partners increased to 14.</p> <p>SAF's adult services reached 400 people experiencing mental health issues through the delivery of 2,400 counselling sessions. 274 of those adults were enrolled in SAF's Pay-As-You-Can program, offering free or low-cost counselling to people living in poverty or low financial means.</p> <p>Additionally to SAF counselling services, 8 Wellbeing Workshops were delivered across the year and 10 CPD sessions were delivered to the volunteer and therapy team.</p> <p>Working with Islington Council and the Peabody Housing Association, SAF provided free sessions to their service users in specific geographic areas.</p> <p>During this period, SAF recruited a new part time member of staff to manage</p>



		<p>administrative duties to support the growth of SAF services.</p> <p>In line with SAF's sustainability strategy, reliance on grant funding was reduced by 26% and income generated through counselling activities increased by 130%</p>
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#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

#### **Financial Review**

Review of the charity's financial position at the end of the period	Para 1.21	£2,156 net income
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	SAF holds 3 month's expenditure as reserves in the event the charity faces circumstances that may result in winding up. Reserves for this period are calculated at £4,490
Amount of reserves held	Para 1.22	<p>£2,156. Currently at a deficit of £2,334</p> <p>SAF received £15600 less in grant funding than the previous year. Coupled with the rise in core operational costs and an increase in staffing, this has affected the ability to close the deficit of reserves. Self-generated income offset some losses and whilst overall income reduced by 3.7%, the significant increase in self-generated funds is a big step for SAF's sustainability and will enable the balancing of its reserve funds.</p>

Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>The Sarah Agnes Foundation is privileged to be funded by several grant funders to contribute essential income for the charity.</p> <p>Funders for this reporting period:</p> <ul style="list-style-type: none"> <li>- National Lottery Community Fund</li> <li>- Peabody Trust</li> <li>- Cripplegate Trust</li> <li>- Eric Stanton Trust</li> </ul> <p>SAF also receives donations from service users and partners. During this period, a total of £19,867 has been received in donations providing Gift Aid to a total of £4,540.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	<p>As a charity utilising the support of volunteers to deliver its services, SAF faces a risk of operational difficulties in the event volunteers can no longer be recruited. To minimise this, SAF works with a universities and colleges who provide counselling courses and rely on placement opportunities to complete studies. This enables us to mitigate this risk.</p> <p>Grant funding continues to be a vital support for SAF income and whilst SAF has made big gains in increasing self-generated income, the charity is not yet fully sustainable. Therefore, SAF faces the risk of financially losses.</p> <p>Reputational damage is a risk that faces most charities. Whilst this risk is small, SAF ensures it works to follow best practice as a charity and as a BACP accredited service in order to reduce this risk further.</p>
Other		N/A



## Structure, Governance and Management

Description of charity's trusts:		N/A
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Constitution for a CIO whose only voting members are its trustees (Foundation Model)</b>
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	<b>Charitable Incorporated Organisation (CIO)</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p><b>Trustee opportunities are advertised through third party organisations. Trustee applicants are vetted to ascertain appropriateness before progressing to an interview.</b></p> <p><b>Trustee selection is based on the needs and complexities of the charity including financial and legal expertise, industry expertise, and lived experience expertise. There is no maximum term a trustee can serve.</b></p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	Sarah Agnes Foundation
Other name the charity uses	SAF
Registered charity number	1164337
Charity's principal address	Sarah Agnes Foundation c/o Hugh Cubitt Centre 48 Collier Street London N1 9QZ

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Ann Denise Walsh			
2	Shumaila Bux			
3	Suzan Arnold			
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## Corporate trustees – names of the directors at the date the report was approved

Director name		

## Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	



## **Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### **Additional information (optional)**

#### **Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

#### **Name of chief executive or names of senior staff members (Optional information)**

Agnes Rees – Chief Executive Officer

## **Exemptions from disclosure**

Reason for non-disclosure of key personnel details

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## **Other optional information**

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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name

No (if any)

## Receipts and payments accounts

For the period from	Period start date	To	Period end date
	April 2021		March 2022

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
<b>A1 Receipts</b>				
Restricted Grants	-	31,636	-	31,636
Unrestricted Grants	-	-	-	-
Gift Aid	4,540	-	-	4,540
Donations	19,867	-	-	19,867
Other	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>24,407</b>	<b>31,636</b>	<b>-</b>	<b>56,043</b>
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>24,407</b>	<b>31,636</b>	<b>-</b>	<b>56,043</b>
<b>A3 Payments</b>				
Service and Project Expenses	2,456	-	-	2,456
Service Insurance	185	-	-	185
BACP Membership	509	-	-	509
Phone	480	-	-	480
Broadband	504	-	-	504
Staff Salaries	44,955	-	-	44,955
Regus Room	4,798	-	-	4,798
Other	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>53,887</b>	<b>-</b>	<b>-</b>	<b>53,887</b>
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>53,887</b>	<b>-</b>	<b>-</b>	<b>53,887</b>
<b>Net of receipts/(payments)</b>	<b>- 29,480</b>	<b>31,636</b>	<b>-</b>	<b>2,156</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>- 29,480</b>	<b>31,636</b>	<b>-</b>	<b>2,156</b>



## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	S. Arnold	
Full name(s)	Suzan Arnold	
Position (eg Secretary, Chair, etc)	Chair	
Date	17/10/2022	