



ANNUAL REPORT

Registered Charity
1184411

For the period ended 5 April 2020

www.ownmylifecourse.com/wlc

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WELCOME

Interim Chairwoman's Report

Welcome to the annual report for our inaugural reporting period.

Whilst we had a clear strategy for our first year as a Charitable Incorporated Organisation, the global pandemic required the organisation to diversify and adapt whilst also meeting the objectives of our grant funder, the Sir Halley Stewart Trust.

Our objectives for the organisation's first year were to:

- A. Implement the relevant governance required for the organisation to be sustainable and provide high-quality services.

The organisation has implemented the relevant governance required for the organisation and the new quality management system has been developed to ensure our policies and processes remain up-to-date and relevant.

- B. Appoint a Chief Executive Officer who can lead the organisation and deliver our strategic objectives.

We have appointed Natalie Collins as our Chief Executive Officer, who was the original innovator for Own My Life.

Natalie has the experience, passion and skills to lead The Women's Liberation Collective, and we are excited to work together in the delivery and development of our organisation.

- C. Deliver a pilot project for Own My Life across the UK.

We have piloted the Own My Life course across UK, and the delivery has exceeded the objectives of our grant funder. Please read the 'What we have achieved' section for a full breakdown of the success of this pilot.

COVID-19 created an obstacle in delivering the course, however Natalie was able to adapt the content to become 'digital-friendly'. This adaption enabled the organisation to deliver more courses at a reduced cost, which is something we will consider for the 2020/21 delivery.

We are excited about the many possibilities that have emerged since the end of this reporting period, including potential partnerships with Scottish Women's Aid and Welsh Women's Aid for delivering the course to their member organisations.

We are hugely grateful to the women who piloted the Own My Life course and shared their lives and wisdom with us, and to the organisations who ran the pilot courses; Andover Crisis and Support, North East Lincolnshire Women's Aid, SATEDA, and Stop Domestic Abuse.

- D. Seek fundraising opportunities to support the sustainability of the organisation.

We have started to implement fundraising practices within the organisation; however, we recognise that this is a skill missing from the current Trustee Board.

The organisation has been unable to secure sufficient funds to expand our services and we recognise that most funders will diversify their grant criteria to support organisations who are struggling with financial uncertainty following the global pandemic.

Securing additional funds will become a priority in our 2nd year, so that the organisation remains sustainable. To do this, we will:

- Dedicate a Trustee sub-committee who will focus on fundraising.
- Design a payment structure for our services, which had previously been covered through the Sir Halley Stewart grant.

I have been immensely proud to have been part of The Women's Liberation Collective through its early stages, and it has been a privilege to have held the role of Interim Chair.

I believe the foundations that have been implemented will enable the organisation to become a strong, recognisable and reliable charity that helps women regain ownership of their lives.

As we continue to work towards a world where women are liberated from male violence and control, we are grateful to all those who commit to partner with us, and we're excited to see what the next year holds!



Sarah Moss, Interim Chairwoman | 28th September 2020

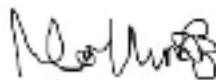
CEO REFLECTIONS

Interim CEO's Report

I didn't ever intend to be a CEO. After having a vision to create the Own My Life course, I was hugely grateful to the Sir Halley Stewart Trust for committing to the vision for the course and providing funding for three years to finish writing it, pilot it with practitioners and women and to roll out facilitator training events. This funding came with a requirement for a charity to be set up to provide governance for the project, with the Parish of Langdon Hills PCC kindly agreeing to provide interim governance for the project.

I asked Hazel Moss, Irene Hayes, Sarah Lothian and Sarah Moss to be trustees and with the support of Lynn Cadman at Illuminate Governance, we began the process of setting up a Charitable Incorporated Organisation. The process was long, winding and complicated and I remain intensely thankful to the first trustees and Lynn for their support in establishing the charity.

Since then, we have gathered some excellent new trustees in Anne Lyttle, Liza Thompson, Louise Tullin and Sadia Masud, and are seeing the charity go from strength to strength. To evaluate the pilot courses I had amazing opportunities to hear the ways the Own My Life course is enabling women to transform their lives, have trained some brilliant practitioners to deliver the course, and worked the very wonderful pilot organisations. While I never intended to be a CEO, I am grateful for the privilege of working to see women empowered and liberated from patriarchy and male violence and am so proud of what we are doing as a charity.



Natalie Collins, Interim CEO | 28th September 2020

VISION & MISSION

The Women's Liberation Collective was registered as a Charitable Incorporated Organisation on 15th July 2019.

1

Our vision

A world where women are liberated from male violence and control.

2

Our values

WOMAN-CENTRED: Women and their needs are at the centre of everything we do. Our aim to prioritise women is in accordance with the Equality Act 2010 in which "sex" is a protected characteristic.

LIBERATION: We seek to ensure that all women we reach experience equality of opportunity: we also aim to move beyond equality, and work towards a world where women are liberated from male violence and control.

RESISTANCE: This resistance is both collective and individual. As an organisation we will resist the oppression of women and the ways patriarchy harms us all. Alongside this, we recognise that all women find creative ways to resist abusers. Rather than this resistance being honoured, women are often met with scorn and blame. Our work seeks to honour and mobilise women's resistance to abuse and patriarchy.

INTEGRITY: We hold ourselves to a high ethical standard, striving to act honestly, fairly and consistently and using power wisely and well.

COLLABORATION: We foster collaborative spaces which build sisterhood and resist competitive attitudes. We will work together with charities and other partner organisations to achieve our goals.

3

Our Mission Statement

We will equip, train and educate women, so that they can take back ownership of their lives from male abusers. We will also work in wider society, to prevent abuse.

BOARD OF TRUSTEES

The Trustees present their Report together with the financial statements for the period ended 5 April 2020 for The Women's Liberation Collective, a Charitable Incorporated Organisation ("the Charity").

The Women's Liberation Collective provides resources for women who have been subjected to gender based violence, most frequently perpetrated by men; and for organisations responding to gender based violence and their practitioners to use with women.

We do this through the Own My Life course, an innovative, creative and educational 12-week course for women.

Our trustees are:

- ▶ (Shirley) Irene Hayes (15 Jul '19 - present)
- ▶ Sarah Moss (15 Jul '19 - present)
- ▶ Hazel Skelton (15 Jul '19 - 28 Jul '20)
- ▶ Sarah Lothian (15 Jul '19 - 4 Aug '20)
- ▶ Liza Thompson (23 Mar '20 - present)

- ▶ (Florence) Anne Lyttle (4 Aug '20 - present)
- ▶ Louise Tullin (4 Aug '20 - present)
- ▶ Sadia Masud (10 Sep '20 - present)

The purposes of the charity as set out in our governing document are:

- ▶ To preserve and protect the health of women and relieve the distress and psychological, emotional and physical suffering experienced as a result of violence against women.
- ▶ To promote best practice and understanding among the public, voluntary and statutory agencies in all matters relating to violence against women and their families and other forms of abuse, their causes, remedies and prevention.

Through the Own My Life course we support organisations and practitioners to enable women to regain ownership of their lives when they have been subjected to abuse or violence. This is done through short videos, structured discussions, group and individual activities, and a comprehensive learning journal. It uses multimedia content to explain complex concepts about trauma and abuse in easy to understand video

clips, along with videos which evidence how popular culture reinforces or perpetuates sexism, rape culture, violence, misogyny, disrespect in relationships and abusive behaviour.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit and Code of Governance when reviewing our aims and objectives, governance arrangements and in planning our future activities.

As allowed for small charities, receipts and payment accounts have been prepared for this Report. The Trustees confirm that the Trustees' Report and financial statements of The Women's Liberation Collective comply with the provisions set out in Charities SORP (FRS 102).

We are incredibly proud of what we have achieved in this first reporting period and are excited by all the opportunities that are coming up.



SETTING THE CONTEXT



Training participants during Own My Life course training.

While The Women's Liberation Collective was registered as a CIO in July 2019, our work on the Own My Life course began when Natalie Collins started developing the course in 2014. Natalie is an expert in responding to male violence and women's rights, having worked for over a decade in the sector. She has developed various nationally used resources focussed on domestic abuse, child sexual exploitation and FGM and her book *Out Of Control* was published by SPCK in March 2019. Natalie secured funding from the Sir Halley Stewart Trust for the Own My Life course from October 2017 - October 2020. A requirement of the funding was that Natalie set up a registered charity to governance the Own My Life course.

As a result of this, since registering as a CIO we have had a lot of organisational development to do, in order to ensure we are following best practice. This has included:

- ▶ Developing and agreeing our Vision, Mission, Values and Strategic Objectives.
- ▶ Confirming Natalie Collins as the Interim CEO of The Women's Liberation Collective, with both Consultancy Agreement and Licensing Agreement in place between Natalie and the Charity.
- ▶ Setting up an online shop on the Own My Life course website for facilitators to order course materials.
- ▶ Our Trustee Recruitment Policy was agreed and signed off by the Board.

We are incredibly pleased that the Charity has had such a positive start, and we are excited about continuing to develop our work in 2020/21.

A word cloud: when asked for their words to describe their experience of the course, women used these words. The sizing correlates to how many women used the word.

- 1. THE OWN MY LIFE COURSE PILOT:** The Own My Life course is a train-the-trainer model, with practitioners attending a three-day facilitator training event that then allows them to deliver the course with women within their local context. Trainees receive the course WoManual and gain access to the course e-Hub; through here they can view and use the course videos and other multimedia content. Before rolling the training out across the UK, we partnered with four domestic abuse services to pilot the course with women.

The aims of this pilot was to fine-tune the material and to ensure the course is an evidence-based model. Thanks to the Sir Halley Stewart Trust, we have been able to deliver these pilot groups and are incredibly excited that the course has made such a huge difference to women across England, and to the organisations who support them. Beyond these initial pilots, it shows that we can roll out training and courses across the UK, confident that the course is effective and will make a huge difference to women's lives

2. **PARTNERSHIPS:** We have been really pleased that in such an early stage of our Charity, we have been able to build partnerships with different organisations. These have included: 1) Being the nominated Christmas appeal charity for Rev Dr Kate Coleman's Premier Radio slot. 2) We received a grant of £9900 from Awards for All, England. The majority of this money is to provide pilot courses with materials so that they can continue to deliver the course now the pilot has ended. 3) We are pleased to have partnered with Scottish Women's Aid to deliver training in 2020 to Scottish domestic abuse services. The first training event that will be promoted to Scottish services will take place in June 2020.

3. **THE ONLINE OWN MY LIFE COURSE:** As a result of COVID-19, the planned 2020 training events were in jeopardy. In order to manage this, we developed an online version of the training, which also provide training participants with the capacity to deliver the course online. We are excited about the possibilities this opens up, particularly during this hugely worrying time as domestic abuse organisations across the UK struggle to cope with continuing their services during restrictive COVID-19 measures. It also allows us to train practitioners from across the UK, rather than only those limited to one geographic area.

The development of the online training has included: 1) Writing a ZOOManual to accompany the Own My Life course WoManual, which gives training participants all the information needed to deliver the course via Zoom (an internet-based video calling system). 2) Developing a 2-hour coaching session for trained facilitators, to give them the skills needed to deliver the course via Zoom. These sessions will be available to those attending training in 2020, and also offered to those who have already trained as part of the Own My Life course pilot.

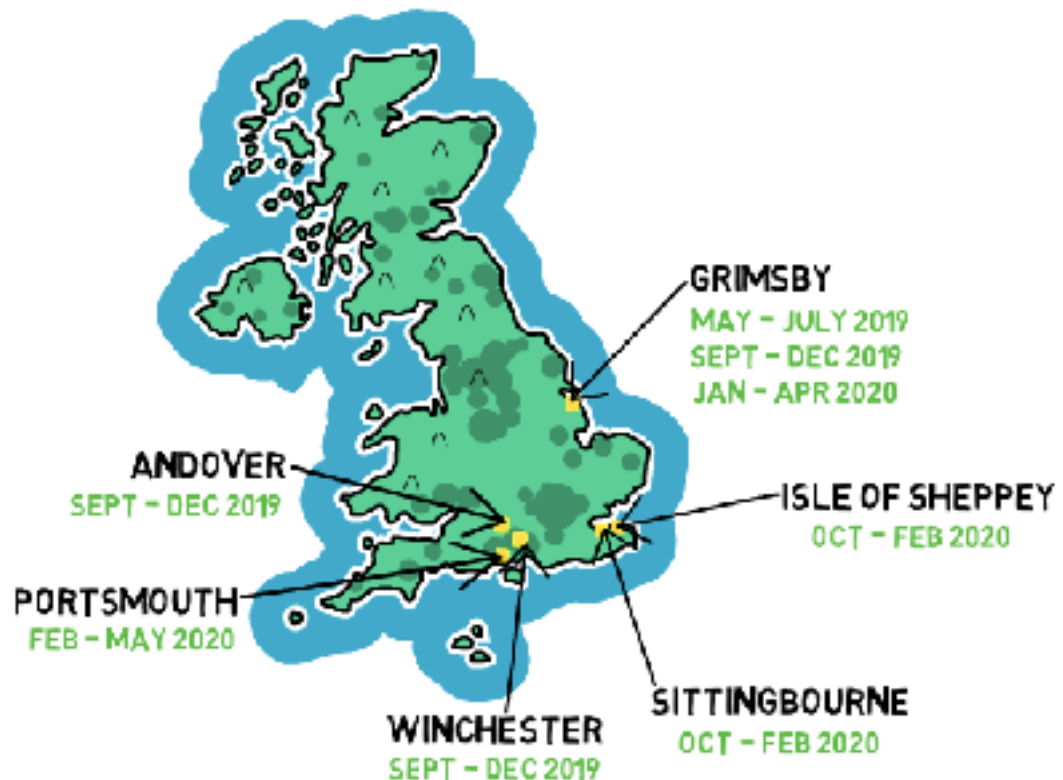
As this is a new venture, in response to the COVID-19 crisis, it means that our 2020 training events will have a “pilot element” as we trial delivering the training online. We are hopeful that it will make a difference to women and practitioners, and the response to moving the training online has been very positive.

WHAT WE HAVE ACHIEVED

We have been delighted at how well the Own My Life course pilot has gone and the amount of positive feedback we have received from women and facilitators.

We delivered three pilot facilitator training events across England and 32 practitioners trained as Own My Life course facilitators. Six pilot courses have been delivered across England, run by three domestic abuse services in their outreach services, and one women's refuge. The pilot organisations, Andover Crisis and Support, North East Lincolnshire Women's Aid, SATEDA and Stop Domestic Abuse were recruited through existing relationships with domestic abuse services.

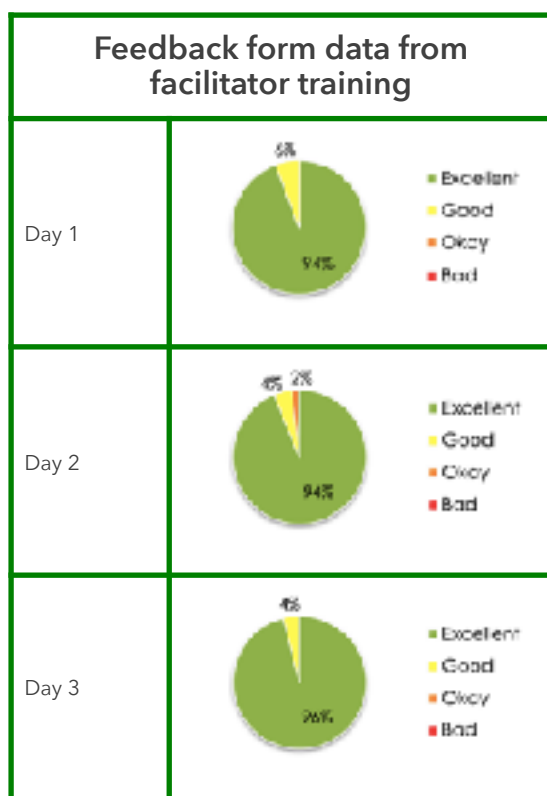
3	Pilot facilitator training events	32	Practitioners trained
58	Women started pilot courses	48	Women completed pilot courses
5	Courses run in outreach services	1	Course run in a refuge



Map and dates of pilot courses. The Portsmouth and 3rd Grimsby pilot are not included in the evaluation data.

WHAT WE HAVE ACHIEVED

Feedback from practitioners who attended facilitator training



AMAZING PROGRAMME. THE MISSING LINK WE HAVE BEEN WAITING FOR, FOR YEARS!! GOING TO HAVE A HUGE IMPACT (POSITIVE) ON WOMEN'S LIVES.

THIS COURSE WAS SO GOOD IT HAS BEEN A LONG TIME SINCE I ATTENDED A TRAINING THAT HAS HELD ME "CAPTIVE" & HAS INSPIRED ME SO MUCH. THANK YOU.

BRILLIANTLY WRITTEN AND PUT TOGETHER. GREAT TRAINING, WELL THOUGHT OUT. FRESH AND SUCH A GREAT INNOVATION AND TOOL.

IT IS INVALUABLE. EVERYONE SHOULD COMPLETE THE TRAINING AND THE COURSE - LIFE CHANGING!

THIS IS A FRESH, EXCITING AND UP TO DATE ACCESSIBLE TO ALL COURSE FOR WOMEN WHO HAVE BEEN SUBJECTED TO DOMESTIC ABUSE.

THIS IS A GREAT PROJECT THAT CAN REALLY HELP VULNERABLE WOMEN INCREASE THEIR SELF-VALUE, WORTH & CONTROL OF THEIR LIFE.

Feedback from practitioners about the WoManual and other course resources.

THE JOURNAL IS BRILLIANT. SUCH A BEAUTIFUL RESOURCE FOR PEOPLE TO KEEP.

THE E-HUB IS AMAZING! GREAT TO HAVE ALL INFO IN ONE PLACE, ACCESSIBLE TO ALL.

ABSOLUTELY LOVE IT!

VERY WELL SET OUT, GREAT CONTENT, LOOKS FABULOUS; LOVE THE STRUCTURE.

FOOL PROOF, VERY USER FRIENDLY

AMAZING - LOVE THE WAY THE COURSE IS FULLY LAID OUT IN THE WOMANUAL.

ONCE I FOUND MY WAY AROUND IT, IT WAS EASIER TO USE AND UNDERSTAND.

WHAT WE HAVE ACHIEVED

Feedback from women who attended the Own My Life course pilots

	Before Own My Life course	After Own My Life course
I feel like I am in control of my life and my future.	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>
I can make sense of my life.	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>
Overall, I feel good about my life.	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>

I enjoyed the Own My Life Course.	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>	The course facilitators were helpful and supported my learning.	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>
I learned a lot through the course.	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>	I like the Own My Story journal.	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>
The course has helped me to understand my life better.	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>	I would recommend the course to other women.	<p> ■ Definitely ■ Mostly ■ Sometimes ■ Never </p>

WHAT WE HAVE ACHIEVED

Feedback from women who attended the Own My Life course pilots

Dawn

"When you do therapeutic work, it's like you're digging dirt out of a pot. Through the course I was able to face talking about stuff I've never been able to talk about before. I got to the end of my pot! I got all the dirt out."

Yvonne

Yvonne's abusive ex-partner has custody of their children. Through the course, Yvonne now feels strong enough to go back to court to seek custody of her children.

Hannah

Before coming on the Own My Life course, Hannah couldn't leave her home without support. As a result of attending the course, she has joined a local support group and is able to travel to the group on her own.

EVERYONE HAS SEEN A MASSIVE, LIFE CHANGING IMPROVEMENT IN ME. I WAS READY TO GIVE UP AND END IT AS I COULDN'T COPE. THIS COURSE HELPS SAVE LIVES!!

YOU'VE GOT ALL THESE PEOPLE WHO THINK YOU'RE SILLY FOR GOING BACK OR STAYING WITH HIM AND THIS COURSE HELPS YOU TO KNOW WHY, AND KNOW THAT YOU'RE NORMAL.

NOW I KNOW WHY, AND THAT I'M NOT TO BLAME. I DON'T FEEL GUILTY ANYMORE.

EVERY WEEK A FEW LIGHTBULBS GO OFF. PART OF IT IS GENERAL AND PART IS DEPENDENT ON WHERE YOU ARE ON THE JOURNEY.

I'VE REALISED THAT SELF-LOVE DOESN'T MAKE ME SELFISH. I REALLY NEGLECTED MYSELF SO MUCH, BECAUSE I WAS MADE TO FEEL WORTHLESS. THIS COURSE GOT ME BACK ON TRACK AND HELPED ME LEARN TO LIKE MYSELF.

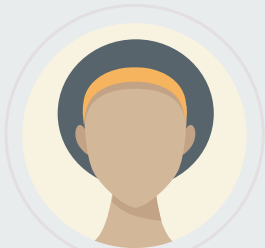
I FOUND COURAGE AFTER THE FIRST COUPLE OF SESSIONS TO BREAK UP WITH MY PARTNER.

THIS COURSE IS BANG IN YOUR FACE. IT'S NEW, IT'S RELEVANT. IT'S EXCITING.

THIS COURSE HAS DEFINITELY HELPED ME TO GET TO A PLACE WHERE I CAN LEAVE MY PARTNER. IT HELPED ME UNDERSTAND WHY I FEEL THE WAY I DO, WITH THE CORTISOL AND EVERYTHING AND THAT IT'S NORMAL TO FEEL LIKE THIS.

WHAT WE HAVE ACHIEVED

Women's Stories



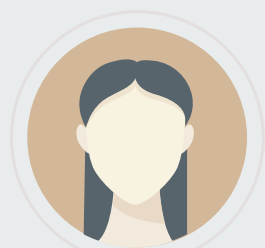
Sarah's Story

Before starting the Own My Life course, Sarah had attended other domestic abuse programmes and was still with her abusive husband. She says, "This course has definitely helped me to get to a place where I can leave my husband. It has helped me understand why I feel the way I do and that it's normal to feel like this." Sarah explains, "I've realised that all my needs are dependent on my husband. But now I know there's a way past that, which is what the course has helped me to see."



Karen's Story

Karen has ADHD and has never really engaged with domestic abuse services. She only attended the course because her friend invited her. She says, "I thought this course was going to be a pile of sh*t because I thought I knew everything I needed to know about abuse, but now I tell everyone I know about it and they all want to do the course." Facilitators say that, "Karen has loved the course so much." Karen says "It's like the course has been designed especially for people like me with ADHD".



Abigail's Story

Abigail explained that the Neural Pathways activity made her realise she had become obsessed with ensuring that the car and TV volume controls were on even numbers. She had convinced herself that if they were on an odd number, something bad would happen. Through the activity she identified that she did this to feel a sense of control. Over the following week she chose to have the volume control on odd numbers, and nothing bad happened! She said that doing this has really helped her.

FINANCIAL REVIEW

During the period up to 5th April 2020, The Women's Liberation Collective received total income of £23,204.31, of which £23,097 comprised grant funding, with £108 raised in donations. This income was attributable to charitable activities relating to delivering the Own My Life course. The Sir Halley Stewart Trust provided most of the funding for the course.

Expenditure incurred for 2019/20 totalled £10,339.45, all of which related to charitable activities. As we are still in the early stages of our organisation, those who do the work for us are currently self-employed, which means that our staffing costs are integrated within the project costs, rather than being separate to them.

Total funds as at 5 April 2020 were £12,864.86 of which £107 represented unrestricted funds and £12,757 represented restricted funds. Of the restricted funds £9900 relates to the grant awarded by Awards for All England in March 2020 to be allocated against providing pilot organisations with resources to continue running the Own My Life course. Free reserves, representing unrestricted funds less tangible fixed assets totalled £108.

Our unrestricted funds are low, however our principle source of funding over the year was the Sir Halley Stewart Trust, and while this was restricted to the Own My Life course project, this is all the Charity currently does and the money has covered all the costs related to the course.

At the end of the funding period, we are hoping to be able to source further grant funding to develop our work, but alongside this we will begin charging trainees for the cost of the training. This will enable us to increase the unrestricted funding to which our organisation has access to.

Our reserves policy is under development.

STRUCTURE AND GOVERNANCE

Constitution

The Women's Liberation Collective was established in 2019 and achieved charitable status in 2019. The Women's Liberation Collective is a Charitable Incorporated Organisation and is constituted by its Articles of Association dated 15 July 2019.

Recruitment and election of trustees

When a vacancy in the Trustee Board occurs, care is taken to ensure that new Trustees are able to contribute effectively alongside the existing board by providing complementary skills. During the period up to 5th April 2020, the Charity has approved the Trustee Recruitment policy and since the period end, a skills audit of the current Board of Trustees has been undertaken. Areas in which Trustees require more experience have been identified. Steps are being taken to recruit new

members to the Trustee Board to fulfil these requirements.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees XXX and signed on their behalf by:

[Signature]

Sarah Moss, Interim Chair

FINANCIAL REPORT

Our bankers are: Metro Bank, Brewery Walk, Waterloo Rd, Romford, RM1 1AU.

Receipts and payments account

	Period ending 5th April 2020		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Receipts			
Voluntary income:			
Transfer from Langdon Hill PCC	-	9,184	9,184
Grant income	-	13,913	13,913
Fundraising events	107	-	107
Total receipts	107	23,097	23,204
Payments			
Charitable activities:			
Own My Life course delivery and training	-	6,550	6,550
Own My Life course development*	-	3,790	3,790
Total payments	-	10,340	10,340
Net receipts	107	12,757	12,864
Cash funds brought forward	-	-	-
Cash funds at the end of the period	107	12,757	12,864

Restricted Funding

During the reporting period we had two restricted funding sources. The details of these are:

► The Sir Halley Stewart Trust

AMOUNT FROM BEFORE JULY 2019: £9,184

AMOUNT IN PERIOD: £4012.50

FOR: Developing the Own My Life course, delivering pilot courses and delivering training events.

SPENT: £10,340

► Awards 4 All, England

AMOUNT: £9900

FOR: Providing trained organisations with course materials to deliver the course with women.

AMOUNT SPENT: £0

Statement of assets and liabilities

	As at 5th April 2020		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Cash funds:			
Cash at bank	107	12,757	12,864
Total funds	107	12,757	12,864

*Course development included writing the course content and training programme, building relationships with pilot organisations etc.

Approved by the board of The Women's Liberation Collective.

NON CASH PAYMENTS

Alongside the funding we have had, we have also been gifted other resources which have enabled us to achieve so much.

Period gifted	Resource	Amount	Approx cash value
July '19 - April '20	Natalie Collins' volunteered time to run the charity.	3 days per month	£9600
July '19 - April '20	Andrew Collins' volunteered time to do administration for the charity and the Own My Life training	2 days per month	£1920

INDEPENDENT EXAMINER'S REPORT

I report to the trustees on my examination of the accounts of the Women's Liberation Collective CIO, registered charity no. 1184411, for the year ended 5 April 2020.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Rev Adrian Miller, Clerk in Holy Orders | 20h October 2020

The Rectory, The Common, Mulbarton, Norwich, Norfolk NR14 8JS

THANK YOU S

Dear women of the pilots

Thank you for trusting us with your stories and experiences, for your honesty and excitement about the course, and for being part of the sisterhood! You are the reason we do what we do, thank you for partnering with us in taking back ownership of your lives.

Dear pilot facilitators

Thank you for committing to the training and for delivering the course so brilliantly! Denise, Maria, Natalie, Melody, Tracy T, Sam, Tracy M, Lynn, Donna, Allison, Susan, you all did a fantastic job, thank you!

Pilot organisations

Andover Crisis and Support, NEL Women's Aid, SATEDA, Stop Domestic Abuse, thank you all for trusting us with the women you work with. Your commitment to work with us will ripple out to so many women's lives. Thank you.

Sir Halley Stewart Trust

Thank you for providing the funding needed to get the Own My Life course off the ground. Many women's lives have been (and will be) changed because of your investment in the course. We could not have done it without you!

Course editors

Lorrie and Cath, you made it possible for the course to flow, asked good questions about improving the materials and ensured the course is the best it could be. Thank you.

Andrew Collins

Thank you for all your voluntary administration support. You keep us running at full pace and we greatly appreciate you!



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