

**woman's
Trust**

*Recovery from
Domestic Abuse*

IMPACT REPORT

2025/26



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I have not been able to afford counselling since I escaped from an abusive relationship. Being able to have a regular slot with a counsellor who helped me to open up about my trauma, without having to constantly worry about the costs, was very healing. I received such good care and I am so grateful.

Woman supported, September 2025



Charity Registration Number 1143513

Company Registration Number 06886781
(England and Wales)

More about Woman's Trust
www.womanstrust.org.uk

Chair and CEO Message



Niki Scordi, Chair



Alice Piller-Roner, CEO

I am honoured to be joining Woman's Trust at such an important moment in its history. For 30 years, the organisation has had a vital role in supporting women and children whose mental health has been impacted by domestic abuse. I look forward to working with the team, trustees and partners to build on this work, so that more survivors can access the support they need to recover and rebuild their lives.

This year, women and children have continued to face worsening abuse and mental health. With 1 in 2 women seeking mental health support doing so due to domestic abuse, 9 out of 10 women continue to report counselling and mental health support as their priority needs and domestic abuse-related suicides overtook domestic homicides for another year.

Woman's Trust **faced increasing demand for our services**, once again; this year we were only able to provide direct therapeutic support to two thirds of those contacting us. Without our support, women are left with nowhere to turn to, as the NHS Mental Health Services continued to report waiting lists and London's statutory services, including social care and housing, were also overwhelmed.

Woman's Trust campaigned during the year, following its launch of the **"Living without Hope"** report, to improve the mental health response for survivors of domestic abuse. We wrote an open letter to ministers, calling for mental health response to domestic abuse to be made a priority by the new Government. We met with Home Office and Department of Health ministers and responded to government consultations, in order to influence government policy for improved mental health outcomes.

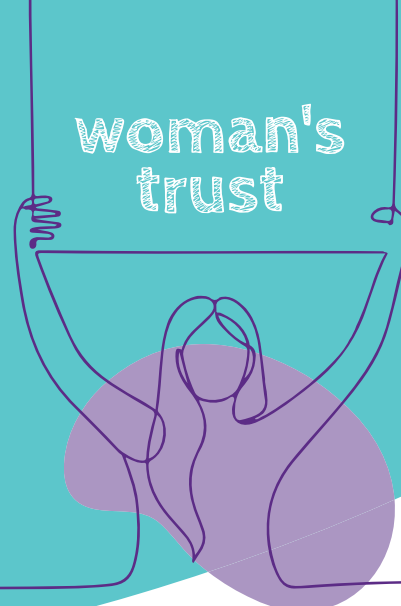
In line with our Strategy, we continued to **develop innovative services and partnerships** across the whole system. We worked together with our committed funders and statutory agencies, to provide high-quality trauma-informed services across London and beyond. We built on our partnerships with other specialist women's charities, to reach those facing multiple disadvantages and diverse groups. We developed innovative peer-led mental health services and specialist mother and child groups, building on our specialist young women and girls mental health responses for those affected by domestic abuse.

Towards the end of the year, **Heidi Riedel stepped down as Chief Executive**, after over a decade in post. Her leadership and commitment enabled Woman's Trust to become the leading expert service at the intersection of domestic abuse and mental health. The new CEO, Alice Piller-Roner, joined in April 2026, sharing our commitment to build national responses and partnerships, as we develop our new Strategy.

We are privileged to work with passionate, committed and expert staff, both our counsellors and front-line colleagues, and the wider Woman's Trust team.

As we prepare to mark 30 years since the founding of Woman's Trust in 2026, we thank all our supporters, funders, partners and colleagues; we cannot do this without you.

Vision, Mission & Approach



Woman's Trust is a women-only organisation, rooted in the lived experiences of the women and the communities we serve for almost thirty years.

Our vision

is a world where women and children have the resources to prevent domestic abuse damaging their futures.

Our mission

is to help women and children affected by domestic abuse to overcome the mental and emotional harm and rebuild their life, by providing women-only, client-led counselling and mental health support services.

Woman's Trust is the leading specialist service provider

of pioneering, free and confidential mental health responses for survivors of domestic abuse. Our work is centred on specialist 'person-centred' counselling and therapeutic services; a trauma-informed approach; and expertise in understanding the dynamics of domestic abuse and its long-term effects on women's and their children's lives.

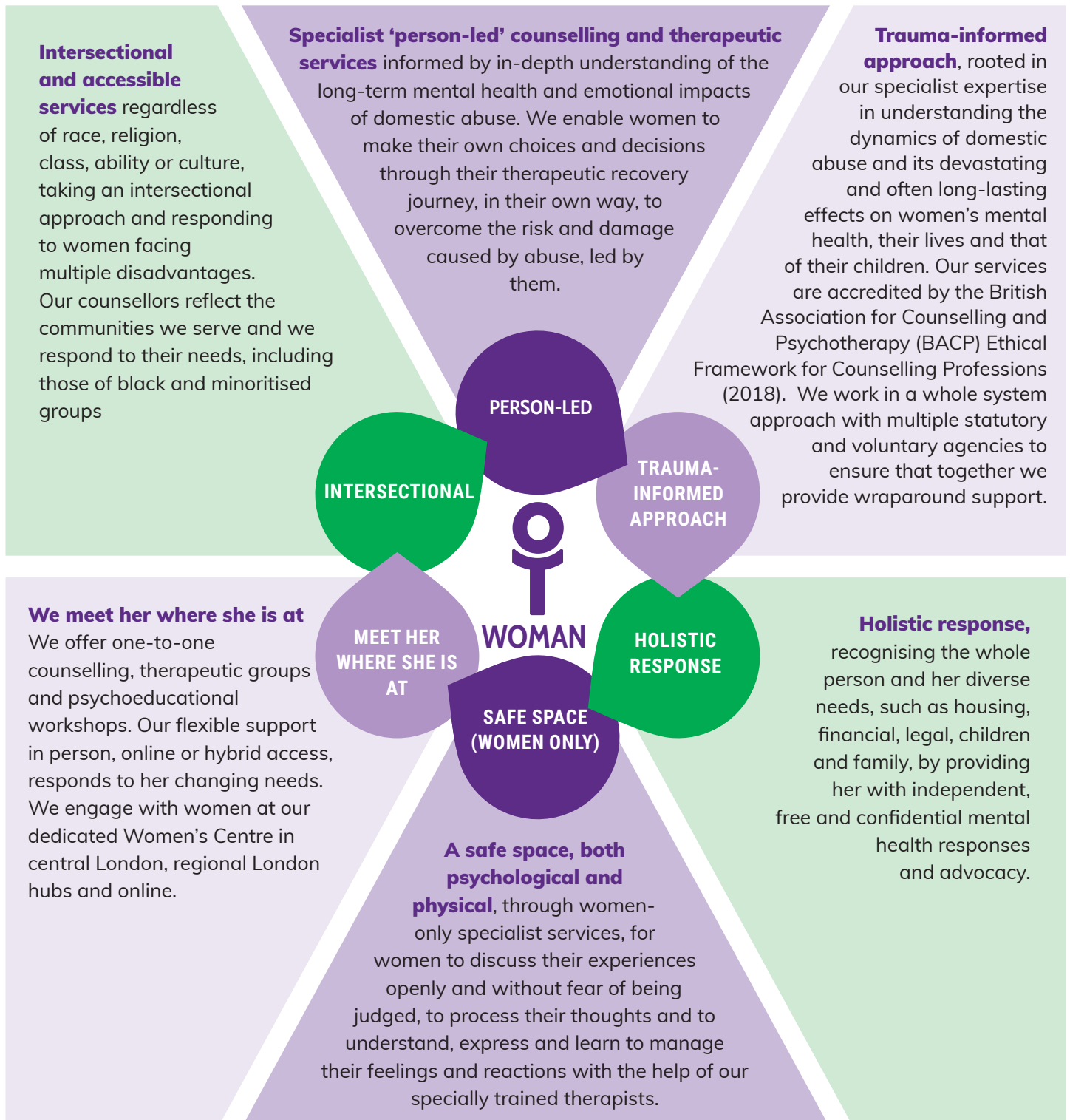
We provide a safe environment for women to talk about their experiences openly and without fear of being judged, supported by our specially trained therapists. We work with women at our dedicated Women's Centre in central London, regional hubs and online, to meet women where they are at.

*Healing starts
with
being heard*

Our approach

The Woman's Trust Person-led therapeutic Model

Our approach is centred on principles rooted in women's lived experience of violence and abuse they have experienced because they are women:



Working in partnership: A whole system approach

We also work in a whole system approach to raise awareness and improve understanding of the impact of domestic abuse and VAWG on women's and girls' mental health, aiming to deliver systems change and improve outcomes for survivors.

- We engage with voluntary and statutory sector partners, **working in partnership to develop frameworks and responses** to meet the needs of women and girls. We are part of the award-winning Angelou Partnership, the London VAWG Consortium, and Whole Housing Approach Partnership, partnering with over 30 specialist charities.
- We provide **awareness raising workshops and training for professionals and front-line workers**, both voluntary and statutory partners, on mental health, suicidal ideation and improving responses and mental health outcomes for women and girls survivors of DA.
- We carry out **research and share practice-based evidence**, based on our almost 30 years of experience. We amplify the voices of women who are experts by lived experience. Our best practice approaches and publishing briefings to influence commissioners and policymakers across local and national government level.



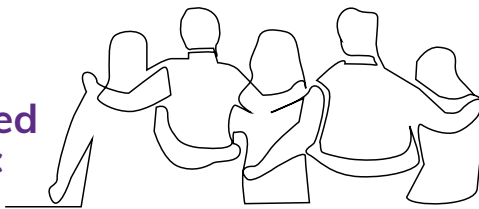
Our impact at a glance

1,518

women referred to our services

818

women offered therapeutic support



700

received triage advice and support



Engagement in our services

430

women received **Counselling**



124

women offered **therapeutic support**

34

young women and girls (under 26yrs) received **Counselling**

32

young women and girls (under 26yrs) in **Groups Programmes**

121

women received **Workshops**

98

women received **Peer-Led Support Groups**

Outcomes of our services

Counselling



74%

reduced suicidal thoughts and ideation

60%

reduced self-harm

93%

reduced feelings of anxiety and stress

89%

had more control of their future

89%

improved relationship with children

Therapeutic Support Groups



91%

felt less isolated

100%

improved confidence

96%

reduced feelings of anxiety and stress

91%

had more control of their future

100%

having more knowledge about their own rights

Self-development workshops



85%

feeling better equipped to cope

97%

improved self-esteem

100%

improved inter-personal interaction

91%

better equipped to cope with the experience of domestic abuse

Counselling and Mental Health Services provision



Domestic abuse affects one in four women in the UK. The emotional and psychological impact of abuse can be profound and long-lasting, affecting women's mental health, confidence, relationships, parenting, and overall wellbeing long after the abuse has ended. One in five children are also affected, both as witnesses and victims themselves.

At Woman's Trust, we support women to recover from the trauma of domestic abuse and rebuild their lives through specialist mental health and wellbeing services. Our services are trauma-informed, women-centred, and designed to provide safe spaces for healing, empowerment, and recovery. Our support includes:

- Specialist one-to-one counselling delivered by qualified specialist counsellors
- Therapeutic support groups, providing connection and emotional support
- Dedicated services for mothers with children, and young women and girls aged 16 to 24
- Peer led support groups providing support by women with lived experience
- Educational and self-development workshops focused on recovery, confidence-building, emotional wellbeing and resilience
- Webinars and online resources accessible to women seeking information

Our counselling and support group services are accredited by the British Association for Counselling and Psychotherapy (BACP), reflecting our commitment to delivering safe, ethical and high-quality therapeutic support.

"I feel so grateful for giving me 16 weeks' sessions with my counsellor. Before I had my counselling, I was in a mess inside. Although I had counselling in the past, the fact that I was allocated enough time to unburden any negative emotional charge I had been keeping helped tremendously in my healing journey. In the past, I could not talk about my experience without tearing up. I withheld so many things about me, but through counselling I've been able to be myself: open, receptive and genuine."

Woman supported, November 2025

Women access our services directly or through a referral from diverse pathways, including statutory and voluntary partners. Women can choose to access one or more services simultaneously or one after the other, as each woman's journey is tailored to her needs. Through our work, we aim not only to reduce distress and isolation, but also to help women regain confidence, strengthen resilience, and move towards safer, healthier and more independent futures.



Referral and Assessment Helpline

Assessment for direct support or triage advice and signposting to a range of alternative services



Long-Term Counselling

Up to 18 one-to-one person-centred counselling sessions with a professional specialist counsellor, with domestic abuse expertise.



Therapeutic Support Groups

Up to 8 sessions, led by a specialist counsellor, empowering women to share experiences and support each other



Young Women and Girls

Young People 16-25 years specialist workshops and 1-2-1 therapeutic support



Psycho-educational Webinars

Videos of psycho-educational workshops on a range of issues, and information available on our website



Self-Development Workshops

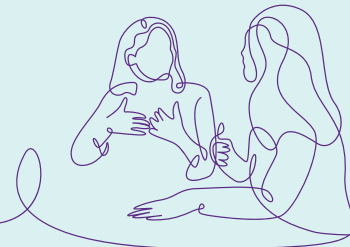
Online and in person sessions designed to help women with the practical and emotional impact of domestic abuse, to support their recovery



Peer-Led Support Groups

Peer to Peer led and run support groups which enable survivors to connect with a community of women who share similar lived experiences whilst reducing isolation

Our reach: referred to and engaged with our services

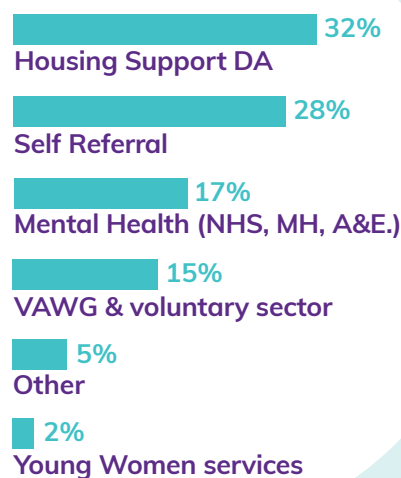


Throughout the year 2025/26, Woman's Trust **received 1,518 referrals** (1,289 in 2024/25) from a variety of sources, **with 818 women offered ongoing therapeutic services** (833 in 2024/25). In addition, 700 women were provided with triage support and sign posted to alternative non-specialist services for further support, as unfortunately we were already at capacity and once again, need exceeded resources.

Our main referrals continue to be:

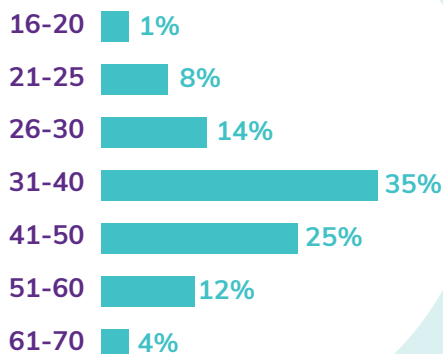
- 32% from our partnerships with London Whole Housing Partnership (LWHSP) and Floating Support Service (PLFSS) housing programs
- 28% self-referrals directly from women survivors who reach out to us,
- 17% from Mental Health organisations including the NHS
- 15% referrals from VAWG organisations through our networks and partnerships.

REFERRAL SOURCES



At Woman's Trust, 50% of women and girls who accessed and engaged with counselling, support groups, and workshops came from global majority (including Black, African, Asian, dual-heritage and racialised) groups, compared to 47% of London's demographic profile (Census, 2021).

AGE RANGE OF ALL ACCESSING SERVICES



Our services are offered to girls and women aged 16 years old and above.

Women aged 31 to 50 represent 61% of those engaged with our services, although demand for services to girls and young women is increasing.

Young women and girls from 16 years old to 25 years old now represent 9% of all clients.

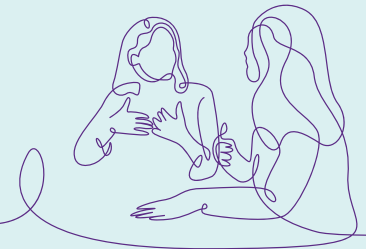
Since the launch of the specialist service to 16 to 25 years old, in partnership with London's Violence Reduction Unit in 2022, we have been delivering one-to-one therapeutic counselling and awareness and self-development workshops across 6 London boroughs.



“I feel so much better in myself and have finally been able to live in the now and not in the past. I have never spoken to anyone about what I’ve been through until I was contacted by Woman’s Trust. Without them I would still be in a dark place feeling low and alone and I know there is a lot of women out there who feel the same. We need Woman’s Trust to help us get back to being ourselves.”

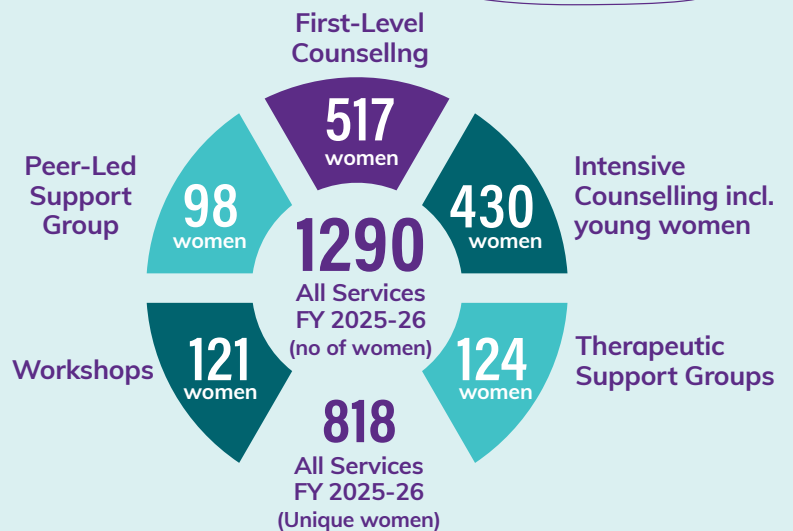
Woman supported, October 2025

Services provided and impact through outcomes achieved



Our goal is to offer a variety of services tailored to address the diverse needs of our clients and aid them in overcoming the trauma of domestic abuse. We supported 1,518 women that were referred, of which 700 had triage service and **818 women and girls were provided at least one of our specialised services.**

* a unique woman is counted once irrespective of the number of services she attends



1. Referral and Assessment Helpline

A total of 1,518 women were referred to our services, and 700 were provided information and immediate support where necessary. 818 women were eligible and offered further counselling and mental health support.

Due to limited resources, 512 women eligible for service were turned away through the year and were unable to be supported as at 31 March 2026.

2. Counselling Service



A total of **517** had the first-level counselling (i.e. initial sessions) and **430 received ongoing counselling support**, with 5099 total counselling sessions delivered in the FY 2025/26 of which 76% (3876) were attended.

We ensure the effectiveness and impact of our services on women's lives, through the Clinical Outcomes in Routine Evaluation (CORE) for counselling and entry and exit questionnaires (EQ) for all our services. Women engaging with counselling services reported an improvement in their mental health and well-being, and reduction in suicidal ideation, as well as more able to make life choices and have better relationships and connections.

Women told us that our support helped with their recovery from domestic abuse and improved their mental health:

- 93%** reduced feeling stress and anxiety
- 74%** reduced suicidal thoughts and ideation
- 60%** reduced self-harm
- 89%** improved their self esteem
- 87%** were more confident

- 89%** had more control of their future
- 89%** had improved their relationships with their children, of those with children
- 92%** had improved their interpersonal and family relationships
- 91%** had knowledge of how to access services for support



Survivor Voice

** Katrina received counselling*

After years of abuse, one Woman's Trust client found herself facing the breakdown of her relationship and a deeply uncertain future.

Having spent many years raising her family, she was left financially vulnerable and struggling to rebuild her independence. Her former partner had controlled the family finances, leaving her facing significant financial uncertainty and concerns about her home and her children's future.

Alongside the practical challenges and the pressure of having to find a new job, the emotional toll of abuse and the separation had been enormous. She described feeling exhausted, overwhelmed and unsure how long she could continue dealing with the pressures ahead.

With support from Woman's Trust, she began to find the strength to keep going and to face the challenges in front of her.

"The emotional, financial and physical toll has been enormous, and it will take me a long time to recover. And we're not even near the end yet. I can't see the finish line. I don't know how much longer I can keep tying these knots for.

"Some days, that breaks me. The tears come and I struggle to stop them.

"Thanks to the support from Woman's Trust, I carry on. Somehow, a strength appears.

"Broken or not, I'm still their Mum."

* The name has been changed to protect the identity of the woman.



"I was so grateful to receive therapy from a highly skilled counsellor who was experienced in discussing the patterns and behaviours involved in domestic abuse and unhealthy relationships, as well as with working with women in similar positions. I think it's so important that the Woman's Trust be supported because so many women, of all ages, financial backgrounds, ethnicities and sexualities experience DV and there aren't a lot of places we can turn."

Woman supported, October 2025



3. Therapeutic Support Groups



Our specialist and trained counsellors facilitated a total of 23 Therapeutic Support Groups cycles throughout the year, with each group comprising 8 sessions – a total of 184 therapeutic group sessions. For support group programmes ending in FY2025/26, these garnered a significant attendance of 703 attendances, with 124 unique women benefiting from the service.

The impact of the Therapeutic Support Groups was overwhelmingly positive, as women reported:

- 93%** experienced a reduction in stress and anxiety levels.
- 91%** felt less isolated.
- 100%** of participants reported an improvement in their confidence.
- 91%** felt a greater sense of control over their future.
- 100%** reported improved ability to participate in group discussions.
- 100%** indicated an enhanced understanding of their rights.

“All in all, a positive experience. I felt heard and connected to other women. I didn't feel alone anymore. It helped me socialize, it gave me routine and an opportunity to go out of my house, change scenery.”

Woman supported, Feb 2026

“Sharing our stories and the support we gave each other to do this. I did not know how well that would work in an online environment, but it worked quite well.”

Woman supported, Feb 2026

4. Self-Development Workshops



Our Self-development workshops were accessed by 121 women, with 87 workshop sessions attended and a total of 340 attendances reported improved ability to participate in group discussions.

Groups include:

- Workshops focused on empowering women with knowledge and awareness of the effects that domestic abuse may be having on them and others, and helping to rebuild their self-esteem and confidence in a safe, supportive environment amongst peers, funded by City Women Network and the RBKC Serious Violence Unit,
- Thrive Futures Theatre workshops- partnership project aimed at providing a space for women to express themselves by connecting with other women through creative activities, and for them to rediscover and explore skills and talents.

4. Self-Development Workshops contd

Women reported positive outcomes and impact of the workshops:

“Thank you for allowing me to participate and thank you for such a positive experience this has definitely encouraged me to try other forms of groups/therapies and workshops.”

Woman supported, June 2025

“Always a lifeboat and a life saver. Woman’s Trust and [my Groupworker] are the single most vital factor that have helped in my recovery. I hope I can give back one day. Thank you.”

Woman supported, June 2025

- 98%** improved understanding of domestic abuse
- 95%** of the women experienced an improvement in their self-esteem
- 100%** reported improved interpersonal interactions
- 92%** felt an increase in their overall confidence
- 85%** increased willingness to take positive steps towards changing their lives
- 85%** felt better equipped to cope with their experiences of domestic abuse
- 85%** felt workshops improved their skillset

The outcomes and women’s feedback demonstrate the effectiveness of our Self-Development Workshops in empowering women, enhancing their well-being, and enabling them to overcome the challenges associated with domestic abuse.

Specialist groups provided based on needs, such as housing or for young women and girls, include:

- **Women and children with housing needs**

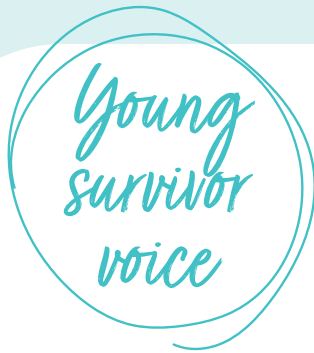
Workshops were delivered specifically aimed at supporting women and their children with housing needs, including those leaving refuges and based in the community. This is part of the Domestic Abuse Safe Accommodation provision part of the GLA-funded Floating Support (PLFSS) programme in partnership with the London VAWG Consortium and Refuge, as well as a programme in partnership with Advance and other partners.

- **Young women and girls**

Workshops for young women aged 16 to 25 experiencing domestic abuse and additional needs including care leavers, school exclusions and at risk of exploitation and offending. This is a specialist young women and girls approach developed by Woman’s Trust and currently delivered part of the Maia programme, in partnership with Advance and London’s Violence Reduction Unit,

Young women and girls reported a positive impact of the service;

- 100%** improved understanding of domestic abuse
- 90%** improvement in self esteem
- 100%** reported feeling less isolated
- 100%** reported improved interpersonal interactions
- 88%** increased willingness to take positive steps towards changing their lives
- 88%** felt better equipped to cope with their experiences of domestic abuse
- 100%** felt workshops improved their skillset



* Samantha

Samantha describes her abuser of creating a world of restriction and fear, with a pattern of escalating control: extreme jealousy, isolation from friends, and strict rules over her behaviour.

The woman was in a relationship with her abuser throughout her teenage years.

"I wasn't allowed to go out unless I was with him," she said. "He monitored how I spent money. There was emotional abuse and then it became physical. It became a habit."

After being referred through the NHS, Samantha says Woman's Trust has been central to her recovery.

"It was empowering," she said. "If I have a bad day now, I know that's okay. I don't know how I would have got through it without that support."

She believes her experience highlights the importance of early intervention and support, particularly for young women.

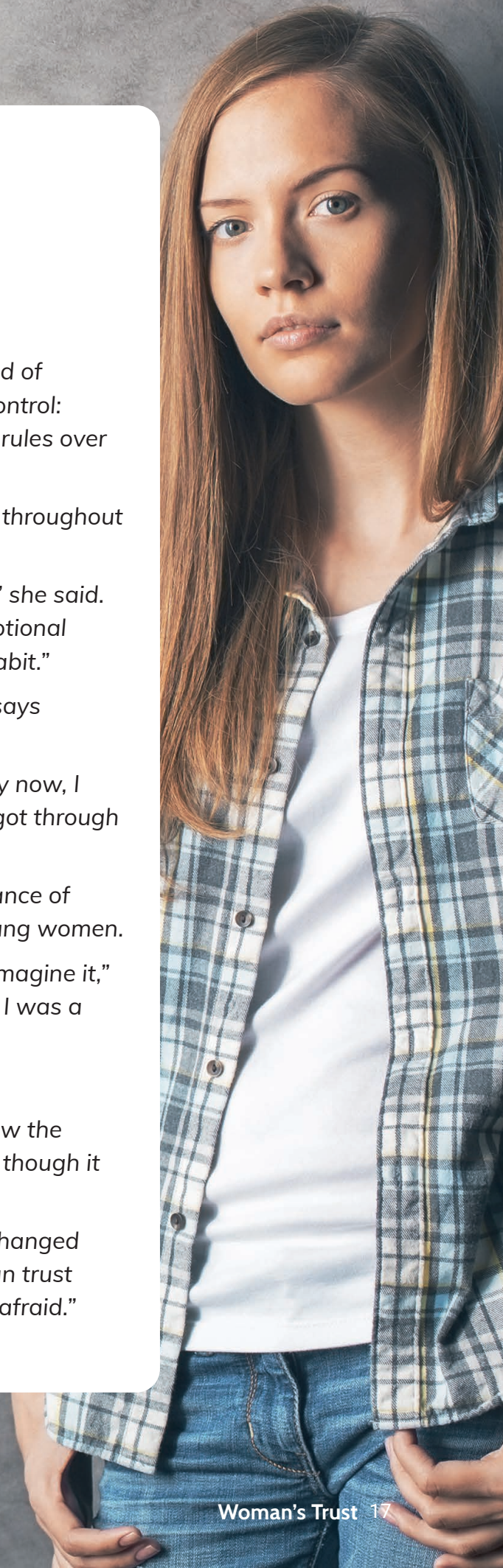
"Being young and going through that - you can't imagine it," she said. "You often want to give second chances. I was a people pleaser."

Her advice to others is clear:

"The hardest thing is telling someone. But you know the signs when you see them. You are not alone, even though it feels like you are.

"Knowing I'm safe, knowing I have support, that changed everything," she said. "Abuse is isolating. Now I can trust people again. I can go out, live my life, and not be afraid."

* The name has been changed to protect the identity of the woman.



5. Peer-Led Groups



The Peer-led sessions were facilitated by women volunteers with lived experience of domestic abuse, who had previously benefitted from Woman’s Trust support services. The women are trained and supported by a qualified specialist counsellor, enabling them to build on their own skills and gain work experience, as they move forward with their lives.

Our experienced group workers supported 8 volunteer peer facilitators to provide 21 Peer-led support group sessions. The Peer-led Support Group garnered a significant attendance of 222 attendances, with 56 unique women attending the service.

The impact of the Therapeutic Support Groups was positive:

- 99% felt positive impact on their mental health and wellbeing
- 99% of participants reported an improvement in their confidence
- 100% of the women experienced an improvement in their self-esteem
- 97% reported improved interpersonal interactions
- 91% felt better equipped to cope with their experiences of domestic abuse
- 97% felt the peer-led support groups improved their skillset

"I can't thank [Peer facilitator 1] for this workshop. She delivered it so professionally with confidence. She gave us all confidence and has a lot of wisdom. [Peer Facilitator 2] is really good and supportive too in assisting. I thank you all at Woman's Trust for how you're continuing to help me and us all. Without your support I wouldn't be here."

Woman supported, June 2025

The volunteer peer facilitators reported significant improvements in key areas of their lives:

- 99% felt positive impact on their mental health and wellbeing
- 75% felt better equipped to return to or further their employment
- 100% reported an improvement in confidence
- 100% reported improved social skills and community connections
- 100% felt ready to take positive steps to change their lives
- 100% reported feeling less isolated
- 100% felt facilitating the sessions improved their skillset



“I loved working with peers in a non-judgmental space and witnessing each client use their creative powers to express themselves and have an impactful voice for change. I am impressed that Woman’s Trust cares about the long-term welfare and wellbeing of the women they support by offering this life changing opportunity to rebuild self-esteem, confidence and improve ongoing personal and professional development and job opportunities for those who find facilitating as a passion. I also enjoyed the safe and peaceful space during each session and the opportunity to be vulnerable and feel comfortable with it.”

Peer Facilitator, December 2025



Influencing for systems change



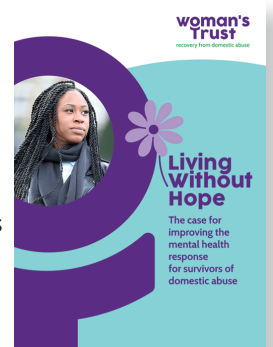
Woman's Trust has played a prominent role in the national conversation on domestic abuse and mental health, amplifying survivors' voices and shaping national conversations

We work in a whole system approach to raise awareness and improve understanding of the impact of domestic abuse and VAWG on women's and girls' mental health, aiming to deliver systems change and improve outcomes for survivors. This year, we stepped up our campaigning and stakeholder engagement work once again.



“Give Survivors Hope” Campaign

Following the launch of our “Living without hope” report in March 2025, we shared our findings and recommendations through continued engagement with NHS commissioners and local authorities, the Greater London Authority (GLA), the Mayor's Office for Policing and Crime (MOPAC), the Domestic Abuse Commissioner's office and London Victims' Commissioner.



Niki Scordi, Chair with Jess Phillips MP

In May 2025, we launched our new Campaign “Give Survivors Hope”. In an open letter to Ministers, signed by 100 partners and charities, we called on government to take immediate action:

- Make the mental health of domestic abuse survivors, particularly women and children, a key priority and focus of both the Mental Health and VAWG Strategies, planned to be launched by the Department of Health and the Home Office in 2025.
- Provide funding of at least £27.5m per year to deliver specialist counselling and therapeutic support in the community, for women and girls affected by domestic abuse, in the Spending Review in 2025.



Read our Open Letter to Ministers

<https://womanstrust.org.uk/wp-content/uploads/2025/05/Letter-to-secretaries-of-state-and-ministers-12-May-2025-1.pdf>

We took our campaign to the heart of Government. We welcomed the opportunity to meet with Jess Phillips MP, Minister for Safeguarding and VAWG at the Home Office, and Baroness Gillian Merron, Minister for Mental Health and Women's Health at the Department of Health and Social Care, to discuss how we can work together to improve mental health outcomes for women and girls' survivors.

We continued to share our expertise, practice-based evidence and outcomes, to inform local and central government policies and approaches, in roundtable discussions and consultations. We also collaborate with partners to develop whole system approaches that centre the experiences of women and children survivors.

Our campaigns in the press

Our expertise and insights were featured across major media outlets, including BBC news, ITV, Sky News, The Independent and Metro, and were sought for expert commentary, as well as appearing in leading professional publications such as Therapy Today, Centre for Mental Health, and Social Care Today.

At the heart of our coverage were the courageous voices of Woman's Trust clients, who shared their experiences to highlight the lasting impact of domestic abuse on women's mental health.

Through their stories, they shone a light on the challenges survivors face, while demonstrating the transformative role that specialist support can play in helping women rebuild their lives. Together, these stories have helped raise awareness, influence public discourse and strengthen the case for policy and systemic change.



“The Woman's Trust, which provides specialist mental health support for women affected by domestic abuse, said long court delays were discouraging some victims from continuing with cases, even though charges had been brought... all women going through the court process should be automatically offered emotional and therapeutic support throughout their case.

BBC

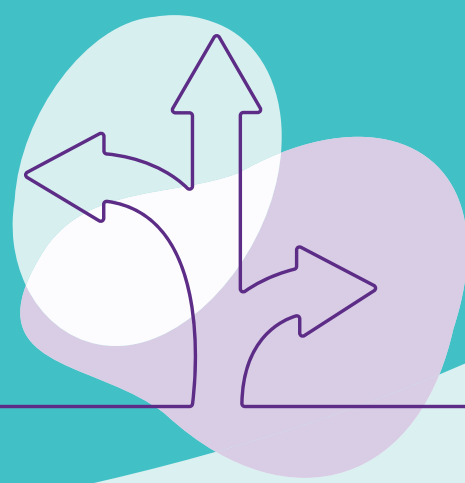
“Natalie says real support came when she reached Woman's Trust, a specialist mental health charity that provides free counselling and therapy for women who have experienced domestic abuse.

‘They have given me my identity back,’ Natalie remarks. ‘Woman's Trust help you on a more personal level and that's exactly what I needed. The worst had happened and I felt valued again. When I first started using the service, they had to put a pie chart on the wall to explain what had happened to me.’

Social Care Today



Future Plans and Strategy 2022–2027



Future Plans and Strategy 2022 to 2027

We have concluded the fourth year of our 5-year strategy and have delivered in-line with our strategic aims of:

- 1** Offering high quality and effective counselling and mental health services to women and children survivors of domestic abuse
- 2** Sustaining existing funds and growing our income to expand our offer to meet the increasing number and needs of women and their children
- 3** Raising awareness about Woman's Trust work and influencing the debate about domestic abuse and mental health in London and nationally
- 4** Ensure that we have the staff with the right skills, in the right place, at the right time

Our goals for the year ahead

- Deliver high-quality trauma-informed mental health services and contribute to the improvement of specialist services offered to women affected by domestic abuse nationally;
- Increase capacity of services to respond to the unmet demand for counselling and therapeutic support;
- Support the development of integrated approaches at the intersection of mental health and domestic abuse that include the impact on children and mothers, young women and girls, and the criminal justice system response;
- Publish evidence and research, and share key findings on suicide and self-harm, mental health, the criminal justice system and mental health, and young people and mental health and our interventions to influence commissioning and delivery, policy makers and government at London and National level and improve mental health and social justice outcomes;
- Further build on partnerships with voluntary, statutory and organisations to influence on key strategies and action plans on the Mental Health of Women and Girls Survivors of domestic abuse;
- Ensure the organisation is on a robust and sustainable footing, by continuing our fundraising effectiveness and maintaining our reserves in-line with our reserves policy.

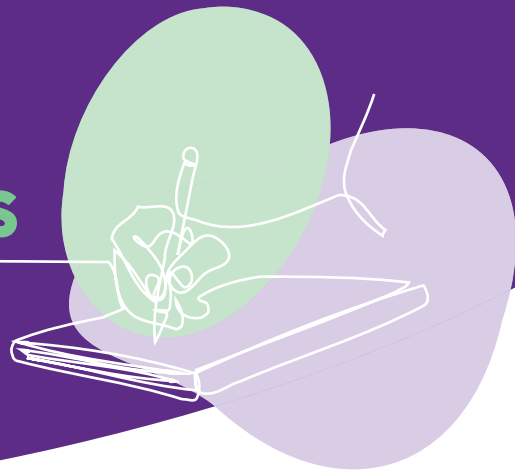


In 2026/27 we will be marking **30 years of Woman's Trust** since its establishment in 1996. This will be an opportunity to reflect on our impact and work over the years.

Building on this strong foundation, we will be developing our new strategy, together with our new Chief Executive Officer, our partners, colleagues and the women and communities we support.



Financial Activities Overview



Financial Activities Overview

Woman's Trust received £1,215,542 in total income in the year to March 2026, 14.6% increase on the previous year. Unrestricted income of £382,407 made up to a third of Woman's Trust total income. Of that sum, unrestricted donations and gifts were £90,063. Restricted income totalled £833,135.

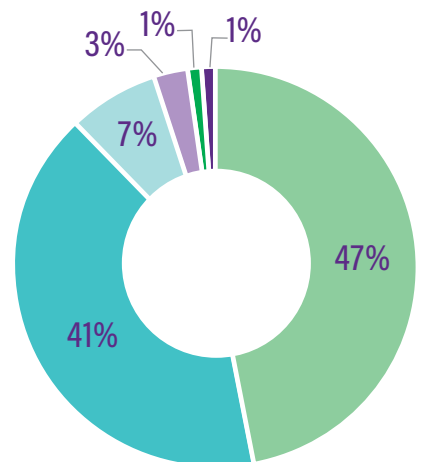
Annual expenditure was £1,161,903, an increase of 8.7% compared to the previous year. Service provision costs increased, both staff and project activities costs to meet increased need for our services.

The cash position at the end of the year was £538,678, an increase on last year's cash at £476,580. Restricted funds carried forward were £51,146, ensuring project funding is aligned with financial years. The unrestricted funds stood at £531,435 at the end of the year, and this similarly includes designated funds of £60,000. This leaves reserves funds of £471,435, an increase of £49,929 over last year.

The Trustees review the Reserves Policy annually and the calculation of the required level of reserves is an integral part of the organisation's planning and budgeting. It takes account of the risks associated with each stream of income and expenditure being different from that budgeted, the organisation's commitments and the planned activity level.

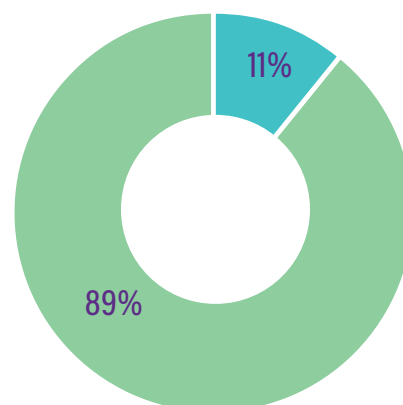
The Trustees believe that it is prudent for the financial reserve to be at least three months' running costs to meet the above obligations. Our long-term objective is to move to a six months' reserve policy.

Income 2025/26



- Trusts and Foundations grants
- Statutory grants
- Major donors and legacies
- Individual giving
- Corporate donors
- Investment income

Expenditure 2025/26



- Provision of counselling and mental health services
- Fundraising activities

Fundraising Overview

Woman's Trust complies with the Fundraising Code of Practice and is registered with the Fundraising Regulator. Woman's Trust does not use any professional fundraiser or commercial participator to raise funds on our behalf.

Charitable trusts and foundations, and statutory funders such as the NHS, Local Authorities and central government represent our main fundraising activities. In 2025-26, 47% of our income came from trusts and foundations (£514,312) and 41% from statutory bodies (£476,357), including partnership grants with Advance, Refuge and Women and Girls Network. 7% of our income came from major donors (£82,500).

We have also increased our income from donations by community fundraising and building relationships with corporate and individual donors. Donations received as a result of active fundraising are dedicated to the purpose for which they were raised for. Our community fundraising increased to £43,599 (3%), and our corporate income increased to £17,490 (1%). These continue to be focused areas of growth going forward.

Woman's Trust wants to thank our funders and donors for their new and continued support, including:

City Bridge Foundation
City of London Solicitors' Company
Dr Edwards and Bishop King's Fulham Charity
Dudley and Geoffrey Cox Charitable Trust
Everest Trust
Garfield Weston Foundation
Gowling WLG (UK) Charitable Trust
Greater London Authority
Greenwich Peninsula Community Fund
Hackney Parochial Charities
Hammersmith United Charities
Henry Smith Charity
Impact London Collective
Julia Rausing Trust
Bruno Schroder Trust
London Borough of Richmond
London Borough of Wandsworth
London Councils
London CRS (Ministry of Justice/ Major's Office for Policing and Crime/ NHS)
London Freemasons' Charity
London Violence Reduction Unit
Marston Holdings
Masonic Charitable Foundation
Merchant Taylor's Foundation
NHS North West London Integrated Care Board
North Paddington Community Chest

Norton Rose Fulbright Charitable Foundation
Pathways Housing Trust
Peter Stebbings Memorial Trust
Royal Borough of Kensington and Chelsea
Royal Lancaster Hotel
Sir Jules Thorn Charitable Trust
Souter Charitable Trust
The Daisy Trust
The Dentons UK and Middle East LLP Charitable Trust
The Health Lottery Foundation
The Kensington and Chelsea Foundation
The Steel Charitable Trust
The Vandervell Foundation
The Westminster Almshouses Foundation
Volatility
West Hackney Parochial Charity
Westminster Amalgamated Charity
Westminster City Council Community Priorities Programme
Westway Trust
Worshipful Company of Chartered Secretaries and Administrators Charitable Trust
Worshipful Company of Cutlers
Young Westminster Foundation
Zara
Zurich Community Trust

Thankyou

Statement of Financial Activities

(incorporating the Income Expenditure Account)

For the year ended 31 March 2026

	Unrestricted Funds 2026 £	Restricted Funds 2026 £	2026 Total Funds £	Totals Funds 2025 £
Income and endowments from:				
Donations & legacies	90,063	78,073	168,136	184,146
Charitable activities Grants and project funding	286,290	755,062	1,041,352	868,598
Investment income	6,054	-	6,054	8,023
Total incoming resources	382,407	833,135	1,215,542	1,060,767
Expenditure Expenditure on:				
Raising funds				
Fundraising costs Charitable expenditure	115,166	16,162	131,328	98,998
Provision of counselling and support services	237,312	793,263	1,030,575	969,765
Total resources expended	352,478	809,425	1,161,903	1,068,762
Net Income and movement in funds	29,929	23,710	53,639	(7,995)
Reconciliation of funds:				
Fund balances at 1 April 2025	501,506	27,436	528,942	536,938
Fund balances at 31 March 2026	531,435	51,146	582,581	528,942

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derived from continuing activities.

**woman's
Trust**
recovery from domestic abuse

www.womanstrust.org.uk

Woman's Trust

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Charity Number 1143513