

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

England & Wales · Charity number 1135433

Details

Other names	LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES, LIGHTHOUSE
Status	Registered
Legal form	Trust
Registered	2010-04-09
Register	View on the Charity Commission register

Contact

Address	30A Dunsmure Road London N16 5JS
Phone	02088001009
Email	funding@lighthouseforwomen.com
Website	https://lighthouseforwomen.com/

Activities

Objects: (I) TO RELIEVE FINANCIAL HARDSHIP BY (A) PROVIDING FREE LEGAL ADVICE AND ASSISTANCE TO PERSONS WHO, THROUGH LACK OF MEANS, WOULD OTHERWISE BE UNABLE TO OBTAIN SUCH ADVICE; (B) MAKING GRANTS OF MONEY FOR PROVIDING OR PAYING FOR ITEMS, SERVICES OR FACILITIES. (II) TO RELIEVE THE MENTAL AND PHYSICAL SICKNESS OF WOMEN UNDERGOING DOMESTIC HARDSHIP BY THE PROVISION OF COUNSELLING AND SUPPORT OF SUCH PERSONS.(III) TO ADVANCE IN LIFE AND RELIEVE THE NEEDS OF YOUNG PEOPLE FROM SINGLE PARENT FAMILIES THROUGH:(A) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE; (B) PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.

Activities: Support for single mother families who have experienced domestic abuse and family breakup:Essentials and Food Parcels: Providing basic necessities to those in need.Mental Health Support: Helping women and their children develop resilience, healing, and relationship skills.Peer Support: Reducing isolation and building a supportive community.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Other Finance, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Amateur Sport
- **Who:** Children/young People, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£231,031	£246,043	-	-
2023-12-31	£361,693	£326,620	-	-
2022-12-31	£200,389	£178,303	-	-
2021-12-31	£85,155	£64,491	-	-
2020-12-31	£43,590	£20,878	-	-

Trustees

Name	Role	Appointed
HINDY SCHLESINGER	Chair	
Dr Lisa Kuruvatti		2025-05-05
ITA CYMERMAN MBE		
Miriam Rothbart		2024-05-13
RIFKA REICH		2024-05-13
Yocheved Rechnitzer		2024-05-13

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England & Wales - Charity number 1135433

Accounts



Empowering Women
EVERY SINGLE DAY



CHAIR STATEMENT

This year has been one of renewal, growth, and extraordinary promise for Lighthouse. I am honoured to be joined by our dedicated new trustees—Dr. Lisa Kuruvatti, Miriam Rothbart, Yocheved Rechnitzer, and Rifka Reich—who have brought not only expertise but also a fresh spirit of hope and vision to our organisation. With domestic abuse and family breakup continuing to rise, the weight of single parenthood, single paychecks, single-handed childcare, and single responsibilities grows heavier every single day. I am profoundly grateful to now have such a capable and compassionate team by my side, reshaping our structures, refining our ways of working, and strengthening the services we provide, ensuring we can empower women every single day.

We are now blessed with a fully professional team, including new administrative staff who allow us to function with greater efficiency and care. And as we go to print, a dream is about to become a reality: Lighthouse is finalising the lease for our very own centre. No longer will we have to rent a meeting room for every discussion or move our supplies from place to place. At last, our women will have a safe and familiar space open every single day, a place where they can pause for respite, find belonging in times of transition, or simply meet a Lighthouse friend.

This milestone has been made possible thanks to the generosity of City Bridge Trust and Do It Now Now, whose support has helped cover the costs of rent and new staff as we take this bold step forward. We are deeply grateful for their commitment to our mission, and equally to all our funders and partners who stand with Lighthouse. Each grant, donation, and contribution, large or small, forms part of the foundation that allows us to grow, to respond to the rising needs in our community, and to ensure that women and children can find empowerment every single day.

As we look to the future, we recognise that the gap in support for children living through family breakup remains vast. Too often they feel excluded, isolated from peers, misunderstood, and unseen in their sensitivities and struggles. Our vision for the coming year is

to expand our children's services into a regular after-school and holiday club, giving these children equal opportunities to flourish, while offering them social and emotional support in an environment where they feel understood, valued, and at home.

On a brighter note, I want to give heartfelt thanks to MOPAC, the London Community Foundation, and especially Nimat Jaffer, whose leadership has breathed new life into Lighthouse Women. Through fully funded professional training courses, single women are now gaining qualifications in home-based careers that fit around childcare and school schedules. This opportunity provides them with financial independence in ways that were previously out of reach, helping to turn single struggles into single successes, and proving that empowerment is possible every single day.

So, while our community faces an influx of family crisis and heartbreak, the support Lighthouse is able to offer is also evolving, into more sustainable solutions, long-term empowerment, and a louder voice for justice. This is the essence of our theme - in a life often marked by single crisis, single isolation, and single inequality, there is also resilience, dignity, and empowerment in every single day.

With deep gratitude to our trustees, staff, funders, volunteers, and above all, the women and children who entrust us with their journeys. We carry their courage with us as we continue to turn single struggles into single successes, every single day.


Hindy Schlesinger
Chair



OUR STORY

Lighthouse was founded in April 2010 to support the increasing number of divorced women and their children facing domestic abuse and hardship. Lighthouse aims to re-integrate and reinspire divorced women and their children, through health and parenting courses, vocational training, peer support, social welfare, group counselling, family respite breaks and ongoing family activities. Our aim is for these women to become self-sufficient and go on to build healthy relationships and stability in life. Lighthouse was founded by divorcees themselves, who found themselves in this unfortunate situation, and felt that something must be done to alleviate the stress of such families. Because all trustees and volunteers are from within the community, they fully understand the client needs. We are aware that there is no other organisation that serves our target audience, with their specific cultural and circumstantial need.

OUR VISION

REMOVE WOMEN FROM THEIR STATE OF VULNERABILITY AND TRAUMA TO REACH A PLACE OF SAFETY AND RESILIENCE.

OUR PROMISE

We pledge that any woman who joins Lighthouse will never again feel alone. With a wraparound support system of help in various areas, every issue can be put right.

OUR MISSION

We are committed to providing support, stability and community for single women every day:



WHY LIGHTHOUSE?

THE LIGHTHOUSE ADVANTAGE:

Founded by former divorcees

who know just what our members need and how to best support them

Led by users

to give all members an authentic and empowering experience

Holistic, whole-family approach

because separation affects every member of the family

THE FIVE PILLARS OF SUPPORT

We have identified the five areas where families need support following a breakup:

FRIENDS



FUN FAMILY



FOOD



FUTURE

FRIENDS



In the wake of a family breakup, the need for understanding friends is crucial. Often, close family members may not fully grasp the complexities and challenges that arise. Women and children who have gone through separation need the support of others who have experienced similar situations and can truly empathise. To fulfil this need, Lighthouse provides:

Weekly support groups, offering a safe space for sharing experiences and healing together.

Community-building activities, creating a strong network of support for those navigating similar challenges.

Monthly clubs for children and teens, ensuring every family member can connect with peers who understand their experiences and form lasting relationships.

IMPACT:

100% shared feeling significant benefit from peer support.

97% shared reaching out to Lighthouse peers on a regular basis.

“When I first walked into the group, I said nothing. I was used to keeping my pain to myself because no one in my family really understood. But then another woman told her story, and it was like she was speaking my own words. I broke down crying, and instead of pity, I felt accepted. I’ve since made friends who call me just to check in, and those small calls remind me that I am not facing this life completely on my own.”





FUN

Single motherhood demands double the effort, encompassing sole childcare responsibilities, domestic duties, a single paycheck, and the absence of an adult companion to share life with. Women living this life need a space to simply be, even if just for a couple of hours, to chat, eat, laugh, and enjoy the moment. To provide this much-needed respite, Lighthouse offers:

Monthly recreational activities such as music, painting, fitness, and crafting, allowing women to unwind and explore their creativity.

Respite trips designed to offer a temporary escape and an opportunity to recharge in a supportive environment

IMPACT:

93% reported improved mood after activities.

87% came home calmer and more patient with their children.

“My whole life had become about bills, laundry, and bedtime. I had forgotten what it felt like to laugh. In the exercise class Lighthouse offered, I felt silly at first, but within minutes I was smiling like I hadn’t in years. When I got home, my son said, ‘You look happy today.’ That was the moment I realised these activities give my children back a lighter, happier mother.”



FOOD



Thank you, Hackney Council, for the Household Support Fund. Your contribution allows us to provide vital food vouchers during the holidays, ensuring families receive essential nourishment and support."

Money is always an issue for single mothers. Being tied down to childcare responsibilities limits the hours they can spend earning money. Single motherhood also costs more. Lighthouse offers:

Food vouchers and warm meals, providing access to nutritious food and alleviating financial pressure.

Toy drives, helping mothers bring joy and comfort to their children.

School supplies, ensuring children have the necessary tools for their education.

Clothing and shoes, supplying families with essential items for everyday life and seasonal changes.

IMPACT:
1848 food parcels, 1120 warm meals, 100s vouchers delivered.
83% reported less stress about food.
72% said their children enjoyed proper meals at home.

"There were nights when I told my children we were having a 'picnic dinner,' but the truth was all I had left was cereal and fruit. When the food voucher from Lighthouse arrived, I cried with relief. For the first time in weeks, I was able to cook a hot meal and sit at the table with my girls like any other family. It may sound small, but for us it was everything, it made me feel like a mother again."



FAMILY



Creating a happy family environment even within a life where it is hard to identify oneself as a 'family' when it seems that it is no longer. Children from divorced parents need the stability of a home setting and a secure parent to maintain normalcy and routine. To help achieve this, Lighthouse offers:

Family parties, trips, and getaways, providing opportunities for families to connect and build joyful memories together.

Holiday packages, allowing families to enjoy special times together regardless of financial or logistical constraints.

Respite home stays, offering temporary relief and a supportive environment for families in need.

Individual grants for furniture, aiding in the creation of a comfortable and stable home environment for single parents and their children.

IMPACT:

95% felt stronger connection with their children.

90% said outings restored a sense of "family life."

"The separation left my children angry, withdrawn, and confused. I tried so hard to keep things together, but the house always felt heavy. When Lighthouse organised a family day, we went just to 'get out of the house.' By the end of the day, my kids were running around, laughing, and eating together, and I found myself laughing with them. It gave us back a piece of what we had lost, the feeling that despite the breakup, we are still a family."



FUTURE



In 2023, 11 Lighthouse users left the organisation after establishing new healthy relationships

Women who have faced the breakup of their family are determined to build a better future for themselves and their children. Creating this future requires belief, hard work, and dedication to parenting, relationships, trauma recovery, and improving employment prospects. To assist in these endeavours, Lighthouse provides:

Parenting programs, offering tools and support to help women navigate the challenges of raising children on their own.

Relationship counseling and support, helping women heal and build healthy connections.

Employment training and career development, equipping women with the skills and opportunities to enhance their job prospects and financial stability.

Dating workshops, guiding women as they navigate new relationships with confidence and safety.

Individual therapy, providing personalised support for trauma recovery and emotional well-being.

IMPACT:

- 87% felt more confident about their future.
- 84% gained skills to improve income and independence.
- 79% continued therapy with clear progress in recovery.
- 90% felt safer and more able to set healthy boundaries.

"I was always the one people asked to write letters, but I never imagined I could earn a living from it. With ADHD, holding down jobs felt impossible, and I ended up with no income at all. Lighthouse encouraged me and funded a copywriting and marketing course, and for the first time, I felt taken seriously for something I loved. Today I have a paid part-time role in a marketing firm, and I've launched my own freelance work called CopyCat. I finally see a future I never thought possible."



A Single Life in a Single Day



The school bus is missed again, and a 25-minute walk to school stretches the morning thin. Packed lunches are prepared carefully to hide how little there is.

Lighthouse food vouchers ease the strain of daily meals



Instead of work, the morning is spent in court—this time disputing access to the family bank account, frozen since the divorce.

Lighthouse helpline offers guidance through financial and legal stress.



At work, focus is broken by the constant fear of the school calling. A child is being bullied, and every call risks another shift cut short.

Lighthouse therapy and swimming sessions help children rebuild confidence.



School ends, and the weight of dinner begins. Her child with ADHD erupts in frustration, leaving everyone in tears. She gathers herself despite her own mental health struggles and deep overwhelm.

Lighthouse respite and therapy support lighten the pressure on families.



Dinner is served, but three chairs are broken, leaving no place to sit together. The food comes from Lighthouse, carefully transferred into pots so the children believe she cooked it herself. They eat on the bed, pretending it's normal.

Lighthouse warm meals preserve dignity and bring comfort.



Evening routines unfold - washing, homework, clearing up. The house is in a mess, everything falls on her shoulders. Still, she looks ahead to a Lighthouse women's evening, a rare moment of breathing space waiting at the end of the day.

Lighthouse women's groups provide connection and respite.



Night falls, the children wake in fear from nightmares of past abuse. She comforts them, but once they settle, her own thoughts spiral—loneliness, exhaustion, and the crushing weight of holding it all together.

Lighthouse therapy subsidies support the long road to healing.

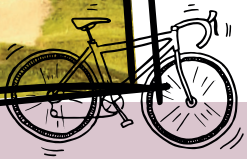


Singling Out
GREAT MOMENTS OF  
TOGETHERNESS



BOURNEMOUTH Family Retreat

BMX Biking



* BBQ *



A visit from Sarah Watson of Hackney Giving



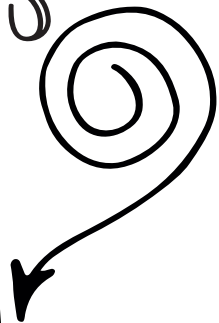
WOBURN SAFARI family trip

FOOD PARCELS



Flower Arranging

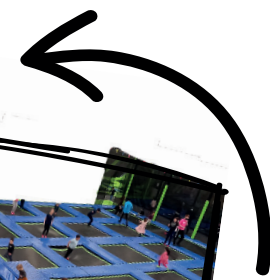
WARM MEALS



FLIP OUT



family trip

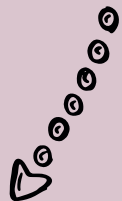


Pizza Party



Women

Dancing classes



FRESH MEALS



BRUSH HOUR

for teens



TRUSTEES' REPORT

For the Year Ended 31 December 2024

The Trustees present their annual report together with the financial statements of Lighthouse - Supporting Women Through Stormy Times for the 1 January 2024 to 31 December 2024.

Objectives and activities

a. Policies and objectives

The objects of the charity are:

- to relieve financial hardship
- to relieve the mental and physical sickness of women undergoing domestic hardship by the provision of counselling and support of such persons
- to advance in life and relieve the needs of young people from single parent families through (a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals
- such other purposes as are charitable according English law.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The charity aims to retain reserves equivalent to three to six months of operating expenditure. This level is considered sufficient to ensure continuity of services, meet unforeseen costs, and respond to urgent needs. The reserves position is reviewed annually, and budgeting and income planning are adjusted as required to maintain reserves within the agreed range.

Structure, governance and management

a. Constitution

Lighthouse - Supporting Women Through Stormy Times is a registered charity, number 1135433, and is constituted under a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

c. Financial risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. 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 on 29 September 2025 and signed on their behalf by:



Hindy Schlesinger
(Trustee)

Independent Examiner's Report

For the Year Ended 31 December 2024

Independent examiner's report to the Trustees of Lighthouse - Supporting Women Through Stormy Times ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2024.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent examiner's statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:

F Lazega
FCCA

Accshire Accountancy LLP
123 Clapton Common
London E5 9AB

Dated: 29 September 2025

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Statement of financial activities
For the Year Ended 31 December 2024

		Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
	Note				
Income from:					
Donations and legacies	3	182,538	48,493	231,031	361,693
Total income		182,538	48,493	231,031	361,693
Expenditure on:					
Charitable activities	5	188,866	57,177	246,043	326,620
Total expenditure		188,866	57,177	246,043	326,620
Net movement in funds		(6,328)	(8,684)	(15,012)	35,073
Reconciliation of funds:					
Total funds brought forward		74,987	27,570	102,557	67,484
Net movement in funds		(6,328)	(8,684)	(15,012)	35,073
Total funds carried forward		68,659	18,886	87,545	102,557

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 19 to 22 form part of these financial statements.

BALANCE SHEET

As at 31 December 2024

	Note	2024 £	2023 £
Fixed assets		-	-
Current assets			
Cash at bank and in hand		88,745	103,637
		<u>88,745</u>	<u>103,637</u>
Current liabilities			
Creditors: amounts falling due within one year	10	(1,200)	(1,080)
		<u>87,545</u>	<u>102,557</u>
Net current assets		<u>87,545</u>	<u>102,557</u>
Total assets less current liabilities		<u>87,545</u>	<u>102,557</u>
Net assets excluding pension asset		<u>87,545</u>	<u>102,557</u>
Total net assets		<u>87,545</u>	<u>102,557</u>
Charity funds			
Restricted funds		68,659	74,987
Unrestricted funds		18,886	27,570
		<u>87,545</u>	<u>102,557</u>
Total funds		<u>87,545</u>	<u>102,557</u>

The financial statements were approved and authorised for issue by the Trustees on 29 September 2025 and signed on their behalf by:



Hindy Schlesinger
(Trustee)

The notes on pages 19 to 22 form part of these financial statements.

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Notes to the financial statements

For the Year Ended 31 December 2024

1. General information

Lighthouse - Supporting Women Through Stormy Times is a registered charity and is governed by a Trust Deed dated 19 February 2009.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Lighthouse - Supporting Women Through Stormy Times meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the

obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.5 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Notes to the financial statements

For the Year Ended 31 December 2024

3. Income from donations and legacies

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Grants received	182,538	48,493	231,031

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Grants received	336,693	25,000	361,693

4. Analysis of grants

	Grants to Individuals 2024 £	Total funds 2024 £
Grants	5,988	5,988

	Grants to Individuals 2023 £	Total funds 2023 £
Grants	7,709	7,709

5. Analysis of expenditure on charitable activities

Summary by fund type	Restricted funds 2024 £	Unrestricted funds 2024 £	Total 2024 £
Charitable activities	182,878	57,177	240,055
Grants to individuals	5,988	-	5,988
	188,866	57,177	246,043

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total 2023 £
Charitable activities	313,676	5,235	318,911
Grants to individuals	7,709	-	7,709
	321,385	5,235	326,620

6. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Grant funding of activities 2024 £	Support costs 2024 £	Total funds 2024 £
Charitable activities	218,429	-	21,626	240,055
Grants to individuals	-	5,988	-	5,988
	218,429	5,988	21,626	246,043

	Activities undertaken directly 2023 £	Grant funding of activities 2023 £	Support costs 2023 £	Total funds 2023 £
Charitable activities	313,676	-	5,235	318,911
Grants to individuals	-	7,709	-	7,709
	313,676	7,709	5,235	326,620

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Notes to the financial statements

For the Year Ended 31 December 2024

6. Analysis of expenditure by activities (continued)

	Activities 2024 £	Total funds 2024 £
Analysis of direct costs		
Household, clothing and food packages	96,003	96,003
Warm Meal Project	10,917	10,917
Delivery	3,776	3,776
Respite and trips	34,229	34,229
Respite home	(1,817)	(1,817)
Women's support groups	10,360	10,360
Children's support groups	8,679	8,679
Family programmes and events	10,415	10,415
Therapy services	16,836	16,836
Courses and Employment Support	29,031	29,031
	<u>218,429</u>	<u>218,429</u>
	<u>Activities 2023 £</u>	<u>Total funds 2023 £</u>
Household, clothing and food packages	133,013	133,013
Holiday packages and gifts	6,496	6,496
Warm Meal Project	18,820	18,820
Delivery	2,104	2,104
Respite and trips	25,204	25,204
Respite home	36,933	36,933
Women's support groups	19,604	19,604
Children's support groups	12,480	12,480
Family programmes and events	29,190	29,190
Therapy services	29,832	29,832
	<u>313,676</u>	<u>313,676</u>

6. Analysis of expenditure by activities (continued)

Analysis of support costs

	Activities 2024 £	Total funds 2024 £
Staff costs	11,923	11,923
Office costs	7,734	7,734
Insurance	549	549
Governance costs	1,420	1,420
	<u>21,626</u>	<u>21,626</u>
	<u>Activities 2023 £</u>	<u>Total funds 2023 £</u>
Office costs	1,411	1,411
Printing	1,223	1,223
Insurance	574	574
Governance costs	2,027	2,027
	<u>5,235</u>	<u>5,235</u>

7. Independent examiner's remuneration

	2024 £	2023 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	540	480
Fees payable to the Charity's independent examiner in respect of: All other services not included above	660	600

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Notes to the financial statements

For the Year Ended 31 December 2024

8. Staff costs

	2024 £	2023 £
	11,923	
	11,923	

The average number of persons employed by the Charity during the year was as follows:

	2024 No.	2023 No.
Employees	2	-

No employee received remuneration amounting to more than £60,000 in either year.

9. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 December 2024, no Trustee expenses have been incurred (2023 - £NIL).

10. Creditors: Amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	1,200	1,080

11. Summary of funds

	Balance at 1 January 2024 £	Income £	Expenditure £	Balance at 31 December 2024 £
General funds	27,570	48,493	(57,177)	18,886
Restricted funds	74,987	182,538	(188,866)	68,659
	102,557	231,031	(246,043)	87,545

	Balance at 1 January 2023 £	Income £	Expenditure £	Balance at 31 December 2023 £
General funds	7,805	25,000	(5,235)	27,570
Restricted funds	59,679	336,693	(321,385)	74,987
	67,484	361,693	(326,620)	102,557



Trustees

Hindy Schlesinger

Laurence Freeman (Resigned 13 May 2024)

Ita Cymerman MBE

Yocheved Rechnitzer (Appointed 13 May 2024)

Rifka Reich (Appointed 13 May 2024)

Miriam Rothbart (Appointed 13 May 2024)

Dr Lisa Kuruvatti (appointed 5 May 2025)

Charity Number

1135433

Principal office

42 Riverside Road

London

N15 6DA

Accountants

Accshire Accountancy LLP

Independent Examiners

123 Clapton Common

London

E5 9AB

Bankers

Lloyds

Chelmsford Legg St Osc

1 Legg Street

Chelmsford

Essex

CM1 1JS

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

England & Wales - Charity number 1135433

Accounts



Empowering Women
EVERY SINGLE DAY





*Every single moment carries the weight
of bravery and resilience.*

CHAIR STATEMENT

This year, our theme honours the heroic resolve of women who choose empowerment over despair, and embrace hope anew each day. At Lighthouse, we salute these courageous individuals who courageously navigate life's challenges with unwavering determination.

It also represents our enduring pledge to provide steadfast support to women and children confronting the challenges of being a single parent, single breadwinner, single home manager, single caregiver and the courageous paths they tread independently.

This past year, we have achieved significant milestones in enhancing our support services. Our newly introduced welcome package ensures a supportive intake process for new users, offering insights into their specific needs without intrusion. Additionally, our efforts in dating and relationship support have empowered eleven users to achieve independence—a testament to our commitment to comprehensive empowerment.

The global crisis of rising living costs continues to disproportionately affect single parents, constrained by sole incomes and limited work opportunities due to childcare responsibilities. Despite these challenges, we remain steadfast in providing consistent support through warm meals, essential provisions, and food vouchers, while actively pursuing sustainable financial independence.

Together, let us continue to champion gender justice, ensuring that every woman has a voice, every challenge is met with unity, and every step forward brings us closer to a more inclusive and equitable future for all.


Hindy Schlesinger
Chair

OUR STORY

Lighthouse was founded in April 2010 to support the increasing number of divorced women and their children facing domestic abuse and hardship. Lighthouse aims to re-integrate and re-inspire divorced women and their children, through health and parenting courses, vocational training, peer support, social welfare, group counselling, family respite breaks and ongoing family activities. Our aim is for these women to become self-sufficient and go on to build healthy relationships and stability in life. Lighthouse was founded by divorcees themselves, who found themselves in this unfortunate situation, and felt that something must be done to alleviate the stress of such families. Because all trustees and volunteers are from within the community, they fully understand the client needs. We are aware that there is no other organisation that serves our target audience, with their specific cultural and circumstantial need.

OUR VISION

REMOVE WOMEN FROM THEIR STATE OF VULNERABILITY AND TRAUMA TO REACH A PLACE OF SAFETY AND RESILIENCE.

OUR PROMISE

We pledge that any woman who joins Lighthouse will never again feel alone. With a wraparound support system of help in various areas, every issue can be put right.

OUR MISSION

We are committed to providing support, stability and community for single women every day:



WHY LIGHTHOUSE?

THE LIGHTHOUSE ADVANTAGE:

Founded by former divorcees

who know just what our members need and how to best support them

Led by users

to give all members an authentic and empowering experience

Holistic, whole-family approach

because separation affects every member of the family

THE FIVE PILLARS OF SUPPORT

We have identified the five areas where families need support following a breakup:

FRIENDS



FUN FAMILY



FOOD



FUTURE

FRIENDS



In the wake of a family breakup, the need for understanding friends is crucial. Often, close family members may not fully grasp the complexities and challenges that arise. Women and children who have gone through separation need the support of others who have experienced similar situations and can truly empathise. To fulfil this need, Lighthouse provides:

Weekly support groups, offering a safe space for sharing experiences and healing together.

Community-building activities, creating a strong network of support for those navigating similar challenges.

Monthly clubs for children and teens, ensuring every family member can connect with peers who understand their experiences and form lasting relationships.

IMPACT:

100% shared feeling significant benefit from peer support.

97% shared reaching out to Lighthouse peers on a regular basis.

Initially hesitant and feeling isolated after a relationship breakup, I was encouraged by a friend to join a painting session. It was a pivotal moment for me, and now I actively engage and thrive within this supportive community. Through this journey, I found empowerment and built meaningful relationships with peers. This newfound validation strengthened my confidence and resilience.





FUN

Single motherhood demands double the effort, encompassing sole childcare responsibilities, domestic duties, a single paycheck, and the absence of an adult companion to share life with. Women living this life need a space to simply be, even if just for a couple of hours, to chat, eat, laugh, and enjoy the moment. To provide this much-needed respite, Lighthouse offers:

Monthly recreational activities such as music, painting, fitness, and crafting, allowing women to unwind and explore their creativity.

Respite trips designed to offer a temporary escape and an opportunity to recharge in a supportive environment

IMPACT

91% shared improved mental wellbeing.

89% shared coming home rejuvenated with renewed energy to go on.

“Balancing everything as a single mother is exhausting—between taking care of my kids, handling all the household chores, and managing our tight budget, I rarely have a moment for myself. Lighthouse has been a game-changer for me. The monthly activities have given me a chance to relax and rediscover my passions. The respite trips have provided a much-needed break, helping me return home feeling refreshed and more capable. I truly value the time and space I get to recharge, and it’s made a significant difference in how I approach my daily life.”



FOOD



Thank you, Hackney Council, for the Household Support Fund. Your contribution allows us to provide vital food vouchers during the holidays, ensuring families receive essential nourishment and support."

Money is always an issue for single mothers. Being tied down to childcare responsibilities limits the hours they can spend earning money. Single motherhood also costs more. Lighthouse offers:

Food vouchers and warm meals, providing access to nutritious food and alleviating financial pressure.

Toy drives, helping mothers bring joy and comfort to their children.

School supplies, ensuring children have the necessary tools for their education.

Clothing and shoes, supplying families with essential items for everyday life and seasonal changes.

IMPACT:
1820 food parcels, 100s of food vouchers, 840 warm meals delivered.
80% shared less hunger. 76% shared increased access to proper meals.

Nadia, a Yemenite woman living in London with her two daughters, has no family. To manage her limited resources, her family has adopted a vegetarian diet. Living in such poverty that she often relies on charitable distributions for daily sustenance, Nadia struggles to keep food on the table. Our consistent food deliveries and vouchers ensure that she can feed herself and her children.



FAMILY



Creating a happy family environment even within a life where it is hard to identify oneself as a 'family' when it seems that it is no longer. Children from divorced parents need the stability of a home setting and a secure parent to maintain normalcy and routine. To help achieve this, Lighthouse offers:

Family parties, trips, and getaways, providing opportunities for families to connect and build joyful memories together.

Holiday packages, allowing families to enjoy special times together regardless of financial or logistical constraints.

Respite home stays, offering temporary relief and a supportive environment for families in need.

Individual grants for furniture, aiding in the creation of a comfortable and stable home environment for single parents and their children.

IMPACT:

97% shared improved family connection with their children.
92% shared feeling more confident to attend public events.

I was feeling so overwhelmed that I almost called social services to take my children. However, after joining the parenting course, I gained coping strategies that helped me manage my emotions and find guidance in challenging situations.

Mira, mother of two children with ADHD



FUTURE



In 2023, 11 Lighthouse users left the organisation after establishing new healthy relationships

Women who have faced the breakup of their family are determined to build a better future for themselves and their children. Creating this future requires belief, hard work, and dedication to parenting, relationships, trauma recovery, and improving employment prospects. To assist in these endeavours, Lighthouse provides:

Parenting programs, offering tools and support to help women navigate the challenges of raising children on their own.

Relationship counseling and support, helping women heal and build healthy connections.

Employment training and career development, equipping women with the skills and opportunities to enhance their job prospects and financial stability.

Dating workshops, guiding women as they navigate new relationships with confidence and safety.

Individual therapy, providing personalised support for trauma recovery and emotional well-being.

IMPACT:

83% shared feeling more positive about their future.
84% shared feeling empowered and confident with their new skills.
89% reported increased emotional resilience,
92% continued on to consistent therapeutic intervention.
91% reported feeling more safe and aware of healthy boundaries.

Before joining the project, I had several inpatient experiences for my mental health issues. Since joining the support group, I haven't required any further inpatient care, showcasing the program's positive impact on my mental health stability. The guidance has empowered me to take control of my life from a level-headed perspective. Instead of reacting explosively, I've learned to make positive changes and handle challenges constructively.





Singling Out
GREAT MOMENTS OF

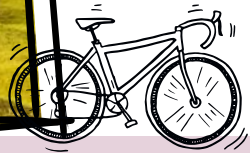


TOGETHERNESS



BOURNEMOUTH Family Retreat

bmx
Biking



WOBURN
SAFARI
family trip

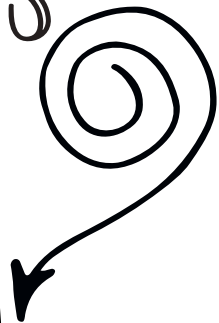


Flower
Arranging

RIVER CRUISE
event for women



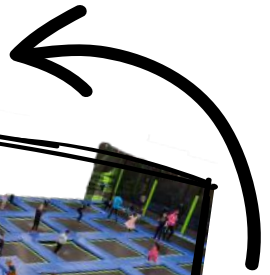
WARM MEALS



FLIP OUT



family trip

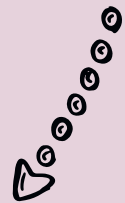


Pizza Party



Women

overnight retreat



DRUMMING CLUB



BRUSH HOUR

for teens



OUR VISIONS FOR 2024:

UPSKILLING INITIATIVES:

Introducing new educational opportunities and upskilling programs that empower women to thrive in their careers and economic independence.

RECRUITING NEW TRUSTEES:

Strengthening our governance by welcoming diverse and passionate individuals to our board of trustees, who bring fresh perspectives and expertise to guide our strategic initiatives.

EXPAND ADMINISTRATIVE TEAM:

Hiring administrative staff to manage the growing scale of our operations, enabling smoother coordination of services and enhanced support for our users.

UPGRADE DATA SOFTWARE:

Enhancing our data management systems to efficiently log and record information, ensuring accurate tracking of client progress and program outcomes.



“We are proud to partner with Lighthouse through our VAWG Grassroots Fund, funded by MOPAC. Their unique experience of supporting Orthodox Jewish women provides a culturally informed service . Our multi-year partnership is helping to provide women with valuable courses to improve their financial independence. Courses that will continue to strengthen their confidence to transform their lives.”

**Nimat Jaffer, VAWG Programme Manager for
The London Community Foundation**

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Trustees' report For the Year Ended 31 December 2023

The Trustees present their annual report together with the financial statements of Lighthouse - Supporting Women Through Stormy Times for the 1 January 2023 to 31 December 2023.

Objectives and activities

a. Policies and objectives

The objects of the charity are:

- to relieve financial hardship
- to relieve the mental and physical sickness of women undergoing domestic hardship by the provision of counselling and support of such persons
- to advance in life and relieve the needs of young people from single parent families through (a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals
- such other purposes as are charitable according English law.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Trustees

Hindy Schlesinger

Laurence Freeman (Resigned 13 May 2024)

Ita Cymerman MBE

Yocheved Rechnitzer (Appointed 13 May 2024)

Rifka Reich (Appointed 13 May 2024)

Miriam Rothbart (Appointed 13 May 2024)

Charity registered

number 1135433

Principal office

42 Riverside Road

London

N15 6DA

Accountants

Accshire Accountancy LLP

Independent Examiners

123 Clapton Common

London

E5 9AB

Bankers

Lloyds

Chelmsford Legg St Osc

1 Legg Street

Chelmsford

Essex

CM1 1JS

FINANCIAL REVIEW

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate

resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt

the going concern basis in preparing the financial statements. Further details regarding the adoption of the

going concern basis can be found in the accounting policies.

b. Reserves policy

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity.

Structure, governance and management

a. Constitution

Lighthouse - Supporting Women Through Stormy Times is a registered charity, number 1135433, and is constituted under a Trust deed.

Structure, governance and management (continued)

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the

terms of the Trust deed.

C. Financial risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources


and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. 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 on 17 September 2024 and signed on their behalf

by:


Hindy Schlesinger
(Trustee)

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Independent examiner's report
For the Year Ended 31 December 2023

Independent examiner's report to the Trustees of Lighthouse - Supporting Women Through Stormy Times ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2023.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of (enter body here), which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or

3. the accounts do 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:

Dated: 17 September 2024

F Lazega FCCA
Accshire Accountancy LLP
123 Clapton Common
London E5 9AB

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Statement of financial activities
For the Year Ended 31 December 2023

	Notes	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	3	336,693	25,000	361,693	200,389
Total income		336,693	25,000	361,693	200,389
Expenditure on: Charitable activities	5	321,385	5,235	326,620	178,303
Total expenditure		321,385	5,235	326,620	178,303
Net movement in funds		15,308	19,765	35,073	22,086
Reconciliation of funds: Total funds brought forward		59,679	7,805	67,484	45,398
Net movement in funds		15,308	19,765	35,073	22,086
Total funds carried forward		74,987	27,570	102,557	67,484

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 20 to 23 form part of these financial statements.


LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Balance sheet

As at 31 December 2023

	Note	2023 £	2022 £
Fixed assets		-	-
Current assets			
Cash at bank and in hand		103,637	68,324
		<u>103,637</u>	<u>68,324</u>
Creditors: amounts falling due within one year	9	(1,080)	(840)
Net current assets		<u>102,557</u>	<u>67,484</u>
Total assets less current liabilities		<u>102,557</u>	<u>67,484</u>
Net assets excluding pension asset		<u>102,557</u>	<u>67,484</u>
Total net assets		<u>102,557</u>	<u>67,484</u>
Charity funds			
Restricted funds		74,987	59,679
Unrestricted funds		27,570	7,805
Total funds		<u>102,557</u>	<u>67,484</u>

The financial statements were approved and authorised for issue by the Trustees on 17 September 2024 and signed on their behalf by:


Hindy Schlesinger
(Trustee)

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Notes to the financial statements
For the Year Ended 31 December 2023

1. General information

Lighthouse - Supporting Women Through Stormy Times is a registered charity and is governed by a Trust Deed dated 19 February 2009.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Lighthouse - Supporting Women Through Stormy Times meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in

settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs. All expenditure is inclusive of irrecoverable VAT.

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account

2.5 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Notes to the financial statements
For the Year Ended 31 December 2023

3. Income from donations and legacies

	Restricted funds 2023£	Unrestricted funds 2023£	Total funds 2023£
Grants received	336,693	25,000	361,693

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Grants received	175,389	25,000	200,389

4. Analysis of grants

	Grants to Individuals 2023 £	Total funds 2023 £
Grants	7,709	7,709

	Grants to Individuals 2022 £	Total funds 2022 £
Grants	8,377	8,377

5. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total 2023 £
Charitable activities	313,676	5,235	318,911
Grants to individuals	7,709	-	7,709
	321,385	5,235	326,620

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total 2022 £
Charitable activities	148,746	21,180	169,926
Grants to individuals	8,377	-	8,377
	157,123	21,180	178,303

6. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Grant funding of activities 2023 £	Support costs 2023 £	Total funds 2023 £
Charitable activities	313,676	-	5,235	318,911
Grants to individuals	-	7,709	-	7,709
	313,676	7,709	5,235	326,620

	Activities undertaken directly 2022 £	Grant funding of activities 2022 £	Support costs 2022 £	Total funds 2022 £
Charitable activities	163,747	-	6,180	169,927
Grants to individuals	-	8,377	-	8,377
	163,747	8,377	6,180	178,303

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Notes to the financial statements
For the Year Ended 31 December 2023

6. Analysis of expenditure by activities (continued)

	Activities 2023 £	Total funds 2023 £
Analysis of direct costs		
Household, clothing and food packages	133,013	133,013
Holiday packages and gifts	6,496	6,496
Warm Meal Project	18,820	18,820
Delivery	2,104	2,104
Respite and trips	25,204	25,204
Respite home	36,933	36,933
Women's support groups	19,604	19,604
Children's support groups	12,480	12,480
Family programmes and events	29,190	29,190
Therapy services	29,832	29,832
	313,676	313,676
	Activities 2022 £	Total funds 2022 £
Household, clothing and food packages	69,230	69,230
Holiday packages and gifts	9,146	9,146
Respite and trips	37,343	37,343
Respite home	33,110	33,110
Women's support groups	6,288	6,288
Children's support groups	3,161	3,161
Family programmes and events	4,179	4,179
Therapy services	1,290	1,290
	163,747	163,747

6. Analysis of expenditure by activities (continued) Analysis of support costs

	Activities 2023 £	Total funds 2023 £
Office costs	1,411	1,411
Printing and publication	1,223	1,223
Insurance	574	574
Governance costs	2,027	2,027
	5,235	5,235

	Activities 2022 £	Total funds 2022 £
Insurance	574	574
Website	4,128	4,128
Governance costs	1,478	1,478
	6,180	6,180

7. Independent examiner's remuneration

	2023 £	2022 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	480	360
Fees payable to the Charity's independent examiner in respect of:		
All other services not included above	600	480

8. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 December 2023, no Trustee expenses have been incurred (2022 - £NIL).

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

Notes to the financial statements
For the Year Ended 31 December 2023

9. Creditors: Amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	1,080	840

10. Summary of funds

Summary of funds - current year

	Balance at 1 January 2023 £	Income £	Expenditure £	Balance at 31 December 2023 £
General funds	7,805	25,000	(5,235)	27,570
Restricted funds	59,679	336,693	(321,385)	74,987
	<u>67,484</u>	<u>361,693</u>	<u>(326,620)</u>	<u>102,557</u>

	Balance at 1 January 2022 £	Income £	Expenditure £	Balance at 31 December 2022 £
General funds	3,984	25,000	(21,180)	7,804
Restricted funds	41,414	175,389	(157,123)	59,680
	<u>45,398</u>	<u>200,389</u>	<u>(178,303)</u>	<u>67,484</u>

LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

England & Wales - Charity number 1135433

Accounts



REBUILDING LIVES

singlehandedly



ANNUAL REPORT AND ACCOUNTS 2022

MESSAGE FROM THE CHAIR

**ROME WASN'T BUILT IN A DAY,
BUT IT WAS BUILT DAY BY DAY.**

EACH WOMAN IS A HERO AS SHE BUILDS A FOUNDATION FOR HERSELF, HER CHILDREN AND HER FUTURE.

So too, a family split apart after years of strife, conflict, abuse and manipulation, cannot be rebuilt in a day. But every day can be a building block, a step towards healing, resilience, empowerment, and repairing broken lives.

The women we support have every reason to remain in the rubble of trauma and emotional wreckage but they are at Lighthouse because they want to rebuild, they believe there is a future.

I am confident to say that this year, every woman at Lighthouse was supported on her journey of rebuilding lives. We have expanded our services, our team and our vision, thus adding a few stories to the construction.

We have been supported by our dedicated funders Lloyds Foundation and Rosa Uk in our journey of strengthening the Lighthouse foundation and structure to develop our board, policies, launch our website and create new projects. Their contributions go beyond financial support; they provide us with valuable guidance, expertise, and connections that help us grow and improve. We are also grateful to all our other funders who believe in our vision and have provided generous financial support to support those in need.

Despite the Cost of Living Crisis, which has threatened to demolish months of building, our women have surged on, finding solutions and methods of survival, yet the blueprint remains intact as we continue building towards our goal.

H. Schlesinger

Hindy Schlesinger

Chair



OUR VISION

REMOVE WOMEN FROM THEIR STATE OF VULNERABILITY AND TRAUMA TO REACH A PLACE OF SAFETY AND RESILIENCE.

OUR PROMISE

We pledge that any woman who joins Lighthouse will never again feel alone. With a wraparound support system of help in various areas, every issue can be put right.

OUR STORY

Lighthouse was founded in April 2010 to support the increasing number of divorced women and their children facing domestic abuse and hardship. Lighthouse aims to re-integrate and re-inspire divorced women and their children, through health and parenting courses, vocational training, peer support, social welfare, group counselling, family respite breaks and ongoing family activities. Our aim is for these women to become self-sufficient and go on to build healthy relationships and stability in life.

Lighthouse was founded by divorcees themselves, who found themselves in this unfortunate situation, and felt that something must be done to alleviate the stress of such families. Because all trustees and volunteers are from within the community, they fully understand the client needs. We are aware that there is no other organisation that serves our target audience, with their specific cultural and circumstantial need.

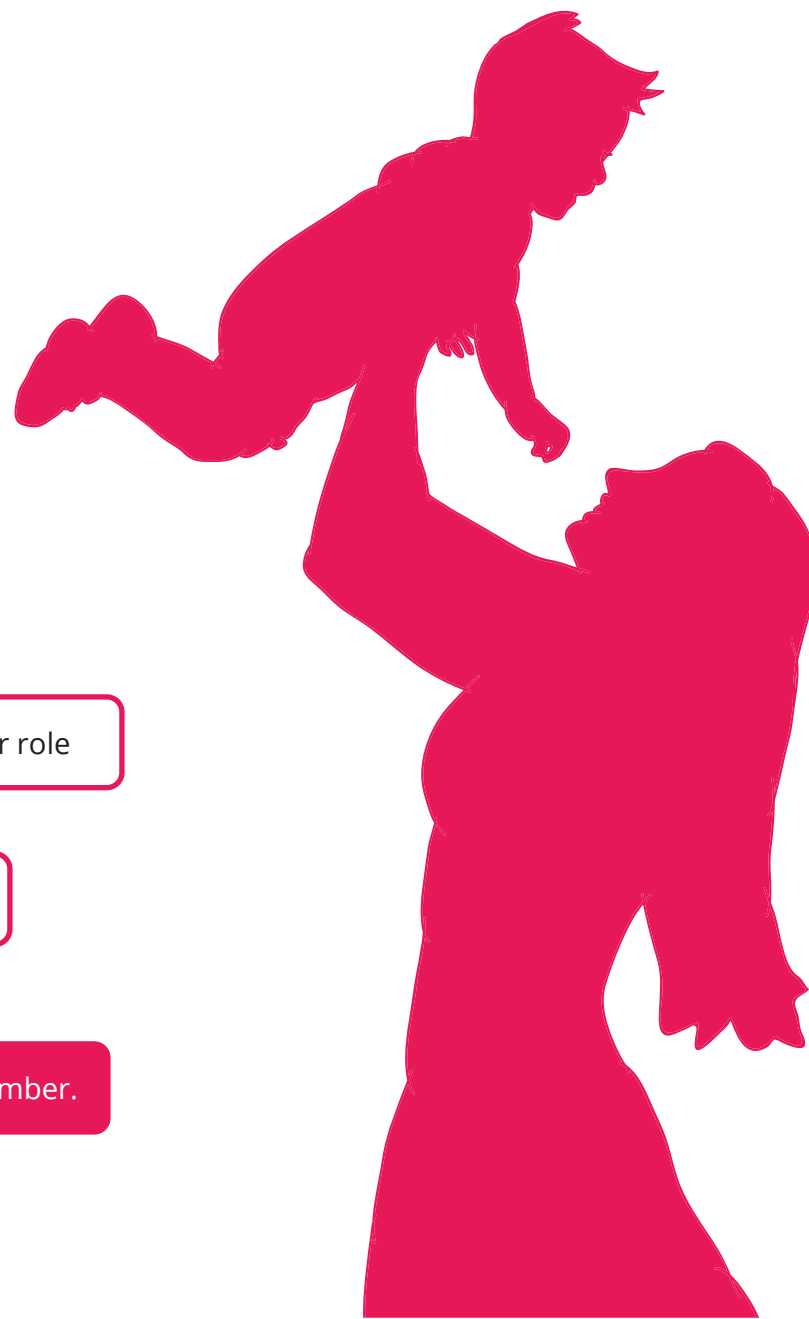
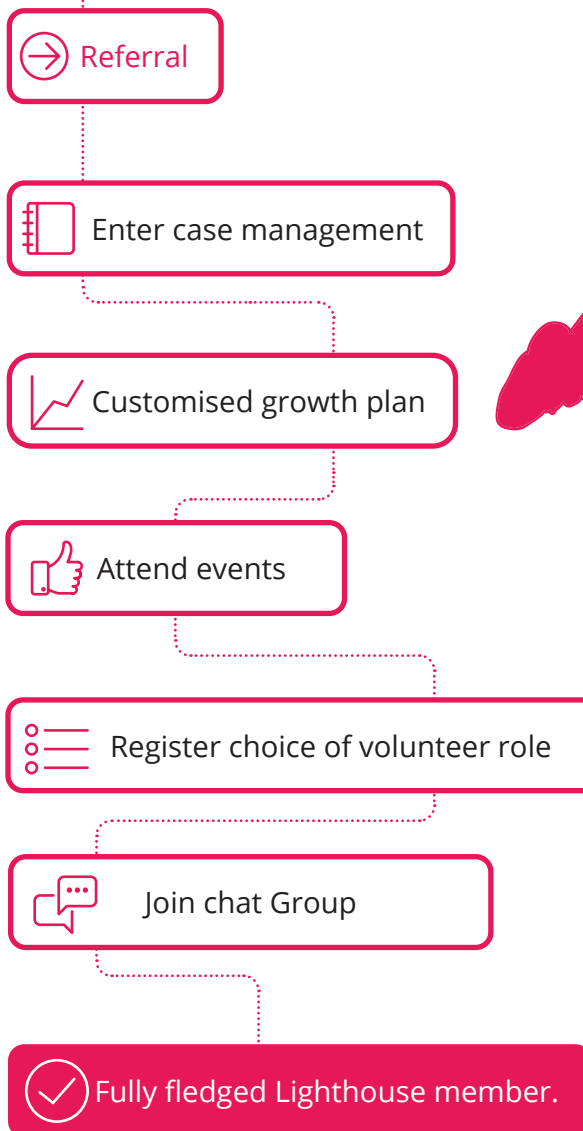


OUR MISSION

We are committed to providing support, stability and community for single women every day:

- Essentials and Food parcels
- Mental health support empowering women with grit, healing and relationship skills
- Peer support to reduce loneliness and build community.

The journey from Intake to Inclusion:



The Five Pillars of Support

We have identified the five areas where families need support following a breakup.



FRIENDS

In this niche area, close family members lack awareness about the complexity and challenge that accompanies family breakup. Women and children who have experienced this, need the support of others who have been through separation and can truly relate.



FUN

Single Motherhood takes double the effort. Think sole childcare responsibilities, domestic duties, one pay check and the lack of an adult companion to share life with. Women living this life need space to be, even for a couple of hours to chat, eat, laugh and enjoy the moment.



FAMILY

Creating a happy family environment even within a life where it is hard to identify oneself as a 'family' when it seems that it is no longer. Children from divorced parents need the stability of a home setting and a secure parent to maintain normalcy and routine.



FOOD

Money is always an issue for single mothers. Being tied down to childcare responsibilities limits the hours they can spend earning money. Single motherhood also costs more.



FUTURE

Women who have experienced the breakup of their family, want a better future for themselves and their children. Investing in the future takes belief and hard work in parenting, relationships, trauma recovery, and improving employment potential.

How our Pillars protect our People



FRIENDS




FUN



FAMILY



FOOD




FUTURE

25 Attendees at each fortnightly support event.



30 Attendees at each monthly recreational event.



Family parties, trips and retreat to connect the family in joyful moments.

16



780 Food parcels,



25 Individual therapy sessions,




100% Shared feeling significant benefit from peer support

93% Shared reaching out to Lighthouse peers on a regular basis.

92% Shared improved mental wellbeing

93% Shared coming home rejuvenated with renewed energy to go on.


625 Warm meals delivered.



96% Shared improved family connection with their children

88% Shared feeling more confident to attend public events.


100s Of food vouchers,



72% Shared less hunger

64% Shared increased access to proper meals

18 Parenting, relationships and employment skills.



78% Shared feeling more positive about their future

84% Shared feeling empowered and confident with their new skills.

Echoes of our Impact

FRIENDS

"Lighthouse is my family now! They share my challenges and celebrate my victories in overcoming them"

FUN

"I used to be stressed most of the time, until I realised that I was drained from caring for everyone's needs besides for my own. After being encouraged to try a comedy night out, I never miss a Lighthouse event if I can."

FAMILY

"I used to feel ashamed when my friends discussed family events because it evoked my feelings of being different and lacking. I have learnt that a family can still feel like a family even when my parents live apart. And thanks to Lighthouse, we can celebrate family time with happiness and cheer!"

FOOD

"Whenever a food package is expected, I breathe easier. I feel like I run a functional home and my children can open the fridge and cabinets and find it stocked up."

FUTURE

"For a single mother, standard parenting clubs don't work. We need to use different methods and approaches as our children are experiencing childhood differently than most children. Having our own parenting course is extremely productive and impactful."





Building Foundations Month by Month:

2022



JAN

TOYS AND GAMES

For children who know not of a life full of gifts, love and bounty, a new toy or family game infuses joy, family bonding and the knowledge that they too have someone who cares and remembers them. It removes feelings of inferiority and social exclusion, as they too can share with their friends about the latest trending toy.



FEB

STAPLING THE VOID

Families that are missing the father, are lacking enough. There should be no excuse for families to miss out on basic nutrition or dignity due to not being able to afford personal hygiene basics. Living on a single income is tough, when this income was challenged by Cost of Living Crisis, many of our users were enveloped in real food poverty. Women shared that they had to forgo their own meals to feed their kids. In this year we distributed hundreds of food packs filled with satiety, heart and love.



MAR

INDIVIDUAL GIFTING

We apply to trusts on behalf of our users so that they can replace broken furniture, malfunctioning appliances, or accessing goods they lack and need. Most of our women have additional challenges to their family situation which add stress and hardship to their daily lives, be it a medical condition, child with behaviour disorder, or other difficulties.

APR

ISOLATED TOGETHER

Our Virtual Forum led by women for women is a safe virtual and casual space for women to share dilemmas, experiences, triumphs and issues with others who understand the ups and downs of single-family life.

This has been extended to include weekly helpline hours so that women can vent during times of crisis and challenge so that they can get through another day.



MAY

TRIP TOGETHER

Lighthouse organises 4 family outings to a variety of venues where families are together to enjoy each other's company and meet other families who care about them. This year we visited Chessington World of Adventures, Chatham Ski Centre and Beach.



JUN

FAMILY RETREAT

The Annual Family Retreat took place in the Bournemouth seaside resort where families indulged in the spirit of serenity, support and summer. Mothers relaxed in the soft sand and fresh sea air, children frolicked in the waves and enjoyed ice cream. a blissful dream for many, but a dream come true for those who live in a raging storm of salty tears and sandy battles. This respite break provides feelings of hope and renewed motivation, to hope for a better tomorrow.



JUL

Tic Tac Toe for Teens who know

This year we launched a brand new Teen Division created and led by teens with lived in experience. They formed a Tacky Teens youth council and have delivered services to children and teens from challenging family situations. These include Talking and Tasting - monthly peer support group for sharing and snacking, Building Buddies for DIY skills workshops for boys, Destress with Dance for girls and an annual Youth Smash, a fun filled week of connection, activity and holiday fun.



AUG

FOOD INFUSIONS

Daily cooked meals is challenging even for the Supermom. All the more so for a single mother, solely responsible for the finances, childcare, housekeeping. During school holidays, we give them a break with aromas of freshly cooked meals delivered to the door, minus the work and mess. We also have meal packages available for women during family crisis when food is the last thing on one's mind...



SEP

School Shoes and School supplies

Our children are able to begin their new year with shiny pair of shoes and brand new supplies. Motivation for a fresh start and reduces feelings of inferiority and deprivation.



OCT

WOMEN WITH WIT

We launched our support group with a difference. Led and run by users in an alternating rota, every month activities and programme is prepared and orchestrated by users. We have enjoyed a diverse range of styles and have been witness to remarkable talent and initiative of users with wit.



NOV

EMOTIONAL VICTORIES

This year we were able to provide individualised therapy programme to give them customised healing targets and lead them on their journey for emotional stability.

In addition we offer monthly group sessions with varying topics including relationships, parenting, DBT skills, and more.



DEC

FESTIVAL HIGHLIGHTS

Vulnerable families find holiday times extremely challenging. It becomes an opportunity to dwell on their broken family dynamic, and removes the festive atmosphere. Our packages filled with treats for the whole family infuses feelings of celebration and creates lasting joyous family memories of happy times. Our Winter Parties are everyone's highlight when they get to celebrate as a wholesome family and build happy memories.



OUR VISIONS FOR 2022



Launch a new website for users and funders to see our work from close.



Expand our Board of Governors and include 2 new Board members, and 3 new Project Managers



Lease a respite Home to give families in crisis a place to escape.



Develop and update Policies and Protocols.

OUR VISIONS FOR 2023



Campaign and Awareness in the community to advocate for families facing breakup, to remove the stigma and increase inclusion.



New User Induction package – Luxury welcome pack for new users to make it that bit easier to acknowledge their status as ‘divorced’ or ‘separated’.



Career opportunities for young mothers. Training support in flexible employment areas like photography, hair and beauty, graphic design, to allow working hours to be set around childcare and babysitting arrangements.



Dating Support and networking – Supporting women to move on and build new healthy relationships.



Trustees' Report

For the Year Ended 31 December 2022

The Trustees present their annual report together with the financial statements of Lighthouse Supporting Women Through Stormy Times for the 1 January 2022 to 31 December 2022.

Objectives and activities

a. Policies and Objectives

The objects of the charity are: to relieve financial hardship to relieve the mental and physical sickness of women undergoing domestic hardship by the provision of counselling and support of such persons to advance in life and relieve the needs of young people from single parent families through

a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life;

(b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals such other purposes as are charitable according English law.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Financial Review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity.

Structure, governance and management

a. Constitution

Lighthouse Supporting Women Through Stormy Times is a registered charity, number 1135433, and is constituted under a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co opted under the terms of the Trust deed.

c. Financial risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Statement of Trustees' responsibilities

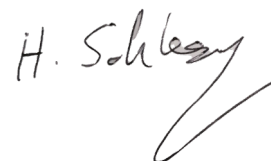
The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. 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 on 5 May 2023 and signed on their behalf by:



Independent examiner's report

For the Year Ended 31 December 2022

Independent examiner's report to the Trustees of Lighthouse Supporting Women Through Stormy Times ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2022.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent examiner's statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:

Dated: 5 May 2023

F Lazega

FCCA

Accshire Accountancy LLP
123 Clapton Common
London E5 9AB

Statement of financial activities For the Year Ended 31 December 2022

	Note	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	175,389	25,000	200,389	85,155
Total income		<u>175,389</u>	<u>25,000</u>	<u>200,389</u>	<u>85,155</u>
Expenditure on:					
Charitable activities	5	157,123	21,180	178,303	64,491
Total expenditure		<u>157,123</u>	<u>21,180</u>	<u>178,303</u>	<u>64,491</u>
Net movement in funds		<u>18,266</u>	<u>3,820</u>	<u>22,086</u>	<u>20,664</u>
Reconciliation of funds:					
Total funds brought forward		41,414	3,984	45,398	24,734
Net movement in funds		18,266	3,820	22,086	20,664
Total funds carried forward		<u>59,680</u>	<u>7,804</u>	<u>67,484</u>	<u>45,398</u>

The Statement of financial activities includes all gains and losses recognised in the year.

Balance sheet As at 31 December 2022

Note	2022 £	2021 £
	-	-
Fixed assets		
Current assets		
Cash at bank and in hand	<u>68,324</u>	<u>45,398</u>
	68,324	45,398
Creditors: amounts falling due within one year	9 <u>(840)</u>	<u>-</u>
Net current assets	<u>67,484</u>	<u>45,398</u>
Total assets less current liabilities	<u>67,484</u>	<u>45,398</u>
Net assets excluding pension asset	<u>67,484</u>	<u>45,398</u>
Total net assets	<u>67,484</u>	<u>45,398</u>
Charity funds		
Restricted funds	59,680	41,414
Unrestricted funds	<u>7,804</u>	<u>3,984</u>
Total funds	<u>67,484</u>	<u>45,398</u>

The financial statements were approved and authorised for issue by the Trustees on 05 May 2023 and signed on their behalf by



Hindy Schlesinger
(Trustee)

The notes on pages 14 to 16 form part of these financial statements.

Notes to the financial statements

For the Year Ended 31 December 2022

1. General information

Lighthouse Supporting Women Through Stormy Times is a registered charity and is governed by a Trust Deed dated 19 February 2009.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Lighthouse Supporting Women Through Stormy Times meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.5 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements

3. Income from donations and legacies

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Grants Received	175,389	25,000	200,389
	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £
Grants Received	77,030	8,125	85,155

Notes to the financial statements

For the Year Ended 31 December 2022

4. Analysis of grants

	Grants to Individuals 2022 £	Total funds 2022 £
Grants	8,377	8,377
	Grants to Individuals 2021 £	Total funds 2021 £
Grants	3,389	3,389

5. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total 2022 £
Charitable activities	148,746	21,180	169,926
Grants to individuals	8,377	-	8,377
	157,123	21,180	178,303
	Restricted funds 2021 £	Unrestricted funds 2021 £	Total 2021 £
Charitable activities	59,730	1,372	61,102
Grants to individuals	3,389	-	3,389
	63,119	1,372	64,491

6. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Grant funding of activities 2022 £	Support costs 2022 £	Total funds 2022 £
Charitable activities	163,747	-	6,180	169,927
Grants to individuals	-	8,377	-	8,377
	163,747	8,377	6,180	178,303
	Activities undertaken directly 2021 £	Grant funding of activities 2021 £	Support costs 2021 £	Total funds 2021 £
Charitable activities	59,730	-	1,372	61,102
Grants to individuals	-	3,389	-	3,389
	59,730	3,389	1,372	64,491

Analysis of direct costs

	Activities 2022 £	Total funds 2022 £
Food and household support	69,230	69,230
Holiday packages	9,146	9,146
Retreats and trips	37,343	37,343
Respite home	33,110	33,110
Women's support groups	6,288	6,288
Children's support groups	3,161	3,161
Programmes and events	4,179	4,179
Therapy services	1,290	1,290
	163,747	163,747

Notes to the financial statements

For the Year Ended 31 December 2022

6. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	Activities 2021 £	Total funds 2021 £
Food, household and kids packages	27,436	27,436
Respite and trips	9,611	9,611
Programmes and events	8,954	8,954
Therapy services	13,729	13,729
	<u>59,730</u>	<u>59,730</u>

Analysis of support costs

	Activities 2022 £	Total funds 2022 £
Insurance	574	574
Website	4,128	4,128
Governance costs	1,478	1,478
	<u>6,180</u>	<u>6,180</u>

	Activities 2021 £	Total funds 2021 £
Office costs	1,372	1,372

7. Independent examiner's remuneration

	2022 £	2021 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	360	-
Fees payable to the Charity's independent examiner in respect of:		
All other services not included above	480	-

8. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021-£NIL).

During the year ended 31 December 2022, no Trustee expenses have been incurred (2021 - £NIL).

9. Creditors: Amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	840	

10. Summary of funds

Summary of funds - current year

	Balance at 1 January 2022 £	Income £	Expenditure £	Balance at 31 December 2022 £
General Funds	3,984	25,000	(21,180)	7,804
Restricted Funds	41,414	175,389	(157,123)	59,680
	<u>45,398</u>	<u>200,389</u>	<u>(178,303)</u>	<u>67,484</u>

	Balance at 1 January 2020 £	Income £	Expenditure £	Balance at 31 December 2020 £
General Funds	620	8,125	(4,761)	3,984
Restricted Funds	24,114	77,030	(59,730)	41,414
	<u>24,734</u>	<u>85,155</u>	<u>(64,491)</u>	<u>45,398</u>

TRUSTEES

**Hindy Schlesinger
Laurence Freeman
Ita Cymerman MBE**

Charity Registered number 1135433

**Principal Office 30a Dunsmure Road
London
N16 5PW**

**Bankers Lloyds
Chelmsford Legg St Osc
1 Legg Street
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Essex
CM1 1JS**



LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

England & Wales - Charity number 1135433

Accounts



REBUILDING LIVES

singlehandedly



ANNUAL REPORT AND ACCOUNTS 2021

MESSAGE FROM THE CHAIR

It is with great significance that we chose this year's theme, 'Rebuilding Lives, Singlehandedly'. We have watched our women emerge from the rubble of their crisis, ready to rebuild. Armed with protective shields of relationships skills and healthy boundaries, and a full toolbox of skills and support, they have reached a place of resilience and independence.

Each woman is a hero as she builds a foundation for herself, her children and her future.

A special milestone we reached this year is the fabulous achievements that three of our users have graduated our services, as they found closure to their single lives in new healthy relationships.

On the flip side, we have also had over 10 new referrals for new users coming from referring organisations and user's word of mouth.

We have also added a new Children and Teens Division led by users with lived experience. This is a great niche service which is not available through other youth clubs. Here, children from challenging family situations, find peer support, safety, mutual understanding and a haven of fun.

I am confident to say that Lighthouse has achieved in 2021 more than we have ever achieved in all areas, and especially in peer support, family strengthening, skill building, emotional resilience and financial aid.

We are truly indebted to our generous funders who have supported our growth and service provisions. We are especially thankful to our dedicated partners Rosa UK and People's Health Trust, who have allowed for huge increase in services as you will read about in the coming pages.

As a final note, I pray for our women to gain strength to continue building high...

Hindy Schlesinger

Chair





OUR VISION

REMOVE WOMEN FROM THEIR STATE OF VULNERABILITY AND TRAUMA TO REACH A PLACE OF SAFETY AND RESILIENCE.

OUR PROMISE

We pledge that any woman who joins Lighthouse will never again feel alone. With a wraparound support system of help in various areas, every issue can be put right.

OUR STORY

Lighthouse was founded in April 2010 to support the increasing number of divorced women and their children facing domestic abuse and hardship. Lighthouse aims to re-educate, re-integrate and re-inspire divorced women and their children, through health and parenting courses, vocational training, peer support, social welfare, group counselling, family respite breaks and regular family activities. Our aim is for these women to become self-sufficient and go on to build healthy relationships and stability in life.

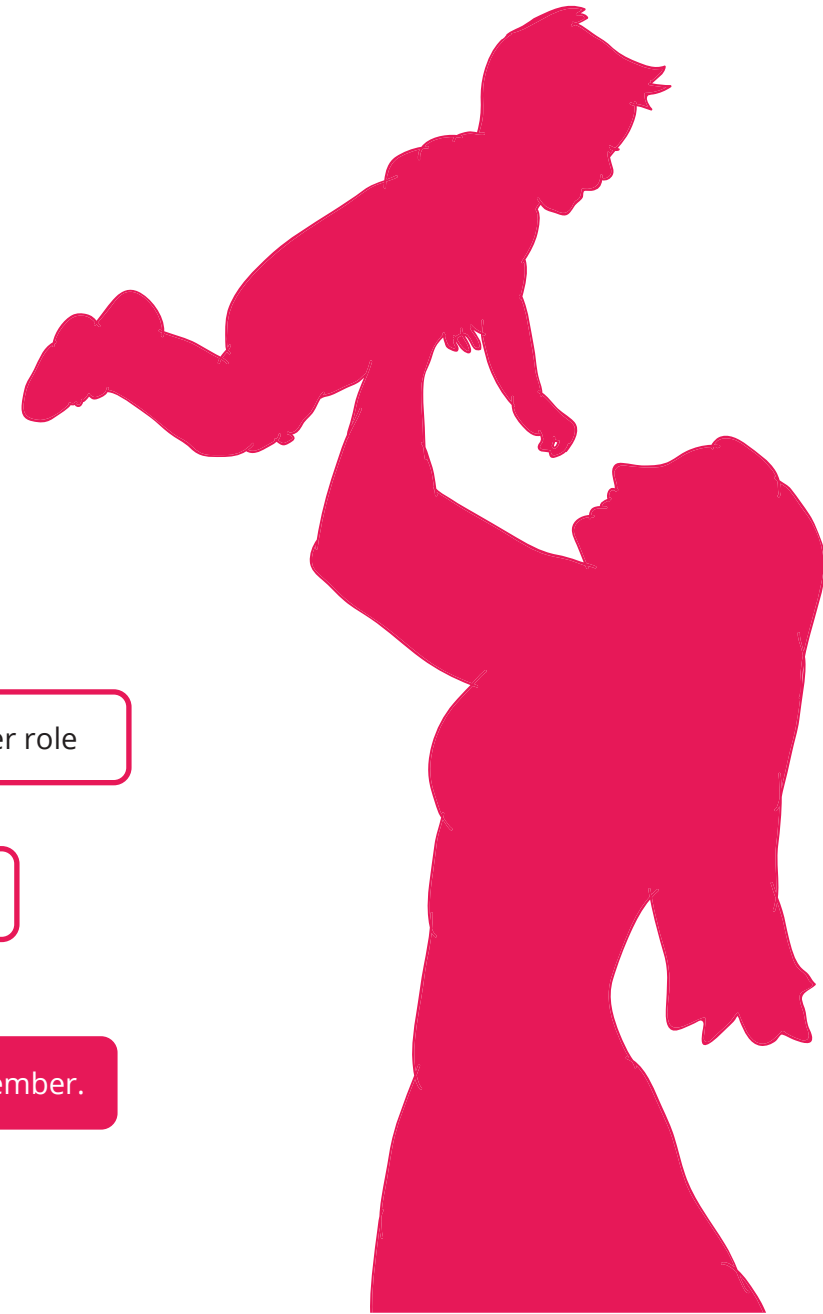
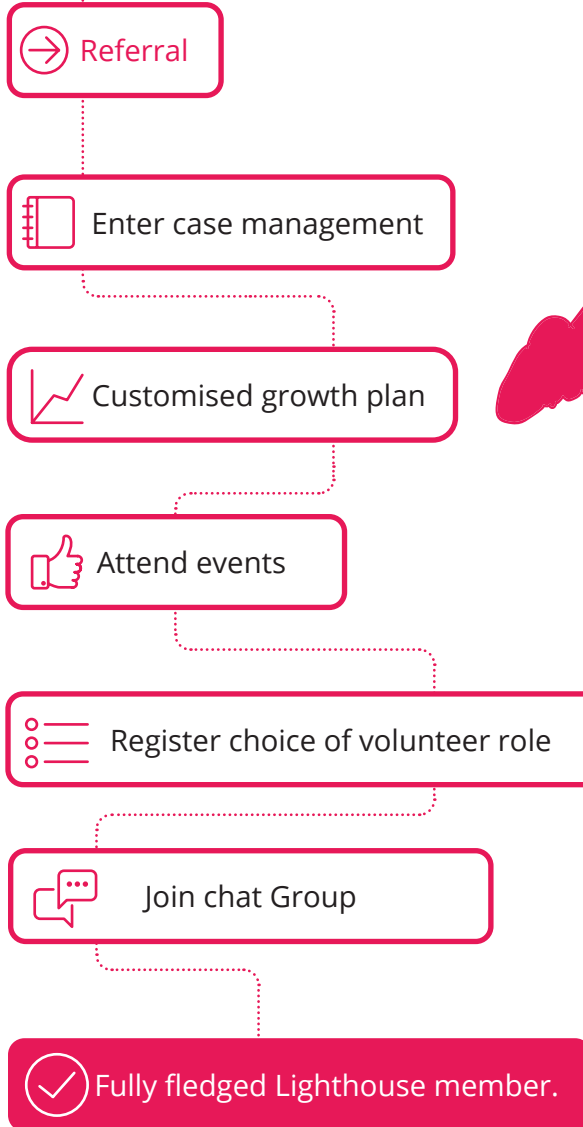
Lighthouse was founded by divorcees themselves, who found themselves in this undesirable situation, and felt that something must be done to alleviate the stress of such families. Because all trustees and volunteers are from within the community, they fully understand the client needs. We are aware that there is no other organisation that serves our target audience, with their specific cultural and circumstantial need.

OUR MISSION











We are committed to providing support, stability and community for single women every day:


- Essentials and Food parcels
- Mental health support empowering women with grit, healing and relationship skills
- Peer support to reduce loneliness and build community.

The journey from Intake to Inclusion:



A month in Lighthouse Diary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Flower arranging 			kangoo fun 		Food parcel 	
	Dating Coach workshop 			Meeting with users to plan barbecue 		
Zoom lecture by Rabbi Pesach Krohn 	Kids club 		Weekend quality family time with the new games we received and implementing new parenting strategies.		Food parcel 	
		Women club with music 	Meeting with Loera to research coach prices	CBT Group Therapy 		



Building Foundations Month by Month:

2021



JAN

TOYS AND GAMES

For children who know not of a life full of gifts, love and bounty, a new toy or family game infuses joy, family bonding and the knowledge that they too have someone who cares and remembers them. It removes feelings of inferiority and social exclusion, as they too can share with their friends about the latest trending toy.



FEB

STAPLING THE VOID

Families that are missing the father, are lacking enough. There should be no excuse for families to miss out on basic nutrition or dignity due to not being able to afford personal hygiene basics. Living on a single income is tough, when this income was challenged by Covid-19, many of our users were enveloped in real food poverty. Women shared that they had to forgo their own meals to feed their kids. In this year we distributed hundreds of food packs filled with satiety, heart and love.



MAR

INDIVIDUAL GIFTING

We apply to trusts on behalf of our users so that they can replace broken furniture, malfunctioning appliances, or accessing goods they lack and need. Most of our women have additional challenges to their family situation which add stress and hardship to their daily lives, be it a medical condition, child with behaviour disorder, or other

NEW APR

ISOLATED TOGETHER

Our Virtual Forum led by women for women is a safe virtual and casual space for women to share dilemmas, experiences, triumphs and issues with others who understand the ups and downs of single-family life.

This has been extended to include weekly helpline hours so that women can vent during times of crisis and challenge so that they can get through another day.



MAY

TRIP TOGETHER

Lighthouse organises 5 family outings to a variety of venues where families are together to enjoy each other company and meet other families who care about them. This year we visited 360 soft Play, Jumpin Enfield and Bournemouth Beach.



JUN

FAMILY RETREAT

After extended lockdown and Covid restrictions, we were finally able to safely arrange a family retreat. Single mothers were disproportionately challenged during lockdown having no one to share the childcare and home responsibilities, and nowhere to escape to. The retreat was a breath of fresh air, literally. In the Bournemouth seaside resort, the rejuvenating experience of carefreeness allowed their stress and burdens to fade away with the waves, giving hope for a better tomorrow.

NEW

JUL

Tic Tac Toe for Teens who know

This year we launched a brand new Teen Division created and led by teens with lived in experience. They formed a Tacky Teens youth council and have delivered services to children and teens from challenging family situations. These include Talking and Tasting - monthly peer support group for sharing and snacking, Building Buddies for DIY skills workshops for boys, Destress with Dance for girls and an annual Youth Smash, a fun filled week of connection, activity and holiday fun.



AUG

FOOD INFUSIONS

Daily cooked meals is challenging even for the Supermom. All the more so for a single mother, solely responsible for the finances, childcare, housekeeping. During school holidays, we give them a break with aromas of freshly cooked meals delivered to the door, minus the work and mess. We also have meal packages available for women during family crisis when food is the last thing on one's mind...



SEP

School Shoes and School supplies

Our children are able to begin their new year with shiny pair of shoes and brand new supplies. Motivation for a fresh start and reduces feelings of inferiority and deprivation.

NEW

OCT

WOMEN WITH WIT

We launched our 2021 support group with a difference. Led and run by users in an alternating rota, every month activities and programme is prepared and orchestrated by users. We have enjoyed a diverse range of styles and have been witness to remarkable talent and initiative of users with wit.



NOV

EMOTIONAL VICTORIES

This year we were able to provide individualised therapy programme to give them customised healing targets and lead them on their journey for emotional stability.

In addition we offer monthly group sessions with varying topics including relationships, parenting, DBT skills, and more.



DEC

FESTIVAL HIGHLIGHTS

Vulnerable families find holiday times extremely challenging. It becomes an opportunity to dwell on their broken family dynamic, and removes the festive atmosphere. Our packages filled with treats for the whole family infuses feelings of celebration and creates lasting joyous family memories of happy times. Our Winter Parties are everyone's highlight when they get to celebrate as a wholesome family and build happy memories.

OUR IMPACT

I arrived after having experienced panic attacks and was completely in a frozen state. Whilst being on the retreat, the fog lifted and I saw that there is life beyond and I can live with serenity and the ability to embrace life. When I'm home, and feel again the tightening I visualise that feeling of feeling relaxed and free and I know that I can feel normal. It has brought me back to life.

(family retreat)

Thank you for the food parcels. I want you to understand what it means that I was able to have a full meal and be satisfied. Until now, I have no money for food. When I went to the shop I could only buy 1 cucumber and 2 tomatoes. You saved me from starvation.

(food distribution)

I can't believe it's real! A room of food and I can eat as much as I want.

(Family Party)

I have no words to express how I came home feeling even after such a short time. The amount of effort you so selflessly gave away to help others is an inspiration. To see smiles on faces of people that were previously hardened was a boost for me that life can get better.

Thank You

(family retreat)



In Numbers:



78 woman



3 New Services



160 Children



38 New Users



82% users reported improved emotional health



26% found better employment



97% have awareness of boundaries and healthy relationships

OUR VISIONS FOR 2022



Launch a new website for users and funders to see our work from close.



Expand our Board of Governors and include 2 new Board members, and 3 new Project Managers



Lease a respite Home to give families in crisis a place to escape.



Develop and update Policies and Protocols.



FINANCIAL REVIEW

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity.

Structure, governance and management

a. Constitution

Lighthouse - Supporting Women Through Stormy Times is a registered charity, number 1135433, and is constituted under a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

c. Financial risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Statement of Trustees responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. 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 on and signed on their behalf by:

Hindy Schlesinger

Trustee

Independent examiner's report For the Year Ended 31 December 2021

Independent examiner's report to the Trustees of Lighthouse - Supporting Women Through Stormy Times ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2021.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent examiner's statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed

F Lazega
Accshire Accountancy LLP
123 Clapton Common
London E5 9AB

Statement of financial activities

For the Year Ended 31 December 2021

	Note	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	3	77,030	8,125	85,155	43,590
Total income		77,030	8,125	85,155	43,590
Expenditure on:					
Raising funds	4	-	-	-	243
Charitable activities	6	59,730	4,761	64,491	20,635
Total expenditure		59,730	4,761	64,491	20,878
Net movement in funds		17,300	3,364	20,664	22,712
Reconciliation of funds:					
Total funds brought forward		24,114	620	24,734	2,022
Net movement in funds		17,300	3,364	20,664	22,712
Total funds carried forward		41,414	3,984	45,398	24,734

The Statement of financial activities includes all gains and losses recognised in the year.
The notes on pages 10 to 15 form part of these financial statements.

Balance Sheet

	note	2021 £	2020 £
Fixed Assets			
Current Assets			
Cash at bank and in hand		<u>45,398</u>	<u>24,734</u>
		<u>45,398</u>	<u>24,734</u>
Net current assets		<u>45,398</u>	<u>24,734</u>
Total assets less current liabilities		<u>45,398</u>	<u>24,734</u>
Net assets excluding pension asset		<u>45,398</u>	<u>24,734</u>
Total net assets		<u>45,398</u>	<u>24,734</u>
Charity Funds			
Restricted Funds		41,414	24,114
Unrestricted Funds		3,984	620
Total Funds		<u>45,398</u>	<u>24,734</u>

The financial statements were approved and authorised for issue by the Trustees on Complete 'ACCOUNTS COMPLETION' section and signed on their behalf by:

Hindy Schlesinger

Trustee

The notes on pages 10 to 15 form part of these financial statements.

Notes to the financial statements for the Year Ended 31 December 2021

1. General information

Lighthouse - Supporting Women Through Stormy Times is a registered charity and is governed by a Trust Deed dated 19 February 2009.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) -Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Lighthouse - Supporting Women Through Stormy Times meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.5 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

3. Income from donations and legacies

	Restricted funds	Unrestricted funds	Total funds
	2021	2021	2021
	£	£	£
Donations	-	-	-
Grants	77,030	8,125	85,155
	77,030	8,125	85,155

	Restricted funds 2020	Unrestricted funds 2020	Total funds 2020
	£	£	£
Donations	-	41	41
Grants	43,549	-	43,549
	43,549	41	43,590

4. Expenditure on raising funds

Costs of raising voluntary income

	Total Funds 2021	
	£	
Costs of raising voluntary income	-	
	<hr/>	
	Unrestricted funds 2020	Total funds 2020
	£	£
Costs of raising voluntary income	243	243
	<hr/>	

5. Analysis of grants

	Grants to Individuals 2021	Total funds 2021
	£	£
Grants	3,389	3,389
	<hr/>	

	Grants to Individuals 2020	Total funds 2020
	£	£
Grants	425	425
	<hr/>	

6. Analysis of expenditure on charitable activities

summary by fund type

	Restricted funds 2021	Unrestricted funds 2021	Total funds 2021
	£	£	£
Charitable activities	59,730	1,372	61,102
Grants to individuals	-	3,389	3,389
	<hr/>		
	59,730	4,761	64,491
	<hr/>		

Analysis of direct costs

	Restricted funds 2020	Total funds 2020
	£	£
Charitable activities	20,210	20,210
Grants to individuals	425	425
	<hr/>	
	20,635	20,635
	<hr/>	

7. Analysis of expenditure by activities

	Activities undertaken directly	Grant funding of activities	Support costs	Total funds
	2021	2021	2021	2020
	£	£	£	£
Charitable activities	59,730		1,372	61,102
Grants to individuals		3,389		3,389
	59,730	3,389	1,372	64,491

	Activities undertaken directly	Grant funding of activities	Total funds
	2020	2020	2020
	£	£	£
Charitable activities	20,210	-	20,210
Grants to individuals	-	425	425
	20,210	425	20,635

Analysis of direct costs

	Activities	Total funds
	2021	2021
	£	£
Respite and trips	9,611	9,611
Food, household and kids packages	27,436	27,436
Programmes and events	8,954	8,954
Therapy services	13,729	13,729
	59,730	59,730

	Activities	Total funds
	2020	2020
	£	£
Food, household and kids packages	20,080	20,080
Programmes and events	130	130
	20,210	20,210

Analysis of support cost

	Activities	Total Funds	Total funds
	2021	2021	2020
	£	£	£
Office costs	1,372	1,372	

8. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2020 - £NIL).

During the year ended 31 December 2021, no Trustee expenses have been incurred (2020 - £NIL)

9. Summary of funds

	Balance at 1 January 2021	Income	Expenditure	Balance at 31 December 2021
	£	£	£	£
General Funds	620	8,125	(4,761)	3,984
Restricted Funds	24,114	77,030	(59,730)	41,414
	24,734	85,155	(64,491)	45,398

	Balance at 1 January 2020	Income	Expenditure	Balance at 31 December 2020
	£	£	£	£
General Funds	822	41	(243)	620
Restricted Funds	1,200	43,549	(20,635)	24,114
	2,022	43,590	(20,878)	24,734

TRUSTEES

**Hindy Schlesinger
Laurence Freeman
Ita Cymerman MBE**

Charity Registered number 1135433

**Principal Office
30a Dunsmure Road
London
N16 5PW**

**Bankers
Lloyds
Chelmsford Legg St Osc
1 Legg Street
Chelmsford
Essex
CM1 1JS**



LIGHTHOUSE - SUPPORTING WOMEN THROUGH STORMY TIMES

England & Wales - Charity number 1135433

Accounts

Annual Report

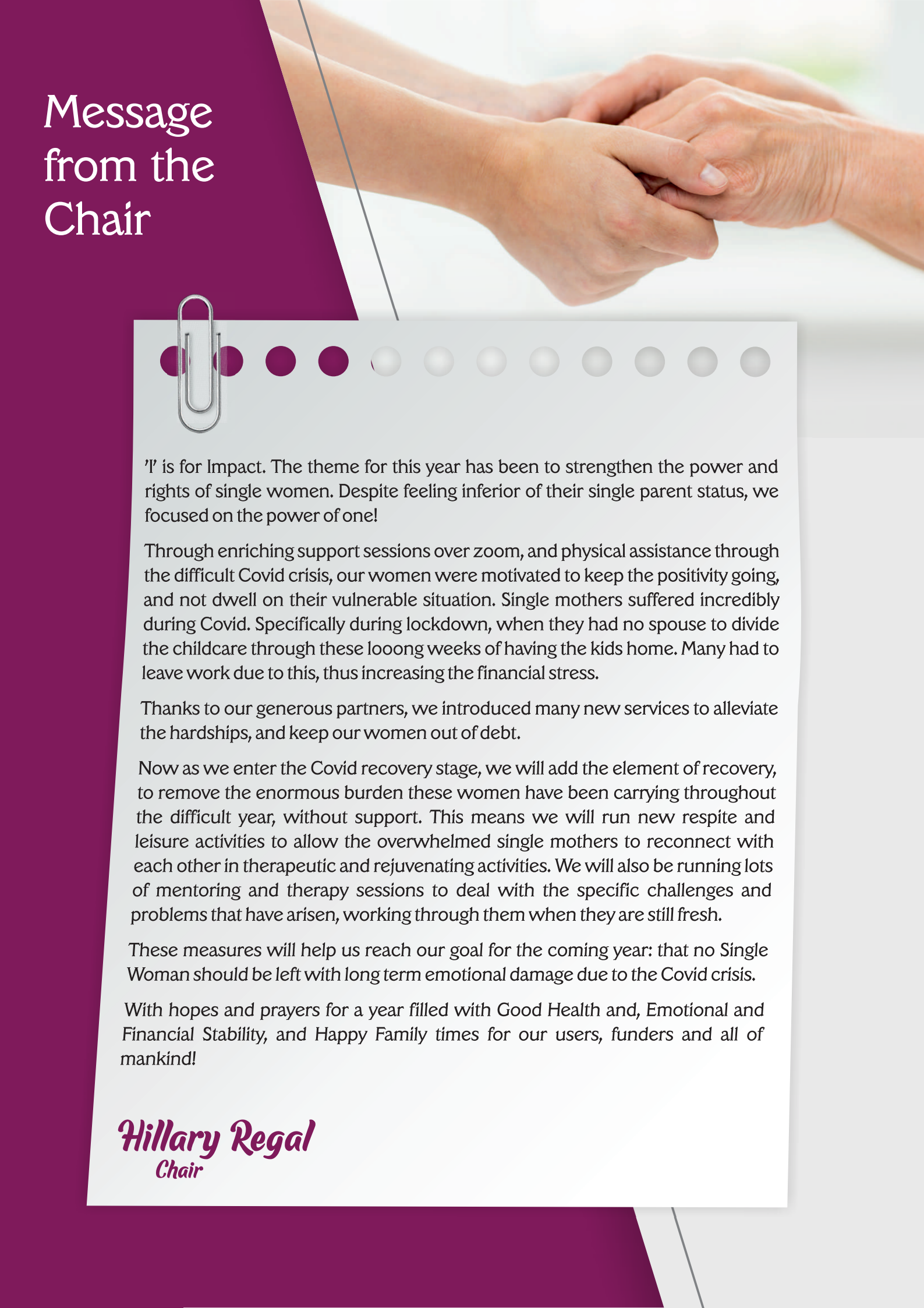
31 December 2020



 30a Dunsmure Road London N16 5PW

 admin@lighthouseforwomen.com

Message from the Chair



'I' is for Impact. The theme for this year has been to strengthen the power and rights of single women. Despite feeling inferior of their single parent status, we focused on the power of one!

Through enriching support sessions over zoom, and physical assistance through the difficult Covid crisis, our women were motivated to keep the positivity going, and not dwell on their vulnerable situation. Single mothers suffered incredibly during Covid. Specifically during lockdown, when they had no spouse to divide the childcare through these looong weeks of having the kids home. Many had to leave work due to this, thus increasing the financial stress.

Thanks to our generous partners, we introduced many new services to alleviate the hardships, and keep our women out of debt.

Now as we enter the Covid recovery stage, we will add the element of recovery, to remove the enormous burden these women have been carrying throughout the difficult year, without support. This means we will run new respite and leisure activities to allow the overwhelmed single mothers to reconnect with each other in therapeutic and rejuvenating activities. We will also be running lots of mentoring and therapy sessions to deal with the specific challenges and problems that have arisen, working through them when they are still fresh.

These measures will help us reach our goal for the coming year: that no Single Woman should be left with long term emotional damage due to the Covid crisis.

With hopes and prayers for a year filled with Good Health and, Emotional and Financial Stability, and Happy Family times for our users, funders and all of mankind!

Hillary Regal
Chair

Lighthouse Vision

Remove women from their state of vulnerability and trauma to reach a place of safety and resilience.

Lighthouse Mission Statement

Lighthouse will not rest for a minute until each lone raft is confident in the water and can navigate through to the light. We are committed to providing support, stability and community for single women every day:

- 1) Essentials and Food parcels**
- 2) Mental health support -empowering women with grit, healing and relationship skills**
- 3) Peer support to reduce loneliness and build community.**

Lighthouse Story

Lighthouse was founded in April 2010 to support the increasing number of divorced women and their children facing domestic abuse and hardship. Lighthouse aims to re-educate, re-integrate and re-inspire divorced women and their children, through health and parenting courses, vocational training, peer support, social welfare, group counselling, family respite breaks and regular family activities. Our aim is for these women to become self-sufficient and go on to build healthy relationships and stability in life.

Lighthouse was founded by divorcees themselves, who found themselves in this undesirable situation, and felt that something must be done to alleviate the stress of such families. Because all trustees and volunteers are from within the community, they fully understand the client needs. We are aware that there is no other organisation that serves our target audience, with their specific cultural and circumstantial need.

2020 Services

Stapling the void -with staples:

Essential food and personal care packs delivered monthly to recipients homes. Families that are missing the father, are lacking enough. There should be no excuse for families to miss out on basic nutrition or dignity due to not being able to afford personal hygiene basics. Living on a single income is tough, when this income was challenged by Covid-19, many of our users were enveloped in real food poverty. Women shared that they had to forgo their own meals to feed their kids. In one month, this project received more referrals than it had in its entire existence. We have delivered over 12,000 food parcels. If the food would be lined up it would cover a square mile. When signing up for this program over 80% of beneficiaries reported that they felt hungry more than 3 times a week. 1 year later, 95% of recipients felt hungry once a month or less.

Isolated together

Virtual Forum led by women for women is a safe virtual and casual space for women to share dilemmas, experiences, triumphs and issues with others who understand the ups and downs of single-family life.

Motional Victories

Individual and group therapy to help women heal from trauma of a failed or abusive relationship, deal with ongoing challenges, gain self-awareness, build resilience and new relationship skills and improve their ability to function.

Food Infusions

Hot nutritious family meals infuses families with energy and vitality, Ready cooked meals also provide single mothers a break from the kitchen to allow them to focus on family time and takes them through an acute crisis stage.

School Shoes and School supplies

Our children are able to begin their new year with shiny pair of shoes and brand new supplies. Motivation for a fresh start and reduces feelings of inferiority and deprivation.



2020 Services

Support Groups

Women to women support from people who understand!

Children Activities

Leisure activities to create fun childhood memories, as well as to bond with children in similar situations.

Toys and Games

Covid packages distributions to help keep children productively busy and help them feel remembered and cared for in difficult times.

Festival Packages

Vulnerable families find holiday times extremely challenging. It becomes an opportunity to dwell on their broken family dynamic, and removes the festive atmosphere. Our packages filled with treats for the whole family infuses feelings of celebration and creates lasting joyous family memories of happy times.

This Woman Can - inspired by 'this girl can' there is nothing a woman can't do

We support women to gain independence domestically, through workshops training women to use basic DIY skills tools to repair and maintain their homes, from changing lightbulbs, hanging pictures and shelves, replacing hinges and door knobs, trouble shooting issues with washing machines etc. Financial independence through debt management referrals and financial literacy workshops

Paperwork confidence workshops: from paying bills, basic banking applying for benefits, understanding court paperwork e.t.c





Our Impact

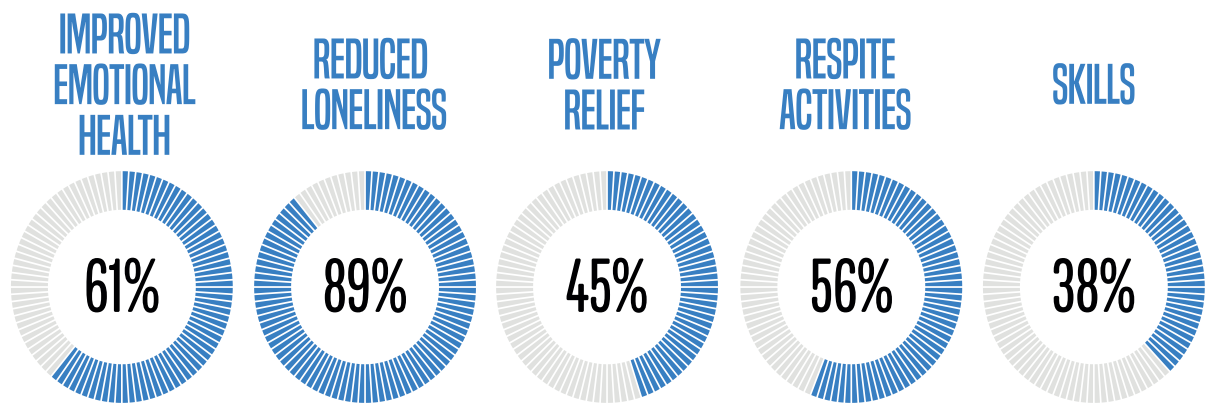
Before I joined lighthouse, I didn't have a physical support network of women who share similar experiences of being a single mum, having been through abuse, and the divorce process. I did much of my healing and coping work on my own, surrounded by good kind people who wanted to listen, but who could just not relate to my personal experiences. Laughing, crying, sharing wins and challenges face to face in a support group environment helped me feel a sense of belonging that was missing from my parenting and healing journey. Lighthouse has provided a sense of belonging for me and a sense of purpose for my children. "

Meira, Cohen, ambassador lighthouse user

Facts & Figures



Hear from our users



(Percentage of users who benefitted in these areas. Based on our 'She Shares' Survey Nov 2020)

Trustees' report For the Year Ended 31 December 2020

The Trustees present their annual report together with the financial statements of Lighthouse - Supporting Women Through Stormy Times for the 1 January 2020 to 31 December 2020.

Objectives and activities

a. Policies and objectives

The objects of the charity are:

- to relieve financial hardship
- to relieve the mental and physical sickness of women undergoing domestic hardship by the provision of counselling and support of such persons
- to advance in life and relieve the needs of young people from single parent families through (a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals
- such other purposes as are charitable according English law.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity.

Structure, governance and management

a. Constitution

Lighthouse - Supporting Women Through Stormy Times is a registered charity, number 1135433, and is constituted under a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

Structure, governance and management (continued)

c. Financial risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

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 and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. 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 on 27 August 2021 and signed on their behalf by:

DocuSigned by:

F396A01CE96F4A6...

Hillary Regal
Trustee

**Independent examiner's report
For the Year Ended 31 December 2020**

Independent examiner's report to the Trustees of Lighthouse - Supporting Women Through Stormy Times ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2020.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent examiner's statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:

Dated: 27 August 2021

F Lazega

FCCA

Accshire Accountancy LLP
123 Clapton Common
London E5 9AB

**Statement of financial activities
For the Year Ended 31 December 2020**

	Note	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Income from:					
Donations and legacies	3	43,549	41	43,590	1,880
Total income		<u>43,549</u>	<u>41</u>	<u>43,590</u>	<u>1,880</u>
Expenditure on:					
Raising funds	4	-	243	243	46
Charitable activities	6	20,635	-	20,635	7,984
Total expenditure		<u>20,635</u>	<u>243</u>	<u>20,878</u>	<u>8,030</u>
Net movement in funds		<u>22,914</u>	<u>(202)</u>	<u>22,712</u>	<u>(6,150)</u>
Reconciliation of funds:					
Total funds brought forward		1,200	822	2,022	8,172
Net movement in funds		22,914	(202)	22,712	(6,150)
Total funds carried forward		<u>24,114</u>	<u>620</u>	<u>24,734</u>	<u>2,022</u>

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 8 to 13 form part of these financial statements.

Balance sheet
As at 31 December 2020

	Note	2020 £	2019 £
Fixed assets		-	-
Current assets			
Cash at bank and in hand	24,734	2,022	
	<u>24,734</u>	<u>2,022</u>	
Net current assets		24,734	2,022
Total assets less current liabilities		<u>24,734</u>	<u>2,022</u>
Net assets excluding pension asset		<u>24,734</u>	<u>2,022</u>
Total net assets		<u><u>24,734</u></u>	<u><u>2,022</u></u>
Charity funds			
Restricted funds		24,114	1,200
Unrestricted funds		620	822
Total funds		<u><u>24,734</u></u>	<u><u>2,022</u></u>

The financial statements were approved and authorised for issue by the Trustees on 27 August 2021 and signed on their behalf by:

DocuSigned by:

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Hillary Regal
Trustee

The notes on pages 9 to 14 form part of these financial statements.

Notes to the financial statements
For the Year Ended 31 December 2020

1. General information

Lighthouse - Supporting Women Through Stormy Times is a registered charity and is governed by a Trust Deed dated 19 February 2009.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Lighthouse - Supporting Women Through Stormy Times meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2. Accounting policies (continued)

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.5 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

3. Income from donations and legacies

	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £
Donations	-	41	41
Grants	43,549	-	43,549
	<u>43,549</u>	<u>41</u>	<u>43,590</u>

	<i>Restricted funds 2019 £</i>	<i>Total funds 2019 £</i>
Grants	<u>1,880</u>	<u>1,880</u>

4. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2020 £	Total funds 2020 £
Costs of raising voluntary income	243	243

	<i>Unrestricted funds 2019 £</i>	<i>Total funds 2019 £</i>
Costs of raising voluntary income	46	46

5. Analysis of grants

	Grants to Individuals 2020 £	Total funds 2020 £
Grants to individuals	425	425

	<i>Grants to Individuals 2019 £</i>	<i>Total funds 2019 £</i>
Grants to individuals	1,880	1,880

6. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2020 £	Total funds 2020 £
Charitable activities	20,210	20,210
Grants to individuals	425	425
	<u>20,635</u>	<u>20,635</u>

	<i>Restricted funds 2019 £</i>	<i>Total funds 2019 £</i>
Charitable activities	6,104	6,104
Grants to individuals	1,880	1,880
	<u>7,984</u>	<u>7,984</u>

7. Analysis of expenditure by activities

	Activities undertaken directly 2020 £	Grant funding of activities 2020 £	Total funds 2020 £
Charitable activities	20,210	-	20,210
Grants to individuals	-	425	425
	<u>20,210</u>	<u>425</u>	<u>20,635</u>

7. Analysis of expenditure by activities (continued)

	<i>Activities undertaken directly 2019 £</i>	<i>Grant funding of activities 2019 £</i>	<i>Total funds 2019 £</i>
Charitable activities	6,104	-	6,104
Grants to individuals	-	1,880	1,880
	<u>6,104</u>	<u>1,880</u>	<u>7,984</u>

Analysis of direct costs

	Activities 2020 £	Total funds 2020 £
Food, household and kids packages	20,080	20,080
Programmes and events	130	130
	<u>20,210</u>	<u>20,210</u>

	<i>Activities 2019 £</i>	<i>Total funds 2019 £</i>
Respite and trips	3,087	3,087
Food, household and kids packages	647	647
Programmes and events	2,370	2,370
	<u>6,104</u>	<u>6,104</u>

Analysis of support costs

8. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2019 - £NIL).

During the year ended 31 December 2020, no Trustee expenses have been incurred (2019 - £NIL).

9. Summary of funds

Summary of funds - current year

	Balance at 1 January 2020 £	Income £	Expenditure £	Balance at 31 December 2020 £
General funds	822	41	(243)	620
Restricted funds	1,200	43,549	(20,635)	24,114
	<u>2,022</u>	<u>43,590</u>	<u>(20,878)</u>	<u>24,734</u>

	<i>Balance at 1 January 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2019 £</i>
General funds	868	-	(46)	822
Restricted funds	7,304	1,880	(7,984)	1,200
	<u>8,172</u>	<u>1,880</u>	<u>(8,030)</u>	<u>2,022</u>

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**Trustees**

Hillary Regal
Laurence Freeman
Ita Cymerman MBE

**Charity registered
number**

1135433

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