



# 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





A silhouette of a woman and two children walking on a beach at sunset. The woman is in the center, holding the hands of a girl on her left and a boy on her right. The sun is a large, bright circle in the sky, reflecting on the water. The sky is a gradient of orange and yellow.

# 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.

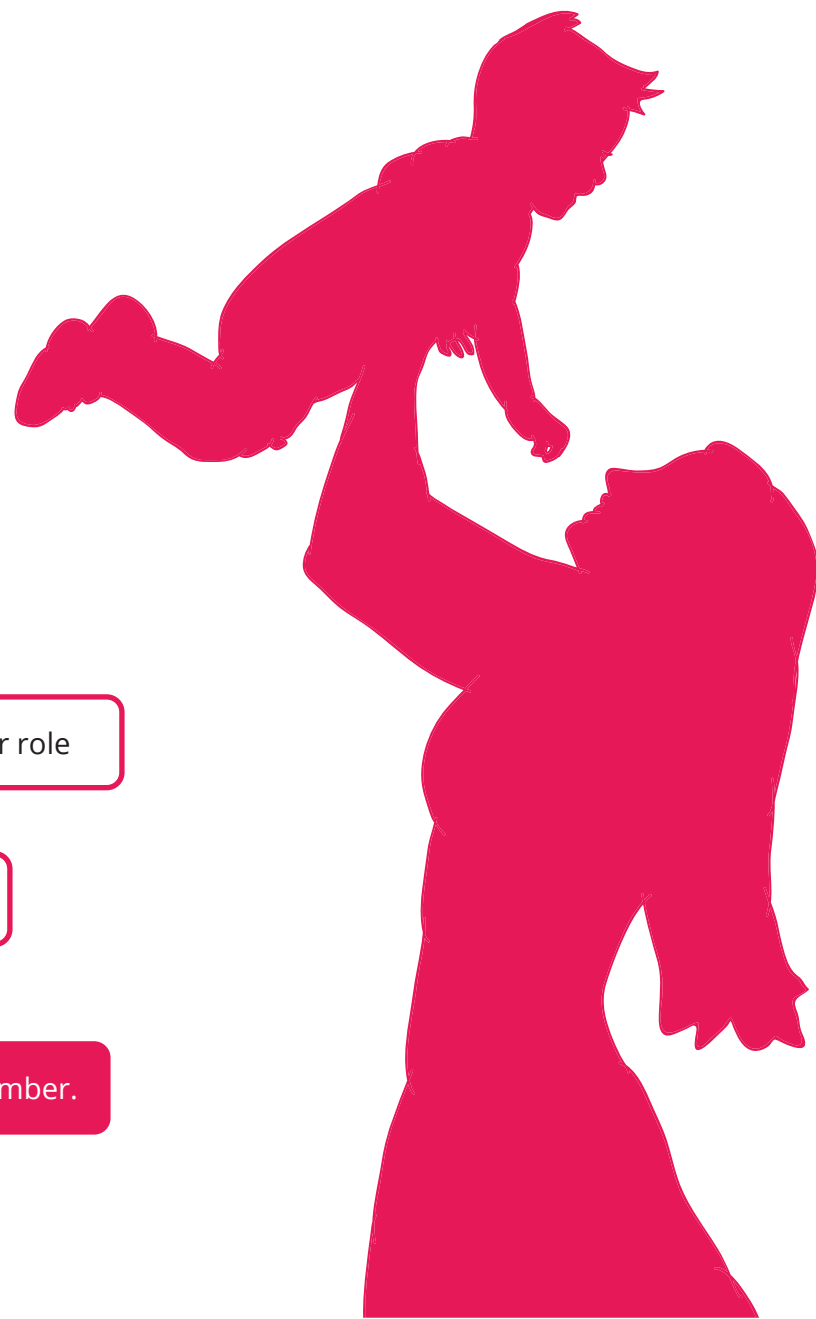
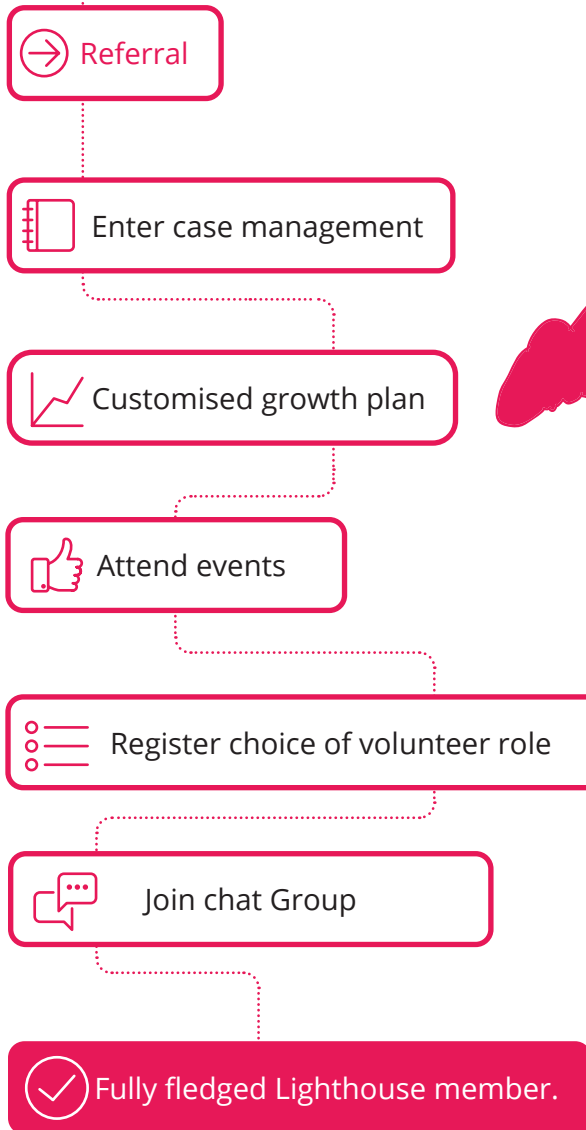
Lighthouse was founded by divorcees themselves, who found themselves in this undesirable situation, and felt that something must be done to alleviate the stress of such families. Because all trustees and volunteers are from within the community, they fully understand the client needs. We are aware that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

# OUR MISSION

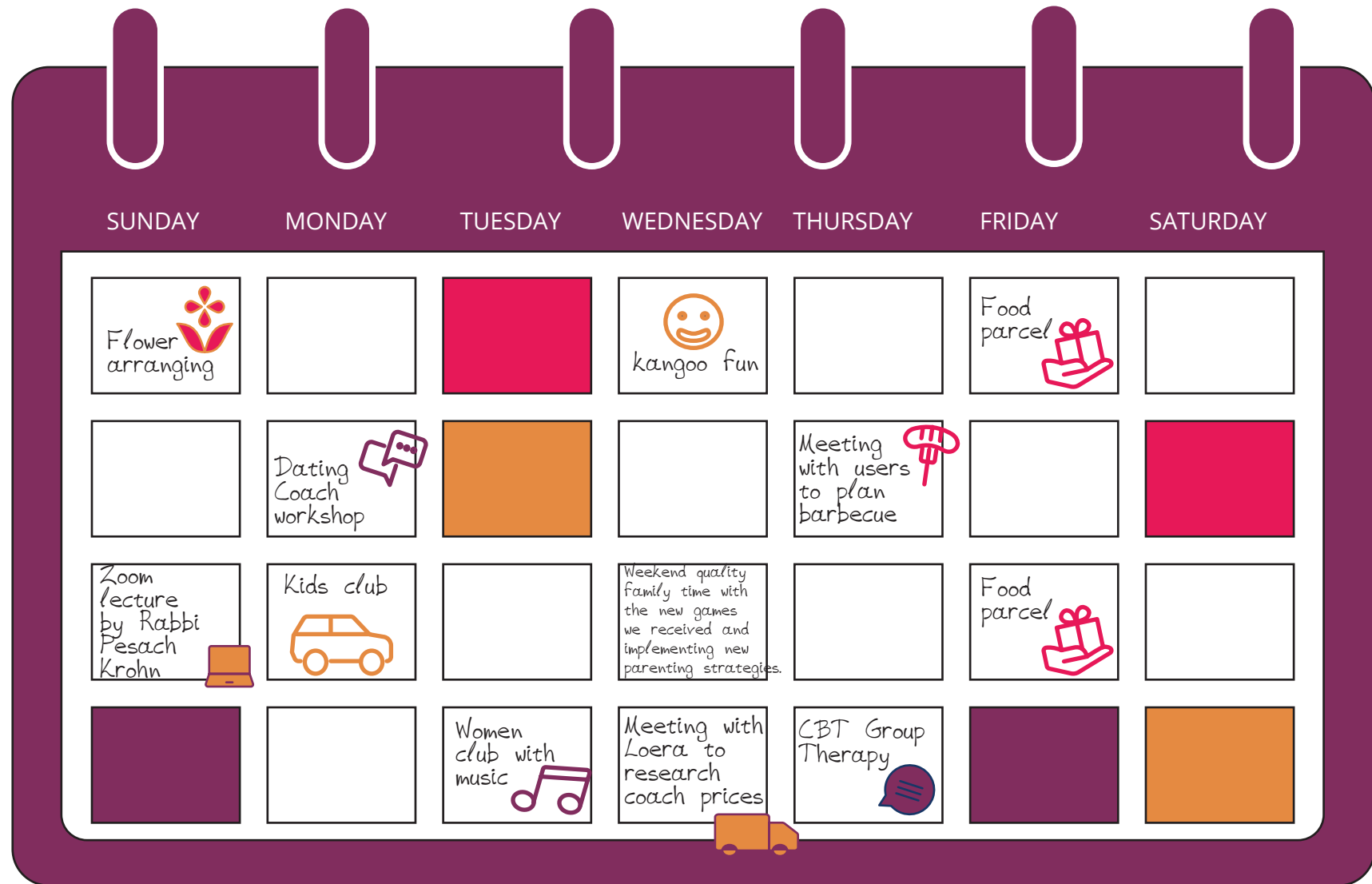
**We are committed to providing support, stability and community for single women every day:**

- 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



# 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.

2022



# 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:



**18 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

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

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

## 4. Expenditure on raising funds

### Costs of raising voluntary income

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

## 5. Analysis of grants

	<b>Grants to Individuals 2021</b>	<b>Total funds 2021</b>
	<b>£</b>	<b>£</b>
Grants	<u>3,389</u>	<u>3,389</u>
	Grants to Individuals 2020	Total funds 2020
	£	£
Grants	<u>425</u>	<u>425</u>

## 6. Analysis of expenditure on charitable activities

summary by fund type

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

Analysis of direct costs

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

## 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
	<b>59,730</b>	<b>3,389</b>	<b>1,372</b>	<b>64,491</b>

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

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
	<b>59,730</b>	<b>59,730</b>

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

Analysis of support cost

	Activities	Total Funds	Total funds
	2021 £	2021 £	2020 £
Office costs	<b>1,372</b>	<b>1,372</b>	

## 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
	<b>24,734</b>	<b>85,155</b>	<b>(64,491)</b>	<b>45,398</b>

	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
	<b>2,022</b>	<b>43,590</b>	<b>(20,878)</b>	<b>24,734</b>



## **TRUSTEES**

**Hindy Schlesinger  
Laurence Freeman  
Ita Cymerman MBE**

**Charity Registered number** 1135433

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