MY SISTER'S PLACE

England & Wales · Charity number 1137319

Details

Status	Registered
Legal form	Charitable company
Company number	07233811
Registered	2010-08-06
Register	View on the Charity Commission register

Contact

Address	123 Borough Road Middlesbrough TS1 3AN
Phone	01642241864
Email	hello@mysistersplace.co.uk
Website	www.mysistersplace.org.uk

Activities

Objects: 1 TO PROMOTE FOR THE PUBLIC BENEFIT AND WITH A VIEW TO PUBLIC PROTECTION AND THE PRESERVATION OF ORDER THE PROVISION OF SERVICES DIRECTED TOWARDS THE PREVENTION OF DOMESTIC VIOLENCE2 THE RELIEF AND SUPPORT OF WOMEN AND CHILDREN WHO HAVE SUFFERED OR ARE IN DANGER OF SUFFERING DISADVANTAGES EXPLOITATION AND/OR VIOLENCE FROM PERPETRATORS KNOWN TO THEM 3 TO ADVANCE THE EDUCATION OF VOLUNTARY AND STATUTORY AGENCIES AND THE PUBLIC IN ALL ASPECTS OF DOMESTIC VIOLENCE AGAINST WOMEN BY KNOWN MEN ITS CAUSES ITS REMEDIES AND PREVENTION PARTICULAR REFERENCE MUST BE IN ACCORDANCE WITH THE ANTI-DISCRIMINATION POLICY FROM TIME TO TIME AS ADOPTED

Activities: Specialist service for female victims of domestic violence 16 years and over.We provide Advocacy, Support, Sanctuary Scheme, Counselling, Legal Advice, Training, Women's groups.

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Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Accommodation/housing, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, NATIONAL
- Middlesbrough
- Redcar And Cleveland
- Stockton-on-tees

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,281,706	£1,438,643	£845,458	41
2024-03-31	£1,316,287	£1,374,099	£1,002,395	44
2023-03-31	£1,222,758	£1,255,180	£1,060,207	38
2022-03-31	£1,265,668	£1,120,495	£1,092,629	39
2021-03-31	£1,151,000	£1,051,645	£947,456	35

Trustees

Name	Role	Appointed
Alana Tunney		2026-05-19
Amanda Oakley		2026-05-13
Christine Louise Nunn		2026-05-13
Helen Mather		2013-12-10
JENNIFER Shield		
Jo Capel		2026-05-13
Leah Duffield		2026-05-13
Melanie Wood		2026-05-13
Tina Clenaghan		2026-05-13

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MY SISTER'S PLACE

England & Wales - Charity number 1137319

Accounts

My Sister's Place
and its Subsidiary Company

Report of The Trustees
for the Year Ended 31 March 2025

The Trustees present their report together with financial statements of the charity for the year ended 31 March 2025. This also serves as a Directors Report for the purposes of company law.

The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published in October 2019.

The Trustees are Directors of the company for the purposes of the Companies Act 2006. The Trustees who have served during the year and since the year end are shown on page 1.

OBJECTIVES AND ACTIVITIES INCLUDING PUBLIC BENEFIT STATEMENT

The charity's objects as set out in its Articles of Association are:

- To promote for the public benefit and with a view to public protection and the preservation of order, the provision of services directed towards the prevention of domestic violence.
- The support of women and children who have suffered or are in danger of suffering disadvantage, exploitation and/or violence from perpetrators known to them.
- To advance the education of voluntary and statutory agencies and the public in all aspects of domestic violence against women by known men, its causes, remedies and provision.

My Sister's Place are a specialist trauma informed Violence Against Women and Girls service (VAWG) service with over 23 years of experience based in Middlesbrough. Commitment to excellence in all areas of our services is underpinned by nationally recognised accreditations from the British Association for Counselling and Psychotherapy (BACP), Women's Aid and Safe Lives.

We are one of the few VAWG services in the UK who are BACP Accredited and were early adopters of trauma informed practice. We provide holistic, therapeutic, practical support to victims through their journey out of abuse and support survivors to make life-changing decisions around personal safety, housing, finances, criminal and civil justice, fighting to keep children, immigration justice and threats of deportation. We also give mental health support for the psychological recovery from the impacts of interpersonal trauma and abuse.

Our services are accessible to diverse communities with unique demographics and locally defined needs. We have an in-depth understanding of the issues, challenges and health inequalities affecting families we work with. Our services meet the needs of survivors who have some of the highest levels of risk, poverty, and multiple disadvantages nationally. The area in which we work has high levels of violent crime/sexual exploitation and communities who are marginalised and may not traditionally present to mainstream services e.g., LGBT+, Black and Minoritised Communities, Gypsy, Roma and Traveler (GRT) communities, survivors with complex needs, individuals with drug and alcohol dependency, poor mental health and learning/physical disabilities. In addition, we support those who have experienced Female Genital Mutilation, domestic slavery and trafficking.

Our expert teams of adult and children's therapists, Independent Domestic Violence Advocates (IDVAs), Young Peoples Domestic Violence Advocates (CYP-IDVAs) and Economic Abuse Support Workers (EASW's), offer individual targeted support services to adults and children aged 4yrs and over with multiple and complex needs.

Working from a trauma informed perspective, we assess and manage all levels of risk, identify support needs, safeguard, generate options / choices through specialist provision, advocate ensuring justice for victims/survivors and work proactively within multi-agency landscapes to improve survivors' safety and keep their voices at the centre of our work.

Our Aim
To encourage, enable and empower, we believe that given the right resources everyone has the capacity to thrive

Our Vision
To create safer communities where everyone can live free from domestic abuse and sexual violence

My Sister's Place
and its Subsidiary Company

Report of The Trustees
for the Year Ended 31 March 2025

Our Mission
To provide high quality, innovative, end to end services, which enable individuals and families to move from surviving to thriving.

Our Values
My Sisters Place stands for a place of safety, hope and change.

- A place of **SAFETY** for those seeking escape from domestic abuse
- The right level of practical help and emotional support to aid recovery and build **HOPE**
- The possibility of a life **CHANGE** towards a better future

Volunteers
MSP is supported by five dedicated volunteers who provide significant value to the organisation. They assist in co-facilitating the Freedom Programme and the Stepping Stones peer support group, as well as carrying out reception duties, administrative support, fundraising activities, contributing to social media campaigns and supporting counselling.

Each volunteer contributes an estimated 8–10 hours per week. Their commitment enables our paid staff to focus on high-risk cases and frontline service delivery, demonstrating the importance of volunteer contributions in sustaining our support model.

How our Activities Deliver Public Benefit
Our main activities and who we try to help are detailed below. Our charitable activities focus on supporting those who have experienced domestic violence and are undertaken to further our charitable purpose for the public benefit.

In setting our objectives and planning our activities the trustees have considered the Charity Commission guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Service demand remains consistently high. In 2024–2025, MSP received 5,560 requests for support, marking a **6.8% increase** from the previous year. This growth reflects both increasing awareness and the growing needs of our community.
We have commenced delivery of our 3-Year Strategic Plan, developed with stakeholders, staff, and survivors. It reflects key priorities:

1 Supporting women and children who do not trust or access statutory services through drop-in support.

2 Expanding support for victims of economic abuse who often fall through service gaps.

Despite a challenging environment of austerity, welfare reform, and non-specialist commissioning, MSP continues to advocate for quality, trauma-informed, and gender-responsive services.

Addressing Economic Abuse:
Our Economic Abuse Team supported 239 clients with a wide range of interventions, including:

- Assistance with welfare benefits and appeals for clients **£215,993**
- Access to grants (e.g., Buttle UK, FurbdIT).
- Help securing accommodation and removal costs.
- Budgeting advice and support
- Reduction in water rates payable by those supported of **£5,808 annually**
- Debt support through PayPlan and Surviving Economic Abuse. **59 referrals**
- Access to SIM cards, digital devices, and training/volunteering.

Additional funding was secured in 2024–25 to directly support families in need with essentials such as food, clothing, and housing items. See table below:

Funds used to support women and children	Amount
Smallwood Trust	£27,637
Safe Lives/NatWest Circle Fund	£2,286
Women's Aid Future and Flee Fund	£4,000
Grants (VRF, Buttle, FurbdIT)	£14,323

Safeguarding
Our in-house Safeguarding Leads have played a vital role in ensuring the safety and wellbeing of all clients, staff, and partner professionals interacting with MSP. Key activities include:

- Responding to **2,181** safeguarding enquiries
- Attending 3–4 statutory children's meetings and 1–2 adult safeguarding meetings weekly
- Daily support for staff, including quality assurance of referrals to Children's Social Care, Adult Services, MARAC, and LADO
- Delivery of internal safeguarding training in addition to local authority provision

Safeguarding remains a priority area of continuous development across policy, practice, and training.

Training and Consultancy
We delivered two major training contracts during the year:

1 **Ministry of Justice**: We were part of the Northern Training Consortium delivering trauma-informed training to sexual violence professionals. MSP developed and delivered a bespoke 2-day training for ISVAs and a 1-day trauma-informed management course. A total of **216** professionals were trained across **15** sessions.

2 **Local Authority**: We developed and delivered training to over **350** professionals (Social Workers, Early Help Practitioners, Housing Officers) on the dynamics of domestic abuse, risk assessment, and safety planning. This programme has been recommissioned for another year.

We also delivered tailored sessions to community groups, foster carers, and university students, receiving consistent, positive feedback

Student Engagement and Placements
We hosted two Social Work students and several therapy placement students. The students contributed to frontline delivery and benefitted from our trauma-informed environment. Following the success of these placements, MSP now contributes to Teesside University's Social Work BA programme and continues to expand therapeutic placements for counselling students.

Children and Young People - Preventing Abuse

Our Children and Young Person's service is suitable for young people aged 13 – 24 years who are experiencing domestic abuse in their own interpersonal relationship. We offer 1-1 support to enable young people to make informed choices around their relationship; to increase safety from domestic abuse and work through their feelings to identify the impact the abuse is having on their lives.

The direct work is client-led, an approach that allows young people to explore the relationship between power and control abuse and toxic relationships, developing their understanding of healthy and unhealthy relationships. Assistance is given for young people to help recognise signs of domestic abuse and unhealthy relationships and to allow them to develop an awareness of how to respond to domestic abuse.

Through 1:1 sessions, we support them to:

- Recognise signs of abuse.
- Explore healthy/unhealthy relationship dynamics.
- Make informed, safe choices.

We also delivered:

- **Primary Schools**: Year 6 workshops in 7 schools (**341 pupils**) and a further 10 scheduled (**397 pupils**).
- **Secondary Schools**: Workshops in 4 schools reaching **1,074 students**
- **Colleges**: Sessions for **122 students** at Middlesbrough College; NACRO workshops planned.

Topics covered include consent, equality, boundaries, and support pathways.

As part of our 3-year strategy we aim to develop our Children and Young Persons service.

Counselling and Therapeutic Services

My Sisters Place Counselling and Therapeutic Services continued to deliver effective therapy to adult survivors 16 years and over accessing the service supported by consistent, robust, and evidenced therapeutic outcomes throughout 2023 to 2024.

Service and Delivery

In the adult counselling service **202 survivors** completed a course of therapy with **76%** seeing significant improvements in their physical and psychological health and well-being with **86%** of survivors experiencing suicidal or self-harming thoughts seeing a reduction in risk as a result of accessing therapeutic support. The service continued to meet the needs of marginalized groups with **9% of clients** from the LGBTQ+ community and **12% of clients** from minority ethnic communities access the service and **4 male** survivors accessed therapy.

Waiting Times

The service worked hard to keep waiting times low to ensure access to therapy was available 'at the point of most need' and achieved an average waiting time from receipt of referral to therapy start of only **37 days**.

Sessions Delivered

Survivors attended **2284** sessions an average attended **73%** of sessions booked. The service received **642** referrals and completed **300** therapeutic assessments, prior to therapy commencing, to ensure the therapeutic needs of survivors were front and centre and that therapy was tailored and individualised to those needs.

Brief Interventions project

The project provides practitioners, within our main support service, access to immediate brief interventions for clients they are supporting. Brief short-term interventions are provided to help stabilise and contain at the point of most need for clients experiencing high levels of anxiety and trauma. The BI Project provided support to an additional **106 clients** and delivered a further **131 sessions.**

ME TIME Children and Young Peoples Therapy Service

ME TIME Therapy Service continued to build on effective referral pathways by providing access to trauma informed therapy to the most vulnerable children and young people involved within the safeguarding arena. The service continued to recognise and support the holistic needs of the family by providing a range of short-, medium- and longer-term interventions for children and young people 4-18yrs in addition to pathways for parents to access therapeutic support to build their own resources and further support their children's whilst they access the ME TIME service.

The service received **116 referrals** and delivered **501 direct** one-to-one and group sessions to children and young people aged **4-18yrs**. In addition, **200 Therapeutic assessments** were completed prior to therapy commencing to ensure the needs of children and young people were understood and their voices heard. 10 **parents** were supported through our ME TIME Parent pathway or received trauma specific support via our Healing Together One to One for Parents to support them with a further **71 sessions** delivered.

Force Control Room IDVA
We have an Independent Domestic Violence Advisor (IDVA) based within Cleveland Police's Force Control Room. The role strengthens the link between frontline police response and domestic abuse support services, ensuring timely safeguarding interventions and improving outcomes for victims.

The primary purpose of the Control Room IDVA is to support effective and timely information sharing between Cleveland Police and My Sisters Place (MSP). The role plays a critical part in ensuring that victims of domestic abuse receive appropriate, informed, and coordinated support at the earliest opportunity following police contact.

Route 2
This service is currently not operating due to funding streams closing. However, we are optimistic about the future.

We will continue to explore commissioning pathways in order to expand the services we offer to a wider catchment area and seek to ensure that Route2 can return to providing the quality service that is highlighted in its reputation.

IRIS Middlesbrough

The added value of investment from Changing Futures in 2024/2025 has enabled this programme to be rolled out on a full-time basis and allowed Middlesbrough to recruit more GP surgeries who are now IRIS surgeries and increase the number of clinical and non-clinical staff with a clear understanding of pathways and when it is appropriate to use routine enquiry to ask about domestic abuse. The Advocate Educator provides ongoing support to the entire GP surgery team and offers dedicated advice and consultancy on individual cases. They are embedded in the surgery providing easy access to specialist DA provision.

During 2024 / 2025 IRIS trained **116** Clinical and **138** non-clinical staff in recognising abuse, being alert to indicators and understanding the links between mental health and domestic abuse. The training has been delivered over **22** training sessions.

15 of 18 GP surgeries in Middlesbrough have now received IRIS training and are IRIS accredited either via in-house training and/or virtual training. Additional Funding provided by Changing Futures in 2024/2025 enabled three new GP surgeries to be contacted and offered training during this period.

During 2024/2025 IRIS received **120** direct referrals from GP surgeries. Demographic data collected at point of referral evidence that over two thirds of those referrals are for those with protected characteristics due to age, gender, disability and or ethnicity. When IRIS training has been delivered in GP surgeries, far greater numbers of patients are identified as experiencing domestic abuse.

Equality and Diversity
MSP is committed to inclusivity and equity. All staff complete mandatory equality and diversity training, and we are enhancing our organisational capacity in areas such as neurodiversity and disability inclusion through partnerships with organisations like Disability Rights UK.

We actively support Trans and Non-Binary survivors, collaborate with HART Gables, and are developing peer support groups for young people, men, and Black and minoritised communities to address unmet needs.

Partnership and Community
No single agency can tackle VAWG alone and successful partnerships are key to tackling the problem. At MSP we are actively engaged in developing partnerships and firmly embedded in the local community and are a trusted hyper local service. Approx. 80% of our staff and volunteers are local people who have a lived experience of abuse in some form. We are a part of the community, and we are from the community, therefore our knowledge and skill base of local need has deep authentic roots. Our staff also work from local GP surgeries, community hubs, and schools further extending our reach.

We are strategically and operationally involved in MARAC (The Multi-Agency Risk Assessment Conference) an information sharing and action planning meeting for victims of domestic abuse who are at risk of serious harm or death. MSP share chairing MARAC with the Police.

We attend Multi-Agency Tasking and Coordination 'MATAC', meetings led by Cleveland Police, along with key partners, which assesses and plans a bespoke set of interventions to target and disrupt serial perpetrators and/or support them to address their behaviour. Multi-agency public protection arrangements (MAPPA's) are in place to ensure the successful management of violent and sexual offenders.

Funding Strategy
MSP have diversified our funding base delivering on behalf of the Local Authority, The Office of the Police and Crime Commissioner (OPPC), Public Health and a range of grant funders including the Big Lottery and Lloyds Bank Foundation. We have secured six years funding through Smallwood Trust as a grant partner offering direct grants to women to meet their immediate needs and directly address barriers to leaving.

As we move forward with our new strategic approach outlined in our 3 Year Plan our intention is to increase our independence and move away from a reliance on OPCC and LA funding streams – (currently 50% of our income) by generating unrestricted income.

We intend to increase income through our consultancy and training offer which is developing and expanding. This year we began delivering Statutory Domestic Homicide Reviews for Local Authorities. This is a market with significant demand and is under supplied. We are undertaking an internal cost saving exercise and reviewing external provider contracts to reduce overheads.

Fundraising activity:
The charity undertakes a range of fundraising activities to support its charitable purposes. These include fundraising campaigns directed at the general public, sponsored events organised by individuals and groups, and donations from individuals and businesses. During the year the charity raised £41,601 from donations generated through these fundraising activities.

The charity employs a fundraiser to support and coordinate its fundraising activities. The trustees have oversight of fundraising undertaken on the charity's behalf and ensure that it is carried out in accordance with relevant legislation and recognised good practice.

The charity is committed to maintaining high standards in fundraising and seeks to comply with the Code of Fundraising Practice. No material breaches of fundraising regulations occurred during the year. The charity did not receive any fundraising complaints during the year

The trustees take reasonable steps to ensure that fundraising activities are conducted in a manner that protects the public, including vulnerable people, from unreasonable intrusion, pressure or distress.

Looking ahead

Our fundraising goals for the upcoming year focus on expanding our networks, building new relationships and gaining new supporters – both financially and as advocates. We plan to host a series of MSP events, engage with 3rd party events, increase engagement with local businesses and schools, and encourage wider community involvement.

Goals for the upcoming year:

- Gaining 10 new corporate supporters and sponsors
- Launch the new corporate offer
- Introducing a new email marketing system
- Transitioning to a more suitable and effective fundraising platform
- Introduce new donation / payment methods e.g. txt give and tap and pay
- Grow outreach for community fundraising – focus on community hubs, pubs and social clubs, community groups e.g. guides and WI etc.
- Launch Easter Bunny Hop throughout the borough
- Build on events and campaigns from 24/25
- Deliver 2 x MSP fundraising events
- Establishing a year-round events calendar

All fundraising activities were monitored internally as part of staff supervision and scrutinised by our Business & Finance Director in line with finance policies and procedures. No complaints were received with regards to fundraising activities carried out in this period.

2024–2025 has been a year of significant impact and continued resilience. We have deepened our support to survivors, expanded our reach through training and partnerships, and laid foundations for future growth. The Trustees remain proud of our dedicated staff, volunteers, and partners who make this work possible.

Impact Measurement: The impact of domestic violence is wide ranging; to address this varied need My Sister's Place prioritises three main outcome areas that are relevant to all age groups and are tracked using our Oasis: On Track Case Management system:-

- Safety – Using a nationally recognised multi-agency risk assessment and management system to assess, manage and reduce the risk of further harm to women and children.

- Social Justice – My Sister's Place provides advocacy in a range of settings including criminal and civil justice, money advice, housing and immigration. The impact of this is tracked through support plans via on track.

- Health and Wellbeing - We recognise the negative impact on both physical and mental health and our counselling service addresses the immediate emotional needs and offers pathways through the recovery process. We measure the impact of these interventions through CORE-IMS and the Short Warwick Edinburgh scale.

FINANCIAL REVIEW AND RESERVES POLICY

My Sister's Place ends this financial year with a deficit of £156,937 (2024: £57,812). Plans are in place to increase income generation as part of a sustainability strategy which includes training income and the development of a dispersed property portfolio. Staff restructuring is also taking place.

The charity's reserves policy is to aim to have an amount in free reserves to cover 3 months of expenditure. The trustees feel that this amount is sufficient to allow the charity to affect a smooth exit, should this ever be required. Free reserves are unrestricted funds which are not designated.

At 31 March 2025, included in the unrestricted reserves of £777,812 were designated funds of £388,190 set out to cover future expenditure. At the year-end free reserves were £389,622. This exceeds the target of 3 months expenditure. At the year-end restricted reserves were £67,646.

Included within the unrestricted reserves are designated reserves which have been set aside for specific areas of spend by the trustees, this is to ensure that these future projects are protected and will not be so heavily reliant on securing grant funding in order to pursue activities which the trustees feel will further the charity's objectives. £388,190 is designated to allow property investment which will enable the charity to provide secure immediate furnished accommodation for our most vulnerable service users.

Principal Risks
My Sister's Place maintains and reviews its risk register in line with the organisation risk management policy. All major risks have been reviewed and systems have been established to manage these risks.

Principal risks continue to be -

Staff recruitment and retention: Staff are extremely tired following an intense period in our history that shows no signs of abating. This is a national issue not only in the charity Sector but across all sectors of employment. Local Authorities and Police forces have been allocated governmental funding to tackle VAWG and staff are being drawn to the public sector as the terms and conditions are better. Charities cannot compete. This continues to be raised at a national level with the DA Commissioner and the Home Office.

Capacity: Lack of capacity to deliver services and develop new projects. This issue has and continues to be raised with our commissioner's.

Covid recovery and Cost of Living: Continued pressure from the external environment impacts on our ability to implement services. We are working with our partners to mitigate the risks as far as possible.

My Sister's Place Trading Limited
My Sister's Place Trading Limited is a 100% subsidiary of the charity which was incorporated on 30 April 2018 and started to trade that year.

The trading arm is no longer active and has been dissolved post year end.

Plans for the Future
MSP strategic direction of travel in the next three years is set out in our Strategic Plan.

Strategic Priorities - We have set three key Strategic Priorities creating a framework which outlines what we want to achieve, what difference this will make and how we will measure our success;

Early Intervention and Prevention
Our intention is to adopt and promote a public health, whole systems approach to preventing VAWG to generate lasting change in our community.

Inclusive Services and Recovery
Our intention is to continue to deliver high quality, trauma informed and end to end services for those impacted by VAWG, and to expand these services ensuring they are inclusive for all. MSP were an early adopter of trauma informed practice - our therapeutic model is Nationally recognised, and we want to continue to invest in this.

Sustainable Organisation
Our intention is to lead an effective, well governed, and sustainable organisation which recognises and values our people.

Our underpinning themes which cut across all strategic priorities are: Co-production, Partnership, Gender Based perspective.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document
The organisation is a charitable Company Limited by Guarantee and incorporated on 23 April 2010 and is governed under its Articles of Association. The company registered as a charity on 6th August 2010. On 1st April 2011 the company took over the assets and activities of My Sister's Place Women's Advice Centre, an unincorporated charity which was established in 2002.

Recruitment and Appointment, Induction and Training of Trustees

Trustees are appointed at a meeting of the charity's board on the basis of nominations received by the board. Trustees are selected by the board based on their eligibility, personal competence, specialist skills and relevant experience. New trustees receive an induction in the workings of the charity and ongoing training needs are identified by individual board members and through annual skills analysis. The charity insurance includes trustee indemnity cover. All trustees appointed by the board must retire at the next AGM and stand for re-election.

My Sister's Place
and its Subsidiary Company

Report of The Trustees
for the Year Ended 31 March 2025

Organisational Structure
The Board of Management, consisting of trustees and officers, meet at least quarterly to decide matters of policy and strategy. Day to day management is delegated to Chief Officer and her team.

Key Management Personnel Remuneration
The Trustees consider the Board of Trustees and the Chief Officer to be key management personnel. The charity has a salary framework detailing the skills abilities and responsibilities for all roles and related pay bands which includes key management personnel.

Staff grades are historical and have increased with national payscale increases, inflation uplift and increments. We complete benchmarking exercises periodically to make sure all staff are in the range and for staff retention.

No remuneration is paid to trustees.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also Directors of My Sister's Place for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:-

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all the steps that we ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the Trustees and authorised to sign on their behalf.

J. Shield ..... - Treasurer

Dated: ....21/01/2026.....

My Sister's Place
and its Subsidiary Company

Report and Financial Statements
for the Year Ended 31 March 2025

Charity Commissioners Charity No. 1137319

Registrar of Companies Company No. 07233811

ANDERSON BARROWCLIFF LIMITED
Chartered Accountants

My Sister's Place
and its Subsidiary Company

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My Sister's Place
and its Subsidiary Company

Company Information

Trustees		
	Helen Mather	Chair
	Jennifer Shield	- Treasurer
	Amanda Senior	- Member
	Melanie Butler	- Member (resigned 16/07/2025)
	Lindsey Hazle	- Member (resigned 16/07/2025)
	Rachel Smith	- Member (appointed 20/11/2024)
Chief Officer	Lesley Storey	
Company Number	07233811	
Charity Number	1137319	
Registered Office	121-123 Borough Road Middlesbrough TS1 3AN	
Bankers	Virgin Money 7 Linthorpe Road Middlesbrough TS1 1RF	
	Santander 17 – 19 Linthorpe Road Middlesbrough TS1 1RG	
Auditors	Anderson Barrowcliff Limited 3 Kingfisher Court Bowesfield Park Stockton on Tees TS18 3EX	

My Sister's Place
and its Subsidiary Company

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for the Year Ended 31 March 2025

The Trustees present their report together with financial statements of the charity for the year ended 31 March 2025. This also serves as a Directors Report for the purposes of company law.

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- To promote for the public benefit and with a view to public protection and the preservation of order, the provision of services directed towards the prevention of domestic violence.
- The support of women and children who have suffered or are in danger of suffering disadvantage, exploitation and/or violence from perpetrators known to them.
- To advance the education of voluntary and statutory agencies and the public in all aspects of domestic violence against women by known men, its causes, remedies and provision.

My Sister's Place are a specialist trauma informed Violence Against Women and Girls service (VAWG) service with over 23 years of experience based in Middlesbrough. Commitment to excellence in all areas of our services is underpinned by nationally recognised accreditations from the British Association for Counselling and Psychotherapy (BACP), Women's Aid and Safe Lives.

We are one of the few VAWG services in the UK who are BACP Accredited and were early adopters of trauma informed practice. We provide holistic, therapeutic, practical support to victims through their journey out of abuse and support survivors to make life-changing decisions around personal safety, housing, finances, criminal and civil justice, fighting to keep children, immigration justice and threats of deportation. We also give mental health support for the psychological recovery from the impacts of interpersonal trauma and abuse.

Our services are accessible to diverse communities with unique demographics and locally defined needs. We have an in-depth understanding of the issues, challenges and health inequalities affecting families we work with. Our services meet the needs of survivors who have some of the highest levels of risk, poverty, and multiple disadvantages nationally. The area in which we work has high levels of violent crime/sexual exploitation and communities who are marginalised and may not traditionally present to mainstream services e.g., LGBT+, Black and Minoritised Communities, Gypsy, Roma and Traveler (GRT) communities, survivors with complex needs, individuals with drug and alcohol dependency, poor mental health and learning/physical disabilities. In addition, we support those who have experienced Female Genital Mutilation, domestic slavery and trafficking.

Our expert teams of adult and children's therapists, Independent Domestic Violence Advocates (IDVAs), Young Peoples Domestic Violence Advocates (CYP-IDVAs) and Economic Abuse Support Workers (EASW's), offer individual targeted support services to adults and children aged 4yrs and over with multiple and complex needs.

Working from a trauma informed perspective, we assess and manage all levels of risk, identify support needs, safeguard, generate options / choices through specialist provision, advocate ensuring justice for victims/survivors and work proactively within multi-agency landscapes to improve survivors' safety and keep their voices at the centre of our work.

Our Aim
To encourage, enable and empower, we believe that given the right resources everyone has the capacity to thrive

Our Vision
To create safer communities where everyone can live free from domestic abuse and sexual violence

My Sister's Place
and its Subsidiary Company

Report of The Trustees
for the Year Ended 31 March 2025

Our Mission
To provide high quality, innovative, end to end services, which enable individuals and families to move from surviving to thriving.

Our Values
My Sisters Place stands for a place of safety, hope and change.

- A place of **SAFETY** for those seeking escape from domestic abuse
- The right level of practical help and emotional support to aid recovery and build **HOPE**
- The possibility of a life **CHANGE** towards a better future

Volunteers
MSP is supported by five dedicated volunteers who provide significant value to the organisation. They assist in co-facilitating the Freedom Programme and the Stepping Stones peer support group, as well as carrying out reception duties, administrative support, fundraising activities, contributing to social media campaigns and supporting counselling.

Each volunteer contributes an estimated 8–10 hours per week. Their commitment enables our paid staff to focus on high-risk cases and frontline service delivery, demonstrating the importance of volunteer contributions in sustaining our support model.

How our Activities Deliver Public Benefit
Our main activities and who we try to help are detailed below. Our charitable activities focus on supporting those who have experienced domestic violence and are undertaken to further our charitable purpose for the public benefit.

In setting our objectives and planning our activities the trustees have considered the Charity Commission guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Service demand remains consistently high. In 2024–2025, MSP received 5,560 requests for support, marking a **6.8% increase** from the previous year. This growth reflects both increasing awareness and the growing needs of our community.
We have commenced delivery of our 3-Year Strategic Plan, developed with stakeholders, staff, and survivors. It reflects key priorities:

1 Supporting women and children who do not trust or access statutory services through drop-in support.

2 Expanding support for victims of economic abuse who often fall through service gaps.

Despite a challenging environment of austerity, welfare reform, and non-specialist commissioning, MSP continues to advocate for quality, trauma-informed, and gender-responsive services.

Addressing Economic Abuse:
Our Economic Abuse Team supported 239 clients with a wide range of interventions, including:

- Assistance with welfare benefits and appeals for clients **£215,993**
- Access to grants (e.g., Buttle UK, FurbdIT).
- Help securing accommodation and removal costs.
- Budgeting advice and support
- Reduction in water rates payable by those supported of **£5,808 annually**
- Debt support through PayPlan and Surviving Economic Abuse. **59 referrals**
- Access to SIM cards, digital devices, and training/volunteering.

Additional funding was secured in 2024–25 to directly support families in need with essentials such as food, clothing, and housing items. See table below:

Funds used to support women and children	Amount
Smallwood Trust	£27,637
Safe Lives/NatWest Circle Fund	£2,286
Women's Aid Future and Flee Fund	£4,000
Grants (VRF, Buttle, FurbdIT)	£14,323

Safeguarding
Our in-house Safeguarding Leads have played a vital role in ensuring the safety and wellbeing of all clients, staff, and partner professionals interacting with MSP. Key activities include:

- Responding to **2,181** safeguarding enquiries
- Attending 3–4 statutory children's meetings and 1–2 adult safeguarding meetings weekly
- Daily support for staff, including quality assurance of referrals to Children's Social Care, Adult Services, MARAC, and LADO
- Delivery of internal safeguarding training in addition to local authority provision

Safeguarding remains a priority area of continuous development across policy, practice, and training.

Training and Consultancy
We delivered two major training contracts during the year:

1 **Ministry of Justice**: We were part of the Northern Training Consortium delivering trauma-informed training to sexual violence professionals. MSP developed and delivered a bespoke 2-day training for ISVAs and a 1-day trauma-informed management course. A total of **216** professionals were trained across **15** sessions.

2 **Local Authority**: We developed and delivered training to over **350** professionals (Social Workers, Early Help Practitioners, Housing Officers) on the dynamics of domestic abuse, risk assessment, and safety planning. This programme has been recommissioned for another year.

We also delivered tailored sessions to community groups, foster carers, and university students, receiving consistent, positive feedback

Student Engagement and Placements
We hosted two Social Work students and several therapy placement students. The students contributed to frontline delivery and benefitted from our trauma-informed environment. Following the success of these placements, MSP now contributes to Teesside University's Social Work BA programme and continues to expand therapeutic placements for counselling students.

Children and Young People - Preventing Abuse
Our Children and Young Person's service is suitable for young people aged 13 - 24 years who are experiencing domestic abuse in their own interpersonal relationship. We offer 1-1 support to enable young people to make informed choices around their relationship; to increase safety from domestic abuse and work through their feelings to identify the impact the abuse is having on their lives.

The direct work is client-led, an approach that allows young people to explore the relationship between power and control abuse and toxic relationships, developing their understanding of healthy and unhealthy relationships. Assistance is given for young people to help recognise signs of domestic abuse and unhealthy relationships and to allow them to develop an awareness of how to respond to domestic abuse.

Through 1:1 sessions, we support them to:

- Recognise signs of abuse.
- Explore healthy/unhealthy relationship dynamics.
- Make informed, safe choices.

We also delivered:

- **Primary Schools**: Year 6 workshops in 7 schools (**341 pupils**) and a further 10 scheduled (**397 pupils**).
- **Secondary Schools**: Workshops in 4 schools reaching **1,074 students**
- **Colleges**: Sessions for **122 students** at Middlesbrough College; NACRO workshops planned.

Topics covered include consent, equality, boundaries, and support pathways.

As part of our 3-year strategy we aim to develop our Children and Young Persons service.

Counselling and Therapeutic Services

My Sisters Place Counselling and Therapeutic Services continued to deliver effective therapy to adult survivors 16 years and over accessing the service supported by consistent, robust, and evidenced therapeutic outcomes throughout 2023 to 2024.

Service and Delivery
In the adult counselling service **202 survivors** completed a course of therapy with **76%** seeing significant improvements in their physical and psychological health and well-being with **86%** of survivors experiencing suicidal or self-harming thoughts seeing a reduction in risk as a result of accessing therapeutic support. The service continued to meet the needs of marginalized groups with **9% of clients** from the LGBTQ+ community and **12% of clients** from minority ethnic communities access the service and **4 male** survivors accessed therapy.

Waiting Times
The service worked hard to keep waiting times low to ensure access to therapy was available 'at the point of most need' and achieved an average waiting time from receipt of referral to therapy start of only **37 days**.

Sessions Delivered
Survivors attended **2284** sessions an average attended **73%** of sessions booked. The service received **642** referrals and completed **300** therapeutic assessments, prior to therapy commencing, to ensure the therapeutic needs of survivors were front and centre and that therapy was tailored and individualised to those needs.

Brief Interventions project
The project provides practitioners, within our main support service, access to immediate brief interventions for clients they are supporting. Brief short-term interventions are provided to help stabilise and contain at the point of most need for clients experiencing high levels of anxiety and trauma. The BI Project provided support to an additional **106 clients** and delivered a further **131 sessions.**

ME TIME Children and Young Peoples Therapy Service

ME TIME Therapy Service continued to build on effective referral pathways by providing access to trauma informed therapy to the most vulnerable children and young people involved within the safeguarding arena. The service continued to recognise and support the holistic needs of the family by providing a range of short-, medium- and longer-term interventions for children and young people 4-18yrs in addition to pathways for parents to access therapeutic support to build their own resources and further support their children's whilst they access the ME TIME service.

The service received **116 referrals** and delivered **501 direct** one-to-one and group sessions to children and young people aged **4-18yrs**. In addition, **200 Therapeutic assessments** were completed prior to therapy commencing to ensure the needs of children and young people were understood and their voices heard. 10 **parents** were supported through our ME TIME Parent pathway or received trauma specific support via our Healing Together One to One for Parents to support them with a further **71 sessions** delivered.

Force Control Room IDVA
We have an Independent Domestic Violence Advisor (IDVA) based within Cleveland Police's Force Control Room. The role strengthens the link between frontline police response and domestic abuse support services, ensuring timely safeguarding interventions and improving outcomes for victims.

The primary purpose of the Control Room IDVA is to support effective and timely information sharing between Cleveland Police and My Sisters Place (MSP). The role plays a critical part in ensuring that victims of domestic abuse receive appropriate, informed, and coordinated support at the earliest opportunity following police contact.

Route 2
This service is currently not operating due to funding streams closing. However, we are optimistic about the future.

We will continue to explore commissioning pathways in order to expand the services we offer to a wider catchment area and seek to ensure that Route2 can return to providing the quality service that is highlighted in its reputation.

IRIS Middlesbrough

The added value of investment from Changing Futures in 2024/2025 has enabled this programme to be rolled out on a full-time basis and allowed Middlesbrough to recruit more GP surgeries who are now IRIS surgeries and increase the number of clinical and non-clinical staff with a clear understanding of pathways and when it is appropriate to use routine enquiry to ask about domestic abuse. The Advocate Educator provides ongoing support to the entire GP surgery team and offers dedicated advice and consultancy on individual cases. They are embedded in the surgery providing easy access to specialist DA provision.

During 2024 / 2025 IRIS trained **116** Clinical and **138** non-clinical staff in recognising abuse, being alert to indicators and understanding the links between mental health and domestic abuse. The training has been delivered over **22** training sessions.

15 of 18 GP surgeries in Middlesbrough have now received IRIS training and are IRIS accredited either via in-house training and/or virtual training. Additional Funding provided by Changing Futures in 2024/2025 enabled three new GP surgeries to be contacted and offered training during this period.

During 2024/2025 IRIS received **120** direct referrals from GP surgeries. Demographic data collected at point of referral evidence that over two thirds of those referrals are for those with protected characteristics due to age, gender, disability and or ethnicity. When IRIS training has been delivered in GP surgeries, far greater numbers of patients are identified as experiencing domestic abuse.

Equality and Diversity
MSP is committed to inclusivity and equity. All staff complete mandatory equality and diversity training, and we are enhancing our organisational capacity in areas such as neurodiversity and disability inclusion through partnerships with organisations like Disability Rights UK.

We actively support Trans and Non-Binary survivors, collaborate with HART Gables, and are developing peer support groups for young people, men, and Black and minoritised communities to address unmet needs.

Partnership and Community
No single agency can tackle VAWG alone and successful partnerships are key to tackling the problem. At MSP we are actively engaged in developing partnerships and firmly embedded in the local community and are a trusted hyper local service. Approx. 80% of our staff and volunteers are local people who have a lived experience of abuse in some form. We are a part of the community, and we are from the community, therefore our knowledge and skill base of local need has deep authentic roots. Our staff also work from local GP surgeries, community hubs, and schools further extending our reach.

We are strategically and operationally involved in MARAC (The Multi-Agency Risk Assessment Conference) an information sharing and action planning meeting for victims of domestic abuse who are at risk of serious harm or death. MSP share chairing MARAC with the Police.

We attend Multi-Agency Tasking and Coordination 'MATAC', meetings led by Cleveland Police, along with key partners, which assesses and plans a bespoke set of interventions to target and disrupt serial perpetrators and/or support them to address their behaviour. Multi-agency public protection arrangements (MAPPA's) are in place to ensure the successful management of violent and sexual offenders.

Funding Strategy
MSP have diversified our funding base delivering on behalf of the Local Authority, The Office of the Police and Crime Commissioner (OPPC), Public Health and a range of grant funders including the Big Lottery and Lloyds Bank Foundation. We have secured six years funding through Smallwood Trust as a grant partner offering direct grants to women to meet their immediate needs and directly address barriers to leaving.

As we move forward with our new strategic approach outlined in our 3 Year Plan our intention is to increase our independence and move away from a reliance on OPCC and LA funding streams – (currently 50% of our income) by generating unrestricted income.

We intend to increase income through our consultancy and training offer which is developing and expanding. This year we began delivering Statutory Domestic Homicide Reviews for Local Authorities. This is a market with significant demand and is under supplied. We are undertaking an internal cost saving exercise and reviewing external provider contracts to reduce overheads.

Fundraising activity:
The charity undertakes a range of fundraising activities to support its charitable purposes. These include fundraising campaigns directed at the general public, sponsored events organised by individuals and groups, and donations from individuals and businesses. During the year the charity raised £41,601 from donations generated through these fundraising activities.

The charity employs a fundraiser to support and coordinate its fundraising activities. The trustees have oversight of fundraising undertaken on the charity's behalf and ensure that it is carried out in accordance with relevant legislation and recognised good practice.

The charity is committed to maintaining high standards in fundraising and seeks to comply with the Code of Fundraising Practice. No material breaches of fundraising regulations occurred during the year. The charity did not receive any fundraising complaints during the year

The trustees take reasonable steps to ensure that fundraising activities are conducted in a manner that protects the public, including vulnerable people, from unreasonable intrusion, pressure or distress.

Looking ahead
Our fundraising goals for the upcoming year focus on expanding our networks, building new relationships and gaining new supporters - both financially and as advocates. We plan to host a series of MSP events, engage with 3rd party events, increase engagement with local businesses and schools, and encourage wider community involvement.

Goals for the upcoming year:

- Gaining 10 new corporate supporters and sponsors
- Launch the new corporate offer
- Introducing a new email marketing system
- Transitioning to a more suitable and effective fundraising platform
- Introduce new donation / payment methods e.g. txt give and tap and pay
- Grow outreach for community fundraising - focus on community hubs, pubs and social clubs, community groups e.g. guides and WI etc.
- Launch Easter Bunny Hop throughout the borough
- Build on events and campaigns from 24/25
- Deliver 2 x MSP fundraising events
- Establishing a year-round events calendar

All fundraising activities were monitored internally as part of staff supervision and scrutinised by our Business & Finance Director in line with finance policies and procedures. No complaints were received with regards to fundraising activities carried out in this period.

2024–2025 has been a year of significant impact and continued resilience. We have deepened our support to survivors, expanded our reach through training and partnerships, and laid foundations for future growth. The Trustees remain proud of our dedicated staff, volunteers, and partners who make this work possible.

Impact Measurement: The impact of domestic violence is wide ranging; to address this varied need My Sister's Place prioritises three main outcome areas that are relevant to all age groups and are tracked using our Oasis: On Track Case Management system:-

- Safety – Using a nationally recognised multi-agency risk assessment and management system to assess, manage and reduce the risk of further harm to women and children.

- Social Justice – My Sister's Place provides advocacy in a range of settings including criminal and civil justice, money advice, housing and immigration. The impact of this is tracked through support plans via on track.

- Health and Wellbeing - We recognise the negative impact on both physical and mental health and our counselling service addresses the immediate emotional needs and offers pathways through the recovery process. We measure the impact of these interventions through CORE-IMS and the Short Warwick Edinburgh scale.

FINANCIAL REVIEW AND RESERVES POLICY

My Sister's Place ends this financial year with a deficit of £156,937 (2024: £57,812). Plans are in place to increase income generation as part of a sustainability strategy which includes training income and the development of a dispersed property portfolio. Staff restructuring is also taking place.

The charity's reserves policy is to aim to have an amount in free reserves to cover 3 months of expenditure. The trustees feel that this amount is sufficient to allow the charity to affect a smooth exit, should this ever be required. Free reserves are unrestricted funds which are not designated.

At 31 March 2025, included in the unrestricted reserves of £777,812 were designated funds of £388,190 set out to cover future expenditure. At the year-end free reserves were £389,622. This exceeds the target of 3 months expenditure. At the year-end restricted reserves were £67,646.

Included within the unrestricted reserves are designated reserves which have been set aside for specific areas of spend by the trustees, this is to ensure that these future projects are protected and will not be so heavily reliant on securing grant funding in order to pursue activities which the trustees feel will further the charity's objectives. £388,190 is designated to allow property investment which will enable the charity to provide secure immediate furnished accommodation for our most vulnerable service users.

Principal Risks
My Sister's Place maintains and reviews its risk register in line with the organisation risk management policy. All major risks have been reviewed and systems have been established to manage these risks.

Principal risks continue to be -

Staff recruitment and retention: Staff are extremely tired following an intense period in our history that shows no signs of abating. This is a national issue not only in the charity Sector but across all sectors of employment. Local Authorities and Police forces have been allocated governmental funding to tackle VAWG and staff are being drawn to the public sector as the terms and conditions are better. Charities cannot compete. This continues to be raised at a national level with the DA Commissioner and the Home Office.

Capacity: Lack of capacity to deliver services and develop new projects. This issue has and continues to be raised with our commissioner's.

Covid recovery and Cost of Living: Continued pressure from the external environment impacts on our ability to implement services. We are working with our partners to mitigate the risks as far as possible.

My Sister's Place Trading Limited
My Sister's Place Trading Limited is a 100% subsidiary of the charity which was incorporated on 30 April 2018 and started to trade that year.

The trading arm is no longer active and has been dissolved post year end.

Plans for the Future
MSP strategic direction of travel in the next three years is set out in our Strategic Plan.

Strategic Priorities - We have set three key Strategic Priorities creating a framework which outlines what we want to achieve, what difference this will make and how we will measure our success;

Early Intervention and Prevention
Our intention is to adopt and promote a public health, whole systems approach to preventing VAWG to generate lasting change in our community.

Inclusive Services and Recovery
Our intention is to continue to deliver high quality, trauma informed and end to end services for those impacted by VAWG, and to expand these services ensuring they are inclusive for all. MSP were an early adopter of trauma informed practice - our therapeutic model is Nationally recognised, and we want to continue to invest in this.

Sustainable Organisation
Our intention is to lead an effective, well governed, and sustainable organisation which recognises and values our people.

Our underpinning themes which cut across all strategic priorities are: Co-production, Partnership, Gender Based perspective.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document
The organisation is a charitable Company Limited by Guarantee and incorporated on 23 April 2010 and is governed under its Articles of Association. The company registered as a charity on 6th August 2010. On 1st April 2011 the company took over the assets and activities of My Sister's Place Women's Advice Centre, an unincorporated charity which was established in 2002.

Recruitment and Appointment, Induction and Training of Trustees

Trustees are appointed at a meeting of the charity's board on the basis of nominations received by the board. Trustees are selected by the board based on their eligibility, personal competence, specialist skills and relevant experience. New trustees receive an induction in the workings of the charity and ongoing training needs are identified by individual board members and through annual skills analysis. The charity insurance includes trustee indemnity cover. All trustees appointed by the board must retire at the next AGM and stand for re-election.

Report of The Trustees
for the Year Ended 31 March 2025

Organisational Structure
The Board of Management, consisting of trustees and officers, meet at least quarterly to decide matters of policy and strategy. Day to day management is delegated to Chief Officer and her team.

Key Management Personnel Remuneration
The Trustees consider the Board of Trustees and the Chief Officer to be key management personnel. The charity has a salary framework detailing the skills abilities and responsibilities for all roles and related pay bands which includes key management personnel.

Staff grades are historical and have increased with national payscale increases, inflation uplift and increments. We complete benchmarking exercises periodically to make sure all staff are in the range and for staff retention.

No remuneration is paid to trustees.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also Directors of My Sister's Place for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:-

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all the steps that we ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the Trustees and authorised to sign on their behalf.

J. Shield ..... - Treasurer

Dated: ...21/01/2026.....

My Sister's Place
and its Subsidiary Company

Report of the Independent Auditor to the Members of My Sister's Place

Opinion

We have audited the financial statements of My Sister's Place (the parent company) and its subsidiary for the year ended 31 March 2025 which comprise the Consolidated Statement of Financial Activities, Consolidated Balance Sheet, Charity Balance Sheet, Consolidated Cash Flow Statement and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:-

- give a true and fair view of the state of the charitable company's and subsidiary's affairs as at 31 March 2025, and of the incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the group and parent company's ability to continue as a going concern for the period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The directors are responsible for the other information. The other information comprises the information in the Report of the Trustees but does not include the financial statements and our Report of the Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Report of the Independent Auditor to the Members of My Sister's Place

Opinion on other matter prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the group and the parent company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:-

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the parent company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

Responsibilities of trustees
As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements
We have been appointed as auditors under Section 151 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

Based on our understanding of the charity, we have considered applicable laws and regulations which may be fundamental to the charity's ability to operate or to avoid a material penalty, and we considered the extent to which non-compliance might have a material effect on the financial statements. We considered management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to the posting of inappropriate manual journal entries to manipulate financial performance, management bias in significant accounting estimates and any significant one-off or unusual transactions.

Report of the Independent Auditor to the Members of My Sister's Place

We discussed among the audit engagement team the opportunities and incentives that may exist within the organisation for fraud and how and where fraud might occur in the financial statements.

Audit procedures performed by the engagement team included:

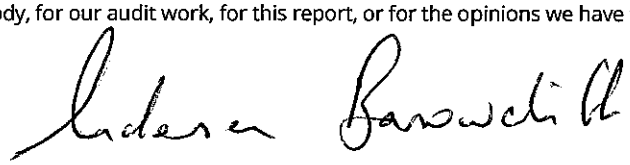
- Enquiry of management and those charged with governance around actual and potential litigation and claims.
- Enquiry of entity staff to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.
- Challenging estimates and judgements made by management in their significant accounting estimates.
- Revenue recognition; agreeing a sample of revenue transactions to gain assurance over the occurrence and accuracy of revenue and also to ensure revenue has been recognised in the correct period.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. The risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



For and on behalf of Anderson Barrowcliff Limited Chartered Accountants
Statutory Auditors
Chartered Accountants – Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006.
3 Kingfisher Court
Bowesfield Park
Stockton on Tees
TS18 3EX

Date: 26/1/24

My Sister's Place
and its Subsidiary Company

Consolidated Statement of Financial Activities (Including Income and Expenditure Account)
for the Year Ended 31 March 2025

	Notes	2025 Unrestricted Funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £
Income and endowments from:					
Donations & legacies	2	**53,601**	**-**	**53,601**	68,878
Charitable activities	3	**122,536**	**1,030,827**	**1,153,363**	1,170,985
Other trading activities	4	**61,404**	**4,000**	**65,404**	73,503
Other income - insurance claim		**6,190**	**-**	**6,190**	-
Investments - interest received		**3,148**	**-**	**3,148**	2,921
Total Income		**246,879**	**1,034,827**	**1,281,706**	1,316,287
Expenditure on:					
Raising funds	5	**33,724**	**-**	**33,724**	7,390
Charitable activities	6	**382,289**	**1,022,630**	**1,404,919**	1,366,709
Total Expenditure		**416,013**	**1,022,630**	**1,438,643**	1,374,099
Net expenditure/(income) for the year		**(169,134)**	**12,197**	**(156,937)**	(57,812)
Transfers		**(4,980)**	**4,980**	**-**	
Net movement in funds		**(174,114)**	**17,177**	**(156,937)**	(57,812)
Funds brought forward	12	**951,926**	**50,469**	**1,002,395**	1,060,207
Fund balance carried forward		**777,812**	**67,646**	**845,458**	1,002,395

The accompanying notes form part of these financial statements

My Sister's Place
and its Subsidiary Company

Consolidated Balance Sheet as at 31 March 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed Assets					
Tangible assets	8		**209,278**		338,686
Current Assets					
Debtors	10	**61,463**		94,403	
Cash at bank and in hand		**644,770**		635,913	
		706,233		730,316	
Creditors: Amounts falling due within one year	11	**70,053**		66,607	
Net Current Assets			**636,180**		663,709
Net Assets			**845,458**		1,002,395
Funds					
Restricted funds	12		**67,646**		50,469
Unrestricted funds					
Unrestricted income funds	12	**389,622**		552,500	
Designated funds	12	**388,190**		399,426	
			777,812		951,926
Total Funds			**845,458**		1,002,395

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 (the "Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act. However, an audit is required in accordance with section 151 of the Charities Act 2011.

The trustees acknowledge their responsibilities for:

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These accounts have been prepared in accordance with the special provision in Part 15 of the Companies Act 2006 relating to small companies.

J. Shield

J Shield- Treasurer and director

The accounts were approved by the Board on 21/01/2026 and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Balance Sheet as at 31 March 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed Assets					
Tangible assets	8		**209,278**		338,686
Investments	9		**-**		1
					338,687
Current Assets					
Debtors	10	**61,463**		142,148	
Cash at bank and in hand		**644,770**		587,687	
		706,233		729,835	
Creditors: Amounts falling due within one year	11	**70,053**		66,127	
Net Current Assets			**636,180**		663,708
Net Assets			**845,458**		1,002,395
Funds					
Restricted funds	12		**67,646**		50,469
Unrestricted funds					
Unrestricted income funds	12	**389,622**		552,500	
Designated funds	12	**388,190**		399,426	
			777,812		951,926
Total Funds			**845,458**		1,002,395

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These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

J. Shield.

J Shield- Treasurer and director

The accounts were approved by the Board on 21/01/2026 and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Consolidated Statement of Cash Flows for the Year Ended 31 March 2025

	Notes		2025 £	2024 £
Cash flows from operating activities:				
Cash generated from operations	18		**(63,503)**	77,594
Cash flows from investing activities				
Interest received		**3,148**		2,921
Purchase of tangible fixed assets		**-**		(9,643)
Sale of tangible fixed assets		**117,438**		-
Net cash used in investing activities			**120,586**	(6,722)
Change in cash and cash equivalents in the reporting period			**57,083**	70,872
Cash and cash equivalents at the beginning of the reporting period			**587,687**	565,041
Cash and cash equivalents at the end of the reporting period			**644,770**	635,913

The accompanying notes form part of these financial statements.

Notes to the Financial Statements for the Year Ended 31 March 2025

1 ACCOUNTING POLICIES

(a) **General Information and Basis of Preparation**

My Sister's Place is a private company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are as an independent 'One Stop Shop' for women who are suffering, or have suffered, domestic violence.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) **Basis of consolidation**

The financial statements consolidate the results of the charity and it's wholly owned subsidiary, My Sister's Place Trading Limited.

(c) **Income Recognition**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations and grants to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation or grant and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

Investment income is earned through holding cash in deposit accounts and is recognised when it is earned.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the notes to the accounts.

The grants are recognised using the accrual model.

There is no netting off of expenditure within the accounts.

1 ACCOUNTING POLICIES (continued)

(d) **Expenditure Recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following headings:-

- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities. It includes both costs which can be directly allocated to activities and those costs of an indirect nature.
- Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel and payroll.
- Governance costs are those incurred in connection with compliance with constitutional and statutory requirements.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

(e) **Tangible Fixed Assets**

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life.

Depreciation has been charged at:-

Freehold property	-	4% straight line
Fixtures, fittings & equipment	-	25% straight line

(f) **Debtors and Creditors Receivable/Payable Within One Year**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

(g) **Cash at Bank**

Cash at bank and cash 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.

(h) **Pension Costs**

The charity operates a fully insured contributory defined contribution pension scheme for all employees. The company contributions are charged to the SOFA in the period to which they relate.

(i) **Taxation**

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1 ACCOUNTING POLICIES (continued)

(j) **Operating Leases**
Rentals payable under operating leases are charged to the SOFA on a straight-line basis over the period of the lease.

(k) **Termination payments**
Termination payments are recognised in the SOFA in the period they are paid.

(l) **Going Concern**
The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

(m) **Judgements and Key Sources of Estimation Uncertainty**
In the application of the charitable company's accounting policies, which are described above, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

(n) **Fund accounting**
Unrestricted funds 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.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

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 cost 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.

2 DONATIONS AND LEGACIES

	2025			2024
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Fundraising and sundry donations	**37,242**	**-**	**37,242**	42,347
The Big Give	**3,374**	**-**	**3,374**	13,428
Donated premises	**12,000**	**-**	**12,000**	12,000
Middlesbrough Lottery	**985**	**-**	**985**	1,103
	53,601	**-**	**53,601**	68,878

The donated premises are the estimated market value rent of the property donated to the charity by Middlesbrough Council.

In 2024 all donations related to unrestricted funds.

3 INCOME FROM CHARITABLE ACTIVITIES

	2025			2024
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Counselling Henry Smith	**-**	**68,200**	**68,200**	66,400
WWIN - NHS Charities Partnership	**-**	**-**	**-**	53,522
Big Lottery Fund - Counselling & Building Capabilities	**-**	**108,234**	**108,234**	115,543
Smallwood Trust	**-**	**33,500**	**33,500**	60,650
Natwest	**-**	**4,000**	**4,000**	-
PCC Perpetrator project	**-**	**-**	**-**	58,298
Leathersellers	**27,536**	**-**	**27,536**	24,008
MBC combined	**-**	**573,659**	**573,659**	-
MBC Recovery grant/admin support	**-**	**-**	**-**	24,030
MBC Services (CYP)	**-**	**-**	**-**	80,931
MBC Services Lot 2	**-**	**-**	**-**	253,465
MBC x 2 IDVAS	**-**	**-**	**-**	36,509
MBC Victim Survivor	**-**	**-**	**-**	17,474
Masons	**-**	**30,764**	**30,764**	17,153
PCC IDVA/ISVA	**-**	**212,470**	**212,470**	212,470
Scope	**-**	**-**	**-**	62,911
IRIS	**-**	**-**	**-**	25,145
ASK me	**-**	**-**	**-**	28,236
Navigator accommodation	**-**	**-**	**-**	34,240
Garfield Weston	**75,000**	**-**	**75,000**	-
Ballinger Trust	**20,000**	**-**	**20,000**	-
Total	**122,536**	**1,030,827**	**1,153,363**	1,170,985

In 2024 £1,155,985 of the income from charitable activities related to restricted funds and £15,000 related to unrestricted funds.

4 INCOME FROM TRADING ACTIVITIES

	2025 Unrestricted Funds £	2025 Restricted Funds £	Total Funds £	2024 Total Funds £
Ticket income	-	-	-	110
IWD Event	-	-	-	4,717
Corporate supporters	-	-	-	438
Access to work income	-	-	-	8,612
Training income	**36,533**	-	**36,533**	40,741
Housing Benefit	**3,563**	-	**3,563**	15,881
Women aid	**8,050**	**4,000**	**12,050**	-
Other	**13,258**	-	**13,258**	3,004
Total	**61,404**	**4,000**	**65,404**	73,503

In 2024 £8,612 of income from trading activities related to restricted income and £64,891 related to unrestricted income.

5 RAISING FUNDS EXPENDITURE

	2025 £	2024 £
Staff costs	**33,724**	4,198
Fundraising costs	-	3,192
Total	**33,724**	7,390

In 2024 all of the expenditure related to unrestricted funds.

6 EXPENDITURE ON CHARITABLE ACTIVITIES

	2025	2024
	£	£
Direct costs		
Staff costs	**932,905**	946,722
Travel, training & supervision	**9,552**	12,374
Computer & telephone costs	**50,457**	54,789
Property costs	**6,974**	12,329
Property works	**28,813**	8,237
Project costs	**4,219**	12,720
Client costs	**33,092**	45,231
Professional fees & supervision	**6,465**	6,914
Depreciation	**13,940**	9,768
Gift in kind - rent	**12,000**	12,000
Profit on disposal of land & buildings	**(1,969)**	-
Loss on disposal of investment	**1**	-
	1,096,449	1,121,084
Support costs		
Staff costs	**222,338**	117,924
Postage, stationery & general admin costs	**12,330**	19,639
Premises costs	**28,194**	38,498
Bookkeeping costs	**24,773**	41,250
Consultancy	**5,835**	7,228
Bad debts	**-**	6,890
	293,470	231,429
Governance costs		
Accountancy - Audit fee	**6,600**	6,600
- Other services	**8,400**	7,596
	1,404,919	1,366,709

In 2024 £162,638 of expenditure on charitable activities related to unrestricted funds and £1,204,071 related to restricted funds.

7 STAFF COSTS

	2025	2024
	£	£
Salaries and wages	**1,042,685**	944,266
Social Security costs	**91,096**	76,416
Pension	**47,996**	39,223
Other staff costs – settlement payment	**7,190**	8,939
	1,188,967	1,068,844

The average number of employees during the year was 41 (2024: 44).

Key Management Personnel Costs
The total amount of employee's remuneration received by key management personnel including employers National Insurance and pension contributions is £72,948 (2024: £69,425). The charitable company considers its key management personnel to be the Chief Officer.

7 STAFF COSTS – continued

The number of employees whose total emoluments (excluding employer pension costs) for the reporting period on the following bands was:

	2025 Number	2024 Number
£60,000 to £70,000 p.a.	**1**	-
	1	-

Trustee Remuneration and Related Party Transactions

No trustees received any remuneration or expenses during the year (2024: Nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into during this or the previous year.

8 TANGIBLE FIXED ASSETS – GROUP & CHARITY

	Land & Buildings £	Fixtures, Fittings & Equipment £	Total £
Cost			
At 1 April 2024	399,513	39,020	**438,533**
Disposals	(118,599)	-	**(118,599)**
At 31 March 2025	280,914	39,020	**319,934**
Depreciation			
At 1 April 2024	69,545	30,302	**99,847**
Charge for year	11,236	2,704	**13,940**
Elimination of disposal	(3,131)	-	**(3,131)**
At 31 March 2025	77,650	33,006	**110,656**
Net Book Value			
31 March 2025	203,264	6,014	**209,278**
31 March 2024	329,968	8,718	**338,686**

9 FIXED ASSET INVESTMENTS

Investments held by the charity represent the entire share capital of its trading subsidiary, My Sister's Place Trading Limited (registered number 11337607). The nature of the company's activities was the operation of a charity shop which closed in 2023. It is now dormant, and was dissolved post year end.

10 DEBTORS

	Charity 2025	Group 2025	Charity 2024	Group 2024
	£	£	£	£
Trade debtors	5,214	5,214	71,376	71,376
Prepayments and accrued income	56,249	56,249	23,027	23,027
Intercompany balance	-	-	47,745	-
	61,463	61,463	142,148	94,403

11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Charity 2025	Group 2025	Charity 2024	Group 2024
	£	£	£	£
Trade creditors	1,646	1,646	-	-
Social security and other taxes	22,941	22,941	17,112	17,112
Accruals and deferred income	34,685	34,685	41,692	42,172
Other creditors	10,781	10,781	7,323	7,323
	70,053	70,053	66,127	66,607

Deferred income includes:-

	Charity 2025	Group 2025	Charity 2024	Group 2024
	£	£	£	£
Brought forward	28,192	28,192	122,921	122,921
Deferred in the year	16,386	16,386	28,192	28,192
Released in the year	(28,192)	(28,192)	(122,921)	(122,921)
Carried forward	16,386	16,386	28,192	28,192

The deferred income relates to income received this year, which relates to 2024/2025, mainly in respect of salary costs and work not yet performed:-

	£
Children in Need	11,386
Leathersellers	5,000
	16,386

12 MOVEMENT IN FUNDS

	At 31.3.24 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31.3.25 £
Restricted Funds					
Smallwood	20,690	33,500	(28,761)	-	**25,429**
Nat West	419	4,000	(1,946)	-	**2,473**
Counselling - Big Lottery Inclusive	-	108,234	(108,234)	-	**-**
Counselling – Henry Smith	-	68,200	(68,734)	534	**-**
The Big Give	-	-	-	-	**-**
MBC (consolidated funds)	29,360	573,659	(566,793)	-	**36,226**
Route 2	-	-	(4,446)	4,446	**-**
Iris	-	-	-	-	**-**
MBC Admin support	-	-	-	-	**-**
IDVA/ISVA	-	212,470	(210,702)	-	**1,768**
Perp project	-	-	-	-	**-**
Masons	-	30,764	(30,764)	-	**-**
Navigator Accommodation	-	-	-	-	**-**
Leathersellers	-	-	-	-	**-**
Access to work	-	-	-	-	**-**
WWIN Homeless Link Project	-	-	-	-	**-**
Womens Aid	-	4,000	(2,250)	-	**1,750**
Restricted Funds Total	50,469	1,034,827	(1,022,630)	4,980	**67,646**

	At 31.3.24 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31.3.25 £
Designated Funds					
Perpetrators Project	22,772	-	-	-	**22,772**
Development of New Areas of Work	27,341	-	-	134,813	**162,154**
Building Fund	349,313	-	(11,236)	(134,813)	**203,264**
	399,426	-	(11,236)	-	**388,190**
General unrestricted funds	552,500	246,879	(404,777)	(4,980)	**389,622**
Total unrestricted funds	951,926	246,879	(416,013)	(4,980)	**777,812**
Total funds	1,002,395	1,281,706	(1,438,643)	-	**845,458**

PURPOSES OF RESTRICTED FUNDS

Smallwood Trust - To provide small grants to women needing support, including management and support costs.

NatWest - to provide financial support through grants to victims of economic abuse and to help survivors move forward.

Big Lottery Fund - A five-year grant with part funding towards Counselling, IDVA and Support Services

MBC Services (CYP) Lot 3 - Local authority funding for Middlesbrough services, funding IDVAs and Counselling staff for Children and Young People Service

MBC Services Lot 2 - Local authority funding for Middlesbrough services, funding IDVAs, Counselling staff and Sanctuary Service

IRIS - Funding for an Iris Educator Advocate for the Middlesbrough IRIS project

MBC Grant Support/Admin Support - Local authority funding towards admin costs

Police & Crime Commissioner (IDVA) - To provide Independent Domestic Violence Advocacy

Masons - A 3-year grant to fund a therapist for CYP service

Navigator Scheme - The money received from Middlesbrough Public Health via MHCLA to provide a Domestic Abuse Navigator, dispersed accommodation and personalisation fund for women facing barriers to safe housing.

Henry Smith – Grant totaling £203,500 towards three years' salary and on costs of a Senior Therapist and a Domestic Abuse Counsellor at a project providing therapeutic services for people affected by domestic abuse in Middlesbrough.

Womens Aid – The money was received to give grants to clients.

The transfer between funds represents overspends on restricted funds financed by unrestricted funds.

PURPOSES OF DESIGNATED FUNDS

The Perpetrators Fund was designated by the trustees for a project which started in May 2016, setting aside £50,000 to bridge funding gaps. During the year, none of this funding was used.

The development of new areas of work: This represents proceeds from the sale of the Albert Centre and is to be used towards premises, investments and other development areas. In the year ended 31 March 2019 two properties were purchased for a total of £118,598 to provide homes for victims of domestic abuse. This money was taken from this fund. The properties were sold during the year and the proceeds of £117,436 have been returned to this fund, together with an adjustment to correct the buildings fund.

The Capital Fund is to fund capital charges for fixtures, fittings and equipment. The surplus on the housing project has been transferred into this fund.

The Buildings Fund represents that element of reserves which relates to the charity's premises.

The designated funds are expected to be spent in the next three to five years in line with the strategic plan.

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS - GROUP

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Fixed assets	209,278		209,278
Net current assets	568,534	67,646	636,180
At 31 March 2025	777,812	67,646	845,458

14 PENSION COSTS

The Company operates a contributory pension scheme. It is a defined contributions scheme and contributions are charged to the SOFA as they accrue. The charge for the year was £47,996 (2024: £39,223).

15 LEASING COMMITMENTS

	2025	2024
	£	£
Operating leases which expire:		
Within 1 year	-	217
Between 1 & 5 years	-	325
	-	542

Payments in the year amounted to £542 (2024: £217).

16 SUBSIDIARY COMPANY

The charity owns 100% of the share capital of My Sister's Place Trading Limited (company number 11337607). The subsidiary was incorporated on 30 April 2018. It is used for non-primary purpose trading activities. A summary of the results of the subsidiary is shown below.

	£
Turnover	-
Expenses	-
Net loss	-

	£
Assets	1
Liabilities	-
Share capital	1

17 RESULTS OF THE PARENT COMPANY

	£
Total incoming resources	1,281,706
Movement in funds	(156,937)

18 RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	Group 2025 £	Group 2024 £
Net income for the reporting period (as per the statement of financial activities)	(156,937)	(57,812)
Adjustments for:		
Depreciation charges	13,940	9,768
Profit on disposal of fixed assets	(1,969)	-
Interest received	(3,148)	(2,921)
Decrease) in debtors	80,685	199,034
(Increase)/Decrease in creditors	3,926	(70,475)
Net cash (used in)/provided by operating activities	(63,503)	77,594

My Sister's Place
and its Subsidiary Company

Report of the Independent Auditor to the Members of My Sister's Place

Opinion

We have audited the financial statements of My Sister's Place (the parent company) and its subsidiary for the year ended 31 March 2025 which comprise the Consolidated Statement of Financial Activities, Consolidated Balance Sheet, Charity Balance Sheet, Consolidated Cash Flow Statement and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:-

- give a true and fair view of the state of the charitable company's and subsidiary's affairs as at 31 March 2025, and of the incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the group and parent company's ability to continue as a going concern for the period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The directors are responsible for the other information. The other information comprises the information in the Report of the Trustees but does not include the financial statements and our Report of the Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Report of the Independent Auditor to the Members of My Sister's Place

Opinion on other matter prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the group and the parent company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:-

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the parent company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

Responsibilities of trustees
As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements
We have been appointed as auditors under Section 151 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

Based on our understanding of the charity, we have considered applicable laws and regulations which may be fundamental to the charity's ability to operate or to avoid a material penalty, and we considered the extent to which non-compliance might have a material effect on the financial statements. We considered management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to the posting of inappropriate manual journal entries to manipulate financial performance, management bias in significant accounting estimates and any significant one-off or unusual transactions.

Report of the Independent Auditor to the Members of My Sister's Place

We discussed among the audit engagement team the opportunities and incentives that may exist within the organisation for fraud and how and where fraud might occur in the financial statements.

Audit procedures performed by the engagement team included:

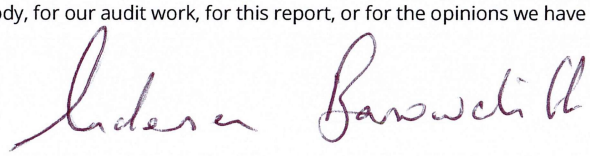
- Enquiry of management and those charged with governance around actual and potential litigation and claims.
- Enquiry of entity staff to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.
- Challenging estimates and judgements made by management in their significant accounting estimates.
- Revenue recognition; agreeing a sample of revenue transactions to gain assurance over the occurrence and accuracy of revenue and also to ensure revenue has been recognised in the correct period.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. The risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



For and on behalf of Anderson Barrowcliff Limited Chartered Accountants
Statutory Auditors
Chartered Accountants – Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006.
3 Kingfisher Court
Bowesfield Park
Stockton on Tees
TS18 3EX

Date: 26/1/2024

MY SISTER'S PLACE

England & Wales - Charity number 1137319

Accounts

My Sister's Place
and its Subsidiary Company

Report and Financial Statements
for the Year Ended 31 March 2024

"Charity Commissioners Copy"
Charity No. 1137319

ANDERSON BARROWCLIFF LIMITED
Chartered Accountants

My Sister's Place
and its Subsidiary Company

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My Sister's Place
and its Subsidiary Company

Company Information

Trustees	Rebecca Samuels	- Chair – resigned 8 November 2023
	Helen Mather	Chair – appointed 17 January 2024
	Jennifer Shield	- Treasurer
	Ema Thornhill	- Member – resigned 12 July 2023
	Amanda Senior	- Member
	Anna Rawling	- Member – resigned 8 November 2023
	Melanie Butler	- Member – appointed 1 April 2023
	Lindsey Hazle	- Member – appointed 1 April 2023
	Rachel Smith	- Member – appointed 20 November 2024
Chief Officer	Lesley Storey	
Company Number	07233811	
Charity Number	1137319	
Registered Office	121-123 Borough Road Middlesbrough TS1 3AN	
Bankers	Virgin Money 7 Linthorpe Road Middlesbrough TS1 1RF	
Auditors	Anderson Barrowcliff Limited 3 Kingfisher Court Bowesfield Park Stockton on Tees TS18 3EX	

Report of The Trustees for the Year Ended 31 March 2024

The Trustees present their report together with financial statements of the charity for the year ended 31 March 2024. The annual report serves the purpose of both a Trustees' Report and Directors' Report under Company Law.

The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published in October 2019.

The Trustees are Directors of the company for the purposes of the Companies Act 2006. The Trustees who have served during the year and since the year end are shown on page 1.

OBJECTIVES AND ACTIVITIES INCLUDING PUBLIC BENEFIT STATEMENT

The charity's objects as set out in its Articles of Association are:

- To promote for the public benefit and with a view to public protection and the preservation of order, the provision of services directed towards the prevention of domestic violence.
- The support of women and children who have suffered or are in danger of suffering disadvantage, exploitation and/or violence from perpetrators known to them.
- To advance the education of voluntary and statutory agencies and the public in all aspects of domestic violence against women by known men, its causes, remedies and provision.

My Sister's Place are a specialist trauma informed Violence Against Women and Girls (VAWG) service with over 22 years of experience based in Middlesbrough. Commitment to excellence in all areas of our services is underpinned by nationally recognised accreditations from the British Association for Counselling and Psychotherapy (BACP), Women's Aid, Safe Lives and RESPECT. We are one of the few VAWG services in the UK who are BACP Accredited and were early adopters of trauma informed practice. We provide holistic, therapeutic, practical support to victims through their journey out of abuse and support survivors to make life-changing decisions around personal safety, housing, finances, criminal and civil justice, fighting to keep children, immigration justice and threats of deportation. We also give mental health support for the psychological recovery from the impacts of interpersonal trauma and abuse.

Our services are accessible to diverse communities with unique demographics and locally defined needs. We have an in-depth understanding of the issues, challenges and health inequalities affecting families we work with. Our services meet the needs of survivors who have some of the highest levels of risk, poverty, and multiple disadvantages nationally. The area in which we work has high levels of violent crime/sexual exploitation and communities who are marginalised and may not traditionally present to mainstream services e.g., LGBT+, Black and Minoritised Communities, Gypsy, Roma and Traveller (GRT) communities, survivors with complex needs, individuals with drug and alcohol dependency, poor mental health and learning/physical disabilities. In addition, we support those who have experienced Female Genital Mutilation, domestic slavery and trafficking.

Our expert teams of adult and children's therapists, Independent Domestic Violence Advocates (IDVAs), Young Peoples Domestic Violence Advocates (CYP-IDVAs) and Economic Abuse Support Workers (EASW's), offer individual targeted support services to adults and children aged 4yrs and over with multiple and complex needs. Working from a trauma informed perspective, we assess and manage all levels of risk, identify support needs, safeguard, generate options / choices through specialist provision, advocate to ensure justice for victims/survivors and work proactively within multi-agency landscapes to improve survivors' safety and keep their voices at the centre of our work.

OBJECTIVES AND ACTIVITIES INCLUDING PUBLIC BENEFIT STATEMENT - continued

Our Aim
To encourage, enable and empower, we believe that given the right resources everyone has the capacity to thrive

Our Vision
To create safer communities where everyone can live free from domestic abuse and sexual violence

Our Mission
To provide high quality, innovative, end to end services, which enable individuals and families to move from surviving to thriving.

Our Values
My Sisters Place stands for a place of safety, hope and change.

- A place of **SAFETY** for those seeking escape from domestic abuse
- The right level of practical help and emotional support to aid recovery and build **HOPE**
- The possibility of a life **CHANGE** towards a better future

Volunteers

My Sister's Place is supported by 5 volunteers who provide a range of services, including co-facilitation of the Freedom Group and Stepping Stones peer support group, reception and administration duties, fundraising, and social media campaigns.

In addition, 207 volunteers have been trained as ASK Me Ambassadors, attending awareness training sessions in the community to spread knowledge of domestic abuse and provide people with a source of assistance.

On average, volunteers dedicate 8-10 hours of their time each week, which is invaluable to My Sisters Place and allows paid employees to focus on high-risk clients.

How our Activities Deliver Public Benefit
Our main activities and who we try to help are detailed below. Our charitable activities focus on supporting those who have experienced domestic violence and are undertaken to further our charitable purpose for the public benefit.

In setting our objectives and planning our activities the trustees have considered the Charity Commission guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Demand for our services continues to remain high. In 2023-2024 we received 5,206 requests for support.

We envisage that demand will continue to rise, and our challenge is to ensure that we are appropriately resourced to provide high quality services to all those who need them.

We have started to put into practice our 3-year strategic plan. This document sets out our strategic intentions and ambitions over the next three years to ensure that our organisation is successful, viable and delivers results. The context in which we operate remains; challenging budget cuts, cost of living crisis, welfare reform and the commissioning of non-specialist services and taking In-House services remain a real threat to our organisation. In addition, the uncertainty of Brexit and the absence of a long-term health, social and economic recovery plan from the coronavirus pandemic will create further unknown challenges which we must be prepared to face.

ACHIEVEMENTS AND PERFORMANCE – continued

In the development of this strategy two themes came through strongly from all stakeholders. Firstly, My Sisters Place (MSP) needs to be able to provide support to those women and their children who trust no other services and need to directly access our drop-in. Secondly, we need to increase our support to those victims of economic abuse who are increasingly falling through gaps. MSP has pivoted resources to addressing economic abuse over the last two years. We have had significant success in delivering trauma informed welfare rights services and we have been successful in obtaining funding from The Lottery to expand this service further over the next three years.

Gendered poverty is a significant issue in Cleveland and we have some of the highest rates of child poverty in the country with many of our clients being in dire need. Before we can address the issues of trauma caused by abuse we often need to ensure food, fuel and basic essential items such as toiletries are provided.

The need to focus on early intervention and prevention is also an issue and the tension between the two demands is currently out of balance and we need to re-focus. We recognise that in order to prevent domestic abuse we must focus on holding perpetrators to account and support evidenced based interventions which change perpetrator behaviour and improve safety for victims.

My Sisters Place has the skills and expertise to deliver perpetrators interventions through our Respect accredited Route 2 project. However, the landscape is complex and we have paused and are undertaking a stakeholder analysis of what our place is in this dynamic landscape.

Over the course of this plan, we will begin a new journey as we develop services for male victims and LGBTi victims of abuse. We want to ensure that we can offer high quality gender responsive provision and therefore we are committed to continuing to develop our male victim services in a collaborative and co-produced way. Our vision is that this service will be standalone under the MSP structure.

As a testament to the excellent work carried out by our IDVA team we were successful in achieving the Safe Lives Leading Lights accreditation for another 3 years, this along with the recently renewed Women's Aid accreditation outlines the fantastic work that the team are achieving.

Addressing Economic Abuse:

Our Economic Abuse Team is having a significant impact on mitigating the impact of economic abuse. During 2023/24 the team worked with 177 clients supported them to:

- Make benefit claims and appeal decisions.
- Find accommodation, apply for funding for removal costs, household items, clothing, income boosts, rent arrears, bonds.
- Apply to Chance for Children (Buttle grants) for items to help children recover.
- Apply for reduced water rates saving families money.
- Look for volunteering opportunities and training courses.
- Budget advice and management.
- Open bank accounts.
- Make referrals to Payplan through a dedicated portal who work with vulnerable clients to help clear debts and refer to Surviving Economic Abuse to write off debts accrued by perpetrators.
- Apply to FurbdIT for reconditioned Ipads and phones to keep people digitally connected.
- Issued prepaid Vodaphone SIM cards.

ACHIEVEMENTS AND PERFORMANCE - continued

During 2023 - 2024 we were successful in generating additional funding to be directed towards families in need – see table below.

Funding received from	Amount
Smallwood Trust	£26,712
Open Philanthropy	£15,592
Benefit backdates	£21,532
Grants (VRF, Buttle, FurbdIT)	£13,984
Ongoing yearly entitlements awarded	£89,344
Reduction in water rates annually	£4,680

Safeguarding

Our Safeguarding Leads continue to add capacity to our Management Team and work towards strengthening our training, policies, procedures, and staff supervision. This dedicated in-house safeguarding specialism allows MSP staff to ensure children and adults connected to our organisation are safeguarded and appropriately supported.

We have a dedicated Safeguarding email address which also supports professionals to reach out regarding concerns about clients in a timely and direct manner. In the past year we have responded to 2417 email enquiries received to the safeguarding inbox, which would otherwise have been sent to Reception, Service Manager or the IDVA team.

Training and Consultancy

Northern Training Consortium
In February 2024 we collaborated with other VAWG services to develop the Northern training consortium (NTC). This is a collaborative training enterprise by northern women's sector organisations IDAS (Independent Domestic Abuse Services), My Sister's Place, The Pankhurst Trust, Wearside Women in Need, Leeds Women's Aid, and Halo Project. We successfully tendered to deliver a large National training programme funded by the Ministry of Justice. MSP created a package of trauma-informed training for ISVAs (Independent Sexual Violence Advisers) which is now being rolled out.

We have provided four final Social Work student placements over the past year, enabling the next generation of Social Workers to adopt a victim-focused view of domestic abuse as they enter practice. We have received outstanding feedback regarding our student placements, and our staff team have benefitted from the additional support students can offer. Following this success, we have been commissioned by Teesside University to provide domestic abuse teaching on their Social Work BA course. We also have Therapy Placements students embedded into our delivery model for trauma counselling enabling us to deliver increased sessions and have a comparatively short waiting time.

TRAINING



ACHIEVEMENTS AND PERFORMANCE - continued

As part of our ongoing commitment to improving links between partner agencies, our Safeguarding Leads have completed bespoke training in domestic abuse and trauma-informed practice with many organisations across Middlesbrough and continue to roll this out across the community. Services reached include:

- NHS – School Nursing, Health Visitors, Perinatal Mental Health
- Police – Vulnerability Unit (PVP) and frontline officers-delivered trauma informed policing
- Children's Social Care
- Adult Social Care
- Recovery Connections (Opiate Service)
- Hart Gables (LGBTQ+ Service)

Children and Young People - Preventing Abuse

Our Children and Young Person's service is suitable for young people aged 13 – 24 years who are experiencing domestic abuse in their own interpersonal relationship. We offer 1-1 support to enable young people to make informed choices around their relationship; to increase safety from domestic abuse and work through their feelings to identify the impact the abuse is having on their lives. The direct work is client led, an approach that allows young people to explore the relationship between power and control abuse and toxic relationships, developing their understanding of healthy and unhealthy relationships. Assistance is given for young people to help recognise signs of domestic abuse and unhealthy relationships and to allow them to develop an awareness of how to respond to domestic abuse.

The (CYP) project reached 1531 children and young people within Middlesbrough. Activities included 1-1 support, workshops which challenged gendered assumptions and explored equality, consent and healthy relationships within primary, secondary school and college.

As part of our 3-year strategy we aim to develop our Children and Young Persons service.

MSP Counselling and Therapeutic Services – Annual Report – 2023 to 2024

My Sisters Place Counselling and Therapeutic Services continued to deliver effective therapy to survivors accessing the service supported by consistent, robust, and evidenced therapeutic outcomes throughout 2023 to 2024.

Service and Delivery

In the adult counselling service **185 survivors** completed a course of therapy with **73%** seeing significant improvements in their physical and psychological health and well-being with **86%** of survivors who were experiencing suicidal or self-harming thoughts seeing a reduction in risk as a result of accessing therapeutic support. The service continued to meet the needs of marginalized groups with **4% of clients** from the LGBTQ+ community and **10% of clients** from Black and minoritised communities access the service and 4 male survivors accessed therapy.

Waiting Times
The service worked hard to keep waiting times low to ensure access to therapy was available 'at the point of most need' and achieved an average waiting time from receipt of referral to therapy start of only **52 days**.

Sessions Delivered
Survivors attended **2027** sessions and on average attended 75% of sessions booked. The service received **603** referrals and completed **246** therapeutic assessments, prior to therapy commencing, to ensure the therapeutic needs of survivors were front and centre and that therapy was tailored and individualised to those needs.

ACHIEVEMENTS AND PERFORMANCE - continued

Brief Interventions Project

The project provides practitioners, within our main support service, access to immediate brief interventions for clients they are supporting. Brief short-term interventions are provided to help stabilise and contain at the point of most need for clients experiencing high levels of anxiety and trauma. The BI Project provided support to an additional 134 clients and delivered a further 146 sessions.

Quality and Standards

BACP Accreditation Renewal Successful
The service continues to meet BACP Service quality and practice standards and following our renewal submission and a site visit from the BACP assessors, accreditation was successfully renewed for another 5 years. Following the assessment assessors offered the following feedback:

'Thank you for submitting an excellent ARR(5) application: all criteria have been met and accreditation has been renewed for a further five years. Your responses to all the criteria are full, expansive and the referencing is well organised. You have given a plethora of evidence for each criterion. This has enabled a straightforward assessment of your service, and the assessor commends your submission for its quality and comprehension. Thank you for the giving of your time and full engagement during the visit. It would seem all staff are working hard to maintain a high standard of ethical and professional service. Our discussion highlighted some areas of celebration within the service, from both managers and practitioners e.g. clients being front and centre of any decisions; the responsiveness of the service to offer targeted support to clients; the new Brief Intervention service; surviving then thriving through covid; and the amazing waiting list of 48 days! An incredible achievement indeed."

Time Training
TIME Training to delivered to IDVA services within Cambridgeshire and bespoke modules locally with a further 75 practitioners trained in trauma informed practice

ME TIME Children and Young Peoples Therapy Service

ME TIME Therapy Service continued to build on effective referral pathways by providing access to trauma informed therapy to the most vulnerable children and young people involved within the safeguarding arena. The service continued to recognise and support the holistic needs of the family by providing a range of short-, medium- and longer-term interventions for children and young people 4-18yrs in addition to pathways for parents to access therapeutic support to build their own resources and further support their children's whilst they access the ME TIME service.

The service received **86 referrals** and delivered **490 direct** one-to-one and group sessions to children and young people aged **4-18yrs**. In addition, **170 therapeutic assessments** were completed prior to therapy commencing to ensure the needs of children and young people were understood and their voices heard. **9 parents** were supported through our ME TIME Parent pathway or received trauma specific support via our Healing Together One to One for Parents providing therapy while their children were accessing ME TIME and the ME TIME Service extended its provision to parents offering it Healing Together One to One for parents with 6 parents accessing this trauma specific work with the service offering a further **80 sessions** of parent work.

Route 2
This service is currently not operating due to funding streams closing. However, we are optimistic about the future. We will continue to explore commissioning pathways in order to expand the services we offer to a wider catchment area and seek to ensure that Route2 can return to providing the quality service that is highlighted in its reputation.

ACHIEVEMENTS AND PERFORMANCE - continued

IRIS Middlesbrough

We have had 63 referrals to IRIS this year and we are seeing a rise in risk levels and complexity of cases. Work has been conducted to develop a robust business case which has been presented to the Integrated Care Board, funding applications have also gone into Legal and General.

Equality and Diversity

At MSP Equality means; to treat everyone at work in a fair manner according to their individual needs and Diversity means; to value individual differences in the workplace. We want everyone to be able to come to work, feeling their best, feeling supported and feeling equal and we will continue to review how we embed this within MSP by recording and monitoring equality and diversity data and by asking and listening to our staff on how we can improve. Staff training on Equality and Diversity is very important to us and therefore training is mandatory for all staff to complete upon induction to MSP and we continuously look for additional training. We are working with other specialists such as Disability Right's UK to enhance our skills in the fields of neuro diversity and disability.

We are a **Trans positive organisation** warmly welcoming Trans/Non-Binary Survivors. Over the last few years, we have strengthened our understanding and community networking through **HART** Gables a local LGBT specialist service. Our Ask Me Ambassadors and volunteers project has enabled us to have deep conversations about what gaps exist in local provision and what we need to do with communities to ensure no victim is left behind. Poverty and financial abuse came out as the leading issue of concern. As a result of this work, we are also establishing a young person's peer support group to ensure the voices of CYP are heard. We are working towards seeding a men's survivors support group and supporting several small groups who are self-organising from our Black and Minoritised Community.

Partnership and Community

No single agency can tackle VAWG alone and successful partnerships are key to tackling the problem. At MSP we are actively engaged in developing partnerships and firmly embedded in the local community and are a trusted hyper local service. Approx. 80% of our staff and volunteers are local people who have a lived experience of abuse in some form. We are a part of the community, and we are from the community, therefore our knowledge and skill base of local need has deep authentic roots. Our staff also work from local GP surgeries, community hubs, and schools further extending our reach.

We are strategically and operationally involved in MARAC (The Multi-Agency Risk Assessment Conference) an information sharing and action planning meeting for victims of domestic abuse who are at risk of serious harm or death. MSP share chairing MARAC with the Police. In the last six months we have safeguarded **239** MARAC cases. We attend Multi-Agency Tasking and Coordination 'MATAC', meetings led by Cleveland Police, along with key partners, which assesses and plans a bespoke set of interventions to target and disrupt serial perpetrators and/or support them to address their behaviour. In the last six months we have prepared for and attended MATACs for **42** perpetrators. Multi-agency public protection arrangements (MAPPA's) are in place to ensure the successful management of violent and sexual offenders. We prepare for and attend around **5 cases per month.** In the **last week we attended 10 Child Safeguarding Conferences.**

ACHIEVEMENTS AND PERFORMANCE – continued

Funding Strategy

MSP have diversified our funding base delivering on behalf of the Local Authority, The Office of the Police and Crime Commissioner (OPPC), Public Health and a range of grant funders including the Big Lottery and Lloyds Bank Foundation. We have secured six years funding through Smallwood Trust as a grant partner offering direct grants to women to meet their immediate needs and directly address barriers to leaving.

As we move forward with our new strategic approach outlined in our 3 Year Plan our intention is to increase our independence and move away from a reliance on OPCC and LA funding streams – (currently 50% of our income) by generating unrestricted income.

We intend to increase income through our consultancy and training offer which is developing and expanding. This year we began delivering Statutory Domestic Homicide Reviews for Local Authorities. This is a market with significant demand and is under supplied. We are undertaking an internal cost saving exercise and reviewing external provider contracts to reduce overheads.

Fundraising activity: Fundraising has been extremely challenging this year and the combined issues of recovery from the pandemic and cost of living crisis have reduced our opportunities to deliver community events.

The charity does not carry out significant fundraising activities.

All fundraising activities were monitored internally as part of staff supervision and scrutinised by our Business & Finance Director in line with finance policies and procedures. No complaints were received with regards to fundraising activities carried out in this period.

Impact Measurement: The impact of domestic violence is wide ranging; to address this varied need My Sister's Place prioritises 3 main outcome areas that are relevant to all age groups and are tracked using our Oasis: On Track Case Management system:-

- Safety – Using a nationally recognised multi-agency risk assessment and management system to assess, manage and reduce the risk of further harm to women and children.
- Social Justice – My Sister's Place provides advocacy in a range of settings including criminal and civil justice, money advice, housing and immigration. The impact of this is tracked through support plans via on track.
- Health and Wellbeing - We recognise the negative impact on both physical and mental health and our counselling service addresses the immediate emotional needs and offers pathways through the recovery process. We measure the impact of these interventions through CORE-IMS and the Short Warwick Edinburgh scale.

FINANCIAL REVIEW AND RESERVES POLICY

My Sister's Place ends this financial year with a deficit of £57,812. Plans are in place to increase income generation as part of a sustainability strategy which includes training income and the development of a dispersed property portfolio.

The charity's reserves policy is to aim to have an amount in free reserves to cover 3 to 6 months of expenditure. The trustees feel that this amount is sufficient to allow the charity to affect a smooth exit, should this ever be required. Free reserves are unrestricted funds which are not designated.

At 31 March 2024, included in the unrestricted reserves of £951,926 were designated funds of £399,426 set out to cover future expenditure. At the year-end free reserves were £213,814. At the year-end restricted reserves were £50,469.

FINANCIAL REVIEW AND RESERVES POLICY - continued

Included within the unrestricted reserves are designated reserves which have been set aside for specific areas of spend by the trustees, this is to ensure that these future projects are protected and will not be so heavily reliant on securing grant funding in order to pursue activities which the trustees feel will further the charity's objectives. £399,426 is designated to allow property investment which will enable the charity to provide secure immediate furnished accommodation for our most vulnerable service users.

Principal Risks

My Sister's Place maintains and reviews its risk register in line with the organisation risk management policy. All major risks have been reviewed and systems have been established to manage these risks.

Principal risks continue to be -

Staff Recruitment and Retention: Staff are extremely tired following an intense period in our history that shows no signs of abating. This is a national issue not only in the charity Sector but across all sectors of employment. Local Authorities and Police forces have been allocated governmental funding to tackle VAWG and staff are being drawn to the public sector as the terms and conditions are better. Charities simply cannot compete. This continues to be raised at a national level with the DA Commissioner and the Home Office.

Capacity: Lack of capacity to deliver services and develop new projects. This issue has and continues to be raised with our commissioners.

Covid Recovery and Cost of Living: Continued pressure from the external environment impacts on our ability to implement services. We are working with our partners to mitigate the risks as far as possible.

My Sister's Place Trading Limited

My Sister's Place Trading Limited is a 100% subsidiary of the charity which was incorporated on 30 April 2018 and started to trade that year.

The trading arm is currently not active.

Plans for the Future

MSP strategic direction of travel in the next three years is set out in our Strategic Plan.

Strategic Priorities - We have set three key Strategic Priorities creating a framework which outlines what we want to achieve, what difference this will make and how we will measure our success;

Early Intervention and Prevention
Our intention is to adopt and promote a public health, whole systems approach to preventing VAWG to generate lasting change in our community.

Inclusive Services and Recovery
Our intention is to continue to deliver high quality, trauma informed and end to end services for those impacted by VAWG, and to expand these services ensuring they are inclusive for all. MSP were an early adopter of trauma informed practice - our therapeutic model is Nationally recognised, and we want to continue to invest in this.

FINANCIAL REVIEW AND RESERVES POLICY - continued

Sustainable Organisation

Our intention is to lead an effective, well governed, and sustainable organisation which recognises and values our people.

Our underpinning themes which cut across all strategic priorities are: Co-production, Partnership, Gender Based perspective.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable Company Limited by Guarantee, incorporated on 23 April 2010 and is governed under its Articles of Association. The company registered as a charity on 6th August 2010. On 1st April 2011 the company took over the assets and activities of My Sister's Place Women's Advice Centre, an unincorporated charity which was established in 2002.

Recruitment and Appointment, Induction and Training of Trustees

Trustees are appointed at a meeting of the charity's board on the basis of nominations received by the board. Trustees are selected by the board based on their eligibility, personal competence, specialist skills and relevant experience. New trustees receive an induction in the workings of the charity and ongoing training needs are identified by individual board members and through annual skills analysis. The charity insurance includes trustee indemnity cover. All trustees appointed by the board must retire at the next AGM and stand for re-election.

Organisational Structure

The Board of Management, consisting of trustees and officers, meet at least quarterly to decide matters of policy and strategy. Day to day management is delegated to Chief Officer and her team.

The charity has a salary framework detailing the skills abilities and responsibilities for all roles and related pay bands which includes key management personnel.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also Directors of My Sister's Place for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

TRUSTEES' RESPONSIBILITIES STATEMENT - continued

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:-

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all the steps that we ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the Trustees and authorised to sign on their behalf.

J Shield

.....
Jennifer Shield - Treasurer

27/01/2025
Dated: .....

Report of the Independent Auditor to the Members of My Sister's Place

Opinion

We have audited the financial statements of My Sister's Place (the parent company) and it's subsidiary for the year ended 31 March 2024 which comprise the Consolidated Statement of Financial Activities, Consolidated Balance Sheet, Charity Balance Sheet, Consolidated Cash Flow Statement and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:-

- give a true and fair view of the state of the charitable company's and subsidiary's affairs as at 31 March 2024, and of the incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the group and parent company's ability to continue as a going concern for the period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The directors are responsible for the other information. The other information comprises the information in the Report of the Trustees but does not include the financial statements and our Report of the Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Report of the Independent Auditor to the Members of My Sister's Place

Opinion on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the group and the parent company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:-

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the parent company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:-

Report of the Independent Auditor to the Members of My Sister's Place

Auditor's responsibilities for the audit of the financial statements (continued)

Based on our understanding of the charity, we have considered applicable laws and regulations which may be fundamental to the group's ability to operate or to avoid a material penalty, and we considered the extent to which non-compliance might have a material effect on the financial statements. We considered management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to the posting of inappropriate manual journal entries to manipulate financial performance, management bias in significant accounting estimates and any significant one-off or unusual transactions.

We discussed among the audit engagement team the opportunities and incentives that may exist within the organisation for fraud and how and where fraud might occur in the financial statements.

Audit procedures performed by the engagement team included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims.
- Enquiry of entity staff in tax and compliance functions to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.
- Challenging estimates and judgements made by management in their significant accounting estimates.
- Revenue recognition; agreeing a sample of revenue transactions to gain assurance over the occurrence and accuracy of revenue and also to ensure revenue has been recognised in the correct period.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. The risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditors responsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Andrew Dewing FCA (senior statutory auditor)
For and on behalf of Anderson Barrowcliff Limited Chartered Accountants
Statutory Auditors
3 Kingfisher Court
Bowesfield Park
Stockton on Tees
TS18 3EX
Date: 29/1/2025

My Sister's Place
and its Subsidiary Company

Consolidated Statement of Financial Activities (Including Income and Expenditure Account)
for the Year Ended 31 March 2024

	Notes	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Income and endowments from:					
Donations & legacies	2	**68,878**	-	**68,878**	79,780
Charitable activities	3	**15,000**	**1,155,985**	**1,170,985**	1,088,508
Other trading activities	4	**64,891**	**8,612**	**73,503**	54,172
Investments - interest received		**2,921**	-	**2,921**	298
Total Income		**151,690**	**1,164,597**	**1,316,287**	1,222,758
Expenditure on:					
Raising funds	5	**7,390**	-	**7,390**	75
Charitable activities	6	**162,638**	**1,204,071**	**1,366,709**	1,255,105
Total Expenditure		**170,028**	**1,204,071**	**1,374,099**	1,255,180
Net income/(expenditure)/net movement in funds		**(18,338)**	**(39,474)**	**(57,812)**	(32,422)
Funds brought forward	12	**970,264**	**89,943**	**1,060,207**	1,092,629
Fund balance carried forward		**951,926**	**50,469**	**1,002,395**	1,060,207

The accompanying notes form part of these financial statements

My Sister's Place
and its Subsidiary Company

Consolidated Balance Sheet as at 31 March 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed Assets					
Tangible assets	8		**338,686**		338,812
Current Assets					
Debtors	10	**94,403**		293,437	
Cash at bank and in hand		**635,913**		565,041	
		730,316		858,478	
Creditors: Amounts falling due within one year	11	**66,607**		137,083	
Net Current Assets			**663,709**		721,395
Net Assets			**1,002,395**		1,060,207
Funds					
Restricted funds	12		**50,469**		89,943
Unrestricted funds					
Unrestricted income funds	12	**552,500**		562,880	
Designated funds	12	**399,426**		407,384	
			951,926		970,264
Total Funds			**1,002,395**		1,060,207

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

J Shield

.....

J Shield- Treasurer and director

The accounts were approved by the Board on 27/01/2025 ..... and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Balance Sheet as at 31 March 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed Assets					
Tangible assets	8		**338,686**		338,812
Investments	9		**1**		1
			338,687		338,813
Current Assets					
Debtors	10	**142,148**		341,182	
Cash at bank and in hand		**587,687**		516,815	
		729,835		857,997	
Creditors: Amounts falling due within one year	11	**66,127**		136,603	
Net Current Assets			**663,708**		721,394
Net Assets			**1,002,395**		1,060,207
Funds					
Restricted funds	12		**50,469**		89,943
Unrestricted funds					
Unrestricted income funds	12	**552,500**		562,880	
Designated funds	12	**399,426**		407,384	
			951,926		970,264
Total Funds			**1,002,395**		1,060,207

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

J Shield

.....
J Shield- Treasurer and director

The accounts were approved by the Board on 27/01/2025 ..... and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Consolidated Statement of Cash Flows for the Year Ended 31 March 2024

	Notes	2024 £	2023 £
Cash flows from operating activities:			
Cash generated from operations	18	**77,594**	(178,999)
Cash flows from investing activities			
Interest received		**2,921**	298
Purchase of tangible fixed assets		**(9,643)**	(1,173)
Net cash used in investing activities		**(6,722)**	(875)
Change in cash and cash equivalents in the reporting period		**70,872**	(179,874)
Cash and cash equivalents at the beginning of the reporting period		**565,041**	744,915
Cash and cash equivalents at the end of the reporting period		**635,913**	565,041

The accompanying notes form part of these financial statements.

Notes to the Financial Statements for the Year Ended 31 March 2024

1 ACCOUNTING POLICIES

(a) **General Information and Basis of Preparation**

My Sister's Place is a private company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are as an independent 'One Stop Shop' for women who are suffering, or have suffered, domestic violence.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) **Basis of consolidation**

The financial statements consolidate the results of the charity and it's wholly owned subsidiary, My Sister's Place Trading Limited.

(c) **Income Recognition**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations and grants to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation or grant and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

Investment income is earned through holding cash in deposit accounts and is recognised when it is earned.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the notes to the accounts.

The grants are recognised using the accrual model.

There is no netting off of expenditure within the accounts.

1 ACCOUNTING POLICIES (continued)

(d) **Expenditure Recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following headings:-

- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities. It includes both costs which can be directly allocated to activities and those costs of an indirect nature.
- Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel and payroll.
- Governance costs are those incurred in connection with compliance with constitutional and statutory requirements.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

(e) **Tangible Fixed Assets**

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life.

Depreciation has been charged at:-

Improvements to freehold property	-	4% straight line
Fixtures, fittings & equipment	-	25% straight line

Freehold Property is not depreciated. Although this is not in accordance with FRS 102 section 17.18 the properties are always kept in a state of good repair and the Trustees believe that the market value is in excess of cost.

(f) **Debtors and Creditors Receivable/Payable Within One Year**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

(g) **Cash at Bank**

Cash at bank and cash 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.

(h) **Pension Costs**

The charity operates a fully insured contributory defined contribution pension scheme for all employees. The company contributions are charged to the SOFA in the period to which they relate.

(i) **Taxation**

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1 ACCOUNTING POLICIES (continued)

(j) **Operating Leases**
Rentals payable under operating leases are charged to the SOFA on a straight-line basis over the period of the lease.

(k) **Termination payments**
Termination payments are recognised in the SOFA in the period they are paid.

(l) **Going Concern**
The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

(m) **Judgements and Key Sources of Estimation Uncertainty**
In the application of the charitable company's accounting policies, which are described above, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

(n) **Fund accounting**
Unrestricted funds 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.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

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 cost 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.

Notes to the Financial Statements for the Year Ended 31 March 2024

2 DONATIONS AND LEGACIES

	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Fundraising and sundry donations	**42,347**	**-**	**42,347**	40,080
The Big Give	**13,428**	**-**	**13,428**	-
Donated premises	**12,000**	**-**	**12,000**	12,000
Middlesbrough Lottery	**1,103**	**-**	**1,103**	-
Smallwood cost of living income	**-**	**-**	**-**	6,500
Amazon Grant	**-**	**-**	**-**	1,000
Sara Chalton Fund	**-**	**-**	**-**	20,000
Our Womens Voices Donations	**-**	**-**	**-**	200
	68,878	**-**	**68,878**	79,780

The donated premises are the estimated market value rent of the property donated to the charity by Middlesbrough Council.

In 2023 £73,280 of the donations related to unrestricted funds and £6,500 related to restricted funds.

3 INCOME FROM CHARITABLE ACTIVITIES

	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
WWIN Sisters Projects	**-**	**-**	**-**	23,616
Counselling Henry Smith	**-**	**66,400**	**66,400**	-
WWIN - NHS Charities Partnership	**-**	**53,522**	**53,522**	42,689
Big Lottery Fund - Counselling & Building Capabilities	**-**	**115,543**	**115,543**	43,958
Lloyds Bank Foundation	**-**	**-**	**-**	2,250
The Big Give	**-**	**-**	**-**	491
Police & Crime Commissioner - Route 2	**-**	**-**	**-**	46,189
Sundry grants	**-**	**-**	**-**	90
Smallwood Trust		**60,650**	**60,650**	25,000
PCC Perpetrator project	**-**	**58,298**	**58,298**	96,234
Leathersellers	**15,000**	**9,008**	**24,008**	32,659
MBC Recovery grant/admin support	**-**	**24,030**	**24,030**	24,060
NatWest Safe Lives Circle Fund	**-**	**-**	**-**	5,000
MBC Services (CYP) Lot 3	**-**	**80,931**	**80,931**	80,931
MBC Services Lot 2	**-**	**253,465**	**253,465**	253,466
Masons	**-**	**17,153**	**17,153**	10,164
IRIS	**-**	**25,145**	**25,145**	35,621
PCC IDVA/ISVA	**-**	**212,470**	**212,470**	205,710
Scope	**-**	**62,911**	**62,911**	-
MBC x 2 IDVAS	**-**	**36,509**	**36,509**	-
MBC Safer Streets		**-**	**-**	46,372
MBC Victim Survivor	**-**	**17,474**	**17,474**	-
PCC- CURV funding	**-**	**-**	**-**	31,295
ASK me	**-**	**28,236**	**28,236**	11,765
Navigator accommodation	**-**	**34,240**	**34,240**	50,800
Training Income	**-**	**-**	**-**	20,148
Total	**15,000**	**1,155,985**	**1,170,985**	1,088,508

In 2023 £1,015,827 of the income from charitable activities related to restricted funds and £72,681 related to unrestricted funds.

4 INCOME FROM TRADING ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds	2023 Total Funds
	£	£	£	£
Ticket income	110	-	110	-
Smallwood	-	-	-	300
ASK me conference	-	-	-	290
IWD Event	4,717	-	4,717	-
Corporate supporters	438	-	438	530
Access to work income	-	8,612	8,612	-
Training income	40,741	-	40,781	7,940
Housing Benefit	15,881	-	15,881	38,197
Harbour	-	-	-	3,666
Recharge income	-	-	-	2,715
Other	3,004	-	3,004	534
Total	64,891	8,612	73,503	54,172

In 2023 £620 of income from trading activities related to restricted income and £53,552 related to unrestricted income.

5 RAISING FUNDS EXPENDITURE

	2024	2023
	£	£
Staff costs	4,198	-
Fundraising costs	3,192	75
Total	7,390	75

In 2023 all of the expenditure related to unrestricted funds.

6 EXPENDITURE ON CHARITABLE ACTIVITIES

	2024	2023
	£	£
Direct costs		
Staff costs	**946,722**	867,702
Travel, training & supervision	**12,374**	15,374
Computer & telephone costs	**54,789**	49,273
Property costs	**12,329**	22,644
Property works	**8,237**	7,456
Project costs	**12,720**	10,983
Client costs	**45,231**	40,555
Professional fees & supervision	**6,914**	4,899
Depreciation	**9,768**	8,278
Gift in kind - rent	**12,000**	12,000
	1,121,084	1,039,164
Support costs		
Staff costs	**117,924**	111,102
Travel & training	**-**	7,024
Postage, stationery & general admin costs	**19,639**	24,739
Premises costs	**38,498**	20,506
Bookkeeping costs	**41,250**	34,778
Consultancy	**7,228**	2,660
Bad debts	**6,890**	-
	231,429	200,809
Governance costs		
Accountancy - Audit fee	**6,600**	6,600
- Other services	**7,596**	8,532
Legal costs	**-**	-
	1,366,709	1,255,105

In 2023 £185,805 of expenditure on charitable activities related to unrestricted funds and £1,069,300 related to restricted funds.

7 STAFF COSTS

	2024	2023
	£	£
Salaries and wages	**944,266**	864,305
Social Security costs	**76,416**	74,386
Pension	**39,223**	40,114
Other staff costs – settlement payment	**8,939**	-
	1,068,844	978,805

No employees received emoluments of more than £60,000.

The average number of employees during the year was 44 (2023: 38).

Key Management Personnel Costs

The total amount of employee's remuneration received by key management personnel including employers National Insurance and pension contributions is £69,425 (2023: £69,104). The charitable company considers its key management personnel to be Chief Officers.

7 STAFF COSTS - continued

Trustee Remuneration and Related Party Transactions

No trustees received any remuneration or expenses during the year (2023: Nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into during this or the previous year.

8 TANGIBLE FIXED ASSETS – GROUP & CHARITY

	Land & Buildings £	Fixtures, Fittings & Equipment £	Total £
Cost			
At 1 April 2023	399,513	29,377	**428,890**
Additions	-	9,643	**9,643**
At 31 March 2024	399,513	39,020	**438,533**
Depreciation			
At 1 April 2023	61,587	28,492	**90,079**
Charge for year	7,958	1,810	**9,768**
At 31 March 2024	69,545	30,302	**99,847**
Net Book Value			
31 March 2024	329,968	8,718	**338,686**
31 March 2023	337,927	885	**338,812**

9 FIXED ASSET INVESTMENTS

Investments held by the charity represent the entire share capital of its trading subsidiary, My Sister's Place Trading Limited (registered number 11337607). The nature of the company's activities was the operation of a charity shop which closed in the prior year. It is now dormant. Further details are given in note 16.

10 DEBTORS

	Charity 2024 £	Group 2024 £	Charity 2023 £	Group 2023 £
Trade debtors	**71,376**	**71,376**	287,864	287,864
Prepayments and accrued income	**23,027**	**23,027**	5,573	5,573
Intercompany balance	**47,745**	**-**	47,745	-
	142,148	**94,403**	341,182	293,437

11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Charity 2024 £	**Group 2024 £**	Charity 2023 £	Group 2023 £
Trade creditors	**-**	**-**	182	182
Social security and other taxes	**17,112**	**17,112**	-	-
Accruals and deferred income	**41,692**	**42,172**	136,421	136,901
Other creditors	**7,323**	**7,323**	-	-
	66,127	**66,607**	136,603	137,083

Deferred income includes:-

	Charity 2024 £	**Group 2024 £**	Charity 2023 £	Group 2023 £
Brought forward	**122,921**	**122,921**	163,959	163,959
Deferred in the year	**28,192**	**28,192**	122,921	122,921
Released in the year	**(122,921)**	**(122,921)**	(163,959)	(163,959)
Carried forward	**28,192**	**28,192**	122,921	122,921

The deferred income relates to income received this year, which relates to 2024/2025, mainly in respect of salary costs and work not yet performed:-

	£
MBC Victim Survivor	12,480
Leathersellers	5,000
Masons	10,712
	28,192

Notes to the Financial Statements for the Year Ended 31 March 2024

12 MOVEMENT IN FUNDS

	At 31.3.23 £	Incoming Resources £	Outgoing Resources £	At 31.3.24 £
Restricted Funds				
Smallwood	4,335	60,650	(44,295)	**20,690**
Nat West	1,132	-	(713)	**419**
Counselling - Big Lottery Inclusive	-	115,543	(115,543)	-
Counselling – Henry Smith	-	66,400	(66,400)	-
The Big Give	69,084	-	(69,084)	-
MBC CYPS Lot 3	-	80,931	(80,931)	-
MBC Lot 2	12,622	253,465	(241,701)	**24,386**
Scope	-	62,911	(62,911)	-
Route 2	270	-	(270)	-
Iris	-	25,145	(25,145)	-
MBC Admin support	-	24,030	(24,030)	-
IDVA/ISVA	-	212,470	(212,470)	-
Perp project	-	58,298	(58,298)	-
Masons	-	17,153	(17,153)	-
Navigator Accommodation	-	34,240	(34,240)	-
Leathersellers-Jubilee fund	-	9,008	(9,008)	-
Access to work	-	8,612	(8,612)	-
MBC x2 IDVAS	-	36,509	(36,509)	-
Victim Survivor	-	17,474	(12,500)	**4,974**
WWIN Homeless Link Project	-	53,522	(53,522)	-
ASK ME	-	28,236	(28,236)	-
Reach PLC Pride of Britain Funding	2,500	-	(2,500)	-
Restricted Funds Total	89,943	1,164,597	(1,204,071)	**50,469**

	At 31.3.23 £	Incoming Resources £	Outgoing Resources £	At 31.3.24 £
Designated Funds				
Perpetrators Project	22,772	-	-	**22,772**
Development of New Areas of Work	27,341	-	-	**27,341**
Building Fund	357,271		(7,958)	**349,313**
	407,384	-	(7,958)	**399,426**
General unrestricted funds	562,880	151,690	(162,070)	**552,500**
Total unrestricted funds	970,264	151,690	(170,028)	**951,926**
Total funds	1,060,207	1,316,287	(1,374,099)	**1,002,395**

Notes to the Financial Statements for the Year Ended 31 March 2024

PURPOSES OF RESTRICTED FUNDS

Smallwood Trust - To provide small grants to women needing support, including management and support costs.

NatWest - to provide financial support through grants to victims of economic abuse and to help survivors move forward.

Big Lottery Fund - A five-year grant with part funding towards Counselling, IDVA and Support Services

CURV funding - (Cleveland unit for the Reduction of Violence) to reduce hospital admission for assaults in knife or sharp object and reduce non-domestic homicides focusing on people under the age of 25 years old.

The Big Give - A special funding round of the Big Give raising money for a mother and Daughter Therapy service

MBC Services (CYP) Lot 3 - Local authority funding for Middlesbrough services, funding IDVAs and Counselling staff for Children and Young People Service

MBC Services Lot 2 - Local authority funding for Middlesbrough services, funding IDVAs, Counselling staff and Sanctuary Service

Police & Crime Commissioner (Route 2) - To support perpetrator work through Route 2 project

Sundry Grants - Various small grants for basic provisions for women in need

IRIS - Funding for an Iris Educator Advocate for the Middlesbrough IRIS project

MBC Grant Support/Admin Support - Local authority funding towards admin costs

Police & Crime Commissioner (IDVA) - To provide Independent Domestic Violence Advocacy

PCC Perpetrator Project - Funding for DA Complex Needs worker and therapeutic service staff plus admin and management costs to deliver the Perpetrator project

MBC Safer Streets - Funding for VAWG Ask Me Ambassador scheme, IDVA Stalking and Personal Safety funding for vulnerable women and girls

Masons - A 3-year grant to fund a therapist for CYP service

Navigator Scheme - The money received from Middlesbrough Public Health via MHCLA to provide a Domestic Abuse Navigator, dispersed accommodation and personalisation fund for women facing barriers to safe housing.

WWIN - NHS Charities Partnership - In partnership with Wearside Women in Need (lead partner) to provide a Counselling community partnership programme for North East and Cumbria.

Leathersellers - funding towards the Brief Intervention Duty Project.

ASK ME - training is a free domestic abuse awareness training programme that is delivered in community spaces for all community members. The aim of the training is to deliver a quality programme that allows community members to come together and create rich discussion, group participation and activities based on the foundations that underpin domestic abuse and why it is important to understand these.

Scope - To support disabled people and unpaid carers and build resilience, promote wellbeing and participation, and reduce isolation after Covid.

Henry Smith – Grant totaling £203,500 towards three years' salary and on costs of a Senior Therapist and a Domestic Abuse Counsellor at a project providing therapeutic services for people affected by domestic abuse in Middlesbrough.

Access to work – Access to work is a publicly funded employment support program that aims to help more disabled people start and stay in work. MSP helped staff by purchasing equipment and then claimed back from DWP.

Victim & Survivor Engagement Work – Part time staffing costs for a pilot project working alongside Middlesbrough Council for Domestic Abuse victims in Middlesbrough.

PURPOSES OF DESIGNATED FUNDS

The Perpetrators Fund was designated by the trustees for a project which started in May 2016, setting aside £50,000 to bridge funding gaps. During the year, none of this funding was used.

The development of new areas of work: This represents proceeds from the sale of the Albert Centre and is to be used towards premises, investments and other development areas. In the year ended 31 March 2019 two properties were purchased for a total of £118,598 to provide homes for victims of domestic abuse. This money was taken from this fund.

The Capital Fund is to fund capital charges for fixtures, fittings and equipment. The surplus on the housing project has been transferred into this fund.

The Buildings Fund represents that element of reserves which relates to the charity's premises.

The designated funds are expected to be spent in the next three to five years in line with the strategic plan.

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS - GROUP

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Fixed assets	338,686	-	338,686
Net current assets	613,240	50,469	663,709
At 31 March 2024	951,926	50,469	1,002,395

14 PENSION COSTS

The Company operates a contributory pension scheme. It is a defined contributions scheme and contributions are charged to the SOFA as they accrue. The charge for the year was £43,021 (2023: £40,114).

15 LEASING COMMITMENTS

	2024	2023
	£	£
Operating leases which expire:		
Within 1 year	217	434
Between 1 & 5 years	325	325
	542	759

Payments in the year amounted to £217 (2023: £434).

Notes to the Financial Statements for the Year Ended 31 March 2024

16 SUBSIDIARY COMPANY

The charity owns 100% of the share capital of My Sister's Place Trading Limited (company number 11337607). The subsidiary was incorporated on 30 April 2018. It is used for non-primary purpose trading activities. A summary of the results of the subsidiary is shown below.

	£
Turnover	-
Expenses	-
Net loss	-

	£
Assets	**48,091**
Liabilities	**48,091**
Share capital	**1**

17 RESULTS OF THE PARENT COMPANY

	£
Total incoming resources	**1,316,287**
Movement in funds	**(57,812)**

18 RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	Group 2024 £	Group 2023 £
Net income for the reporting period (as per the statement of financial activities)	**(57,812)**	(32,442)
Adjustments for:		
Depreciation charges	**9,768**	8,278
Interest received	**(2,921)**	(298)
Decrease/(increase) in debtors	**199,034**	(89,463)
Decrease in creditors	**(70,475)**	(65,094)
Net cash (used in)/provided by operating activities	**77,594**	(178,999)

MY SISTER'S PLACE

England & Wales - Charity number 1137319

Accounts

My Sister's Place
and its Subsidiary Company

Report and Financial Statements
for the Year Ended 31 March 2023

Charity Commissioners Charity No. 1137319

Registrar of Companies Company No. 07233811

ANDERSON BARROWCLIFF LLP
Chartered Accountants

My Sister's Place
and its Subsidiary Company

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My Sister's Place
and its Subsidiary Company

Company Information

Trustees	Rebecca Samuels	- Chair – resigned 8 November 2023
	Jennifer Shield	- Treasurer
	Helen Mather	- Member
	Ema Thornhill	- Member – resigned 12 July 2023
	Amanda Senior	- Member
	Elizabeth Taylor	- Member - resigned 3 November 2022
	Anna Rawling	- Member – resigned 8 November 2023
Chief Officer	Lesley Storey	
Company Number	07233811	
Charity Number	1137319	
Registered Office	121-123 Borough Road Middlesbrough TS1 3AN	
Bankers	Virgin Money 7 Linthorpe Road Middlesbrough TS1 1RF	
Auditors	Anderson Barrowcliff LLP 3 Kingfisher Way Bowesfield Park Stockton on Tees TS18 3EX	

My Sister's Place
and its Subsidiary Company

Report of The Trustees
for the Year Ended 31 March 2023

The Trustees present their report together with financial statements of the group for the year ended 31 March 2023.

The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the group.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published in October 2019.

The Trustees are Directors of the company for the purposes of the Companies Act 2006. The Trustees who have served during the year and since the year end are shown on page 1.

OBJECTIVES AND ACTIVITIES INCLUDING PUBLIC BENEFIT STATEMENT

The charity's objects as set out in its Articles of Association are:

1 To promote for the public benefit and with a view to public protection and the preservation of order, the provision of services directed towards the prevention of domestic violence.

2 The support of women and children who have suffered or are in danger of suffering disadvantage, exploitation and/or violence from perpetrators known to them.

3 To advance the education of voluntary and statutory agencies and the public in all aspects of domestic violence against women by known men, its causes, remedies and provision.

My Sister's place is an independent service for women who are suffering, or have suffered, domestic violence. Established in 2002 under Home Office funding as a Crime Reduction Project, the charity is committed to working in partnership to tackle domestic violence. In 2016 the charity added a service for male perpetrators named Route 2 as an early intervention and prevention approach to reducing the escalation and harm caused by known perpetrators.

Mission: It is our Mission to tackle all forms of violence and abuse against victims of abuse through the delivery of accessible support services, education, advocacy and leading the way to social change. We are committed to safeguarding families, strengthening communities and challenging inequalities to individual safety, justice, health and wellbeing.

Our Purpose:

- To deliver accessible, effective, specialist services that are informed and evaluated by service users' experiences, promoting individual freedom and quality of life.
- To challenge inequality, and campaign for change to shape future policy and practice.
- To work with the wider community through education and community involvement to create a cultural shift in attitude to domestic abuse, and better equip families to protect their members.

Volunteers

My Sister's Place is supported by 5 volunteers who provide a range of services, including co-facilitation of the Freedom Group and Stepping Stones peer support group, reception and administration duties, fundraising, and social media campaigns.

In addition, 237 volunteers have been trained as ASK Me Ambassadors, attending awareness training sessions in the community to spread knowledge of domestic abuse and provide people with a source of assistance.

On average, volunteers dedicate 8-10 hours of their time each week, which is invaluable to My Sisters Place and allows paid employees to focus on high-risk clients.

OBJECTIVES AND ACTIVITIES INCLUDING PUBLIC BENEFIT STATEMENT - continued

How our Activities Deliver Public Benefit:

Our main activities and who we try to help are detailed below. Our charitable activities focus on supporting women who have suffered from domestic violence and are undertaken to further our charitable purpose for the public benefit.

In setting our objectives and planning our activities the trustees have considered the Charity Commission guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Demand for our services is the highest we have ever experienced in our 21-year history. A combination of the impact of the 2020 coronavirus pandemic and the tender we were successful in winning in 2019 delivering services for the Local Authority has pushed our service into crisis response mode. In 2022-2023 we received 5199 requests for support.

We envisage that demand will continue to rise, and our challenge is to ensure that we are appropriately resourced to provide high quality services to all those who need them.

In March 2023 the whole service – Staff, Volunteers and Trustees spent a day deliberating on where MSP needs to be and how we will get there on the next part of our journey. From this we developed our 3-year strategic plan. This document sets out our strategic intentions and ambitions over the next three years to ensure that our organisation is successful, viable and delivers results. The context in which we operate remains; challenging budget cuts, cost of living crisis, welfare reform and the commissioning of non-specialist services and taking In-House services remain a real threat to our organisation. In addition, the uncertainty of Brexit and the absence of a long-term health, social and economic recovery plan from the coronavirus pandemic will create further unknown challenges which we must be prepared to face. In the development of this strategy two themes which came through strongly from all stakeholders firstly, My Sisters Place (MSP) needs to be able to provide support to those women and their children who trust no other services and need to directly access our drop-in. Secondly, we need to increase our support to those victims of economic abuse who are increasingly falling through gaps. MSP has pivoted resources to addressing economic abuse over the last two years, we have had significant success in delivering trauma informed welfare rights services and it is our ambition to expand this offer. We plan to become an accredited immigration rights service too and are in the early stages of building our evidence base.

Gendered poverty is a significant issue in Cleveland, we have some of the highest rates of child poverty in the country and many of our clients are in dire need. Before we can address the issues of trauma caused by abuse we often need to ensure food, fuel and basic essential items such as toiletries are provided.

The need to focus on early intervention and prevention is also an issue and the tension between the two demands is currently out of balance and we need to re-focus. We recognise that in order to prevent domestic abuse we must focus on holding perpetrators to account and support evidenced based interventions which change perpetrator behaviour and improve safety for victims.

My Sisters Place has the skills and expertise to deliver perpetrators interventions through our Respect accredited Route 2 project. However, the landscape is complex and increasingly we receive fewer referrals. We need to pause and undertake a stakeholder analysis of what our place is in this dynamic landscape.

Over the course of this plan, we will begin a new journey as we develop services for male victims and LGBTi victims of abuse. We want to ensure that we can offer high quality gender responsive provision and therefore we are committed to continuing to develop our male victim services in a collaborative and co-produced way. Our vision is that this service will be standalone under the MSP structure.

ACHIEVEMENTS AND PERFORMANCE – continued

Addressing Economic Abuse:
This continues to be an absolute priority for MSP and in 2022 - 2023 we were successful in generating additional funding to be directed towards families in need.

Safeguarding:
Our Safeguarding Leads continue to add capacity to our Management Team and work towards strengthening our training, policies, procedures, and staff supervision. This dedicated in-house safeguarding specialism allows MSP staff to ensure children and adults connected to our organisation are safeguarded and appropriately supported.

We have also provided five final Social Work student placements over the past year, enabling the next generation of Social Workers to adopt a thorough and victim-focused view of domestic abuse as they enter practice. We have received outstanding feedback regarding our student placements, and our staff team have benefitted from the additional support students can offer. Following this success, we have been commissioned by Teesside University to provide domestic abuse teaching on their Social Work BA course for the second year in a row.

As part of our ongoing commitment to improving links between partner agencies, our Safeguarding Leads have completed bespoke training in domestic abuse and trauma-informed practice with many organisations across Middlesbrough. Services already reached include:

- NHS – School Nursing, Health Visitors, Perinatal Mental Health
- Police – Vulnerability Unit (PVP) and frontline officers
- Children's Social Care
- Recovery Connections (Opiate Service)
- Hart Gables (LGBTQ+ Service)

We offer this on a free, paid or "training sway" basis depending on the service and circumstances. Over the next year we hope to develop this training arm further and generate more income through external training.

We have a dedicated Safeguarding email address which also supports professionals to reach out regarding concerns about clients in a timely and direct manner. In the past year we have responded to 2294 email enquiries received to the safeguarding inbox, which would otherwise have been sent to Reception, Service Manager or the IDVA team.

Our Safeguarding Leads have provided capacity for the organisation to submit two accreditations this year, first with Women's Aid and currently undergoing submission with SafeLives. We passed our Women's Aid accreditation with flying colours, receiving several commendations including regarding our governance which was recognised as a particular area of strength. Women's Aid included the following in our decision letter *"the panel were delighted to hear glowing reports of sisterly practice, advocacy and passionate service delivery; particularly from their local commissioner"*. We also have some recommendations to put into practice by 5th December 2023, all of which are manageable.

ACHIEVEMENTS AND PERFORMANCE - continued

MSP Counselling and Therapeutic Services:
My Sisters Place Counselling and Therapeutic Services continued to provide consistent therapeutic support for the clients we support delivering consistent, robust, and evidenced therapeutic outcomes throughout 2022 to 2023. **184 clients** completed therapy with an average of **86% of clients** seeing improvements in their emotional health and well-being despite a rise in complexity and clinical profiles with clients presenting in the moderate-to-severe to severe categories across a range of indicators. The service continued to meet the needs of marginalized groups with **8% of clients** from the LGBTQ+ community and **10% of clients** from black and minority ethnic communities with our Male Survivors Project supporting **3 clients**. The increase in demand this year, for more face-to-face sessions saw some reduction in demand for on-line therapy, with the service continuing to offer this to **10 clients** and opting to keep on-line provision as part of its therapeutic offer. The service continues to meet BACP Service standards passing its annual rolling accreditation. The BACP comments on the submission:

'Thank you for submitting an exemplary ARR(4). Your responses to all the criteria are full, expansive and the referencing is laser focused. This has enabled a straightforward assessment of your service and the assessor commends your submission for its quality and precision. My Sisters Place clearly offers a professional, responsive, and robust service to the community, with a wealth of policies and procedures in place to support staff and clients alike. The assessor is extremely impressed with your thoughtful consideration of EDI issues, complaints and responses to clients and staff. This submission shows My Sisters Place to be well held and respected in the community.'

Delivery: the service worked hard to keep waiting times low to ensure access to therapy was 'at the point of most need' and achieved an average waiting time from receipt of referral to therapy start of only **61 days**. Direct delivery saw the facilitation of **2281 attended sessions** with an average **71% attendance against booked** sessions with referrals increasing to total of **606** and the service delivered an additional **282 therapeutic assessments** ensuring clients' needs are understood and therapy individualized.

Brief Intervention Project:
Provision has continued this year with the project established as an essential source of support for front-line practitioners to offer immediate access, at the point of most need, for clients that have high levels of anxiety and trauma.

This year the project supported 146 clients and delivered 181 sessions.

"You help me to keep going, I know it has taken me a long time to get to this point and I could not have done it without your support. It would be difficult for me to commit to counselling, but these sessions mean I am able to still have your support and that means so much to me".

"I did not know where to turn to for support and did not expect to be able to get in to see you so quickly. I know that reaching out for that support has been a huge step for me and that's because I feel safe and you just get it"

"Thank you so much, I really am grateful. I just needed some validation to keep me going and a reminder of what we had done in our previous sessions. I am in a much better place now and I actually feel okay because the self-blame and doubt have gone now".

"You help me to recognise my own behavior and see things differently which really helps me to stop just blaming everyone around me and thinking I can't trust them because of my past. I often don't think at the time and just get angry and push people away. Theses session help me see a bit clearer"

Time Training:
Another TIME Scaling Pilot was delivered and evaluated this year with 22 days of training delivered to specialist services with a further 400 practitioners in South Yorkshire, Cambridgeshire, Lancashire and Northwest areas accessing increasing accessibility to trauma informed practitioners and services for survivors.

ACHIEVEMENTS AND PERFORMANCE - continued

Time Training- continued:

What some practitioners said about the TIME Training Programme:

'I have extremely enjoyed this training and think this approach is vital within this sector, providing this training allows us to be more sensitive and aware when working with clients and provides us with the confidence to educate others.'

'It's was a really informative session and I feel confident going into my new role. Thank you!'

'The modules have been really helpful and feel more confident talking and supporting clients who have experienced trauma. This module has linked everything with practice.'

'Feels very thorough and really like the resources as will be able to go back through those and refresh.'

'Really good training - I liked that I could build my knowledge and had time to reflect and apply to my practice. Liked that the training was over several weeks so gave me time to integrate it and let is all sink in.'

'Really thorough and in depth and great resources to go back through and use.'

CURVE funding was secured that also enabled the bespoke design and delivery of our **TIME for Trauma Informed Policing: Improving Responses for Victims/Survivors of Domestic Abuse** which was delivered across the Cleveland Police Force with some **160 officers** attending and **16 days** of training.

The TIME Model and Training was also presented at the **Domestic Abuse Commissioners Conference – 'Festival of Practice'** in Manchester with some **150 people** attending the breakout session delivered by our Clinical Lead.

ME TIME Children and Young Peoples Therapy Service:
This year our ME TIME Therapy Service celebrated its 2nd Birthday and continued to build on effective referral pathways by providing access to therapeutic support for the most vulnerable children involved within the safeguarding arena.

The service received **78 referrals** this year and delivered **557 sessions** of one-to-one and group work to children and young people aged **4-18yrs. 100 Therapeutic assessments** were completed with **7 parents** accessing our ME TIME Parent therapy while their children were accessing ME TIME with the service offering a further **80 sessions** of parent work.

Systemic family work was piloted this year with the delivery of **23 sessions** receiving good feedback from the family and professionals and we will actively look to increase this provision during 2023-2024. We have continued this year to deliver and extend our Healing Together Programme and secured CURVE funding to deliver the programme to hard-to-reach children.

What some of our parents/carers say about their ME TIME journey;

'I wish I had had something like this at the start of my caring role. This is what I needed'

'It's been the best thing for Molly I can tell she is happier when she comes and is getting back to how she used to be'

'Thank you so much for all your support, time and phone calls. You are all amazing and the support you give us is so needed'.

ACHIEVEMENTS AND PERFORMANCE - continued

ME TIME Children and Young Peoples Therapy Service:- continued:
What some of our children and young people say:

'It helped me feel safe and happy. If you were scared you wouldn't feel that anymore'

'They have helped me with my emotions and have given me strategic ways of doing things.'

'Its relaxing and makes sad feelings go away'.

'I like this place and it helps me when I feel angry'

Route 2:
It has been a challenging year for Route2 and indeed for the sector as a whole. Post COVID-19 and the effects of the cost-of-living crisis has affected many commissioning pathways and funding for the service remains a major challenge, indeed funding received by Route2 from Redcar and Cleveland Local Authority area ceased in March 2023. The Local Authority made the decision to restructure their domestic abuse support services including perpetrator interventions and the Route2 bespoke 1-1 intervention service was not included in the strategy.

Route2 continues at this time to be involved in the provision of the Cleveland wide service working with perpetrators identified as having complex needs where it is believed that those needs, including substance misuse, housing and health are contributing to their offending behavior. Although it has now been confirmed that Route2 will no longer be involved with that service from October 2023.

During the reporting period Route2 have continued to be active participants in local and national Domestic abuse forums including but not limited to; Respect accredited members forum, MATAC, Domestic Abuse Partnership Panel, the CPS Domestic Abuse Scrutiny Panel and the CPS Sexual Offences Scrutiny Panel, therefore giving Route2 a voice in setting strategy regionally and nationally and addressing the needs of families effected by domestic abuse.

We continue to work to raise the profile of Route2 and have carried out numerous awareness sessions to departmental leads and managers including Police where we have been involved in discussions and the structuring of the Cleveland Police Employee Domestic Abuse Strategy and also worked with local housing providers. It is hoped that by raising the profile within these and other departments we will be able to offer the service to the Police internally as well as wider areas of our communities including those who historically have proven more difficult to reach.

Route2 continues to have partnership arrangements with a number of organisations including; Police, Redcar and Cleveland Social Care, Children's Services, Housing and Health. We are fully committed to and understand the importance of partnership working and are members of Multi Agency Tasking and Co-ordination Groups as well as the top 50 Perpetrator Strategy Group helping to provide solutions to increase the safety of victims and children whose lives are affected by domestic abuse.

Going forward Route2 seeks to extend service and staff have received external accredited training in Stalking Risk Profiling with a view to developing that area of expertise and also to develop awareness training packages. We will continue to explore commissioning pathways in order to expand the services we offer to a wider catchment area and seek to ensure that Route2 can return to providing the quality service that is highlighted in its reputation.

IRIS Middlesbrough:
Since the implementation of the IRIS programme in 2021, our evaluation has showed it to improve confidence and knowledge of primary care clinicians in identifying and referring victims and survivors of domestic abuse to specialist support. 51% of the referrals have been for patients not previously known to My Sisters Place.

ACHIEVEMENTS AND PERFORMANCE – continued

Iris Middlesbrough:-continued

The referral model has enabled victims and survivors who face additional barriers to accessing specialist support to do so. Referrals for groups usually under-represented in domestic abuse including those with disabilities and older women. Women over 61 have been shown to experience abuse for twice as long before accessing support. We were able to identify and support several patients over 61 through the programme, (4 who were over 80) who all voiced that they would not have accessed specialist support if it were not for IRIS.

Findings from Cavell Nurses' Trust suggest nursing professionals are three times as likely to have experienced domestic abuse than the average person in the UK (Nursing Times 2016). Anecdotal evidence gathered locally supports this and at all training sessions disclosures of abuse experienced by staff have been made to the Advocate Educator.

We have found in IRIS Middlesbrough that the IRIS programme has been valuable for health professionals to access support. Often where they may have already known about My Sisters Place, but their role has been a barrier for them to self-refer, this support from IRIS has allowed them to feel safe in their referral into the service. IRIS supported a clinician from an IRIS trained practice who provided excellent feedback.

One of the huge advantages of the IRIS programme is the improved relationship between the Advocate Educator and the GP surgeries, this has led to opportunities within the community for the advocate to have a safe space to speak to patients within GP surgeries. Patients often feel safe in their GP surgeries, and it also guarantees that an advocate can speak to them alone.

What some of our clients have said about the IRIS referral pathway;

"I have seen that there were agencies that could support people with abuse but I would never have called or seen anyone if it wasn't for my GP referring me to see someone in my surgery".

"It was so good for me to be able to talk about what I went through and the impact it's had on me, I've not been able to before. She has sent me a book which I am working through and I'm due to be starting counselling, thank you so much for referring me".

"I can't believe there is anyone like you, I am just so so grateful that I have met you and you are willing to help".

"I am just so glad my GP told me about you I have never had anyone to be able to talk to about this".

"I have spoken to different counselling services before but no one who has said they can actually help me".

"Services have been excellent and very helpful".

"Client also felt that GP helped her to pinpoint what was affecting her".

Every victim of abuse should have the right to be supported at the earliest opportunity – The IRIS programme is an evidenced based model that has proven itself highly effective in uncovering unknown and unseen victims.

Only half of the GP surgeries are IRIS trained in Middlesbrough, due to capacity of 1 Advocate Educator, and our ambition is to ensure all GP practices are IRIS trained where no postcode lottery exists in Middlesbrough.

The future of the project remains vulnerable with no long-term funding in place. In other areas of the country the Violence Reduction Units fund the IRIS programme, however this looks to be an unlikely option as domestic abuse is not one of the priorities of Cleveland's Violence Reduction Unit.

ACHIEVEMENTS AND PERFORMANCE – continued

Iris Middlesbrough:-continued

Going forward the IRIS programme is currently looking at future funding options and are working towards a business case setting out a clear plan and financial model to retain IRIS in Middlesbrough and extending to all surgeries beyond 2023.

Fundraising activity: Fundraising has been extremely challenging this year and the combined issues of recovery from the pandemic and cost of living crisis have reduced our opportunities to deliver community events.

The charity does not carry out significant fundraising activities.

All fundraising activities were monitored internally as part of staff supervision and scrutinised by our Finance Manager in line with finance policies and procedures. No complaints were received with regards to fundraising activities carried out in this period.

Impact Measurement: The impact of domestic violence is wide ranging; to address this varied need My Sister's Place prioritises 3 main outcome areas that are relevant to all age groups and are tracked using our Oasis: On Track Case Management system:-

1 Safety – Using a nationally recognised multi-agency risk assessment and management system to assess, manage and reduce the risk of further harm to women and children.

2 Social Justice – My Sister's Place provides advocacy in a range of settings including criminal and civil justice, money advice, housing and immigration. The impact of this is tracked through support plans via on track.

3 Health and Wellbeing - We recognise the negative impact on both physical and mental health and our counselling service addresses the immediate emotional needs and offers pathways through the recovery process. We measure the impact of these interventions through CORE-IMS and the Short Warwick Edinburgh scale.

FINANCIAL REVIEW AND RESERVES POLICY

My Sister's Place ends this financial year with a deficit of £32,422 (2022 : surplus £145,173). There was a surplus of £13,931 (2022 : £142,676) on unrestricted funds and a deficit on restricted funds of £46,353 (2022 : surplus £2,497).

Plans are in place to increase income generation as part of a sustainability strategy which includes training income and the development of a dispersed property portfolio.

The charity's reserves policy is to aim to have an amount in free reserves to cover 3 to 6 months of expenditure. The trustees feel that this amount is sufficient to allow the charity to affect a smooth exit, should this ever be required. Free reserves are unrestricted funds which are not designated. At 31 March 2023, included in the unrestricted reserves of £970,264 were designated funds of £407,384 set out to cover future expenditure. At the year-end free reserves were £562,880. Restricted reserves of £89,943 relate to restricted grant income which relates to 2022/23.

Included within the unrestricted reserves are designated reserves which have been set aside for specific areas of spend by the trustees, this is to ensure that these future projects are protected and will not be so heavily reliant on securing grant funding in order to pursue activities which the trustees feel will further the group's objectives. These plans include the ability to fund a perpetrators project which aims to prevent domestic violence. This service is now in its fifth year with a further contract secured for two years, at the end of which this reserve is available to close down the project should no other funding source be secured. £357,271 is designated to allow property investment which will enable the group to provide secure immediate furnished accommodation for our most vulnerable service users.

Principal Risks
My Sister's Place maintains and reviews its risk register in line with the organisation risk management policy. All major risks have been reviewed and systems have been established to manage these risks.

Principal risks continue to be -

Staff recruitment and retention: Staff are extremely tired following an intense period in our history that shows no signs of abating. This is a national issue not only in the charity Sector but across all sectors of employment. Local Authorities and Police forces have been allocated governmental funding to tackle VAWG and staff are being drawn to the public sector as the terms and conditions are better. Charities simply cannot compete. This continues to be raised at a national level with the DA Commissioner and the Home Office.

Capacity: Lack of capacity to deliver services and develop new projects. This issue has and continues to be raised with our commissioner's.

Covid recovery and Cost of Living: Continued pressure from the external environment impacts on our ability to implement services. We are working with our partners to mitigate the risks as far as possible.

My Sister's Place Trading Limited
My Sister's Place Trading Limited is a 100% subsidiary of the charity which was incorporated on 30 April 2018 and started to trade that year. The subsidiary's activities were the operation of a charity shop to provide additional funds for the charity.

MSP took the very sad but ultimately the right decision for the charity to close our Charity Shop in June 2021

Trading had not recovered fully following covid restrictions. Our volunteers many of whom were elderly or had underlying health conditions continued to shield and this impacted on our ability to open and trade. This combined with uncertainty about the future location of the shop due to Middlesbrough Councils plans to remodel and regenerate the shopping centre into a leisure area rather than retail area. The Trustees and CEO undertook a robust assessment of all areas of both risk and opportunity and decided the trading arm was no longer viable.

PLANS FOR THE FUTURE
MSP strategic direction of travel in the next three years is set out in our Strategic Plan.

Strategic Priorities - We have set three key Strategic Priorities creating a framework which outlines what we want to achieve, what difference this will make and how we will measure our success;

Early Intervention and Prevention
Our intention is to adopt and promote a public health, whole systems approach to preventing VAWG to generate lasting change in our community.

Inclusive Services and Recovery
Our intention is to continue to deliver high quality, trauma informed and end to end services for those impacted by VAWG, and to expand these services ensuring they are inclusive for all. MSP were an early adopter of trauma informed practice - our therapeutic model is Nationally recognised, and we want to continue to invest in this.

Sustainable Organisation
Our intention is to lead an effective, well governed, and sustainable organisation which recognises and values our people.

Our underpinning themes which cut across all strategic priorities are: Co-production, Partnership, Gender Based perspective.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable Company Limited by Guarantee and incorporated on 23 April 2010 and is governed under its Articles of Association. The company registered as a charity on 6th August 2010. On 1st April 2011 the company took over the assets and activities of My Sister's Place Women's Advice Centre, an unincorporated charity which was established in 2002.

Recruitment and Appointment, Induction and Training of Trustees

Trustees are appointed at a meeting of the charity board on the basis of nominations received by the board. Trustees are selected by the board based on their eligibility, personal competence, specialist skills and relevant experience. New trustees receive an induction in the workings of the group and ongoing training needs are identified by individual board members and through annual skills analysis. The group insurance includes trustee indemnity cover. All trustees appointed by the board must retire at the next AGM and stand for re-election.

Organisational Structure

The Board of Management, consisting of trustees and officers, meet at least quarterly to decide matters of policy and strategy. Day to day management is delegated to Chief Officer and her team.

The charity has a salary framework detailing the skills abilities and responsibilities for all roles and related pay bands which includes key management personnel.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also Directors of My Sister's Place for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

STRUCTURE GOVERNANCE AND MANAGEMENT- continued:

In so far as the Trustees are aware:-

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all the steps that we ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the Trustees and authorised to sign on their behalf.

J Shield

.....
Jennifer Shield - Treasurer

07/12/2023
Dated: .....

My Sister's Place
and its Subsidiary Company

Report of the Independent Auditor to the Members of My Sister's Place

Opinion

We have audited the financial statements of My Sister's Place (the parent company) and it's subsidiary for the year ended 31 March 2023 which comprise the Consolidated Statement of Financial Activities, Consolidated Balance Sheet, Charity Balance Sheet, Consolidated Cash Flow Statement and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:-

- give a true and fair view of the state of the charitable company's and subsidiary's affairs as at 31 March 2023, and of the incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the group and parent company's ability to continue as a going concern for the period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The directors are responsible for the other information. The other information comprises the information in the Report of the Trustees but does not include the financial statements and our Report of the Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Report of the Independent Auditor to the Members of My Sister's Place

Opinion on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the group and the parent company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:-

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the parent company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:-

Auditor's responsibilities for the audit of the financial statements (continued)

Based on our understanding of the charity, we have considered applicable laws and regulations which may be fundamental to the group's ability to operate or to avoid a material penalty, and we considered the extent to which non-compliance might have a material effect on the financial statements. We considered management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to the posting of inappropriate manual journal entries to manipulate financial performance, management bias in significant accounting estimates and any significant one-off or unusual transactions.

We discussed among the audit engagement team the opportunities and incentives that may exist within the organisation for fraud and how and where fraud might occur in the financial statements.

- Enquiry of management and those charged with governance around actual and potential litigation and claims.
- Enquiry of entity staff in tax and compliance functions to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.
- Challenging estimates and judgements made by management in their significant accounting estimates.
- Revenue recognition; agreeing a sample of revenue transactions to gain assurance over the occurrence and accuracy of revenue and also to ensure revenue has been recognised in the correct period.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. The risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditors responsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Anderson Barrowcliff LLP

Mrs Jane Bennett FCA (senior statutory auditor)
For and on behalf of Anderson Barrowcliff LLP Chartered Accountants
Statutory Auditors
3 Kingfisher Way
Bowesfield Park
Stockton on Tees
TS18 3EX

Date: 14/12/23

My Sister's Place
and its Subsidiary Company

Consolidated Statement of Financial Activities (Including Income and Expenditure Account)
for the Year Ended 31 March 2023

	Notes	2023 Unrestricted Funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
Income and endowments from:					
Donations & legacies	2	**73,280**	**6,500**	**79,780**	56,058
Charitable activities	3	**72,681**	**1,015,827**	**1,088,508**	1,126,589
Other trading activities	4	**53,552**	**620**	**54,172**	82,719
Investments - interest received		**298**	**-**	**298**	302
Total Income		**199,811**	**1,022,947**	**1,222,758**	1,265,668
Expenditure on:					
Raising funds	5	**75**	**-**	**75**	37,150
Charitable activities	6	**185,805**	**1,069,300**	**1,255,105**	1,083,345
Total Expenditure		**185,880**	**1,069,300**	**1,255,180**	1,120,495
Net income/(expenditure)/net movement in funds		**13,931**	**(46,353)**	**(32,422)**	145,173
Funds brought forward	12	**956,333**	**136,296**	**1,092,629**	947,456
Fund balance carried forward		**970,264**	**89,943**	**1,060,207**	1,092,629

The accompanying notes form part of these financial statements

Company No: 07233811

My Sister's Place
and its Subsidiary Company

Consolidated Balance Sheet as at 31 March 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed Assets					
Tangible assets	8		**338,812**		345,917
Current Assets					
Debtors	10	**293,437**		203,974	
Cash at bank and in hand		**565,041**		744,915	
		858,478		948,889	
Creditors: Amounts falling due within one year	11	**137,083**		202,177	
Net Current Assets			**721,395**		746,712
Net Assets			**1,060,207**		1,092,629
Funds					
Restricted funds	12		**89,943**		136,296
Unrestricted funds					
Unrestricted income funds	12	**562,880**		540,959	
Designated funds	12	**407,384**		415,374	
			970,264		956,333
Total Funds			**1,060,207**		1,092,629

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

J Shield

.....

J Shield- Treasurer and director

The accounts were approved by the Board on 07/12/2023 ..... and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Balance Sheet as at 31 March 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed Assets					
Tangible assets	8		**338,812**		345,917
Investments	9		**1**		1
			338,813		345,918
Current Assets					
Debtors	10	**341,182**		251,238	
Cash at bank and in hand		**516,815**		696,690	
		857,997		947,928	
Creditors: Amounts falling due within one year	11	**136,603**		201,217	
Net Current Assets			**721,394**		746,711
Net Assets			**1,060,207**		1,092,629
Funds					
Restricted funds	12		**89,943**		136,296
Unrestricted funds					
Unrestricted income funds	12	**562,880**		540,959	
Designated funds	12	**407,384**		415,374	
			970,264		956,333
Total Funds			**1,060,207**		1,092,629

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

J Shield

.....

J Shield- Treasurer and director

07/12/2023

The accounts were approved by the Board on ..... and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Consolidated Statement of Cash Flows for the Year Ended 31 March 2023

	Notes	2023	2022
		£	£
Cash flows from operating activities:			
Cash generated from operations	18	**(178,999)**	12,974
Cash flows from investing activities			
Interest received		**298**	302
Purchase of tangible fixed asset		**(1,173)**	-
Net cash provided by investing activities		**(875)**	302
Change in cash and cash equivalents in the reporting period		**(179,874)**	13,276
Cash and cash equivalents at the beginning of the reporting period		**744,915**	731,639
Cash and equivalents at the end of the reporting period		**565,041**	744,915

The accompanying notes form part of these financial statements.

Notes to the Financial Statements for the Year Ended 31 March 2023

1 ACCOUNTING POLICIES

(a) **General Information and Basis of Preparation**

My Sister's Place is a private company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are as an independent 'One Stop Shop' for women who are suffering, or have suffered, domestic violence.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) **Basis of consolidation**

The financial statements consolidate the results of the charity and it's wholly owned subsidiary, My Sister's Place Trading Limited.

(c) **Income Recognition**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations and grants to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation or grant and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

Investment income is earned through holding cash in deposit accounts and is recognised when it is earned.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the notes to the accounts.

The grants are recognised using the accrual model.

There is no netting off of expenditure within the accounts.

1 ACCOUNTING POLICIES (continued)

(c) **Expenditure Recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following headings:-

- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities. It includes both costs which can be directly allocated to activities and those costs of an indirect nature.
- Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel and payroll.
- Governance costs are those incurred in connection with compliance with constitutional and statutory requirements.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

(d) **Tangible Fixed Assets**

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life.

Depreciation has been charged at:-

Improvements to freehold property	-	4% straight line
Fixtures, fittings & equipment	-	25% straight line

Freehold Property is not depreciated. Although this is not in accordance with FRS 102 section 17.18 the properties are always kept in a state of good repair and the Trustees believe that the market value is in excess of cost.

(e) **Debtors and Creditors Receivable/Payable Within One Year**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

(f) **Cash at Bank**

Cash at bank and cash 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.

(g) **Pension Costs**

The charity operates a fully insured contributory defined contribution pension scheme for all employees. The company contributions are charged to the SOFA in the period to which they relate.

(h) **Taxation**

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1 ACCOUNTING POLICIES (continued)

(i) **Operating Leases**
Rentals payable under operating leases are charged to the SOFA on a straight-line basis over the period of the lease.

(j) **Going Concern**
The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

(k) **Judgements and Key Sources of Estimation Uncertainty**
In the application of the charitable company's accounting policies, which are described above, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

(l) **Fund accounting**
Unrestricted funds 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.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

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 cost 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.

2 DONATIONS AND LEGACIES

	2023			2022
	Unrestricted Funds	**Restricted Funds**	**Total Funds**	Total Funds
	£	**£**	**£**	£
Fundraising and sundry donations	**40,080**	-	**40,080**	38,774
Coronavirus Job Retention Scheme income	-	-	-	2,784
Donated premises	**12,000**	-	**12,000**	12,000
Reach Plc Pride of Britain	-	-	-	2,500
Smallwood cost of living income	-	**6,500**	**6,500**	-
Amazon Grant	**1,000**	-	**1,000**	-
Sara Chalton Fund	**20,000**	-	**20,000**	-
Our Womens Voices Donations	**200**		**200**	-
	73,280	**6,500**	**79,780**	56,058

The donated premises are the estimated market value rent of the property donated to the charity by Middlesbrough Council.
In 2022 £52,828 of the donations related to unrestricted funds and £3,200 related to restricted funds.

Notes to the Financial Statements for the Year Ended 31 March 2023

3 INCOME FROM CHARITABLE ACTIVITIES

	2023 Unrestricted Funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
Novacyt grant	-	-	-	25,000
MBC - Navigator scheme	-	-	-	18,824
WWIN Sisters Projects	**23,616**	-	**23,616**	23,811
WWIN - NHS Charities Partnership	-	**42,689**	**42,689**	8,376
Big Lottery Fund - Counselling & Building Capabilities	-	**43,958**	**43,958**	186,690
Police & Crime Commissioner - IDVA	-	-	-	30,000
Lloyds Bank Foundation	**2,250**	-	**2,250**	30,000
MIND grants – Coronavirus Mental Health Response Fund	-	-	-	10,643
The Big Give	-	**491**	**491**	68,593
Police & Crime Commissioner - Route 2	-	**46,189**	**46,189**	73,000
Sundry grants	-	**90**	**90**	1,981
Smallwood Trust	-	**25,000**	**25,000**	41,333
PCC Ministry of Justice Covid funding/uplift funding	-	-	-	58,624
- PCC Perpetrator project	-	**96,234**	**96,234**	46,794
Community Foundation Grant	-	-	-	10,000
Leathersellers	**26,667**	**5,992**	**32,659**	13,333
MBC Recovery grant/admin support	-	**24,060**	**24,060**	43,638
Rotheram Rise	-	-	-	6,250
NatWest Safe Lives Circle Fund	-	**5,000**	**5,000**	5,000
MBC Services (CYP) Lot 3	-	**80,931**	**80,931**	75,636
MBC Services Lot 2	-	**253,466**	**253,466**	205,591
Masons	-	**10,164**	**10,164**	147
IRIS	-	**35,621**	**35,621**	26,899
PCC IDVA/ISVA	-	**205,710**	**205,710**	77,218
MBC Safer Streets	-	**46,372**	**46,372**	31,708
PCC Ministry of Justice Winter Pressures	-	-	-	7,500
PCC- CURV funding	-	**31,295**	**31,295**	-
ASK me	-	**11,765**	**11,765**	-
Navigator accommodation	-	**50,800**	**50,800**	-
Training Income	**20,148**	-	**20,148**	-
Total	**72,681**	**1,015,827**	**1,088,508**	1,126,589

In 2022 £1,012,364 of the income from charitable activities related to restricted funds and £114,225 related to unrestricted funds.

4 INCOME FROM TRADING ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds £	(all unrestricted) 2022 Total Funds £
Charity Shop sales	-	-	-	11,567
Smallwood	-	300	300	-
The Great North Run	-	-	-	644
D A Support	-	-	-	2,215
ASK me conference	-	290	290	-
Afternoon Tea	-	-	-	2,400
Corporate supporters	530	-	530	7,500
Darlington BC Route 2	-	-	-	800
Training income	7,940	-	7,940	-
Rental income	-	-	-	428
Housing Benefit	38,197	-	38,197	44,782
Counselling session	-	-	-	11,211
Other trading income	-	-	-	1,112
Wellbeing workshop	-	-	-	60
Harbour	3,666	-	3,666	-
Recharge income	2,715	-	2,715	-
Other	504	30	534	-
Total	53,552	620	54,172	82,719

5 RAISING FUNDS EXPENDITURE

	2023 £	2022 £
Staff costs	-	33,805
Fundraising costs	75	2,452
Charity shop expenses	-	893
Total	75	37,150

In 2022 all of the expenditure related to unrestricted funds.

6 EXPENDITURE ON CHARITABLE ACTIVITIES

	2023	2022
	£	£
Direct costs		
Staff costs	**867,702**	657,146
Travel, training & supervision	**15,374**	17,202
Computer & telephone costs	**49,273**	36,188
Property costs	**22,644**	15,202
Property works	**7,456**	26,744
Project costs	**10,983**	5,592
Client costs	**40,555**	39,411
Professional fees & supervision	**4,899**	6,495
Volunteer expenses	**-**	272
Depreciation	**8,278**	8,287
Gift in kind - rent	**12,000**	12,000
	1,039,164	824,539
Support costs		
Staff costs	**111,102**	144,481
Travel & training	**7,024**	4,094
Postage, stationery & general admin costs	**24,739**	30,773
Premises costs	**20,506**	25,844
Bookkeeping costs	**34,778**	29,900
Consultancy	**2,660**	6,974
	200,809	242,066
Governance costs		
Accountancy - Audit fee	**6,600**	6,000
- Other services	**8,532**	10,740
Legal costs	**-**	-
	1,255,105	1,083,345

In 2022 £69,478 of expenditure on charitable activities related to unrestricted funds and £1,013,867 related to restricted funds.

7 STAFF COSTS

	2023	2022
	£	£
Salaries and wages	**864,305**	737,137
Social Security costs	**74,386**	60,539
Pension	**40,114**	37,756
	978,805	835,432

No employees received emoluments of more than £60,000.

The average weekly number of employees during the year based on headcount was 38 (2022 : 39).

Key Management Personnel Costs

The total amount of employee's remuneration received by key management personnel including employers National Insurance and pension contributions is £69,104 (2022: £70,875). The charitable company considers its key management personnel to be Chief Officers.

7 STAFF COSTS - continued

Trustee Remuneration and Related Party Transactions

No trustees received any remuneration or expenses during the year (2022: Nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into during this or the previous year.

8 TANGIBLE FIXED ASSETS – GROUP & CHARITY

	Land & Buildings £	Fixtures, Fittings & Equipment £	Total £
Cost			
At 1 April 2022	399,513	28,204	**427,717**
Additions	-	1,173	**1,173**
At 31 March 2023	399,513	29,377	**428,890**
Depreciation			
At 1 April 2022	53,628	28,172	**81,800**
Charge for year	7,958	320	**8,278**
At 31 March 2023	61,586	28,492	**90,078**
Net Book Value			
31 March 2023	337,927	885	**338,812**
31 March 2022	345,885	32	**345,917**

9 FIXED ASSET INVESTMENTS

Investments held by the charity represent the entire share capital of its trading subsidiary, My Sister's Place Trading Limited (registered number 11337607). The nature of the company's activities was the operation of a charity shop which closed in the prior year. It is now dormant. Further details are given in note 16.

10 DEBTORS

	Charity 2023 £	Group 2023 £	Charity 2022 £	Group 2022 £
Trade debtors	**287,864**	**287,864**	162,243	162,243
Prepayments and accrued income	**5,573**	**5,573**	41,731	41,731
Intercompany balance	**47,745**	**-**	47,264	-
	341,182	**293,437**	251,238	203,974

11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Charity 2023	**Group 2023**	Charity 2022	Group 2022
	£	**£**	£	£
Trade creditors	**182**	**182**	1,670	1,670
Social security and other taxes	**-**	**-**	17,597	17,597
Accruals and deferred income	**136,421**	**136,901**	175,959	176,919
Other creditors	**-**	**-**	5,991	5,991
	136,603	**137,083**	201,217	202,177

Deferred income includes:-

	Charity 2023	**Group 2023**	Charity 2022	Group 2022
	£	**£**	£	£
Brought forward	**163,959**	**163,959**	90,328	90,328
Deferred in the year	**122,921**	**122,921**	163,959	163,959
Released in the year	**(163,959)**	**(163,959)**	(90,328)	(90,328)
Carried forward	**122,921**	**122,921**	163,959	163,959

The deferred income relates to income received this year, which relates to 2023/2024, mainly in respect of salary costs and work not year performed from the following:-

	£
WWIN NHS Charities	17,562
PCC Perp Project	24,985
Scope	62,911
Leathersellers	9,007
Masons	8,456
	122,921

12 MOVEMENT IN FUNDS

	At 31.3.22 £	Incoming Resources £	Outgoing Resources £	At 31.3.23 £
Restricted Funds				
Smallwood	14,971	31,830	42,466	**4,335**
Nat West	448	5,000	4,316	**1,132**
Counselling - Big Lottery Inclusive	29,236	43,958	73,194	-
CURV Funding- PCC	-	31,295	31,295	-
The Big Give	68,593	491	-	**69,084**
MBC CYPS Lot 3	437	80,931	81,368	-
MBC Lot 2	-	253,466	240,844	**12,622**
Route 2	270	46,189	46,189	**270**
Various Small Grants	-	90	90	-
Nationwide Homes for Good Grant	19,841	-	19,841	-
Iris	-	35,621	35,621	-
MBC Admin support	-	24,060	24,060	-
MoJ uplift	-	-	-	-
IDVA/ISVA	-	205,710	205,710	-
Perp project	-	96,234	96,234	-
MBC safer streets	-	46,662	46,662	-
Masons	-	10,164	10,164	-
Navigator Accommodation	-	50,800	50,800	-
Leathersellers-Jubilee fund	-	5,992	5,992	-
NHS charities partnership	-	42,689	42,689	-
ASK ME	-	11,765	11,765	-
Reach PLC Pride of Britain Funding	2,500	-	-	**2,500**
Restricted Funds Total	136,296	1,022,947	1,069,300	**89,943**

	At 31.3.22 £	Incoming Resources £	Outgoing Resources £	At 31.3.23 £
Designated Funds				
Perpetrators Project	22,772	-	-	**22,772**
Development of New Areas of Work	27,341	-	-	**27,341**
Capital Fund	32	-	32	-
Building Fund	365,229	-	7,958	**357,271**
	415,374	-	7,990	**407,384**
General unrestricted funds	540,959	199,811	177,890	**562,880**
Total unrestricted funds	956,333	199,811	185,880	**970,264**
Total funds	1,092,629	1,222,758	1,255,180	**1,060,207**

Notes to the Financial Statements for the Year Ended 31 March 2023

PURPOSES OF RESTRICTED FUNDS

Smallwood Trust - To provide small grants to women needing support, including management and support costs.

NatWest - to provide financial support through grants to victims of economic abuse and to help survivors move forward.

Big Lottery Fund - A five-year grant with part funding towards Counselling, IDVA and Support Services

CURV funding - (Cleveland unit for the Reduction of Violence) to reduce hospital admission for assaults in knife or sharp object and reduce non-domestic homicides focusing on people under the age of 25 years old.

The Big Give - A special funding round of the Big Give raising money for a mother and Daughter Therapy service

MBC Services (CYP) Lot 3 - Local authority funding for Middlesbrough services, funding IDVAs and Counselling staff for Children and Young People Service

MBC Services Lot 2 - Local authority funding for Middlesbrough services, funding IDVAs, Counselling staff and Sanctuary Service

Police & Crime Commissioner (Route 2) - To support perpetrator work through Route 2 project

Sundry Grants - Various small grants for basic provisions for women in need

IRIS - Funding for an Iris Educator Advocate for the Middlesbrough IRIS project

MBC Grant Support/Admin Support - Local authority funding towards admin costs

Police & Crime Commissioner (IDVA) - To provide Independent Domestic Violence Advocacy

PCC Perpetrator Project - Funding for DA Complex Needs worker and therapeutic service staff plus admin and management costs to deliver the Perpetrator project

MBC Safer Streets - Funding for VAWG Ask Me Ambassador scheme, IDVA Stalking and Personal Safety funding for vulnerable women and girls

Masons - A 3-year grant to fund a therapist for CYP service

Navigator Scheme - The money received from Middlesbrough Public Health via MHCLA to provide a Domestic Abuse Navigator, dispersed accommodation and personalisation fund for women facing barriers to safe housing.

WWIN - NHS Charities Partnership - In partnership with Wearside Women in Need (lead partner) to provide a Counselling community partnership programme for North East and Cumbria.

Leathersellers - funding towards the Brief Intervention Duty Project.

ASK ME - training is a free domestic abuse awareness training programme that is delivered in community spaces for all community members. The aim of the training is to deliver a quality programme that allows community members to come together and create rich discussion, group participation and activities based on the foundations that underpin domestic abuse and why it is important to understand these.

PURPOSES OF DESIGNATED FUNDS

The Perpetrators Fund was designated by the trustees for a project which started in May 2016, setting aside £50,000 to bridge funding gaps. During the year, none of this funding was used.

The development of new areas of work: This represents proceeds from the sale of the Albert Centre and is to be used towards premises, investments and other development areas. In the year ended 31 March 2019 two properties were purchased for a total of £118,598 to provide homes for victims of domestic abuse. This money was taken from this fund.

The Capital Fund is to fund capital charges for fixtures, fittings and equipment. The surplus on the housing project has been transferred into this fund.

The Buildings Fund represents that element of reserves which relates to the charity's premises.

The designated funds are expected to be spent in the next three to five years in line with the strategic plan.

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS - GROUP

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Fixed assets	338,812	-	338,812
Net current assets	631,452	89,943	721,395
At 31 March 2023	970,264	89,943	1,060,207

14 PENSION COSTS

The Company operates a contributory pension scheme. It is a defined contributions scheme and contributions are charged to the SOFA as they accrue. The charge for the year was £40,114 (2022: £37,756).

15 LEASING COMMITMENTS

	2023	2022
	£	£
Operating leases which expire:		
Within 1 year	**434**	-
Between 1 & 5 years	**325**	1,192
	759	1,192

Payments in the year amounted to £434 (2022: £434).

16 SUBSIDIARY COMPANY

The charity owns 100% of the share capital of My Sister's Place Trading Limited. The subsidiary was incorporated on 30 April 2018. It is used for non-primary purpose trading activities. A summary of the results of the subsidiary is shown below.

	£
Turnover	-
Expenses	-
Net loss	-

	£
Assets	**47,745**
Liabilities	**47,744**
Share capital	**1**

17 RESULTS OF THE PARENT COMPANY

	£
Total incoming resources	**1,222,758**
Movement in funds	**(32,422)**

The subsidiary gift aided £nil (2022: £nil) to the parent company in the year.

18 RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	Group 2023	Group 2022
	£	£
Net income for the reporting period (as per the statement of financial activities)	**(32,442)**	145,173
Adjustments for:		
Depreciation charges	**8,278**	8,287
Interest received	**(298)**	(302)
Decrease/(Increase) in stock	**-**	1,350
(Increase)/decrease in debtors	**(89,463)**	(191,583)
Increase/(decrease) in creditors	**(65,094)**	50,049
Net cash (used in)/provided by operating activities	**(178,999)**	12,974

MY SISTER'S PLACE

England & Wales - Charity number 1137319

Accounts

My Sister's Place
and its Subsidiary Company

Report and Financial Statements
for the Year Ended 31 March 2022

"Charity Commissioners Copy"
Charity No. 1137319

ANDERSON BARROWCLIFF LLP
Chartered Accountants

My Sister's Place
and its Subsidiary Company

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My Sister's Place
and its Subsidiary Company

Company Information

Trustees	Rebecca Samuels	- Chair
	Jennifer Shield	- Treasurer
	Helen Mather	- Member
	Ema Thornhill	- Member
	Amanda Senior	- Member
	Elizabeth Taylor	- Member
	Anna Rawling	- Member
Chief Officer	Michelle O'Rourke	- Resigned 9 July 2021
	Lesley Storey	- From July 2021
Company Number	07233811	
Charity Number	1137319	
Registered Office	121-123 Borough Road Middlesbrough TS1 3AN	
Bankers	Virgin Money 7 Linthorpe Road Middlesbrough TS1 1RF	
Auditors	Anderson Barrowcliff LLP 3 Kingfisher Way Bowesfield Park Stockton on Tees TS18 3EX	

My Sister's Place
and its Subsidiary Company

Report of The Trustees
for the Year Ended 31 March 2022

The trustees present their report together with financial statements of the charity for the year ended 31 March 2022.

The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published in October 2019.

The trustees are directors of the company for the purposes of the Companies Act 2006. The trustees who have served during the year and since the year end are shown on page 1.

OBJECTIVES AND ACTIVITIES INCLUDING PUBLIC BENEFIT STATEMENT

The charity's objects as set out in its Articles of Association are:-

1 To promote for the public benefit and with a view to public protection and the preservation of order, the provision of services directed towards the prevention of domestic violence.

2 The support of women and children who have suffered or are in danger of suffering disadvantage, exploitation and/or violence from perpetrators known to them.

3 To advance the education of voluntary and statutory agencies and the public in all aspects of domestic violence against women by known men, its causes, remedies and provision.

My Sister's Place is an independent service for women who are suffering, or have suffered, domestic violence. Established in 2002 under Home Office funding as a Crime Reduction Project, the Charity is committed to working in partnership to tackle domestic violence. In 2016 the charity added a service for male perpetrators named Route 2 as an early intervention and prevention approach to reducing the escalation and harm caused by known perpetrators.

Mission: It is our Mission to tackle all forms of violence and abuse against victims of abuse through the delivery of accessible support services, education, advocacy and leading the way to social change. We are committed to safeguarding families, strengthening communities and challenging inequalities to individual safety, justice, health and wellbeing.

Our Purpose:

- To deliver accessible, effective, specialist services that are informed and evaluated by service users experiences, promoting individual freedom and quality of life.
- To challenge inequality, and campaign for change to shape future policy and practice.
- To work with the wider community through education and community involvement to create a cultural shift in attitude to domestic abuse, and better equip families to protect their members.

Volunteers
My Sister's Place is supported by 10 volunteers who provide a range of services, including co-facilitation of the Freedom Group and Stepping Stones peer support group, reception and administration duties, fundraising, and social media campaigns. They also offer emotional support to clients at court.

After completing a training package and shadowing employees, one volunteer was even able to gain paid employment. In addition, 206 volunteers have been trained as ASK Me Ambassadors, attending awareness raising sessions in the community to spread knowledge of domestic abuse and provide people with a source of assistance.

On average, volunteers dedicate 8-10 hours of their time each week, which is invaluable to My Sisters Place and allows paid employees to focus on high-risk clients.

OBJECTIVES AND ACTIVITIES INCLUDING PUBLIC BENEFIT STATEMENT - continued

How our Activities Deliver Public Benefit:

Our main activities and who we try to help are detailed below. Our charitable activities focus on supporting women who have suffered from domestic violence and are undertaken to further our charitable purpose for the public benefit.

In setting our objectives and planning our activities the trustees have considered the Charity Commission guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

The last year has been extremely challenging for the charity. Recovery from the global pandemic (COVID-19) has proved to be a bumpy road and no sooner were we back up and operating at pre-covid levels, we like the rest of the country were then beset with the challenges of new strains of the virus and a cost of living crisis. We are operating in a state of continual change and challenge and funding for our services is a constant concern. The environment we are operating in is one in which our funders (both commissioners in statutory services and our grant funders) have less available monies and tighter constraints are being placed on MSP as a result. Despite this we have continued to bring innovation and creativity to the sector whilst delivering high quality services that meet the demands of our accreditation bodies such as the BACP.

Partnership working: In 2021-2022 My Sister's Place continued to work in partnership with existing partners and succeeded in forming new partnerships developing innovative services and new solutions to deep seated social problems This has included:

- **Perpetrators Project:** In 2021 we secured funding from the OPCC for the delivery of an innovative bold approach to tackling perpetrators which attempts to take a different long-term trauma and attachment informed approach focused on reducing reoffending. We are working alongside Harbour to deliver this service.

- **Ask Me:** The 'Ask Me' scheme aims to get communities talking about domestic abuse, and if/when survivors do share their experiences, they're given the right response every time.

- **Community ambassadors** who live, work and volunteer in their area are able to help create networks of informed people who care about ending domestic abuse. These objectives are to :-

    - Challenge the silence around domestic abuse;
    - Ensure survivors are believed and their experiences validated the first time they speak out about their abuse;
    - Challenge the cultural acceptance of abuse; and
    - Act as a vital grass-roots resource for services and commissioners.

    To date MSP Ask Me scheme has delivered over 25 training programs and trained over 200 ambassadors.

- **Control Room IDVA:** My Sisters place have received funding to have an IDVA working in the control room at Cleveland Police station and offering support to victims at the first report. This role also supports officers to ensure they are aware of the impact of abuse on victims.

- **Wearside Women in Need:** My Sister's Place continued to deliver services directly and support the further developments of therapeutic services within Wearside Women in Need, supporting their community and refuge services.

- **DA Car**: MSP IDVAs worked alongside Harbour Domestic Abuse services to provide support on weekends and evenings alongside police following a report of domestic abuse. The response car acts as a first point of contact and introduction to service for women providing initial safety advice and signposting to relevant support services.

ACHIEVEMENTS AND PERFORMANCE – continued

Increased Demand:
This year My Sisters Place received 5560 referrals, our highest level since opening 21 years ago. We have supported victims to access a wide range of services via a needs led, trauma informed, strengths-based model of support considering risk and safety and supporting them to meet their individual needs. Alongside high volume we have also become aware that our clients' needs are changing and we are working with families in extremely complex chaotic situations - substance misuse, survival sex work, deep seated trauma from childhood abuse and mental health issues are a feature of many of our clients' lives.

Addressing Economic Abuse:
MSP pivoted our support services to focus predominantly on economic abuse during the pandemic. This development has continued and the emerging cost of living crisis has consolidated the need to continue to develop this approach. We know we need to do more much to support our clients, many of whom live in extreme poverty. Middlesbrough has high levels of poverty and the highest level of child poverty in the UK. This, combined with economic abuse, has led to critical situations for many of our families.

Building financial resilience and supporting families to overcome the challenges brought about by the pandemic and cost of living crisis has been a central part of MSP work this year.

Safeguarding:
In December 2021 we strengthened our safeguarding leadership by employing a Senior Safeguarding Lead who previously served as a Detective Inspector within Cleveland Police and MARAC Chair. We also appointed a Safeguarding Lead who is a registered Social Worker previously practising in Child Protection in Middlesbrough. Having these specialisms within our management team enables us to provide especially high-quality staff safeguarding training and supervision in-house. Our Safeguarding Leads work with all MSP staff to ensure children and adults connected to our organisation are safeguarded and appropriately supported.

Less than a year into their roles, our Safeguarding Leads have established the following:

- In-depth internal audit against SafeLives outcomes, establishing areas we are doing brilliantly in and areas for improvement
- New case management process
- New referrals screening and triage process
- Quarterly full staff team development days
- Review of child and adults' safeguarding policies and procedures (including MARAC)
- Ongoing review of staff lone working and risk assessment policies and procedures
- Ongoing review of honour-based abuse policies and procedures
- Ongoing review of gender identity and inclusion policies and procedures
- Training for Children's Social Care to support better partnership working
- Student Social Work placements within MSP

MSP are proud to prioritise the safety of our clients and staff with these two dedicated roles and look forward to the further development of our safeguarding practices.

CYP IDVA Service:
Over the course of the last 12 months we have employed a new member of staff to work on the project; delivering targeted 1-1 work and educational workshops within Middlesbrough schools. The direct 1-1 IDVA work has supported 72 young people aged 14-24 years. We have received referrals from multiple sources including children social care, colleges, Teesside University and for those 16+ from Cleveland police, adult social care and the CORE team. Every young person within the services receives a bespoke package of support; meeting their individual needs and expectations. The project provides a safe space for young people to explore their own feelings and develop an understanding of what is acceptable and unacceptable within a relationship. Depending on individuals' ability and learning preferences, we explore power and control within a toxic relationship and support young people to develop and exercise positive recovery strategies.

During the first year of the project, we have contacted each school within Middlesbrough, offering them the opportunity to engage with interactive workshops for their students. The project targeted year 6 and year 9 students; delivering 1 hour workshops which challenge gendered assumptions, explores equality, consent and the foundations of a healthy relationship.

ACHIEVEMENTS AND PERFORMANCE - continued

CYP IDVA Service - continued
Primary schools within Middlesbrough have embraced the offer, with 20 having already completed workshops or are booked in to complete the sessions. In total, 835 primary school children have participated in these workshops. Unfortunately, the secondary school have been slightly more reluctant to engage with the offer of the workshops. Alternatively, we have adapted our session and delivered assemblies within 3 of the schools; outlining details of the project and toxic relationships. We have been flexible in our approach to meet the needs of the schools; reaching 640 students.

In addition, we have linked in with local colleges, met with parent support groups and delivered presentations within professional forums such as the 'designated safeguarding lead' and 'prevent partnership board'. Overall, the project has successfully reached 1531 children and young people within Middlesbrough.

Year 2 of the project continues to reach schools across the locality whilst targeting already established groups such as youth groups and supported accommodation to deliver the workshops.

MSP Counselling and Therapeutic Services:

My Sisters Place Counselling and Therapeutic Services continued to meet the needs of our client group evidenced by robust therapeutic outcomes for the clients we support. The service completed therapy with 226 women with 75% of those clients experiencing a significant improvement in their emotional health and well-being and improvements in their mental health. Taking forward the learning during the pandemic, the service has continued to offer a blended therapy provision by embedding telephone/video and email counselling within its therapeutic offer and has continued to offer an alternative that makes therapy accessible and adaptable for clients unable to attend for face to face. This year of the 226 clients that we worked with 83 accessed therapies on line. This year 9% of our clients came from the LGBTQ+ community and 6% from the BAME community.

The service received some 560 referrals, completed over 323 therapeutic assessments and delivered over 2805 direct therapeutic sessions to those needing support.

Brief intervention work via BI Duty System has continued with 194 clients accessing brief intervention sessions with the BI project delivering some 243 sessions to clients. This continues to be a good resource for our front-line practitioners who can offer immediate access for their clients that have high levels of anxiety and trauma at the point of most need.

What some survivors say about their experiences:

Jenna shared - 'It's been positive to be able to express how I feel. Coping strategies have helped as well as explorations, which will help me now and in the future.'

Margaret shared - 'It's been very thought provoking. It has made me realise I am allowed to have my own opinions and needs met. I feel like I am respected and worthy'.

Julia shared – 'I can manage my anxiety with the tools I have been taught, this has helped improve self-esteem.

Sarah shared - 'I feel having a safe place to discuss how I am feeling and why I am feeling the way I do has been the biggest positive'

March 2022 was an exciting month when we were successful in securing funding with the help of our Middlesbrough communities for our Mothers and Daughters Project via the Big Give. The funding will be used to offer Mother Daughter therapy to those mothers and daughters whose relationships have been impacted by their experiences of domestic abuse. Mother/Daughter therapy will offer a space to strengthen the relational dynamics between mothers and daughters by improving relationships and provide explorative and reparative experiences within supportive environments.

ME TIME Children and Young Peoples Therapy Service:

This year saw the launch of our ME TIME Children and Young Peoples Therapy Service. The service has established itself with robust pathways supporting the most vulnerable children involved in the Safeguarding arena. In its first year the service received 92 referrals with 235 therapeutic assessments completed and over 620 direct therapy sessions delivered to children and young people. 33 children have completed therapy with 9 parents accessing therapeutic support whist their children access ME TIME to further strengthen and build relationships within families.

What some of our CYP's say about their ME TIME journey;

'I think that ME TIME is really calming and relaxing because when you're feeling sad or upset they help you without interrupting you and without judgement and I now see things much better and it has benefitted me in different ways and coping with life' (ME TIME CYP)

'ME TIME has helped me feel safer and not be scared anymore' (ME TIME CYP – 9yrs)

'Learning about how our brain works when we are scared has really helped, it makes me feel normal for how I have been feeling' (ME TIME CYP - 15 yrs)

'I feel like I'm flying and in a safe place - like green fields' (ME TIME CYP – 11yrs)

'It makes me happy' (ME TIME CYP - 9yrs)

Sanctuary Scheme:
Funded by Middlesbrough Council, our Sanctuary Scheme enables victims who are experiencing or are at risk of domestic abuse to stay in their own homes, where it is safe to do so. This has the impact of reducing homelessness in the local authority and provides stability for victims and children living locally at what can be a traumatic time in their lives. The Sanctuary scheme secures properties and is a victim centred initiative enabling them to feel safer and whilst pursuing legal protection. This means families remain connected to local services such as schools and GPs and children's lives are not disrupted. The scheme works closely with Cleveland Police and Cleveland Fire Service to increase home safety and provide practical support. In 2021/22 the scheme received 189 referrals, 171 applications were assessed and 119 were eligible. 83 progressed to having 'security works' fitted. The scheme also provides a 6 month support plan with follow up calls where ongoing assistance and safety planning is provided to help victims move forward with their lives. Since the pandemic follow up calls take place remotely and 257 remote support calls took place in 2021/22. It was vital that we were able to continue to offer this security through the pandemic and beyond where victims felt more isolated and were confined to their homes.

Our policies and procedures have been reviewed and strengthened so additional training and support is given to our contractors and we have developed closer working relationships with our partner agencies.

One woman said;

"There's only you who's helping and listening to me, thank you so much for all you've done, thank you."

"Thank you so much for everything you did for me when I was going through the worst time of my life. I'll always be grateful thank you."

Route2:
It has again been a challenging period for the sector as a whole. Funding remains a major challenge, indeed funding received from the office of the Police and crime commissioner (OPCC) to provide the Route2 intervention service covering all four local authority areas ceased in March 2022. The OPCC decided upon a different strategy and applied for Government funding to provide a Teesside wide support service to those perpetrators identified as having complex needs and where it is believed to be contributing to their offending behaviour.

Route2 is included in the provision but on a joint format along with other services including MSP, and it has just been confirmed that funding has been approved to continue the project for a further 12-month period. During this time, we are pleased to have been able to continue our work with Redcar and Cleveland local authority providing 1-1 interventions but the loss of three local authority areas has impacted on referral rates and we now look ahead to exploring future opportunities to develop Route2.

We are active participants in local domestic abuse forums including, but not limited to, MATAC, Domestic Abuse partnership panel, the CPS Domestic Abuse scrutiny panel and the CPS sexual offences scrutiny panel therefore giving Route2 a voice in setting strategy regionally and nationally and addressing the needs of families effected by domestic abuse.

We continue to work to raise the profile of Route2 and have now carried out numerous awareness sessions to departmental leads and managers within Redcar and Cleveland local authority including Children's services, education, health and housing. We also presented the Route2 service on the local Radio station Zetland FM. We have further awareness sessions planned with Redcar and Cleveland Safeguarding and early help Senior Team managers meetings. It is hoped that by raising the profile within these and other departments we will be able to offer the service to wider areas of our communities including those who prove more difficult to reach.

Route2 has developed a strong community footprint and has active partnership arrangements in place with a number of organisations including the Police, Redcar and Cleveland Social care, Children's services, housing and health. We are fully committed to and understand the importance of partnership working and are members of Multi Agency Tasking and Co-ordination group as well as the top 50 perpetrator strategy group helping to provide solutions to increase the safety of victims and children whose lives are affected by domestic abuse.

Going forward Route2 seeks to extend service and develop awareness training packages for delivery to professionals and partner agencies to increase referrals and engagement opportunities and to address gaps in provision and encouraging referrals from underrepresented groups including LGBTQ+ and BAME communities.

IRIS Middlesbrough: IRISi has gone from strength to strength, and we are very proud of our partnership with Dr Jen Standen a local GP and champion of the approach. IRISi has now trained 124 GPs to recognise and respond to abuse and has supported 120 victims to be safeguarded.

Fundraising activity: Fundraising has been extremely challenging this year and the combined issues of recovery from the pandemic and cost of living crisis have reduced our opportunities to deliver community events. We were forced to cancel some of our planned activities due to low ticket sales and an increasing awareness that our community simply didn't have the funds available to support us. Further challenges came about as a result of our Fund Raiser leaving and the role became split across several different members of staff as an add on.

We did have some notable success despite this:

Afternoon tea on International Women's Day- we are extremely grateful to those who attended our afternoon tea which raised awareness of domestic abuse alongside raising £1,600.

The Big Give - we took part in a special funding round of the Big Give in March 2022 and raised a whopping £66k.

The charity does not carryout significant fundraising activities.

All fundraising activities were monitored internally as part of staff supervision and scrutinised by our Finance Manager in line with finance policies and procedures. No complaints were received with regards to fundraising activities carried out in this period.

Impact Measurement: The impact of domestic violence is wide ranging; to address this varied need My Sister's Place prioritises 3 main outcome areas that are relevant to all age groups and are tracked using our Oasis: On Track Case Management system:-

1 Safety - Using a nationally recognised multi-agency risk assessment and management system to assess, manage and reduce the risk of further harm to women and children.

2 Social Justice - My Sister's Place provides advocacy in a range of settings including criminal and civil justice, money advice, housing and immigration. The impact of this is tracked through support plans via On Track.

3 Health and Wellbeing - We recognise the negative impact on both physical and mental health and our counselling service addresses the immediate emotional needs and offers pathways through the recovery process. We measure the impact of these interventions through CORE-IMS and the Short Warwick Edinburgh scale.

FINANCIAL REVIEW AND RESERVES POLICY

My Sister's Place ends this financial year with a surplus of £145,173. Plans are in place to increase income generation as part of a sustainability strategy which includes training income and the development of a dispersed property portfolio.

The charity's reserves policy is to aim to have an amount in free reserves to cover 3 to 6 months of expenditure. The trustees feel that this amount is sufficient to allow the charity to affect a smooth exit, should this ever be required. Free reserves are unrestricted funds which are not designated. At 31 March 2022, included in the unrestricted reserves of £956,333 were designated funds of £415,374, set out to cover future expenditure. At the year end free reserves were £540,959. Restricted reserves of £136,296 relate to restricted grant income which relates to 2021/22.

Included within the unrestricted reserves are designated reserves which have been set aside for specific areas of spend by the trustees. This is to ensure that these future projects are protected and will not be so heavily reliant on securing grant funding in order to pursue activities which the trustees feel will further the charity's objectives. These plans include the ability to fund a perpetrators project which aims to prevent domestic violence. This service is now in its fourth year with a further contract secured for two years, at the end of which this reserve is available to close down the project should no other funding source be secured. £365,229 is designated to allow property investment which will enable the charity to provide secure immediate furnished accommodation for our most vulnerable service users.

Principal Risks

My Sister's Place maintains and reviews its risk register in line with the organisation risk management policy. All major risks have been reviewed and systems have been established to manage these risks.

Principal risks include:-

Staff recruitment and retention: Staff are extremely tired following an intense period in our history that shows no signs of abating. This is a national issue not only in the charity sector but across all sectors of employment. Local Authorities and Police forces have been allocated governmental funding to tackle VAWG and staff are being drawn to the public sector as the terms and conditions are better. Charities simply cannot compete. This has been raised at a national level with the DA Commissioner and the Home Office.

Capacity: Lack of capacity to deliver services and develop new projects. The pandemic had an impact on capacity and resources. All new work must be subject to identified funding streams to enable the charity to buy in relevant resources. This issue has and continues to be raised with our commissioners.

Covid and Cost of Living: Continued pressure from the external environment impacts on our ability to implement services. We are working with our partners to mitigate the risks as far as possible.

My Sister's Place Trading Limited

My Sister's Place Trading Limited is a 100% subsidiary of the charity which was incorporated on 30 April 2018 and started to trade that year. The subsidiary's activities are the operation of a charity shop to provide additional funds for the charity.

MSP took the very sad but ultimately the right decision for the charity to close our Charity Shop in June 2021.

Trading had not recovered fully following covid restrictions. Our volunteers, many of whom were elderly or had underlying health conditions, continued to shield and this impacted on our ability to open and trade. This combined with uncertainty about the future location of the shop due to Middlesbrough Council's plans to remodel and regenerate the shopping centre into a leisure area rather than retail area. The Trustees and CEO undertook a robust assessment of all areas of both risk and opportunity and decided the trading arm was no longer viable.

Plans for the Future
MSP strategic direction of travel in the next five years:-

- We aim to increase our digital presence and offer to clients through a new website that will be launched in the early months of 2023.
- We aim to increase our offer to victims across the full range protected characteristics -our specific focus in the next year will be disability issues through a dedicated specialist service .
- We aim to work toward improving our offer to asylum seekers and refugees through working towards becoming an accredited immigration advice service.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document
The organisation is a charitable Company Limited by Guarantee and incorporated on 23 April 2010 and is governed under its Articles of Association. The company registered as a charity on 6th August 2010. On 1st April 2011 the company took over the assets and activities of My Sister's Place Women's Advice Centre, an unincorporated charity which was established in 2002.

Recruitment and Appointment, Induction and Training of Trustees
Trustees are appointed at a meeting of the charity's board on the basis of nominations received by the board. Trustees are selected by the board based on their eligibility, personal competence, specialist skills and relevant experience. New trustees receive an induction in the workings of the charity and ongoing training needs are identified by individual board members and through annual skills analysis. The charity insurance includes trustee indemnity cover. All trustees appointed by the board must retire at the next AGM and stand for re-election.

Organisational Structure
The Board of Management, consisting of trustees and officers, meet at least quarterly to decide matters of policy and strategy. Day to day management is delegated to Chief Officer and her team.

The charity has a salary framework detailing the skills abilities and responsibilities for all roles and related pay bands which includes key management personnel.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also Directors of My Sister's Place for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

TRUSTEES' RESPONSIBILITIES STATEMENT - continued

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

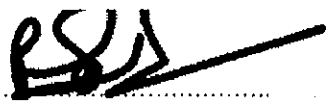
The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:-

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all the steps that we ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the Trustees and authorised to sign on their behalf.



Rebecca Samuels - Chair

Dated: 24/01/2023

Report of the Independent Auditor to the Members of My Sister's Place

Opinion

We have audited the financial statements of My Sister's Place for the year ended 31 March 2022 which comprise the Statement of Financial Activities, Balance Sheet, Cash Flow Statement and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:-

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022, and of the incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for the period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon. Our opinion on the financial statements does not cover the other information, except to the extent otherwise explicitly stated in our reports, and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Report of the Independent Auditor to the Members of My Sister's Place

Opinion on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:-

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:-

Based on our understanding of the charity, we have considered applicable laws and regulations which may be fundamental to the charity's ability to operate or to avoid a material penalty, and we considered the extent to which non-compliance might have a material effect on the financial statements. We considered management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to the posting of inappropriate manual journal entries to manipulate financial performance, management bias in significant accounting estimates and any significant one-off or unusual transactions.

We discussed among the audit engagement team the opportunities and incentives that may exist within the organisation for fraud and how and where fraud might occur in the financial statements.

Report of the Independent Auditor to the Members of My Sister's Place

Auditor's responsibilities for the audit of the financial statements (continued)

- Enquiry of management and those charged with governance around actual and potential litigation and claims.
- Enquiry of entity staff in tax and compliance functions to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.
- Challenging estimates and judgements made by management in their significant accounting estimates.
- Revenue recognition; agreeing a sample of revenue transactions to gain assurance over the occurrence and accuracy of revenue and also to ensure revenue has been recognised in the correct period.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. The risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditors responsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Mr D J Robertson FCA - Senior Statutory Auditor
For and on behalf of Anderson Barrowcliff LLP Chartered Accountants
Statutory Auditor
3 Kingfisher Way
Bowesfield Park
Stockton on Tees
TS18 3EX

Date: 24 January 2023

My Sister's Place
and its Subsidiary Company

Consolidated Statement of Financial Activities (Including Income and Expenditure Account)
for the Year Ended 31 March 2022

	Notes	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Income and endowments from:					
Donations & legacies	2	**52,858**	**3,200**	**56,058**	157,040
Charitable activities	3	**114,225**	**1,012,364**	**1,126,589**	903,538
Other trading activities	4	**81,919**	**800**	**82,719**	89,990
Investments - interest received		**302**	**-**	**302**	432
Total Income		**249,304**	**1,016,364**	**1,265,668**	1,151,000
Expenditure on:					
Raising funds	5	**37,150**	**-**	**37,150**	76,242
Charitable activities	6	**69,478**	**1,013,867**	**1,083,345**	975,403
Total Expenditure		**106,628**	**1,013,867**	**1,120,495**	1,051,645
Net income/(expenditure)/net movement in funds		**142,676**	**2,497**	**145,173**	99,355
Funds brought forward	12	**813,657**	**133,799**	**947,456**	848,101
Fund balance carried forward		**956,333**	**136,296**	**1,092,629**	947,456

The accompanying notes form part of these financial statements

My Sister's Place
and its Subsidiary Company

Consolidated Balance Sheet as at 31 March 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed Assets					
Tangible assets	8		**345,917**		354,204
Current Assets					
Stock		-		1,350	
Debtors	10	**203,974**		12,391	
Cash at bank and in hand		**744,915**		731,639	
		948,889		745,380	
Creditors: Amounts falling due within one year	11	**202,177**		152,128	
Net Current Assets			**746,712**		593,252
Net Assets			**1,092,629**		947,456
Funds					
Restricted funds	12		**136,296**		133,799
Unrestricted funds					
Unrestricted income funds	12	**540,959**		389,996	
Designated funds	12	**415,374**		423,661	
			956,333		813,657
Total Funds			**1,092,629**		947,456

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

.....
R Samuels - Director and Trustee

The accounts were approved by the Board on 24/01/2023 and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Balance Sheet as at 31 March 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed Assets					
Tangible assets	8		**345,917**		354,204
Investments			**1**		1
			345,918		354,205
Current Assets					
Stock		**-**		500	
Debtors	10	**251,238**		49,150	
Cash at bank and in hand		**696,690**		694,829	
		947,928		744,479	
Creditors: Amounts falling due within one year	11	**201,217**		151,228	
Net Current Assets			**746,711**		593,251
Net Assets			**1,092,629**		947,456
Funds					
Restricted funds	12		**136,296**		133,799
Unrestricted funds					
Unrestricted income funds	12	**540,959**		389,996	
Designated funds	12	**415,374**		423,661	
			956,333		813,657
Total Funds			**1,092,629**		947,456

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

.....
R Samuels - Director and Trustee

The accounts were approved by the Board on ..... and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Statement of Cash Flows and Consolidated Statement of Cash Flows for the Year Ended 31 March 2022

	Notes	2022 Charity £	2022 Group £	2021 Charity £	2021 Group £
Cash flows from operating activities:					
Cash generated from operations	18	**1,559**	**12,974**	224,610	239,984
Cash flows from investing activities					
Interest received		**302**	**302**	432	432
Net cash provided by investing activities		**302**	**302**	432	432
Change in cash and cash equivalents in the reporting period		**1,861**	**13,276**	225,042	240,416
Cash and cash equivalents at the beginning of the reporting period		**694,829**	**731,639**	469,787	491,223
Cash and equivalents at the end of the reporting period		**696,690**	**744,915**	694,829	731,639

The accompanying notes form part of these financial statements.

1 ACCOUNTING POLICIES

(a) **General Information and Basis of Preparation**

My Sister's Place is a private company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are as an independent 'One Stop Shop' for women who are suffering, or have suffered, domestic violence.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The financial statements consolidate the results of the charity and it's wholly owned subsidiary, My Sister's Place Trading Limited.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) **Income Recognition**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations and grants to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation or grant and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

The charity received government grants in respect of the Coronavirus Job Retention Scheme and small business grants. These grants are recognised at the fair value of the asset received or receivable when there is a reasonable assurance that the charity will comply with the conditions attached to them. The grants are recognised using the accrual model.

Investment income is earned through holding cash in deposit accounts and is recognised when it is earned.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the notes to the accounts.

The grants are recognised using the accrual model.

There is no netting off of expenditure within the accounts.

1 ACCOUNTING POLICIES (continued)

(c) **Expenditure Recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following headings:-

- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities. It includes both costs which can be directly allocated to activities and those costs of an indirect nature.
- Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs.
- Governance costs are those incurred in connection with compliance with constitutional and statutory requirements.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

(d) **Tangible Fixed Assets**

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life.

Depreciation has been charged at:-

Improvements to freehold property	-	4% straight line
Fixtures, fittings & equipment	-	25% straight line

Freehold Property is not depreciated. Although this is not in accordance with FRS 102 section 17.18 the properties are always kept in a state of good repair and the Trustees believe that the market value is in excess of cost.

(e) **Debtors and Creditors Receivable/Payable Within One Year**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

(f) **Cash at Bank**

Cash at bank and cash 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.

(g) **Pension Costs**

The company operates a fully insured contributory defined contribution pension scheme for all employees. The company contributions are charged to the SOFA in the period to which they relate.

(h) **Tax**

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

(i) **Operating Leases**

Rentals payable under operating leases are charged to the SOFA on a straight-line basis over the period of the lease.

1 ACCOUNTING POLICIES (continued)

(j) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

(k) Judgements and Key Sources of Estimation Uncertainty

In the application of the charitable company's accounting policies, which are described above, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

(l) Fund accounting

Unrestricted funds 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.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

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 cost 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.

2 DONATIONS AND LEGACIES

	2022			2021
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Fundraising and sundry donations	38,074	700	38,774	58,104
Coronavirus Job Retention Scheme income	2,784	-	2,784	22,260
MBC Covid small business grants	-	-	-	38,500
Virgin Money Covid grant	-	-	-	20,000
County Durham Community Foundation grant	-	-	-	5,000
SafeLives Covid grant	-	-	-	1,176
Donated premises	12,000	-	12,000	12,000
Reach Plc Pride of Britain	-	2,500	2,500	-
	52,858	3,200	56,058	157,040

The donated premises are the estimated market value rent of the property donated to the charity by Middlesbrough Council.

In 2021 £150,864 of the donations related to unrestricted funds and £6,176 related to restricted funds.

3 INCOME FROM CHARITABLE ACTIVITIES

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
MHCLG Funding Covid grant	-	-	-	29,113
Foundations New Starts	-	-	-	10,940
Novacyt grant	25,000	-	25,000	-
MBC IDVA Referrals Officer	-	-	-	-
Nationwide Homes for Good	-	-	-	49,891
MBC - Navigator scheme	-	18,824	18,824	43,477
WWIN Sisters Projects	23,811	-	23,811	8,683
WWIN Homeless Link	-	-	-	30,000
WWIN - NHS Charities Partnership	-	8,376	8,376	-
Big Lottery Fund - Counselling & Building Capabilities	-	186,690	186,690	113,285
Henry Smith Charity	-	-	-	40,300
MBC Public Health - IDVA	-	-	-	64,666
Police & Crime Commissioner - IDVA	-	30,000	30,000	30,000
Women's Aid – Comic Relief funding	-	-	-	29,559
Women's Aid - Voices	-	-	-	15,000
Lloyds Bank Foundation	30,000	-	30,000	56,024
Lloyds Bank Foundation - IDVA	-	-	-	5,120
Lloyds Bank Foundation – DCMS	-	-	-	-
Charity Shop TamponTax Grant	-	-	-	-
MBC Sanctuary Scheme	-	-	-	52,400
MIND grants – Coronavirus Mental Health Response Fund	-	10,643	10,643	30,035
The Big Give	-	68,593	68,593	-
MBC NHS Counselling Service	-	-	-	15,000
Police & Crime Commissioner - Route 2	-	73,000	73,000	73,000
Sundry grants	831	1,150	1,981	2,749
Smallwood Trust	-	41,333	41,333	46,667
- CAF Resilience Fund	-	-	-	20,246
Middlesbrough Borough Council Community Grant Fund	-	-	-	18,907
NatWest SafeLives	-	-	-	5,000
PCC Ministry of Justice Covid funding/uplift funding	-	58,624	58,624	113,476
- PCC Perpetrator project	-	46,794	46,794	-
Community Foundation Grant	10,000	-	10,000	-
Leathersellers	13,333	-	13,333	-
MBC Recovery grant/admin support	-	43,638	43,638	-
Rotheram Rise	6,250	-	6,250	-
NatWest Safe Lives Circle Fund	5,000	-	5,000	-
MBC Services (CYP) Lot 3	-	75,636	75,636	-
MBC Services Lot 2	-	205,591	205,591	-
Masons	-	147	147	-
IRIS	-	26,899	26,899	-
PCC IDVA/ISVA	-	77,218	77,218	-
MBC Safer Streets	-	31,708	31,708	-
PCC Ministry of Justice Winter Pressures	-	7,500	7,500	-
Total	114,225	1,012,364	1,126,589	903,538

In 2021 £854,609 of the income from charitable activities related to restricted funds and £48,929 related to unrestricted funds.

4 INCOME FROM TRADING ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds	(all unrestricted) 2021 Total Funds
	£	£	£	£
Charity Shop sales	11,567	-	**11,567**	17,431
Student placement income	-	-	**-**	3,130
The Great North Run	644	-	**644**	-
D A Support	2,215	-	**2,215**	960
Fundraising event income	-	-	**-**	1,947
Afternoon Tea	2,400	-	**2,400**	-
Corporate supporters	7,500	-	**7,500**	10,250
Training income	-	-	**-**	900
Darlington BC Route 2	-	800	**800**	625
Rental income	428	-	**428**	9,113
Housing Benefit	44,782	-	**44,782**	37,584
Counselling session	11,211	-	**11,211**	4,230
Other trading income	1,112	-	**1,112**	200
Wellbeing workshop	60	-	**60**	3,620
Total	81,919	800	**82,719**	89,990

5 RAISING FUNDS EXPENDITURE

	2022	2021
	£	£
Staff costs	**33,805**	72,559
Fundraising costs	**2,452**	1,269
Charity shop expenses	**893**	2,414
Total	**37,150**	76,242

In 2021 all of the expenditure related to unrestricted funds.

6 EXPENDITURE ON CHARITABLE ACTIVITIES

	2022	2021
	£	£
Direct costs		
Staff costs	**657,146**	593,001
Travel, training & supervision	**17,202**	3,014
Computer & telephone costs	**36,188**	72,924
Property costs	**15,202**	14,618
Property works	**26,744**	22,518
Project costs	**5,592**	17,733
Client costs	**39,411**	40,619
Professional fees & supervision	**6,495**	5,530
Volunteer expenses	**272**	90
Depreciation	**8,287**	8,287
Gift in kind - rent	**12,000**	12,000
	824,539	790,334
Support costs		
Staff costs	**144,481**	84,358
Travel & training	**4,094**	240
Postage, stationery & general admin costs	**30,773**	18,935
Premises costs	**25,844**	20,291
Bookkeeping costs	**29,900**	28,072
Consultancy	**6,974**	14,515
Bad debts	**-**	6,106
	242,066	172,517
Governance costs		
Accountancy - Audit fee	**6,000**	4,200
- Other services	**10,740**	7,152
Legal costs	**-**	1,200
	1,083,345	975,403

In 2021 £109,313 of expenditure on charitable activities related to unrestricted funds and £866,090 related to restricted funds.

7 STAFF COSTS

	2022	2021
	£	£
Salaries and wages	**737,137**	672,618
Social Security costs	**60,539**	47,703
Pension	**37,756**	29,598
	835,432	749,919

No employees received emoluments of more than £60,000.

The average weekly number of employees during the year based on headcount was 39 (2021: 35).

Key Management Personnel Costs

The total amount of employee's remuneration received by key management personnel including employers National Insurance and pension contributions is £70,875 (2021: £52,335). The charitable company considers its key management personnel to be Chief Officers.

7 STAFF COSTS – continued

Trustee Remuneration and Related Party Transactions

No trustees received any remuneration or expenses during the year (2021: Nil).

The husband of Michelle O'Rourke, the CEO, is the director of Think Random Limited. This company provided services totaling £Nil (2021: £210) to the charity. All transactions were on normal commercial terms.

No other trustee or other person related to the charity had any personal interest in any contract or transaction entered into during this or the previous year.

8 TANGIBLE FIXED ASSETS – GROUP & CHARITY

	Land & Buildings £	Fixtures, Fittings & Equipment £	Total £
Cost			
At 1 April 2021 and 31 March 2022	399,513	28,204	**427,717**
Depreciation			
At 1 April 2021	45,670	27,843	**73,513**
Charge for year	7,958	329	**8,287**
At 31 March 2022	53,628	28,172	**81,800**
Net Book Value			
31 March 2022	345,885	32	**345,917**
31 March 2021	353,843	361	**354,204**

9 FIXED ASSET INVESTMENTS

Investments held by the charity represent the entire share capital of its trading subsidiary, My Sister's Place Trading Limited (registered number 11337607). The nature of the company's activities is the operation of a charity shop. Further details are given in note 16.

10 DEBTORS

	Charity 2022 £	Group 2022 £	Charity 2021 £	Group 2021 £
Trade debtors	**162,243**	**162,243**	6,433	6,433
Prepayments and accrued income	**41,731**	**41,731**	5,958	5,958
Intercompany balance	**47,264**	-	36,759	-
	251,238	**203,974**	49,150	12,391

11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Charity 2022	**Group 2022**	Charity 2021	Group 2021
	£	**£**	£	£
Trade creditors	1,670	1,670	2,366	2,366
Social security and other taxes	17,597	17,597	14,241	14,241
Accruals and deferred income	175,959	176,919	128,676	129,576
Other creditors	5,991	5,991	5,945	5,945
	201,217	202,177	151,228	152,128

Deferred income includes:-

	Charity 2022	**Group 2022**	Charity 2021	Group 2021
	£	**£**	£	£
Brought forward	90,328	90,328	16,464	16,464
Deferred in the year	163,959	163,959	90,328	90,328
Released in the year	(90,328)	(90,328)	(16,464)	(16,464)
Carried forward	163,959	163,959	90,328	90,328

The deferred income relates to income received this year, which relates to 2022/2023, mainly in respect of salary costs and work not year performed from the following:-

	£
WWIN Sister's Project	23,616
IRIS	2,476
Leathersellers	26,667
PCC Perp Project	29,832
Navigator Accommodation (unspent salaries)	8,000
Safer Streets	46,372
WWIN NHS Charities	8,376
Masons	18,620
	163,959

Notes to the Financial Statements for the Year Ended 31 March 2022

12 MOVEMENT IN FUNDS

	At 31.3.21 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31.3.22 £
Restricted Funds					
Charity shop grant	7,242	-	7,242	-	-
Smallwood	-	41,333	26,362	-	**14,971**
Nat West	1,421	-	973	-	**448**
Counselling - Big Lottery Inclusive	14,015	186,690	171,469	-	**29,236**
Counselling - Henry Smith	10,075	-	10,075	-	-
Lloyds Transform	4,973	-	4,973	-	-
COVID - MIND Funding	-	10,643	10,643	-	-
The Big Give	-	68,593	-	-	**68,593**
MBC CYPS Lot 3	-	75,636	75,199	-	**437**
MBC Lot 2	-	205,591	205,591	-	-
IDVA - Public Health	13,333	-	13,333	-	-
IDVA - PCC	-	30,000	30,000	-	-
Route 2	-	73,800	73,530	-	**270**
Navigator	14,034	18,824	32,858	-	-
Various Small Grants	-	1,150	1,150	-	-
Nationwide Homes for Good Grant	57,190	-	37,349	-	**19,841**
Iris	-	26,899	26,899	-	-
MBC Admin support	-	43,638	43,638	-	-
MoJ uplift	-	58,624	58,624	-	-
IDVA/ISVA	-	77,218	77,218	-	-
Perp project	-	46,794	46,794	-	-
MBC safer streets	-	31,708	31,708	-	-
Masons	-	147	147	-	-
MOJ winter pressures	-	7,500	7,500	-	-
WWIN Homeless Link Project	11,516	-	11,516	-	-
NHS charities partnership	-	8,376	8,376	-	-
Persimmon Homes	-	700	700	-	-
Reach PLC Pride of Britain Funding	-	2,500	-	-	**2,500**
Restricted Funds Total	133,799	1,016,364	1,013,867	-	**136,296**

	At 31.3.21 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31.3.22 £
Designated Funds					
Perpetrators Project	22,772	-	-	-	**22,772**
Development of New Areas of Work	27,341	-	-	-	**27,341**
Capital Fund	361	-	329	-	**32**
Building Fund	373,187	-	7,958	-	**365,229**
	423,661		8,287	-	**415,374**
General unrestricted funds	389,996	249,304	98,341	-	**540,959**
Total unrestricted funds	813,657	249,304	106,628	-	**956,333**
Total funds	947,456	1,265,668	1,120,495	-	**1,092,629**

PURPOSES OF RESTRICTED FUNDS

Navigator Scheme - The money received from Middlesbrough Public Health via MHCLA to provide a Domestic Abuse Navigator, dispersed accommodation and personalisation fund for women facing barriers to safe housing.

WWIN - NHS Charities Partnership – In partnership with Wearside Women in Need (lead partner) to provide a Counselling community partnership programme for North East and Cumbria

Big Lottery Fund – A five-year grant with part funding towards Counselling, IDVA and Support Services

Police & Crime Commissioner (IDVA) – To provide Independent Domestic Violence Advocacy

MIND Grants – To provide funding for women during the Covid pandemic

The Big Give – A special funding round of the Big Give raising money for a mother and Daughter Therapy service

Police & Crime Commissioner (Route 2) – To support perpetrator work through Route 2 project

Sundry Grants – Various small grants for basic provisions for women in need

Smallwood Trust – To provide small grants to women needing support, including management and support costs.

PCC Ministry of Justice Funding/Uplift Funding – A 1 year grant to provide IDVA/ISVA funding

PCC Perpetrator Project – Funding for DA Complex Needs worker and therapeutic service staff plus admin and management costs to deliver the Perpetrator project

MBC Grant Support/Admin Support – Local authority funding towards admin costs

MBC Services (CYP) Lot 3 – Local authority funding for Middlesbrough services, funding IDVAs and Counselling staff for Children and Young People Service

MBC Services Lot 2 – Local authority funding for Middlesbrough services, funding IDVAs, Counselling staff and Sanctuary Service

Masons – A 3-year grant to fund a therapist for CYP service

IRIS – Funding for an Iris Educator Advocate for the Middlesbrough IRIS project

PCC IDVA/ISVA – Police and Crime Commissioner funding for IDVA/ISVA support

MBC Safer Streets – Funding for VAWG Ask Me Ambassador scheme, IDVA Stalking and Personal Safety funding for vulnerable women and girls

PCC Ministry of Justice Winter Pressures – MOJ funding for 3 months to support increasing financial pressures on victim's services.

PURPOSES OF DESIGNATED FUNDS

The Perpetrators Fund was designated by the trustees for a project which started in May 2016, setting aside £50,000 to bridge funding gaps. During the year, none of this funding was used.

The development of new areas of work: This represents proceeds from the sale of the Albert Centre and is to be used towards premises, investments and other development areas. In the year ended 31 March 2019 two properties were purchased for a total of £118,598 to provide homes for victims of domestic abuse. This money was taken from this fund.

The Capital Fund is to fund capital charges for fixtures, fittings and equipment. The surplus on the housing project has been transferred into this fund.

The Buildings Fund represents that element of reserves which relates to the charity's premises.

The designated funds are expected to be spent in the next three to five years in line with the strategic plan.

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS – GROUP

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Fixed assets	345,917	-	345,917
Net current assets	610,416	136,296	746,712
At 31 March 2022	956,333	136,296	1,092,629

14 PENSION COSTS

The Company operates a contributory pension scheme. It is a defined contributions scheme and contributions are charged to the SOFA as they accrue. The charge for the year was £37,756 (2021: £29,598).

15 LEASING COMMITMENTS

	2022	2021
	£	£
Operating leases which expire:		
Within 1 year	-	2,421
Between 1 & 5 years	**1,192**	1,951
	1,192	4,372

Payments in the year amounted to £434 (2021: £2,049).

16 SUBSIDIARY COMPANY

The charity owns 100% of the share capital of My Sister's Place Trading Limited. The subsidiary was incorporated on 30 April 2018. It is used for non-primary purpose trading activities. A summary of the results of the subsidiary is shown below.

	£
Turnover	**11,567**
Expenses	**19,636**
Net loss	**8,069**

	£
Assets	**47,265**
Liabilities	**47,264**
Share capital	**1**

17 RESULTS OF THE PARENT COMPANY

	£
Total incoming resources	**1,254,101**
Movement in funds	**145,175**

The subsidiary gift aided £nil (2021: £19,858) to the parent company in the year.

18 RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	Charity 2022	Group 2022	Charity 2021	Group 2021
	£	£	£	£
Net income for the reporting period (as per the statement of financial activities)	**145,173**	**145,173**	99,355	99,355
Adjustments for:				
Depreciation charges	**8,287**	**8,287**	8,287	8,287
Interest received	**(302)**	**(302)**	(432)	(432)
Decrease/(Increase) in stock	**500**	**1,350**	-	1,150
(Increase)/decrease in debtors	**(202,088)**	**(191,583)**	17,836	32,059
Increase/(decrease) in creditors	**49,989**	**50,049**	99,564	99,565
Net cash (used in)/provided by operating activities	**1,559**	**12,974**	224,610	239,984

MY SISTER'S PLACE

England & Wales - Charity number 1137319

Accounts

My Sister's Place
and its Subsidiary Company

Report and Financial Statements
for the Year Ended 31 March 2021

"Charity Commissioners Copy"
Charity Number: 1137319

ANDERSON BARROWCLIFF LLP
Chartered Accountants

My Sister's Place
and its Subsidiary Company

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My Sister's Place
and its Subsidiary Company

Company Information

Trustees	Rebecca Samuels	-	Chair
	Jennifer Shield	-	Treasurer
	Helen Mather	-	Member
	Ema Thornhill	-	Member
	Amanda Senior	-	Member
	Elizabeth Taylor	-	Appointed 13 January 2021
	Anna Rawling	-	Appointed 13 January 2021
Chief Officer	Michelle O'Rourke	-	Resigned 9 July 2021
	Lesley Storey	-	From July 2021
Company Number	07233811		
Charity Number	1137319		
Registered Office	121-123 Borough Road Middlesbrough TS1 3AN		
Bankers	Virgin Money 7 Linthorpe Road Middlesbrough TS1 1RF		
Auditors	Anderson Barrowcliff LLP 3 Kingfisher Way Bowesfield Park Stockton on Tees TS18 3EX		

Report of The Trustees for the Year Ended 31 March 2021

The trustees present their report together with financial statements of the charity for the year ended 31 March 2021.

The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published in October 2019.

The trustees are directors of the company for the purposes of the Companies Act 2006. The trustees who have served during the year and since the year end are shown on page 1.

OBJECTIVES AND ACTIVITIES INCLUDING PUBLIC BENEFIT STATEMENT

The charity's objects as set out in its Articles of Association are:-

1 To promote for the public benefit and with a view to public protection and the preservation of order, the provision of services directed towards the prevention of domestic violence.

2 The support of women and children who have suffered or are in danger of suffering disadvantage, exploitation and/or violence from perpetrators known to them.

3 To advance the education of voluntary and statutory agencies and the public in all aspects of domestic violence against women by known men, its causes, remedies and provision.

My Sister's place is an independent service for women who are suffering, or have suffered, domestic violence. Established in 2002 under Home Office funding as a Crime Reduction Project, the Charity is committed to working in partnership to tackle domestic violence. In 2016 the charity added a service for male perpetrators named Route 2 as an early intervention and prevention approach to reducing the escalation and harm caused by known perpetrators.

Mission: It is our Mission to tackle all forms of violence and abuse against women and children through the delivery of accessible support services, education, advocacy and leading the way to social change. We are committed to safeguarding families, strengthening communities and challenging inequalities to individual safety, justice, health and wellbeing.

Our Purpose:

- To deliver accessible, effective, specialist services that are informed and evaluated by service users experiences, promoting individual freedom and quality of life.
- To challenge inequality, and campaign for change to shape future policy and practice.
- To work with the wider community through education and community involvement to create a cultural shift in attitude to domestic abuse, and better equip families to protect their members.

How our Activities Deliver Public Benefit

Our main activities and who we try to help are detailed below. Our charitable activities focus on supporting women who have suffered from domestic violence and are undertaken to further our charitable purpose for the public benefit.

In setting our objectives and planning our activities the trustees have given careful consideration to the Charity Commission guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

The charity began the year in the midst of a global pandemic (COVID-19), like many charities My Sister's Place adapted to lockdown measures which adversely impacted the client group forcing women and children to stay at home with their abusive partners. The charity has had to quickly adapt to remote working, going from an open access one stop shop and drop in service to telephone and digital support. This happened quickly and smoothly despite the limited resources available. Despite the pandemic the charity continued to meet its aims and objectives, developing new approaches and finding innovative ways to engage with its beneficiaries.

Partnership working: In 2020-2021 My Sister's Place continued to work in partnership with existing partners and succeeded in forming new partnerships to respond to the pandemic. This has included –

VAWG Sector COVID response group: My Sister's Place and other VAWG sector partners met with commissioners across the Cleveland area on a weekly, monthly and then bi monthly basis to ensure open communication with regards to good practice, challenges and opportunities to work collaboratively to continue to meet the needs of victims/survivors during the pandemic.

Recovery Connections: Funding was secured to continue with the successfully piloted trauma informed therapeutic service within residential rehab, extended also by Recovery Connections to deliver in Gateshead.

Wearside Women in Need: My Sister's Place continued to deliver services directly and support the further development of therapeutic services within Wearside Women in Need, supporting their community and refuge services.

Foundation 'New Start': Through MHCLG funding My Sister's Place was able to work in partnership with Foundation to offer emergency accommodation, access funding to secure accommodation and outreach support for women during the pandemic, this included tenancy set up costs and household goods as well as ensuring safety measures were in place. The project directly supported 36 women and 47 children.

DA Car: MSP IDVAs worked alongside Harbour Domestic Abuse services to provide support on weekends and evenings alongside police following a report of domestic abuse. The response car acts as a first point of contact and introduction to service for women providing initial safety advice and signposting to relevant support services.

TIME Scaling Project: MSP continued its work with Spring Impact during this period. This enabled MSP to finalise both the design phase and the financial model for scaling of the MSP's TIME model and produced a support/training and consultancy package aimed at increasing the number of trauma informed services and practitioners across the VWAG sector. Two pilot originations were recruited and have committed to take part in the piloting of the scaled model during 21/22 to further refine the model and package.

Direct services:

Women's Services: The core business of the charity is the delivery of direct services to women. This year the services received 3,838 referrals relating to 1,721 individuals. 1,191 of those referred had been previously been referred into the service (repeat referrals). 88% were referred to IDVA services, 19% to counselling services 13% sanctuary services and remaining referrals were across a range of additional services including housing support, Freedom Programme, Navigator project, IRIS and support work. The majority of referrals - 54%, are via Police an increase from 40% last year and this year and 17% were self-referrals compared to 26% in 2019/20. This is a notable impact of the COVID-19 pandemic as many women were unable to contact and engage in services due to lockdown restrictions forcing them into the home with their abuser. Children's services, mental health services and housing providers made up 7% of referrals.

A total of 880 women have engaged in one or more of our core services, receiving brief advice, completing an agreed support plan, or received therapeutic interventions, all of which encompass a trauma informed response. 685 women ended support with the service this year.

363 women were able to complete a support plan which included pre and post outcome measures related to their health and wellbeing. 77% reported an overall improvement in their health and well-being, with key changes in feeling safe (66% reported improvements), feeling optimistic about the future (61% reported improvements), feeling relaxed (70% reported positive outcomes in this area) and thinking clearly (63% reported positive outcomes).

Our direct services continued to deliver support to women throughout the pandemic, our services pivoted to deliver support remotely and all services continued to be delivered despite the challenges of the lockdown and home working. In response to the pandemic My Sister's Place were awarded funding via County Durham Community Foundation to implement a chat facility via My Sister's Place website, this enabled those who were restricted from accessing services during the pandemic to stay in touch, seek advice and find out how they could access support.

IDVA: Our IDVA service works with high risk victims reducing risk levels and preventing serious harm and homicide. They have been the first point of contact for victims during the pandemic, maintaining a crisis response remotely despite huge challenges. Our IDVAs continued to support women with a wide range of issues and practical measures to increase their safety and ensure they continued to have access to justice. Women were supported with a range of practical measures including criminal and civil justice support and advice and advocacy, safeguarding, housing, financial support, child contact and reducing the impact of COVID-19 on families in terms of mental health and well-being, and dealing with the impact of the lockdown measures. 569 engaged in a long term support plan with our IDVAs this year, and a further 305 clients received brief interventions.

Support: Our support workers provide vital support on an emotional and practical level to clients who are assessed as medium or standard risk of harm. Their role is to support women with practical measures such as housing, benefits, gaining independence from the perpetrator and becoming financially independent, 147 women engaged in a support plan with our support workers this year.

Addressing Economic Abuse: MSP has worked hard throughout the pandemic to address the impact of economic abuse on our clients. Middleborough has high levels of poverty and the highest level of child poverty in the UK. This combined with economic abuse has led to critical situations for many of our families.

Building financial resilience and supporting families to overcome the challenges brought about by the pandemic has been a vital part of MSP work this year.

We were also delighted to offer a new grant based project through funding from Smallwood Trust which enables us to support women with small grants to meet their immediate needs across a range of financial burdens which present significant barriers to accessing routes to safety. This year 35 women were assisted with grants totalling £12,884. In addition we were able to provide support via NatWest Circle Fund assisting 16 women with grants totalling £4,627. Other grants to directly support women to live safe and free from abuse were sought via Middlesbrough Local Authority, Tesco food vouchers and Vodafone. The support team has carried out a vital role in ensuring women are not further disadvantaged by lack of finance, and the economic impact of abuse and the pandemic. The team supported vulnerable women to access £13,030 in benefit entitlements with ongoing yearly entitlements of £43,871, thus supporting their long term recovery from abuse and sustained independence.

MSP Counselling Service: My Sisters Place therapeutic services adapted quickly in response to the pandemic, overcoming significant challenges. This year our services were mobilised to a remote offer to ensure those who could and wanted to continue with therapeutic interventions could access this vital service at a very difficult time. Online therapy was offered alongside brief intervention, telephone and email support. Throughout the year 273 women accessed therapy via telephone, video or email.

The service increased its brief interventions provision and introduced a brief intervention duty system, as resource for our front line practitioners, which enabled them to facilitate immediate access, for clients with high levels of anxiety and trauma requiring immediate psychological support. 153 women received brief intervention therapies and emotional support.

267 women completed therapeutic assessments with the service delivering over 2,344 one to one sessions to those needing support. The counselling service continued to evidence the effectiveness of our service with 76% of those completing therapy reporting improvements in their emotional health and wellbeing, showing clinical and reliable change and improvements in day to day functioning and feeling more able to deal with problems and challenges as well as reporting a reduction in risk to self.

Survivor feedback said;

"It was a great source of support and I don't know what I would have done in this pandemic without them to be honest"

"I didn't feel so alone as I live alone and feel nobody has really cared about me during this COVID thing"

"The service offered me access to a counsellor really quickly to help me and my granddaughter in this horrible situation"

Sanctuary Scheme: Funded by Middlesbrough Council, our Sanctuary Scheme enables victims to stay in their own homes, where it is safe to do so, by securing properties and accessing legal protection. This means families remain connected to local services such as schools and GPs and children's lives are not disrupted. The scheme works closely with Cleveland Police and Cleveland Fire Service to increase home safety and provide practical support. In 2020/21 the scheme received 260 referrals, 251 applications were assessed, and 183 were eligible. 87 progressed to having 'security works' fitted. The scheme also provides a 6 month support plan with follow up visits. Due to the pandemic follow up calls took place remotely and 312 remote visits took place. It was vital that we were able to continue to offer this security through the pandemic where victims felt more isolated and were confined to their homes. One woman said;

"There's only you who's helping and listening to me, thank you so much for all you've done, thank you."

Route 2: This year Route 2 was proud to gain Respect Accreditation following support via Lloyds Foundation. Route 2 is a community based service providing one to one early intervention to male and female perpetrators of domestic abuse aged 16 and above. The service works in partnership across Teesside, funded through the Office of the Cleveland Police and Crime Commissioner. Route 2 actively participates in multi-agency forums including MATAC and has a proactive presence in Teesside Specialist Domestic Abuse Court. Throughout the pandemic Route 2 has continued to deliver interventions on a remote basis, promoting and maintaining engagement. However, the nature of measures to address the pandemic has impacted on referral rates. During this year Route 2 received a total of 36 referrals, only 1 being a repeat referral. The main referrer was social care (18) and there were 8 self-referrals. Other referrers include Police, Health services and housing. 50% of those referred engaged with interventions. This year 7 service users completed the programme. The purpose of Route 2 is to increase victim's safety, one partner told us;

"Things are fine between us, he told me how his session went and that he feels like it is really helping him realise it's wrong what he did to me"

One service user said;

"I think more first and don't just go off on one. Take time to consider what I am saying and how I am saying it. I think I listen better also"

IRIS Middlesbrough: In January 2020 My Sister's Place through Comic Relief Big Night In funding via Women's Aid and Community Safety Partnership, were able to Launch IRIS interventions within GP practices in Middlesbrough. The IRIS approach directly addresses gaps in local provision to intervene at an earlier opportunity and to identify abuse which would otherwise go undisclosed, ensuring victims of abuse have access to the right services at the right time. IRIS involves training local GP practices, from GPs to frontline reception staff to understand and recognise the signs and symptoms of domestic abuse and signpost/refer accordingly, as well as the recruitment of an Advocate Educator who acts as a single point of contact and a clinical lead to support the project across GP practices.

Fundraising activity: Our fundraising activities were significantly impacted by the pandemic with the closure of our charity shop during lockdown. There were significant challenges with face to face events cancelled, and uncertainty for individuals and businesses. Despite the challenges faced we were fortunate to be supported by our community via individuals who gave their time and donated via things such as 2.6 Challenge, to businesses who attended virtual events and continued their corporate support. Thanks to Enterprise Made Simple for hosting fortnightly networking with a small fee in lieu of virtual coffee to MSP which has been great to keep our cause front and centre. Thanks also to BNI for their ongoing support including weekly subs, support of events and the annual regional fundraising dinner of which we were joint beneficiary. The support of COVID relief grants made a significant difference to our ability to adapt and respond, ensuring we had the right IT capabilities and resources needed to meet the changing need. This included individual donations from companies that include HMH Civils, Novacyt and PD Ports.

Key events included Clare Walton 'Leaders are MAD' coaching workshops, thanks to Claire for her ongoing support and pro bono coaching to make this "You're Worth It" programme possible; a very well attended virtual afternoon tea event, a fitness challenge group event spearheaded by corporate supporter Liza Pontone and online Christmas Panto, thanks to Tall Tales Mysteries for donating their services. We would like to thank all those who contributed to the charity during the pandemic large or small and who have given their time to help us continue our fundraising efforts.

All fundraising activities were carried out by our part time Fundraiser Manager. Fund-raising activities were monitored internally as part of staff supervision and scrutinised by our finance officer in line with finance policies and procedures. No complaints were received with regards to fundraising activities carried out in this period. During the pandemic fund-raising activities were carried out virtually and privacy notices and appropriate consents were issued and obtained with regards to all online activities for all participants and data stored inline with our GDPR policy. Fund-raising to members of the pubic was directed through social media and online platforms.

Impact Measurement: The impact of domestic violence is wide ranging; to address this varied need My Sister's Place prioritises 3 main outcome areas that are relevant to all age groups and are tracked using our Oasis: On Track Case Management system:-

1 Safety – Using a nationally recognised multi-agency risk assessment and management system to assess, manage and reduce the risk of further harm to women and children.

2 Social Justice – My Sister's Place provides advocacy in a range of settings including criminal and civil justice, money advice, housing and immigration. The impact of this is tracked through support plans via on track.

3 Health and Wellbeing - We recognise the negative impact on both physical and mental health and our counselling service addresses the immediate emotional needs and offers pathways through the recovery process. We measure the impact of these interventions through CORE-IMS and the Short Warwick Edinburgh scale.

FINANCIAL REVIEW AND RESERVES POLICY

My Sister's Place ends this financial year with a surplus of £99,355 (2020: £31,046). Plans are in place to increase income generation as part of a sustainability strategy which includes training income and the development of a dispersed property portfolio.

The charity's reserves policy is to aim to have an amount in free reserves to cover 3 to 6 months of expenditure. The trustees feel that this amount is sufficient to allow the charity to affect a smooth exit, should this ever be required. Free reserves are unrestricted funds which are not designated. At 31 March 2021, included in the unrestricted reserves of £813,657 were designated funds of £423,661, set out to cover future expenditure. At the year end free reserves were £389,996. Restricted reserves of £133,799 relate to restricted grant income which relates to 2021/22.

Included within the unrestricted reserves are designated reserves which have been set aside for specific areas of spend by the trustees, this is to ensure that these future projects are protected and will not be so heavily reliant on securing grant funding in order to pursue activities which the trustees feel will further the charity's objectives. These plans include the ability to fund a perpetrators project which aims to prevent domestic violence. This service is now in its fourth year with a further contract secured for two years, at the end of which this reserve is available to close down the project should no other funding source be secured. £27,341 is designated to allow property investment which will enable the charity to provide secure immediate furnished accommodation for our most vulnerable service users.

Principal Risks

My Sister's Place maintains and reviews its risk register in line with the organisation risk management policy. All major risks have been reviewed and systems have been established to manage these risks.

Principal risks include:-

Safe Practice: Staff have a high level of training with a designated safeguarding lead. Lessons learned from Domestic Homicide and Serious Case Reviews are implemented into practice as per any recommendations, including one minute briefings to the team, training from partner agencies and review of internal procedures to mitigate against potential recurring risks highlighted.

Capacity: Lack of capacity to deliver services and develop new projects. The pandemic had an impact on capacity and resources. All new work must be subject to identified funding streams to enable the charity to buy in relevant resources.

Covid-19: The charity has operated for the entirety of this year under a global pandemic and measures to address this. The pandemic poses a number of risks to service delivery, health and wellbeing and financial risks. A contingency plan is in place and reviewed regularly alongside Government announcements and guidance to address any risks and potential outbreak of Coronavirus.

My Sister's Place Trading Limited

My Sister's Place Trading Limited is a 100% subsidiary of the charity which was incorporated on 30 April 2018 and started to trade that year. The subsidiary's activities are the operation of a charity shop to provide additional funds for the charity.

Although the shop was closed for a significant part of the year due to Covid-19 restrictions, the trustees are satisfied with the results as assistance was received from the government in the form of the Coronavirus Job Retention Scheme income and small business grants. The subsidiary generated profits of £19,858 (2020: £8,538) which has been gift aided to the charity.

PLANS FOR FUTURE PERIODS

This year My Sister's Place were successful in receiving funding via Lloyds Foundation and will be working with a development partner over the next 12 months to agree a new strategic plan. New and emerging priorities will be outlined and addressed including provision for men as both victims and perpetrators, children's services and supporting women's economic recovery from abuse.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document
The organisation is a charitable Company Limited by Guarantee and incorporated on 23 April 2010 and is governed under its Articles of Association. The company registered as a charity on 6th August 2010. On 1st April 2011 the company took over the assets and activities of My Sister's Place Women's Advice Centre, an unincorporated charity which was established in 2002.

Recruitment and Appointment, Induction and Training of Trustees
Trustees are appointed at a meeting of the charity's board on the basis of nominations received by the board. Trustees are selected by the board based on their eligibility, personal competence, specialist skills and relevant experience. New trustees receive an induction in the workings of the charity and ongoing training needs are identified by individual board members and through annual skills analysis. The charity insurance includes trustee indemnity cover. All trustees appointed by the board must retire at the next AGM and stand for re-election.

Organisational Structure
The Board of Management, consisting of trustees and officers, meet at least quarterly to decide matters of policy and strategy. Day to day management is delegated to Chief Officer and her team.

The charity has a salary framework detailing the skills abilities and responsibilities for all roles and related pay bands which includes key management personnel.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also Directors of My Sister's Place for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

TRUSTEES' RESPONSIBILITIES STATEMENT - continued

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:-

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all the steps that we ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the Trustees and authorised to sign on their behalf.



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Rebecca Samuels - Chair

27/01/2022

Dated: .....

Independent Auditor's Report to the Members of My Sister's Place

Opinion

We have audited the financial statements of My Sister's Place for the year ended 31 March 2021 which comprise the Statement of Financial Activities, Balance Sheet, Cash Flow Statement and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:-

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021, and of the incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for the period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Report of the Trustees, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the trustees' annual report. Our opinion on the financial statements does not cover the other information, except to the extent otherwise explicitly stated in our reports, and we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Other matter

The financial statements for the year ended 31 March 2020 were not audited because the income in the year was below the audit threshold.

Independent Auditor's Report to the Members of My Sister's Place

Opinion on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:-

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemptions in preparing the Report of the Trustees, and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement set out on page 8, the Trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:-

- Enquiry of management and those charged with governance around actual and potential litigation and claims.
- Enquiry of entity staff in tax and compliance functions to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.

Independent Auditor's Report to the Members of My Sister's Place

Auditor's responsibilities for the audit of the financial statements (continued)

- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditors responsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Mr D J Robertson FCA – Senior Statutory Auditor
For and on behalf of Anderson Barrowcliff LLP
Statutory Auditor
Chartered Accountants
3 Kingfisher Way
Bowesfield Park
Stockton on Tees
TS18 3EX

Date: 27.01.2022

My Sister's Place
and its Subsidiary Company

Consolidated Statement of Financial Activities (Including Income and Expenditure Account)
for the Year Ended 31 March 2021

	Notes	Unrestricted Funds £	2021 Restricted Funds £	Total Funds £	2020 Total Funds £
Income and endowments from:					
Donations & legacies	2	**150,864**	**6,176**	**157,040**	39,225
Charitable activities	3	**48,929**	**854,609**	**903,538**	772,479
Other trading activities	4	**89,990**	**-**	**89,990**	145,874
Investments - interest received		**432**	**-**	**432**	868
Total Income		**290,215**	**860,785**	**1,151,000**	958,446
Expenditure on:					
Raising funds	5	**76,242**	**-**	**76,242**	82,984
Charitable activities	6	**109,313**	**866,090**	**975,403**	844,416
Total Expenditure		**185,555**	**866,090**	**1,051,645**	927,400
Net income/(expenditure)/net movement in funds		**104,660**	**(5,305)**	**99,355**	31,046
Funds brought forward	12	**708,997**	**139,104**	**848,101**	817,055
Fund balance carried forward		**813,657**	**133,799**	**947,456**	848,101

The accompanying notes form part of these financial statements

My Sister's Place
and its Subsidiary Company

Consolidated Balance Sheet as at 31 March 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Fixed Assets					
Tangible assets	8		**354,204**		362,491
Current Assets					
Stock		**1,350**		2,500	
Debtors	10	**12,391**		44,450	
Cash at bank and in hand		**731,639**		491,223	
		745,380		538,173	
Creditors: Amounts falling due within one year	11	**152,128**		52,563	
Net Current Assets			**593,252**		485,610
Net Assets			**947,456**		848,101
Funds					
Restricted funds	12		**133,799**		139,104
Unrestricted funds					
Unrestricted income funds	12	**389,996**		296,393	
Designated funds	12	**423,661**		412,604	
			813,657		708,997
Total Funds			**947,456**		848,101

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

.....

R Samuels - Director and Trustee

The accounts were approved by the Board on 27/01/2022 and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Balance Sheet as at 31 March 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Fixed Assets					
Tangible assets	8		354,204		362,491
Investments			1		1
			354,205		362,492
Current Assets					
Stock		500		500	
Debtors	10	49,150		66,986	
Cash at bank and in hand		694,829		469,787	
		744,479		537,273	
Creditors: Amounts falling due within one year	11	151,228		51,664	
Net Current Assets			593,251		485,609
Net Assets			947,456		848,101
Funds					
Restricted funds	12		133,799		139,104
Unrestricted funds					
Unrestricted income funds	12	389,996		296,393	
Designated funds	12	423,661		412,604	
			813,657		708,997
Total Funds			947,456		848,101

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

.....

R Samuels - Director and Trustee

The accounts were approved by the Board on 27/01/2022 and signed on its behalf by the above.

The accompanying notes form part of these financial statements.

My Sister's Place
and its Subsidiary Company

Statement of Cash Flows and Consolidated Statement of Cash Flows for the Year Ended 31 March 2021

	Notes	2021 Charity £	2021 Group £	2020 Charity £	2020 Group £
Cash flows from operating activities:					
Cash generated from operations	18	**224,610**	**239,984**	139,410	160,846
Cash flows from investing activities					
Interest received		**432**	**432**	868	868
Net cash provided by investing activities		**432**	**432**	868	868
Change in cash and cash equivalents in the reporting period		**225,042**	**240,416**	140,278	161,714
Cash and cash equivalents at the beginning of the reporting period		**469,787**	**491,223**	329,509	329,509
Cash and equivalents at the end of the reporting period		**694,829**	**731,639**	469,787	491,223

The accompanying notes form part of these financial statements.

1 ACCOUNTING POLICIES

(a) **General Information and Basis of Preparation**

My Sister's Place is a private company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are as an independent 'One Stop Shop' for women who are suffering, or have suffered, domestic violence.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The comparatives have been amended as they now represent the consolidated figures. The current year is the first year that consolidated accounts are required.

The financial statements consolidate the results of the charity and it's wholly owned subsidiary, My Sister's Place Trading Limited.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) **Income Recognition**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations and grants to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation or grant and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

The charity received government grants in respect of the Coronavirus Job Retention Scheme and small business grants. These grants are recognised at the fair value of the asset received or receivable when there is a reasonable assurance that the charity will comply with the conditions attached to them. The grants are recognised using the accrual model.

Investment income is earned through holding cash in deposit accounts and is recognised when it is earned.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the notes to the accounts.

The grants are recognised using the accrual model.

1 ACCOUNTING POLICIES (continued)

(b) Income Recognition (continued)

There is no netting off of expenditure within the accounts.

(c) Expenditure Recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following headings:-

- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities. It includes both costs which can be directly allocated to activities and those costs of an indirect nature.
- Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs.
- Governance costs are those incurred in connection with compliance with constitutional and statutory requirements.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

(d) Tangible Fixed Assets

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life.

Depreciation has been charged at:-

Improvements to freehold property	-	4% straight line
Fixtures, fittings & equipment	-	25% straight line

Freehold Property is not depreciated. Although this is not in accordance with FRS 102 section 17.18 the properties are always kept in a state of good repair and the Trustees believe that the market value is in excess of cost.

(e) Debtors and Creditors Receivable/Payable Within One Year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

(f) Cash at Bank

Cash at bank and cash 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.

(g) Pension Costs

The company operates a fully insured contributory defined contribution pension scheme for all employees. The company contributions are charged to the SOFA in the period to which they relate.

(h) Tax

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1 ACCOUNTING POLICIES (continued)

(i) **Operating Leases**
Rentals payable under operating leases are charged to the SOFA on a straight-line basis over the period of the lease.

(j) **Going Concern**
The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

(k) **Judgements and Key Sources of Estimation Uncertainty**
In the application of the charitable company's accounting policies, which are described above, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

(l) **Fund accounting**
Unrestricted funds 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.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

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 cost 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.

2 DONATIONS AND LEGACIES

	2021			2020
	Unrestricted Fund	**Restricted Fund**	**Total Funds**	Total Funds
	£	**£**	**£**	£
Fundraising and sundry donations	**58,104**	**-**	**58,104**	27,225
Coronavirus Job Retention Scheme income	**22,260**	**-**	**22,260**	-
MBC Covid small business grants	**38,500**	**-**	**38,500**	-
Virgin Money Covid grant	**20,000**	**-**	**20,000**	-
County Durham Community Foundation grant	**-**	**5,000**	**5,000**	-
Safelives Covid grant	**-**	**1,176**	**1,176**	-
Donated premises	**12,000**	**-**	**12,000**	12,000
	150,864	**6,176**	**157,040**	39,225

The donated premises are the estimated market value rent of the property donated to the charity by Middlesbrough Council.

In 2020 £38,225 of the donations related to unrestricted funds and £1,000 related to restricted funds.

3 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Fund £	2021 Restricted Fund £	Total Funds £	2020 Total Funds £
MHCLG Funding Covid grant	-	**29,113**	**29,113**	-
Foundations New Starts	-	**10,940**	**10,940**	-
Big Lottery Fund - IDVA	-	-	-	102,911
MBC IDVA Referrals Officer	-	-	-	40,000
Nationwide Homes for Good	-	**49,891**	**49,891**	44,367
MBC - Navigator scheme	-	**43,477**	**43,477**	100,968
WWIN Sisters Projects	**8,683**	-	**8,683**	15,731
WWIN Homeless Link	-	**30,000**	**30,000**	-
PCC - Female Offender Funding	-	-	-	29,160
Big Lottery Fund - Counselling & Building Capabilities	-	**113,285**	**113,285**	48,839
Henry Smith Charity	-	**40,300**	**40,300**	40,000
MBC Public Health - IDVA	-	**64,666**	**64,666**	30,000
Police & Crime Commissioner - IDVA	-	**30,000**	**30,000**	30,000
Women's Aid - Ask Me Grant	-	-	-	224
Women's Aid – Comic Relief funding	-	**29,559**	**29,559**	-
Women's Aid - Voices	-	**15,000**	**15,000**	45,000
Lloyds Bank Foundation	**20,000**	**36,024**	**56,024**	-
Lloyds Bank Foundation - IDVA	-	**5,120**	**5,120**	25,000
Garfield Western	-	-	-	30,000
Charity Shop TamponTax Grant	-	-	-	9,656
MBC Sanctuary Scheme	-	**52,400**	**52,400**	57,246
MIND grants – Coronavirus Mental Health Response Fund	-	**30,035**	**30,035**	29,182
Virgin Money Foundation	-	-	-	4,000
MBC NHS Counselling Service	-	**15,000**	**15,000**	15,000
Police & Crime Commissioner - Route 2	-	**73,000**	**73,000**	74,275
Sundry grants	-	**2,749**	**2,749**	920
Smallwood Trust	-	**46,667**	**46,667**	-
CAF Resilience Fund	**20,246**	-	**20,246**	-
Middlesbrough Borough Council Community Grant Fund	-	**18,907**	**18,907**	-
NatWest Safelives	-	**5,000**	**5,000**	-
Ministry of Justice Covid funding	-	**113,476**	**113,476**	-
Total	**48,929**	**854,609**	**903,538**	772,479

In 2020 £726,748 of the income from charitable activities related to restricted funds and £45,731 related to unrestricted funds.

4 INCOME FROM TRADING ACTIVITIES

	(all unrestricted) 2021 Total Funds £	(all unrestricted) 2020 Total Funds £
Charity Shop sales	**17,431**	63,067
Student placement income	**3,130**	6,545
A Way Out	**-**	2,626
D A Support	**960**	2,860
Fundraising event income	**1,947**	10,081
Fundraising - charity ball	**-**	7,704
Corporate supporters	**10,250**	7,666
Training income	**900**	6,160
Darlington BC Route 2	**625**	-
Rental income	**9,113**	600
Housing Benefit	**37,584**	36,088
Counselling session	**4,230**	2,160
Other trading income	**200**	317
Wellbeing workshop	**3,620**	-
Total	**89,990**	145,874

5 RAISING FUNDS EXPENDITURE

	2021 £	2020 £
Staff costs	**72,559**	71,318
Fundraising costs	**1,269**	13,436
Charity shop expenses	**2,414**	(1,770)
Total	**76,242**	82,984

In 2020 all of the expenditure related to unrestricted funds.

6 EXPENDITURE ON CHARITABLE ACTIVITIES

	2021 £	2020 £
Direct costs		
Staff costs	**593,001**	428,092
Travel, training & supervision	**3,014**	16,486
Computer & telephone costs	**72,924**	24,226
Property costs	**14,618**	12,921
Property works	**22,518**	20,831
Project costs	**17,733**	59,837
Client costs	**40,619**	6,365
Professional fees & supervision	**5,530**	2,765
Volunteer expenses	**90**	1,922
Depreciation	**8,287**	8,288
Gift in kind - rent	**12,000**	12,000
Repayment of grant	**-**	5,679
	790,334	599,412
Support costs		
Staff costs	**84,358**	154,947
Travel & training	**240**	6,150
Postage, stationery & general admin costs	**18,935**	32,464
Premises costs	**20,291**	21,226
Bookkeeping costs	**28,072**	17,865
Consultancy	**14,515**	4,060
Bad debts	**6,106**	-
	172,517	236,712
Governance costs		
Accountancy - Audit fee	**4,200**	-
- Other services	**7,152**	8,292
Legal costs	**1,200**	-
	975,403	844,416

In 2020 £137,087 of expenditure on charitable activities related to unrestricted funds and £707,329 related to restricted funds.

7 STAFF COSTS

	2021 £	2020 £
Salaries and wages	**672,618**	583,080
Social Security costs	**47,703**	45,426
Pension	**29,598**	25,851
	749,919	654,357

No employees received emoluments of more than £60,000.

The average weekly number of employees during the year based on headcount was 35 (2020: 36).

Key Management Personnel Costs

The total amount of employee's remuneration received by key management personnel including employers National Insurance and pension contributions is £52,335 (2020: £52,346). The charitable company considers its key management personnel to be Chief Officer.

7 STAFF COSTS – continued

Trustee Remuneration and Related Party Transactions

No trustees received any remuneration or expenses during the year (2020: Nil).

The husband of Michelle O'Rourke, the CEO, is the director of Think Random Limited. This company provided services totalling £210 (2020: £3,036) to the charity. All transactions were on normal commercial terms.

No other trustee or other person related to the charity had any personal interest in any contract or transaction entered into during this or the previous year.

8 TANGIBLE FIXED ASSETS – GROUP & CHARITY

	Land & Buildings	Fixtures, Fittings & Equipment	Total
	£	£	£
Cost			
At 1 April 2020 and 31 March 2021	399,513	28,204	**427,717**
Depreciation			
At 1 April 2020	37,712	27,514	**65,226**
Charge for year	7,958	329	**8,287**
At 31 March 2021	45,670	27,843	**73,513**
Net Book Value			
31 March 2021	353,843	361	**354,204**
31 March 2020	361,801	690	**362,491**

9 FIXED ASSET INVESTMENTS

Investments held by the charity represent the entire share capital of its trading subsidiary, My Sister's Place Trading Limited (registered number 11337607). The nature of the company's activities is the operation of a charity shop. Further details are given in note 16.

10 DEBTORS

	Charity 2021	Group 2021	Charity 2020	Group 2020
	£	£	£	£
Trade debtors	**6,433**	**6,433**	25,534	25,534
Prepayments and accrued income	**5,958**	**5,958**	18,916	18,916
Intercompany balance	**36,759**	-	22,536	-
	49,150	**12,391**	66,986	44,450

11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Charity 2021	Group 2021	Charity 2020	Group 2020
	£	£	£	£
Trade creditors	2,366	2,366	1,802	1,802
Social security and other taxes	14,241	14,241	11,355	11,355
Accruals and deferred income	128,676	129,576	34,330	35,230
Other creditors	5,945	5,945	4,177	4,176
	151,228	152,128	51,664	52,563

Deferred income includes:-

	Charity 2021	Group 2021	Charity 2020	Group 2020
	£	£	£	£
Brought forward	16,464	16,464	-	-
Deferred in the year	90,328	90,328	16,464	16,464
Referred in the year	(16,464)	(16,464)	-	-
Carried forward	90,328	90,328	16,464	16,464

The deferred income relates to income received this year, which relates to 2020/2022, mainly in respect of salary costs and work not year performed.

Notes to the Financial Statements for the Year Ended 31 March 2021

12 MOVEMENT IN FUNDS

	At 31.3.20 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31.3.21 £
Restricted Funds					
Lloyds Bank Foundation (Transform) Counselling	4,973	-	-		4,973
Henry Smith Charity	10,000	40,300	40,225		10,075
Big Lottery inclusive grant	16,279	113,285	115,549		14,015
MBC NHS Counselling Service	-	15,000	15,000		-
Police & Crime Commissioner MBC IDVA	-	30,000	30,000		-
Lloyds Bank Foundation IDVA	20,833	5,120	25,953		-
County Durham Community Foundation	7,242	-	-		7,242
MBC Navigator Scheme	14,034	43,477	43,477		14,034
MBC Sanctuary Scheme	-	52,400	52,400		-
Nationwide Homes for Good Grant	43,910	49,891	36,611		57,190
Women's Aid – Voices	7,500	15,000	22,500		-
MBC Public Health IDVA	13,333	64,666	64,666		13,333
NELD Grant	1,000	-	1,000		-
Women's Aid - Comic Relief Funding	-	29,559	29,559		-
WWIN Homeless Link Project	-	30,000	18,484		11,516
Police and Crime Commissioner - Route 2	-	73,000	73,000		-
Safelives grant	-	1,176	1,176		-
Mind Coronavirus Mental Health Response Fund	-	30,035	30,035		-
MHCLG Funding Covid grant	-	29,113	29,113		-
MOJ Funding	-	113,476	13,476		-
MBC Community Fund	-	18,907	19,807		-
NatWest	-	5,000	3,579		1,421
Foundation – New Starts	-	10,940	10,940		-
Smallwood Trust	-	46,667	46,667		-
CDCF grant	-	5,000	5,000		-
Lloyds Foundation	-	36,024	36,024		-
Various small grants	-	2,749	2,749		-
Restricted Funds Total	139,104	860,785	(866,090)		133,799
General Unrestricted Funds	296,393	290,215	(177,268)	(19,344)	389,996
Designated Funds					
Perpetrators Project	22,772	-	-		22,772
Development of New Areas of Work	27,341	-	-		27,341
Capital Fund	690	-	(329)		361
Buildings Fund	361,801	-	(7,958)	19,344	373,187
Total Unrestricted Funds	708,997	290,215	(185,555)	-	813,657
Total Funds	848,101	1,151,000	(1,051,645)		947,456

PURPOSES OF RESTRICTED FUNDS

Lloyds Bank Foundation - Transform: A 2 year grant to support the development and delivery of a practice framework and training programme for trauma informed therapeutic work.

Henry Smith Charity: Contributions funding for 3 years to support our therapeutic services.

The Big Lottery Inclusive Grant: A five year grant part funding towards counselling, IDVA and support services.

Public Health (Middlesbrough): To support IDVA and counselling provision in Middlesbrough.

Police & Crime Commissioner - IDVA: To provide Independent Domestic Violence advocacy

Lloyds Bank Foundation - IDVA: This funding is towards the provision of an Independent Domestic Violence Advisor.

The County Durham Foundation Grant: To support disadvantaged women and girls to be spent on project and activity costs and volunteer expenses.

Navigator Scheme: The money received from Middlesbrough Public Health via MHCLA to provide a Domestic Abuse Navigator, dispersed accommodation and personalisation fund for women facing barriers to safe housing.

Middlesbrough Borough Council Sanctuary Scheme: To provide a sanctuary scheme which will protect victims of domestic violence in their homes.

Nationwide: To support a development post for 'Homes for Good' project.

Women's Aid Voices: To develop and implement the 'Change that lasts Ask me Ambassador' scheme

Public Health IDVA Referrals Officer: To support a Referrals and Signposting Officer for Middlesbrough.

Women's Aid Comic Relief funding – Distribution of funds from Womens Aid for ongoing support through the coronavirus pandemic.

WWIN Homeless Link project – To participate as a partner in the 'Ending Women's Homelessness' project in the delivery of the large grants project.

Police & Crime Commissioner: To support Perpetrator work through Route 2 project.

Safelives grant – To purchase laptops, smartphones, Wifi and other hardware items to support home working during Covid.

Mind – To provide funding for the Coronavirus Mental Health Response Fund providing support to women during the Covid-19 pandemic.

MCHLG – To provide funding for the New Starts programme assisting vulnerable women with their housing needs.

Ministry of Justice – To provide funding for the additional costs arising due to the Covid-19 pandemic, including increased staffing costs.

Middlesbrough Borough Council Community Fund – To cover staffing costs of a part time Team Leader.

PURPOSES OF RESTRICTED FUNDS (continued)

NatWest – To provide small grants to women needing support.

Foundation New Starts – To provide funding for the New Starts programme assisting vulnerable women with their housing needs.

Smallwood Trust – To provide small grants to women needing support, including management and support costs. To cover the salary costs of a Service Manager, Head of Services and contribution to the Chief Officer's salary.

County Durham Community Foundation – To purchase laptops and tablets, and licence costs for Zoom and Online chat.

Lloyds Foundation – To support the charity in responding to the needs to the most vulnerable during the pandemic.

Sundry grants - Various small grants for basic provisions for women in need.

NELD Fast funding: This funding was received to purchase mobile phones to facilitate contact with women remotely due to the Covid-19 pandemic.

PURPOSES OF DESIGNATED FUNDS

The Perpetrators Fund was designated by the trustees for a project which started in May 2016, setting aside £50,000 to bridge funding gaps. During the year, none of this funding was used.

The development of new areas of work: This represents proceeds from the sale of the Albert Centre and is to be used towards premises, investments and other development areas. In the year ended 31 March 2019 two properties were purchased for a total of £118,598 to provide homes for victims of domestic abuse. This money was taken from this fund.

The Capital Fund is to fund capital charges for fixtures, fittings and equipment. The surplus on the housing project has been transferred into this fund.

The Buildings Fund represents that element of reserves which relates to the charity's premises.

The designated funds are expected to be spent in the next three to five years in line with the strategic plan.

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS - GROUP

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Fixed assets	354,204	-	**354,204**
Net current assets	459,453	133,799	**593,252**
At 31 March 2021	813,657	133,799	**947,456**

14 PENSION COSTS

The Company operates a contributory pension scheme. It is a defined contributions scheme and contributions are charged to the SOFA as they accrue. The charge for the year was £29,598 (2020: £25,851).

15 LEASING COMMITMENTS

	2021	2020
	£	£
Operating leases which expire:		
Within 1 year	**2,421**	202
Between 1 & 5 years	**1,951**	-
	4,372	202

Payments in the year amounted to £2,049 (2020: £405).

16 SUBSIDIARY COMPANY

The charity owns 100% of the share capital of My Sister's Place Trading Limited. The subsidiary was incorporated on 30 April 2018. It is used for non-primary purpose trading activities. A summary of the results of the subsidiary is shown below.

	£
Turnover	**17,431**
Other income	**60,760**
Expenses	**(58,333)**
Net profit	**19,858**

The net profit has been gift aided to the parent company.

	£
Assets	**37,660**
Liabilities	**(37,659)**
Share capital	**1**

17 RESULTS OF THE PARENT COMPANY

	£
Total income resources	**1,071,617**
Movement in funds	**99,355**

The subsidiary gift aided £19,858 (2020: £8,538) to the parent company in the year.

18 RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021		2020	
	Charity	**Group**	**Charity**	Group
	£	**£**	**£**	£
Net income for the reporting period (as per the statement of financial activities)	**99,355**	**99,355**	**31,046**	31,046
Adjustments for:				
Depreciation charges	**8,287**	**8,287**	**8,288**	8,288
Interest received	**(432)**	**(432)**	**(868)**	(868)
Decrease/(Increase) in stock	**-**	**1,150**	**-**	(2,000)
(Increase)/decrease in debtors	**17,836**	**32,059**	**79,415**	101,952
Increase/(decrease) in creditors	**99,564**	**99,565**	**21,529**	22,428
Net cash (used in)/provided by operating activities	**224,610**	**239,984**	**139,410**	160,846