

**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

**My Sister's Place**  
**and its Subsidiary Company**

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**My Sister's Place**  
**and its Subsidiary Company**

**Company Information**

<b>Trustees</b>	Rebecca Samuels Jennifer Shield Helen Mather Ema Thornhill Amanda Senior Elizabeth Taylor Anna Rawling	- Chair – resigned 8 November 2023 - Treasurer - Member - Member – resigned 12 July 2023 - Member - Member – resigned 3 November 2022 - Member – resigned 8 November 2023
<b>Chief Officer</b>	Lesley Storey	
<b>Company Number</b>	07233811	
<b>Charity Number</b>	1137319	
<b>Registered Office</b>	121-123 Borough Road Middlesbrough TS1 3AN	
<b>Bankers</b>	Virgin Money 7 Linthorpe Road Middlesbrough TS1 1RF	
<b>Auditors</b>	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.

**My Sister's Place**  
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**Report of The Trustees**  
**for the Year Ended 31 March 2023**

**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.

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**Report of The Trustees**  
**for the Year Ended 31 March 2023**

**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 5<sup>th</sup> December 2023, all of which are manageable.

**My Sister's Place**  
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**Report of The Trustees**  
**for the Year Ended 31 March 2023**

**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. These 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.

**My Sister's Place**  
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**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 it 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 2<sup>nd</sup> 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.'*



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**Report of The Trustees**  
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**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.

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**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.

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**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.

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**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 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 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.**

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**Report of The Trustees**  
**for the Year Ended 31 March 2023**

**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.

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**Report of The Trustees**  
**for the Year Ended 31 March 2023**

**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 its 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.

**My Sister's Place**  
**and its Subsidiary Company**

**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:-



**My Sister's Place**  
**and its Subsidiary Company**

**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.

- 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](http://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**

		2023			2022
		Unrestricted	Restricted	Total	Total
		Funds	Funds	Funds	Funds
	Notes	£	£	£	£
<b>Income and endowments from:</b>					
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
<b>Total Income</b>		<b>199,811</b>	<b>1,022,947</b>	<b>1,222,758</b>	<b>1,265,668</b>
Expenditure on:					
Raising funds	5	75	-	75	37,150
Charitable activities	6	185,805	1,069,300	1,255,105	1,083,345
<b>Total Expenditure</b>		<b>185,880</b>	<b>1,069,300</b>	<b>1,255,180</b>	<b>1,120,495</b>
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
<b>Fund balance carried forward</b>		<b>970,264</b>	<b>89,943</b>	<b>1,060,207</b>	<b>1,092,629</b>

The accompanying notes form part of these financial statements

**My Sister's Place**  
**and its Subsidiary Company**

**Consolidated Balance Sheet as at 31 March 2023**

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

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.

**My Sister's Place**  
**and its Subsidiary Company**

**Balance Sheet as at 31 March 2023**

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

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.

**My Sister's Place**  
**and its Subsidiary Company**

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

		2023	2022
	<u>Notes</u>	£	£
<b>Cash flows from operating activities:</b>			
Cash generated from operations	18	(178,999)	12,974
<b>Cash flows from investing activities</b>			
Interest received		298	302
Purchase of tangible fixed asset		(1,173)	-
<b>Net cash provided by investing activities</b>		(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
<b>Cash and equivalents at the end of the reporting period</b>		<b>565,041</b>	<b>744,915</b>

The accompanying notes form part of these financial statements.

**My Sister's Place**  
**and its Subsidiary Company**

**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 its 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.

**My Sister's Place**  
**and its Subsidiary Company**

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

**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.

**My Sister's Place**  
**and Its Subsidiary Company**

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

**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**

	<b>2023</b>			<b>2022</b>
	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds</b>	<b>Total Funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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	-
	<b>73,280</b>	<b>6,500</b>	<b>79,780</b>	<b>56,058</b>

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.



**My Sister's Place**  
**and its Subsidiary Company**

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

**3 INCOME FROM CHARITABLE ACTIVITIES**

	2023			2022
	Unrestricted	Restricted	Total	Total
	Funds	Funds	Funds	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
Rotherham 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.

**My Sister's Place**  
**and its Subsidiary Company**

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

**4 INCOME FROM TRADING ACTIVITIES**

	Unrestricted	Restricted		(all unrestricted)
	Funds	Funds	Total Funds	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	<b>53,552</b>	<b>620</b>	<b>54,172</b>	<b>82,719</b>

**5 RAISING FUNDS EXPENDITURE**

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

In 2022 all of the expenditure related to unrestricted funds.

**My Sister's Place**  
**and its Subsidiary Company**

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

**6 EXPENDITURE ON CHARITABLE ACTIVITIES**

	2023	2022
	£	£
<b>Direct costs</b>		
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
	<b>1,039,164</b>	<b>824,539</b>
<b>Support costs</b>		
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
	<b>200,809</b>	<b>242,066</b>
<b>Governance costs</b>		
Accountancy - Audit fee	6,600	6,000
- Other services	8,532	10,740
Legal costs	-	-
	<b>1,255,105</b>	<b>1,083,345</b>

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
	<b>978,805</b>	<b>835,432</b>

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.

**My Sister's Place**  
**and its Subsidiary Company**

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

**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**

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

**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**

	<b>Charity 2023 £</b>	<b>Group 2023 £</b>	<b>Charity 2022 £</b>	<b>Group 2022 £</b>
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	-
	<hr/>	<hr/>	<hr/>	<hr/>
	<b>341,182</b>	<b>293,437</b>	<b>251,238</b>	<b>203,974</b>
	<hr/>	<hr/>	<hr/>	<hr/>

**My Sister's Place**  
**and its Subsidiary Company**

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

**11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>Charity 2023</b>	<b>Group 2023</b>	<b>Charity 2022</b>	<b>Group 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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
	<b>136,603</b>	<b>137,083</b>	<b>201,217</b>	<b>202,177</b>

Deferred income includes:-

	<b>Charity 2023</b>	<b>Group 2023</b>	<b>Charity 2022</b>	<b>Group 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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	<b>122,921</b>	<b>122,921</b>	<b>163,959</b>	<b>163,959</b>

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:-

	<b>£</b>
WWIN NHS Charities	17,562
PCC Perp Project	24,985
Scope	62,911
Leathersellers	9,007
Masons	8,456
	<b>122,921</b>

**My Sister's Place**  
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**Notes to the Financial Statements for the Year Ended 31 March 2023**

**12 MOVEMENT IN FUNDS**

	At 31.3.22	Incoming	Outgoing	At 31.3.23
	£	Resources	Resources	£
		£	£	
<b>Restricted Funds</b>				
Smallwood	14,971	31,830	42,466	<b>4,335</b>
Nat West	448	5,000	4,316	<b>1,132</b>
Counselling - Big Lottery Inclusive	29,236	43,958	73,194	-
CURV Funding- PCC	-	31,295	31,295	-
The Big Give	68,593	491	-	<b>69,084</b>
MBC CYPs Lot 3	437	80,931	81,368	-
MBC Lot 2	-	253,466	240,844	<b>12,622</b>
Route 2	270	46,189	46,189	<b>270</b>
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	-	-	<b>2,500</b>
<b>Restricted Funds Total</b>	<b>136,296</b>	<b>1,022,947</b>	<b>1,069,300</b>	<b>89,943</b>
	At 31.3.22	Incoming	Outgoing	At 31.3.23
	£	Resources	Resources	£
		£	£	
<b>Designated Funds</b>				
Perpetrators Project	22,772	-	-	<b>22,772</b>
Development of New Areas of Work	27,341	-	-	<b>27,341</b>
Capital Fund	32	-	32	-
Building Fund	365,229	-	7,958	<b>357,271</b>
	<b>415,374</b>	<b>-</b>	<b>7,990</b>	<b>407,384</b>
General unrestricted funds	<b>540,959</b>	<b>199,811</b>	<b>177,890</b>	<b>562,880</b>
Total unrestricted funds	<b>956,333</b>	<b>199,811</b>	<b>185,880</b>	<b>970,264</b>
Total funds	<b>1,092,629</b>	<b>1,222,758</b>	<b>1,255,180</b>	<b>1,060,207</b>

**My Sister's Place**  
**and its Subsidiary Company**

**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.

**My Sister's Place**  
**and its Subsidiary Company**

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

**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**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds £</b>
Fixed assets	338,812	-	338,812
Net current assets	631,452	89,943	721,395
	<hr/>	<hr/>	<hr/>
At 31 March 2023	970,264	89,943	1,060,207
	<hr/>	<hr/>	<hr/>

**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).



**My Sister's Place**  
**and its Subsidiary Company**

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

**15 LEASING COMMITMENTS**

	2023	2022
	£	£
Operating leases which expire:		
Within 1 year	434	-
Between 1 & 5 years	325	1,192
	<u>759</u>	<u>1,192</u>

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	-
	<u>-</u>
Net loss	<u>-</u>
	£
Assets	47,745
Liabilities	47,744
	<u>1</u>
Share capital	<u>1</u>

**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
	<u>(178,999)</u>	<u>12,974</u>
Net cash (used in)/provided by operating activities	<u>(178,999)</u>	<u>12,974</u>