

# FREEDOM4GIRLS UK

England & Wales · Charity number 1177566

## Details

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Other names	FREEDOM4GIRLS
Status	Registered
Legal form	CIO
Registered	2018-03-16
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	15 Roundhay View Leeds LS8 4DX
Phone	07779537350
Email	<a href="mailto:info@freedom4girls.co.uk">info@freedom4girls.co.uk</a>
Website	<a href="http://www.freedom4girls.co.uk">www.freedom4girls.co.uk</a>

## Activities

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**Objects:** 1) THE PREVENTION OR RELIEF OF POVERTY AMONG WOMEN AND GIRLS ANYWHERE IN THE UK AND WORLDWIDE BY PROVIDING AND ASSISTING IN THE PROVISION OF SANITARY PRODUCTS SUCH AS SUSTAINABLE, WASHABLE REUSABLE PADS, MOONCUPS OR DISPOSABLES WHERE THEY ARE NEEDED.2) THE ADVANCEMENT OF EDUCATION IN THE UK AND WORLDWIDE IN THE SUBJECT OF MENSTRUATION AND SANITARY PROTECTION AND TO PROMOTE RESEARCH INTO THE ECONOMIC, SOCIAL AND ENVIRONMENTAL IMPACTS OF PERIOD POVERTY IN THE UK AND WORLDWIDE AND TO MAKE RESULTS OF THIS RESEARCH AVAILABLE TO THE PUBLIC.FOR THE PURPOSES OF THIS CLAUSE “PERIOD POVERTY” MEANS A LACK OF ACCESS TO SANITARY PRODUCTS DUE TO FINANCIAL CONSTRAINTS.

**Activities:** as per policy document

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, Disability, The Prevention Or Relief Of Poverty, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

## Geography

- Scotland
- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£136,497	£144,924	-	-
2024-03-31	£122,428	£133,477	-	-
2023-03-31	£124,845	£105,768	-	-
2022-03-31	£92,826	£78,699	-	-
2021-03-31	£80,205	£40,821	-	-

## Trustees

Name	Role	Appointed
<b>Michael John McAughtrie</b>	Chair	2022-01-25
Amogene Parris		2025-06-20
Linda Shumba		2023-06-16
Shanaz Gul		2026-02-13

**FREEDOM4GIRLS UK**

England & Wales - Charity number 1177566

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# Accounts

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**Freedom4Girls UK**

Charity number 1177566

**Annual Report and Financial Statements  
for the year ended 31 March 2025**

The logo for Freedom4Girls is centered within a large purple square. The text 'freedom4girls' is written in a white, lowercase, sans-serif font. The letter 'o' in 'freedom' is replaced by a white female symbol (♀).

freed♀m4girls

**WYCAS**

COMMUNITY ACCOUNTING  
WEST YORKSHIRE

**Annual Report and Financial Statements  
for the year ended 31 March 2025**

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**Prepared by West Yorkshire Community Accountancy Service CIO**

# Freedom4Girls UK

## Trustees' report for the year ended 31 March 2025

### Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

<b>Name</b>	<b>Position</b>	<b>Dates</b>
Michael McAughtrie	Chair	
Bettina Leslie		
Linda Shumba		
Amogene Parris		Appointed 20 June 2025
<b>Charity number</b>	1177566	Registered in England and Wales

<b>Registered and principal address</b>	<b>Bankers</b>
15 Roundhay View	Barclays Bank UK PLC
Leeds	1 Churchill Place
LS8 4DX	London. E14 5HP

### Independent examiner

Sarah Coates MAAT

### West Yorkshire Community Accountancy Service CIO

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

### Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) association formed on 16 March 2018 and is governed by a constitution as amended 18 July 2020.

### Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

### Mission statement

The mission of Freedom4Girls is to reduce gender inequality through the reduction of period poverty.

# **Freedom4Girls UK**

## **Trustees' report (continued) for the year ended 31 March 2025**

### **Objectives and activities**

#### **The charity's objects**

- i. The prevention or relief of poverty among women and girls anywhere in the UK and worldwide by providing and assisting in the provision of sanitary products such as sustainable, washable reusable pads, mooncups or disposables where they are needed.
  - a. Donated disposable products provided through partnerships with period product developers and members of the public donations;
  - b. The donation of re-usable, washable pads through production lines in Leeds, UK and regions of East Africa;
  - c. The donation of re-usable, washable menstrual cups through a partnership with private, menstrual cup corporation(s).
- ii. The advancement of education in the UK and worldwide in the subject of menstruation and sanitary protection and to promote research into the economic, social and environmental impacts of period poverty in the UK and worldwide and to make results of this research available to the public. For the purposes of this clause "period poverty" means a lack of access to sanitary products due to financial constraints.
- iii. Supporting in the wider campaign towards gender and menstrual equity, such that all who menstruate, experience menstruation with dignity and safety.
- iv. Commissioning and conducting research that plays a fundamental part in health and socio-economic impact assessments that the work Freedom4Girls conducts and in the learning of socio-economic inequality resulting from misconceptions and negative stereotypes regarding menstruation, gender stereotypes and lack of opportunity for women.
- v. Contributing in the wider campaign that advocates for the rights of women, girls and those who menstruate, as well as being at the forefront of activism that impacts and influences national policy.

#### **The charity's main activities**

##### **1) Provision of Products:**

Freedom4Girls work to support women, girls and those who menstruate with access to a choice of period products. We do this by supporting in the provision of products that are donated to us by members of the public, product providers and businesses.

We are fortunate enough to have partnerships with larger product providers, who donate a large numbers of products to us.

Through our formed partnerships and collaborations with community groups, third sector organisations and some statutory, we donate a combination of disposable pads, tampons and washable reusable products to those most in need.

##### **2) Creation of Washable Reusable Pads:**

As an organisation committed to tackling period poverty, supporting those in low economic situations and in reducing waste, both in the UK and our East Africa projects, we are passionate about both sewing workshops we deliver, Leeds and Mombasa, Kenya.

As well as creating the washable, reusable pads, we are proud that our volunteer led sewing workshops support in enhancing the self-esteem, confidence and in reducing social isolation of groups of women within our community.

##### **3) The Education Workshop:**

The main focus of the education workshop is to allow for young women and girls to feel confident and comfortable about their periods and their bodies. This has been a success by delivering the sessions both in youth groups and academic institutions. The feedback from the UK led work has been that those with low confidence have been better at discussing their periods and general wellbeing with trusted support staff.

# **Freedom4Girls UK**

## **Trustees' report (continued) for the year ended 31 March 2025**

### **Objectives and activities**

#### **The charity's activities continued**

We have continued with our regular activities this year. We deliver and distribute period products across the city of Leeds to a range of organisations, networks and communities who would otherwise be unable to access these essential products. We have also distributed food and other essentials. Our partnership with ModiBodi has allowed us to also distribute reusable products like pants. This has also been facilitated by regular attendance at community venues and events.

Make the Switch sewing workshops have expanded across the city ( and one in Hebden Bridge) have enabled local people to come together to practise sewing and provide valued social contact.

Education work in Leeds and Leicester has offered knowledge, support and guidance to a range of people who menstruate, at different life stages. This has been delivered in a variety of accessible settings.

In Kenya we have vastly increased our capacity to distribute period packs to girls in schools across an ever wider area. This has been made possible by a partnership with Alpine Creations who provide the material from their factory in Egypt. The packs are sewn by local women in Mombasa.

We remain a trusted voice speaking up for period dignity and are regularly contacted by media and policymakers for advice and information.

#### **Public benefit statement**

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

#### **Achievements and performance**

We have continued to tackle period poverty and dignity issues through our core work. This includes providing one use products and, increasingly, reusable ones. We deliver education to a range of groups of all ages and use our expertise to shape decision making on key issues.

We host sewing workshops across Leeds and send reusable packs to Kenya to give to girls during sessions we provide in schools. These sessions are the only education on sexual and menstrual health that most girls receive. The reusable packs mean that girls can attend school during their period which is a big change for many.

This year we were able, through a partnership with a global fabric company, vastly increase our production of these packs. We estimate we gave out 12,000 over the reporting period. This has enabled us to expand our reach and work with more partners and schools in Kenya.

We continue to explore more ways that our charity can support people across the lifecourse with pop up events and menopause cafes in Leeds and Leicester.

This work supports action to tackle poverty and inequality in a range of communities in Kenya and West Yorkshire.

#### **Financial review**

The net payments for the year were £8,427, including net payments of £14,336 on unrestricted funds and net receipts of £5,909 on restricted funds after transfers.

# **Freedom4Girls UK**

## **Trustees' report (continued) for the year ended 31 March 2025**

### **Reserves policy**

The charity's free reserves, at the year end were £22,693.

We do not have a set reserves policy. We regularly discuss our reserves in light of the work that we do at board meetings. We believe that we currently strike a good balance between maintaining enough money to ensure that we are able to meet our monthly payments plus larger one offs and spending what we receive in a sensible and positive manner. As we don't have employees or a lease, for example, the amount of money needed if we were to close is relatively small.

Approved by the board of trustees on 16/01/2026

Michael Mcaughtrie (Trustee)

# **Freedom4Girls UK**

## **Independent examiner's report to the trustees of Freedom4Girls UK**

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2025, which are set out on pages 7 to 12.

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sarah Coates MAAT

19/01/2026

### **West Yorkshire Community Accountancy Service CIO**

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

**Freedom4Girls UK**  
**Receipts and payments account**  
**for the year ended 31 March 2025**

	Notes	2025	2025	2025	2024
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
<b>Receipts</b>					
Grants and donations	(2)	49,155	87,342	136,497	111,662
Sales		-	-	-	6,093
Other income		-	-	-	4,673
<b>Total receipts</b>		<u>49,155</u>	<u>87,342</u>	<u>136,497</u>	<u>122,428</u>
<b>Payments</b>					
Accounting support		3,331	-	3,331	1,238
Independent examination fee		1,386	-	1,386	1,080
Administrative support		920	7,593	8,513	22,230
Bank charges		823	24	847	650
Education sessions		-	12,205	12,205	8,147
Marketing and merchandise		8,758	-	8,758	13,693
Infrastructure development		28,797	6,464	35,261	19,154
Insurance		-	2,499	2,499	1,232
IT support		1,017	-	1,017	385
Product provision		-	43,237	43,237	14,964
Sewing workshops		-	12,940	12,940	13,698
Storage		1,480	-	1,480	3,427
UK external events		180	44	224	2,816
Volunteer expenses		151	1,890	2,041	5,963
Gifts and donations		-	-	-	250
Travel expense		1,280	1,438	2,718	2,336
Equipment		299	8,168	8,467	22,070
Training		-	-	-	144
<b>Total payments</b>		<u>48,422</u>	<u>96,502</u>	<u>144,924</u>	<u>133,477</u>
<b>Net receipts / (payments)</b>		<u>733</u>	<u>(9,160)</u>	<u>(8,427)</u>	<u>(11,049)</u>
<b>Transfers between funds</b>	(3)	<u>(15,069)</u>	<u>15,069</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		<u>(14,336)</u>	<u>5,909</u>	<u>(8,427)</u>	<u>(11,049)</u>
<b>Fund balances brought forward</b>		<u>37,029</u>	<u>44,145</u>	<u>81,174</u>	<u>92,223</u>
<b>Fund balances carried forward</b>	(3)	<u>22,693</u>	<u>50,054</u>	<u>72,747</u>	<u>81,174</u>

**Freedom4Girls UK**  
**Statement of assets and liabilities**  
**as at 31 March 2025**

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
<b>Cash funds</b>				
Cash at bank	22,693	50,054	72,747	78,980
Cash in hand	-	-	-	2,194
<b>Total cash funds</b>	<u>22,693</u>	<u>50,054</u>	<u>72,747</u>	<u>81,174</u>

**Debtors and prepayments**

	2025
	£
Prepayments	1,314
	<u>1,314</u>

**Assets retained for the charity's own use**

Chrome book laptop  
 One VW Van  
 Sewing machines  
 Overlockers

**Liabilities**

	2025
	£
Accruals	1,386
	<u>1,386</u>

The financial statements were approved by the board of trustees on 16/01/2026

Michael Mcaughtrie (Trustee)

# **Freedom4Girls UK**

## **Notes to the accounts**

### **for the year ended 31 March 2025**

#### **1 Accounting policies**

##### **Basis of accounting**

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

##### **Taxation**

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

##### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2025**

2 Grants and donations	2025	2025	2025	2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Bupa	-	6,600	6,600	-
Corporate donations	-	32,584	32,584	17,406
Fundraising and individual donations	9,354	907	10,261	38,809
Leeds Christian Charity HSF	-	4,000	4,000	-
Leeds Christian Support Fund	-	11,000	11,000	11,000
Rainer and Doreen Burchett Charitable Foundn.	-	3,000	3,000	1,500
The National Lottery	-	18,480	18,480	-
Unite Bradford	-	417	417	330
Chee Foundation	-	-	-	7,347
Give a Gift	-	-	-	5,000
Fat Face	-	-	-	4,500
Franciscan Aid Fund	-	-	-	3,000
Warm Spaces	-	-	-	1,000
Other donations	39,801	10,354	50,155	21,770
	<u>49,155</u>	<u>87,342</u>	<u>136,497</u>	<u>111,662</u>

3 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
East Africa projects	-	485	1,578	1,093	-
Kenya project delivery	-	660	8,798	8,138	-
The Rainer Foundation	-	3,000	1,500	(1,500)	-
Royal Society of RSA	1,291	-	8,628	7,337	-
Hey Girls Volunteer Coordinator	3,560	-	40	-	3,520
Leicester project set up	-	9,180	8,125	-	1,055
Scurrah Wainwright	54	-	54	-	-
UK Project Delivery	9,252	36	7,221	(1,152)	915
Black Women's Menstrual Health	61	-	-	(61)	-
Chee Foundation	2,000	-	1,419	-	581
Hey Neighbour	554	-	285	-	269
Make The Switch	1,293	43,904	30,185	-	15,012
The National Lottery	-	18,480	-	-	18,480
Masons	1,514	-	1,514	-	-
St James Place	2,384	-	2,013	-	371
UK Education	4,129	180	4,633	624	300
Rentokil Initial	5,508	-	3,114	312	2,706
UK Product Provision	520	-	274	-	246
Leeds Christian Support Fund	5,500	5,500	4,476	-	6,524
Leeds City Council (LCC) MICE	450	-	450	-	-
Unite Bradford	240	417	360	-	297
Warm Spaces	835	-	835	-	-
Unity in Poverty Action	5,000	-	5,500	278	(222)
Leeds Christian Charity HSF	-	5,500	5,500	-	-
	<u>44,145</u>	<u>87,342</u>	<u>96,502</u>	<u>15,069</u>	<u>50,054</u>

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2025**

**3 Restricted funds continued**

<b>Fund name</b>	<b>Purpose of restriction</b>
East Africa projects	Towards the costs of supporting the costs of product provision, sewing packs, in rural Kenyan schools, transport costs and costs for tutor and education. The transfer relates to overspend and taken from organisational costs.
Kenya project delivery	Towards the costs of supporting the costs of product provision, sewing packs, in rural Kenyan schools, transport costs and costs for tutor and education. The transfer relates to overspend and taken from organisational costs.
The Rainer Foundation	Towards the costs of delivering education and pads and products in rural Kenya. The transfer relates to incorrectly assigned income paid for pad delivery.
Royal Society of RSA	Upscaling the provision of reusable period packs in Kilifi, Kenya. The transfer relates to part of the monies incorrectly assigned last year. The rest is from organisation spends to cover over spend.
Hey Girls Volunteer Coordinator	Make the Switch Campaign work to encourage the use of reusable period products.
Leicester project set up	Donations towards setting up the project in Leicester
Scurrah Wainwright	Towards core costs.
UK Project Delivery	For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision. The transfer relates to support other projects also UK project delivery.
Black Women's Menstrual Health	Towards the Black Women's Menstrual Health Project. The transfer related to underspend in to general UK projects.
Chee Foundation	Towards projects in East Africa. The transfer relates to project costs and came from unrestricted funds.
Hey Neighbour	Towards community sew-a-pad workshops.
Make The Switch	Make the Switch Campaign work to encourage the use of reusable period products.
The National Lottery	Towards the make the switch project
Masons	To fund delivery of a project designed to campaign for and create environmentally friendly period products.
St James Place	For Sewing workshops.
UK Education	Make the Switch Campaign work to encourage the use of reusable period products.
Rentokil Initial	For UK education. The transfer from organisational was to cover the overspend.
UK Product Provision	For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision. The transfer from organisational to support up education.
Leeds Christian Support Fund	Towards supporting households with living costs, administration and overheads.
Leeds City Council (LCC) MICE	Towards general organisational work
Unite Bradford	Product provision in Bradford.
Warm Spaces	Towards the costs of setting up a community warm space.
Unity in Poverty Action	Towards the costs of delivering period and Hygiene products to those in need in the Leeds area.
Leeds Christian Charity HSF	Towards the costs of delivering food parcels and support in the local area.

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2025**

**4 Trustee expenses**

No trustee received any expenses during this year or the previous year.

**Trustee remuneration and benefits**

No trustee received any remuneration or benefit during this or the previous year.

**FREEDOM4GIRLS UK**

England & Wales - Charity number 1177566

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# Accounts

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**Freedom4Girls UK**

Charity number 1177566

**Annual Report and Financial Statements  
for the year ended 31 March 2024**



**Annual Report and Financial Statements  
for the year ended 31 March 2024**

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**Prepared by West Yorkshire Community Accountancy Service CIO**

# Freedom4Girls UK

## Trustees' report for the year ended 31 March 2024

### Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

<b>Name</b>	<b>Position</b>	<b>Dates</b>
Michael McAughtrie	Chair	Appointed 25 January 2022
Bettina Leslie		Appointed 12 March 2018
Linda Shumba		Appointed 16 June 2023
Louisa Jane Brauhnoltz-Speight		Appointed 12 December 2022 Resigned 26 May 2023

**Charity number** 1177566 Registered in England and Wales

<b>Registered and principal address</b>	<b>Bankers</b>
15 Roundhay View	Barclays Bank UK PLC
Leeds	1 Churchill Place
LS8 4DX	London. E14 5HP

### Independent examiner

Sarah Coates MAAT

### West Yorkshire Community Accountancy Service CIO

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

### Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) association formed on 16 March 2018 and is governed by a constitution as amended 18 July 2020.

### Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

### Mission statement

The mission of Freedom4Girls is to reduce gender inequality through the reduction of period poverty.

# Freedom4Girls UK

## Trustees' report (continued) for the year ended 31 March 2024

### Objectives and activities

#### The charity's objects

- i. The prevention or relief of poverty among women and girls anywhere in the UK and worldwide by providing and assisting in the provision of sanitary products such as sustainable, washable reusable pads, mooncups or disposables where they are needed.
  - a. Donated disposable products provided through partnerships with period product developers and members of the public donations;
  - b. The donation of re-usable, washable pads through production lines in Leeds, UK and regions of East
  - c. The donation of re-usable, washable menstrual cups through a partnership with private, menstrual cup corporation(s).
- ii. The advancement of education in the UK and worldwide in the subject of menstruation and sanitary protection and to promote research into the economic, social and environmental impacts of period poverty in the UK and worldwide and to make results of this research available to the public. For the purposes of this clause "period poverty" means a lack of access to sanitary products due to financial constraints.
- iii. Supporting in the wider campaign towards gender and menstrual equity, such that all who menstruate, experience menstruation with dignity and safety.
- iv. Commissioning and conducting research that plays a fundamental part in health and socio-economic impact assessments that the work Freedom4Girls conducts and in the learning of socio-economic inequality resulting from misconceptions and negative stereotypes regarding menstruation, gender stereotypes and lack of opportunity for women.
- v. Contributing in the wider campaign that advocates for the rights of women, girls and those who menstruate, as well as being at the forefront of activism that impacts and influences national policy.

#### The charity's main activities

##### 1) Provision of Products:

Freedom4Girls work to support women, girls and those who menstruate with access to a choice of period products. We do this by supporting in the provision of products that are donated to us by members of the public, product providers and businesses.

We are fortunate enough to have partnerships with larger product providers, who donate a large numbers of products to us.

Through our formed partnerships and collaborations with community groups, third sector organisations and some statutory, we donate a combination of disposable pads, tampons and washable reusable products to those most in need.

##### 2) Creation of Washable Reusable Pads:

As an organisation committed to tackling period poverty, supporting those in low economic situations and in reducing waste, both in the UK and our East Africa projects, we are passionate about both sewing workshops we deliver, Leeds and Mombasa, Kenya.

As well as creating the washable, reusable pads, we are proud that our volunteer led sewing workshops support in enhancing the self-esteem, confidence and in reducing social isolation of groups of women within our community.

##### 3) The Education Workshop:

The main focus of the education workshop is to allow for young women and girls to feel confident and comfortable about their periods and their bodies. This has been a success by delivering the sessions both in youth groups and academic institutions. The feedback from the UK led work has been that those with low confidence have been better at discussing their periods and general wellbeing with trusted support staff.

# **Freedom4Girls UK**

## **Trustees' report (continued) for the year ended 31 March 2024**

### **Objectives and activities**

#### **The charity's objects**

Commencing in roughly August 2021 and in the period that led to the 2021 AGM, Freedom4Girls has focused significantly on supporting itself in terms of structural development, concentrating on the development of effective policies and procedures, including drafts of:

- Trustee Responsibilities, (Appendix A to the Constitution);
- Operations Team Responsibilities;
- Grievances & Complaints;
- Staff Code of Conduct;
- Forming Partnerships;
- Supervision Policy;
- Volunteers Policy;
- Communications Policy.

The organisation is also working on the development of a Business & Strategy Plan that contains priority ordered objectives.

Throughout this period, the organisation's support from volunteers has also increased exponentially. Freedom4Girls currently has two student placements, three remote administrative support volunteers and four operational volunteers who assist with a substantial part of the organisation's core business, specifically ensuring the effective operation of the donation station and distribution of product provision.

#### **Public benefit statement**

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

#### **Achievements and performance**

We remain the sole charity locally who provide period products for those in need. We have continued to work with our local partners on all aspects of menstrual health and hygiene.

We have developed a number of collaborations with corporate partners over this year which have begun to enable us to achieve our aim of becoming more sustainable whilst providing much needed menstrual products to those we help.

In Kenya we received a large consignment of off cut fabric from Alpine international and begun the process of converting them into reusable, washable packs which are delivered to schools alongside sexual and menstrual health education. This has resulted in many girls being able to attend school through the month and equipped them with crucial information about sexual health. Alpine have pledged to carry on supporting this work which will continue to have a positive impact.

In Leeds we continue to partner with Modibodi and receive all their returned products. Modibodi manufacture a range of clothing including pants and swimsuits which absorb periods. We distribute them via our make the switch events and workshops for free.

# **Freedom4Girls UK**

## **Trustees' report (continued) for the year ended 31 March 2024**

### **Objectives and activities**

#### **Financial review**

The net receipts for the year were £11,049, including net receipts of £3,579 on unrestricted funds and net receipts of £7,470 on restricted funds after transfers.

#### **Reserves policy**

The charity's free reserves, at the year end were £37,029.

We are currently working on a reserves policy. We are financially secure and have few liabilities. We want to ensure that the charity strikes a balance between sustainability and ensuring we spend our money sensibly and effectively. To this end we are actively considering setting limits and plan to do so at the next board meeting.

Approved by the board of trustees on 24/01/2025

Michael Mcaughtrie (Trustee)

# **Freedom4Girls UK**

## **Independent examiner's report to the trustees of Freedom4Girls UK**

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2024, which are set out on pages 7 to 12.

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sarah Coates MAAT

27/01/2025

### **West Yorkshire Community Accountancy Service CIO**

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

**Freedom4Girls UK**  
**Receipts and payments account**  
**for the year ended 31 March 2024**

	Notes	2024	2024	2024	2023
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
<b>Receipts</b>					
Grants and donations	(2)	67,899	43,763	111,662	124,845
Sales		6,093	-	6,093	-
Other income		4,673	-	4,673	-
<b>Total receipts</b>		<u>78,665</u>	<u>43,763</u>	<u>122,428</u>	<u>124,845</u>
<b>Payments</b>					
Accounting support		1,238	-	1,238	1,569
Independent examination fee		1,080	-	1,080	660
Administrative support		20,495	1,735	22,230	11,288
Bank charges		607	43	650	761
Education sessions		2,219	5,928	8,147	10,756
Marketing and merchandise		13,252	441	13,693	6,590
Infrastructure development		16,831	2,323	19,154	18,744
Insurance		1,122	110	1,232	2,712
IT support		385	-	385	1,378
Product provision		625	14,339	14,964	10,977
Sewing workshops		4,313	9,385	13,698	24,567
Storage		3,427	-	3,427	-
UK external events		2,605	211	2,816	3,562
UK internal events		-	-	-	528
Volunteer expenses		5,806	157	5,963	9,307
Gifts and donations		250	-	250	-
Fundraising		-	-	-	290
Travel expense		1,696	640	2,336	1,079
Equipment		3,934	18,136	22,070	821
Printing, postage and stationery		-	-	-	179
Training		144	-	144	-
<b>Total payments</b>		<u>80,029</u>	<u>53,448</u>	<u>133,477</u>	<u>105,768</u>
<b>Net receipts / (payments)</b>		<u>(1,364)</u>	<u>(9,685)</u>	<u>(11,049)</u>	<u>19,077</u>
<b>Transfers between funds</b>		<u>(2,215)</u>	<u>2,215</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		<u>(3,579)</u>	<u>(7,470)</u>	<u>(11,049)</u>	<u>19,077</u>
<b>Fund balances brought forward</b>		<u>40,608</u>	<u>51,615</u>	<u>92,223</u>	<u>73,146</u>
<b>Fund balances carried forward</b>	(3)	<u>37,029</u>	<u>44,145</u>	<u>81,174</u>	<u>92,223</u>

**Freedom4Girls UK**  
**Statement of assets and liabilities**  
**as at 31 March 2024**

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
<b>Cash funds</b>				
Cash at bank	34,835	44,145	78,980	92,223
Paypal	2,194	-	2,194	-
<b>Total cash funds</b>	<u>37,029</u>	<u>44,145</u>	<u>81,174</u>	<u>92,223</u>

**Debtors and prepayments**

	2024
	£
Prepayments	<u>1,020</u>
	<u>1,020</u>

**Assets retained for the charity's own use**

Chrome book laptop  
 One VW Van  
 Sewing machines  
 Overlockers

**Liabilities**

	2024
	£
Accruals	<u>1,386</u>
	<u>1,386</u>

The financial statements were approved by the board of trustees on 24/01/2025

Michael Mcaughtrie (Trustee)

# **Freedom4Girls UK**

## **Notes to the accounts**

### **for the year ended 31 March 2024**

#### **1 Accounting policies**

##### **Basis of accounting**

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

##### **Taxation**

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

##### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2024**

2 Grants and donations	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Fundraising and individual donations	38,333	476	38,809	29,634
Corporate donations	8,337	9,069	17,406	43,759
Leeds Christian Support Fund	-	11,000	11,000	-
Chee Foundation	-	7,347	7,347	-
Give a Gift	-	5,000	5,000	-
Fat Face	-	4,500	4,500	-
Franciscan Aid Fund	-	3,000	3,000	-
Rainer and Doreen Burchett Charitable Foundn.	-	1,500	1,500	3,000
Warm Spaces	-	1,000	1,000	-
Unite Bradford	-	330	330	360
Hey Girls UK funding	-	-	-	5,000
Leeds City Council (LCC) MICE	-	-	-	150
Royal Society of RSA	-	-	-	1,000
Scurrah Wainwright	-	-	-	2,580
St James Place	-	-	-	5,000
Unity in Poverty Action- Welfare support fund	-	-	-	5,000
Other donations	21,229	541	21,770	29,362
	<u>67,899</u>	<u>43,763</u>	<u>111,662</u>	<u>124,845</u>

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2024**

<b>3 Restricted funds</b>	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Chee Foundation	-	5,547	7,661	2,114	-
Franciscan Aid Fund	-	3,000	3,000	-	-
Rainer and Doreen Burchett Charitable Foundn.	-	1,500	1,500	-	-
Royal Society of RSA	1,594	-	303	-	1,291
Fat Face	-	4,500	4,500	-	-
Hey Girls Volunteer Coordinator	3,560	-	-	-	3,560
Scurrah Wainwright	2,580	-	2,526	-	54
St James Place	3,041	-	657	-	2,384
UK Project Delivery	9,780	36	350	(213)	9,253
Black Women's Menstrual Health	61	-	-	-	61
Chee Foundation	-	2,000	-	-	2,000
Hey Neighbour	1,951	-	1,397	-	554
Leeds Christian Support Fund	-	5,500	-	-	5,500
Make The Switch	3,303	645	2,655	-	1,293
Co-op Community Fund	1,414	-	1,628	214	-
Hey Girls	1,043	-	1,043	-	-
Masons	1,514	-	-	-	1,514
Leeds City Council (LCC) MICE	450	-	-	-	450
UK Education	3,698	536	105	-	4,129
Rentokil Initial	2,900	8,669	6,062	-	5,507
UK Product Provision	2,350	-	1,830	-	520
Leeds City Council	7,136	-	7,236	100	-
Unite Bradford	240	330	330	-	240
Warm Spaces	-	1,000	165	-	835
Unity in Poverty Action- Welfare s	5,000	-	-	-	5,000
Give a Gift	-	5,000	5,000	-	-
Leeds Christian Support Fund	-	5,500	5,500	-	-
	<u>51,615</u>	<u>43,763</u>	<u>53,448</u>	<u>2,215</u>	<u>44,145</u>

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2024**

<b>Fund name</b>	<b>Purpose of restriction</b>
Chee Foundation	Towards projects in East Africa. The transfer relates to project costs and came from unrestricted funds.
Franciscan Aid Fund	Towards funding educational resources in East Africa.
Rainer and Doreen Burchett Charitable Foundn.	For menstrual health education and product provision in Kenya.
Royal Society of RSA	Upscaling the provision of reusable period packs in Kilifi, Kenya.
Fat Face	Towards the costs of a van.
Hey Girls Volunteer Coordinator	Make the Switch Campaign work to encourage the use of reusable period products.
Scurrah Wainwright	Towards core costs.
St James Place	For Sewing workshops.
UK Project Delivery	For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision. The transfer relates to support the project from the Co-op, also UK project delivery.
Black Women's Menstrual Health Chee Foundation	Towards the Black Women's Menstrual Health Project.
Hey Neighbour	Towards sewing projects in East Africa.
Leeds Christian Support Fund	Towards supporting households with living costs, administration and overheads.
Make The Switch	Make the Switch Campaign work to encourage the use of reusable period products.
Co-op Community Fund	For sewing workshops. The transfer relates to project costs and came from UK project delivery.
Hey Girls	Make the Switch Campaign work to encourage the use of reusable period products.
Masons	To fund delivery of a project designed to campaign for and create environmentally friendly period products
Leeds City Council (LCC) MICE	Towards general organisational work
UK Education	Make the Switch Campaign work to encourage the use of reusable period
Rentokil Initial	For UK education
UK Product Provision	For UK menstrual health education and menstrual awareness campaigns
Leeds City Council	General organizational work.
Unite Bradford	Product provision in Bradford.
Warm Spaces	Towards the costs of setting up a community warm space.
Unity in Poverty Action- Welfare support fund	Towards the costs of delivering period and Hygiene products to those in need in the Leeds area.
Give a Gift	For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision.
Leeds Christian Support Fund	To support Leeds based operations.

**Related party transactions**

**Trustee expenses**

No trustee received any expenses during this year or the previous year.

**Trustee remuneration and benefits**

No trustee received any remuneration or benefit during this or the previous year.

**FREEDOM4GIRLS UK**

England & Wales - Charity number 1177566

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# Accounts

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**Freedom4Girls UK**

Charity number 1177566

**Annual Report and Financial Statements  
for the year ended 31 March 2023**



**Annual Report and Financial Statements  
for the year ended 31 March 2023**

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Examiner's report	6
Receipts and payments account	7
Statement of assets and liabilities	8
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**Prepared by West Yorkshire Community Accountancy Service CIO**

# Freedom4Girls UK

## Trustees' report for the year ended 31 March 2023

### Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

<b>Name</b>	<b>Position</b>	<b>Dates</b>
Roopen Kalirai	Chair	Resigned 26th April 2022
Bettina Leslie		
Sonia Kumari		Resigned 26th April 2022
Megan Thomas		Resigned 26th April 2022
Danielle Perro		Resigned 26th April 2022
Mike McAughtrie	Chair	Appointed 25 January 2022
Louisa Jane Brauholtz-Speight		Appointed 12 December 2022
		Resigned 26 May 2023
Chebet Chesaina		Appointed 12 December 2022
Linda Shumba		Appointed 16 June 2023
<b>Charity number</b>	1177566	Registered in England and Wales

### Registered and principal address

15 Roundhay View  
Leeds  
LS8 4DX

### Bankers

Barclays Bank UK PLC  
1 Churchill Place  
London. E14 5HP

### Independent examiner

Sarah Coates MAAT

### West Yorkshire Community Accountancy Service CIO

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

### Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) association formed on 16 March 2018 and is governed by a constitution as amended 18 July 2020.

### Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

### Mission statement

The mission of Freedom4Girls is to reduce gender inequality through the reduction of period poverty.

# Freedom4Girls UK

## Trustees' report (continued) for the year ended 31 March 2023

### Objectives and activities

#### The charity's objects

- i. The prevention or relief of poverty among women and girls anywhere in the UK and worldwide by providing and assisting in the provision of sanitary products such as sustainable, washable reusable pads, mooncups or disposables where they are needed.
  - a. Donated disposable products provided through partnerships with period product developers and members of the public donations;
  - b. The donation of re-usable, washable pads through production lines in Leeds, UK and regions of East Africa;
  - c. The donation of re-usable, washable menstrual cups through a partnership with private, menstrual cup corporation(s).
- ii. The advancement of education in the UK and worldwide in the subject of menstruation and sanitary protection and to promote research into the economic, social and environmental impacts of period poverty in the UK and worldwide and to make results of this research available to the public. For the purposes of this clause "period poverty" means a lack of access to sanitary products due to financial constraints.
- iii. Supporting in the wider campaign towards gender and menstrual equity, such that all who menstruate, experience menstruation with dignity and safety.
- iv. Commissioning and conducting research that plays a fundamental part in health and socio-economic impact assessments that the work Freedom4Girls conducts and in the learning of socio-economic inequality resulting from misconceptions and negative stereotypes regarding menstruation, gender stereotypes and lack of opportunity for women.
- v. Contributing in the wider campaign that advocates for the rights of women, girls and those who menstruate, as well as being at the forefront of activism that impacts and influences national policy.

#### The charity's main activities

##### 1) Provision of Products:

Freedom4Girls work to support women, girls and those who menstruate with access to a choice of period products. We do this by supporting in the provision of products that are donated to us by members of the public, product providers and businesses.

We are fortunate enough to have partnerships with larger product providers, who donate a large numbers of products to us.

Through our formed partnerships and collaborations with community groups, third sector organisations and some statutory, we donate a combination of disposable pads, tampons and washable reusable products to those most in need.

##### 2) Creation of Washable Reusable Pads:

As an organisation committed to tackling period poverty, supporting those in low economic situations and in reducing waste, both in the UK and our East Africa projects, we are passionate about both sewing workshops we deliver, Leeds and Mombasa, Kenya.

As well as creating the washable, reusable pads, we are proud that our volunteer led sewing workshops support in enhancing the self-esteem, confidence and in reducing social isolation of groups of women within our community.

##### 3) The Education Workshop:

The main focus of the education workshop is to allow for young women and girls to feel confident and comfortable about their periods and their bodies. This has been a success by delivering the sessions both in youth groups and academic institutions. The feedback from the UK led work has been that those with low confidence have been better at discussing their periods and general wellbeing with trusted support staff.

# Freedom4Girls UK

## Trustees' report (continued) for the year ended 31 March 2023

### Objectives and activities (continued)

#### The charity's objects

Commencing in roughly August 2021 and in the period that led to the 2021 AGM, Freedom4Girls has focused significantly on supporting itself in terms of structural development, concentrating on the development of effective policies and procedures, including drafts of:

- Trustee Responsibilities, (Appendix A to the Constitution);
- Operations Team Responsibilities;
- Grievances & Complaints;
- Staff Code of Conduct;
- Forming Partnerships;
- Supervision Policy;
- Volunteers Policy;
- Communications Policy.

The organisation is also working on the development of a Business & Strategy Plan that contains priority ordered objectives.

Throughout this period, the organisation's support from volunteers has also increased exponentially. Freedom4Girls currently has two student placements, three remote administrative support volunteers and four operational volunteers who assist with a substantial part of the organisation's core business, specifically ensuring the effective operation of the donation station and distribution of product provision.

#### Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

#### Achievements and performance

##### UK Period Product Provision

We continue to provide period products to those in need - more than 18,000 packs provided in the 2022/2023 period via more than 60 organisations and community groups in the city. The links with period product companies we established in the previous years have enabled us to deal with a rise in demand (the cost of living crisis has meant that more people are simply unable to afford basic necessities) as well as from donation stations. This has mostly been focused on Leeds but we have distributed some in Sheffield too. After meeting the company Modibodi at the Global Period Poverty Forum we have taken delivery of a significant number of period pants and swimsuits they make to distribute. This is a more sustainable way of operating and we hope to continue to deliver these options alongside the disposable products.

##### UK menstrual health education

This project continues to develop and thrive in a variety of education settings. The project adds specialist knowledge to the PSHE strand of the curriculum as well as enabling educators to be more confident in teaching about menstrual health and related topics. There remains substantial need for education in this area and we expect this to be a particularly crucial element of our work going forwards. As well as schools we are involved in supporting community groups and others to access this crucial information. We aim to empower young people and others in this area in order to promote dignity and independence.

##### Kenya

Our work in Kenya is extremely important to us and to the people it helps.

We have continued, via our staff in the country and the input of key staff based here, to deliver sessions to large number of girls in schools. These sessions, which break down taboos and offer clear, memorable information about menstruation and sexual health, receive excellent feedback from both students and their teachers.

# Freedom4Girls UK

## Trustees' report (continued) for the year ended 31 March 2023

### Achievements and performance (continued)

A crucial component of this work is providing washable, reusable pads and pants in bags to girls who receive the sessions. This then enables them to attend school with dignity during their periods with all the learning and inclusion benefits this brings.

We have partnered with Alpine Group - a large fabric manufacturer - to provide offcuts of fabric to us from Egypt which we can use for the kits provided to girls. The first shipment is due in 2023 and we have signed an agreement going forward.

We continue to have productive interactions with local government and NGO officials in the country with a view to increasing our impact.

#### Sewing workshops

As we get back to a kind of normal post lockdowns etc we have had excellent attendance at the Sewing workshops and have expanded these. As well as providing valuable reusable packs for those in need these workshops provide a safe, creative space for our sewers which has a positive impact on their wellbeing. We have 4 separate spaces in Leeds including one which is moving to two sessions per week as well as people who sew at home. We welcome the Hebden Bridge sewing ladies and extend our deepest thanks to all our sewers and volunteers.

#### Period Positive Spaces

Over the last 12 months we have been able to engage with and encourage over 100 different organisations on providing free period products within their bathrooms. Over 30 organisations have signed up to be Period Positive Spaces with Freedom4girls to date.

#### Public Outreach and Recognition

This year we have continued to provide specialist insight on menstrual health matters to a huge variety of media outlets on a regular basis. This has enabled us to influence policy on menstrual issues and to ensure that we are known and respected for our knowledge as well as our services.

Tina Leslie, our founder, was presented with an MBE at Buckingham Palace for her work in the community, specifically with Freedom4Girls.

We also attended, and Tina spoke at the Global Period Poverty Forum in Brisbane, Australia. This was very helpful for us as we were able to forge partnerships with Modibodi and Alpine textiles whilst away. This has enabled us to provide more reusable packs in Kenya and a large selection of period pants and swimwear in England. As well as this we were able to meet and network with many organisations from across the world whilst learning about best practice globally.

We have collaborated with Amazon on their Alexa platform. When questions are asked about periods Alexa answers "Freedom4Girls says..."

There has been substantial work to update and improve our new website which is due to go live in the Autumn.

As well as our established partnerships with Hey Girls UK, Initial, Modibodi, Bodyform, PHS and Tesco we have been pleased to receive other income from one off donations and funds from charity events from a variety of sources. We are extremely grateful for the work that has been put in to support our work by these organisations and by individuals who have donated throughout the year.

### Financial review

The net receipts for the year were £19,077, including net receipts of £23,568 on unrestricted funds and net payments of £4,491 on restricted funds after transfers.

### Reserves policy

The charity's free reserves, at the year end were £40,608.

Approved by the board of trustees on .....

Signed: ..... (Trustee)

Name: .....

# **Freedom4Girls UK**

## **Independent examiner's report to the trustees of Freedom4Girls UK**

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2023, which are set out on pages 7 to 11.

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: .....

Name: Sarah Coates MAAT

Date: .....

### **West Yorkshire Community Accountancy Service CIO**

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

**Freedom4Girls UK**  
**Receipts and payments account**  
**for the year ended 31 March 2023**

	Notes	2023	2023	2023	2022
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
<b>Receipts</b>					
Grants and donations	(2)	89,729	35,116	124,845	86,243
Sales		-	-	-	1,192
Other income		-	-	-	5,391
<b>Total receipts</b>		<u>89,729</u>	<u>35,116</u>	<u>124,845</u>	<u>92,826</u>
<b>Payments</b>					
Accounting support		1,569	-	1,569	1,596
Independent examination fee		660	-	660	660
Administrative support		9,934	1,354	11,288	7,541
Bank charges		724	37	761	474
Education sessions		2,941	7,815	10,756	9,905
Marketing and merchandise		5,840	750	6,590	5,111
Infrastructure development		18,628	116	18,744	8,645
Insurance		447	2,265	2,712	436
IT support		1,378	-	1,378	1,098
Product provision		2,380	8,597	10,977	5,605
Sewing workshops		8,974	15,593	24,567	33,301
UK external events		3,562	-	3,562	-
UK internal events		528	-	528	-
Volunteer travel expenses		7,138	2,169	9,307	2,827
Subscriptions		-	-	-	182
Sundries		-	-	-	755
Fundraising		290	-	290	563
Travel expense		168	911	1,079	-
Equipment		821	-	821	-
Printing, postage and stationery		179	-	179	-
<b>Total payments</b>		<u>66,161</u>	<u>39,607</u>	<u>105,768</u>	<u>78,699</u>
<b>Net receipts / (payments)</b>		<u>23,568</u>	<u>(4,491)</u>	<u>19,077</u>	<u>14,127</u>
<b>Fund balances brought forward</b>		<u>21,840</u>	<u>51,306</u>	<u>73,146</u>	<u>59,019</u>
<b>Fund balances carried forward</b>	(3)	<u>40,608</u>	<u>51,615</u>	<u>92,223</u>	<u>73,146</u>

**Freedom4Girls UK**  
**Statement of assets and liabilities**  
**as at 31 March 2023**

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
<b>Cash funds</b>				
Bank account	40,608	51,615	92,223	68,208
PayPal	-	-	-	4,938
<b>Total cash funds</b>	<u>40,608</u>	<u>51,615</u>	<u>92,223</u>	<u>73,146</u>

<b>Debtors and prepayments</b>	2023
	£
Prepayments	<u>1,399</u>
	<u>1,399</u>

**Assets retained for the charity's own use**  
 Chrome book laptop

<b>Liabilities</b>	2023
	£
Accruals	<u>1,080</u>
	<u>1,080</u>

The financial statements were approved by the board of trustees on .....

Signed: ..... (Trustee)

Name: .....

# **Freedom4Girls UK**

## **Notes to the accounts**

### **for the year ended 31 March 2023**

#### **1 Accounting policies**

##### **Basis of accounting**

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

##### **Taxation**

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

##### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2023**

2 Grants and donations	2023	2023	2023	2022
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Hey Girls UK funding	-	5,000	5,000	4,920
Leeds City Council (LCC) MICE	-	150	150	300
Rainer and Doreen Burchett Charitable Foundn.	-	3,000	3,000	3,000
Royal Society of RSA	-	1,000	1,000	9,000
Scurrah Wainwright	-	2,580	2,580	-
St James Place	-	5,000	5,000	2,500
Unite Bradford	-	360	360	-
Unity in Poverty Action- Welfare support fund	-	5,000	5,000	-
Awards For All	-	-	-	9,993
Co-op	-	-	-	1,946
Edith Maud Ellis Trust fund	-	-	-	2,500
Hey Neighbour Grant	-	-	-	2,430
National Survivor User Network	-	-	-	500
NHS Leeds CCG	-	-	-	500
Fundraising and individual donations	28,126	1,508	29,634	27,331
Corporate donations	37,261	6,498	43,759	13,139
Other donations	24,342	5,020	29,362	8,184
	<u>89,729</u>	<u>35,116</u>	<u>124,845</u>	<u>86,243</u>

3 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Royal Society of RSA	1,469	1,000	875	-	1,594
Uganda Project Delivery	126	-	4,926	4,800	-
Corporate Social	517	-	517	-	-
Responsibility Uganda					
Edith Maud Trust	1,580	-	1,580	-	-
St James Place	2,470	5,000	4,429	-	3,041
UK Project Delivery	5,229	5,021	470	-	9,780
Black Women's Menstrual Health	61	-	-	-	61
Hey Neighbour	2,430	-	479	-	1,951
Awards For All	2,512	-	2,512	-	-
Make The Switch	990	2,325	12	-	3,303
Co-op Community Fund	2,708	-	1,294	-	1,414
Hey Girls	4,605	-	3,562	-	1,043
Masons	4,497	-	2,983	-	1,514
LCC MICE	300	150	-	-	450
UK Education	2,556	1,887	745	-	3,698
Rentokil Initial	5,945	3,308	6,353	-	2,900
UK Product Provision	1,865	485	-	-	2,350
Leeds City Council	11,350	-	4,214	-	7,136
Unite Bradford	90	360	210	-	240
NHS CCG	6	-	6	-	-
Rainer and Doreen Burchett Charitable Foundn.		3,000	3,000	-	-
Scurrah Wainwright	-	2,580	-	-	2,580
Hey Girls UK funding	-	5,000	1,440	-	3,560
Unity in Poverty Action- Welfare Support Fund	-	5,000	-	-	5,000
	<u>51,306</u>	<u>35,116</u>	<u>39,607</u>	<u>4,800</u>	<u>51,615</u>

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2023**

**3 Restricted funds continued**

<b>Fund name</b>	<b>Purpose of restriction</b>
Royal Society of RSA Uganda Project Delivery	Upscaling the provision of reusable period packs in Kilifi, Kenya. For menstrual health education and product provision. The transfer was from unrestricted funds to support project costs.
Corporate Social Responsibility Uganda Edith Maud Trust St James Place UK Project Delivery	For menstrual health education and product provision.  Period pad sewing workshops in Uganda. For Sewing workshops. For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision.
Black Women's Menstrual Health	Towards the Black Women's Menstrual Health Project.
Hey Neighbour Awards For All Make The Switch	Towards community sew-a-pad workshops. Towards community sewing workshops in Leeds. Make the Switch Campaign work to encourage the use of reusable period products.
Co-op Community Fund Hey Girls	For sewing workshops Make the Switch Campaign work to encourage the use of reusable period products.
Masons	To fund delivery of a project designed to campaign for and create environmentally friendly period products
LCC MICE UK Education	Towards general organisational work Make the Switch Campaign work to encourage the use of reusable period products.
Rentokil Initial UK Product Provision	For UK education For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision.
Leeds City Council Unite Bradford NHS CCG Rainer and Doreen Burchett Charitable Foundn. Scurrah Wainwright Hey Girls UK funding	General organizational work. Product provision in Bradford. Assembly and distribution of well-being packs within Leeds. For menstrual health education and product provision in Kenya.  Towards core costs. Make the Switch Campaign work to encourage the use of reusable period products.
Unity in Poverty Action- Welfare Support Fund	Towards the costs of delivering period and Hygiene products to those in need in the Leeds area.

**4 Trustee expenses**

No trustee received any expenses during this year or the previous year.

**5 Trustee remuneration and benefits**

No trustee received any remuneration or benefit during this or the previous year.



## Freedom4Girls UK

### Management letter issues for the accounting period 1 April 2022 to 31 March 2023.

Please take some time at your next meeting to consider the following issues arising from our work.

**Priority 1** issues must be addressed promptly, providing evidence that they have been actioned provided for the next accounting year.

**Priority 2** issues are good practice and will improve your organisation's financial management systems.

**Priority 3** issues are for your information or requests from WYCAS.

Support to action any of these points is available from WYCAS.

Issue	Recommendation / Tips for improvement	Priority (1=High)
Approval and signing the accounts - As trustees you are required to approve and sign the accounts, including the trustees annual report.	Please have a careful read through the accounts and make sure you are happy with the text and the figures. We encourage you to pay particular attention to the balances on the restricted funds note (if there is one) and also on the commentary about the reserves in the trustees annual report.	3
Pages to sign	Please sign pages 5 and 8 in black ink	
Compliance with your governing document - Whilst there are no specific issues arising from the independent examination, we are using this opportunity to remind trustees to have an understanding of their own charity's rules - ie. the constitution, trust deed or memorandum and articles of association. Please ask your fellow trustees if you have not had access to the governing document.	If you are thinking about any significant change in your activities or engaging a trustee or a close relative to do some work for the charity, the governing document is the first place to check to see what is possible. We would also encourage trustees to refer to the Charity Commission's guidance for more general information about your responsibilities. This is a really helpful guide and is very user friendly. It can be found here: <a href="#">The Essential Trustee - Charity Commission Guidance</a>	3
Filing deadline for CIOs. As the organisation is a CIO you must complete an online annual return and upload pdf accounts via the Charity Commission website by the date shown opposite. Do not scan your signed accounts, please use the pdf accounts that we sent you after the accounts were approved which show the name of the person who signed the accounts and the date signed.	31 January 2024	

Please remember to update the Charity Commission when trustees join or leave the charity.	The charity register details must be up-to-date at all times.	1
Please remember to complete the WYCAS online survey.	See link on management letter or request a printed copy from your community accountant.	3
Minutes	<p>I have a small amount of information in relation to minutes of meetings, but suggest going forward that your what's app messages are somehow summarised in document, so everyone can see these discussions have taken place, and they can be referred back to in each meeting and also need to be used as part of the examination process for us.</p> <p>Minutes of meetings are important legal documents as they provide evidence of decision making, management of any conflicts of interest and demonstrate how the charity is managed. It is also important that trustees are able to review and approve previous meeting's minutes at the beginning of the current meeting.</p>	2
Objects showing on the Charity Commission website - Last year we pointed out that these were missing the last 3 items from your objects.	If the Charity Commission have received and approved your most recent amended constitution, and that constitution has the full objects in it then you need to contact the Commission to get them to update the record. You can call them on 0300 066 9197 to ask them how best to do that.	2

**FREEDOM4GIRLS UK**

England & Wales - Charity number 1177566

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# Accounts

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**Freedom4Girls UK**

Charity number 1177566

**Annual Report and Financial Statements  
for the year ended 31 March 2022**

A large purple square containing the text 'freedom4girls' in white lowercase letters. The 'o' in 'freedom' is replaced by a female symbol (♀).

freedom4girls



West Yorkshire Community Accounting Service

**Annual Report and Financial Statements  
for the year ended 31 March 2022**

<b>Contents</b>	<b>Page</b>
Trustees' report	2 to 5
Examiner's report	6
Receipts and payments account	7
Statement of assets and liabilities	8
Notes to the accounts	9 to 11

**Prepared by West Yorkshire Community Accountancy Service CIO**

# Freedom4Girls UK

## Trustees' report for the year ended 31 March 2022

### Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

<b>Name</b>	<b>Position</b>	<b>Dates</b>
Roopen Kalirai	Chair	Resigned 26th April 2022
Bettina Leslie		
Sonia Kumari		Resigned 26th April 2022
Megan Thomas		Resigned 26th April 2022
Danielle Perro		Resigned 26th April 2022
Mike McAughtrie	Chair	Appointed 25 January 2022
Louisa Jane Braunholtz-Speight		Appointed 12 December 2022
Chebet Chesaina		Appointed 12 December 2022

**Charity number** 1177566 Registered in England and Wales

**Registered and principal address**  
15 Roundhay View  
Leeds  
LS8 4DX

**Bankers**  
Barclays Bank UK PLC  
1 Churchill Place  
London. E14 5HP

### Independent examiner

Sarah Coates MAAT

### West Yorkshire Community Accountancy Service CIO

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

### Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) formed on 16 March 2018.  
The constitution was amended at the Charity Commission on 18 July 2020.

### Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

### Mission statement

The mission of Freedom4Girls is to reduce gender inequality through the reduction of period poverty.

# Freedom4Girls UK

## Trustees' report (continued) for the year ended 31 March 2022

### Objectives and activities

#### The charity's objects

- i. The prevention or relief of poverty among women and girls anywhere in the UK and worldwide by providing and assisting in the provision of sanitary products such as sustainable, washable reusable pads, mooncups or disposables where they are needed.
  - a. Donated disposable products provided through partnerships with period product developers and members of the public donations;
  - b. The donation of re-usable, washable pads through production lines in Leeds, UK and regions of East Africa;
  - c. The donation of re-usable, washable menstrual cups through a partnership with private, menstrual cup corporation(s).
- ii. The advancement of education in the UK and worldwide in the subject of menstruation and sanitary protection and to promote research into the economic, social and environmental impacts of period poverty in the UK and worldwide and to make results of this research available to the public. For the purposes of this clause "period poverty" means a lack of access to sanitary products due to financial constraints
- iii. Supporting in the wider campaign towards gender and menstrual equity, such that all who menstruate, experience menstruation with dignity and safety.
- iv. Commissioning and conducting research that plays a fundamental part in health and socio-economic impact assessments that the work Freedom4Girls conducts and in the learning of socio-economic inequality resulting from misconceptions and negative stereotypes regarding menstruation, gender stereotypes and lack of opportunity for women.
- v. Contributing in the wider campaign that advocates for the rights of women, girls and those who menstruate, as well as being at the forefront of activism that impacts and influences national policy.

#### The charity's main activities

##### 1) Provision of Products:

Freedom4Girls work to support women, girls and those who menstruate with access to a choice of period products. We do this by supporting in the provision of products that are donated to us by members of the public, product providers and businesses.

We are fortunate enough to have partnerships with larger product providers, who donate a large numbers of products to us.

Through our formed partnerships and collaborations with community groups, third sector organisations and some statutory, we donate a combination of disposable pads, tampons and washable reusable products to those most in need.

##### 2) Creation of Washable Reusable Pads:

As an organisation committed to tackling period poverty, supporting those in low economic situations and in reducing waste, both in the UK and our East Africa projects, we are passionate about both sewing workshops we deliver, Leeds and Mombasa, Kenya.

As well as creating the washable, reusable pads, we are proud that our volunteer led sewing workshops support in enhancing the self-esteem, confidence and in reducing social isolation of groups of women within our community.

##### 3) The Education Workshop:

The main focus of the education workshop is to allow for young women and girls to feel confident and comfortable about their periods and their bodies. This has been a success by delivering the sessions both in youth groups and academic institutions. The feedback from the UK led work has been that those with low confidence have been better at discussing their periods and general wellbeing with trusted support staff.

# Freedom4Girls UK

## Trustees' report (continued) for the year ended 31 March 2022

### Objectives and activities (continued)

#### The charity's main activities

Commencing in roughly August 2021 and in the period that led to the 2021 AGM, Freedom4Girls has focused significantly on supporting itself in terms of structural development, concentrating on the development of effective policies and procedures, including drafts of:

- Trustee Responsibilities, (Appendix A to the Constitution);
- Operations Team Responsibilities;
- Grievances & Complaints;
- Staff Code of Conduct;
- Forming Partnerships;
- Supervision Policy;
- Volunteers Policy;
- Communications Policy.

The organisation is also working on the development of a Business & Strategy Plan that contains priority ordered objectives.

Throughout this period, the organisation's support from volunteers has also increased exponentially. Freedom4Girls currently has two student placements, three remote administrative support volunteers and four operational volunteers who assist with a substantial part of the organisation's core business, specifically ensuring the effective operation of the donation station and distribution of product provision.

#### Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

#### Achievements and performance

We have continued to deliver the core activities of the charity and developed our aims of addressing period and hygiene poverty via education and provision of materials.

**Period Product Provision** - demand for these has risen across the range of community partners in Leeds and Sheffield (where we have one donation station) - particularly during the cost of living crisis which has increased demand amongst agencies we've worked for previously and requests for new ones. We continue to partner with Initial Rentokil, who support us with period product provision and towards our education work. We have donation stations at Tesco supermarkets and receive donations from other companies and individuals to help with this which is a growing problem due to the cost of living crisis. We have worked with our partners in Leeds to source and supply the poorest communities with food and other goods as and when possible. We provided 10,000 pieces of uniform from a warehouse in West Yorkshire and distributed it via Leeds Council to local families. These supplementary activities have been made possible by the links we have forged with our local partners and in response to community need.

**UK Menstrual Health education** - we continue to develop and deliver education around menstruation and related health and social matters via our dedicated team. We are working to expand the geographical scope of the project and to ensure that it is relevant to all including groups with protected characteristics. This strand of work is vital as there is a gap in mainstream education (and beyond) about the subject. We will be focusing on this in greater detail this year.

**Kenya project-** As travel becomes easier we have visited Kenya and provided education sessions with relevant resources to large groups of school age girls in the country. We have continued to promote and demonstrate the use of reusable pads and provided education about sexual health. This is a key function of Freedom 4 Girls and will continue to be as we move forward.

# **Freedom4Girls UK**

## **Trustees' report (continued) for the year ended 31 March 2022**

### **Achievements and performance (continued)**

**Uganda project** - we continue to have links with Uganda and our project worker is due to visit in July 2022 to oversee more work. As well as this we have received funding to develop a Black Womens menstrual health project - the results of which are due to be exhibited at the Vagina Museum in London in September. As one of our valued partners we held an exhibition with the Vagina museum at Thackray Medical museum highlighting local art about menstruation.

**Public Outreach and recognition** - We were delighted to receive the Queens award for voluntary service this year. There was stiff competition but the volume of support our key workers received from partners during the assessment process - from across the UK and the world was magnificent.

This charity has grown from small beginnings to have the potential to grow larger and help more people in the UK and beyond. The work done by the staff is highly impressive and we want to maximise the impact that we have in a time of great financial difficulty for many.

We have continued to speak to a variety of media outlets across the year and have been invited to speak at the Global Period Poverty Forum. We've also been asked to be part of the BSI standards committee for period products.

We are in the process of reviewing our governance arrangements and ensuring that they are as beneficial as possible for the smooth running of the operation and to provide support to our valued staff. This includes a commitment to diversity and equality in everything that we do.

We are also working to improve our website and social media offering as well as developing an overall strategic plan for the next five years. We have appointed a volunteer co-ordinator to ensure our wonderful volunteers are supported and allocated relevant tasks whilst developing their skills and contributing to the charity with a wide variety of skills and experience.

### **Financial review**

The net receipts for the year were £14,127, including net payments of £7,121 on unrestricted funds and net receipts of £21,248 on restricted funds, after transfers.

### **Reserves policy**

The charity's free reserves, excluding fixed assets, at the year end were £21,840.  
The charity has no formal reserves policy.

Approved by the board of trustees on 29/01/2023

Bettina Leslie (Trustee)

# **Freedom4Girls UK**

## **Independent examiner's report to the trustees of Freedom4Girls UK**

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2022, which are set out on pages 7 to 11.

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Sarah Coates MAAT

30/01/2023

### **West Yorkshire Community Accountancy Service CIO**

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

**Freedom4Girls UK**  
**Receipts and payments account**  
**for the year ended 31 March 2022**

	Notes	2022	2022	2022	2021
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
<b>Receipts</b>					
Grants and donations	(2)	35,362	50,881	86,243	79,845
Sales		1,092	100	1,192	100
Other income		5,391	-	5,391	260
<b>Total receipts</b>		<u>41,845</u>	<u>50,981</u>	<u>92,826</u>	<u>80,205</u>
<b>Payments</b>					
Accounting support		1,596	-	1,596	271
Independent examination fee		660	-	660	420
Administrative support		7,541	-	7,541	4,997
Bank charges		444	30	474	131
Education sessions		-	9,905	9,905	5,371
Marketing and merchandise		4,837	274	5,111	2,801
Infrastructure development		8,445	200	8,645	3,195
Insurance		436	-	436	311
IT support		828	270	1,098	85
Product provision		-	5,605	5,605	1,567
Sewing workshops		-	33,301	33,301	16,706
Storage		-	-	-	504
UK external events		-	-	-	173
UK internal events		-	-	-	15
Volunteer travel expenses		85	2,742	2,827	4,174
Subscriptions		182	-	182	-
Sundries		370	385	755	-
Fundraising		383	180	563	100
<b>Total payments</b>		<u>25,807</u>	<u>52,892</u>	<u>78,699</u>	<u>40,821</u>
<b>Net income / (expenditure)</b>		16,038	(1,911)	14,127	39,384
Transfers between funds		(23,159)	23,159	-	-
<b>Net movement in funds</b>		<u>(7,121)</u>	<u>21,248</u>	<u>14,127</u>	<u>39,384</u>
<b>Fund balances brought forward</b>		28,961	30,058	59,019	19,635
<b>Fund balances carried forward</b>	(3)	<u>21,840</u>	<u>51,306</u>	<u>73,146</u>	<u>59,019</u>

**Freedom4Girls UK**  
**Statement of assets and liabilities**  
**as at 31 March 2022**

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
<b>Cash funds</b>				
Bank account	16,902	51,306	68,208	52,727
PayPal	4,938	-	4,938	6,292
<b>Total cash funds</b>	<u>21,840</u>	<u>51,306</u>	<u>73,146</u>	<u>59,019</u>

**Liabilities**

£

Independent examination

660

660

The financial statements were approved by the board of trustees on 29/01/2023

Bettina Leslie (Trustee)

# Freedom4Girls UK

## Notes to the accounts continued

### for the year ended 31 March 2022

#### 1 Accounting policies

##### Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

##### Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

#### 2 Grants and donations

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
The Rainer and Doreen Burchett Charitable Foundation	-	3,000	3,000	3,000
Volition Leeds	-	-	-	2,000
Co-op	-	1,946	1,946	762
Masons	-	-	-	4,600
Leeds City Council (LCC) MICE	-	300	300	167
Rentokil Initial	-	-	-	2,912
Royal Society of RSA	-	9,000	9,000	-
Edith Maud Ellis Trust fund	-	2,500	2,500	-
St James Place	-	2,500	2,500	-
National Survivor User Network	-	500	500	-
Hey Neighbour Grant	-	2,430	2,430	-
Awards For All	-	9,993	9,993	-
Hey Girls UK funding	-	4,920	4,920	-
NHS Leeds CCG	-	500	500	-
Other donations	35,362	13,292	48,654	66,404
	<u>35,362</u>	<u>50,881</u>	<u>86,243</u>	<u>79,845</u>

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2022**

<b>3 Restricted funds</b>	Balance b/f	Receipts	Payments	Transfers	Balance c/f
	£	£	£	£	£
East Africa Projects	348	1,919	1,117	(1,150)	-
Kenya Project Delivery	-	2,206	17,765	15,559	-
Rainer Foundation	-	3,000	3,000	-	-
Royal Society of RSA	-	9,000	7,531	-	1,469
Uganda Project Delivery	-	21	4,795	4,900	126
Corporate Social Responsibility Uganda	2,125	-	1,608	-	517
Edith Maud Trust	-	2,500	920	-	1,580
St James Place	-	2,500	30	-	2,470
UK Project Delivery	4,965	608	344	-	5,229
Black Women's Menstrual Health	-	-	539	600	61
National Survivor User Network	-	500	500	-	-
Hey Neighbour	-	2,430	-	-	2,430
Awards For All	-	9,993	7,481	-	2,512
Make The Switch	-	186	196	1,000	990
Co-op Community Fund	762	1,946	-	-	2,708
Hey Girls	-	4,920	315	-	4,605
Masons	4,600	-	103	-	4,497
LCC MICE	167	300	167	-	300
UK Education	-	565	9	2,000	2,556
Rentokil Initial	2,762	5,597	2,414	-	5,945
Volition	830	-	830	-	-
UK Product Provision	-	2,000	385	250	1,865
Leeds City Council	13,500	-	2,150	-	11,350
Unite Bradford	-	270	180	-	90
NHS CCG	-	520	514	-	6
	<u>30,058</u>	<u>50,981</u>	<u>52,892</u>	<u>23,159</u>	<u>51,306</u>

**Fund name**

**Purpose of restriction**

East Africa Projects	For menstrual health education and product provision. The transfer was to support other East Africa projects.
Kenya Project Delivery	For menstrual health education and product provision. The transfer was from unrestricted funds to support project costs.
Rainer Foundation	For menstrual health education and product provision in Kenya.
Royal Society of RSA	Upscaling the provision of reusable period packs in Kilifi, Kenya.
Uganda Project Delivery	For menstrual health education and product provision. The transfer was from unrestricted funds to support project delivery.
Corporate Social Responsibility Uganda	For menstrual health education and product provision.
Edith Maud Trust	Period pad sewing workshops in Uganda.
St James Place	For Sewing workshops.
UK Project Delivery	For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision.

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2022**

**3 Restricted funds continued**

<b>Fund name</b>	<b>Purpose of restriction</b>
Black Women's Menstrual Health National Survivor User Network	Towards the Black Women's Menstrual Health Project. The transfer was from unrestricted funds to support project costs.
Hey Neighbour Awards for all	Towards the Black Women's Menstrual Health Project. Towards community sew-a-pad workshops. Towards community sewing workshops in Leeds.
Make the switch	Make the Switch Campaign work to encourage the use of reusable period products. The transfer was from unrestricted funds to support project costs.
Co-op community fund	For sewing workshops Make the Switch Campaign work to encourage the use of reusable period products
Hey Girls	To fund delivery of a project designed to campaign for and create environmentally friendly period products
Masons LCC MICE	Towards general organisational work Make the Switch Campaign work to encourage the use of reusable period products. The transfer was from unrestricted funds to support project costs.
UK Education Rentokil Initial Volition	For UK education Towards the Together Youth Leeds Positive Partnership For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision. The transfer was from unrestricted funds to support project costs.
UK Product Provision	For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision.
Leeds City Council	Product provision in Bradford
Unite Bradford	Assembly and distribution of well-being packs within Leeds
NHS CCG	

**4 Related party transactions**

**Trustee expenses**

No trustee received any expenses during this year or the previous year.

**Trustee remuneration and benefits**

No trustee received any remuneration or benefit during this or the previous year.

**FREEDOM4GIRLS UK**

England & Wales - Charity number 1177566

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# Accounts

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**Freedom4Girls UK**

Charity number 1177566

**Annual Report and Financial Statements**  
**for the year ended 31 March 2021**

A large purple square containing the text 'freedom4girls' in white lowercase letters. The letter 'o' in 'freedom' is replaced by a female symbol (♀).

freedom4girls



West Yorkshire Community Accounting Service

**Annual Report and Financial Statements  
for the year ended 31 March 2021**

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**Prepared by West Yorkshire Community Accounting Service**

# **Freedom4Girls UK**

## **Trustees' report for the year ended 31 March 2021**

### **Reference and administrative details of the charity, its trustees and advisors**

The trustees during the financial year and up to and including the date the report was approved were:

<b>Name</b>	<b>Position</b>	<b>Dates</b>
Roopen Kalirai	Chair	
Tina Leslie		
Sonia Kumari		
Sophie Rowan		Resigned December 2021
Megan Thomas		
Danielle Perro		Appointed June 2020
Sheona Masterton		Resigned December 2020

### **Charity number**

The charity was registered with the Charity Commission for England and Wales, number 1177566, on 16 March 2018.

### **Principal address**

15 Roundhay View  
Leeds  
LS8 4DX

### **Bankers**

Barclays Bank UK PLC  
1 Churchill Place  
London. E14 5HP

### **Independent examiner**

Claire Welling

### **West Yorkshire Community Accounting Service**

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

### **Structure, governance and management**

The charity is a Charitable Incorporated Organisation (CIO) formed on 16 March 2018.

The constitution was amended at the Charity Commission on 18 July 2020.

### **Method of recruitment and appointment of trustees**

The trustees of the charity are appointed by the members at the AGM.

### **Mission statement**

The mission of Freedom4Girls is to reduce gender inequality through the reduction of period poverty.

# Freedom4Girls UK

## Trustees' report (continued) for the year ended 31 March 2021

### Objectives and activities

#### The charity's objects

- i. To prevent and relieve period poverty anywhere in the UK and regions of East Africa, by providing or assisting in the provision of a choice of safe period products, be they environmentally-friendly, reusable or disposable. The donated products attained by means of:
  - a. Donated disposable products provided through partnerships with period product developers and members of the public donations;
  - b. The donation of re-usable, washable pads through production lines in Leeds, UK and regions of East Africa;
  - c. The donation of re-usable, washable menstrual cups through a partnership with private, menstrual cup corporation(s).
- ii. To develop and deliver quality education programmes that tackle stigmas and taboos on menstruation, gender inequalities and in turn empowers women, men, girls, boys and communities with emotional support, physical tips on menstruation and confidence building regarding menstrual health, delivered to the identified geographical regions, as per (i).
- iii. Supporting in the wider campaign towards gender and menstrual equity, such that all who menstruate, experience menstruation with dignity and safety.
- iv. Commissioning and conducting research that plays a fundamental part in health and socio-economic impact assessments that the work Freedom4Girls conducts and in the learning of socio-economic inequality resulting from misconceptions and negative stereotypes regarding menstruation, gender stereotypes and lack of opportunity for women.
- v. Contributing in the wider campaign that advocates for the rights of women, girls and those who menstruate, as well as being at the forefront of activism that impacts and influences national policy.

#### The charity's main activities

##### 1) Provision of Products:

Freedom4Girls work to support women, girls and those who menstruate with access to a choice of period products. We do this by supporting in the provision of products that are donated to us by members of the public, product providers and businesses.

We are fortunate enough to have partnerships with larger product providers, who donate a large number of products to us.

Through our formed partnerships and collaborations with community groups, third sector organisations and some statutory, we donate a combination of disposable pads, tampons and washable reusable products to those most in need.

##### 2) Creation of Washable Reusable Pads:

As an organisation committed to tackling period poverty, supporting those in low economic situations and in reducing waste, both in the UK and our East Africa projects, we are passionate about both sewing workshops we deliver, Leeds and Mombassa, Kenya.

As well as creating the washable, reusable pads, we are proud that our volunteer led sewing workshops support in enhancing the self-esteem, confidence and in reducing social isolation of groups of women within our community.

##### 3) The Education Workshop:

The main focus of the education workshop is to allow for young women and girls to feel confident and comfortable about their periods and their bodies. This has been a success by delivering the sessions both in youth groups and academic institutions. The feedback from the UK led work has been that those with low confidence have been better at discussing their periods and general wellbeing with trusted support staff.

# Freedom4Girls UK

## Trustees' report (continued) for the year ended 31 March 2021

### Objectives and activities (continued)

#### The charity's main activities

Commencing in roughly August 2019 and in the period that led to the 2019 AGM, Freedom4Girls has focused significantly on supporting itself in terms of structural development, concentrating on the development of effective policies and procedures, including drafts of:

- Trustee Responsibilities, (Appendix A to the Constitution);
- Operations Team Responsibilities;
- Grievances & Complaints;
- Staff Code of Conduct;
- Forming Partnerships;
- Supervision Policy;
- Volunteers Policy;
- Communications Policy.

The organisation is also working on the development of a Business & Strategy Plan that contains priority ordered objectives.

Throughout this period, the organisation's support from volunteers has also increased exponentially. Freedom4Girls currently has two student placements, three remote administrative support volunteers and four operational volunteers who assist with a substantial part of the organisation's core business, specifically ensuring the effective operation of the donation station and distribution of product provision.

#### Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

#### Achievements and performance

**UK period product provision:** Throughout the 2020/21 financial year, Freedom4Girls delivered over 21,200 packs of period products to those in need, via 60 organisations and community groups in the Leeds area. As a direct result of the pandemic, we modified our working practices as many of our previous product distribution outlets were temporarily closed; instead, we focussed our distribution efforts on developing partnerships with local people at grassroots level, including community leaders, to help us to supply period products to those in need. During this period we made significant progress in establishing new relationships with hard-to-reach culturally diverse communities that were suffering social isolation; for many of the beneficiaries in these communities Freedom4girls became a lifeline in terms of not only providing period products but in signposting to additional financial and societal support. Due to the significant increase in demand for period products throughout 2020/21, Freedom4Girls also encountered challenges with the supply of period products that are historically donated to the charity via public donation stations that are established in supermarkets and offices within the Leeds area; this donation model was severely affected by homeworking and a reduction in supermarket traffic. Freedom4Girls therefore reached out to several period product companies and has since established close partnerships to ensure that we were able to meet the increase in demand from our beneficiaries.

**UK menstrual health education:** Throughout 2020/21, Freedom4Girls developed a comprehensive menstrual health management education programme, which we have started to deliver to students within Leeds schools. Feedback from these education sessions has been overwhelmingly positive, resulting in the empowerment of young people to talk more openly about their experiences of menstruation, thereby reducing stigma surrounding the topic. Freedom4Girls now intends to continue to work alongside schools to provide further education sessions and to expand the UK education programme to engage with community groups and adult beneficiaries.

# Freedom4Girls UK

## Trustees' report (continued) for the year ended 31 March 2021

### Achievements and performance (continued)

**Kenya projects:** Freedom4Girls has worked tirelessly for several years to provide washable period product packs and menstrual health education to thousands of schoolgirls in Kenya. Although the charity encountered access issues due to the pandemic that prevented UK representatives from visiting the country in person, we have established partnerships within Kenya that we worked with to establish COVID-secure approaches to delivering period packs and education in rural communities. Specifically, Freedom4Girls works with several seamstresses who sew the packs in Kenya; these seamstresses also produced fabric facemasks to accompany the period packs, which were distributed to smaller groups of schoolgirls during socially-distanced education sessions. Throughout the 2020/21 financial year, the charity delivered 4,134 washable period packs within 57 schools in Kenya.

**Uganda projects:** Freedom4Girls operates in 4 regions of Uganda, having established partners within each of these areas to make and deliver reusable period pads alongside menstrual health education. Throughout 2020/2021, the Uganda project encountered significant access challenges due to school closures and local curfews associated with the pandemic; in response to these difficulties, Freedom4Girls modified their outreach approach to work with local community groups. One of the most positive results of this approach has been the ability to engage with a broader demographic of beneficiaries, including parents, grandparents and community leaders, as well as schoolgirls. During the pandemic, we have also established local sewing workshops, whereby local people have learnt to sew reusable period pads; we are now working towards a financially sustainable model in which beneficiaries are able to market and sell their pads locally to support the objectives of the charity. Throughout the 2020/21 financial year, Freedom4Girls delivered 600 reusable pads and provided menstrual health education to 730 girls, women and boys within Uganda.

**Black Women's Menstrual Health Project:** Freedom4Girls work closely with many beneficiaries from African and Caribbean communities, both within Leeds and through our East African projects. During the 2020/21 financial year, the Black Women's Menstrual Health project was established to shed light on the experiences of black women who seek to engage with healthcare professionals regarding menstrual and maternal health issues, and to investigate the impact of period poverty on members of BAME communities. The project provides a safe space for black women to talk about their menstruation experiences within peer participation groups; these discussions feed into evidence-based research, as well as advocacy & educational resources that will empower black women to feel informed and confident when discussing their menstrual health needs with healthcare professionals. After a successful initial research phase of the project, Freedom4Girls successfully secured funding to facilitate a series of peer-support sessions and progress the project the further meet its aims.

**Sewing workshops:** Freedom4Girls has run monthly sewing workshops within the UK for the past 4 years, teaching attendees to sew washable, reusable period pads. The majority of these pads are historically distributed to beneficiaries in Kenya and Uganda. Although our workshops were temporarily paused due to the pandemic, many of our volunteers continued to support our efforts by sewing at home; as a result, we have found that the development of a strong support network through these efforts has significantly reduced social isolation and anxiety arising from the pandemic. Freedom4Girls are keen to reduce the environmental, financial and health impact of single-use, disposable period products by encouraging those who menstruate to switch over to reusable products; as part of our 'Make the Switch' campaign, we have successfully secured funding from two separate funders to facilitate pad-sewing workshops whereby UK-based beneficiaries are taught how to sew their own pads, alongside education of how to care for the products and their own menstrual health.

# **Freedom4Girls UK**

## **Trustees' report (continued) for the year ended 31 March 2021**

### **Achievements and performance (continued)**

**Public outreach and recognition:** Freedom4Girls were nominated for a Queens award for voluntary service towards the end of 2020 and subsequently achieved this award, with special recognition for their service throughout the global pandemic.

The charity has been featured in many media reports regarding our COVID response to period poverty featuring in two BBC News reports, ITN, Sky news and articles published in local and national newspapers.

In March 2021, Freedom4Girls also published a book, 'A Letter to my Younger Self' in celebration of International Women's Day and to raise funds towards tackling period poverty.

### **Financial review**

The net receipts for the year were £39,384, including net receipts of £9,326 on unrestricted funds and net receipts of £30,058 on restricted funds, after transfers.

### **Reserves policy**

The charity's free reserves, excluding fixed assets, at the year end were £28,961.

The charity has no formal reserves policy.

Signed on behalf of the board of trustees on 3/1/2022

Roopen Kalirai (Trustee)

# **Freedom4Girls UK**

## **Independent examiner's report to the trustees of Freedom4Girls UK Charitable Incorporated Organisation ('the CIO')**

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2021, which are set out on pages 8 to 11.

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Claire Welling

7/1/2022

### **West Yorkshire Community Accounting Service**

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

**Freedom4Girls UK**  
**Receipts and payments account**  
**for the year ended 31 March 2021**

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
<b>Receipts</b>					
Grants and donations	(2)	38,466	41,379	79,845	46,265
Fundraising		-	-	-	6,905
Sales		100	-	100	-
Other income		260	-	260	1,626
<b>Total receipts</b>		<u>38,826</u>	<u>41,379</u>	<u>80,205</u>	<u>54,796</u>
<b>Payments</b>					
Accounting support		691	-	691	30
Administrative support		4,997	-	4,997	2,277
Bank charges		131	-	131	177
Education sessions		-	5,371	5,371	13,440
Marketing and merchandise		1,908	893	2,801	370
Memberships		-	-	-	60
Infrastructure development		3,193	2	3,195	72
Insurance		311	-	311	203
IT support		85	-	85	206
Product provision		61	1,506	1,567	4,418
Purchases		-	-	-	9
Sewing workshops		-	16,706	16,706	17,013
Storage		504	-	504	96
UK external events		150	23	173	1,608
UK internal events		15	-	15	521
Volunteer travel expenses		106	4,068	4,174	7,674
Fundraising		-	100	100	-
<b>Total payments</b>		<u>12,152</u>	<u>28,669</u>	<u>40,821</u>	<u>48,174</u>
<b>Net receipts / (payments)</b>		<u>26,674</u>	<u>12,710</u>	<u>39,384</u>	<u>6,622</u>
Transfers between funds		(17,348)	17,348	-	-
<b>Net movement in funds after transfers</b>		<u>9,326</u>	<u>30,058</u>	<u>39,384</u>	<u>6,622</u>
<b>Fund balances brought forward</b>		<u>19,635</u>	<u>-</u>	<u>19,635</u>	<u>13,013</u>
<b>Fund balances carried forward</b>	(3)	<u>28,961</u>	<u>30,058</u>	<u>59,019</u>	<u>19,635</u>

# Freedom4Girls UK

## Statement of assets and liabilities as at 31 March 2021

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
<b>Cash funds</b>				
Barclays bank	22,669	30,058	52,727	18,495
PayPal	6,292	-	6,292	1,140
<b>Total cash funds</b>	<u>28,961</u>	<u>30,058</u>	<u>59,019</u>	<u>19,635</u>
<b>Liabilities</b>			£	
Independent examination			420	
			<u>420</u>	

### Approval of the accounts

The financial statements were approved by the board of trustees on 3/1/2022

Roopen Kalirai (Trustee)

# **Freedom4Girls UK**

## **Notes to the accounts**

### **for the year ended 31 March 2021**

#### **1 Accounting policies**

##### **Basis of accounting**

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

##### **Taxation**

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

##### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

**Freedom4Girls UK**  
**Notes to the accounts continued**  
**for the year ended 31 March 2021**

<b>2 Grants and donations</b>	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
The Rainer and Doreen Burchett Charitable Foundation	-	3,000	3,000	3,000
Plan International UK	-	-	-	10,000
Volition Leeds	-	2,000	2,000	-
Co-op	-	762	762	-
Masons	-	4,600	4,600	-
LCC MICE	-	167	167	-
Rentokil Initial	-	2,912	2,912	-
Other donations	38,466	27,938	66,404	33,265
	<u>38,466</u>	<u>41,379</u>	<u>79,845</u>	<u>46,265</u>

<b>3 Restricted funds</b>	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
East Africa projects	-	3,298	825	-	2,473
Kenya project delivery	-	876	16,177	15,301	-
The Rainer and Doreen Burchett Charitable Foundation	-	3,000	3,000	-	-
Uganda project delivery	-	2,659	4,706	2,047	-
UK project delivery	-	21,106	2,641	-	18,465
Masons grant	-	4,600	-	-	4,600
Co-op	-	762	-	-	762
Volition	-	2,000	1,170	-	830
MICE	-	167	-	-	167
Rentokil Initial	-	2,912	150	-	2,762
	<u>-</u>	<u>41,379</u>	<u>28,669</u>	<u>17,348</u>	<u>30,058</u>

<b>Fund name</b>	<b>Purpose of restriction</b>
East Africa projects	For menstrual health education and product provision
Kenya project delivery	For menstrual health education and product provision
The Burchett Charitable Foundation	For the work done in Kenya
Uganda project delivery	For menstrual health education and product provision
UK project delivery	For UK menstrual health education and menstrual awareness campaigns and reusable pad sewing workshops and product provision.
Masons grant	To fund delivery of a project designed to campaign for and create environmentally friendly period products
Co-op	For sewing workshops
Volition	Towards the Together Youth Leeds Positive Partnership
MICE	Towards providing continued education on period poverty, product provision and reducing stigmas around menstruation with different community groups
Rentokil Initial	For UK education

Transfers were made into these projects from the unrestricted funds of the charity