

Freedom4Girls UK

Charity number 1177566

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

The logo consists of a solid purple square. Inside the square, the text "freedom4girls" is written in a white, lowercase, sans-serif font. The "4" is slightly smaller than the other characters.

freedom4girls



West Yorkshire Community Accounting Service

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

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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:

Name	Position	Dates
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	Bankers
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) 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.

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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.

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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 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
Receipts					
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
Total receipts		41,845	50,981	92,826	80,205
Payments					
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
Total payments		25,807	52,892	78,699	40,821
Net income / (expenditure)		16,038	(1,911)	14,127	39,384
Transfers between funds		(23,159)	23,159	-	-
Net movement in funds		(7,121)	21,248	14,127	39,384
Fund balances brought forward		28,961	30,058	59,019	19,635
Fund balances carried forward	(3)	21,840	51,306	73,146	59,019

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Statement of assets and liabilities as at 31 March 2022

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

Liabilities

	£
Independent examination	<u>660</u>
	<u>660</u>

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 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total 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>

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Notes to the accounts continued for the year ended 31 March 2022

3 Restricted funds	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

For menstrual health education and product provision.

Responsibility Uganda

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

Fund name	Purpose of restriction
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.