

Freedom4Girls UK

Charity number 1177566

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

The logo for Freedom4Girls is centered within a large purple square. The text "freedom4girls" is written in a white, lowercase, sans-serif font. The "4" is a simple numeral, while the "g" in "girls" has a stylized female symbol (a circle with a vertical line and a horizontal bar) integrated into its design.

freedom4girls

WYCAS

COMMUNITY ACCOUNTING
WEST YORKSHIRE

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

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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:

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
		Resigned 26 May 2023
Chebet Chesaina		Appointed 12 December 2022
Linda Shumba		Appointed 16 June 2023

Charity number	1177566	Registered in England and Wales
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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) 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 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Receipts					
Grants and donations	(2)	89,729	35,116	124,845	86,243
Sales		-	-	-	1,192
Other income		-	-	-	5,391
Total receipts		89,729	35,116	124,845	92,826
Payments					
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	-
Total payments		66,161	39,607	105,768	78,699
Net receipts / (payments)		23,568	(4,491)	19,077	14,127
Fund balances brought forward		21,840	51,306	73,146	59,019
Fund balances carried forward	(3)	40,608	51,615	92,223	73,146

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

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

Debtors and prepayments

	2023
	£
Prepayments	<u>1,399</u>
	<u>1,399</u>

Assets retained for the charity's own use

Chrome book laptop

Liabilities

	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	Restricted	Total	Total
	funds	funds	funds	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
	89,729	35,116	124,845	86,243

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
	51,306	35,116	39,607	4,800	51,615

Freedom4Girls UK

Notes to the accounts continued

for the year ended 31 March 2023

3 Restricted funds continued

Fund name	Purpose of restriction
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.

[illegible]

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:	3
	The Essential Trustee - Charity Commission Guidance	
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