

Freedom4Girls UK

Charity number 1177566

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

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, and the "g" in "girls" has a stylized female symbol (a circle with a vertical line and a horizontal bar) integrated into its design.

freedom4girls

The WYCAS logo is located in the bottom right corner of the page. It consists of a blue rounded rectangle containing the text "WYCAS" in a large, white, sans-serif font. Below "WYCAS", the words "COMMUNITY ACCOUNTING" and "WEST YORKSHIRE" are written in a smaller, white, sans-serif font, stacked on two lines.

WYCAS
COMMUNITY ACCOUNTING
WEST YORKSHIRE

**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:

Name	Position	Dates
Michael McAughtrie	Chair	Appointed 25 January 2022
Bettina Leslie		Appointed 12 March 2018
Linda Shumba		Appointed 16 June 2023
Louisa Jane Braunholtz-Speight		Appointed 12 December 2022 Resigned 26 May 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 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 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Receipts					
Grants and donations	(2)	67,899	43,763	111,662	124,845
Sales		6,093	-	6,093	-
Other income		4,673	-	4,673	-
Total receipts		78,665	43,763	122,428	124,845
Payments					
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	-
Total payments		80,029	53,448	133,477	105,768
Net receipts / (payments)		(1,364)	(9,685)	(11,049)	19,077
Transfers between funds		(2,215)	2,215	-	-
Net movement in funds		(3,579)	(7,470)	(11,049)	19,077
Fund balances brought forward		40,608	51,615	92,223	73,146
Fund balances carried forward	(3)	37,029	44,145	81,174	92,223

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

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	34,835	44,145	78,980	92,223
Paypal	2,194	-	2,194	-
Total cash funds	<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	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	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

3 Restricted funds	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

Fund name	Purpose of restriction
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	Towards the Black Women's Menstrual Health Project.
Chee Foundation	Towards sewing projects in East Africa.
Hey Neighbour	Towards community sew-a-pad workshops.
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.