

**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 "4" is a simple numeral, and the "girls" part is slightly smaller than "freedom".

freedom4girls

The WYCAS logo is contained within a blue rounded rectangle. The text "WYCAS" is in a large, white, uppercase, sans-serif font. Below it, the words "COMMUNITY ACCOUNTING" and "WEST YORKSHIRE" are written in a smaller, white, uppercase, sans-serif font, stacked on two lines.

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
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<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 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total 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	<u>1,314</u>
	<u>1,314</u>

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

Chrome book laptop  
 One VW Van  
 Sewing machines  
 Overlockers

**Liabilities**

	2025
	£
Accruals	<u>1,386</u>
	<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**

<b>2 Grants and donations</b>	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 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>

<b>3 Restricted funds</b>	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.