



One Woman At A Time Trustee Report 2022 and 2023

One Woman At A Time is a charity focused on empowering women and girls who are severely disadvantaged by social or economic circumstances in Kenya and the UK. Established in 2018, the charity provides support through education and vocational training, helping women gain the skills and knowledge necessary for sustainable change. This not only benefits the women themselves but also their families and communities.

The charity actively works with survivors of gender-based violence, including those affected by female genital mutilation, domestic violence, forced marriage, and child marriage. They offer essential support services such as advocacy, outreach, psychological support through therapies like Trauma Through Tapping (TTT), and health-related training and supplies for medical and obstetric care.

Charitable Activities

In West Pokot in Kenya, 44% of women are forced into female genital mutilation (FGM) from the age of 13 and the illiteracy rate for the whole community is 67%. But this could be higher in remote villages.

Nurse education: Pokot has very few nurses who speak Pokot so the charity has spent considerable time building relationships with a local hospital in Kenya and currently supports nurses in Kenya through funding their tuition fees and their university education. The charity is currently funding 10 Pokot speaking nurses on a 3-year nurse training programme.

The effect of this will be twofold, (1) the women will gain education, empowerment and employment; (2) the women will go back to their community and give back to their community and in their own language will mentor other children as well as create awareness on harmful cultural practices including FGM, child marriage and other forms of gender based violence.

Rescuing girls: By 2021 in the Pokot region of Kenya the charity had rescued a number of vulnerable girls from forced early marriage, FGM and poverty.

The breakdown for 2022 is as follows:

- 36 girls primary school age
- 34 girls secondary school age
- 10 women training to be nurses
- 3 students being funded through college
- 3 women being funded through university

Total 86 women rescued.


We are unique as through direct liaison and regular communication directly with the actual locally based organisations in Kenya, we can trace exactly the outcome of every girl sponsored through our charity. Details of young girls rescued are below:

PRIMARY STUDENTS							
S/NO	NAME	AGE	SCHOOL	LEVEL GRADE	TO COMPLETE PRIMARY & JUNIOR SEC	TO COMPLETE SENIOR SEC	REMARKS
1.		13	ORTUM GIRLS	6	2027	2030	All primary students will exit grade 9 and proceed to senior school from Grade 10 to Grade 12
2.		16	ORTUM GIRLS	8	2025	2028	
3.		16	ORTUM GIRLS	8	2025	2028	
4.		15	ORTUM GIRLS	7	2026	2029	
5.		14	ORTUM GIRLS	7	2026	2029	
6.		14	ORTUM GIRLS	6	2027	2023	
7.		15	ORTUM GIRLS	8	2025	2028	
8.		13	ORTUM GIRLS	6	2027	2030	
9.		13	ORTUM GIRLS	6	2027	2030	
10.		14	ORTUM GIRLS	7	2026	2029	
11.		14	ORTUM GIRLS	6	2027	2030	
12.		12	ORTUM BOYS	6	2027	2030	
13.		15	PSIYWO PRIMRY	7	2026	2029	
14.		16	PTIKII PRIMARY	8	2025	2028	
	THOSE TO PROCEED TO COLLEGES / UNIVERSITY'S (WAITING)						
S/NO		GRADE	TO JOIN		FORMER SEC SCHOOL	WAIT TO JOIN	REMARKS
1.		B-	NURSING	DIPLOMA	NASOKOL GIRLS	Aug 2024	Depending on Availability of funds or sponsors from the charity OWAAT
2		B-	NURSING/EDUCATION	DIP/DEGREE	SEBIT MIX SEC	Sep/2024	
3.		C+	UNIVERSITY/EDUCATION	DEGREE	NASOKOL GIRLS	Sep 2024	
4.		C-	DIP COLLEGE	DIPLOMA	HOLY ROSARY	Not known	
5.		C	DIP COLLEGE	DIPLOMA	SEBIT MIX SEC		
6.		D	VOCATIONAL	VOCATIONAL	TARTAR GIRLS	„	
7.		D	VOCATIONAL	VOCATIONAL	SEBIT MIX SEC	„	
8.		D	VOCATIONAL	VOCATIONAL	PROPOI GIRLS	„	
9.		D	VOCATIONAL	VOCATIONAL	SEBITMIX SEC	„	
10.		D-	VOCATIONAL	VOCATIONAL	SEBIT MIX SEC	„	
11.		D	VOCATIONAL	VOCATIONAL	HOLY ROSARY	„	
12.		C	TTC TEACHER	DIPLOMA	ST. CECILIA GIRLS	„	
13.		D-	VOCATIONAL	VOCATIONAL	SEBIT MIX SEC	„	
14.		D-	VOCATIONAL	VOCATIONAL	SEBIT MIX SEC		

SECONDARY STUDENT 2024 OWAAT SPONSORED

S/NO	NAME	AGE	SCHOOL	LEVEL FORM	YEAR OF COMPLETION
1.		17	HOLY ROSARY GIRLS	3	2025
2.		16	HOLY ROSARY GIRLS	1	2027
3.		16	PROPOI GIRLS	2	2026
4.		16	PROPOI GIRLS	2	2026
5.		17	NASOKOL GIRLS	2	2026
6.		17	NASOKOL GIRLS	4	2024
7.		17	NASOKOL GIRLS	3	2025
8.		17	NASOKOL GIRLS	3	2025
9.		16	NASOKOL GIRLS	1	2027
10.		15	NASOKOL GIRLS	1	2027
11.		15	KOKWOTENDWO	1	2027
12.		16	KOKWOTENDWO	3	2025
13.		17	KOKWOTENDWO	4	2024
14.		17	KOKWOTENDWO	3	2025
15.		19	KOKWOTENDWO	4	2024
16.		17	ST. CECILIA CHEP	1	2027
17.		18	ST. CECILIA CHEP	4	2024
18.		17	HOLY TRINITY GIRLS	3	2025
19.		15	HOLY TRINITY GIRLS	1	2027
20.		15	HOLY TRINITY GIRLS	1	2027
21.		17	HOLY TRINITY GIRLS	1	2027
22.		16	HOLY TRINITY GIRLS	1	2027
23.		16	HOLY TRINITY GIRLS	1	2027
24.		18	CHESTA GIRLS	4	2024
25.		18	CHESTA GIRLS	3	2025
26.		16	CHESTA GIRLS	1	2027
27.		16	CHESTA GIRLS	1	2027
28.		15	CHESTA GIRLS	1	2027
29.		15	CHESTA GIRLS	2	2026
30.		17	CHESTA GIRLS	3	2025
31.		17	CHESTA GIRLS	2	2026
32.		17	CHESTA GIRLS	2	2026
33.		16	CHESTA GIRLS	3	2025
34.		16	CHESTA GIRLS	2	2026
35.		16	CHESTA GIRLS	2	2026
36.		18	CHESTA GIRLS	3	2025
37.		17	CHESTA GIRLS	2	2026
38.		17	SEBIT MIX SEC	3	2025
39.		17	SEBIT MIX SEC	1	2027
40.		18	SEBIT MIX SEC	2	2026
41.		18	SEBIT MIX SEC	3	2025
42.		18	SEBIT MIX SEC	4	2024
43.		16	SEBIT MIX SEC	1	2027
44.		18	SEBIT MIX SEC	4	2024
45.		16	SEBIT MIX SEC	1	2027

SECONDARY STUDENT 2024 OWAAT SPONSORED

46.		16	SEBIT MIX SEC	1	2027
47.		18	SEBIT MIX SEC	4	2024
48.		17	SEBIT MIX SEC	2	2026
49.		17	SEBIT MIX SEC	1	2027
50.		16	SEBIT MIX SEC	1	2027
51.		17	SEBIT MIX SEC	3	2025
52.		16	SEBIT MIX SEC	1	2027

**OWAAT SPONSORED STUDENTS BY 2024
CATEGORY "A" THOSE COMPLETED THEIR COURSES**

S/N O	NAMES	AGE	COURSE	LEVEL	PROFESSION	INSTITUTION	YEAR OF STATING	YEAR OF COMPLETION	DURATION	REMARKS	
1		26	EDUCATION	DEGREE	TEACHER	UNIVERSITY ELD	2018	2021	4YRS	COMPLETED AT	
2		25	EDUCATION	DEGREE	TEACHER	KIBABII			4YRS	BOM	
3		26	EDUCATION	DEGREE	TEACHER	MUST			4YRS	"	
4		22	PROCUREMENT	DIPLO	PROCUREMENT	MT. KENYA			3YRS	"	
5		25	ICT	DIPLO	ICT	MT. KENYA			3YRS	"	
6										COMPLETED POLICE	
			NURSES								
7			25	MEDICAL	DIPLOMA	NURSE	ORTUM NURSING	OCT/2018			NOT EMPLOYED
8			27	"	"	"	"	"			EMPLOYED
9			24	"	"	"	"	"			"
10			25	"	"	"	"	"			"
11			27	"	"	"	"	"			"
12			26	"	"	"	"	"			"
13			26	"	"	"	"	"			"
14			25	"	"	"	MOMBASA KMTC	"		AUG 2022	3 ½
			26	"	CERTIFICATE	"	GARISA KMTC	SEP/2018		2 ½	EMPLOYED PRIVATE NOT EMPLOYED
			OTHER COURSES								
15			28	SOCIAL WORK	DIP	SOCIAL WORKER	ELDORET POLY	2018	2020 2020 2020 2024	3YRS	SELF EMPLOYED
16			28	PLANT OPERATOR	DRIVER	DRIVER		2019		1YR	NOT EMPLOYED
17		26	PLANT OPERATOR	DRIVER	DRIVER		2019	1YRS		SELF EMPLOYED	
18		31	EDUCATION	ECD	ECD	MERCY CENTER	2018	2YRS		NOT COMPLETED	
19		27	TAILORING	TAILOR	TAILOR O	MERCY CENTER	2022	2YRS		ON INTERSHIP	
		CONTINUING STUDENTS IN UNIVERSITY AND COLLEGES									
1		23	EDUCATION	DEGREE	TEACHER	AIU	SEP/22	2026	4YRS	DOING WELL	
2		23	EDUCATION	DEGREE	TEACHER	BOMET UNI	SEP/22	2026	4YRS	"	
3		23	HUMAN RESOURCE	DEGREE	HRM OFFICER	MT KENYA	2020	2024	4 ½ YRS	"	
4		24	AGRICULTURE	DIP	AGRICULTURE	KITALE POLY	2022	2025	3YRS	"	
5		21	SECRETARIAL	DIP	SECRETARIAL	KITALE POLY	2023	2026	3YRS	"	
6		22	ACCOUNTS	DIP	ACCOUNTS	ELDORET TECH	2022	2025	3YRS	"	
7		23	FORESTRY	DIP	FORESTRY	LONDIAN COLLE	2020	NOT KNOWN	3YRS	"	
8		25	HEALTH RECORD	DIP	HEALTH RECORD	RVTTI	2018	NOT KNOWN	2YRS	DIFFERED	

PREPARED BY MOSES LOKERIS – CO-ORDINATOR OWAAT – KENYA

EMAIL. moseslokeris@gmail.com

To date (as at 2024), the organisation while working closely with and supporting local based organisations that they partner with including local schools, have been able to collaboratively rescue over 100 girls from abuse and violence and provided them with safety, psychosocial support, health and education.’

The charity has given them refuge, education, safety throughout their school years. Liaison will take place with their families, so they can return home during holidays and if they are deemed in danger, they will be kept in places of safety.

Funding training: The charity is working to provide vocational training to help women achieve financial independence and empowerment. The charity has financially supported vulnerable and disadvantaged women to access and pursue different skills training and courses including, driving, excavators, seamstresses, and IT.

Collaborative Activities- The charity worked through and supported local groups and activists to carry out activities during the 16 Days of activism. Some of the other activities that the charity supported included Alternative Rite Of Passage activities. We work alongside the World Health Organisation to offer the girls an alternative 'right of passage' rather than have the girls cut. We fund transport, food etc to take Moses and his team to marginalised areas around Kenya to spread the word about alternatives to FGM.

Training police officers: The charity supported local groups and activists to conduct Training and Capacity strengthening of Police Officers to increase their knowledge on FGM and Child Marriage, its health and psychological complications and their active role in law enforcement, dignified survivor handling and prosecution of perpetrators.

We also supported the training of police officers in the Pokot area. FGM is illegal in Kenya but in remote areas, it still prevails. Many of the police officers did not realise FGM was illegal. When the girls ran away to escape from the threat of FGM etc, the police didn't understand what was going on and returned the girls to their homes. Now that the police have been trained, they now recognise the signs that the girls are under risk of FGM and can liaise with the girls to take them to places of safety. The training was welcomed by the local police and more was requested.

Supporting Literacy: In 2022, the charity paid for the installation of the Elizabeth Rose Library as the school had no library. We also sent over 200 picture books for the children – these were the first books these children had ever seen.

Providing sanitary supplies: At Kapenguria women's prison, the Educational Beauty Parlour within the prison teaches women hairdressing skills to reduce re-offending rates. We have supplied personal hygiene packs and resources to expand the training. Due to Covid and its aftermath, we have not been able to visit Kenya or transport the supplies but a trip is planned for November 2024.

Awareness raising: We continue to raise public awareness through media collaboration, amplifying the message around the issue of FGM and early forced marriage (EFM) to the wider community.

During 2022, we have expanded our awareness raising exercises in various schools based in the North West (UK). We trained 300 UK pupils on FGM, gender-based violence (GBV) and created a report and two films as an outcome of this work.

Operation Limelight: Within the UK, the charity will continue to work with border force on Operation Limelight promoting awareness on female genital mutilation.

Fundraising Activities

The charity would like to thank everyone who has provided us with sponsorship and supported our fundraising endeavours.

Throughout 2022 we held various successful fund-raising events throughout the year that assisted the charity to fulfil its funding objectives. These events included medium nights, Morecambe Cross Bay Walks and sporting activities by trustees. Other activities included sponsored swimming, meals and health and beauty and wellbeing activities.

Future Plans

The charity will continue to support the girls in Kenya who are in primary and secondary education and help them attain their goals, whether academic, medical or vocational.

We will seek to expand the programmes we have established around giving further education to the older girls who are leaving school, giving them the chance to have financial independence whether through university or in agriculture, tailoring or beauty.

We will expand the resources we can provide to the library we have created a computer room providing 10 computers in total. We have supported this initiative but further support is required to operationalise it.

The charity will also continue to provide training in police stations in remote areas on female genital mutilation and forced marriage. . To date 84 police officers have been trained.

Within the UK, the charity will continue to work with border force on Operation Limelight and in schools promoting awareness on female genital mutilation.

The Charity Founder and Trustees have not been able to visit Kenya since Covid. However the Founder has close liaison with her Kenyan Coordinator Moses Lokeris at least twice a week on the welfare of the girls and to facilitate the rescued girls and to support in cases of poverty with new uniforms, food and supporting families in the drought areas with grain to last during periods of drought.

Moses Lokeris Coordinator, One Woman At A Time, Kenya



Within West Pokot, there was no support for post traumatic stress or trauma. Trauma Through Tapping (TTT) is a renowned technique to reduce post traumatic stress and the technique is used all over the world by the Peaceful Heart Foundation. One Woman At A Time has already taught some teachers and school children how to use this technique, but would like to bring this training to Kenya by a trained Kenyan. Plans have been drawn up and a budget made for when we return to Kenya to take this into Ortum Primary School for the teachers to have a seminar and to carry on our work in the women's prisons.

Every day in Shamagreen Academy, 55 primary school children aged 5 to 11 years have to walk 7 miles with jerry cans to collect water for the school. As a result, we are looking to liaise with organisations who are installing water supplies in Kenya to assess the feasibility of installing a water supply.

Internal and External Factors that have affected the Charity.

The charity cannot underestimate the effect Covid had on the charity, restricting the ability to travel to Kenya to support the girls due to isolation restrictions in many areas. The Charity Founder and Trustees have also not been able to visit Kenya since Covid but have established good online ways of communicating (as described above).

During this challenging financial time, we need to look at consolidation and sustaining our charitable efforts. Due to the cost of living in the UK, sponsorship is harder to come by and we need to ratify our plans. No more children will be taken on and we will focus our efforts on maintaining the children currently in our programme.

Some of the plans we have made i.e. further education may have to be withheld as the main priority must be the children most likely to be forced into gender-based violence.

We recognise that this report is late in being written. This is due to administrative shortages and illness. Please rest assured that new systems are now in place to ensure timely production of future reports.

Report produced by

Celia Gaze, Acting Chair and Jean Anderson, Founder

Input from Coordinators based in Kenya: Moses Lokeris and Domtila Chesang Chepatul

One Woman At A Time

May 2024

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 December 2023
for
One Woman at a time

Haywoods
Kevan Pilling House
1 Myrtle Street
Bolton
Lancashire
BL1 3AH

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for the Year Ended 31 December 2023

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One Woman at a time

Report of the Trustees
for the Year Ended 31 December 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity are as follows:

Work with women survivors of Gender Based Violence in Africa that includes Female Genital Mutilation, Domestic Violence, Forced Marriage, Honour Based Violence (HBV), Sexual Abuse, Modern Day Slavery and Trafficking, women in prison and women experiencing Mental Health, through advocacy and outreach support services.

Work with women in the UK through teaching students about Gender Based Violence.

The charity offers essential support services such as advocacy, outreach, psychological support through therapies like Trauma Through Tapping (TTT), and health-related training and supplies for medical and obstetric care.

Volunteers

Volunteers are vital to the continued growth, development and success of the charity and their contributions are greatly appreciated.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

In West Pokot in Kenya, 44% of women are forced into female genital mutilation (FGM) from the age of 13 and the illiteracy rate for the whole community is 67%. But this could be higher in remote villages.

Pokot has very few nurses who speak Pokot so the charity has spent considerable time building relationships with a local hospital in Kenya and currently supports nurses in Kenya through funding their tuition fees and their university education. The charity is currently funding 10 Pokot speaking nurses on a 3-year nurse training programme.

The effect of this will be twofold, (1) the women will gain education, empowerment and employment; (2) the women will go back to their community and give back to their community and in their own language will mentor other children as well as create awareness on harmful cultural practices including FGM, child marriage and other forms of gender based violence.

In 2023, the charity successfully saw and supported:

- 11 girls supported in primary education
- 51 in secondary education
- 12 from Beringo (highly marginalised population) provided with school uniform
- 3 college students
- 3 university students
- 1 qualified tailor
- 7 nurses qualified and now working (planning their graduation)

The charity worked through and supported local groups and activists to carry out activities during the 16 Days of activism. Some of the other activities that the charity supported included Alternative Rite Of Passage activities. We work alongside the World Health Organisation to offer the girls an alternative 'right of passage' rather than have the girls cut. We fund transport, food etc to take Moses and his team to marginalised areas around Kenya to spread the word about alternatives to FGM.

The charity supported local groups and activists to conduct Training and Capacity strengthening of Police Officers to increase their knowledge on FGM and Child Marriage, its health and psychological complications and their active role in law enforcement, dignified survivor handling and prosecution of perpetrators.

We also supported the training of police officers in the Pokot area. FGM is illegal in Kenya but in remote areas, it still prevails. Many of the police officers did not realise FGM was illegal. When the girls ran away to escape from the threat of FGM etc, the police didn't understand what was going on and returned the girls to their homes. Now that the police have been trained, they now recognise the signs that the girls are under risk of FGM and can liaise with the girls to take them to places of safety. The training was welcomed by the local police and more was requested.

We continue to raise public awareness through media collaboration, amplifying the message around the issue of FGM and early forced marriage (EFM) to the wider community.

Within the UK, the charity will continue to work with border force on promoting awareness on female genital mutilation.

Fundraising activities

The charity would like to thank everyone who has provided us with sponsorship and supported our fundraising endeavours.

Throughout 2023 fundraising events were limited as a lot of time was invested in finding sponsors.

ACHIEVEMENT AND PERFORMANCE

Internal and external factors

The Charity Founder and Trustees have also not been able to visit Kenya since Covid but have established good online ways of communicating through their Kenyan Co-ordinator at least four times a week.

During this challenging financial time, we need to look at consolidation and sustaining our charitable efforts. Due to the cost of living in the UK, sponsorship is harder to come by and we need to ratify our plans.

To be sustainable to the education and training of the girls into womanhood and economic power means no more girls will enter the programme for the next few years. The charity will continue to support the girls already in the programme.

Some of the plans we have made i.e. further education may have to be withheld as the main priority must be the children most likely to be forced into gender-based violence.

FUTURE PLANS

The charity will continue to support the girls in Kenya who are in primary and secondary education and help them attain their goals, whether academic, medical or vocational.

We will seek to expand the programmes we have established around giving further education to the older girls who are leaving school, giving them the chance to have financial independence whether through university or in agriculture, tailoring or beauty.

The charity will also continue to provide training in police stations in remote areas on female genital mutilation and forced marriage.

Within the UK, the charity will continue to work with border force on promoting awareness on female genital mutilation.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

1. To relieve the needs of women, particularly, but not exclusively, those who have experience, or are at risk of experiencing, gender-based violence and female genital mutilation, including by, without limitation, the provision of grants, support, services and items directed at improving their conditions of life.
2. To advance the education of the public in matters of gender based violence and female genital mutilation and other related subjects.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE017810 (England and Wales)

Registered Charity number

1183863

Registered office

27 Elkin Road
Morecambe
LA4 5RN

Trustees

Ms J Anderson
Ms K Brown
Z Mohamed
C Gaze (appointed 3.3.24)

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Haywoods
Kevan Pilling House
1 Myrtle Street
Bolton
Lancashire
BL1 3AH

Approved by order of the board of trustees on 29 October 2024 and signed on its behalf by:

Ms J Anderson - Trustee

Independent Examiner's Report to the Trustees of
One Woman at a time

Independent examiner's report to the trustees of One Woman at a time ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Charlotte Aldcroft

Haywoods
Kevan Pilling House
1 Myrtle Street
Bolton
Lancashire
BL1 3AH

29 October 2024

One Woman at a time

Statement of Financial Activities
for the Year Ended 31 December 2023

	Notes	2023 Unrestricted fund £	2022 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		28,423	16,268
Other trading activities	2	-	17,822
Total		<u>28,423</u>	<u>34,090</u>
 EXPENDITURE ON			
Raising funds		2,313	9,549
Charitable activities			
Charitable expenditure		<u>22,662</u>	<u>28,536</u>
Total		<u>24,975</u>	<u>38,085</u>
 NET INCOME/(EXPENDITURE)		3,448	(3,995)
 RECONCILIATION OF FUNDS			
Total funds brought forward		5,170	9,165
 TOTAL FUNDS CARRIED FORWARD		<u><u>8,618</u></u>	<u><u>5,170</u></u>

The notes form part of these financial statements

One Woman at a time

Balance Sheet
31 December 2023

	Notes	2023 Unrestricted fund £	2022 Total funds £
CURRENT ASSETS			
Cash at bank		8,618	5,170
NET CURRENT ASSETS		<u>8,618</u>	<u>5,170</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		8,618	5,170
NET ASSETS		<u>8,618</u>	<u>5,170</u>
FUNDS	5		
Unrestricted funds		<u>8,618</u>	<u>5,170</u>
TOTAL FUNDS		<u>8,618</u>	<u>5,170</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29 October 2024 and were signed on its behalf by:

J Anderson - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 December 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

2. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Fundraising events	-	12,297
Sponsorships	-	5,525
	<hr/>	<hr/>
	-	17,822
	<hr/>	<hr/>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	16,268
Other trading activities	17,822
Total	<u>34,090</u>
 EXPENDITURE ON	
Raising funds	9,549
Charitable activities	
Charitable expenditure	28,536
Total	<u>38,085</u>
 NET INCOME/(EXPENDITURE)	 (3,995)
 RECONCILIATION OF FUNDS	
Total funds brought forward	9,165
 TOTAL FUNDS CARRIED FORWARD	 <u><u>5,170</u></u>

5. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	5,170	3,448	8,618
 TOTAL FUNDS	 <u><u>5,170</u></u>	 <u><u>3,448</u></u>	 <u><u>8,618</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

5. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	28,423	(24,975)	3,448
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>28,423</u>	<u>(24,975)</u>	<u>3,448</u>

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	9,165	(3,995)	5,170
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>9,165</u>	<u>(3,995)</u>	<u>5,170</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	34,090	(38,085)	(3,995)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>34,090</u>	<u>(38,085)</u>	<u>(3,995)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	9,165	(547)	8,618
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>9,165</u>	<u>(547)</u>	<u>8,618</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

5. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,513	(63,060)	(547)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>62,513</u>	<u>(63,060)</u>	<u>(547)</u>

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

Detailed Statement of Financial Activities
for the Year Ended 31 December 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	28,423	16,268
Other trading activities		
Fundraising events	-	12,297
Sponsorships	-	5,525
	<hr/>	<hr/>
	-	17,822
Total incoming resources	28,423	34,090
 EXPENDITURE		
Raising donations and legacies		
UK travel and subsistence	-	506
UK admin and staff training	1,687	3,528
	<hr/>	<hr/>
	1,687	4,034
Other trading activities		
Fundraising costs	-	4,214
Charitable activities		
Kenya charitable expenditure	22,662	28,536
Support costs		
Finance		
Bank charges	626	757
Information technology		
Computers and software	-	544
	<hr/>	<hr/>
Total resources expended	24,975	38,085
Net income/(expenditure)	<hr/> <hr/> 3,448	<hr/> <hr/> (3,995)

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 December 2023
for
One Woman at a time

Haywoods
Kevan Pilling House
1 Myrtle Street
Bolton
Lancashire
BL1 3AH

Contents of the Financial Statements
for the Year Ended 31 December 2023

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One Woman at a time

Report of the Trustees
for the Year Ended 31 December 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity are as follows:

Work with women survivors of Gender Based Violence in Africa that includes Female Genital Mutilation, Domestic Violence, Forced Marriage, Honour Based Violence (HBV), Sexual Abuse, Modern Day Slavery and Trafficking, women in prison and women experiencing Mental Health, through advocacy and outreach support services.

Work with women in the UK through teaching students about Gender Based Violence.

The charity offers essential support services such as advocacy, outreach, psychological support through therapies like Trauma Through Tapping (TTT), and health-related training and supplies for medical and obstetric care.

Volunteers

Volunteers are vital to the continued growth, development and success of the charity and their contributions are greatly appreciated.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

In West Pokot in Kenya, 44% of women are forced into female genital mutilation (FGM) from the age of 13 and the illiteracy rate for the whole community is 67%. But this could be higher in remote villages.

Pokot has very few nurses who speak Pokot so the charity has spent considerable time building relationships with a local hospital in Kenya and currently supports nurses in Kenya through funding their tuition fees and their university education. The charity is currently funding 10 Pokot speaking nurses on a 3-year nurse training programme.

The effect of this will be twofold, (1) the women will gain education, empowerment and employment; (2) the women will go back to their community and give back to their community and in their own language will mentor other children as well as create awareness on harmful cultural practices including FGM, child marriage and other forms of gender based violence.

In 2023, the charity successfully saw and supported:

- 11 girls supported in primary education
- 51 in secondary education
- 12 from Beringo (highly marginalised population) provided with school uniform
- 3 college students
- 3 university students
- 1 qualified tailor
- 7 nurses qualified and now working (planning their graduation)

The charity worked through and supported local groups and activists to carry out activities during the 16 Days of activism. Some of the other activities that the charity supported included Alternative Rite Of Passage activities. We work alongside the World Health Organisation to offer the girls an alternative 'right of passage' rather than have the girls cut. We fund transport, food etc to take Moses and his team to marginalised areas around Kenya to spread the word about alternatives to FGM.

The charity supported local groups and activists to conduct Training and Capacity strengthening of Police Officers to increase their knowledge on FGM and Child Marriage, its health and psychological complications and their active role in law enforcement, dignified survivor handling and prosecution of perpetrators.

We also supported the training of police officers in the Pokot area. FGM is illegal in Kenya but in remote areas, it still prevails. Many of the police officers did not realise FGM was illegal. When the girls ran away to escape from the threat of FGM etc, the police didn't understand what was going on and returned the girls to their homes. Now that the police have been trained, they now recognise the signs that the girls are under risk of FGM and can liaise with the girls to take them to places of safety. The training was welcomed by the local police and more was requested.

We continue to raise public awareness through media collaboration, amplifying the message around the issue of FGM and early forced marriage (EFM) to the wider community.

Within the UK, the charity will continue to work with border force on promoting awareness on female genital mutilation.

Fundraising activities

The charity would like to thank everyone who has provided us with sponsorship and supported our fundraising endeavours.

Throughout 2023 fundraising events were limited as a lot of time was invested in finding sponsors.

ACHIEVEMENT AND PERFORMANCE

Internal and external factors

The Charity Founder and Trustees have also not been able to visit Kenya since Covid but have established good online ways of communicating through their Kenyan Co-ordinator at least four times a week.

During this challenging financial time, we need to look at consolidation and sustaining our charitable efforts. Due to the cost of living in the UK, sponsorship is harder to come by and we need to ratify our plans.

To be sustainable to the education and training of the girls into womanhood and economic power means no more girls will enter the programme for the next few years. The charity will continue to support the girls already in the programme.

Some of the plans we have made i.e. further education may have to be withheld as the main priority must be the children most likely to be forced into gender-based violence.

FUTURE PLANS

The charity will continue to support the girls in Kenya who are in primary and secondary education and help them attain their goals, whether academic, medical or vocational.

We will seek to expand the programmes we have established around giving further education to the older girls who are leaving school, giving them the chance to have financial independence whether through university or in agriculture, tailoring or beauty.

The charity will also continue to provide training in police stations in remote areas on female genital mutilation and forced marriage.

Within the UK, the charity will continue to work with border force on promoting awareness on female genital mutilation.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

1. To relieve the needs of women, particularly, but not exclusively, those who have experience, or are at risk of experiencing, gender-based violence and female genital mutilation, including by, without limitation, the provision of grants, support, services and items directed at improving their conditions of life.
2. To advance the education of the public in matters of gender based violence and female genital mutilation and other related subjects.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE017810 (England and Wales)

Registered Charity number

1183863

Registered office

27 Elkin Road
Morecambe
LA4 5RN

Trustees

Ms J Anderson
Ms K Brown
Z Mohamed
C Gaze (appointed 3.3.24)

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Haywoods
Kevan Pilling House
1 Myrtle Street
Bolton
Lancashire
BL1 3AH

Approved by order of the board of trustees on 29 October 2024 and signed on its behalf by:

Ms J Anderson - Trustee

Independent Examiner's Report to the Trustees of
One Woman at a time

Independent examiner's report to the trustees of One Woman at a time ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Charlotte Aldcroft

Haywoods
Kevan Pilling House
1 Myrtle Street
Bolton
Lancashire
BL1 3AH

29 October 2024

One Woman at a time

Statement of Financial Activities
for the Year Ended 31 December 2023

	Notes	2023 Unrestricted fund £	2022 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		28,423	16,268
Other trading activities	2	-	17,822
Total		<u>28,423</u>	<u>34,090</u>
 EXPENDITURE ON			
Raising funds		2,313	9,549
Charitable activities			
Charitable expenditure		<u>22,662</u>	<u>28,536</u>
Total		<u>24,975</u>	<u>38,085</u>
 NET INCOME/(EXPENDITURE)		3,448	(3,995)
 RECONCILIATION OF FUNDS			
Total funds brought forward		5,170	9,165
 TOTAL FUNDS CARRIED FORWARD		<u><u>8,618</u></u>	<u><u>5,170</u></u>

The notes form part of these financial statements

One Woman at a time

Balance Sheet
31 December 2023

	Notes	2023 Unrestricted fund £	2022 Total funds £
CURRENT ASSETS			
Cash at bank		8,618	5,170
NET CURRENT ASSETS		<u>8,618</u>	<u>5,170</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		8,618	5,170
NET ASSETS		<u>8,618</u>	<u>5,170</u>
FUNDS	5		
Unrestricted funds		<u>8,618</u>	<u>5,170</u>
TOTAL FUNDS		<u>8,618</u>	<u>5,170</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29 October 2024 and were signed on its behalf by:

J Anderson - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 December 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

2. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Fundraising events	-	12,297
Sponsorships	-	5,525
	<hr/>	<hr/>
	-	17,822
	<hr/>	<hr/>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	16,268
Other trading activities	17,822
Total	<u>34,090</u>
 EXPENDITURE ON	
Raising funds	9,549
Charitable activities	
Charitable expenditure	28,536
Total	<u>38,085</u>
 NET INCOME/(EXPENDITURE)	 (3,995)
 RECONCILIATION OF FUNDS	
Total funds brought forward	9,165
 TOTAL FUNDS CARRIED FORWARD	 <u><u>5,170</u></u>

5. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	5,170	3,448	8,618
 TOTAL FUNDS	 <u><u>5,170</u></u>	 <u><u>3,448</u></u>	 <u><u>8,618</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

5. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	28,423	(24,975)	3,448
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>28,423</u>	<u>(24,975)</u>	<u>3,448</u>

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	9,165	(3,995)	5,170
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>9,165</u>	<u>(3,995)</u>	<u>5,170</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	34,090	(38,085)	(3,995)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>34,090</u>	<u>(38,085)</u>	<u>(3,995)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	9,165	(547)	8,618
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>9,165</u>	<u>(547)</u>	<u>8,618</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

5. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,513	(63,060)	(547)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>62,513</u>	<u>(63,060)</u>	<u>(547)</u>

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

Detailed Statement of Financial Activities
for the Year Ended 31 December 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	28,423	16,268
Other trading activities		
Fundraising events	-	12,297
Sponsorships	-	5,525
	<hr/>	<hr/>
	-	17,822
Total incoming resources	28,423	34,090
 EXPENDITURE		
Raising donations and legacies		
UK travel and subsistence	-	506
UK admin and staff training	1,687	3,528
	<hr/>	<hr/>
	1,687	4,034
Other trading activities		
Fundraising costs	-	4,214
Charitable activities		
Kenya charitable expenditure	22,662	28,536
Support costs		
Finance		
Bank charges	626	757
Information technology		
Computers and software	-	544
	<hr/>	<hr/>
Total resources expended	24,975	38,085
Net income/(expenditure)	<hr/> <hr/> 3,448	<hr/> <hr/> (3,995)