

One Woman at a time

REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 December 2024

Charity Number 1183863

One Woman at a time

REFERENCE & ADMINISTRATIVE INFORMATION

Registered Charity Number **1183863**

Principal Address

Trustees **Jean Anderson**
 Zainab Mohamed
 Celia Gaze

Bookkeepers **Bay Bookkeeping Solutions LTD**
 The Business Centre
 6A Lines Street
 Morecambe
 LA4 5ES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 December 2024

The trustees present their report and the financial statements of the charity for the year ended 31 December 2024

CONSTITUTION & LEGAL STATUS

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 2024. 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

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 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%. 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 Ortum Missionary Hospital in Kenya and currently supports nurses 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 return to their community and show the area that women have a role to play in both education, health awareness and by default be role models for girls to aspire to.

In their own language they will mentor other children as well as create awareness on FGM, FEM, and other forms of GBV.

In 2024, the charity successfully supported girls fleeing GBV

- 14 girls supported in primary education, 52 in secondary education, 12 from Baringo (highly marginalised population) provided with school uniform and transport, 2 college students, 2 university students, 1 qualified tailor 7 nurses qualified (planning their graduation) and ran awareness programmes for many more in the community.

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 support Kenyan activists in giving the girls an alternative Right of Passage. 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

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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 often returned the girls to their homes either through lack of placement or lack of knowledge. 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 support 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 2024 fundraising events were limited as a lot of time was invested in finding sponsors by giving talks to women's groups, community events etc to increase our sponsors. We had volunteers running marathons and raising funds and awareness.

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 three times a week. During this challenging financial time, we need to look at consolidation and sustaining our charitable efforts.

In November 2024 Celia Gaze, Jean Anderson, and Paula Arndt all self-funded visited West Pokot for our first ever Graduation and to take multiple goods to the area to help the community including 150 Sanitary kits and 17 footballs and 48kilo running shoes for the children and runners from Iten training camp. Whilst there they held their first inter school tournament which attracted over 500 people from the local community. During this event the girls, and then boys and the community were invited to health, FGM and GBV awareness.

After the event the young men of the community requested some equipment to run a man's event, and we are hoping to facilitate this in 2025/6.

Part our awareness talks in UK was too RAPID It in Bolton and they very generously donated 10 computers to take to West Pokot and start a community Hub in time so these could help not just the sponsored girls but the community as a whole. These were distributed to our coordinator to aid the school with a view of teaching the students and graduates to aid their studying and save the 60k drive to find an internet café.

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 for every graduate may have to be withheld as the main priority must be the children most likely to forced into gender-based violence. Those graduating in 2024/5 will be placed into academic or vocational training only when funds are available or we manage to find sponsors.

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.

For the following few years our work in the UK is on hold until grants become available and our emphasis is solely on West Pokot.

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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 GBV and FGM and other related subjects.

RESPONSIBILITIES OF THE TRUSTEES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Trust as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure for the financial year.

In preparing those financial statements the trustees should follow best practice and

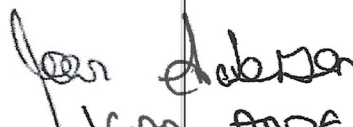
- select suitable accounting policies and apply them consistently
- make judgments and estimates that are reasonable and prudent and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose at any time the financial position of the charity and to enable them to ensure that the financial statements comply with charity legislation. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 12th November 2025 and signed on their behalf



Trustee Ms C Gaze



JEAN ANDERSON
FOUNDER

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 December 2024

I report on the accounts of One Woman at a time for the year ended 31 December 2024 set out on pages 3 to 10.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND INDEPENDENT EXAMINER

As the charity's trustees you are responsible for the preparation of the accounts, you consider that the audit requirement of section 144(2) of the Charities Act 2011 (the Act) does not apply and that an independent examination is needed. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and to state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep proper accounting records in accordance with section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mrs Elizabeth Edwards
BBS Bookkeeping Solutions Ltd
The Business Centre
6A Lines Street
Morecambe
LA4 5ES

Date: 12th November 2025

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STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 December 2024

	Notes	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £
Incoming resources					
Donations Received		25,203	0	25,203	28,423
Other Trading Activities		315	0	315	0
Total incoming resources		25,518	0	25,518	28,423
Resources expended					
Charitable Activities		22,925	0	22,925	20,578
Staff Costs		369	0	369	2,084
Governance Costs	2	6,429	0	2,348	2,313
Total resources expended		29,723	0	25,642	24,975
Net incoming/(outgoing) resources before transfers		(4,206)	0	(4,206)	3,448
Transfer between funds		0	0	0	0
Net incoming/(outgoing) resources for the year		(4,206)	0	(4,206)	3,448
Total funds brought forward		8,618	0	8,618	5,170
Total funds carried forward		4,412	0	4,412	8,618

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BALANCE SHEET AS AT 31 December 2024

		31 December 24 £	31 December 23 £
	Notes		
Current Assets			
Cash at bank and in hand		2,491	8,618
Debtors		0	0
Total Current Assets		2,491	8,618
Current Liabilities			
Creditor amounts falling due within one year		0	0
Net Current Assets		2,491	8,618
Fixed Assets			
Tangible Assets		1,392	0
Total Assets less Current Liabilities		3,883	8,618
Non-Current Liabilities			
Creditor amounts falling due after more than one year		0	0
Net assets		3,883	8,618
Funds			
Restricted Funds		0	0
Unrestricted Funds	3	3,883	8,618
Total funds		3,883	8,618

Notes in pages 9 and 10 form part of these accounts

Approved by the trustees on 12th November 2025 and signed on their behalf

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Trustee Ms C Gaze

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 December 2024

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 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 restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. Governance Costs

Advertising	£96.00
Audit & Accountancy Fees	£1,842.00
Bank Fees	£619.12
Direct Expenses	£2,347.65
Corporation Tax	£200.00
General Expenses	£20.15
Insurance	£626.78
IT	£217.67
Printing & Stationery	£42.89
Subscriptions	£342.93
Travel	£73.57

3. Unrestricted Funds

	At 1st Jan 2024	Incoming resources	Outgoing resources	Transfers	At 31st Dec 2024
	£	£	£	£	£
Unrestricted Funds	8,618	25,518	(29,723)	0	4,413
Total	8,618	25,518	(29,723)	0	4,413

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4. Transactions with Trustees

There were no transactions with the Trustees during the year