

# GIRLS FLOW FREE

England & Wales · Charity number 1187570

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-01-24

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Unit A17  
Harben House  
Tickford Street  
Newport Pagnell  
Milton Keynes  
MK16 9EY

**Phone** 07359204142

**Email** [Office@girlsflowfree.org](mailto:Office@girlsflowfree.org)

**Website** [www.girlsflowfree.org](http://www.girlsflowfree.org)

## Activities

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**Objects:** 1) TO RELIEVE THE POVERTY OF WOMEN AND GIRLS, LIVING IN THE UNITED KINGDOM AND GHANA, BY PROVIDING SUCH PERSONS WITH SANITARY ITEMS AND RELATED PRODUCTS WHICH THEY COULD NOT OTHERWISE AFFORD THROUGH LACK OF MEANS.2) TO ADVANCE THE EDUCATION OF THE PUBLIC, AND PARTICULAR PEOPLE LIVING IN GHANA, ON SEXUAL REPRODUCTIVE HEALTH AND MENSTRUATION.

**Activities:** Girls Flow Free provides menstrual health and hygiene education and free menstrual products to girls and women in Ghana and Milton Keynes.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, The General Public/mankind

## Geography

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- Ghana
- Milton Keynes

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-12-31	£3,689	£4,007	-	-
2023-12-31	£1,595	£4,736	-	-
2022-12-31	£10,663	£9,176	-	-
2021-12-31	£9,176	£9,026	-	-
2020-12-31	£4,006	£2,444	-	-

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## Trustees

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Name	Role	Appointed
<b>Sophia Adwoa Acheampong</b>	Chair	2019-04-22
Adell Ama Koranteng		2019-04-22
Vida Gyamfi		2019-04-22

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**GIRLS FLOW FREE**

England & Wales - Charity number 1187570

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# Accounts

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# Annual Report 2024



## MESSAGE FROM CHIEF EXECUTIVE

### CELEBRATING OUR IMPACT 2024

We are excited to present the Girls Flow Free 2024 Impact Report, highlighting another year of bold strides in promoting quality and inclusivity in Menstrual Health and Hygiene.

Thanks to our invaluable donors and supporters, we were able to distribute 18,424 pieces of disposable pads to women and girls in Ghana and Milton Keynes. 1000 dignity menstrual kits to adolescent girls across Ghana in 2024! This translates to a lot more women and girls being able to experience menstruation in dignity.

We sincerely appreciate all our partner schools in Ghana and organisations in Milton Keynes who are working alongside us to promote comprehensive menstrual hygiene education and eliminate period poverty for women and girls. Driving on our mission to help every girl reach their full potential, we are hopeful our community-based approach and involving boys and men in the discourse on menstruation would enable far more reaching impact in 2025!

Sincerely,  
S. Adwoa Acheampong  
Founder and Chief Executive



**SOPHIA  
ADWOA ACHEAMPONG**  
Founder and Chief Executive



## ABOUT US

Girls Flow Free was founded in May 2019 and attained registered status in January 2020. With strong inclusion and equality ethos, the vision of GFF is to eradicate period poverty to enable girls to reach their full potential. Girls Flow Free adopts community and rights-based approaches to deliver menstrual health and hygiene education within a local context with consideration of cultural and ethical norms. Our menstrual health and hygiene education is comprehensive intersecting sexual reproductive health. GFF is a volunteer-run organisation with professionals mainly from health, social care and education sectors both in Milton Keynes and Ghana.

## OUR WORK ADDRESSES SIX OF THE GLOBAL SUSTAINABLE GOALS



## OUR VOLUNTEERS

Girls Flow Free has 15 professionals with health and education backgrounds who are dedicating their time in Ghana and England to the vision





**43,551**  
DISPOSABLE  
PADS

**3329**  
REUSABLE  
PACKS

**735**  
PERIOD  
PANTS

Since  
**2019**

**3186**  
GIRLS TO  
COMPLETE  
JHS

**12,886**  
GIRLS REACHED  
COMPREHENSIVE  
MENSTRUAL HYGIENE  
EDUCATION

**18,424**  
DISPOSABLE  
PADS

**1000**  
REUSABLE  
PADS

In  
**2024**

**325**  
GIRLS TO  
COMPLETE  
JHS

**1,500**  
GIRLS REACHED  
COMPREHENSIVE  
MENSTRUAL HYGIENE  
EDUCATION



## BENEFICIARY SCHOOLS 2024

- LEMPUSI JUNIOR HIGH SCHOOL-NORTHERN REGION
- MAKAYILI BASIC AND JUNIOR SCHOOL - NORTHERN REGION
- DENKYEMUOSO BASIC AND JUNIOR HIGH SCHOOL  
- ASHANTI REGION
- ATWIMA TECHIMAN - ASHANTI REGION
- DUAYAW NKWANTA JUNIOR PRESBYTERIAN SCHOOL  
- BONO REGION
- DUAYAW NKWANTA METHODIST SCHOOL  
- BONO REGION
- EMMANUEL METHODIST SCHOOL ODUOM  
- ASHANTI REGION
- BETHEL PRESBYTERIAN SCHOOL  
- GREATER ACCRA REGION
- CENTRAL AGRIC JUNIOR HIGH SCHOOL - ASHANTI REGION
- ATWIMA KWANWOMA JUNIOR HIGH SCHOOL - ASHANTI REGION
- TECHIMAN PRESBYTERIAN JUNIOR HIGH SCHOOL  
- ASHANTI REGION



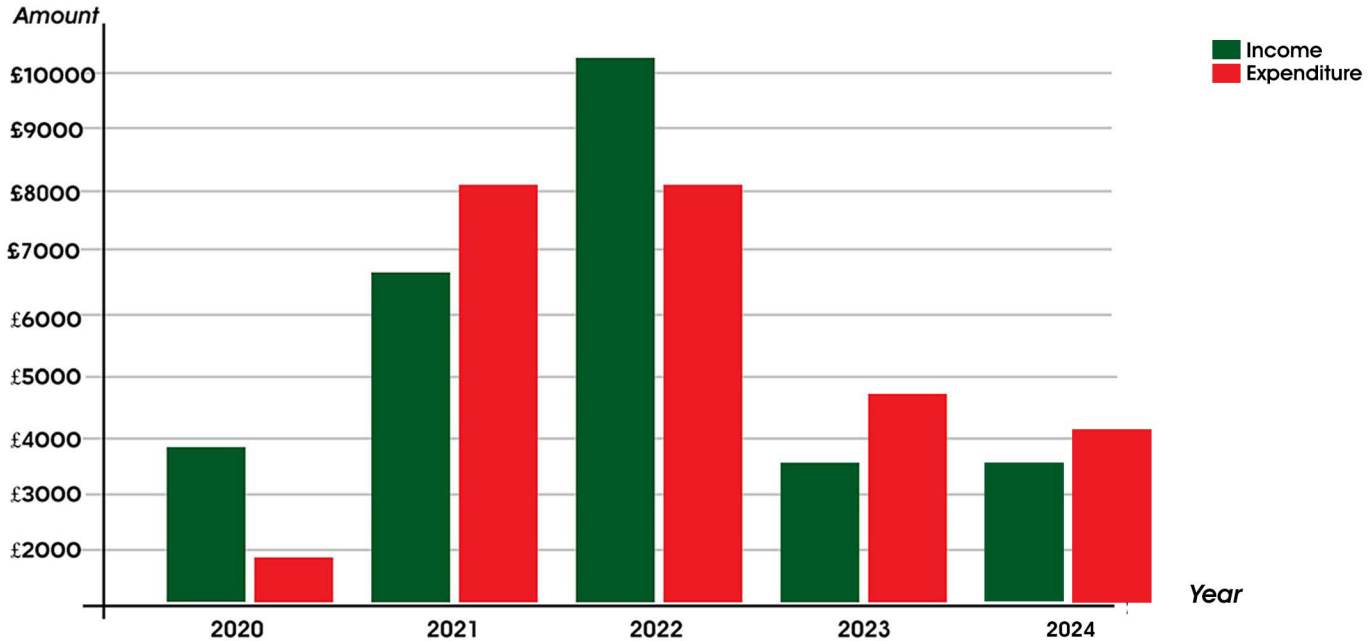
# MILTON KEYNES PERIOD POVERTY PROJECT

We continue to work with our partners in Milton Keynes to make period products accessible. On Menstrual Hygiene Day 2024, we held a week-long period exhibition at Milton Keynes Central Library. We received encouraging feedback from members of the public and library users. The exhibition was a strategic move to spark discussions on periods to reduce the stigma.



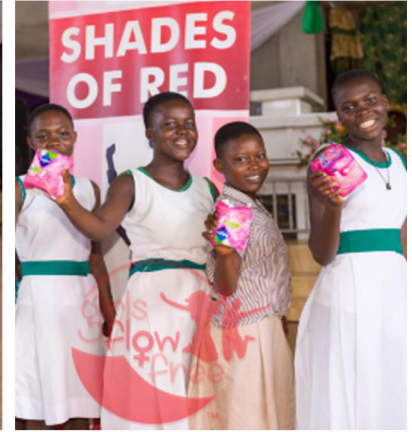
## FINANCES INCOME AND EXPENDITURE

Our financial policy ensures security and transparency between projects in the UK and Ghana. We minimise our running cost to maximise our income towards projects



## GET INVOLVED

We have made it possible for so many girls to have positive menstrual experiences because of the donations from our supporters. Thank you for the responses to our fundraising campaigns and your monthly donations. No donation is too small to provide girls with dignified periods, prevent urinary tract infections, transactional sex, unplanned pregnancy, and sexually transmitted diseases. Access to menstrual pads would help girls not to miss school when menstruating, increase educational attainment, promote self-confidence, and increase overall future chances



## FUNDRAISE FOR US

You can organise fundraising events for Girls Flow Free on your special day like your birthday. There are other international days in the year that celebrates girls and women empowerment. On these days, you can fundraise for us to promote the mission of Girls Flow Free.



## EXAMPLES OF NOTICEABLE DATES ARE

International Day of the Girl, 11th October  
International Day of the African Child, 16th June  
International Women's Day, 8th March  
International Volunteers Day, 5th December  
International day for elimination of violence against Women, 25th November  
Menstrual Hygiene Day, 28th May  
World Day of Social Justice, 20th February

## REGULAR DONATIONS

You can do monthly donations by setting up a standing order or direct debit with the details below

**HSBC BANK**  
**SHORT CODE : 40-33-33**  
**ACCOUNT NUMBER: 72731908**

# VOLUNTEER WITH US

We are a volunteer-led organisation. Your knowledge, expertise and time will make an invaluable contribution to our team.



Email: [Girlsflowfree@gmail.com](mailto:Girlsflowfree@gmail.com)  
Website: [www.girlsflowfree.org](http://www.girlsflowfree.org)

 [girlsflowfree1](#)

 [Girlsflowfree](#)

   [girls flow free](#)

# FINANCIAL STATEMENTS

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FOR THE YEAR ENDED  
31st December 2024

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**CHARITY NUMBER: 1187570**

# GIRLS FLOW FREE

## LEGAL & ADMINISTRATIVE DETAILS

### YEAR ENDED 31 December 2024

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#### ADDRESS FOR CORRESPONDENCE

Unit A17  
Harben House  
Tickford Street  
Newport Pagnell  
MK16 9EY

#### REGISTERED CHARITY NUMBER

1187570

#### GOVERNING DOCUMENT

CONSTITUTION

ADOPTED 22/04/2019

#### TRUSTEES / DIRECTORS

SOPHIA ADWOA ACHEAMPONG  
VIDA GYAMFI  
ADELL AMA KORANTENG  
MAVIS DEBARGE- ENYIN

#### PRINCIPAL BANKERS

8 CANADA SQUARE  
LONDON  
E14 5HQ

#### INDEPENDENT EXAMINER

JUSTIN AMPOFO  
9 Bywell Court  
Kingsmead  
Milton Keynes  
MK4 4HE

# INDEPENDENT EXAMINER'S REPORT

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## **Financial Review**

The income of the charity was £3,689 for the period (£1,595 - 2023). The charity is also well-positioned to manage its costs effectively.

## **Reserve Policy**

It is the policy of the charity to maintain unrestricted funds. These are the reserves of the organisation and equivalent to 3 months of unrestricted expenditure. The aim is to ensure there is adequate funds to cover any emergency expenditure that may arise. They will seek to maintain this level throughout the year.

## **Risk Management**

The charity has assessed all the major risks to which the charity is exposed to, in particular those related to operations and finances of the charity and are satisfied that systems are in place to mitigate exposure to major risks.

## **Trustee Responsibilities**

Under the Charities Act 2011, the trustees are required to prepare a statement of accounts for each accounting year which gives a true and fair view of the state of the church. They are required to:

1. Select suitable accounting policies and apply them consistently.
2. Make judgements and estimates that are reasonable and prudent.
3. State whether the applicable accounting standards have been followed.
4. Prepare financial statements on an ongoing basis.

They are responsible for keeping proper records which disclose with reasonable accuracy the finances of the church at any time and to ensure that such accounts comply with the Charities Act 2011. They also have a responsibility to safeguard the assets of the church and to take reasonable steps to detect fraud or other irregularities.

This report of the charity for the year ended 31st December 2024 relates to the Receipts and Payment Account set out on page 10 of this report.

## **Respective responsibilities of Trustees and Examiner**

The charity's Trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43 of the Act)
- Follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act); and
- State whether particular matters have come to my attention.

## **Basis of the independent examiner's statement**

My examination included a review of the accounting records kept by the charity. It included consideration of any unusual items or disclosures in the accounts and seeking explanation from the 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 accounts.

## **Independent Examiner's statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the Trustees have not met the requirements to ensure that:

- proper accounts records are kept in accordance with section 41 of the Act; and
- accounts are prepared which agree with the accounting records and comply with the account requirements of the Act; or

2. to which in my opinion attention should be drawn in order to enable proper understanding of the accounts to be reached.

**JUSTIN AMPOFO (FCCA)**

# RECEIPTS AND PAYMENTS ACCOUNT

	2024	2023
INCOME	£	£
Donations	3,689	1,595
<b>Total Income</b>	<b>3,689</b>	<b>1,595</b>
EXPENSES		
Purchases - Pads	1,010	1,699
Donations in kind	-	-
Rent	2,000	2,000
legal and professional fees	-	-
Office/General Administrative Expenses	401	429
Printing, Postage and Stationery	-	-
Training	-	-
Advertising/Promotional	-	-
Charitable contribution	-	-
Computer Costs	-	-
Office Furniture	-	-
Raising funds	-	-
Shipping	460	475
Travel and Accommodation	136	133
Miscellaneous Expenses	-	-
	<b>4,007</b>	<b>4,736</b>
Net (Deficit)/Surplus for the year	(318)	(3,141)
Cash Funds last year end	598	3,739
	<b>280</b>	<b>598</b>

The receipts and payment accounts was approved on  
SIGNED ON BEHALF OF THE BOARD BY:



Sophia Acheampong

**GIRLS FLOW FREE**

England & Wales - Charity number 1187570

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# Accounts

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GIRLS FLOW FREE

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31<sup>st</sup> December 2023

CHARITY NUMBER: 1187570

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# **GIRLS FLOW FREE**

## **LEGAL & ADMINISTRATIVE DETAILS**

YEAR ENDED 31 December 2023

### **ADDRESS FOR CORRESPONDENCE**

6 Cluny Court  
Wavendon Gate  
Milton Keynes  
MK7 7TT

### **REGISTERED CHARITY NUMBER**

1187570

### **GOVERNING DOCUMENT**

CONSTITUTION  
ADOPTED 22/04/2019

### **TRUSTEES/ DIRECTORS**

SOPHIA ADWOA ACHEAMPONG  
VIDA GYAMFI  
ADELL AMA KORANTENG  
MAVIS DEBARGE- ENYIN

### **PRINCIPAL BANKERS**

8 CANADA SQUARE  
LONDON  
E14 5HQ

### **INDEPENDENT EXAMINER**

JUSTIN AMPOFO  
20 WHITTINGTON CHASE  
MILTON KEYNES  
MK4 4HL

## TRUSTEES' REPORT

The trustees are pleased to present their report for the year ended 31st December 2023 for the charity Girls Flow Free with charity number. 1187570

The Trustees of the charity are:

SOPHIA ADWOA ACHEAMPONG  
VIDA GYAMFI  
ADELL AMA KORANTENG  
MAVIS DEBARGE- ENYIN

The principal address of the charity is:

6 Cluny Court  
Wavendon Gate  
Milton Keynes  
MK7 7TT

### **Structure, Governance and Management**

The Charity governing document is a constitution that was approved on 22/04/2019. The Charity is governed by a board on which the trustees are represented. It meets regularly to review, plan activities and monitor the charity's financial position.

### **Objectives and Activities**

To relieve the poverty of women and girls, living in Ghana, by providing such persons with sanitary items and related products which they could not otherwise afford through lack of means. To advance the education of the public, and particular people living in Ghana, on sexual reproductive health and menstruation.

**Achievements and Performance** It has been another incredible year for Girls Flow Free. Our dedicated team has worked tirelessly to ensure our beneficiaries had access to menstrual hygiene education and products in Milton Keynes and Ghana groups. The rising cost of living crisis in the United Kingdom resulted in a huge decrease in our income. As a small charity, the crunch on our income affected the number of schools we supported in Ghana. It also meant we couldn't do our regular outreaches to remote villages. We also couldn't add onto our beneficiary schools as we hoped for in 2023 although we continued to receive requests from schools in Ghana which we sadly couldn't fulfill.

On a brighter note, our reusable pad project in Ghana has been in full swing. We made over 2000 packs and supplied all 2000 packs to girls. Notable among them was the collaboration with Future African Leaders in Northern Ghana. It is exciting to note that reusable pads are becoming popular and acceptable among our beneficiary girls. It suggests that the future and sustainability of menstrual products is bright.

We cannot stop saying THANK YOU to our stakeholders, donors, and supporters for your immense contribution to girls' health, education, and general well-being. A special thank you to Inkindirect for supporting us with social goods and our volunteers in Ghana and England for their selfless service. The reason we could support our beneficiaries even with an increase in our income.



4500 disposable packs were supplied in Ghana. In addition, we also supplied 2000 reusable pads to our Ghana project. Our work in Ghana reached over 4000 girls in 2023.



### **Beneficiary Schools 2023**

1. Denkyemuso Junior High School
2. Desert Pastures International School
3. Makayiri Junior High School
4. Behenase Junior High School
5. Tanoso Anglican Basic A and B School
6. Atwima Kwanwoma DA School
7. Kpalasi Junior High School
8. Nkenkyemso Ahmadiyah
9. Jencil School Kumasi
10. Sagnerigu Girls Model School

### **MILTON KEYNES PERIOD POVERTY PROJECT**

Our Milton Keynes period poverty project has been sustained through funding from the Milton Keynes Community Foundation. We provided menstrual pads to Milton Keynes Central Library including all 13 libraries, MK Store House, and Milton Keynes College, Chaffron Way Campus. In total, we supplied 2505 pack of disposable packs for our Milton Keynes project. In 2024, we look forward to continual work with our partners.

Since 2019,

We have provided 25,127 disposable pads.

Supported 2186 girls to complete Junior High School

2329 Reusable Metumi Kits

735 period pants

12,866 girls reached with comprehensive menstrual health and hygiene education.

In 2023,

We educated 4000 girls

4000 disposable pads

150 pieces of period pants

2000 Reusable Metumi Kits

500 girls to complete Junior High School.

## **INDEPENDENT EXAMINER'S REPORT**

### **Financial Review**

The income of the charity was £1,595 for the period (£10,633 - 2022). The charity is also well positioned to manage its costs effectively.

### **Reserve Policy**

It is the policy of the charity to maintain unrestricted funds. These are the reserves of the organisation and equivalent to 3 months of unrestricted expenditure. The aim is to ensure there is adequate funds to cover any emergency expenditure that may arise. They will seek to maintain this level throughout the year.

## **Risk Management**

The charity has assessed all the major risks to which the charity is exposed to, in particular those related to operations and finances of the charity and are satisfied that systems are in place to mitigate exposure to major risks.

## **Trustee Responsibilities**

Under the Charities Act 2011, the trustees are required to prepare a statement of accounts for each accounting year which gives a true and fair view of the state of the church. They are required to:

1. Select suitable accounting policies and apply them consistently.
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4. Prepare financial statements on an ongoing basis.

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This report of the charity for the year ended 31<sup>st</sup> December 2023 relates to the Receipts and Payment Account set out on page 10 of this report.

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- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act); and
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**Basis of the independent examiner's statement**

My examination included a review of the accounting records kept by the charity. It included consideration of any unusual items or disclosures in the accounts and seeking explanation from the 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 accounts.

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- accounts are prepared which agree with the accounting records and comply with the account requirements of the Act; or

2. to which in my opinion attention should be drawn in order to enable proper understanding of the accounts to be reached.

**JUSTIN AMPOFO (FCCA)**

## RECEIPTS AND PAYMENTS ACCOUNT

### RECEIPTS AND PAYMENTS ACCOUNTS

	2023	2022
INCOME	£	£
Donations	1,595	10,663
<b>Total Income</b>	<b>1,595</b>	<b>10,663</b>
 <b>EXPENSES</b>		
Purchases - Pads	1,699	2,044
Donations in kind	-	-
Rent	2,000	1500
legal and professional fees	-	30
Office/General Administrative Expenses	429	242.94
Printing, Postage and Stationery	-	-
Training	-	605.13
Advertising/Promotional	-	487.96
Charitable contribution	-	-
Computer Costs	-	-
Office Furniture	-	500
Raising funds	-	68.5
Shipping	475	746
Travel and Accommodation	133	2,398
Miscellaneous Expenses	-	-
	<b>4,736</b>	<b>8,623</b>
 Net (Deficit)/Surplus for the year	 (3,141)	 2,041
Cash Funds last year end	3,739	1,698
	598	3,739

**The receipts and payment accounts was approved on**

**SIGNED ON BEHALF OF THE BOARD BY:**

**NAME:**

**STATUS**

**TRUSTEE**

**GIRLS FLOW FREE**

England & Wales - Charity number 1187570

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# Accounts

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**GIRLS FLOW FREE**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31<sup>st</sup> December 2022**

**CHARITY NUMBER: 1187570**

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# **GIRLS FLOW FREE**

## **LEGAL & ADMINISTRATIVE DETAILS**

YEAR ENDED 31 December 2022

### **ADDRESS FOR CORRESPONDENCE**

3 BOROUGHBRIDGE  
OAKHILL  
MILTON KEYNES  
MK5 6FY

### **REGISTERED CHARITY NUMBER**

1187570

### **GOVERNING DOCUMENT**

CONSTITUTION  
ADOPTED 22/04/2019

### **TRUSTEES/ DIRECTORS**

SOPHIA ADWOA ACHEAMPONG  
VIDA GYAMFI  
ADELL AMA KORANTENG  
KWAME ADU

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8 CANADA SQUARE  
LONDON  
E14 5HQ

### **INDEPENDENT EXAMINER**

JUSTIN AMPOFO  
20 WHITTINGTON CHASE  
MILTON KEYNES  
MK4 4HL

## **TRUSTEES' REPORT**

The trustees are pleased to present their report for the year ended 31st December 2022 for the charity Girls Flow Free with charity number. 1187570

The Trustees of the charity are:

SOPHIA ADWOA ACHEAMPONG  
VIDA GYAMFI  
ADELL AMA KORANTENG  
KWAME ADU

The principal address of the charity is:

3 BOROUGHBIDGE  
OAKHILL  
MILTON KEYNES  
MK5 6FY

### **Structure, Governance and Management**

The Charity governing document is a constitution that was approved on 22/04/2019. The Charity is governed by a board on which the trustees are represented. It meets regularly to review, plan activities and monitor the charity's financial position.

### **Objectives and Activities**

To relieve the poverty of women and girls, living in Ghana and Milton Keynes, by providing such persons with sanitary items and related products which they could not otherwise afford through lack of means. To advance the education of the public, and particular people living in Ghana, on sexual reproductive health and menstruation.

### **Achievements and Performance**

The knowledge of the effects of period poverty has been a driving force in working towards the vision of Girls Flow Free for our projects in Milton Keynes and Ghana. I am proud that as a small charity, our work is changing menstrual experiences for adolescent girls, older girls and women. Our focus has been on removing barriers that menstruation poses to girls' education. However, we consider menstruation as a

matter of human rights as well as access to period products a basic human right and therefore adopt a right-based approach to make period products accessible to all who menstruate within our network. As a result, our period poverty project in Milton Keynes has been designed to benefit asylum seekers, people facing homelessness, families going through hardships as well people using public places like libraries. Milton Keynes has given us the opportunity to stretch out the rights-based approach to work propelling us towards our vision of eradicating period poverty. At Girls Flow Free, we believe in the multidimensional impact of girls having access to period products on the economy, environment, gender equality, individual health and education.

In Ghana, we are striving towards a sustainable and holistic approach to menstruation for adolescent girls in schools. This includes access to toilets and changing facilities with running water and quality affordable sustainable period products. In 2022, we have made a big step towards quality and sustainable period products through our reusable pads project. The big step we made in 2022 was acquiring a facility to be used for sewing our own branded reusable pads. We piloted the reusable pads in 2021 and had positive feedback which granted us £1150 in 2022 from the Ashworth Trust to make 500 packs for girls in three regions of Ghana. We were pleased with the results and feedback from the girls and are ready to roll out the project on a bigger scale. It comes at a time when the prices of menstrual pads in Ghana are skyrocketing due to import tax tariffs on disposable pads in Ghana. The introduction of eco-friendly menstrual pads will give girls and women choice and control over the multifaceted effects of period poverty. We are hopeful that 2023 will be a high-achieving year towards sustainability.

With beaming hope for our reusable pad project, we will continue to engage men and boys in our menstrual health and hygiene education to debunk misconceptions and stigma. In Milton Keynes, we hope to have summer menstrual health talks for boys and girls, and engage the community through our social media pages.

Like a whirlwind, 2022 has come and gone, leaving beautiful memories and the satisfaction of working towards our vision of eradicating period poverty and enabling girls to reach their full potential. I will conclude with a note of thanks and gratitude to the board of trustees, and our volunteers in Milton Keynes and Ghana for your hard work and dedication. I am extremely grateful for the many opportunities and resources that were made available to us this year through our donors and funders for believing in the vision of Girls Flow Free and investing in the future of girls. May God bless and replenish you for your investment!

## **ABOUT GIRLS FLOW FREE (GFF)**

Girls Flow Free was founded in May 2019 and attained registered status in January 2020. With strong inclusion and equality ethos, the vision of GFF is to eradicate period poverty to enable girls to reach their full potential. Girls Flow Free adopts community and rights-based approaches to deliver menstrual health and hygiene education within a local context with consideration of cultural and ethical norms. Our menstrual health and hygiene education is comprehensive intersecting sexual reproductive health.

GFF is a volunteer-run organisation with professionals mainly from the health, social care, and education sectors both in Milton Keynes and Ghana.

**SINCE 2019,**

8,866 girls reached with comprehensive menstrual hygiene and health education

1,686 girls supported to complete Junior High School in Ghana.

21,127 disposable pads distributed.

585 packs of reusable period pants

329 packs of Metumi Kits (reusable pads)

**OUR VOLUNTEERS IN GHANA**

GFF has developed a network of 4 local coordinators who oversee a team of 15 local volunteer teachers and government health workers who deliver menstrual and sexual education and organise the distribution of pads. GFF collaborates with grassroots NGOs providing them with training materials and pads to distribute to their networks in approximately 22 schools in 2022.

**2022 BENEFICIARY SCHOOLS IN GHANA**

1. DENKYEMUOSO – ASHANTI REGION
2. AKEYEREMADE – ASHANTI REGION
3. BEHENASE – ASHANTI REGION
4. WATRESO D/A PRIMARY – ASHANTI REGION
5. FOUNTAIN GATE SCHOOL - BOLGATANGA
6. KPALSI SCHOOL - NORTHERN REGION
7. DIMALE SCHOOL – NORTHERN REGION
8. WURESHI SCHOOL – NORTHERN REGION
9. HIMAKROM BASIC SCHOOL – WESTERN REGION
10. NEW AMANFUL BASIC SCHOOL – WESTERN REGION
11. KONONGO MTI BASIC SCHOOL – ASHANTI REGION
12. DWEASE METHODIST SCHOOL – ASHANTI REGION
13. KRAMOKROM BASIC SCHOOL – ASHANTI REGION
14. PAKYI CAMP – ASHANTI REGION
15. NSIANA R/C PRIMARY SCHOOL – ASHANTI REGION
16. MANSO NKWANTA MODEL SCHOOL – ASHANTI REGION

17.WATRESO JHS – ASHANTI REGION

18.NKYENKYEMSO ISLAMIC SCHOOL – ASHANTI REGION

19.TESHIE LEKMA – GREATER ACCRA REGION

20.NYAMEYIEKROM – WESTERN REGION

21.AGONA MA MODEL SCHOOL – WESTERN REGION

22.EMMOKANWO MA MODEL SCHOOL – WESTERN REGION

23. KORLEY KLOTTEY EDUCATION DIRECTORATE

### **REUSABLE PAD PROJECT IN GHANA**

In December 2021, we received an £1150 grant from the Ashworth Trust towards our 2022 reusable pad project. The reusable pad project is central to the values and strategy to be a locally-based sustainable organisation. With this grant, we sewed 585 reusable pad packs in addition to sewing workshops that benefitted 515 school boys and girls from the Greater Accra Region, Upper West and Central Region. This project created employment and livelihood for 5 local women and their families. The reusable pad project has a far-reaching impact on girls in Ghana, the local Kumasi community, and bringing sustainability to GFF. It also has the potential to grow and expand with further funding, enabling GFF to reach more girls in Ghana. In 12 months, the sewing centre could produce 20,160 reusable pads supporting 6,720 girls.

### **MILTON KEYNES PERIOD POVERTY PROJECT**

Our period poverty project in Milton Keynes was launched in April 2022. It was an honour to have the then Deputy Mayor, Cllr Amanda Marlow grace the event. The project kicked off in June with funding from the Milton Keynes Community Foundation and Albert Hunt Trust. We have partnered with Baby Basics, Milton Keynes Store House, the Oxley Park Children’s Centre, the Westcroft Community Shop and all 9 libraries in Milton Keynes to make period pads available to individuals and families in Milton Keynes. From June 2022 to December 2022, we distributed 1,126 packs of disposable pads.

## INDEPENDENT EXAMINER'S REPORT

### Financial Review

The income of the charity was £10,663 for the period (£9,176 - 2021). The charity is also well positioned to manage its costs effectively.

### Reserve Policy

It is the policy of the charity to maintain unrestricted funds. These are the reserves of the organisation and equivalent to 3 months of unrestricted expenditure. The aim is to ensure there are adequate funds to cover any emergency expenditure that may arise. They will seek to maintain this level throughout the year.

### Risk Management

The charity has assessed all the major risks to which the charity is exposed to, in particular those related to operations and finances of the charity and are satisfied that systems are in place to mitigate exposure to major risks.

### Trustee Responsibilities

Under the Charities Act 2011, the trustees are required to prepare a statement of accounts for each accounting year which gives a true and fair view of the state of the charity. They are required to:

1. Select suitable accounting policies and apply them consistently.
2. Make judgements and estimates that are reasonable and prudent.
3. State whether the applicable accounting standards have been followed.
4. Prepare financial statements on an ongoing basis.

They are responsible for keeping proper records which disclose with reasonable accuracy the finances of the charity at any time and to ensure that such accounts comply with the Charities Act 2011. They also have a responsibility to safeguard the assets of the charity and to take reasonable steps to detect fraud or other irregularities.

This report of the charity for the year ended 31<sup>st</sup> December 2021 relates to the Receipts and Payment Account set out on page 8 of this report.

### **Respective responsibilities of Trustees and examiner**

The charity's Trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43 of the Act)
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act); and
- state whether particular matters have come to my attention.

### **Basis of the independent examiner's statement**

My examination included a review of the accounting records kept by the charity. It included consideration of any unusual items or disclosures in the accounts and seeking explanation from the 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 accounts.


### **Independent Examiner's statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the Trustees have not met the requirements to ensure that:

- proper accounts records are kept in accordance with section 41 of the Act; and
- accounts are prepared which agree with the accounting records and comply with the account requirements of the Act; or

2. to which in my opinion attention should be drawn in order to enable proper understanding of the accounts to be reached.

  
JUSTIN AMPONG (FCCA) 27/02/23


## RECEIPTS AND PAYMENTS ACCOUNTS

### RECEIPTS AND PAYMENTS ACCOUNTS

	2022 £	2021 £
<b>INCOME</b>		
Donations	10,663	9,176
<b>Total Income</b>	10,663	9,176
<b>EXPENSES</b>		
Purchases - Pads	2,044	217
Donations in kind	-	1,418
Rent	1500	-
legal and professional fees	30	360
Office/General Administrative Expenses	242.94	413
Printing, Postage and Stationery		34
Training	605.13	-
Advertising/Promotional	487.96	83
Charitable contribution	-	2,348
Computer Costs	-	339
Office Furniture	500	-
Raising funds	68.5	56
Shipping	746	1,295
Travel and Accommodation	2,398	2,464
Miscellaneous Expenses	-	-
	8,623	9,026
<b>Net Surplus for the year</b>	2,041	150
<b>Funds in hand at 31 December</b>	-	1562
	2,041	1,712

The receipts and payment accounts was approved on

SIGNED ON BEHALF OF THE BOARD BY:

  
27/02/27

**NAME: Sophia Acheampong**

**STATUS                      TRUSTEE**

**GIRLS FLOW FREE**

England & Wales - Charity number 1187570

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# Accounts

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GIRLS FLOW FREE

2021

ANNUAL REPORT

REGISTERED CHARITY NUMBER 1187570



## Executive Director's Message



Sophia Acheampong

Period poverty affects millions of girls and women globally. In Ghana, we work in communities where families struggle to make ends meet making period poverty a multidimensional social justice and health issue. At the latter part of 2020 and the beginning of 2021, we saw an increase in the demand for our services. This proved the extent of the effects of Covid-19 on vulnerable groups in deprived communities. The girls we support live in communities where poverty is prevalent and so the effects of the pandemic deepened their plight in accessing menstrual pads. There was an added challenge of accessing funding as a newly established and registered charity. This didn't deter us because our passion and commitment to the mission far outweighed the challenges. With the efforts of the Board, we ended 2020, not so much financially secured but with a fair financial grounding to the start 2021. 2021 was gloomy but we were optimistic with high hopes for the year. We embraced the challenges and prioritised the welfare of our girls first. So for example, our plan of building volunteer capacity through training and development was put on hold to focus on educating and providing menstrual pads for girls. In all of these, I am super proud of what we have achieved together in 2021. There hasn't been a time that menstrual health and hygiene education has been more important than now. The rise in poverty because of COVID-19 has consequences for gender-based violence, gender inequality, health and other gender-related inequalities. As a team, we have empowered girls to make informed decisions on their menstrual and sexual reproductive health as well as on gender-related social issues. My appreciation goes to Almighty God for his provision, the board of trustees, our volunteers, and our supporters for your continuous giving.

## Assistant Director's Message

2021 has been a challenging year for most small charities working abroad. In the aftermath of the pandemic and the unpredictable economic climate, Girls Flow Free has evidenced resilience as a newly established charity. The Board of Trustees have worked diligently to make sure the girls we support had supplies of menstrual pads and education to manage their periods in and out of school. Our volunteers in Ghana have been amazing. They worked through the pandemic in 2020 and in 2021, have harnessed support from their communities towards our work. There has been a real demonstration of communal spirit in the face of the challenges that 2021 brought. It has contributed immensely to the resilience of Girls Flow Free. It may be in our early days, but there is an Akan proverb that translates that, the success of a game can be predicted from the beginning. Thus, our beginning is an indication of where we are heading in the future. I have no doubt Girls Flow Free has the potential to grow and expand beyond what we are doing now in eradicating period poverty. It is a great charity to invest in and I am privileged to be part of an amazing charity doing life-saving work with girls in Ghana. Thank you for all your support in 2021.



Kwame Adu

# GIRLS FLOW FREE

## About Us

Girls Flow Free was founded in May 2019 and attained a registered status in January 2020. The mission of GFF is to eradicate period poverty to enable girls to reach their full potential. Girls Flow Free adopts a community-based approach to deliver menstrual health and hygiene education within a local context with consideration to cultural and ethical norms. Our menstrual health and hygiene education is comprehensive intersecting sexual reproductive health. Since 2019, GFF has supported 59 schools and educated over 5000 girls.

Our work addresses six of the global sustainable development goals

<b>3</b> GOOD HEALTH AND WELL-BEING 	<b>4</b> QUALITY EDUCATION 	<b>5</b> GENDER EQUALITY 
<b>6</b> CLEAN WATER AND SANITATION 	<b>10</b> REDUCED INEQUALITIES 	<b>12</b> RESPONSIBLE CONSUMPTION AND PRODUCTION 

[www.girlsflowfree.org](http://www.girlsflowfree.org)

**7583**  
Girls

**1386**  
Girls supported to complete Junior High School

**17,707**  
Pads Distributed



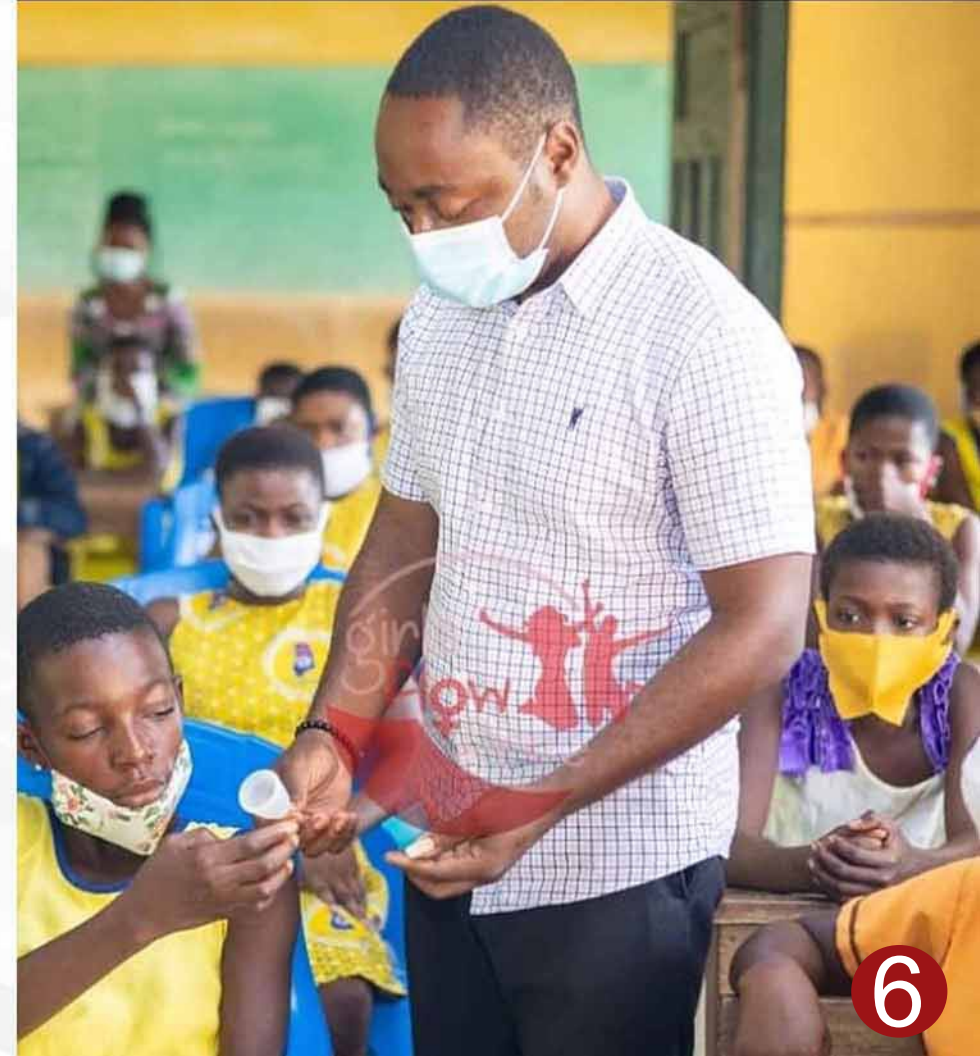
# Our Volunteers

GFF is a volunteer-based organisation. We have a diverse pool of volunteers with the majority being qualified healthcare professionals and teachers. Our volunteers are at the centre of what we do. Most of our volunteers are locals from the communities we work. They are doing excellent work in their native language and with good local knowledge of their culture. On top of this and their qualifications, they are passionate about the mission of Girls Flow Free in achieving menstrual equity for girls. We are extremely blessed to have dedicated people giving their best to help girls thrive. Super grateful to our volunteers for their commitment throughout the year and their continued support



## The story of Emmanuel Akomeah

**“I am Emmanuel Akomeah. The volunteer coordinator for Asante Akyem in the Ashanti Region. I joined GFF in August 2020. Volunteering for Girls Flow Free is an opportunity for me as a man to destigmatise menstruation in my community. Menstruation continues to be a taboo topic. I felt joining GFF was the best way to let other men know that it is ok for men to talk about menstruation. I am an Electrical Engineer but I have volunteered with GFF logistics and pad distribution, and data collection.”**



# 2021 impact wheel

Government schools in Ghana reopened fully for the first time on Monday 18th January 2021 after the lockdown. The pandemic had eroded most of the work we have done with the girls as a result of staying home for almost 6 months, parental job losses and supply issues. In addition, class six girls had graduated to Junior High School, which many of them had not been educated on menstrual hygiene and health. Despite the challenges covid-19 posed, the team were dedicated and ready to prepare the girls after the pandemic on their return to school. In 2021, we added on 2 schools from the western region, taking the total number of school on our 5 year plan to with 13 schools in 5 regions.

## Beneficiary Schools:

1. Denkyemuso Basic School
2. Techiman Basic School
3. Behenase cluster of schools
4. St Mary's Anglican Basic School
5. Dwase Methodist School
6. Kramokorm
7. Konongo MTI
8. Desert Pastures School
9. HimaKrom Basic School
10. St Marys Anglican School
11. Watreso D/A Basic School
12. Behenase Junior High School
13. New Amanful Basic School



It was all joy when we received our first ever grant of £1000 from Ghana School Aid to support the building of a WASH facility for Dimale in Northern Ghana. Our volunteer coordinator for the region, Emmanuel Grundow was pivotal in engaging the chief, the assemblyman and local tradesmen to come together to help in the building of the WASH facility. In less than 3 months, the facility was ready and was commissioned by our Executive Director. The WASH facility was purposely built for girls to improve girls' attendance in school and a safe place to change in dignity



Our flagship Shades of Red menstrual education programme would have been used to reach girls who are not on our 5-year plan. But Covid-19 made it impossible for us to bring girls from different schools together. Adopting to change, we used community-led organisations already working in menstrual hygiene and adolescent health to reach girls who needed our services most. We had a successful collaboration with the Adolescent Sexual Health Initiative (ASHI) in Central Region, Ghana, to educate 250 girls from Elmina, a fishing community



## The story of Cecilia Asomah from Behenase Cluster of Schools.

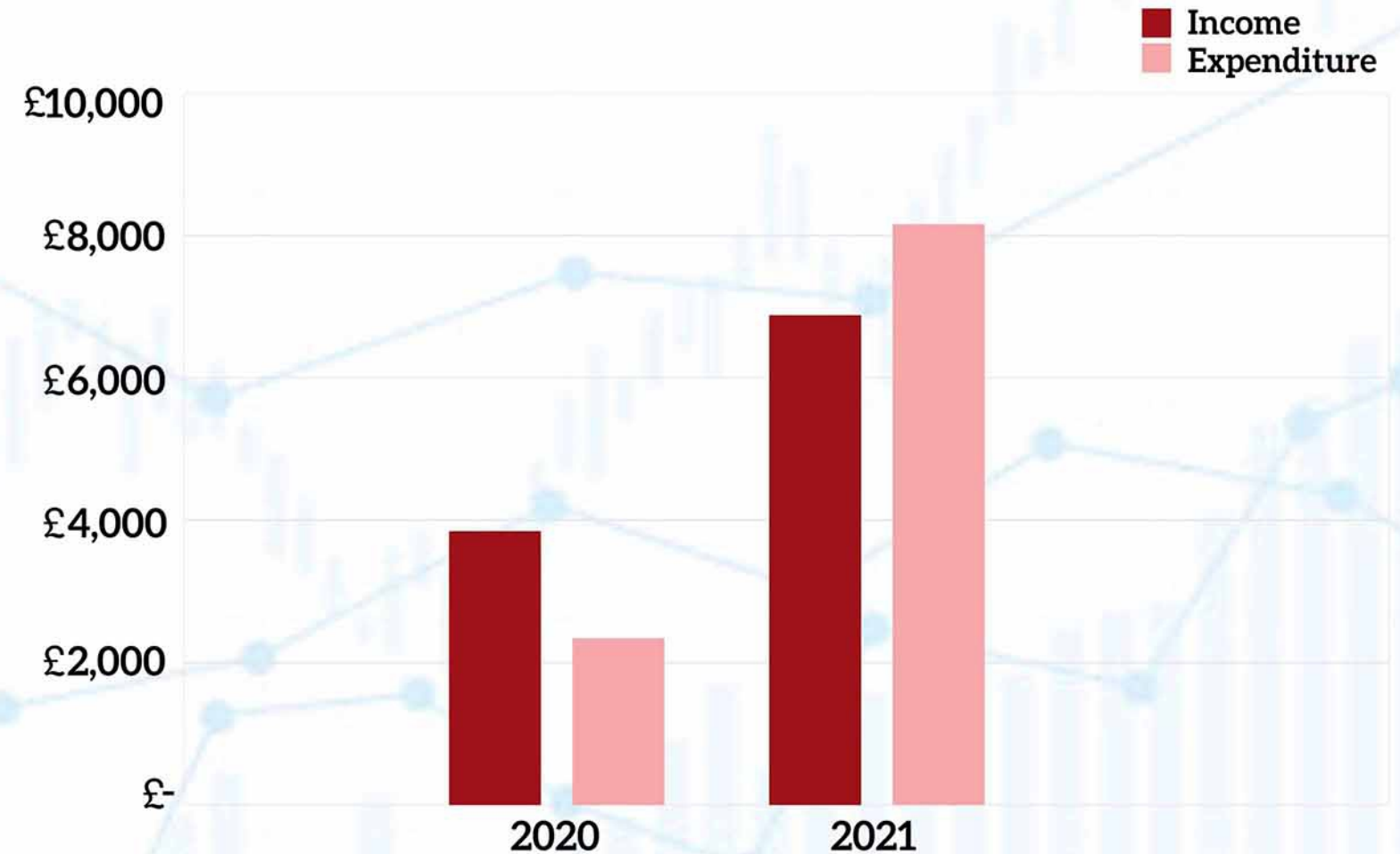
Cecilia had her menarche whilst we were in their school to educate them on menstrual health and hygiene. She wasn't aware she has had her first period whilst the education was ongoing. Cecilia narrated she felt the urge to go for a wee. It was when she stood up to use the toilet that one of the teachers saw that her uniform was stained with blood. Cecilia didn't appear nervous as it normally would have been for girls who don't have prior knowledge before their menarche. We gave her a pair of knickers and a pack of menstrual pads. Cecilia was taken to the toilet to change with help from a female teacher. The story of Cecilia evidences a real time intervention for girls' menstrual experiences and the need for this intervention. This is our biggest highlight for 2021!



# Finances

## GFF Income & Expenditure

Our income is mainly from crowdfunding and a handful of supporters giving us monthly donations. It has been extremely difficult navigating the funding landscape as a newly established charity coupled with the effects of the pandemic. The efforts of the board of trustees in fundraising and their financial contributions have been phenomenal in getting us through 2021. Our financial policy ensures security and transparency between projects in the UK and Ghana. We minimise our running cost to maximize our income towards projects.



# Get Involved

We have made it possible for so many girls to have positive menstrual experiences because of the donations from our supporters. Thank you for the responses to our fundraising campaigns and your monthly donations.

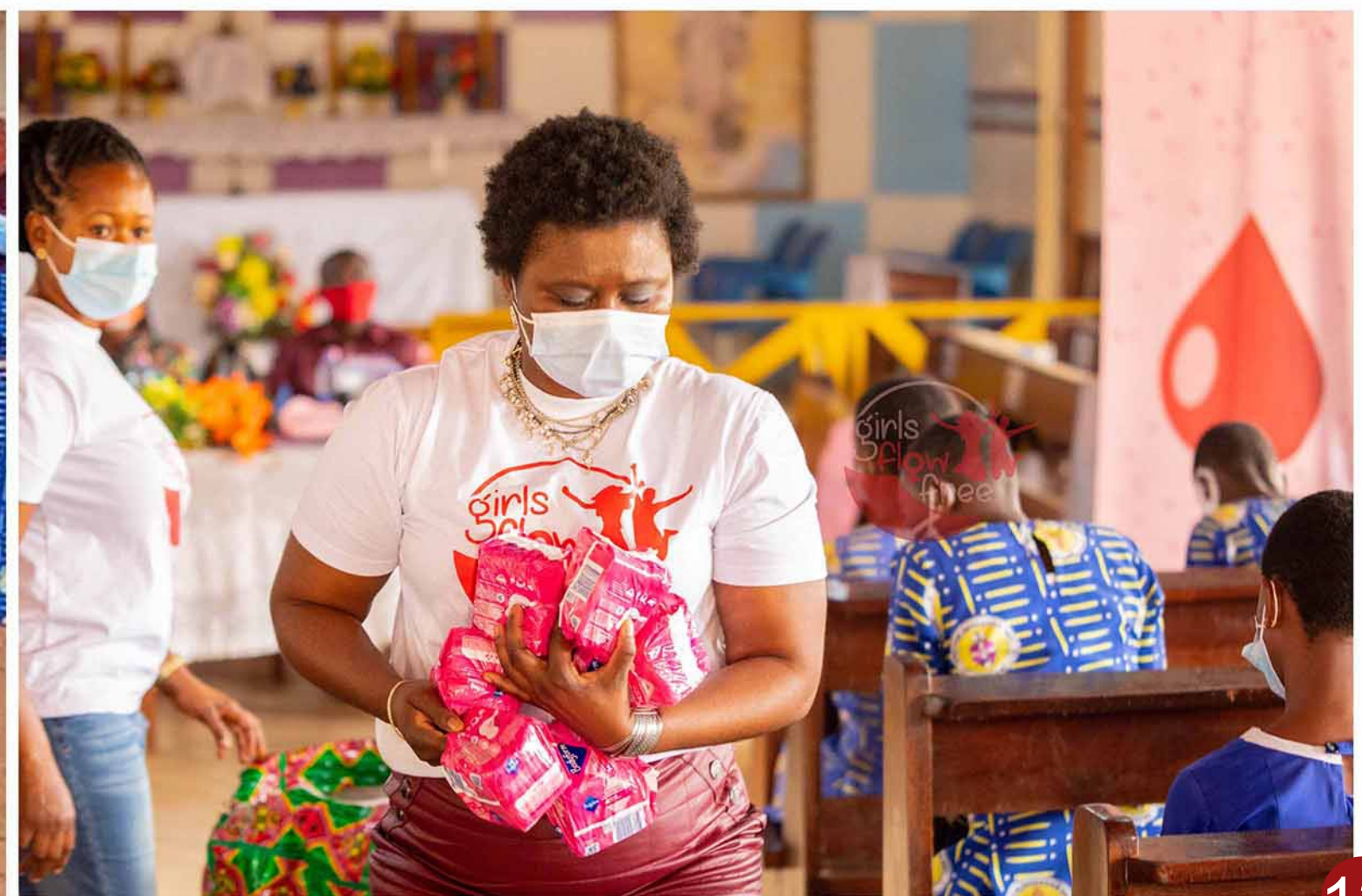
Period poverty is a global health issue and in Ghana where most people struggle to afford daily necessities, it is a real challenge for girls. No donation is too small to provide girls with dignified periods. Your donation gives them a supply of menstrual pads to help prevent urinary tract infections, transactional sex, unplanned pregnancies, gender-based violence and sexually transmitted diseases. Access to menstrual pads will also help girls not to miss school when menstruating, increase educational attainment, promote self-confidence and increase overall future chances.

With a dedicated board of trustees and committed volunteers, with your involvement, we can make a lifetime difference to the lives of girls in Ghana.



Leaving a legacy in your will as a gift to positively shape the future of girls will create a generational impact. If you wish to leave a gift in your will for us, kindly contact us for ways to achieve this wish.

You could also do a salary sacrifice or recommend us to your Human Resource Department for corporate sponsorship.



# Fundraise For Us

You can organise fundraising events for Girls Flow Free on your special day like a birthday. There are other International days in the year that celebrates girls and women empowerment. On these days, you can fundraise for us to promote the mission of Girls Flow Free.



## Examples of noticeable dates are

- International Day of the Girl, 11th October,
- International Day of the African Child, 16th June,
- International Women's Day, 8th March.
- International Volunteers Day, 5th December.
- International Day for the Elimination of Violence Against Women, 25th November.
- Menstrual Hygiene Day, 28th May.
- World Day Of Social Justice February 20th

# Regular Donations

You can do monthly donations by setting up a standing order or direct debit with the details below

**HSBC BANK**

**SORTCODE: 40-33-33**

**ACCOUNT NUMBER: 72731908**



# Volunteer With Us

We are a volunteer-led organisation. Your knowledge, expertise and time will make an invaluable contribution to our team.



Email: [Girlsflowfree@gmail.com](mailto:Girlsflowfree@gmail.com)  
Website: [www.girlsflowfree.org](http://www.girlsflowfree.org)

 [girlsflowfree1](#)

 [Girlsflowfree](#)

   [girls flow free](#)

**GIRLS FLOW FREE**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31<sup>st</sup> December 2021**

**CHARITY NUMBER: 1187570**

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Independent Examiner's Report .....	4
Receipts and Payments Accounts .....	6

# **GIRLS FLOW FREE**

## **LEGAL & ADMINISTRATIVE DETAILS**

**YEAR ENDED 31 December 2021**

### **ADDRESS FOR CORRESPONDENCE**

3 BROUGHBRIDGE  
OAKHILL  
MILTON KEYNES  
MK5 6FY

### **REGISTERED CHARITY NUMBER**

1187570

### **GOVERNING DOCUMENT**

CONSTITUTION  
ADOPTED 22/04/2019

### **TRUSTEES/ DIRECTORS**

SOPHIA ADWOA ACHEAMPONG  
VIDA GYAMFI  
ADELL AMA KORANTENG  
KWAME ADU  
JENNIFER OTOO

### **PRINCIPAL BANKERS**

8 CANADA SQUARE  
LONDON  
E14 5HQ

### **INDEPENDENT EXAMINER**

DKA ACCOUNTING LTD  
EAST WING CASTLE HOUSE  
DAWSON ROAD  
MILTON KEYNES  
MK1 1QY

## **TRUSTEES' REPORT**

The trustees are pleased to present their report for the year ended 31st December 2021 for the charity Girls Flow Free with charity number. 1187570

The Trustees of the charity are:

SOPHIA ADWOA ACHEAMPONG

VIDA GYAMFI

ADELL AMA KORANTENG

KWAME ADU

JENNIFER OTOO

The principal address of the charity is:

3 BROUGHBRIDGE

OAKHILL

MILTON KEYNES

MK5 6FY

### **Structure, Governance and Management**

The Charity governing document is a constitution that was approved on 22/04/2019. The Charity is governed by a board on which the trustees are represented. It meets regularly to review, plan activities and monitor the charity's financial position.

### **Objectives and Activities**

To relieve the poverty of women and girls, living in Ghana, by providing such persons with sanitary items and related products which they could not otherwise afford through lack of means. To advance the education of the public, and particular people living in Ghana, on sexual reproductive health and menstruation.

### **Achievements and Performance**

Period poverty affects millions of girls and women globally. In Ghana, we work in communities where families struggle to make ends meet making period poverty a multidimensional social justice and health issue. At the latter part of 2020 and the beginning of 2021, we saw an increase in the demand for our services. This proved the extent of the effects of Covid-19 on vulnerable groups in deprived communities. The girls we support live in communities where poverty is prevalent and so the effects of the pandemic deepened their plight in accessing menstrual pads. There was an added challenge of accessing funding as a newly established and registered charity. This didn't deter us because our passion and commitment to the mission far outweighed the challenges. With the efforts of the Board, we ended 2020, not so much

financially secured but with a fair financial grounding to the start 2021. 2021 was gloomy but we were optimistic with high hopes for the year.

We embraced the challenges and prioritized the welfare of our girls first. So for example, our plan of building volunteer capacity through training and development was put on hold to focus on educating and providing menstrual pads for girls. In all of these, I am super proud of what we have achieved together in 2021. There hasn't been a time that menstrual health and hygiene education has been more important than now. The rise in poverty because of COVID-19 has consequences for gender-based violence, gender inequality, health and other gender-related inequalities. As a team, we have empowered girls to make informed decisions on their menstrual and sexual reproductive health as well as on gender-related social issues. My appreciation goes to Almighty God for his provision, the board of trustees, our volunteers, and our supporters for your continuous giving.

# INDEPENDENT EXAMINER'S REPORT

## Financial Review

The income of the charity was **£9,176** for the period. The charity is also well positioned to manage its costs effectively.

## Reserve Policy

It is the policy of the charity to maintain unrestricted funds. These are the reserves of the organisation and equivalent to 3 months of unrestricted expenditure. The aim is to ensure there is adequate funds to cover any emergency expenditure that may arise. They will seek to maintain this level throughout the year.

## Risk Management

The charity has assessed all the major risks to which the charity is exposed to, in particular those related to operations and finances of the charity and are satisfied that systems are in place to mitigate exposure to major risks.

## Trustee Responsibilities

Under the Charities Act 2011, the trustees are required to prepare a statement of accounts for each accounting year which gives a true and fair view of the state of the church. They are required to:

1. Select suitable accounting policies and apply them consistently.
2. Make judgements and estimates that are reasonable and prudent.
3. State whether the applicable accounting standards have been followed.
4. Prepare financial statements on an ongoing basis.

They are responsible for keeping proper records which disclose with reasonable accuracy the finances of the church at any time and to ensure that such accounts comply with the Charities Act 2011. They also have a responsibility to safeguard the assets of the church and to take reasonable steps to detect fraud or other irregularities.

This report of the charity for the year ended 31<sup>st</sup> December 2020 relates to the Receipts and Payment Account.

## **Respective responsibilities of Trustees and examiner**

The charity's Trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43 of the Act)
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act); and
- state whether particular matters have come to my attention.

## **Basis of the independent examiner's statement**

My examination included a review of the accounting records kept by the charity. It included consideration of any unusual items or disclosures in the accounts and seeking explanation from the 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 accounts.

## **Independent Examiner's statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the Trustees have not met the requirements to ensure that:

- proper accounts records are kept in accordance with section 41 of the Act; and
- accounts are prepared which agree with the accounting records and comply with the account requirements of the Act; or

2. to which in my opinion attention should be drawn in order to enable proper understanding of the accounts to be reached.



**DAVID AKAKPO MA (FAM), ACMA, CGMA**

## RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2021

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
<b>INCOME</b>		
Donations	9,176	4,006
<b>Total Income</b>	<u><b>9,176</b></u>	<u><b>4,006</b></u>
<b>EXPENSES</b>		
Donations in kind	1,418	200
legal and professional fees	360	240
Office/General Administrative Expenses	413	497
Printing, Postage and Stationery	34	904
Purchases	217	598
Training	-	5
Advertising/Promotional	83	-
Charitable contribution	2,348	-
Computer Costs	339	-
Raising funds	56	-
Shipping	1,295	-
Travel and Accommodation	2,464	-
Miscellaneous Expenses	-	-
	<u><b>9,026</b></u>	<u><b>2,444</b></u>
Net Surplus for the year	150	1,562
Funds in hand at 31 December	1,562	-
	<u><b>1,713</b></u>	<u><b>1,562</b></u>
The funds in hand are represented by		
Cash at bank and in hand	<u><b>1,713</b></u>	<u><b>1,562</b></u>

The receipts and payment accounts was approved on

06/Jan/2022

**SIGNED ON BEHALF OF THE BOARD BY:**

NAME:

**SOPHIA ADWOA ACHEAMPONG**

STATUS

**TRUSTEE**

**GIRLS FLOW FREE**

England & Wales - Charity number 1187570

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# Accounts

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**GIRLS FLOW FREE**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31<sup>st</sup> December 2020**

**CHARITY NUMBER: 1187570**

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# **GIRLS FLOW FREE**

## **LEGAL & ADMINISTRATIVE DETAILS**

**YEAR ENDED 31 December 2020**

### **ADDRESS FOR CORRESPONDENCE**

26 LANGPORT CRESCENT  
OAKHILL  
MILTON KEYNES  
MK5 6LZ

### **REGISTERED CHARITY NUMBER**

1187570

### **GOVERNING DOCUMENT**

CONSTITUTION  
ADOPTED 22/04/2019

### **TRUSTEES/ DIRECTORS**

SOPHIA ADWOA ACHEAMPONG  
VIDA GYAMFI  
ADELL AMA KORANTENG  
KWAME ADU

### **PRINCIPAL BANKERS**

8 CANADA SQUARE  
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E14 5HQ

### **INDEPENDENT EXAMINER**

DKA ACCOUNTING LTD  
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DAWSON ROAD  
MILTON KEYNES  
MK1 1QY

## TRUSTEES' REPORT

The trustees are pleased to present their report for the year ended 31st December 2020 for the charity Girls Flow Free with charity number. 1187570

The Trustees of the charity are:

SOPHIA ADWOA ACHEAMPONG  
VIDA GYAMFI  
ADELL AMA KORANTENG  
KWAME ADU

The principal address of the charity is:

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### Structure, Governance and Management

The Charity governing document is a constitution that was approved on 22/04/2019. The Charity is governed by a board on which the trustees are represented. It meets regularly to review, plan activities and monitor the charity's financial position.

### Objectives and Activities

To relieve the poverty of women and girls, living in Ghana, by providing such persons with sanitary items and related products which they could not otherwise afford through lack of means. To advance the education of the public, and particular people living in Ghana, on sexual reproductive health and menstruation.

### Achievements and Performance

COVID-19 worsened the plight of girls in accessing safe and hygienic menstrual products. There was a surge in the demand for menstrual pads and our service. At a time when 50% of small international development charities were predicted to collapse, we are incredibly proud and grateful that given our short time of existence, we have been able to work dynamically through the crisis. During the lockdown in Ghana, we reached 170 schoolgirls from the Northern and Ashanti Regions. On the partial return to school for final years to write BECE final exams on **29<sup>th</sup> July 2020**, we reached **1005 schoolgirls** from **42 schools in 9 regions** in Ghana with menstrual pads. We have worked effectively through the COVID-19 crisis to help girls to stay in school at a crucial time of their education, increased their prospects of continuing to Senior High School, and protected the organization.



The founding principle of GFF is to eradicate period poverty and barriers to achievement because of menstruation. We place great value in listening to the voices of girls and taking focused action to provide opportunities for them to have their menstruation in dignity. We have committed to keeping the menstrual needs of our beneficiaries at the heart of every single decision that we make. Listening to the experiences of girls during the pandemic, we fully understand what is needed for the ‘new normal’ and are perfectly placed to carry out excellent work to build the confidence of girls in managing their menstruation.



Objectives: January 2021 to June 2021

- Continue to respond to community need by providing monthly outreaches to the most vulnerable groups
- Equip our beneficiaries with skills in making own reusable pads
- Acquire laptop, printer and mobiles phones to facilitate remote work.
- Provide focused professional development training to our coordinators and volunteers in Ghana, upskilling and capacity building so they can take on increased responsibility
- To reach more girls and add on beneficiary schools

# INDEPENDENT EXAMINER'S REPORT

## Financial Review

The income of the charity was **£4,006** for the period. The charity is also well positioned to manage its costs effectively.

## Reserve Policy

It is the policy of the charity to maintain unrestricted funds. These are the reserves of the organisation and equivalent to 3 months of unrestricted expenditure. The aim is to ensure there is adequate funds to cover any emergency expenditure that may arise. They will seek to maintain this level throughout the year.

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- examine the accounts (under section 43 of the Act)
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act); and
- state whether particular matters have come to my attention.

## **Basis of the independent examiner's statement**

My examination included a review of the accounting records kept by the charity. It included consideration of any unusual items or disclosures in the accounts and seeking explanation from the 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 accounts.


## **Independent Examiner's statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the Trustees have not met the requirements to ensure that:

- proper accounts records are kept in accordance with section 41 of the Act; and
- accounts are prepared which agree with the accounting records and comply with the account requirements of the Act; or

2. to which in my opinion attention should be drawn in order to enable proper understanding of the accounts to be reached.



**DAVID AKAKPO MA (FAM), ACMA, CGMA**

# RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2020

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
<b>INCOME</b>		
Donations	4,006	-
<b>Total Income</b>	<u><b>4,006</b></u>	<u>-</u>
<b>EXPENSES</b>		
Donations in kind	200	-
legal and professional fees	240	-
Office/General Administrative Expenses	497	-
Printing, Postage and Stationery	904	-
Purchases	598	-
Training	5	-
Miscellaneous Expenses	-	-
	<u><b>2,444</b></u>	<u>-</u>
Net Surplus for the year	1,562	-
Funds in hand at 30 June	-	-
	<u><b>1,562</b></u>	<u><b>0</b></u>
The funds in hand are represented by		
Cash at bank and in hand	<u><b>1,562</b></u>	<u><b>0</b></u>

The receipts and payment accounts was approved on

03/Feb/2021

**SIGNED ON BEHALF OF THE BOARD BY:**

NAME:

**SOPHIA ADWOA ACHEAMPONG**

STATUS

**TRUSTEE**