

GIRLS FLOW FREE

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31st 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
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 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:

26 LANGPORT CRESCENT
OAKHILL
MILTON KEYNES
MK5 6LZ

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 **29th 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.

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 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 2020

	2020	2019
	£	£
INCOME		
Donations	4,006	-
Total Income	4,006	-
EXPENSES		
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	-	-
	2,444	-
Net Surplus for the year	1,562	-
Funds in hand at 30 June	-	-
	1,562	0
The funds in hand are represented by		
Cash at bank and in hand	1,562	0

The receipts and payment accounts was approved on

03/Feb/2021

SIGNED ON BEHALF OF THE BOARD BY:

NAME:

SOPHIA ADWOA ACHEAMPONG

STATUS

TRUSTEE