

GIRLS FLOW FREE

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31st 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

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 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 BOROUGHBRIDGE
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 31st 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
	£	£
INCOME		
Donations	10,663	9,176
Total Income	10,663	9,176
EXPENSES		
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
Net Surplus for the year	2,041	150
Funds in hand at 31 December	-	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