

GIRLS FLOW FREE

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31st 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 Menstrual 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 Menstrual 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.
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 2023 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

RECEIPTS AND PAYMENTS ACCOUNTS

	2023	2022
	£	£
INCOME		
Donations	1,595	10,663
Total Income	<u>1,595</u>	<u>10,663</u>
EXPENSES		
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	<u>-</u>	<u>-</u>
	<u>4,736</u>	<u>8,623</u>
Net (Deficit)/Surplus for the year	(3,141)	2,041
Cash Funds last year end	<u>3,739</u>	<u>1,698</u>
	<u>598</u>	<u>3,739</u>

The receipts and payment accounts was approved on

SIGNED ON BEHALF OF THE BOARD BY:

NAME:

STATUS

TRUSTEE