



**LIFE CHANGING
SERVICES**
by Women, for *women*

Unaudited Trustees' Report and Financial Statements

for the period ended
31 March 2025



Charity Number. 1188070

www.mysistershouse.info |
office@mysistershouse.info | 01243 697800

MY SISTERS' HOUSE

WOMEN'S CENTRE

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Bognor Regis Office, 108b/c London Road Bognor Regis, PO21 1BD

Reference and Administrative Details of the Charity, Trustees and Advisers

For the period ended 31 March 2025

Trustees



Chair of Trustees - Dianne Smith

Sylvie Collier (Resigned 21 October 2025)

Louise Hastings (Resigned 21 October 2025)

Stephanie Emery

Kim Hosier

Anya Roberts-Blake (Appointed 24 June 2025)

Joanna McSweeney (Appointed 24 June 2025)

Allison Galbraith (Appointed 30 June 2025)

Louise Rigglesford (Appointed 30 June 2025)

Joy Garbett (Appointed 21 October 2025)

Chief Executive Officer



Lucy Budge (Resigned 30 September 2024)

Avril Robinson (Appointed 31 December 2024)

Registered Charity No.

1188070

Principal office

108b/c London Road, Bognor Regis

West Sussex PO21 1BD

Telephone

01243 697800

Website

www.mysistershouse.info

Accountants

Kreston Reeves

9 Donnington Park, Chichester

West Sussex PO20 7AJ

Bankers The Co-operative Bank

164/165 Western Road

Brighton, East Sussex BN1 2BB

CAF Bank

25 Kings Hill Avenue

Kings Hill, West Malling

Kent ME19 4JQ

Trustees Report for the period ended 31 March 2025

The Trustees are proud to present their report and the unaudited financial statements for the thirteen-month period ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 2 to the financial statements and comply with the “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)” (as amended for accounting periods commencing from 1 January 2019) and the Charities Act 2011.



My Sisters' House

OUR CORE VALUES



Woman Focused

Working from a feminist perspective through tailored support

Professional

Delivering quality and excellence in everything we do



Compassionate

Responding empathetically and without judgement

Having Integrity

Acting with responsibility in an authentic way



Collaborative

Working in respectful partnership and cooperation with others

Inclusive

Delivering safe, equitable and accessible service



Organisational Purpose

The purpose of My Sisters' House CIO, as set out in our governing document, is to relieve the needs of women in West Sussex who have complex needs - in particular, but not exclusively, who have suffered domestic and/or child abuse - through the provision of information, workshops and support groups.



Objectives and Activities

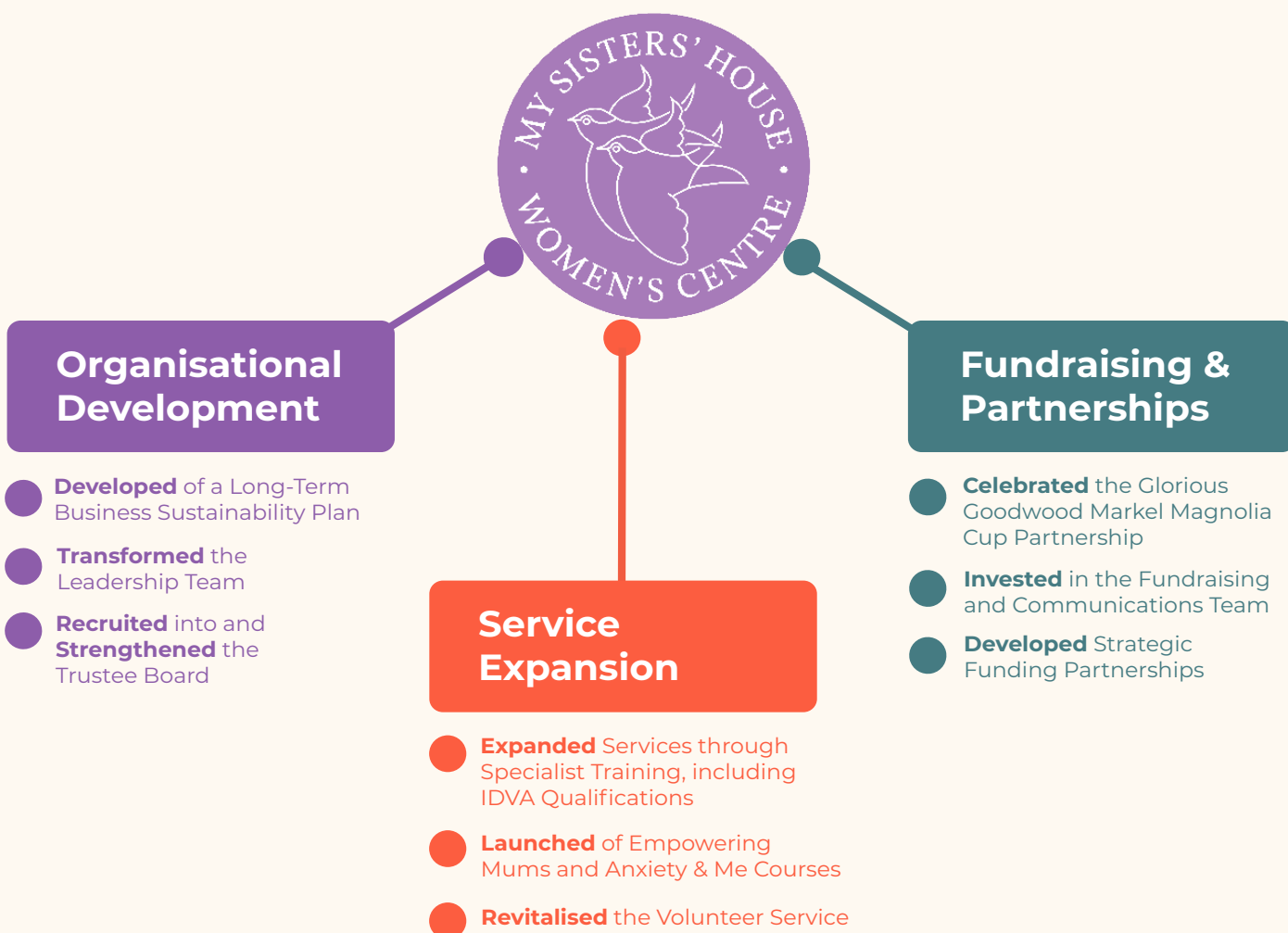
Our Vision and Purpose

Our vision is simple but powerful: that no woman in our community should face abuse, poverty, or poor mental health without access to the support she needs to live a safe, fulfilling life.

We work to make this vision a reality by providing free of charge, accessible, high-quality services, and by raising awareness of the challenges women face - often behind closed doors. We also campaign locally and nationally to help shape a society where all women can thrive.

My Sisters' House Women's Centre (MSH) are committed to creating a community in which every woman feels safe, valued and supported-regardless of her background, circumstances or stage in life.

Top Achievements in 2024-2025



How We Work

Our approach is rooted in a feminist, women-centred perspective. We understand that many of the issues women face are interconnected and shaped by wider social inequalities. We tailor our support to each individual, focusing on choice, empowerment and trust.

We are guided by six core values that underpin everything we do:

- We are proud to be a lifeline for approximately 2,000 women every year and - with the support of our community, partners and patrons - we are continuing to grow our reach and deepen our impact.
- We support women in the Arun and Chichester Districts who are experiencing multiple disadvantage due to a combination of complex and overlapping problems, including histories of physical, emotional, sexual and economic abuse, addiction, social isolation, unemployment, homelessness, trauma and mental health problems.
- Reducing the barriers that prevent women from accessing and benefiting from community support is a central part of our work. These barriers can include shame, fear of not being believed, negative perceptions of support services, feelings of hopelessness, or not yet feeling ready to seek help.



What do we do?

Operating from premises in Bognor Regis and Chichester, My Sisters' House Women's Centre offers the confidential support of specialist staff with knowledge and experience of first response, domestic abuse, resettlement, housing and finance, skills and employability, and mental and emotional well-being.

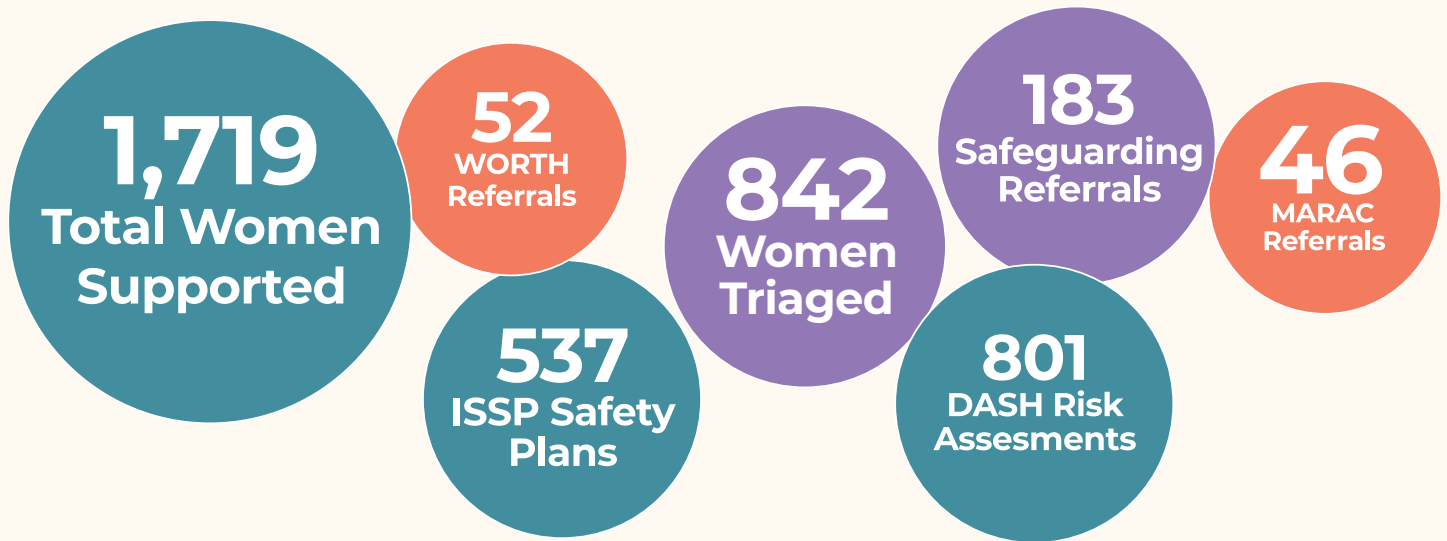
The team of staff helps and supports by providing one-to-one key work and coaching, counselling, peer support groups, courses and workshops, creative and holistic well-being and welfare support, and practical support.

Our varied programme of activities and events provides a vital sense of safety and community, which, in turn, reduces isolation, improves women's confidence and well-being, and increases the ability to feel empowered to effect real change. Through our domestic abuse support, we aim to improve safety and break cycles, including inter-generational cycles of trauma and abuse.



Our Core and Wraparound Services

Achievements and Performance



Safety & Welfare Support:

- 56 clients received items of safety equipment - door-jammers, ring doorbells and personal alarms
- 600 food bank vouchers were issued to 287 clients
- 462 toiletry bags were issued to 245 clients
- 82 bundles of children's clothing were issued to 50 clients (Little Bundles Arun & Chichester)
- 17 clients were provided with money from our Crisis Fund
- 4 clients were issued with a laptop



First Response and Domestic Abuse

We are currently facing several significant challenges that affect service delivery and capacity. Transformative measures have been put in place, including a revised model of service provision and support, to improve the safety and well-being of women – our clients, our staff and our volunteers. Demand for domestic abuse (DA) support continues to outstrip our capacity, with waiting times for key worker support steadily increasing. Training requirements for Independent Domestic Violence Advisors (IDVAs) also create temporary staffing gaps, with team members spending up to four months in reduced front-line roles. At the same time, we are seeing both higher numbers of domestic abuse cases and greater severity of risk, alongside more clients presenting with unmanaged mental health needs. Legal barriers also remain a concern, with rising complexity and reduced access to legal aid slowing clients' progress.

Despite these pressures, we have achieved **strong progress**. Our First Response Team Lead qualified as both an IDVA and an Independent Sexual Violence Advisor (ISVA). Three more team members are currently training as IDVAs, with further staff due to begin training later this year, bringing us to a total of eight qualified IDVAs by the end of 2025.

Our safeguarding work has also strengthened. New MARAC (Multi-Agency Risk Assessment Conference) protocols have been introduced to increase perpetrator accountability and improve recording of domestic abuse crimes. We have contributed actively to Pan Sussex Domestic Abuse Related Death Reviews (DARDR), including producing an Independent Management Report.

Service improvements have included:

- Establishing a Senior IDVA role and integrating the Resettlement post into the DA team, now comprising seven staff.
- Enhancing triage with a revised form and prioritisation system, ensuring those at highest risk are reached more quickly and supported with Individual Safety and Support Plans (ISSP) where needed.
- Providing suicide prevention training and safety planning, recognising the rising risk of suicide among those we support.
- Introducing a risk allocation matrix to ensure high-risk cases are prioritised effectively.
- Maintaining strong feedback from our group programmes, with Healthy Relationships and Boundaries and Stronger Futures continuing to be in high demand.

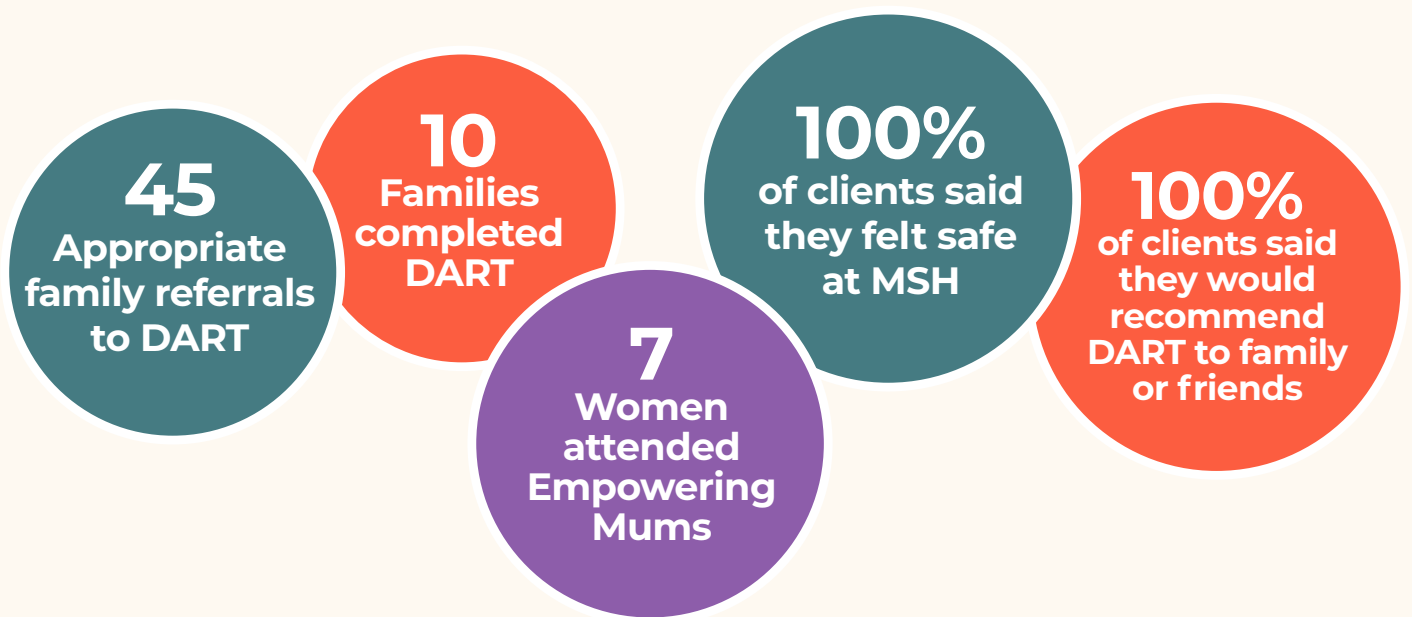
Looking ahead

Our priorities for the year ahead include:

- Expanding IDVA training to further increase front-line capacity.
- Continuing to strengthen our multi-agency partnerships and safeguarding work.
- Reducing waiting times for support through improved triage and prioritisation.
- Building on suicide prevention measures to better respond to clients at acute risk



Domestic Abuse Recovering Together (DART)



Challenges

The DART Service faced several significant challenges over the last year. Referrals from external agencies increased substantially, and while not all referrals are always appropriate, each requires careful assessment. Clients and their children (aged 7-14 years) are presenting with increasingly complex needs, requiring more intensive management within courses and ongoing follow-up, including collaboration with external agencies, Team Around the Family (TAF) meetings, and support with child contact or court-related matters.

Achievements

Despite these challenges, the DART Service has made significant progress over the past year. The launch of the Empowering Mothers course has helped to reduce waiting lists, streamline applications, and provide participants with greater empowerment and knowledge. We have improved the quality of our data and impact reporting through new feedback forms aligned with outcome measures. Service delivery has also been adapted pro actively, including the introduction of the Empowering Mums course to help manage case-loads while expanding client support.

Cost efficiencies were achieved without impacting service quality, and engagement with volunteers and social work students continues to provide valuable, no-cost support.

Rising referrals demonstrate the growing reputation of DART as a first-class service. We have effectively managed the increasing complexity of children's needs, including improvements in school attendance following involvement, and updated DART criteria and outcomes to reflect the evolving scope of the service.

Future Plans

Looking ahead to 2025–2026, we have several key plans to enhance and expand the DART Service:

- Launch the Younger Futures pilot in September 2025, providing targeted support to individuals aged 15–19 and strengthening early intervention.
- Two DART team members will complete Safe Lives Young Persons IDVA training, expanding our capacity to support young people affected by domestic abuse.
- Hold DART reunions over the summer, reconnecting with past participants and gathering feedback to inform future service development and impact measurement.
- Renaming our DART services to RISE Together, reflecting the extension of services provided.

DART Testimonial

Sarah's* Story (*name changed for confidentiality)

In November 2021, Sarah was referred to My Sisters' House by her solicitor after experiencing coercive control, and emotional and physical abuse. She had already left the relationship but was struggling to rebuild her confidence and support her children.

After raising concerns about her children's safety, MSH made safeguarding referrals and continued to provide emotional and practical support. In 2023, Sarah and her daughter joined the DART programme. Sarah describes this as "life-changing": her daughter became happier and more confident, and Sarah's own self-esteem grew significantly. Friends and staff alike noticed the positive changes in both mother and child.

The ongoing support from MSH - including a DART reunion and well-being check-ins during difficult court proceedings - helped Sarah to feel less alone and more resilient. She told us:

"When I first came to MSH, I was broken. I was scared, unable to make decisions, and felt completely alone. MSH listened, didn't judge, and cared when I felt no-one else did. The DART programme gave my daughter and me the strength to move forward. I'm now proud of who I am, my children are safe, and I've found the courage to pursue my dream job. I'll always be grateful for the support I've received."



Wraparound Services - Finance & Housing, Counselling, Thrive and Legal

£409,680
Financial Gains

35
Clients attended
183 Thrive
Live Positively
Sessions

156
Clients were
referred for a free
half hour solicitors
appointment

82
Clients received
an average of
8 sessions of
free counselling

Challenges

This year has brought several challenges affecting operations and service delivery. Staffing pressures have been significant, with the loss of three team members across the Resettlement, Thrive, and Counselling teams. Recruitment for these roles has been difficult, placing additional pressure on existing staff and limiting service capacity. Staff sickness has further reduced resilience within teams, affecting the consistency of support. At the end of 2023–2024, a dip in staff motivation and trust required attention and support from leadership.

The availability of suitable, private spaces at our Chichester Hub continues to be a concern, limiting confidential client sessions and contributing to operational strain. Across the organisation, client needs have grown both in volume and complexity, prompting a wider review of structures, processes, and policies - a necessary step forward despite the pressures faced. Services, particularly Thrive, have undergone critical review and development, reflecting both challenges and our commitment to continuous improvement.

Achievements

Despite these pressures, all services have continued to provide high-quality, client-focused support. Improvements in data collection and reporting have strengthened our ability to measure impact and inform service development.

Thrive has undergone a comprehensive review, introduced the Anxiety & Me Group and recruited a full-time Thrive Complex Needs Worker to meet increasing client demand. The Finance and Housing service has been strengthened with a full-time Complex Needs Worker role and a Team Lead position, creating more structured and consistent

support. The recruitment of a dedicated Counselling Coordinator has improved leadership and cohesion within the counselling team.

We have expanded our Chichester Hub service offering, making My Sisters' House more accessible to women across a wider geographical area. The review and development of internal structures, processes, and policies have been crucial in future proofing the organisation and ensuring we are equipped to meet the evolving needs of the women we support.

Future Plans

Looking ahead, we will continue to build on these achievements by:

- Strengthening recruitment and retention strategies to ensure consistent staffing across all wraparound services.
- Expanding Thrive and Counselling support to respond to growing mental health and complex needs among clients.
- Continuing to develop Finance & Housing provision, improving accessibility and capacity to meet rising demand.
- Reviewing and optimising service delivery spaces at Chichester to enhance privacy and operational efficiency.
- is undertaking a comprehensive review of the Counselling Service, including its processes, eligibility criteria, objectives, and alignment with BACP standards.

All our core and wraparound services are offered free of charge.

Operations

Challenges

While progress has been made across our operational systems and facilities, challenges remain. Office space continues to be limited, particularly as our client-facing teams have expanded. This restricts capacity and puts pressure on our ability to provide confidential meeting areas. The Chichester Hub requires refurbishment and the creation of additional private spaces to ensure client safety and comfort.

Achievements

We have made significant strides in improving data collection and service efficiency through the introduction of new online forms and templates. Key developments include the creation of integrated forms within Modus, our CRM system, for triage, counselling assessments and evaluations, case reviews, exit forms, suicide safety plans, and goal setting within the Thrive programme. These forms now feed directly into client records, replacing manual processes and enabling the generation of detailed management reports for service analysis and development.

The use of Microsoft Forms has further enhanced operations, supporting online referrals into services such as DART, counselling, and group programmes, while also capturing valuable feedback. These tools have improved monitoring of clinical supervisions and staff training, enabling us to produce higher-quality monthly reports, stronger impact reports for funders, and ad-hoc analysis to inform strategic decision-making.

Facilities have also been upgraded. At the Bognor Regis Hub, a dedicated training room has been created, complete with a large-screen monitor to support group sessions. The reception area and counselling rooms were refurbished with new flooring, modern furnishings, and a refreshed colour scheme, creating a welcoming and professional environment. A new kitchenette was installed, providing added comfort for staff, volunteers, and clients. Windows were fitted with thermal film and blinds, helping create a warm, welcoming and safe space for all.



Future Plans

Looking ahead to 2025–2026, our priorities include:

- Evaluating and addressing the shortage of office and meeting space across our Hubs.
- Refurbishing the Chichester Hub, with a focus on creating additional private client meeting rooms.
- Continuing to enhance our CRM and reporting systems to ensure high-quality data supports service development and strategic planning.
- Building on recent facility upgrades to maintain safe, welcoming, and professional environments for staff, volunteers, and clients.

Fundraising and Communications

Challenges

This year has been one of transition for our fundraising and communications work. The arrival of new staff into key roles meant that much of the focus was on settling in to newly-created posts and building the systems needed to support future growth. Alongside this, MSH faced the ongoing challenge of diversifying its income streams to ensure long-term sustainability. Balancing these priorities while maintaining existing activity has required careful management and planning.

Achievements

2024 began with the exciting news that My Sisters' House had been selected as the chosen charity for the Glorious Goodwood Markel Magnolia Cup 2024. The MSH team is extremely grateful to the Duke and Duchess of Richmond, the corporate sponsors, the jockeys, and the Goodwood staff for their generous support.

The week-long event was a tremendous success. Daily bucket collections raised £9,077, while the 11 female jockeys collectively raised £96,415. Corporate sponsors contributed £110,000, and the Regency Ball raffle generated a further £53,260. In total, the event raised a gross income of £313,172—the second-highest fundraising total in its twelve-year history. Our proximity to Goodwood has helped us nurture these relationships and secure ongoing donations of raffle prizes for future fundraising activities.

This vital funding stabilised our income following a challenging 2023–2024 and enabled us to diversify our fundraising streams. In August, we welcomed a new Senior Fundraiser and Communications Manager to lead the development of the Fundraising and Communications Team, followed shortly by the creation of a Trusts and Grants Fundraising Officer and a Community Fundraising Officer. Over the next several months, these positions enabled applications and community activities aimed at securing both restricted and unrestricted income for 2025–2026.

We also participated in the Big Give Women and Girls Campaign, raising £8,000 from public donations—matched by the Big Give Foundation to double the impact of our campaign. We remain deeply grateful to all our supporters, including Winter's Moon, The Roddick Foundation, National Lottery Community Fund, People's Postcode Lottery, Inner Wheel, Another Way Foundation, Sussex Community Foundation, and other extremely generous funders.

Alongside this incredible fundraising, we were also the grateful recipients of generous in-kind donations from our community and local businesses. Toiletry donations, with a value of £23,472, provided a direct and practical lifeline for the women we support. These gifts not only eased financial pressure on the charity but also reminded the women receiving them that their community cares. We are so thankful for this continued kindness and solidarity.



Our Communications Team has strengthened engagement with supporters through a twice-monthly e-newsletter, providing updates on activities, service impact, donor acknowledgements, and organisational developments. Our website received a visual refresh, including improved content and navigation to enhance accessibility.

We took part in key awareness-raising campaigns, including 16 Days of Activism and International Women's Day, which provided valuable insight into audience engagement and will guide future awareness and fundraising initiatives.

Future Plans

Looking ahead, the team plans to:

- Continue diversifying our fundraising streams to secure sustainable income for core and project activities.
- Expand digital communications, exploring new platforms and technologies to engage supporters (and future supporters) more effectively.
- Build on relationships with corporate partners and trusts to maximise long-term relationships and fundraising potential.
- Increase public awareness campaigns to enhance visibility and promote our services to women in need.



Volunteers

100+
Groups
Supported

24
Active
Volunteers

688
DA Wellbeing
Calls Made

Challenges

As with many charities, sustaining a large and varied volunteer base brings challenges. Balancing training needs, supervision, and ensuring volunteers feel supported requires ongoing investment of staff time and resources. In a year of high demand and organisational change, maintaining this balance has been essential but sometimes difficult.

Achievements

Volunteers remain integral to the work of My Sisters' House Women's Centre. This year, we have had between 40 and 50 active volunteers at any given time, collectively contributing thousands of hours and creating significant social value.

Our volunteer-facilitated Wellbeing Team has provided a vital "step-down" support service, ensuring clients continue to feel held and supported once their main programme of work has concluded. Volunteers have also supported staff in the facilitation of groups, courses, and workshops, as well as providing vital administrative and event support.

We are particularly proud that several volunteers have successfully moved into paid employment at MSH, demonstrating both the strength of our volunteer programme and the skills and confidence it helps to build.



Future Plans

Looking ahead, our focus will be on:

- Expanding training and development opportunities to better equip volunteers for their roles.
- Strengthening volunteer supervision and well-being support, ensuring volunteers feel valued and sustained.
- Growing our volunteer base to meet increased service demand, while continuing to nurture pathways into employment.
- We are enormously grateful to all our volunteers for their commitment, loyalty, and kindness, and for the difference they make every day in the lives of women across our community.



Structure, Governance and Management

My Sisters' House has been a Charitable Incorporated Organisation (CIO) since February 2020 and is governed by a Board of Trustees.

The Board of Trustees

The Chair of Trustees is an experienced and skilled Chair, and the other Trustees have been recruited for their range of professional skills and experience. We have Trustees with expertise in safeguarding, delivering women's services, business, and finance. Our trustee recruitment process is a three-part process:

- Initial discussion with the CEO who will review the candidate's CV or résumé and ask them to complete a skills audit
- Invitation to meet with the Chair to discuss more fully the role and responsibilities of trusteeship and governance matters
- Observation of a Board meeting followed by Trustees discussions as to the candidate's suitability before inviting them to join the Board.

Following recruitment, all new Trustees will be invited to attend a Senior Management Team meeting, and to join a Committee, which is appropriate to their skill set and areas of expertise and interest.

Senior Leadership Team

Day-to-day management of My Sisters' House Women's Centre is the responsibility of the CEO.

The CEO commenced maternity leave in February 2024 and, upon appointment in March 2024, the Deputy CEO assumed immediate responsibility as Acting CEO.

During this financial year a re-structuring of the Senior Management Team (SLT) led to a more integrated approach to communications and decision-making at both strategic and operational levels. The purpose of the organisation was re-stated and the entire MSH team of staff was involved in developing MSH's organisational values. A three-year strategic plan was developed jointly by the Board and SLT, and the plan's five strategic

priorities continue to inform MSH's operational matters, which are monitored and reviewed at regular intervals by the relevant Committees.

A small number of new roles were created this year, with internal progression and recognition taking priority. A new Head of Services role was introduced to ensure the highest rigour in all areas of service provision, and to ensure that governance structures were improved for the continued safety and satisfaction of clients, staff and volunteers. Work towards achieving the Safe Lives Leading Light Accreditation was commenced in this financial year and it is anticipated that MSH will be awarded accreditation in 2025-2026.

A Senior Operations Manager post was created to ensure improved management and maintenance of estates and facilities across both MSH sites, and a Front of House First Response post was approved by the Board to further streamline triage and professionalise all reception activities to ensure accessibility to services is as straightforward as possible.

Reviewing staff-to-client ratios was another important focus of our work this year with a move towards a more sustainable model of delivery. Primarily this was to safeguard the well-being of our staff. Where possible, additional hours were offered to existing staff before being channelled into new key worker roles to buttress service delivery.

A review of all training and development (T&D) was also undertaken this year to ensure that staff and volunteers feel supported, motivated, safe and well equipped to perform in their roles. A T&D matrix was created to monitor and review all areas of CPD, and, for the first time, a modest budget of unrestricted expenditure was allocated to T&D to enable colleagues to consider courses and workshops external to MSH. This investment was actioned in tandem with a drive to increase the number of qualified Independent Domestic Violence Advisors (IDVAs) within the Domestic Abuse Team. This was made possible by securing restricted funding for Safe Lives Foundation courses and we are grateful to our extremely generous donor who has enabled us to further professionalise our services and strengthen our delivery.

This year, the Board recognised the importance and timeliness of investing in the Fundraising Team to ensure that diversification of funding can be realised over the next three-year period. A strategic fundraising plan is now in place to develop a portfolio approach to income generation, and a communications plan informs work to further raise the profile of MSH, strengthen its reputation and, importantly, engage with the local community to garner greater support.

Due to the financial challenges in 2023-2024, no salary increase was awarded for the current financial year, and the pay scale remained at the NJC 2021 level plus 3%. During the budgeting process for 2025-2026, the Board agreed a 5% increase in salaries and tasked the CEO to undertake a benchmarking exercise to aid budgeting discussions for financial year 2026-2027.

Financial Review

The financial period ending 31 March 2025 has been one of resilience for the Charity. Despite ongoing uncertainties, the charity continued to deliver impact across all its core programmes.

Income

Total income for the year was £975,637 (2024: £734,449), representing a 33% increase on the previous year. This growth was primarily due to the fact that My Sisters' House was the official charity for the 2024 Markel Magnolia Cup at the Qatar Goodwood Festival. Total income from this event amounted to 32% of total annual income.

The income comprised both restricted and unrestricted funds, with:

- £453,091 (46%) (2024: £493,924) received as restricted income, and
- £522,546 (54%) (2024: £240,525) received as unrestricted income.

Restricted income was primarily received from key funders and was designated for specific projects.

Unrestricted income included individual donations and general fundraising activities. These funds are crucial in enabling the charity to respond flexibly to emerging needs and to support core operational costs not covered by project-specific grants.

Income diversification remains a strategic priority for the charity, and we continue to explore new income streams and donor relationships to ensure long-term financial sustainability.

Expenditure

Total expenditure for the year amounted to £760,916 (2024: £633,637), and, of this, 99% was spent directly on charitable activities, reflecting the charity's commitment to delivering its mission. Costs were carefully managed, and unrestricted funds were used judiciously to support areas where restricted funding was not available.

Of the total expenditure:

£576,829 (76%) (2024: £458,690) was funded through restricted income, which was applied in accordance with donor conditions and grant agreements. These funds supported specific programmes including Domestic Abuse Recovery, First Response and Domestic Abuse, Employability, Finance and Resettlement to name but a few.

£184,087 (24%) (2024: £174,947) was covered by unrestricted funds, which provided essential flexibility to cover core costs, administrative support, and project elements not eligible for restricted funding. This included management and support services, fundraising and unrestricted elements of programme delivery.

The Trustees are satisfied that all restricted funds were appropriately spent in line with the funders' intentions, and unrestricted funds were applied in a targeted manner to maximise impact

and ensure financial sustainability. No transfers between funds were made during the year without donor consent.

There was net movement in funds during the year of £214,721 (2024: £100,812). At the end of the year, net movement in restricted funds was (£124,168) (2024: £28,081), making net movement in unrestricted funds at the end of the year £338,889 (2024: £72,731).

Risk

The Board is currently undertaking a review of the MSH Risk Register. Once completed, all areas of risk will be continually reviewed, and systems and procedures updated to manage and mitigate those risks. The Risk Register will be reviewed bi-annually by the Board following intensive interrogation by Committees on a quarterly basis.

Reserves Policy

It is the policy of the Trustees to establish and maintain free reserves at a level sufficient to enable the Charity to continue to deliver its range of services during periods of lower income and meet all responsibilities in the case of closure.

My Sisters' House CIO has maintained this method for the continuous assessment of risk, including a valuation of the level of reserves that we might need based on the review of each of our current services and the flow of funds.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to at least six months' expenditure (excluding funded projects); this is to allow the charity to be managed efficiently and to provide a buffer for uninterrupted services.

The view of the Trustees for the year of the overall position of the charity at the year-end was the balance of funds was sufficient to continue to operate charitable services at the levels agreed, and there are sufficient liquid assets to enable restricted and designated funds to be applied, as necessary.

The total funds held at the balance sheet date were £563,251 (2024: £348,530) which includes £63,652 (2024: £187,820) held in restricted funds

and £13,240 (2024: £25,464) held as tangible fixed assets. This gives free reserves of £486,359 (2024: £135,246).

Going Concern

The Trustees have considered whether it is appropriate to prepare the financial statements on a going concern basis. This includes assessing whether there are any material uncertainties arising from events or conditions that could cast significant doubt on the charity's ability to continue operating. In making this assessment, the Trustees have reviewed a period of at least twelve months from the date the financial statements are authorised for issue. They are satisfied that the charity has adequate resources to continue in operational existence for the foreseeable future. Accordingly, the Trustees consider it appropriate to adopt the going concern basis of accounting in preparing these financial statements.

Plans for the Future

During 2024–2025, we set a bold new ambition and shifted our culture.

Looking ahead, our priorities will include:

- Investing in income-generation programmes to fuel sustainable growth
- Enhancing service delivery through rigorous financial discipline
- Strengthening team resilience and well-being

These steps will move us from reactive challenge management to proactive, goal-driven strategies that deliver lasting impact.

Continuous review and agile development remain at the heart of our approach. We will adapt our services to the evolving needs of women, letting their complex, multifaceted experiences shape our decisions. Listening to those with lived experience, we shall continue to sharpen our impact and move closer to our mission: ensuring every woman and girl feels safe, supported, and empowered.

Public Benefit

The Trustees confirm that they have followed the Charity Commission's guidance on public benefit when reviewing the charity's aims, objectives and activities. They are satisfied that the charity's work continues to deliver meaningful public benefit in line with these requirements.

Conclusion

The Board of Trustees wishes to express thanks to all staff and volunteers who consistently work so hard to provide such high-quality support to our clients in the face of challenges and an unpredictable broader landscape. We are also ever grateful to our funders, large and small, for invaluable resources, which enable us to remain responsive in meeting the changing and increasing needs of the women we have been called to serve.

Approved by order of the members of the Board of Trustees on and signed on their behalf by:

Dianne Smith

Chair of Trustees



Date: 21 October 2025



Statement of Trustees' responsibilities

For the Period Ended 31 March 2025

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They 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 order of the members of the board of Trustees and signed on its behalf by:



21 October 2025

D Smith

Date:

Independent Examiner's Report

For the Period Ended 31 March 2025

Independent Examiner's Report to the Trustees of My Sisters' House CIO ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the period ended 31 March 2025.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's

Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed: 

Dated: 3 December 2025

Lucy Hammond BSc FCA

Kreston Reeves LLP
Chartered Accountants
9 Donnington Park
85 Birdham Road
Chichester, West Sussex PO20 7AJ

Statement of Financial Activities For the Period Ended 31 March 2025

		Restricted Funds 13 months ended 31 March 2025	Unrestricted Funds 13 months ended 31 March 2025	Total Funds 13 months ended 31 March 2025	Total Funds 2024
	Note	£	£	£	£
Income from:					
Donations and legacies	3	-	480,254	480,254	83,483
Charitable Activities	4	453,091	38,718	491,809	648,959
Other Income	5	-	3,574	3,574	2,007
Total Income		453,091	522,546	975,637	734,449
Expenditure on:					
Raising Funds		-	7,399	7,399	1,263
Charitable Activities	6	576,829	176,688	753,517	632,374
Total Expenditure		576,829	184,087	760,916	633,637
Net (Expenditure) / Income					
Transfers between funds					
		(123,738)	338,459	214,721	100,812
		(430)	430	-	-
Net Movement in Funds		(124,168)	338,889	214,721	100,812
Reconciliation of Funds:					
Total Funds Brought Forward		187,820	160,710	348,530	247,718
Net Movement in Funds		(124,168)	338,889	214,721	100,812
Total Funds carried forward		63,652	499,599	563,251	348,530

The Statement of Financial Activities includes all gains and losses recognised in the period. The notes on pages 27 to 40 form part of these financial statements.

Balance Sheet As at 31 March 2025

	Note		31 March 2025 £		29 February 2024 £
Fixed assets					
Tangible assets	10		13,240 13,240		15,660 15,660
Current assets					
Debtors	11	280,887		11,810	
Cash at Bank and in hand		594,840 875,727		345,632 357,442	
Creditors: Amounts falling due within one year	12	(325,716)		(24,572)	
Net Current Assets			550,011		332,870
Total assets less current liabilities			563,251		348,530
Total Net Assets			563,251		348,530
Restricted funds			63,652		187,820
Unrestricted funds			499,599		160,710
Total funds			563,251		348,530

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

D Smith
Trustee



Date: 21 October 2025

The notes on pages 27 to 40 form part of these financial statements.

Statement of Cash Flows For the Period Ended 31 March 2025

	Note	2025 £	2024 £
Cash flows from operating activities			
Net cash used in operating activities	15	255,243	115,249
Cash flows from investing activities			
Purchase of tangible fixed assets		(6,055)	(2,399)
Net cash used in investing activities		(6,055)	(2,399)
Change in cash and cash equivalents in the period		249,188	112,850
Cash and cash equivalents at the beginning of the period		345,632	232,782
Cash and cash equivalents at the end of the period	16	594,820	345,632

The notes on pages 27 to 40 form part of these financial statements.

Notes to the Financial Statements

For the Period Ended 31 March 2025

1. General information

My Sisters' House CIO is a charitable incorporated organisation.

The figures in the financial statements are presented in sterling and have been rounded to the nearest £1.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

My Sisters' House CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Trustees assess whether the use of going concern is appropriate ie whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees make this assessment in respect of a period of at least one year from the date of authorisation for issue of the financial statements and have concluded that the Charity has adequate resources to continue

in operational existence for the foreseeable future and there are no material uncertainties about the Charity's ability to continue as a going concern, thus they continue to adopt the going concern basis of accounting in preparing the financial statements.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Fixtures and fittings - 20% Straight line

Computer equipment - 20% Straight line

2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.9 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.10 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Notes to the Financial Statements For the Period Ended 31 March 2025

3. Income from donations and legacies

	Restricted Funds 2025 £	Unrestricted Funds 2025 £	Total Funds 2025 £
Donations	-	480,254	480,254

	Restricted Funds 2024 £	Unrestricted Funds 2024 £	Total Funds 2024 £
Donations	6,119	77,364	83,483

4. Income from charitable activities

	Restricted Funds 2025 £	Unrestricted Funds 2025 £	Total Funds 2025 £
Income from charitable activities - Trading	-	101	101
Income from charitable activities - Grants	453,091 453,091	38,617 38,718	491,708 491,809

	Restricted Funds 2024 £	Unrestricted Funds 2024 £	Total Funds 2024 £
Income from charitable activities - Trading	-	-	-
Income from charitable activities - Grants	- 487,805 487,805	2,000 159,154 161,154	2,000 646,959 648,959

Notes to the Financial Statements For the Period Ended 31 March 2025

5. Other incoming resources

	Unrestricted Funds 2025 £	Total Funds 2025 £
Bank interest received	3,574	3,574

	Unrestricted Funds 2024 £	Total Funds 2024 £
Bank interest received	2,007	2,007

6. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Support costs 2025 £	Total Funds 2025 £
Services to support women	728,811	24,706	753,517

	Activities undertaken directly 2024 £	Support costs 2024 £	Total Funds 2024 £
Services to support women	627,595	4,779	632,374

Notes to the Financial Statements For the Period Ended 31 March 2025

6. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Services to Support women 2025 £	Total funds 2025 £
Staff costs	545,527	545,527
Depreciation	8,475	8,475
Staff training	6,586	6,586
Staff/Volunteer Welfare	2,322	2,322
Rent	37,334	37,334
Light and heat	7,783	7,783
Equipment	5,468	5,468
IT costs	8,983	8,983
Travel costs	425	425
Legal fees	6,721	6,721
Consulting fees	18,190	18,190
Advertising, marketing and website	2,809	2,809
Telephone and internet	7,831	7,831
Subscriptions	2,080	2,080
Postage	404	404
Printing and stationery	1,864	1,864
Facilitator and client welfare costs	52,458	52,458
Cleaning	5,126	5,126
General expenses	6,488	6,488
Insurance	1,937	1,937
	728,811	728,811

Included within direct costs is expenditure from restricted funds of £576,829 (2024: £458,608).

**Notes to the Financial Statements
For the Period Ended 31 March 2025**

6. Analysis of direct costs (continued)

	Services to Support Women 2024 £	Total funds 2024 £
Staff costs	508,946	508,946
Depreciation	6,947	6,947
Staff training	3,205	3,205
Staff/Volunteer Welfare	6,431	6,431
Rent	30,165	30,165
Light and heat	2,347	2,347
Equipment	3,041	3,041
IT costs	10,415	10,415
Travel costs	871	871
Legal fees	8,500	8,500
Consulting fees	1,584	1,584
Advertising, marketing and web	2,039	2,039
Telephone and internet	10,882	10,882
Subscriptions	409	409
Postage	9	9
Printing and stationery	1,316	1,316
Facilitator and client welfare cost	21,971	21,971
Cleaning	3,933	3,933
General expenses	2,206	2,206
Insurance	2,378	2,378
	627,595	627,595

Analysis of support costs

	Services to support women 2025 £	Total funds 2025 £
Accountancy Fees (including Independent Examiner's fees & consultancy fees in CFO's absence)	24,706	24,706

	Services to support women 2024 £	Total funds 2024 £
Accountancy fees (including Independent Examiner's fees)	4,779	4,779

Notes to the Financial Statements For the Period Ended 31 March 2025

7. Independent examiner's remuneration

	2025 £	2024 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	1,200	1,200
Fees payable to the Charity's independent examiner in respect of: Accounts preparation and Corporation Tax services	1,800	2,220

8. Staff costs

	2025 £	2024 £
Wages and salaries	504,810	494,278
Social security costs	31,794	6,219
Contribution to defined Contribution pension schemes	8,923	8,449
	545,527	508,946

The average number of persons employed by the Charity during the period was as follows:

	2025 No.	2024 No.
Employees	28	32

No employee received remuneration amounting to more than £60,000 in either year. The total remuneration paid to key management personnel during the year was £121,543 (2024: £142,482).

Notes to the Financial Statements For the Period Ended 31 March 2025

9. Trustees' remuneration and expenses

During the period, no Trustees received any remuneration or other benefits (2024 - £NIL).

During the period ended 31 March 2025, no Trustee expenses have been incurred (2024 - £NIL).

10. Tangible fixed assets

	Fixtures and fittings £	Computer equipment £	Total £
Cost or valuation			
At 1 March 2024	12,497	22,689	35,186
Additions	-	6,055	6,055
At 31 March 2025	12,497	28,744	41,241
Depreciation			
At 1 March 2024	7,338	12,188	19,526
Charge for the period	2,708	5,767	8,475
At 31 March 2025	10,046	17,955	28,001
Net book value			
At 31 March 2025	2,451	10,789	13,240
At 29 February 2024	5,159	10,501	15,660

11. Debtors

	31 March 2025 £	29 February 2024 £
Due within one year		
Trade debtors	268,082	-
Other debtors	4,545	4,648
Prepayments and accrued income	8,260	7,162
	280,887	11,810

Notes to the Financial Statements
For the Period Ended 31 March 2025

12. Creditors: Amounts falling due within one year

	31 March 2025	29 February 2024
	£	£
Trade creditors	17,592	2,617
Other taxation and social security	8,796	5,116
Other creditors	2,546	1,809
Accruals and deferred income	296,782	15,030
	325,716	24,572

Notes to the Financial Statements
For the Period Ended 31 March 2025

13. Statement of funds

Statement of funds - current period

	Balance at 1 March 2024	Income	Expenditure	Transfers in/out	Balance at 31 March 2025
	£	£	£	£	£
Unrestricted funds					
General funds	160,710	522,546	(184,087)	430	499,599
Restricted Funds					
25/26 Counselling	-	5,000	(22)	-	4,978
25/26 DART	-	-	-	8,829	8,829
25/26 EE IDVA	-	-	-	905	905
BHM 365	238	-	(238)	-	-
Chi: Hyde 23/24	2,156	-	(2,156)	-	-
Chi: SCF Rent	8,000	-	(8,000)	-	-
Chi: Settlement ADC	692	9,333	(9,030)	-	995
Chi: Settlement CDC	692	9,333	(8,533)	-	1,492
Core: Counselling	(669)	10,000	(8,231)	-	1,100
Probation	16,053	87,551	(103,604)	-	-
Gmelich	-	4,617	-	-	4,617
Holy Jesus	-	15,000	-	-	15,000
IDVA Training	-	16,773	-	-	16,773
Lions Dream Scheme	700	-	(700)	-	-
Littlehampton Town Council	700	-	(700)	-	-
S&W: P Routledge	3,000	-	-	(3,000)	-
Sara Charlton	7,805	-	(7,805)	-	-
SF DART 22-25	52,590	64,697	(108,458)	(8,829)	-
Eastern European IDVA	37,879	51,070	(88,043)	(906)	-
Stronger Futures: Safe Space	18,477	-	(18,477)	-	-
SL Rader	-	7,695	-	-	7,695
Supp: Artswork	145	-	(145)	-	-
Supp: Live Chat	4,965	-	(4,965)	-	-
Supp: NLCF 22-25	3,980	170,021	(174,001)	-	-
Supp: SCF Crisis Fund	354	-	-	(354)	-
Supp: Suicide Prevention	75	-	-	(75)	-
Thrive	28,720	2,001	(33,721)	3,000	-
Chi: Greggs	1,268	-	-	-	1,268
	187,820	453,091	(576,829)	(430)	63,652
Total of funds	348,530	975,637	(760,916)	-	563,251

Notes to the Financial Statements For the Period Ended 31 March 2025

The purpose of material individual funds are:

25/26 Counselling

Funding from Sussex Community Foundation (SCF) to cover costs for our Counselling Services.

25/26 DART & SF DART 22-25

Funding from Sussex Police and Crime Commissioner to cover costs of our NSPCC Domestic Abuse Recovering Together (DART) Course.

25/26 EE IDVA & Eastern European IDVA

Funding from Sussex Police and Crime Commissioner to cover our Domestic Abuse recovery support for the Eastern European Community.

BHM 365

Funding to cover costs of a project associated with Black History Month 365.

Chi: Hyde 23/24

Funding from The Hyde Group to cover rent costs for our Chichester premises.

Chi: SCF Rent

Funding to cover rent costs for our Chichester premises.

Chi: Settlement ADC & CDC

Funding for a Complex Needs Worker: Resettlement, who works with women who have fled domestic abuse and been housed in the Arun and Chichester Districts.

Core: Counselling

St James Place Fund £10,000 and Big Give £5,000 to cover costs for our Counselling services.

Probation

Funds from Ministry of Justice to cover Senior Leadership Team salaries.

Gmelich

Funding from Goldman Sachs towards the costs of the First Response and Domestic Abuse Services.

Society of The Holy Jesus

Funds to cover costs of our Thrive Programme.

IDVA Training

Private donation to cover several IDVA Courses over a two year period.

Lions Dream Scheme

Funds to help cover the costs of Anxiety Workshops.

Littlehampton Town Council

Funds to help cover the costs of Anxiety Workshops.

S&W: P Routledge

Funding used to help cover the costs of Anxiety Workshops and Confidence Courses.

Sara Charlton

Funding to cover Domestic Abuse Team Lead salary.

Stronger Futures: Safe Space

Funding to cover medium risk Domestic Abuse Peer Recovery Group support.

SL Rader

Funding from Goldman Sachs towards the costs of the in-house Counselling Service.

Supp: Artswork

Funds to cover the costs of a Creative Therapy Project.

Supp: Live Chat

Live Chat instant messaging support service, available via our website, during and out of office hours.

Supp: NLCF 22-25

Funding to cover salary costs of the First Response Team.

Supp: SCF Crisis Fund

Funding used to cover costs of security equipment for clients in need, e.g. door jammers, window locks, video ring doorbells, personal safety alarms, etc.

Supp: Suicide Prevention

Funds received to cover the costs of the Mind Matters Suicide Prevention Project.

Thrive

Funding to cover costs of our Thrive Programme: one-to-one and group coaching in skills and employability.

Chi: Greggs

Used to cover the costs of Chichester Peer Group support.

Stronger Futures: Eastern European IDVA (Independent Domestic Abuse Advocate)

One-to-one medium risk domestic abuse and domestic abuse recovery group support delivered on a 'by and for' basis by members of the Eastern European community, for the Eastern European community. Delivered in Polish, Lithuanian, Latvian, Russian and Ukrainian.

Notes to the Financial Statements
For the Period Ended 31 March 2025

Statement of funds - prior period

	Balance at 1 March 2023	Income	Expenditure	Transfers In / Out	Balance at 29 February 2024
	£	£	£	£	£
Unrestricted funds					
General Funds	87,979	240,525	(174,947)	7,153	160,710
Restricted Funds					
BHM 365	-	500	(262)	-	238
Chi: Hyde 23/24	56	10,000	(7,900)	-	2,156
Chi: SCF Rent	-	8,000	-	-	8,000
Chi: Settlement ADC	7,798	1,867	(8,973)	-	692
Chi: Settlement CDC	7,798	1,867	(8,973)	-	692
Core: Counselling	-	9,819	(10,488)	-	(669)
Core: Probation	6,956	94,988	(85,891)	-	16,053
Lions Dream Scheme	-	700	-	-	700
Littlehampton Town Council	-	700	-	-	700
S&W: P Routledge	-	3,000	-	-	3,000
Sara Charlton	-	10,000	(2,195)	-	7,805
SF DART 22-25	50,924	64,697	(63,031)	-	52,590
SF: Eastern European IDVA	37,738	51,070	(50,929)	-	37,879
SF: Safe Space	15,957	20,237	(17,717)	-	18,477
Step: Aspire	4,565	5,586	(10,151)	-	-
Supp: Artswork	145	-	-	-	145
Supp: Empowerment Fund	657	-	-	(657)	-
Supp: Live Chat	-	10,000	(5,035)	-	4,965
Supp: NLCF 22-25	12,289	154,453	(162,762)	-	3,980
Supp: Rotary Club	1,000	-	(1,000)	-	-
Supp: SCF Crisis Fund	925	-	(571)	-	354
Supp: SCF Wills Fund	517	-	(517)	-	-
Supp: St James' Place	4,575	-	(4,575)	-	-
Supp: Suicide Prevention	75	-	-	-	75
Supp: Toiletries	6,496	-	-	(6,496)	-
Thrive	-	46,440	(17,720)	-	28,720
Chi: Greggs	1,268	-	-	-	1,268
	159,739	493,924	(458,690)	(7,153)	187,820
Total of funds	247,718	734,449	(633,637)	-	348,530

Notes to the Financial Statements
For the Period Ended 31 March 2025

14. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Restricted funds 31 March 2025	Unrestricted funds 31 March 2025	Total funds 31 March 2025
	£	£	£
Tangible fixed assets	-	13,240	13,240
Current assets	63,652	812,075	875,727
Creditors due within one year	-	(325,716)	(325,716)
Total	63,652	499,599	563,251

Analysis of net assets between funds - prior period

	Restricted funds 29 February 2024	Unrestricted funds 29 February 2024	Total funds 29 February 2024
	£	£	£
Tangible fixed assets	-	15,660	15,660
Current assets	189,949	167,493	357,442
Creditors due within one year	(2,129)	(22,443)	(24,572)
Total	187,820	160,710	348,530

15. Reconciliation of net movement in funds to net cash flow from operating activities

	31 March 2025 £	29 February 2024 £
Net income for the period (as per Statement of Financial Activities)	214,721	100,812
Adjustments for:		
Depreciation charges	8,474	6,947
(Increase) / Decrease in debtors	(269,097)	7,593
(Decrease) / Increase in creditors	301,144	(103)
Net cash provided by operating activities	255,242	115,249

Notes to the Financial Statements For the Period Ended 31 March 2025

16. Analysis of cash and cash equivalents

	31 March 2025 £	29 February 2024 £
Cash in hand	594,820	345,632
Total cash and cash equivalents	594,820	345,632

17. Analysis of changes in net debt

	At 1 March 2024 £	Cash flows £	At 31 March 2025 £
Cash at bank and in hand	345,632	249,213	594,845
	345,632	249,213	594,845

18. Operating lease commitments

At 31 March 2025 the Charity had commitments to make future minimum lease payments under noncancellable operating leases as follows:

	31 March 2025 Land and buildings £	29 February 2024 Land and buildings £
Not later than 1 year	34,140	22,035
Later than 1 year and not later than 5 years	26,952	28,500
	61,092	50,535

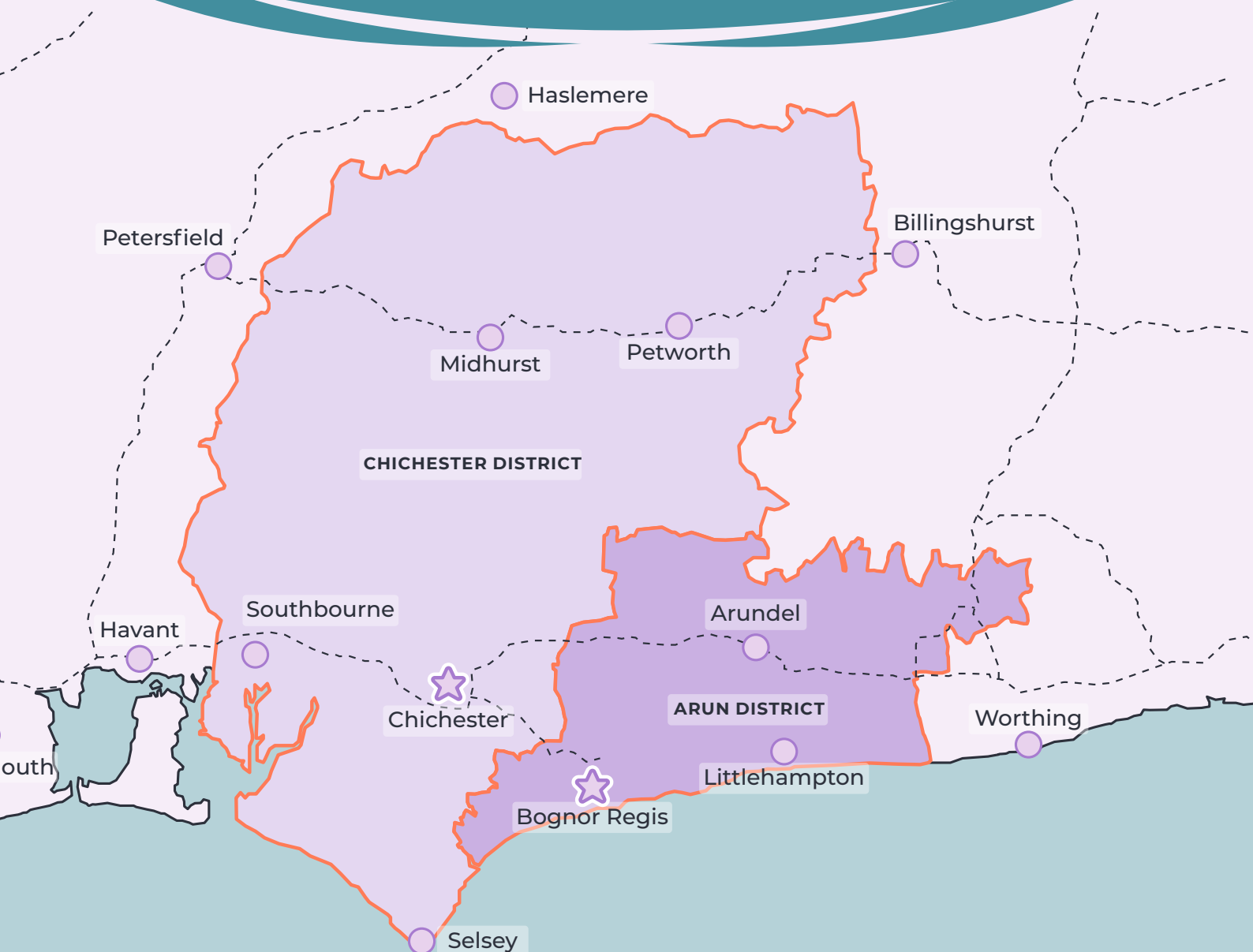
19. Related party transactions

During the year, the Charity received a donation of £20 (2024: £Nil) from a Trustee. There were no conditions attached to this.

There were no other related party transactions during the current or prior year requiring disclosure.



Life changing services by women, for *women.*



★ Our Hubs □ Chichester District □ Arun District --- A roads

Charity Number. 1188070

www.mysistershouse.info | office@mysistershouse.info | 01243 697800