

You My Sister

Trustees' Annual Report

and Accounts for the

year ended 31 December 2022



You My Sister
Report and Financial Statements
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Trustees' Report for the year ended 31 December 2022

The Trustees present their report together with the receipts and payments accounts of You My Sister for the year ended 31 December 2022. The Trustees confirm that the Annual Report and Accounts of the Charity comply with the current statutory requirements, the requirements of the Charity's governing document and the provisions of the Statement of Recommended Practice (SORP).

Objects and activities

The objects of the charity are the relief of people in need as a result of being harmed by commercial sexual exploitation through practical, financial and mental health support and to provide education for the public benefit as to the harms of the sex trade.

Public benefit

The trustees confirm that they have referred to the recommendations contained in the Charity Commission's general guidance on public benefit when reviewing You My Sister's aims and objectives, and in planning activities and setting policies and priorities for the year ahead.

The activities that You My Sister carries out to further its charitable purposes for the public benefit (as described under Achievements and performance below) are guided by the Objects above.

Achievements and performance

This year we ran a range of mental health recovery courses. This included our flagship programme for sex trade survivors. We were also very grateful for offers of free support from seasoned practitioners. A big thank you to John McCormack for running his trauma recovery programme and Dawn Breslin for running her Harmonising Programme. Our offer was almost universally described as 'Excellent' and improved attendees' mental health markers and their ability to manage their mental health.

We developed a process for enabling long term (and wholly peer-run) support by empowering beneficiaries set up their own WhatsApp groups after closely bonding on each of our courses. Some, who previously had nowhere to turn, have stated this is where they now feel they can turn for support.

And we were commissioned by stakeholders to carry out research and training. This included the Women's Support Project to conduct survivor-led research to improve service training and Edinburgh City Council to train key stakeholders on the impact of the sex trade.

Trustees' Report for the year ended 31 December 2022

We received funding towards the end of the year to enable us to continue our work in Scotland.

We also recruited occasional staff workers in varied roles such as admin, advocacy and as programme trainers. This included a number of peer workers (beneficiaries).

Financial review

During the year the Charity received funds totaling £25,136 and made payments of £18,214. The charity held funds on hand of £19,720 at 31 December 2022, comprising £16,784 of restricted funds and £2,936 of unrestricted funds.

Principal funding sources

The charity's principal source of funds is from grants and donations.

Investment policy

The charity does not currently hold sufficient funds to warrant investment. However, the charity banks with The Co-operative Bank plc, which has a sound ethical banking policy.

Reserves policy

The charity holds a small cash balance and is yet to reach an operational level where it has been possible to consider establishing a financial reserve. The Trustees will continue to monitor the charity's finances and will establish a reserves policy when funds allow.

Plans for the future

We look forward in our next year to:

- Continue to run and develop high quality support and training packages
- Secure funding for service delivery
- Increase our longer-term financial security
- Continue outreach to find our 'hard to reach' beneficiaries
- Continue to grow relationships with all stakeholders, including other services

Trustees' Report for the year ended 31 December 2022

Structure, governance and management

Governing document

The organisation is a Charitable Incorporated Organisation, established and registered as a charity on 5 June 2020. The charity is established under a Constitution, which sets out the objects and powers of the trust.

Recruitment and appointment of the Board of Trustees

The Board of trustees are also the members of You My Sister. New Trustees are appointed by meetings of the Trustees/members. The Constitution stipulates that there must be a minimum of three Trustees, with no maximum.

Trustee induction and training

Trustees are experienced in the area of the charity's work and have been appointed for the specific skills they can bring to the Board. All potential trustees are briefed prior to their election.

Trustees' responsibilities in relation to the financial statements

Charity law requires the trustees to prepare accounts for each financial period which show a true and fair view of the state of affairs of the charity and of its financial activities for that period. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- observe the methods and principles of the Charities' SORP, Accounting and Reporting by Charities;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departure disclosed and explained in the financial statements; and
- prepare the accounts on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the accounts comply with the Statement of Recommended Practice. 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.

You My Sister

Trustees' Report for the year ended 31 December 2022

This report was approved by the board of trustees on 5 May 2023 and signed on its behalf.

Rebecca Mordan

Rebecca Mordan
Trustee

You My Sister

Reference and Administrative Details of the Charity, its Trustees and Advisers For the year ended 31 December 2022

Charity registration number: 1189815

Operational address: Women's Resource Centre
41 North Road
London
N7 9ER

Trustees

Gemma Aitchison
Rebecca Mordan
Rebecca John
John McCormack
Tracy Earnshaw

Appointed 27 June 2022
Appointed 23 November 2022
Resigned 10 October 2022

Independent Examiner

Frank McDowell FMAAT
FJM Accountancy Limited
23 Shackleton Court
2 Maritime Quay
London
E14 3QF

Bankers

The Co-operative Bank plc
P.O. Box 101
1 Balloon Street
Manchester
M60 4EP

Independent examiner's report to the trustees of You My Sister (the CIO)

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 December 2022.

Responsibilities and basis of report

As the charity trustees of the CIO, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the CIO'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 Act.

Independent examiner's statement

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

- 1 accounting records were not kept in accordance with section 130 of the Act; or,
- 2 the accounts do not accord with the accounting records

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

Frank J McDowell FMAAT

Frank J McDowell FMAAT

FJM Accountancy Limited
23 Shackleton Court
2 Maritime Quay
London
E14 3QF

Date: 10 May 2023

You My Sister
Receipts and Payments Account
For the year ended 31 December 2022

		2022			2021		
	Notes	Un- restricted £	Restricted £	Total funds £	Un- restricted £	Restricted £	Total funds £
Receipts							
Grants and donations	1	6,206	18,900	25,106	621	18,000	18,621
Charitable activities		-	-	-	187	-	187
Expense refunds		30	-	30	149	-	149
Total receipts		6,236	18,900	25,136	957	18,000	18,957
Payments							
Grants and donations made		-	-	-	-	-	-
Research costs		49	410	459	-	-	-
Organisational running costs		1,462	1,975	3,437	-	3,542	3,542
Publicity		313	286	599	-	531	531
Freelancers working on course creation, course delivery and student assessments		5,925	7,573	13,498	30	13,394	13,424
Fundraising costs		154	67	221	1	5	6
Total payments		7,903	10,311	18,214	31	17,472	17,503
Net cash received in the year		(1,667)	8,589	6,922	926	528	1,454
Opening cash balances at 1 January 2022		4,603	8,195	12,798	3,677	7,667	11,344
Closing cash balances at 31 December 2022		2,936	16,784	19,720	4,603	8,195	12,798

You My Sister

Statement of assets and liabilities at the end of the year

	2022 £	2021 £
Cash funds		
Cash at bank	19,720	12,586
Funds at PayPal	-	212
	<hr/> 19,720	<hr/> 12,798
Liabilities		
Accrued accountancy fees	<hr/> 300	<hr/> 300

Signed on behalf of the Trustees on 5 May 2023.

Rebecca Mordan

Rebecca Mordan
Trustee

You My Sister
Notes to the Accounts
For the year ended 31 December 2022

1 Restricted funds

	Brought forward £	Receipts £	Payments £	Carried forward £
Year ended 31 December 2022				
The Allen Lane Foundation	-	6,000	-	6,000
Eleanor Rathbone Charitable Trust	1,067	-	(1,067)	-
National Lottery Awards for All	7,128	20	(7,128)	20
Magic Little Grants	-	500	(500)	-
The Women's Support Project	-	2,500	(1,616)	884
National Lottery Awards for All Scotland	-	9,000	-	9,000
	8,195	18,020	(10,311)	15,904

Year ended 31 December 2021

The Allen Lane Foundation	6,167	-	(6,167)	-
The Wakeham Trust	1,500	-	(1,500)	-
Sir Halley Stewart Trust	-	5,000	(5,000)	-
Eleanor Rathbone Charitable Trust	-	3,000	(1,933)	1,067
National Lottery Awards for All	-	10,000	(2,872)	7,128
	7,667	18,000	(17,472)	8,195

The Allen Lane Foundation

To support our services in Scotland.

Eleanor Rathbone Charitable Trust

To support our networking with services and our 'hard to reach' beneficiaries.

National Lottery Awards for All

Funding received to run three mental health support programmes in 2022.

Magic Little Grants

For training.

The Women's Support Project

Commissioning to carry out research with beneficiaries.

National Lottery Awards for All Scotland

For service provision in Scotland.

2 Transactions with related parties

During the year, the charity made payments to the Director on a freelance basis of £6,500 (2021: £5,000).

An organisation connected with the Director provided training services to the charity for £500.