

You My Sister

Trustees' Annual Report

and Accounts for the

year ended 31 December 2023



**You My Sister**  
**Report and Financial Statements**  
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### **Trustees' Report for the year ended 31 December 2023**

The Trustees present their report together with the receipts and payments accounts of You My Sister for the year ended 31 December 2023. 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 built on the work of previous years:

- Continued networking with numerous services & beneficiaries.
- Had a presence and spoke at events across the UK.
- Supported 4 survivors to attend conferences & events.
  
- Ensured Initial Contact through to tailored Support for at least 30 Women.
- Ran and refined our Sex Trade Recovery Programme.
- Created & Piloted a Domestic Abuse Recovery Programme.
- Created 2 new Peer Support groups.
  
- Provided bite size pieces of work to 4 beneficiaries.
- Helped Professional development for 2 staff.
  
- Ran focus groups with survivor experts, on commission from other services.
  
- Revamped our logo and publicity material.
- Selected by school children for a £3K grant for educational work.

## **You My Sister**

### **Trustees' Report for the year ended 31 December 2023**

- Gained over £35,000 in funding.
- And gained further £50,000 for the next 2 years.

### **Financial review**

During the year the Charity received funds totaling £30,779 and made payments of £33,266. The charity held funds on hand of £17,233 at 31 December 2023, comprising £13,318 of restricted funds and £3,915 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 for beneficiaries.
- Continue outreach to find our 'hard to reach' beneficiaries.
- Continue to grow relationships with all stakeholders, including other services.
- Secure long-term funding for 2026 onwards.

## **You My Sister**

### **Trustees' Report for the year ended 31 December 2023**

#### **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 2023**

This report was approved by the board of trustees on 25 September 2024 and signed on its behalf.

A handwritten signature in cursive script, appearing to read 'L. Jones', written in dark ink on a light background.

**Dr Laura Jones**  
**Trustee**

## **You My Sister**

### **Reference and Administrative Details of the Charity, its Trustees and Advisers For the year ended 31 December 2023**

Charity registration number:	1189815
Operational address:	Women's Resource Centre 41 North Road London N7 9ER

#### **Trustees**

Tonye Tamuno	Appointed 11 May 2024
Michelle Rothwell-McHugh	Appointed 10 April 2024
Laura Jones	Appointed 21 July 2023
Rebecca Mordan	
John McCormack	
Gemma Aitchison	Resigned 16 April 2024
Rebecca John	Resigned 16 April 2024

#### **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 2023.

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

Date: 25 September 2024





**You My Sister**  
**Receipts and Payments Account**  
**For the year ended 31 December 2023**

		<b>2023</b>			<b>2022</b>		
	<b>Notes</b>	<b>Un- restricted £</b>	<b>Restricted £</b>	<b>Total funds £</b>	<b>Un- restricted £</b>	<b>Restricted £</b>	<b>Total funds £</b>
<b>Receipts</b>							
Grants and donations	1	1,210	27,750	28,960	6,206	18,900	25,106
Charitable activities		1,585	-	1,585	-	-	-
Expense refunds		234	-	234	30	-	30
<b>Total receipts</b>		<b>3,029</b>	<b>27,750</b>	<b>30,779</b>	<b>6,236</b>	<b>18,900</b>	<b>25,136</b>
<b>Payments</b>							
Research costs		975	1,235	2,210	49	410	459
Organisational running costs		35	4,157	4,192	1,462	1,975	3,437
Publicity		-	1,956	1,956	313	286	599
Freelancers working on course creation, course delivery and student assessments		837	23,687	24,524	5,925	7,573	13,498
Fundraising costs		184	200	384	154	67	221
<b>Total payments</b>		<b>2,031</b>	<b>31,235</b>	<b>33,266</b>	<b>7,903</b>	<b>10,311</b>	<b>18,214</b>
<b>Net cash received/(spent) in the year</b>		<b>998</b>	<b>(3,485)</b>	<b>(2,487)</b>	<b>(1,667)</b>	<b>8,589</b>	<b>6,922</b>
Transfer		(19)	19	-	-	-	-
Opening cash balances at 1 January 2023		2,936	16,784	19,720	4,603	8,195	12,798
<b>Closing cash balances at 31 December 2023</b>		<b>3,915</b>	<b>13,318</b>	<b>17,233</b>	<b>2,936</b>	<b>16,784</b>	<b>19,720</b>

**You My Sister**  
**Statement of assets and liabilities**  
**As at 31 December 2023**

	<b>2023</b> £	<b>2022</b> £
<b>Cash funds</b>		
Cash at bank	16,744	19,720
Funds at PayPal	489	-
	<hr/> 17,233 <hr/>	<hr/> 19,720 <hr/>
<b>Liabilities</b>		
Accrued accountancy fees	300	300
Accrued bookkeeping fees	150	-
	<hr/> 450 <hr/>	<hr/> 300 <hr/>

Signed on behalf of the Trustees on 25 September 2024.



Dr Laura Jones  
**Trustee**

**You My Sister**  
**Notes to the Accounts**  
**For the year ended 31 December 2023**

**1 Restricted funds**

	At 1 Jan £	Receipts £	Payments £	Transfer £	At 31 Dec £
<b>Year ended 31 December 2023</b>					
The Allen Lane Foundation	6,000	-	(6,000)	-	-
National Lottery Awards for All England	-	10,000	(5,021)	-	4,979
Magic Little Grants	-	500	(500)	-	-
The Women's Support Project	884	-	(903)	19	-
National Lottery Awards for All Scotland	9,900	-	(9,900)	-	-
Robertson Trust	-	11,000	(5,303)	-	5,697
City Bridge Trust	-	6,250	(3,608)	-	2,642
	<b>16,784</b>	<b>27,750</b>	<b>(31,235)</b>	<b>19</b>	<b>13,318</b>
<b>Year ended 31 December 2022</b>					
The Allen Lane Foundation	-	6,000	-	-	6,000
Eleanor Rathbone Charitable Trust	1,067	-	(1,067)	-	-
National Lottery Awards for All England	7,128	20	(7,148)	-	-
Magic Little Grants	-	500	(500)	-	-
The Women's Support Project	-	2,500	(1,616)	-	884
National Lottery Awards for All Scotland	-	9,900	-	-	9,900
	<b>8,195</b>	<b>18,920</b>	<b>(10,331)</b>	<b>-</b>	<b>16,784</b>

**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 England**

To contribute to core costs

**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.

**Robertson Trust**

Core funding for our work in Scotland.

**City Bridge Trust**

For service provision in London.

**2 Transactions with related parties**

During the year, the charity made payments to the Director on a freelance basis of £18,000 (2022: £6,500).