



Soul Sisters: Empowering People Annual Report 2024-2025

The trustees present their report with the financial statements of the charity for the year ended 29 March 2025. The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2019).

Soul Sisters: Empowering People is a CIO with registered charity number 1194597 established in Rochdale, Lancashire.

The organisation has developed a Foundation Model Constitution, whose only voting members are our charity trustees.

As stated in our Constitution, the object of the CIO, to be carried out for the public benefit in Lancashire, is: to relieve the needs of and support those at risk of, or suffering the effects of, domestic violence/domestic abuse (to include sexual, physical, emotional and economic abuse) and their children, particularly but not exclusively through the provision of one-to-one sessions, peer support, group sessions, mentoring, advocacy and signposting services.

Our Activities

- Soul Sisters: Empowering People works primarily within the borough of Rochdale, providing support to women, men and their families.
- Our support is accessed both online and in-person through peer support groups, creative classes, skills workshops, book clubs, meditation and self-care sessions, walking groups, mentoring and one-to-one support.
- We have a team of volunteers who run in-person and online sessions, providing support to both beneficiaries and the charity's trustees.
- Our advocacy team provide beneficiaries with the knowledge and skills needed when seeking external professional help - from solicitors or paralegals, for example, as well as relevant guidance and assistance for court attendance and legal processes.
- We signpost to external organisations that can provide specialist support not offered by our team.
- We share information about our services via word of mouth, local authorities, community partnerships, local news stories, our website, social media, podcasts, and our mailing list.



Public Benefit

The trustees confirm that they have complied with their duty under section 17 of the Charities Act 2011 to have due regard to guidance issued by the Charity Commission when reviewing the charity's aims and objectives, and in planning future activities. In particular, the trustees have considered how planned activities will contribute to the aims and objectives they have set.

Our Governance

At the time of the charity's registration, Soul Sisters had four founding trustees. We appointed two more during our first year, who then stayed with the charity until 2023, when Jo Baldwin stepped down. During 2024, we saw changes in the board membership with three of the founding trustees stepping down and six new trustees appointed. The charity now operates with six trustees following one resignation at the end of 2025. Trustees have joined us through established connections with other charitable organisations, volunteering or skills-sharing with other trustees and volunteers, or applying directly to the charity's founder, Asma Begum.

Existing trustees consider the skills, knowledge and experience offered by applicants alongside the organisation's requirements, and vote to accept new board members at monthly board meetings held either online or in person. As per our Constitution, the only people eligible to be the charity's board members are its trustees, who are appointed for an initial term of three years.

We have created a **strong, experienced, female-led team** with key skills amongst our trustees and volunteers, including organisational strategy and compliance, charity governance, administration, coaching, mentoring and community organisation. We have several male volunteers who offer their expertise and experience directly to male service users. Our current all-female board is considering recruiting male trustees.

Several of our trustees have had experience working within grassroots and charitable organisations, and some hold trustee roles at other charities. Their governance skills and guidance have been invaluable in leading the charity over the last few years.

We have two patrons who are public advocates for supporting those who have suffered domestic abuse, both of whom have personal experience. Located in the South of England and in Ireland, our patrons assist in promoting and hosting key events for our charity.



Key Legal and Administrative Information

Charity name:	Soul Sisters: Empowering People
Registered charity number:	1194597
Charity's principal address:	Unit 37367 PO Box 4336 Manchester M61 0BW
Trustees:	Francesca Barker-Mills - Chair (appointed 26/06/2024) Gaby Marsden - Secretary (appointed 26/06/2024) LaToya Robinson (appointed 26/06/2024) Khyati Patel (appointed 26/06/2024) Rosannah Jones (appointed 26/06/2024) Asma Begum (appointed 01/01/2020) Lilly James (appointed 22/10/2024, resigned 31/12/2025)
Patrons:	Luzia Antonio Jo Baldwin

Founder's Note

*Asma Begum, Trustee and Founder
Soul Sisters: Empowering People*



"The year 2024-2025 marked a period of transition and strategic development for Soul Sisters: Empowering People. In many ways, it built on the momentum of the previous year, but with a clearer sense of direction and purpose.

During this year, we moved from "doing" to intentionally building. We launched *Fractured But Fearless*, a significant evolution from our earlier creative work, *Chorus of Power*. While *Chorus of Power* focused on storytelling and sharing lived experiences at different stages of healing, *Fractured But Fearless* took a new direction. It centres on legislative theatre and forum theatre, using lived experience to highlight systemic failures and influence policy change, particularly within the legal and family court systems.

In November 2024, we established a Fundraising Committee, alongside clarifying and formalising volunteer roles. This shift marked an important move away from founder-led delivery towards a more coordinated and sustainable structure.

New and developing roles included:

- Volunteer Coordinator
- Peer Support Coordinator
- Social Media Volunteer
- Fundraising and Events support

This structure allowed the organisation to operate at a more strategic level, improving coordination, accountability, and forward planning.

We also focused on improving the volunteer experience, particularly for creatives involved in our projects. This included clearer role descriptions, better support, and the introduction of a reward and recognition system to value volunteers' time, skills, and emotional labour.

We have been able to capture more impactful testimony, analysis, and case examples as our capacity has increased, allowing us to better evidence lived experience and systemic issues.

These developments enabled Soul Sisters to move towards longer-term planning and sustainability, rather than reactive delivery. The year closed with the preparation of the Founder's and Trustee notes for this annual report, reflecting a charity that is growing in confidence, clarity, and ambition, while remaining firmly rooted in lived experience and community-led practice."



1. Introduction

Soul Sisters: Empowering People is a survivor-led, volunteer-run charity supporting women and men affected by domestic abuse. Our work is rooted in empowerment, community, and social justice. The organisation was founded in early 2020 by Asma Begum, a survivor of domestic abuse, initially as a support group based within the Rochdale community. During the COVID pandemic, the group moved primarily online and thus began to reach a wider audience. Soul Sisters became a registered charity in May 2021 with the guidance and support of a board of trustees. Over the last six years, the charity has supported hundreds of people in need, both from within our local area and also nationwide, via support provided both in-person and online.

2. Why We Exist – Evidence of Need

Domestic abuse remains a significant public health and social justice issue. National data shows that approximately **85% of domestic abuse victims are women**, highlighting the gendered nature of abuse and the ongoing need for specialist, women-centred support services. Survivors continue to face barriers in accessing safe support, navigating the family court system, and having their voices heard by professionals.

Soul Sisters: Empowering People exists to bridge these gaps through peer-led support, advocacy, education, and campaigning.

“I am so thankful for the weekly one-to-one coaching I received after leaving my perpetrator. Having a listening ear, practical advice, and coping strategies made a huge difference. This was my first point of support after leaving, and I honestly don’t know how I would have managed without it.” [service user testimonial]

3. Our Vision: **Life Without Fear**

4. Our Values

- **Trust** - we ensure our Soul Sisters community feel safe and knows they are in a place of trust.
- **Respect** - we encourage the Soul Sisters community to respect and appreciate each other’s qualities, feelings, wishes and rights without judgement.
- **Inclusion** - we welcome and support everyone who needs us. Our diverse team is representative of the community we serve.
- **Compassion** - we care deeply about our community, we listen with care and treat everyone with kindness and dignity.



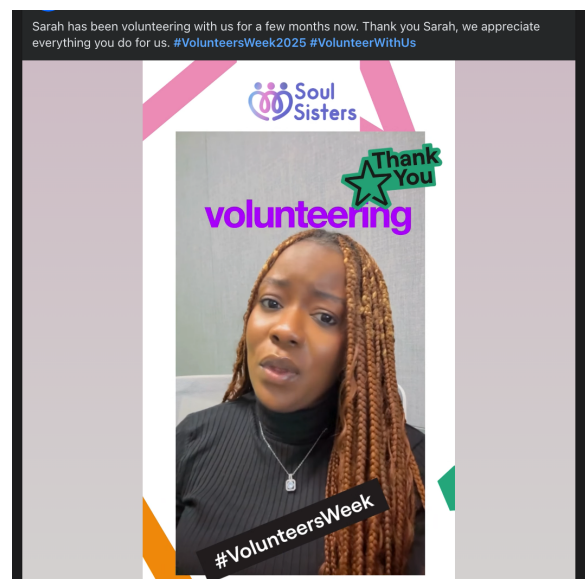
- **Empowerment** - we enable our community to step into their personal power, live/work without fear and actively support each other.

5. Our Impact at a Glance

During this reporting period, the charity continued to respond to growing demand for trauma-informed support while strengthening its role in education, advocacy, and system change.

- **234 peer support and community sessions delivered** (excluding school holidays)
- **254 one-to-one support sessions** (average, 1 hour each)
- **500 total support sessions delivered**
- **1,679 participant engagements** across all services
- **600 - 800 individuals supported**
- **150+ volunteers engaged**
- **100+ volunteer applications received**
- **6 new projects delivered during the year**
- **Over 20 projects delivered since the charity was established**

All services were delivered by a **fully volunteer-led team**.



6. Our Pillars

Pillar 1: Empowerment and Support

This pillar represents the core of our direct service delivery.

Services Delivered

Between April 2024 and March 2025, the charity delivered:

- **234 group and online peer support sessions**, resulting in approximately **1,365 attendances**
- **254 one-to-one advocacy and emotional support sessions**
- **60 Job Club attendances**, supporting women into volunteering, education and employment pathways

"I am so thankful for the weekly one-to-one coaching I received after leaving my perpetrator. Having a listening ear, practical advice, and coping strategies made a huge difference. This was my first point of support after leaving, and I honestly don't know how I would have managed without it." [service user testimonial]

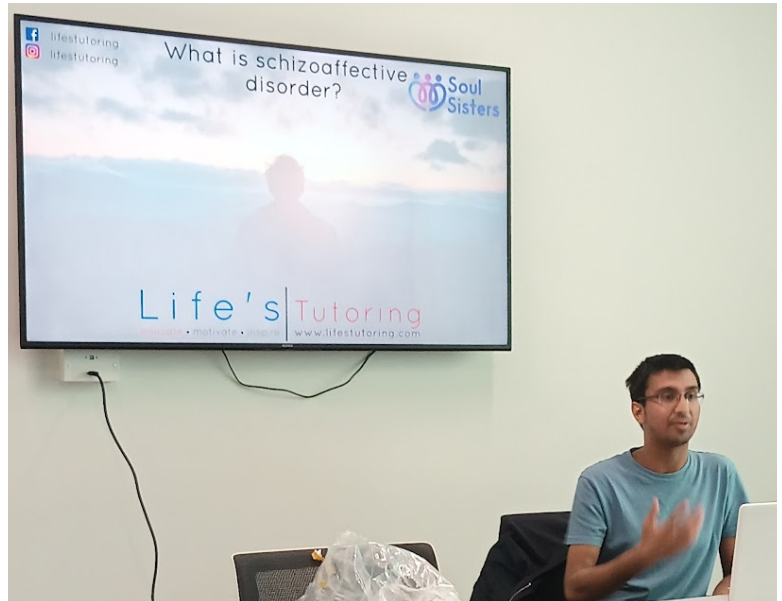
Types of Support Offered

- Emotional support and trauma-informed peer support
- One-to-one advocacy and practical guidance
- Court and family court support
- Wellbeing, creative, and reflective sessions
- Employment and skills support



Examples of Group Themes

- Emotional regulation and self-care in challenging times
- Menstrual health and wellbeing
- Communication skills and conflict resolution
- Boundaries and healthy relationships
- Building confidence and resilience



Lived Experience at the Centre of Everything We Do

One woman who attended an external engagement event alongside the charity shared:

"I felt valued. I really got a lot out of the session."

Another participant reflected after a community event:

"It was worth it – even my mum loved it. Thank you."

Pillar 2: Education and Domestic Abuse Awareness

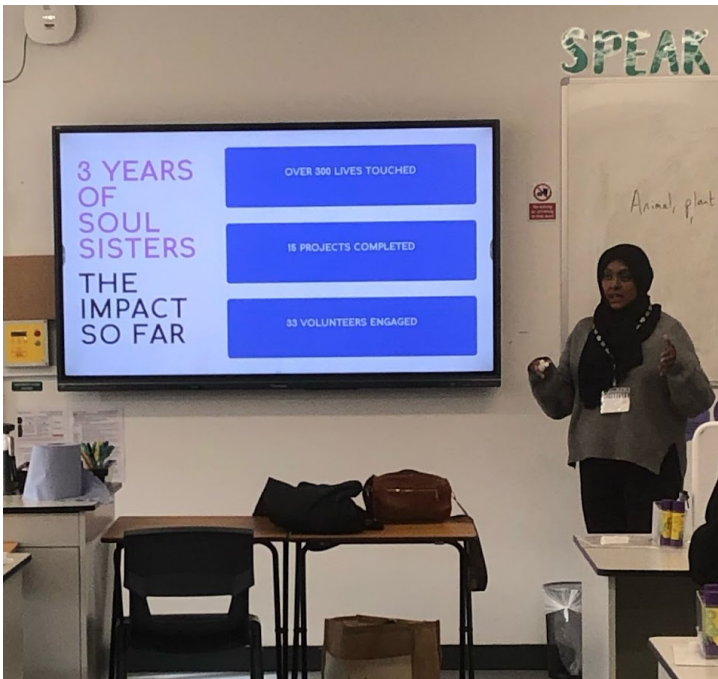
Public Awareness and Campaigns

During the year, the charity contributed to:

- **16 Days of Activism** - Asma Begum interviewed by [The Meteor](#) and the [International Confederation of Midwives](#) on Gender-Based Violence.
- Awareness-raising on sexual abuse and harassment
- Community education on recognising abuse and seeking help

Outreach and Engagement

- Pop-up stall at **Rochdale Riverside Mental Health Awareness Week**
- Outreach at **Women of the World Festival**, including DV drop-ins and family court support
- Volunteer recruitment stalls across Rochdale and Middleton
- Asma spoke with Year 9 students about Soul Sisters at **Edgar Wood Academy, Middleton**, and Soul Sisters also held a pop-up stall at their Year 10 [Parents Evening](#) alongside other local organisations.



One **outreach** interaction led to a high-risk referral where a woman experiencing suicidal ideation due to domestic abuse was supported into **ongoing help and recovery**.

Pillar 3: Positive Policy, Legislative Change and Campaigning

Systems Change and Advocacy

The charity actively contributed to policy conversations and survivor-led advocacy.

Greater Manchester Police Engagement

The charity attended the ‘**Changing GMP**’ engagement event with Kate Green, Deputy Mayor of Manchester, and domestic abuse organisations from across Greater Manchester. Discussions included:

- Domestic Abuse Protection Notices (DAPNs) and Domestic Abuse Protection Orders (DAPOs)
- Witness support and trauma-informed policing
- Lived experience shaping strategy

Greater Manchester Police reported issuing **over 1,900 protection notices** as part of a national pilot.



A supported woman and volunteer attended the event, describing the experience as “**empowering and validating**”.

Family Court Advocacy

- **42 online family court support sessions delivered**
- Women supported from across England
- Consistent concerns identified around CAFCASS processes, lack of consistency, victim-blaming, and barriers to safe participation

The charity provided emotional support, information, confidence-building, and guidance to help survivors better understand and advocate within complex legal systems.

“After my marriage broke down due to my partner’s gambling addiction, I found myself in family court trying to gain access to my children. I was signposted to Soul Sisters for additional support. The care and guidance I received from Asma were

exceptional. She explained the family court process clearly, checked in regularly, and made herself available whenever I needed support.” [service user testimonial]

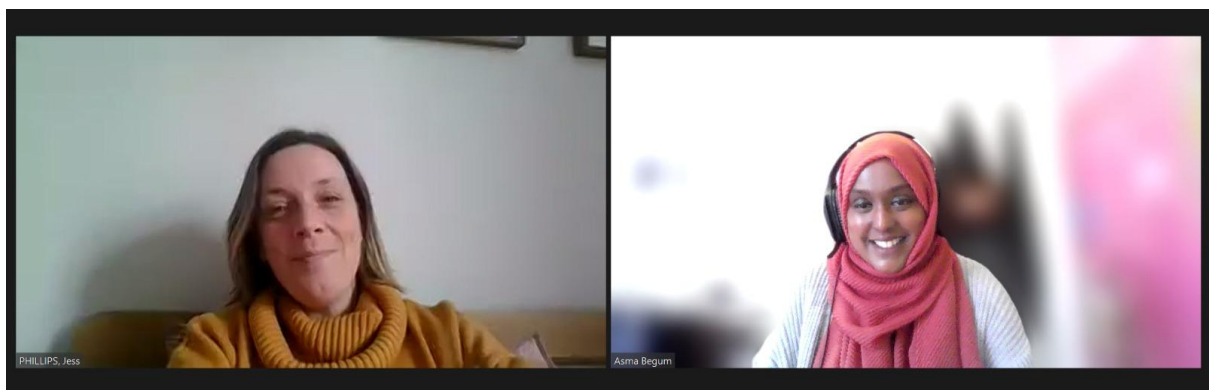
Fractured but Fearless – Legislative Theatre

In partnership with **Odd Arts**, the charity delivered its first phase of *Fractured but Fearless*, a survivor-led legislative theatre project addressing systemic injustice in the family court system. Rehearsals and a [scratch performance](#) took place, creating a foundation for future policy influence.



Policy & Systems Influence

During the reporting period, the organisation engaged in **policy-focused conversations with Jess Phillips MP** regarding the experiences of women affected by domestic abuse and the ongoing challenges within the family court and safeguarding systems. These discussions centred on survivor experiences, gaps in statutory responses, and the need for more consistent, trauma-informed practice and accountability.



These conversations formed part of Soul Sisters: Empowering People’s wider **advocacy and systems-change work**, ensuring that lived experience informs national dialogue and



contributes to efforts to improve protection, access to justice, and long-term outcomes for women and children.

Pillar 4: Fundraising and Volunteering

Fundraising

- **£140 raised** by a Year 9 class at Edgar Wood Academy, Middleton, through school-led fundraising activities - students held a “*Guess the Teacher from their Baby Photo*” quiz, and split into teams, collecting loose change in “*Penny Wars*”, competing to raise the most cash
- Awareness-raising assemblies delivered by students
- Panel contribution at **Rochdale Borough Culture Network AGM** on small grants and match funding

Volunteering

- **Volunteer Week campaign** celebrating lived experience and contribution
- **100 volunteer applications received**
- Recruitment campaign for new trustees following the end of founding trustee terms

The charity also engaged in sector learning through **GM Moving workshops** on inclusive volunteering, supporting accessibility for disabled volunteers.



“Being part of Soul Sisters has shown me that we really are all here for each other. I feel blessed to have come across Asma and this support network. The encouragement and positivity I received helped me keep going during a very difficult time.” [service user testimonial]

Pillar 5: Capacity Building and Organisational Development

During the year, the charity invested in strengthening leadership, governance, and sustainability. Our Founder, Asma Begum, was nominated for several awards and completed vital learning and development.

- Completed a **Civic and Community Leadership Certificate**
- Awarded a **Certificate of Recognition for Outstanding Achievement**
- Nominated for **Inspirational Women – Not for Profit** (EVA Awards)
- Received external recognition through a **Northern Power Women Award nomination**. Asma was shortlisted as a **Finalist for the Empowerment Champion Award**, recognising leadership, advocacy, and impact in supporting women affected by domestic abuse and championing systemic change.
- Mentoring received from corporate and voluntary sector professionals



These activities strengthened governance, credibility, and the charity's ability to deliver high-quality, survivor-centred services.

"I would 100% recommend Soul Sisters to others, and I already have. Going through court takes a serious toll on your mental health, and having Asma's support felt like someone holding me up when my legs gave in. She was calm, empathetic, professional, and made me feel safe at a time when I felt extremely vulnerable."
[service user testimonial]



7. Looking Ahead

Demand for services continues to grow. In the coming year, Soul Sisters: Empowering People aims to:

- Secure sustainable funding
- Expand advocacy and court support
- Develop *Fractured but Fearless* into a touring legislative theatre project
- Continue amplifying survivor voices to influence policy and practice

8. Financial Review

Financial Position

The financial position of the charity as at 29 March 2025 was showing:

	£
Unrestricted funds	93
Restricted funds	4,658
Total funds	<u>4,751</u>

Overall position

The charity has remained operational by carefully balancing restricted project delivery with limited unrestricted income. Core costs have been tightly managed, and trustees are actively working to increase unrestricted funding to improve sustainability going forward.

Declaration

This report has been approved by the board of trustees and signed on their behalf.

Asma Begum

Asma Begum (Trustee)

Date: 29/01/2026

SOUL SISTERS: EMPOWERING PEOPLE

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29 MARCH 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		<u>652</u>	<u>1,313</u>	<u>1,965</u>	<u>25,260</u>
 EXPENDITURE ON					
Charitable activities					
Charitable		<u>647</u>	<u>10,596</u>	<u>11,243</u>	<u>21,713</u>
 NET INCOME/(EXPENDITURE)		5	(9,283)	(9,278)	3,547
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>86</u>	<u>13,943</u>	<u>14,029</u>	<u>10,482</u>
 TOTAL FUNDS CARRIED FORWARD		<u><u>91</u></u>	<u><u>4,660</u></u>	<u><u>4,751</u></u>	<u><u>14,029</u></u>

The notes form part of these financial statements

SOUL SISTERS: EMPOWERING PEOPLE

BALANCE SHEET 29 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	4	434	-	434	510
CURRENT ASSETS					
Debtors	5	-	1,431	1,431	1,252
Cash at bank		<u>19</u>	<u>4,630</u>	<u>4,649</u>	<u>14,048</u>
		19	6,061	6,080	15,300
CREDITORS					
Amounts falling due within one year	6	(360)	(1,403)	(1,763)	(1,781)
NET CURRENT ASSETS		<u>(341)</u>	<u>4,658</u>	<u>4,317</u>	<u>13,519</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		93	4,658	4,751	14,029
NET ASSETS		<u>93</u>	<u>4,658</u>	<u>4,751</u>	<u>14,029</u>
FUNDS	8				
Unrestricted funds				93	86
Restricted funds				<u>4,658</u>	<u>13,943</u>
TOTAL FUNDS				<u>4,751</u>	<u>14,029</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 30th January 2026 and were signed on its behalf by:

AAli

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A Begum - Trustee

SOUL SISTERS: EMPOWERING PEOPLE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 29 MARCH 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance
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Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 29 March 2025 nor for the year ended 29 March 2024.

One of the Trustees received £1,077 for professional services other than as a trustee (2024 - £1,500).

Trustees' expenses

There were £1,026 of trustees' reimbursed expenses paid for the year ended 29 March 2025 to four trustees for office supplies, telephone, training and travel (2024 -£1,593).

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SOUL SISTERS: EMPOWERING PEOPLE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29 MARCH 2025**

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>1,665</u>	<u>23,595</u>	<u>25,260</u>
EXPENDITURE ON			
Charitable activities			
Charitable	<u>1,266</u>	<u>20,447</u>	<u>21,713</u>
NET INCOME	399	3,148	3,547
Transfers between funds	<u>(44)</u>	<u>44</u>	<u>-</u>
Net movement in funds	355	3,192	3,547
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>(269)</u>	<u>10,751</u>	<u>10,482</u>
TOTAL FUNDS CARRIED FORWARD	<u>86</u>	<u>13,943</u>	<u>14,029</u>

4. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 30 March 2024 and 29 March 2025	<u>600</u>
DEPRECIATION	
At 30 March 2024	<u>90</u>
Charge for year	<u>76</u>
At 29 March 2025	<u>166</u>
NET BOOK VALUE	
At 29 March 2025	<u>434</u>
At 29 March 2024	<u>510</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	<u>1,431</u>	<u>1,252</u>

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SOUL SISTERS: EMPOWERING PEOPLE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29 MARCH 2025**

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Bank loans and overdrafts (see note 7)	1,403	1,181
Other creditors	<u>360</u>	<u>600</u>
	<u><u>1,763</u></u>	<u><u>1,781</u></u>

7. LOANS

An analysis of the maturity of loans is given below:

	2025	2024
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>1,403</u>	<u>1,181</u>

8. MOVEMENT IN FUNDS

	At 30.3.24 £	Net movement in funds £	At 29.3.25 £
Unrestricted funds			
General fund	86	7	93
Restricted funds			
Action Together - 100 Stories of Strength Podcast	515	(241)	274
Keep It Safe Training	100	(100)	-
Near Neighbour	35	(13)	22
Action Together Volunteers Celebration Grant	408	(237)	171
GMCVO - Culturally Appropriate Mental Health Fund	6,320	(2,598)	3,722
GM Perinatal/PIMH Peer support	833	(392)	441
Co op Community Fund Award	459	(459)	-
National Lottery	5,273	(5,273)	-
Heritage Open Days	<u>-</u>	<u>28</u>	<u>28</u>
	<u>13,943</u>	<u>(9,285)</u>	<u>4,658</u>
TOTAL FUNDS	<u><u>14,029</u></u>	<u><u>(9,278)</u></u>	<u><u>4,751</u></u>

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SOUL SISTERS: EMPOWERING PEOPLE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29 MARCH 2025**

8. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	652	(645)	7
Restricted funds			
Action Together - 100 Stories of Strength Podcast	1	(242)	(241)
Keep It Safe Training	-	(100)	(100)
Near Neighbour	-	(13)	(13)
Action Together Volunteers Celebration Grant	410	(647)	(237)
GMCVO - Culturally Appropriate Mental Health Fund	1	(2,599)	(2,598)
GM Perinatal/PIMH Peer support	-	(392)	(392)
Co op Community Fund Award	-	(459)	(459)
National Lottery	2	(5,275)	(5,273)
Barriers CIC Elevation Fund	156	(156)	-
Odd Arts - Fractured but Fearless	380	(380)	-
Stand Up Sister CIC - Empowerment	57	(57)	-
Wild Wanders - Walk the Plank	56	(56)	-
Heritage Open Days	250	(222)	28
	<u>1,313</u>	<u>(10,598)</u>	<u>(9,285)</u>
TOTAL FUNDS	<u><u>1,965</u></u>	<u><u>(11,243)</u></u>	<u><u>(9,278)</u></u>

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SOUL SISTERS: EMPOWERING PEOPLE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29 MARCH 2025**

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 30.3.23 £	Net movement in funds £	Transfers between funds £	At 29.3.24 £
Unrestricted funds				
General fund	(269)	399	(44)	86
Restricted funds				
Action Together - 100 Stories of Strength Podcast	692	(177)	-	515
Keep It Safe Training	100	-	-	100
Near Neighbour	49	(14)	-	35
MIND Seed Funds	3	(3)	-	-
Action Together Volunteers Celebration Grant	466	(58)	-	408
Chorus of Power - Autotrader Foundation	828	(828)	-	-
GMCVO - Culturally Appropriate Mental Health Fund	6,410	(90)	-	6,320
GM Perinatal/PIMH Peer support	1,000	(167)	-	833
Chorus of Power - Cartwheel Arts	500	(500)	-	-
Chorus of Power - Go Fund Me	703	(703)	-	-
Co op Community Fund Award	-	459	-	459
Chorus of Power - Arts Council England	-	(44)	44	-
National Lottery	-	5,273	-	5,273
	<u>10,751</u>	<u>3,148</u>	<u>44</u>	<u>13,943</u>
TOTAL FUNDS	<u>10,482</u>	<u>3,547</u>	<u>-</u>	<u>14,029</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,665	(1,266)	399
Restricted funds			
Action Together - 100 Stories of Strength Podcast	-	(177)	(177)
Near Neighbour	-	(14)	(14)
MIND Seed Funds	-	(3)	(3)
Action Together Volunteers Celebration Grant	-	(58)	(58)
Chorus of Power - Autotrader Foundation	-	(828)	(828)
GMCVO - Culturally Appropriate Mental Health Fund	-	(90)	(90)
GM Perinatal/PIMH Peer support	-	(167)	(167)
Chorus of Power - Cartwheel Arts	-	(500)	(500)
Chorus of Power - Go Fund Me	121	(824)	(703)
Co op Community Fund Award	1,264	(805)	459
Chorus of Power - Arts Council England	11,810	(11,854)	(44)
Chorus of Power - HOME Manchester	400	(400)	-
National Lottery	10,000	(4,727)	5,273
	<u>23,595</u>	<u>(20,447)</u>	<u>3,148</u>
TOTAL FUNDS	<u>25,260</u>	<u>(21,713)</u>	<u>3,547</u>

continued...

SOUL SISTERS: EMPOWERING PEOPLE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 29 MARCH 2025

9. RELATED PARTY DISCLOSURES

There were no other related party transactions for the year ended 29 March 2025 except for the transactions already disclosed in note 2.

10. RESTRICTED FUNDS

Action Together - 100 Stories of Strength Podcast

As part of a wider project, Soul Sisters were awarded funds to write, record, edit and publish a series of podcasts telling women's stories of strength, adversity and their road to happiness and success. We were able to purchase software subscriptions to aid in podcast editing and uploading, promotion and to purchase recording equipment, in addition to purchasing small gifts to participants who shared their stories.

Keep It Safe Training

This money was donated by a local community radio station, Crescent FM, to enable Soul Sisters to run a hate-crime awareness training session for our beneficiaries.

Near Neighbours

This funding supported Soul Sisters in our early days by enabling us to purchase a laptop and an annual subscription to Zoom in order to run online peer support groups, in addition to monies for in-person sessions which covered the costs of refreshments, materials and volunteers' expenses. We also used funds to purchase promotional materials to raise awareness of the charity, and organised surprise Care Packages to be sent out to service users and volunteers to celebrate International Women's Day 2022.

Mind Seed Funding

Soul Sisters was awarded seed funding, on a pre-loaded debit card, before we had access to a bank account, to help get the organisation up and running. It enabled us to buy resources for and run community group sessions, both face-to-face and online.

Action Together Volunteers Celebration Grant

This funding, linked to Volunteers Week 1-7 June 2022, aimed to help Soul Sisters celebrate our Volunteers and Trustees by holding a team outing and presenting some volunteers with award certificates for their contribution to the charity's activities.

GMCVO Culturally Appropriate Mental Health Fund - Innovation Grant

"The fund is all about tackling health inequalities that marginalised ethnic communities face when trying to get help from mental health services, in terms of access, experience and outcomes." Soul Sisters applied to provide Mental Health sessions in both Bengali and Urdu, as well as in English. Sessions were to be held both online and in person in Rochdale/Middleton. Additionally, Soul Sisters aimed to develop a Podcast covering mental health topics, in Urdu/Bengali.

GM Perinatal/PIMH Peer Support

This funding was received to enable Soul Sisters to organise and run in-person and online Perinatal and Parent-Infant Mental Health awareness sessions in Greater Manchester, providing advice and information and setting up access to peer support for new and expectant parents.

Chorus of Power

All three funds - Auto Trader Foundation; Cartwheel Arts; GoFundMe are related to the Chorus of Power arts project. Receiving these funds was a condition of obtaining funding from The Arts Council. "Chorus of Power: Kintsugi" gathered together the creativity and talent of women survivors to shine a light on their personal stories, with the intention of healing and changing policy that currently exists around domestic abuse. We believe this project will go a long way to making that happen. Chorus of Power is inspired by Kintsugi, the Japanese art of putting broken pottery pieces back together with gold, a metaphor for embracing your flaws and imperfections, one that leaves you stronger than before.

Co op Community Fund Award

This funding helped the charity increase public awareness of our charity, increase donations, and recruit volunteers. Through this funding it also allowed the purchase of promotional marketing materials and the use of digital marketing tools.

National Lottery

This funding was granted to assist in the operational funding to enable Soul Sisters to continue to provide services to our local community and help us to grow and develop our offering. Also, ensuring we could continue to pay for essential, high-value items including office rental, key software subscriptions, professional services and insurances, in addition to day-to-day expenditure including purchase of equipment and materials for events and group sessions, and reimbursement of out-of-pocket expenses for our volunteers and trustees.

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SOUL SISTERS: EMPOWERING PEOPLE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29 MARCH 2025**

10. RESTRICTED FUNDS - continued

Odd Arts

Odd Arts Funding - "Fractured but Fearless" - development of a theatre project with Odd Arts involving people from Rochdale and surrounding boroughs. Work-in-progress performance at Royal Exchange Theatre, Manchester. An interactive production designed to help to equip people to be more confident stepping in, speaking up and taking action. This work-in-progress explores the injustices of women's experience through the legal system surrounding domestic violence.

Heritage Open Days

Funding from Rochdale Development Agency for events across the Rochdale Borough to celebrate Heritage Open Days - stall held at Champness Hall open day to raise awareness of the history of the building and the various organisations that are based within it. Soul sisters hosted free activities for visitors, including arts and craft workshops.