

UNIQUE SISTERS OF MANCHESTER

REPORT OF THE TRUSTEES AND ANNUAL ACCOUNTS FOR THE YEAR ENDED 31 AUGUST 2023

UNIQUE SISTERS OF MANCHESTER

Charity number: 1195830

Annual Overview 2023

Executive Summary

UNIQUE SISTERS OF MANCHESTER, registered under charity number 1195830, fosters comprehensive community well-being through diverse creative initiatives focused on health, the environment, and the arts. Established in Manchester, this charity extends its engagement across various demographics, employing arts and health projects to enhance overall well-being.

Our Mission

The mission of UNIQUE SISTERS OF MANCHESTER is to utilize creative arts as a dynamic tool for education and advocacy, addressing key societal issues such as health and wellness, environmental sustainability, and the enriching power of the arts. Our initiatives are designed to empower individuals through collaborative projects and innovative community interactions.

Governance and Structure

At its inception, UNIQUE SISTERS OF MANCHESTER was guided by a dedicated group of founding trustees. The governance structure is robust, with trustees playing a crucial role in strategic decisions and the charity's direction. All trustees are elected for a three-year term, bringing a wealth of experience from various sectors that enrich our organisational capacity.

UNIQUE SISTERS OF MANCHESTER, designing activities that effectively address the needs of women suffering from domestic violence, support young mothers, and promote mental health and general well-being can significantly impact these vulnerable groups. Here are proposed activities to empower these segments of the community:

1. Empowerment and Support Workshops for Survivors of Domestic Violence

- **Legal Rights and Self-Advocacy Workshops:** Educate women on their legal rights and provide guidance on navigating the legal system to protect themselves and their children. Include sessions on obtaining restraining orders and seeking legal representation.
- **Empowerment Through Arts:** Use therapeutic art sessions (painting, writing, music) to help women express their experiences and emotions, aiding in trauma recovery.
- **Safety Planning Workshops:** Teach practical skills on how to develop a personalized safety plan that includes emergency contacts, safe spaces, and financial independence strategies.

2. Programs for Young Mothers

- **Parenting Skills Classes:** Offer courses that cover basic childcare, nutrition, and developmental milestones to boost the confidence of young mothers in their parenting abilities.
- **Career and Education Workshops:** Provide resume writing sessions, career counselling, and information on continuing education to help young mothers build their futures.
- **Support Groups:** Facilitate peer support groups where young mothers can share experiences, challenges, and solutions in a supportive environment, reducing feelings of isolation.

3. Mental Health and Well-Being Initiatives

- **Mental Health First Aid Training:** Educate women on recognizing signs of mental health issues in themselves and others, and how to respond effectively.
- **Mindfulness and Stress Reduction Workshops:** Introduce techniques such as mindfulness, yoga, and meditation to help women manage stress, anxiety, and depression.
- **Wellness Retreats:** Organize day retreats that focus on self-care practices, including workshops on healthy living, stress management techniques, and relaxation therapies.

4. General Health and Well-Being Services

- **Health Screening Days:** Organize health fairs offering free screenings for common health issues affecting women, such as blood pressure, cholesterol, and diabetes tests, along with mental health evaluations.
- **Nutritional and Fitness Programs:** Run sessions on healthy eating and maintaining physical health through exercise classes tailored to different fitness levels.
- **Information Sessions on Public Health Resources:** Provide information on how to access local health services, including mental health support, maternal health services, and general practitioner services.

5. Outreach and Community Engagement

- **Awareness Campaigns:** Launch campaigns to raise awareness about domestic violence, the challenges faced by young mothers, and the importance of mental health.
- **Partnership Development:** Collaborate with local businesses, healthcare providers, and educational institutions to broaden the support network for women and increase resource availability.
- **Volunteer Programs:** Develop a volunteer corps to assist in delivering programs, providing mentorship, and expanding outreach efforts.

Community Capacity Building

Our commitment extends to developing the capacity and skills of the members of the socially and economically disadvantaged communities in Manchester. Our programs are tailored to empower these individuals to better identify and meet their needs and to participate more fully in society. By enhancing community capacity, we ensure that all members have the tools and opportunities to contribute to and benefit from our societal initiatives.

Unique Sisters of Manchester, Year Ended 31 August 2023 - Charity number: 1195830.

Public Benefit

In alignment with the Charity Commission's guidelines on public benefit, UNIQUE SISTERS OF MANCHESTER ensures that our activities align closely with our stated objectives, creating significant positive impacts within the communities we serve. Our projects are meticulously planned to cater to the needs of diverse groups, ensuring inclusivity and accessibility.

Looking Forward

As UNIQUE SISTERS OF MANCHESTER continues to grow, we are committed to expanding our reach and deepening our impact. Future plans include further development of our educational programmes, expansion of our advocacy efforts, and increased collaboration with local and national partners to drive greater community engagement and societal change.

UNIQUE SISTERS OF MANCHESTER remains dedicated to fostering an environment where creativity and well-being flourish together. Through our ongoing efforts and community-based projects, we strive to make a lasting impact, promoting a healthier, more vibrant society.

Reserves Policy

Unique Sisters of Manchester is actively working to rebuild unrestricted reserves to meet the charity's day-to-day financial obligations outside of the project work covered by restricted funding. We have been applying for funding to cover our operating costs from larger organisations, we aim to build up a buffer to cover up to six months of running costs, to ensure long-term stability for the organisation and enable us to make plans for 2024 and beyond.

As a charity which is still in its early stages, we rely on public donations to keep going, as well as the generous time and efforts freely given by our team of trustees and volunteers. Unique Sisters of Manchester does not employ any staff and is supported by other local charities and Community Interest Companies (CICs) which provide free, discounted or in-kind support, enabling us to continue to support people who need our services, despite the challenging financial situation we have found ourselves in during 2023 - an experience which has unfortunately become common among many small charities like ours.

Unique Sisters of Manchester
58 Mather Street, Failsworth
Manchester, M35 0DT

Year Ended 31 August 2023

Charity Information

Trustees

- Linda Tara Obasi - Chair
- Emanuela Tabugbo - Trustee
- Bridget Nwafor - Trustee

Registered Office

58 Mather Street,
Failsworth,
Manchester,
M35 0DT

Governing Deed

Trust Deed dated 17 September 2021

Report of the Trustees

The Trustees of the Unique Sisters of Manchester, based in Failsworth, Manchester, registered charity number 1195830, present their Annual Report and Accounts for the year ended 31 August 2023. The Accounts have been prepared in accordance with section 133 of the Charities Act 2011, on the Receipts and Payments Accounts basis.

Objectives and Activities

Charitable Aims

The principal aims of the Unique Sisters of Manchester are:

Empowerment of women through legal and personal advocacy.

Promoting mental health and well-being through creative arts.

Supporting mothers and children through educational and practical assistance.

The charity actively engages with the community, offering support to women and young mothers, providing workshops on safety planning, legal advocacy, and self-care, promoting overall mental health and well-being.

Unique Sisters of Manchester, Year Ended 31 August 2023 - Charity number: 1195830.

Financial Review

The financial position is detailed in the receipts and payments accounts and the statement of assets and liabilities. For the year ending August 2023, the total income was £24,545, with operating expenses of £16,287, resulting in a surplus. The charity's funds at 31 August 2023 total £8,090.

It is the policy of the charity to maintain financial stability by holding sufficient reserves to cover operating costs, ensuring the charity can continue its activities and serve the community effectively.

Approved by the Board of Trustees on 23 September 2023 and signed on their behalf by:

- Linda Tara Obasi, Chair
- Bridget Nwafor, Trustee
- Emanuela Tabugbo, Trustee

Independent Examiner's Report

The examination of the accounts has been conducted according to the Charities Act 2011 requirements. The accounts are complete and accurate, complying with the governing deed and statutory requirements for financial reporting. No material matters have arisen during the examination.

Mr John Dolan ACMA
Carriocca Business Park
Miles Platting
Manchester
M40 8BB



Approved on 23 September 2023

Unique Sisters of Manchester, Year Ended 31 August 2023

Receipts and Payments Accounts

	2023 (£)	Restricted Funds (£)	Total Funds (£)	2022 (£)
Donations	18,225	560	18,785	17,296
Charitable Services	5,760	-	5,760	2,984
Sub Total	23,985	560	24,545	20,280

Asset and Investment Sales and Purchases

Category	2023 (£)	Restricted Funds (£)	2022 (£)
Workshops, Programs	3,530	-	2,839
Snacks	620	-	500
Transportation	1,779	168	1,563
Rent	6,136	-	5,980
Insurance	286	-	924
Light and Heating	473	-	524
Props	300	-	200
Printing, Stationery and Computer Supplies	1,780	-	1,253
Telephone, Internet and Postage	633	-	443
Speakers	750	-	294
Total Operating Expenditure	16,287	168	14,520

Statement of Assets and Liabilities

	Designated Funds 2023 (£)	Restricted Funds 2023 (£)	Total Funds 2023 (£)	Total Funds 2022 (£)
Cash Funds	23,985	560	24,545	20,280
Expenditure	16,287	168	16,455	14,520
Balance	7,698	392	8,090	5,760

Approved by the Trustees on 23 September 2023 on behalf of:

Linda Tara Obasi, (Chair) and Bridget Nwafor (Trustee)