

FREA

England & Wales · Charity number 1197939

Details

Other names FREA CIC

Status Registered

Legal form CIO

Registered 2022-02-16

Register [View on the Charity Commission register](#)

Contact

Address Broom Hill Centre
Nowell Court
Leeds
LS9 6TW

Phone 07519126835

Email info@frea.org.uk

Website www.frea.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:(1) TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AMONG PEOPLE WHO ARE FROM IRISH COMMUNITIES THROUGHOUT BRITAIN, IN PARTICULAR, THOSE RESIDING IN THE NORTH OF ENGLAND, WHO ARE SOCIALLY EXCLUDED ON THE GROUNDS OF THEIR SOCIAL AND ECONOMIC POSITION THROUGH COMBINED CLUSTERING, COLLABORATION, SHARED SKILL AND RESOURCES TO ENABLE CHARITIES TO CONTINUE TO DELIVER THEIR SERVICES TO FURTHER THIS PURPOSE.(2) TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN IRISH CULTURE, HISTORY AND HERITAGE THROUGHOUT BRITAIN, IN PARTICULAR, THOSE RESIDING IN THE NORTH OF ENGLAND.

Activities: Frea brings together three independent, long-established Irish charities in the North of England. By working in partnership the charities aim to connect their work and further extend the ethos of care, culture and community that drives their charitable work

Classification

- **How:** Provides Services, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, The Prevention Or Relief Of Poverty, Accommodation/housing, Arts/culture/heritage/science, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- Leeds City
- Liverpool City
- Manchester City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£157,721	£155,690	-	-
2024-03-31	£89,811	£97,267	-	-
2023-03-31	£67,802	£54,173	-	-

Trustees

Name	Role	Appointed
Anthony Hanlon	Chair	2022-02-16
Breege McDaid		2022-02-16
Patrick James Morrison		2023-05-04

FREA

England & Wales - Charity number 1197939

Accounts

FREA

ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

Charity Registration No. 1197939

FREA

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FREA TRUSTEES' ANNUAL REPORT FOR YEAR ENDED 31ST MARCH 2025

The trustees are pleased to present their annual report and financial statements for the Charitable Incorporated Organisation for the year ended 31st March 2025.

The financial statements have been prepared in accordance with the charity's trust deed, the Charities Act 2011 and 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 published (FRS 102) (effective 1st January 2019).

OBJECTIVES AND ACTIVITIES

The objectives of the Charitable Incorporated Organisation are :

- a. To promote social inclusion for the public benefit among people who are from Irish communities throughout Britain, in particular, those residing in the north of England, who are socially excluded on the grounds of their social and economic position through combined clustering, collaboration, shared skills and resources to enable charities to continue to deliver their services to further this purpose
- b. To advance the education of the general public in Irish culture, history and heritage throughout Britain, in particular those residing in the north of England

Public Benefit

In considering the objectives and activities, the Trustees have considered the Charity Commission's guidance on Public Benefit to ensure that the organisation is meeting its Public Benefit requirements.

ACHIEVEMENTS AND PERFORMANCE

During the year Fréa has continued to be true to our objectives through our partnership working and development of new opportunities to highlight the life changing work of the three charities involved.

Fréa has seen dramatic transformations during the last year with the partnership going from strength to strength through our public engagement activities to raise much needed funds, but also in raising the profile of women and children who have been impacted by institutional abuse as a resident of Irelands Mother and Baby & County Home institutions

The Fréa Renewing Roots Programme led by Fréa partner Irish Community Care is earning accolades for its ground-breaking work engaging individuals impacted by their experiences as former residents of Irelands institutions. Through additional funding from the Government of Ireland Emigrant Support Programme, the service has expanded and now includes advocacy and policy work both in Ireland and Britain. We are working in partnership with Irish in Britain to campaign for Philomena's Law so that means tested benefits are not impacted by any payment made by the Irish Government.

We extend our sincere thanks to the former residents who have helped the team develop and strengthen the programme. They are at the heart of everything we do. This year saw the development of the very successful peer support Arts for Wellbeing Group and the co-production of an oral history project, documenting the testimonies of former residents; whose voices were once silenced. The testimonies will be archived at the University of Liverpool, in collaboration with the Institute of Irish Studies and the University's Special Collections and Archive. We are in discussion with the National Centre for Research and Remembrance in Ireland to explore how this important part of Irish and Diaspora history both past and present

FREA TRUSTEES' ANNUAL REPORT FOR YEAR ENDED 31ST MARCH 2025

have a legacy both in Ireland and abroad.

Our Women of Irish Heritage (WIH) Network goes from strength to strength, with 800 members currently. This unique network has created a supportive, connected, and ambitious space to allow women to thrive, build confidence, and grow business opportunities.

Fundraising to sustain the life changing services delivered by the Fréa charities is a key element of the network; with the regular network events including our annual Christmas and Nollaig na mBán (Women's Christmas), and individual members developing their own fundraising activities. The coming year's highlights will include members Peak The Reek event in September 2025 where 27 WIH members will climb Croagh Patrick to raise funds for Fréa and in November our friends at Maguire Law will be hosting a luncheon in our honour.

We launched the inaugural St Patrick's Day Ball at the Mercure Hotel in Manchester in March 2025. It was a great success with over 300 guests. The generosity of businesses and guests helped us raise an astounding £57,800 in one evening. Plans with the follow-up event in March 2026 are well developed and we are looking forward to another successful event.

Our Fréa Big Irish Breakfast now in its second year saw friends and families across the world coming together; celebrating St. Patrick's Day and fundraising for Fréa. We were delighted with the global participation from people in the Cayman Islands, New Zealand, Dubai as well as the homelands. Thank you to everyone who took part.

Fréa social media content and output have significantly increased during the year with targeted engagement activities for each of the unique Fréa programmes. Our WIH LinkedIn page is proving to be a great source of interaction to inspire Irish professional women to connect with the three partner charities.

Fréa has also built capacity in the Fréa charities through shared learning, joint training, and peer support.

Acknowledgements

We extend our sincere thanks to everyone who connects with and supports Fréa. To our funders including the Government of Ireland Emigrant Support Programme, the Department of Children, Disability and Equality's Commemorative Grant Scheme whose continued investment, understanding and support enables us to deliver and develop our programmes. To WIH Network members, our donors and fundraisers, businesses and wider community who support the annual programme of fundraising activity helping sustain the life changing work of the Fréa charities. To our Community Members who connect with the Fréa charities, to former residents who connect with Renewing Roots, thank you for your courage, resilience and inspiration.

We extend our sincere thanks to Dorothy Lynch, Fréa Development Manager whose networks, energy and passion bring Fréa into contact with so many creative, generous and inspiring Irish people across the region. We thank the Fréa Renewing Roots Team for the dedication and commitment to championing this important work and ensuring voices that were once silenced are amplified and listened to. We thank our partners including the staff, trustees and volunteers of the Fréa charities, Embassy of Ireland, Consular Team in the North of England, community networks and services, for your continued support.

Go raibh míle maith agaibh go léir.

FINANCIAL REVIEW

Total income for the period was £157,721 (2024: £89,811) of which £14,017 (2024: £10,000) related to funding for projects upon which restrictions are placed.

FREA TRUSTEES' ANNUAL REPORT FOR YEAR ENDED 31ST MARCH 2025

Total expenditure for the period was £155,690 (2024: £97,232) leaving a surplus at the end of the year of £2,031 (2024: £7,456 deficit). During the year £66,000 (2024:£39,450) of funds raised by Frea was redistributed back to the three partner charities.

At 31st March 2025 the charity's reserves stood at £8,221 (2024: £6,173) of which £4,070 (2024: £2,500) represented restricted funds.

RISK MANAGEMENT

The main risks to the Charitable Incorporated Organisation as identified by the Trustees have been considered and systems have been established to mitigate those risks.

RESERVES POLICY

It is the policy of the Charitable Incorporated Organisation to maintain unrestricted funds at a level to cover redundancy provision and four months' running costs should no further funding be received.

As at the end of the financial year the unrestricted funds totalled £4,151. The charity requires £4,357 for redundancy provision and £35,811 for three months' running costs, (total £40,168).

We are continually looking to diversify and build income streams to ensure future sustainability for Frea including grants, subscriptions and donations. This in turn will allow us to develop our reserves to meet the requirements of our reserves policy.

FREA

TRUSTEES' ANNUAL REPORT FOR YEAR ENDED 31ST MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

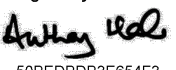
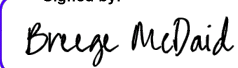
Frea is a registered Charitable Incorporated Organisation (CIO), number 1197939 registered on 16th February 2022. The Governing Document is a constitution adopted on 16th February 2022.

FREA CIC converted to a Charitable Incorporated Organisation (CIO) on the 16th February 2022, its assets were transferred to the Charitable Incorporated Organisation FREA, for the purpose of continuing its activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Name	FREA
Charity Number	1197939
Address & Office	Broom Hill Centre Nowell Court Leeds LS9 6TW
Trustees	During the period members of the Board of Trustees were as follows: A Hanlon P J Morrison B McDaid
Independent Examiner	Ying Huang, ACCA c/o LCVS 151 Dale Street, Liverpool, L2 2AH
Bankers	The Co-operative Bank, PO Box 250, Skelmersdale WN8 6WT

Signed on behalf of the Trustees

Signed by: 508ED8D83E664F3.....	18 December 2025
A Hanlon - Trustee	Date
Signed by: 866B8DCE7AEF478.....	19 December 2025
B McDaid - Trustee	Date

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FREA

I report on the accounts of the charity for the year ended 31st March 2025 which are set out on pages 6 to 15.

Respective
responsibilities of
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view, and the report is limited to those matters set out in the statement below.

Independent examiner's
statement

In connection with my examination, no matter has come to my attention:


(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: **Ying Huang**

Signed by:

DF051AE92EBD4B6...

Relevant professional qualification or body: **ACCA**

Address: **c/o LCVS 151 Dale Street, L2 2AH**

Dated: 19 December 2025

FREA**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2025**

	Notes	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income and endowments from:					
Donations and legacies	2a	20,279	-	20,279	39,700
Charitable activities	2b	123,425	14,017	137,442	49,111
Other Trading Activities	2c	-	-	-	1,000
Total income		143,704	14,017	157,721	89,811
Expenditure					
Charitable Activities	3	143,243	12,447	155,690	97,267
Total expenditure		143,243	12,447	155,690	97,267
Net Income/(expenditure) for the year		461	1,570	2,031	(7,456)
FX Gains/(Losses)		17	-	17	-
Net movement in funds		478	1,570	2,048	(7,456)
Total funds brought forward	8, 9	3,673	2,500	6,173	13,629
Total funds carried forward	7-9	4,151	4,070	8,221	6,173


The notes on pages 8 to 15 form part of these accounts.

All the above amounts relate to continuing activities of the Charitable Incorporated Organisation

FREA
BALANCE SHEET AS AT 31ST MARCH 2025

	Notes	31 st March 2025		31 st March 2024	
		£	£	£	£
Fixed assets					
Tangible fixed assets	4		125		187
Current assets					
Debtors	5		-		-
Cash at bank and in hand			79,332		8,540
			-----		-----
			79,332		8,540
Current liabilities					
Creditors: amounts falling due within one year	6		(71,236)		(2,554)
			-----		-----
Net current assets			8,096		5,986
			-----		-----
Total assets less current liabilities			8,221		6,173
			=====		=====
Funds:					
Unrestricted funds	7, 8		4,151		3,673
Restricted funds	9		4,070		2,500
			-----		-----
			8,221		6,173
			=====		=====

Approved by Trustees on 18 December 2025

Signed by:

 50BEDBDB3E654F3...

A Hanlon - Trustee

Signed by:

 B66B6DCE7AEF476...

B McDaid - Trustee

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

1. Accounting Policies

Basis of accounting

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2019) (effective 1st January 2019) and Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The Charity has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The Trustees have therefore adopted the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charity's free reserves available for the trustees to apply in accordance with the charity's objectives.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Fixed Assets

Capital expenditure of £200 and above is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life as below:

Computer Equipment	33.33% per annum reducing balance method
--------------------	--

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations and general grants which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain

Income from charitable activities is recognised on an accruals basis except for grants receivable, which are recognised on the date on which their unconditional payment is confirmed by the donor.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charitable company to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings

FREA**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025**

in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charitable company. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charitable company.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the

FREA**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025**

revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Cost of charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charity. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity.

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The charity benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions. The charity is not able to recover Value Added Tax. Expenditure is recorded in the accounts inclusive of VAT.

2. Income and endowments

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	2024 £
a. Donations and Legacies	20,279	-	20,279	39,700
	=====	=====	=====	=====
b. Charitable Activities				
Event Income	78,425	-	78,425	5,165
Project Income	45,000	-	45,000	33,946
Government of Ireland Emigrant Support Programme	-	10,000	10,000	10,000
Department of Children, Equality, Disability, Integration and Youth	-	4,017	4,017	-
	-----	-----	-----	-----
	123,425	14,017	137,442	49,111
	=====	=====	=====	=====
c. Other Trading Activities				
Sponsorship	-	-	-	1,000
	=====	=====	=====	=====

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

3. Expenditure on charitable activities

	Direct Charitable expenditure	Support & Governance costs	Total 2025	Total 2024
	£	£	£	£
To promote social inclusion for the public benefit among people who are from Irish communities throughout Britain and particularly those in the North of England and to advance the education of the general public in Irish culture, history and heritage.	153,758	1,932	155,690	97,267
	=====	=====	=====	=====

a. analysed as follows:

	2025	2024
	£	£
<i>Direct charitable expenditure:</i>		
Staff salary costs	35,000	35,000
Pension	1,750	1,750
Marketing and promotions	3,978	8,243
Events	44,668	8,576
Redistribution of funds	66,000	39,450
Travel and subsistence	2,327	1,708
Professional fees	35	35
	-----	-----
	153,758	94,762
	-----	-----
<i>Support & governance costs:</i>		
Office costs	124	690
Insurance	277	266
Paypal fees	29	118
Payroll fees	634	532
Accountancy	806	805
Depreciation	62	94
	-----	-----
	1,932	2,505
	-----	-----
Total expenditure on charitable activities	155,690	97,267
	=====	=====

£12,447 (2024: £7,500) of the above expenditure is restricted expenditure.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

b. Staff Costs	2025	2024
	£	£
Gross wages and salaries	35,000	35,000
Pension Costs	1,750	1,750
	-----	-----
	36,750	36,750
	=====	=====

c. Particulars of employees:

The average number of employees during the period, calculated on the basis of full-time equivalents, was as follows:

	2025	2024
Charitable activities	1	1
	====	====

No employee received emoluments of more than £60,000 during the period.

The Trustees are not remunerated for their services and are not included in the above number of employees.

No out-of-pocket expenses were reimbursed to trustees during the period.

4. Tangible fixed assets

	Computer Equipment	Total
Cost	£	£
Balance at 1 st April 2024	421	421
Additions	-	-
	-----	-----
Balance at 31 st March 2025	421	421
	-----	-----
Depreciation:		
Balance at 1 st April 2024	234	234
Charge for the period	62	62
	-----	-----
Balance at 31 st March 2025	296	296
	-----	-----
Net book value at 31st March 2025	125	125
	=====	=====
Net book value at 31 st March 2024	187	187
	=====	=====

There were no material capital commitments at the year end. All fixed assets are used in the direct charitable activities of the charitable incorporated organisation.

5. Debtors

There were no debtors as at 31st March 2025 (2024: Nil)

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

6. Creditors: amounts falling due within one year

	2025	2024
	£	£
Creditors	67,233	473
Other Creditors	1,894	-
Pension	646	646
Accruals	940	840
Taxation & Social Security	523	540
	-----	-----
	71,236	2,519
	=====	=====

7. Analysis of net assets between funds

2025	Tangible Fixed Assets	Net Current Assets	Total
	£	£	£
Unrestricted Funds			
General Fund	125	4,026	4,151
	-----	-----	-----
Restricted Funds			
Government of Ireland Emigrant Support Programme	-	2,500	2,500
Department of Children, Equality, Disability, Integration and Youth	-	1,570	1,570
	-----	-----	-----
Restricted Fund Total	-	4,070	4,070
	-----	-----	-----
Totals	125	8,096	8,221
	=====	=====	=====

2024	Tangible Fixed Assets	Net Current Assets	Total
	£	£	£
Unrestricted Funds			
General Fund	187	3,486	3,673
	-----	-----	-----
Restricted Funds			
Government of Ireland Emigrant Support Programme	-	2,500	2,500
	-----	-----	-----
Totals	187	5,986	6,173
	=====	=====	=====

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

8. Unrestricted Funds

2025	Reserves at Beginning of the year £	Movements in the Year			Reserves at the end of the year £
		Income £	Expenditure £	FX £	
General Fund	3,673	143,704	(143,243)	17	4,151
	3,673	143,704	(143,243)	17	4,151
	=====	=====	=====	=====	=====

2024	Reserves at Beginning of the year £	Movements in the Year		Reserves at the end of the year £
		Income £	Expenditure £	
General Fund	13,629	79,811	(89,767)	3,673
	13,629	79,811	(89,767)	3,673
	=====	=====	=====	=====

General Fund is used to finance the charity's general activities and core costs as outlined in the Trustees' Report.

9. Restricted Funds

2025	Reserves at Beginning of the year £	Movements in the Year		Reserves at the end of the year £
		Income £	Expenditure £	
Government of Ireland Emigrant Support Programme	2,500	10,000	(10,000)	2,500
Department of Children, Equality, Disability, Integration and Youth	-	4,017	(2,447)	1,570
	2,500	14,017	(12,447)	4,070
	=====	=====	=====	=====

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

2024	Reserves at Beginning of the year £	Movements in the Year		Reserves at the end of the year £
		Income £	Expenditure £	
Government of Ireland Emigrant Support Programme	-	10,000	(7,500)	2,500
	-----	-----	-----	-----
	-	10,000	(7,500)	2,500
	=====	=====	=====	=====

These are monies given to the Charity to be spent at the discretion of the Board of Trustees for specific charitable purposes, as follows:

Government of Ireland Emigrant Support Programme – Contribution towards Development Manager post and Marketing & Communication costs. £10,083 were transferred from the formerly Fréa CIC during the period 16th February 2022 to 31st March 2023.

Department of Children, Equality, Disability, Integration and Youth – Contribution towards financial assistance to survivor centred advocacy groups

10. Guarantees and Other Financial Commitments

During this financial year there are no financial commitments under non-cancellable operating leases (2024: none).

11. Related Parties

FREA was established as a partnership between Irish Community Care (Charity), Leeds Irish Health & Homes (Society) and Irish Community Care Manchester (Charity).

During the year, FREA redistributed funds in furtherance of its charitable objectives to each of the partner organisations. Payments of £22,000 were made to each organisation, totalling £66,000 for the year.

12. Contingent Liabilities

The charity did not have any contingent liabilities as at 31st March 2025 (2024: None).

FREA

England & Wales - Charity number 1197939

Accounts

FREA

**ANNUAL REPORT AND FINANCIAL
STATEMENTS FOR THE
YEAR ENDED 31ST MARCH 2024**

Charity Registration No. 1197939

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FREA TRUSTEES' ANNUAL REPORT FOR YEAR ENDED 31ST MARCH 2024

The trustees are pleased to present their annual report and financial statements for the Charitable Incorporated Organisation for the year ended 31st March 2024.

The financial statements have been prepared in accordance with the charity's trust deed, the Charities Act 2011 and 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 published (FRS 102) (effective 1st January 2019).

OBJECTIVES AND ACTIVITIES

The objectives of the Charitable Incorporated Organisation are :

- a. To promote social inclusion for the public benefit among people who are from Irish communities throughout Britain, in particular, those residing in the north of England, who are socially excluded on the grounds of their social and economic position through combined clustering, collaboration, shared skills and resources to enable charities to continue to deliver their services to further this purpose
- b. To advance the education of the general public in Irish culture, history and heritage throughout Britain, in particular those residing in the north of England

Public Benefit

In considering the objectives and activities, the Trustees have considered the Charity Commission's guidance on Public Benefit to ensure that the organisation is meeting its Public Benefit requirements.

ACHIEVEMENTS AND PERFORMANCE

During the year Frea has continued to be true to the objectives through our partnership working and development of new opportunities to highlight the life changing work of the three charities involved.

Our Women of Irish Heritage Network goes from strength. Membership has grown from 38 initially to 400 connected women. The network provides a space and opportunity for professional women to come together and be inspired by each other whilst also generating fundraising opportunities at the events or through individual members developing their own fundraising activities.

Frea was the nominated charity for the Maguire Law event in October 2023 where Dara O'Briain was guest of honour and raised nearly £20,000 through its auction and raffle prizes. We remain a chosen charity for BITA and thank them for their continued generosity.

We also held a fundraising music night in April 2024 at St Kentigern's, Manchester where Michael McGoldrick performed, raising over £10,000 for the charities.

Regular events including our annual Christmas and Nollaig na mBan (Women's Christmas) events bring much needed funds into the charities.

We rely on the generosity of those people who give their time and money to making lives better for some of the most vulnerable members of the Irish communities across the North of England and we sincerely thank you for your continued support.

We would also like to express our thanks for the continued investment into the Women of Irish Network through the Government of Ireland Emigrant Support Programme.

During the year we also strengthened our communications capacity, procuring the services of

FREA

TRUSTEES' ANNUAL REPORT FOR YEAR ENDED 31ST MARCH 2024

Strike the Match to raise our profile across various platforms. This has helped Frea in a number of fundraising initiatives which developed during the year. The Frea Big Irish Breakfast in March 2024 encouraged people getting together to mark St Patricks Day Ireland's national day to share a cup of tea, remember all those who had trodden the emigrant path towards a better life, but also sent money back home to keep Ireland afloat in its time of economic need. We asked people to donate what they felt they could to the work of the three charities and the campaign reached out successfully across the region, the country and worldwide with participation from Ireland, Australia, New Zealand, the United States and Dubai, raising £3,000 in the process. Our online celebration of St Brigid's Day, now an unofficial Irish International Women's Day captured hearts and minds with a number of women of Irish heritage sharing their stories and inspirations.

Our partnership work with the former residents of the Mother and Baby & County Homes institutions in the Republic of Ireland (renamed Renewing Roots during the year) has built on the solid foundations from its initial horizon scanning pilot project. Funding from the Government of Ireland Emigrant Support Programme has allowed us to set up a regional programme with staff located in each of the Frea charities offering free, confidential advocacy and support to former residents now living in the North of England. The budget and programme for this project is held and lead by one of the Frea partners, Irish Community Care and therefore reported on via their audited accounts.

Frea has also built capacity in the Frea charities through shared learning, joint training, and peer support. We would like to extend our thanks to all those people who donate their pro-bono support to Frea through sponsorship of our Women of Irish Heritage events, those who have become involved with the three partner charities as trustees and volunteers and those who have helped out with our calls to action for fundraising support.

We extend our sincere thanks to Dorothy Lynch, Frea Development Manager whose networks, energy and passion bring Frea into contact with so many creative, generous and inspiring Irish people across the region.

FINANCIAL REVIEW

Total income for the period was £89,811 (2023: £67,802) of which £10,000 (2023: £20,583) related to funding for projects upon which restrictions are placed.

Total expenditure for the period was £97,232 (2023: £54,173) leaving a deficit at the end of the year of £7,421 (2023: £13,629 surplus). During the year £39,450 of funds raised by Frea was redistributed back to the three partner charities.

At 31st March 2024 the charity's reserves stood at £6,208 (2023: £13,629) of which £2,500 (2023: £nil) represented restricted funds.

RISK MANAGEMENT

The main risks to the Charitable Incorporated Organisation as identified by the Trustees have been considered and systems have been established to mitigate those risks.

RESERVES POLICY

It is the policy of the Charitable Incorporated Organisation to maintain unrestricted funds at a level to cover redundancy provision and four months' running costs should no further funding be received.

As at the end of the financial year the unrestricted funds totalled £3,708. The charity requires £3,197 for redundancy provision and £22,442 for three months' running costs, (total £25,639).

FREA

TRUSTEES' ANNUAL REPORT FOR YEAR ENDED 31ST MARCH 2024

We are continually looking to diversify and build income streams to ensure future sustainability for Frea including grants, subscriptions and donations. This in turn will allow us to develop our reserves to meet the requirements of our reserves policy.

PLANS FOR THE FUTURE

The development of our focus on helping the three charities to raise significant funds to support their work remains a key focus.

- Maximising our fundraising opportunities through our inaugural St Patrick's Day Ball in March 2025
- Developing the Women of Irish Heritage Network and maximising opportunities through events, sponsorship and donations to build on the success of the last year
- Maintaining and developing our successful links with BITA to remain their charity of choice and develop possible other networks of support
- Building on our programme of cultural events (St Brigid's Day; the Big Irish Breakfast for St Patrick's Day) where collectively and individually our three charities can maximise our profiles to make people aware of the work we do and how people can become involved in our services
- Continuing to build our social media presence and sophistication to support our work including upgrading our website
- Effectively rolling out our programme to support former residents of the Mother and Baby and County Homes system in Ireland through our Renewing Roots project.
- Building on close working ties between each of the three charities to ensure as many vulnerable members of the Irish community across the North of England can avail of culturally sensitive support services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Frea is a registered Charitable Incorporated Organisation (CIO), number 1197939 registered on 16th February 2022. The Governing Document is a constitution adopted on 16th February 2022.

FREA CIC converted to a Charitable Incorporated Organisation (CIO) on the 16th February 2022, its assets were transferred to the Charitable Incorporated Organisation FREA, for the purpose of continuing its activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Name	FREA
Charity Number	1197939
Address & Office	Rouse House 2 Wyther Lane Leeds LS5 3BT
Trustees	During the period members of the Board of Trustees were as follows: A Hanlon P J Morrison B McDaid

FREA
TRUSTEES' ANNUAL REPORT FOR YEAR ENDED 31ST MARCH 2024

**Independent
Examiner**

Ying Huang, ACCA
c/o LCVS
151 Dale Street,
Liverpool,
L2 2AH

Bankers

The Co-operative Bank,
PO Box 250,
Skelmersdale
WN8 6WT

Signed on behalf of the Trustees



.....
A Hanlon - Trustee

17th Jan 2025

.....
Date



.....
B McDaid - Trustee

24 January 2025

.....
Date

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
FREA**

I report on the accounts of the charity for the year ended 31st March 2024 which are set out on pages 6 to 15.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view, and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: **Ying Huang**



Relevant professional qualification or body: **ACCA**

Address: **c/o LCVS 151 Dale Street, L2 2AH**

Dated:28/01/2025.....

FREA**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2024**

	Notes	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds Period from 16 th February 2022 to 31 st March 2023
		2024	2024	2024	
		£	£	£	£
Income and endowments from:					
Donations and legacies	2a	39,700	-	39,700	8,135
Charitable activities	2b	39,111	10,000	49,111	34,754
Other Trading Activities	2c	1,000	-	1,000	-
Other income	2d	-	-	-	24,913
		-----	-----	-----	-----
Total income		79,811	10,000	89,811	67,802
		-----	-----	-----	-----
Expenditure					
Charitable Activities	3	89,767	7,500	97,267	54,173
		-----	-----	-----	-----
Total expenditure		89,767	7,500	97,267	54,173
		-----	-----	-----	-----
Net income, net movement in funds		(9,956)	2,500	(7,456)	13,629
Total funds brought forward	8, 9	13,629	-	13,629	-
		-----	-----	-----	-----
Total funds carried forward	7-9	3,673	2,500	6,173	13,629
		=====	=====	=====	=====

The notes on pages 8 to 15 form part of these accounts.

All the above amounts relate to continuing activities of the Charitable Incorporated Organisation

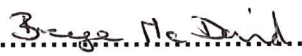
FREA
BALANCE SHEET AS AT 31ST MARCH 2024

	Notes	31 st March 2024		31 st March 2023	
		£	£	£	£
Fixed assets					
Tangible fixed assets	4		187		281
Current assets					
Debtors	5	-	-	-	-
Cash at bank and in hand		8,540		16,315	
		-----		-----	
		8,540		16,315	
Current liabilities					
Creditors: amounts falling due within one year	6	(2,554)		(2,967)	
		-----		-----	
Net current assets			5,986		13,348
			-----		-----
Total assets less current liabilities			6,173		13,629
			=====		=====
Funds:					
Unrestricted funds	7, 8		3,673		13,629
Restricted funds	9		2,500		-
			-----		-----
			6,173		13,629
			=====		=====

Approved by Trustees on 16th January 2025



.....
A Hanlon - Trustee



.....
B McDaid - Trustee

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

1. Accounting Policies

Basis of accounting

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2019) (effective 1st January 2019) and Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The Charity has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The Trustees have therefore adopted the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charity's free reserves available for the trustees to apply in accordance with the charity's objectives.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Fixed Assets

Capital expenditure of £200 and above is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life as below:

Computer Equipment	33.33% per annum reducing balance method
--------------------	--

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations and general grants which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain

Income from charitable activities is recognised on an accruals basis except for grants receivable, which are recognised on the date on which their unconditional payment is confirmed by the donor.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charitable company to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charitable company. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charitable company.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the

FREA**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024**

revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Cost of charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charity. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity.

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The charity benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions. The charity is not able to recover Value Added Tax. Expenditure is recorded in the accounts inclusive of VAT.

2. Income and endowments

	Unrestricted Funds	Restricted Funds	Total Funds	Period from 16 th February 2022 to 31 st March 2023
	2024 £	2024 £	2024 £	2023 £
a. Donations and Legacies	39,700	-	39,700	8,135
b. Charitable Activities				
Event Income	5,165	-	5,165	-
Project Income	33,946	-	33,946	-
Unrestricted Grants	-	-	-	24,254
Government of Ireland Emigrant Support Programme	-	10,000	10,000	10,000
Manchester City Council	-	-	-	500
	39,111	10,000	49,111	34,754
c. Other Trading Activities				
Sponsorship	1,000	-	1,000	-
c. Other Income				
Transfer of assets from CIC 1250555	-	-	-	24,913

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

3. Expenditure on charitable activities

	Direct Charitable expenditure	Support & Governance costs	Total 2024	Total Period from 16 th February 2022 to 31 st March 2023
	£	£	£	£
To promote social inclusion for the public benefit among people who are from Irish communities throughout Britain and particularly those in the North of England and to advance the education of the general public in Irish culture, history and heritage.	94,762	2,505	97,267	54,173
	=====	=====	=====	=====

a. analysed as follows:

	2024	Period from 16 th February 2022 to 31 st March 2023
	£	£
<i>Direct charitable expenditure:</i>		
Staff salary costs	35,000	19,396
Pension	1,750	2,042
Marketing and promotions	8,243	5,346
Events	8,576	1,469
Redistribution of funds	39,450	-
Equipment	-	150
Travel and subsistence	1,708	1,847
Professional fees	35	280
	-----	-----
	94,762	30,530
	-----	-----
<i>Support & governance costs:</i>	£	£
Staff salary costs	-	21,437
Office costs	690	418
Insurance	266	344
Paypal fees	118	-
Payroll fees	532	574
Accountancy	805	730
Depreciation	94	140
	-----	-----
	2,505	23,643
	-----	-----
Total expenditure on charitable activities	97,267	54,173
	=====	=====

£7,500 (2023: £20,583) of the above expenditure is restricted expenditure.

FREA**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024**

b. Staff Costs	2024 £	Period from 16 th February 2022 to 31 st March 2023 £
Gross wages and salaries	35,000	40,833
Pension Costs	1,750	2,042
	-----	-----
	36,750	42,875
	=====	=====

c. Particulars of employees:

The average number of employees during the period, calculated on the basis of full-time equivalents, was as follows:

	2024	Period from 16 th February 2022 to 31 st March 2023
Charitable activities	1	0.8
	====	====

No employee received emoluments of more than £60,000 during the period.

The Trustees are not remunerated for their services and are not included in the above number of employees.

No out-of-pocket expenses were reimbursed to trustees during the period.

4. Tangible fixed assets

	Computer Equipment £	Total £
Cost		
Balance at 1 st April 2023	421	421
Additions	-	-
	-----	-----
Balance at 31 st March 2024	421	421
	-----	-----
Depreciation:		
Balance at 1 st April 2023	140	140
Charge for the period	94	94
	-----	-----
Balance at 31 st March 2024	234	234
	-----	-----
Net book value at 31st March 2024	187	187
	=====	=====
Net book value at 31 st March 2023	281	281
	=====	=====

There were no material capital commitments at the year end. Majority of the fixed assets were transferred in from Fréa CIC in the year end 31st March 2023. All fixed assets are used in the direct charitable activities of the charitable incorporated organisation.

FREA**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024****5. Debtors**

There were no debtors as at 31st March 2024 (2023: Nil)

6. Creditors: amounts falling due within one year

	2024	2023
	£	£
Creditor	473	-
Pension	646	1,639
Accruals	840	730
Taxation & Social Security	540	598
	-----	-----
	2,519	2,967
	=====	=====

7. Analysis of net assets between funds

2024	Tangible Fixed Assets	Net Current Assets	Total
	£	£	£
Unrestricted Funds			
General Fund	187	3,486	3,673
	-----	-----	-----
Restricted Funds			
Government of Ireland Emigrant Support Programme	-	2,500	2,500
	-----	-----	-----
Totals	187	5,986	6,173
	=====	=====	=====
2023	Tangible Fixed Assets	Net Current Assets	Total
	£	£	£
Unrestricted Funds			
General Fund	281	13,348	13,629
	-----	-----	-----
Totals	281	13,348	13,629
	=====	=====	=====

8. Unrestricted Funds

2024	Reserves at Beginning of the year	Movements in the Year		Reserves at the end of the year
		Income	Expenditure	
	£	£	£	£
General Fund	13,629	79,811	(89,767)	3,673
	-----	-----	-----	-----
	13,629	79,811	(89,767)	3,673
	=====	=====	=====	=====

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

Period from 16 th February 2022 to 31 st March 2023	Reserves at Beginning of the period £	Movements in the Period		Reserves at the end of the period £
		Income £	Expenditure £	
General Fund	-	47,219	(33,590)	13,629
	-----	-----	-----	-----
	-	47,219	(33,590)	13,629
	=====	=====	=====	=====

General Fund is used to finance the charity's general activities and core costs as outlined in the Trustees' Report.

9. Restricted Funds

2024	Reserves at Beginning of the year £	Movements in the Year		Reserves at the end of the year £
		Income £	Expenditure £	
Government of Ireland Emigrant Support Programme	-	10,000	(7,500)	2,500
	-----	-----	-----	-----
	-	10,000	(7,500)	2,500
	=====	=====	=====	=====

Period from 16 th February 2022 to 31 st March 2023	Reserves at Beginning of the period £	Movements in the period		Reserves at the end of the period £
		Income £	Expenditure £	
Government of Ireland Emigrant Support Programme	-	20,083	(20,083)	-
Manchester City Council	-	500	(500)	-
	-----	-----	-----	-----
	-	20,583	(20,583)	-
	=====	=====	=====	=====

These are monies given to the Charity to be spent at the discretion of the Board of Trustees for specific charitable purposes, as follows:

Government of Ireland Emigrant Support Programme – Contribution towards Development Manager post and Marketing & Communication costs. £10,083 were transferred from the formerly Fréa CIC during the period 16th February 2022 to 31st March 2023.

Manchester City Council – Contribution towards Women's Events

10. Guarantees and Other Financial Commitments

During this financial year there are no financial commitments under non-cancellable operating leases (2023: none).

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

11. Related Parties

There were no related party transactions during the period.

12. Contingent Liabilities

The charity did not have any contingent liabilities as at 31st March 2024 (2023: None).

FREA

England & Wales - Charity number 1197939

Accounts

FREA

**ANNUAL REPORT AND FINANCIAL
STATEMENTS FOR THE
PERIOD FROM 16TH FEBRUARY 2022
TO 31ST MARCH 2023**

Charity Registration No. 1197939

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**FREA
TRUSTEES' ANNUAL REPORT FOR THE PERIOD
FROM 16TH FEBRUARY 2022 TO ENDED 31ST MARCH 2023**

The trustees are pleased to present their annual report for the period from 16th February 2022 to 31st March 2023.

The financial statements have been prepared in accordance with the charity's trust deed, the Charities Act 2011 and 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 published (FRS 102) (effective 1st January 2019).

OBJECTIVES AND ACTIVITIES

The objectives of the CIO are :

- a. To promote social inclusion for the public benefit among people who are from Irish communities throughout Britain, in particular, those residing in the north of England, who are socially excluded on the grounds of their social and economic position through combined clustering, collaboration, shared skills and resources to enable charities to continue to deliver their services to further this purpose
- b. To advance the education of the general public in Irish culture, history and heritage throughout Britain, in particular those residing in the north of England

Public Benefit

In considering the objectives and activities, the Trustees have considered the Charity Commission's guidance on Public Benefit to ensure that the organisation is meeting its Public Benefit requirements.

ACHIEVEMENTS AND PERFORMANCE

FREA Charitable Incorporated Organisation on the 16th February 2022 was registered as CIO from the company formerly known as Fréa CIC (Company number 12505551), its assets were transferred to the charity FREA, for the purpose of continuing its activities. This has enabled us to fulfil our ambitions in enabling a much stronger regional partnership for the three charities.

Focus on our developing our strategic objectives was very prominent throughout the period. Partnership development with the British and Irish Trading Alliance (BITA) lead to us being their nominated charity at events in Liverpool and Manchester for which we are extremely grateful.

The ongoing development of the Women of Irish Heritage Network saw the successful inaugural launch in Manchester during March 2022 by the Consul General of Ireland to the North of England, Sarah Mangan. Subsequent successful events across the region have seen membership grow, fantastic sponsorship responses from a range of businesses and individuals have seen us raise significant funds to support the work of the three charities. The Women of Irish Heritage Network is supported by The Emigrant Support Programme through the Department of Foreign Affairs in Dublin, and we extend our thanks for their continued support.

FREA
TRUSTEES' ANNUAL REPORT FOR THE PERIOD
FROM 16TH FEBRUARY 2022 TO ENDED 31ST MARCH 2023

Collaboration between the three charities to move forward with a programme of support for women and children who experienced the Mother and Baby and County Homes in Ireland has proved fruitful with the securing of funds from the Irish Government for an initial research project.

A strategy refresh took place in August 2022 to look at what joint fundraising opportunities we could and should look at for the future. We look to report on these successes in next year's accounts. Our thanks go to Dorothy Lynch, our Development Manager who is the powerhouse behind the fundraising and profile-raising efforts of FREA. Dorothy is one in a million and we are extremely lucky to have her with us.

We would also like to express our thanks to Martin Moran who stepped down as a Trustee in order to pass on Trusteeship to Patrick Morrison, the incoming CEO of Irish Community Care Manchester.

FINANCIAL REVIEW

Total income for the period was £67,802 of which £20,583 related to funding for projects upon which restrictions are placed and which £10,083 were transferred from Fréa CIC.

Total expenditure for the period was £54,173 leaving a surplus at the end of the year of £13,629.

At 31st March 2023 the charity's reserves stood at £13,629 of which £nil represented restricted funds

RISK MANAGEMENT

The main risks to the charity as identified by the Trustees have been considered and systems have been established to mitigate those risks.

RESERVES POLICY

It is the policy of the charity to maintain unrestricted funds at a level to cover redundancy provision and four months' running costs should no further funding be received.

As at the end of the financial year the unrestricted funds totalled £13,629. The charity requires £1,713 for redundancy provision and £2,646 for three months' running costs, (total £4,359).

PLANS FOR THE FUTURE

The development of our focus on helping the three charities to raise significant funds to support their work remains a key focus.

- Developing the Women of Irish Heritage Network and maximising opportunities through events, sponsorship and donations to build on the success of the last period.
- Maintaining and developing our successful links with BITA to remain their charity of choice and develop possible other networks of support
- Developing a programme of cultural events (St Brigid's Day; St Patrick's Day) where collectively and individually our three charities can maximise our profiles to make people aware of the work we do and how people can become involved in our services
- Develop our social media presence and sophistication to support our work

FREA

TRUSTEES' ANNUAL REPORT FOR THE PERIOD FROM 16TH FEBRUARY 2022 TO ENDED 31ST MARCH 2023

- Develop our programme to support those who have experienced the Mother and Baby and County Homes system in Ireland
- Develop closely working ties between each of the three charities to ensure as many vulnerable members of the Irish community across the North of England can avail of culturally sensitive support services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Frea is a registered charity Incorporated organisation, number 1197939 registered on 16th February 2022. The Governing Document is a constitution adopted on 16th February 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Name	FREA (Formerly known as Fréa CIC – 12505551)
Charity Number	1197939
Address & Office	Rouse House 2 Wyther Lane Leeds LS5 3BT
Trustees	During the period members of the Board of Trustees were as follows: A Hanlon P J Morrison B McDaid
Independent Examiner	Paula Sanchez ACCA c/o LCVS 151 Dale Street, Liverpool, L2 2AH
Bankers	The Co-operative Bank, PO Box 250, Skelmersdale WN8 6WT

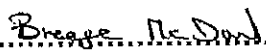
Signed on behalf of the Trustees



.....
A Hanlon - Trustee

28th January 2024

.....
Date


.....
B McDaid - Trustee

.....
30 January 2024
.....
Date

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
FREA**

I report on the accounts of the charity for the period from 16th February 2022 to 31st March 2023 which are set out on pages 5 to 13.

Respective
responsibilities of
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's
statement

In connection with my examination, no matter has come to my attention:

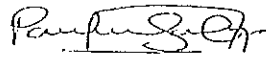
(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: **Paula Sanchez**



Relevant professional qualification or body: **ACCA**

Address: **c/o LCVS 151 Dale Street, L2 2AH**

Dated: **30th January 2024**

FREA
STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD
FROM 16 FEBRUARY 2022 TO 31ST MARCH 2023

	Notes	Unrestricted Funds	Restricted Funds	Total Funds
Period from 16 th February 2022 to 31 st March 2023				
Income and endowments from:		£	£	£
Donations and legacies	2a	8,135	-	8,135
Charitable activities	2b	24,254	10,500	34,754
Other income	2c	14,830	10,083	24,913
		-----	-----	-----
Total income		47,219	20,583	67,802
		-----	-----	-----
Expenditure				
Charitable Activities	3	33,590	20,583	54,173
		-----	-----	-----
Total expenditure		33,590	20,583	54,173
		-----	-----	-----
Net income, net movement in funds		13,629	-	13,629
Total funds brought forward	8, 9	-	-	-
		-----	-----	-----
Total funds carried forward	7-9	13,629	-	13,629
		=====	=====	=====

The notes on pages 7 to 13 form part of these accounts.

All the above amounts relate to continuing activities of the charity.

**FREA
BALANCE SHEET
AS AT 31ST MARCH 2023**

	Notes	31 st March 2023	
		£	£
Fixed assets			
Tangible fixed assets	4		281
Current assets			
Debtors	5	-	
Cash at bank and in hand		16,315	
		<u>16,315</u>	
Current liabilities			
Creditors: amounts falling due within one year	6	(2,967)	
		<u>13,348</u>	
Net current assets			13,348
Total assets less current liabilities			<u>13,629</u> =====
Funds:			
Unrestricted funds	7, 8		13,629
Restricted funds	9		-
			<u>13,629</u> =====

Approved by Trustees on

Anthony Hanlon

.....
A Hanlon - Trustee

Brian McDaid

.....
B McDaid - Trustee

Type text here

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD FROM 16TH FEBRUARY 2022 TO 31ST MARCH 2023

1. Accounting Policies

Basis of accounting

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2019) (effective 1st January 2019) and Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The Charity has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The Trustees have therefore adopted the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charity's free reserves available for the trustees to apply in accordance with the charity's objectives.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Fixed Assets

Capital expenditure of £200 and above is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life as below:

Computer Equipment	33.33% per annum reducing balance method
--------------------	--

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Income from charitable activities is recognised on an accruals basis except for grants receivable, which are recognised on the date on which their unconditional payment is confirmed by the donor.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charitable company to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD FROM 16TH FEBRUARY 2022 TO 31ST MARCH 2023

Expenditure on charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charitable company. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charitable company.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the

FREA
NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD
FROM 16TH FEBRUARY 2022 TO 31ST MARCH 2023

revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Cost of charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charity. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity.

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The charity benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions. The charity is not able to recover Value Added Tax. Expenditure is recorded in the accounts inclusive of VAT.

2. Income and endowments

	Unrestricted Funds	Restricted Funds	Total Funds
	Period from 16th February 2022 to 31st March 2023		
	£	£	£
a. Donations and Legacies	8,135	-	8,135
	=====	=====	=====
b. Charitable Activities			
Unrestricted Grants	24,254	-	24,254
Government of Ireland Emigrant Support Programme	-	10,000	10,000
Manchester City Council	-	500	500
	-----	-----	-----
	24,254	10,500	34,754
	=====	=====	=====
c. Other Income			
Transfer of assets from CIC 1250555	14,830	10,083	24,913
	-----	-----	-----
	14,830	10,083	24,913
	=====	=====	=====

FREA
NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD
FROM 16TH FEBRUARY 2022 TO 31ST MARCH 2023

3. Expenditure on: charitable activities

To promote social inclusion for the public benefit among people who are from Irish communities throughout Britain and to advance the education of the general public in Irish culture, history and heritage

Direct Charitable expenditure	Support & Governance costs	Total Period from 16 th February 2022 to 31 st March 2023
£	£	£
30,530	23,643	54,173
=====	=====	=====

a. analysed as follows:

	Period from 16 th February 2022 to 31 st March 2023
<i>Direct charitable expenditure:</i>	£
Staff salary costs	21,438
Marketing and Promotions	5,346
Events	1,469
Equipment	150
Travel and Subsistence	1,847
Professional Fees	280

	30,530

<i>Support & governance costs:</i>	£
Staff salary costs	21,437
Office costs	418
Insurance	344
Payroll fees	574
Accountancy	730
Depreciation	140

	23,643

Total expenditure on charitable activities	54,173
	=====

£20,583 of the above expenditure is restricted expenditure.

b. Staff Costs

	Period from 16 th February 2022 to 31 st March 2023
	£
Gross wages and salaries	40,833
Pension Costs	2,042

	42,875
	=====

FREA

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD FROM 16TH FEBRUARY 2022 TO 31ST MARCH 2023

c. Particulars of employees:

The average number of employees during the period, calculated on the basis of full-time equivalents, was as follows:

	Period from 16 th February 2022 to 31 st March 2023
Charitable activities	0.8
	=====

No employee received emoluments of more than £60,000 during the period.

The Trustees are not remunerated for their services and are not included in the above number of employees.

No out-of-pocket expenses were reimbursed to trustees during the period.

4. Tangible fixed assets

	Computer Equipment	Total
Cost	£	£
Transfer in the period	421	421
	-----	-----
Balance at 31 st March 2023	421	421
	-----	-----
Depreciation		
Charge for the period	140	140
	-----	-----
Balance at 31 st March 2023	140	140
	-----	-----
Net book value at 31st March 2023	281	281
	=====	=====

The fixed assets were transferred in from Fréa CIC and were used for the direct charitable activities of the charity.

5. Debtors

	Period from 16 th February 2022 to 31 st March 2023
	£
Prepayments	-
Other Debtors	-

	-
	=====

FREA
NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD
FROM 16TH FEBRUARY 2022 TO 31ST MARCH 2023

6. Creditors: amounts falling due within one year

	Period from 16 th February 2022 to 31 st March 2023
	£
Creditors	1,639
Accruals	730
Taxation & Social Security	598

	2,967
	=====

7. Analysis of net assets between funds

Period from 16 th February 2022 to 31 st March 2023	Tangible Fixed Assets	Net Current Assets	Total
	£	£	£
Unrestricted Funds			
General Fund	281	13,348	13,629
	-----	-----	-----
Totals	281	13,348	13,629
	=====	=====	=====

8. Unrestricted Funds

Period from 16 th February 2022 to 31 st March 2023	<u>Movements in the Period</u>			Resources at the end of the period
	Resources at Beginning of the period	Income	Expenditure	
	£	£	£	£
General Fund	-	47,219	(33,590)	13,629
	-----	-----	-----	-----
	-	-	-	-
	-	47,219	(33,590)	13,629
	=====	=====	=====	=====

General Fund is used to finance the charity's general activities and core costs as outlined in the Trustees' Report.

9. Restricted Funds

Period from 16 th February 2022 to 31 st March 2023	<u>Movements in the Period</u>			Resources at the end of the period
	Resources at Beginning of the period	Income	Expenditure	
	£	£	£	£
Government of Ireland Emigrant Support Programme	-	20,083	(20,083)	-
Manchester City Council	-	500	(500)	-
	-----	-----	-----	-----
	-	20,583	(20,583)	-
	=====	=====	=====	=====

FREA
NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD
FROM 16TH FEBRUARY 2022 TO 31ST MARCH 2023

These are monies given to the Charity to be spent at the discretion of the Board of Trustees for specific charitable purposes, as follows:

Government of Ireland Emigrant Support Programme – Contribution towards Development Manager post and Marketing & Communication costs. £10,083 were transferred from the formerly Fréa CIC.

Manchester City Council – Contribution towards Women's Events

10. Guarantees and Other Financial Commitments

During this financial period there are no financial commitments under non-cancellable operating leases.

11. Related Parties

There were no related party transactions during the period.

12. Contingent Liabilities

The charity did not have any contingent liabilities as at 31st March 2023.