

SISTERWOOD

England & Wales · Charity number 1198650

Details

Status Registered

Legal form CIO

Registered 2022-04-19

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

Contact

Address 2nd Floor
33 Longbrook
Exeter
EX4 4AW

Phone 07939529529

Email enquiries@sisterwood.org

Website www.sisterwood.org

Activities

Objects: TO ADVANCE IN LIFE AND RELIEVE THE NEEDS OF YOUNG WOMEN AND THOSE THAT IDENTIFY AS FEMALE, IN PARTICULAR BUT NOT EXCLUSIVELY AGED 12-16 YEARS, SUFFERING FROM ILL MENTAL HEALTH OR FROM A LOWER SOCIOECONOMIC BACKGROUND, LIVING IN EXETER, EAST DEVON OR TEIGNBRIDGE, THROUGH(A) THE PROVISION OF RECREATIONAL ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE;(B) PROVIDING SUPPORT AND ACTIVITIES, IN AN OUTDOOR SETTING, WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.

Activities: SisterWood holds forest school style sessions for young women and those that identify as female aged 12-16, who are struggling with their mental health. These sessions include listening circles, nature connection and communal cooking as well as learning practical skills, yoga, singing and other mindfulness based activities to help them build a toolkit for mental health and wellbeing.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Children/young People

Geography

- Devon

Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£41,246	£37,473	-	-
2023-08-31	£32,806	£18,145	-	-

Trustees

Name	Role	Appointed
Rosemary Fellows	Chair	2025-11-17
Josie Rylance		2025-11-17
Kadmi Springer		2026-02-04
Katherine Horsham		2025-11-17
Niamh Milligan		2025-11-17

SISTERWOOD

England & Wales - Charity number 1198650

Accounts

TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024
FOR
SISTERWOOD

SISTERWOOD

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FOR THE YEAR ENDED 31 AUGUST 2024

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SISTERWOOD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 AUGUST 2024

The Trustees have pleasure in presenting their report along with the financial statements for the year ended 31 August 2024. The financial statements have been prepared in accordance with current statutory requirements, the charity's governing documents, and the recommendations of the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2005) and complies with applicable law. We have also referred to the guidance contained in the Charity Commission's guidance on public benefit when reviewing our aims and objectives for the year.

OBJECTIVES AND ACTIVITIES

Objectives and aims

SisterWood supports young women aged 12 - 16 years with their mental wellbeing through a woodland-based programme, blending practical skills and mindfulness-based practices. Our vision is to create a foundation of mental wellbeing for young women that provides a toolkit for confidence and resilience, so they can handle whatever life brings.

ACHIEVEMENT AND PERFORMANCE

Introduction

This year has been one of transition for SisterWood. Our founder and previous Director, Fran, stepped down due to health reasons, leading to leadership and governance changes. We extend our deep gratitude to Fran for her dedication, vision, and the impact she has made in shaping SisterWood.

In May, Fran was also featured on Countryfile, bringing valuable recognition to the work she has led and the impact of our nature-based approach. This was a proud moment for SisterWood and a testament to everything she built.

Alongside these leadership changes, we've also seen shifts within the trustee board and the challenge of securing a new venue for programme delivery. While this period has brought uncertainty, it has also provided space for reflection, learning, and strengthening our foundations for the future.

While I was not in post during the reporting period (August 2023 - August 2024), I was brought in later in the year to assess SisterWood's viability and long-term potential. Following this consultancy project, I stepped into the role of Director in December 2024. Since then, my focus has been on stabilising operations, securing long-term sustainability, and preparing SisterWood for the next phase of its work.

SISTERWOOD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 AUGUST 2024

Leadership & Governance

- Director Transition: Fran stepped down as Director, and SisterWood entered an interim period before my appointment in December 2024.
- Trustee Board Changes: The trustee board saw changes, with Beverley Garland and Karen Salt stepping into roles. We still need to recruit a treasurer, but our immediate focus has been on stabilising operations before expanding the board further.
- Operational Pause & Reflection: Programme delivery was paused in summer 2024 while trustees assessed the organisation's future. I was brought in as a consultant to review SisterWood's financial position and overall viability, in November 2024 which led to my appointment as Director.
- Clarifying Roles & Decision-Making: To improve operational efficiency, we are refining role descriptions and decision-making structures to ensure clarity between staff, trustees, and volunteers as we rebuild.

Programme Impact (Aug 2023 - Aug 2024)

Despite the challenges this year, SisterWood continued to run impactful programmes during the spring and summer. Activities included:

- Landing and Settling In - Icebreaker games, nature-based check-ins, and discussions on emotional and physical safety.
- Heartspace & Emotional Well-being - Breathwork, guided meditation, and emotional regulation using the RAIN framework.
- Fire-Making & Outdoor Skills - Practical fire-making, team challenges, and learning about fire structures.
- Stress Management & Resilience - Recognising stress, grounding techniques, and self-care strategies.
- Boundaries & Communication - Storytelling, personal boundaries, and active listening.
- Ikigai & Visioning for the Future - Exploring purpose, goal setting, and vision board creation.

Key Impact & Participant Reflections:

Connection with Nature: "thrive being outdoors" shared one participant, highlighting the restorative power of time in nature.

Personal Growth: "I can be me, without caring what others think" reflected another young woman, showing increased confidence and self-acceptance.

Community Building: 100% of participants surveyed identified "making friends" as the best part of the programme, underscoring the importance of peer connection.

Flexibility & Sensitivity: SisterWood's adaptive approach allowed for deeper engagement, ensuring inclusivity and meaningful participation.

SISTERWOOD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 AUGUST 2024

Challenges & Organisational Learning

Challenges Faced:

- Leadership Transition & Programme Disruption: Shifts in leadership and venue uncertainty led to a temporary pause in programme delivery.
- Funding Uncertainty: While core programme costs were covered, a long-term funding strategy is needed to ensure stability.
- Venue & Logistics: Securing a stable, long-term venue remains a key priority.
- Expectation Balancing: As a grassroots charity, balancing ambition and capacity is an ongoing challenge. Sustainable growth needs to align with available resources while maintaining a strong vision for impact.

Key Learnings:

Leadership transition planning is critical: Ensuring continuity and stability during changes is vital. Strengthening governance & operations will support long-term sustainability. A flexible, participant-centered approach remains key to meaningful engagement. Trustee & operational alignment: Clear expectations between trustees and staff will improve decision-making and effectiveness.

To support these efforts, I have developed a Theory of Change, outlining SisterWood's core aims, impact, and strategic direction. I have also restructured staff roles to create a more sustainable workload, ensuring facilitators focus on programme delivery, while I manage the operational and strategic side of SisterWood.

Theory of Change & Strategic Direction

Over the past few months, I have focused on strengthening SisterWood's long-term impact. A major step in this has been developing a Theory of Change (ToC), which defines how our activities lead to meaningful change for young girls.

The ToC outlines:

- The challenges our participants face (e.g., low confidence, mental health struggles, lack of access to safe spaces).
- The interventions we provide (e.g., nature-based learning, mentorship, community-building).
- The outcomes we expect to see (e.g., increased confidence, resilience, deeper community connection).

This framework will shape programme design, governance decisions, funding applications, and impact measurement. It is currently under trustee review and will be a key tool for guiding SisterWood's future growth.

Safeguarding at Sisterwood

SisterWood is committed to providing a safe, inclusive, and supportive environment for all participants. As a small grassroots charity, we are mindful of the need to balance best practice with what is realistic for our capacity and resources.

SISTERWOOD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 AUGUST 2024

Over the next year, we will:

- Review and update our safeguarding policies to ensure they are clear, practical, and aligned with best practice in a way that works for SisterWood's size and structure.
- Provide safeguarding training for facilitators and key staff, ensuring they feel confident in identifying and responding to safeguarding concerns.
- Develop clear safeguarding roles and responsibilities, making sure that everyone involved staff, trustees, and volunteers, understands their part in keeping young people safe.

As SisterWood grows, we will continue to review and improve safeguarding structures in a way that is both effective and achievable for a small organisation. Safeguarding is not just about policies, it is about creating a culture where young people feel safe, respected, and supported in everything we do.

Looking Ahead (Post-Aug 2024 Plans)

Since stepping into the role in November 2024, my focus has been on:

- Finalising a long-term venue partnership to provide a space where young girls can shape and take ownership.
- Developing a long-term funding strategy to sustain operations, with a focus on finding skilled support in this area.
- Reviewing policies, plans, and procedures to ensure alignment with SisterWood's mission.
- Updating the website to reflect SisterWood's vision and programme offerings.
- Strengthening governance through deeper trustee engagement.
- Recruiting & onboarding staff: A Lead Facilitator is in place, and recruitment for a Co-Facilitator is underway.
- Refining SisterWood's aims and embedding impact measurement through our Theory of Change.
- Increasing youth involvement: Looking at ways girls have more say in the referral process and creating pathways for future leadership & mentorship.
- Developing Impact Reports: Introducing a structured approach to tracking and communicating SisterWood's impact, ensuring that we can measure and demonstrate our effectiveness to funders, trustees, and the wider community

To guide SisterWood's next phase, I am also developing a Strategic Plan that aligns our operational priorities, funding sustainability, and long-term growth with our Theory of Change.

Conclusion

Building and sustaining a grassroots charity takes time, care, and persistence. This year has been one of transition and stabilisation, laying the groundwork for a sustainable future. From securing a venue and planning for funding to refining governance and structuring the team, every step has required commitment, patience, and strategy.

This work wouldn't be possible without those who believe in SisterWood's vision - especially Fran, whose dedication to young women's well-being shaped everything we do. I'm also grateful to the trustees, facilitators, and wider community for their support as we move into this next phase.

SISTERWOOD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 AUGUST 2024

SisterWood remains rooted in its mission and is now well-positioned for the next chapter. I look forward to working alongside our trustees, facilitators, and partners to ensure SisterWood not only continues but thrives, providing a space where young women can build confidence, connections, and agency in a way that is truly transformative.

A huge thank you to all trustees, supporters, and partners for your ongoing commitment.

Freesia Bassett
Director, SisterWood

FINANCIAL REVIEW

Financial position

Total incoming resources for the year to 31 August 2024 amounted to £41,246 (year ended 31 August 2023 £32,806). Unrestricted funds incoming resources amounted to £4,974 (year ended 31 August 2023 £12,832). Restricted funds incoming resources amounted to £36,272 (year ended 31 August 2023 £19,974).

Total expenditure for the year to 31 August 2024 amounted to £37,473 (year ended 31 August 2023 £18,145). Unrestricted funds expenditure amounted to £9,732 (year ended 31 August 2023 £6,449). Restricted funds expenditure amounted to £27,741 (year ended 31 August 2023 £11,696).

As at 31 August 2024, cash at bank and in handheld by the charity was £19,472 (year ended 31 August 2023 £16,579), with a healthy net current assets figure of £18,434 (year ended 31 August 2023 £14,661).

The purposes of the different types of funds are explained in the accounting policies as shown in the financial statements.

Notes 10 and 11 to the financial statements provide further explanation.

Reserves policy

SisterWood is building up a reserve over the next 3 years of a minimum of 3 months expenditure. This will cover our regular outgoings and staff fees, ensuring that we can deliver a term-long programme regardless of the success/failure of fundraising activities.

The total funds, detailed in note 10 and 11, held by SisterWood are broken down as follows:

The unrestricted fund shows a total fund balance of £1,625 in 2024 (year ended 31 August 2023 £6,383).

The restricted fund shows a total fund balance of £16,809 in 2024 (year ended 31 August 2023 £8,278).

SISTERWOOD

TRUSTEES' REPORT FOR THE YEAR ENDED 31 AUGUST 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Structure, Governance and Management

SisterWood is Charitable Incorporated Organisation, registered with the Charity Commission on 19th April 2022. The registered charity number can be found in the Reference and Administration section below.

Our current management committee consists of a Director and four Trustees.

All relevant training by our governing body is stored on a register that is regularly updated, whenever new training or experience is gained.

Trustees are found through connections within the local community, with a maximum number of 12 on the board.

For new Trustees, training is offered through an informal meeting with the Director before the first meeting with the Trustee team, and through provision of our Volunteer Handbook and Trustee Induction Guide. Prior to commencing the post officially through the Charity Commission, the new Trustee is invited to attend a meeting with the board for everyone to meet and for questions to be asked about the role. This also offers everyone a good opportunity to assess whether the post is the right fit, and lays the groundwork for open, inclusive communication.

Risk management

The Trustees have considered all potential risks posed to the charity and have undertaken the necessary measures to mitigate these. A risk register is in place and reviewed annually, or when new risks are identified within the organisation.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1198650

Principal address

2nd Floor
33 Longbrook Street
Exeter
Devon
EX4 6AW

SISTERWOOD

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 AUGUST 2024

Trustees

R Vincent

T Irwin (to 31/10/2024)

R Oakes (to 31/12/2024)

M Cadby (to 13/05/2024)

S J Holloway (from 11/12/2023)

K Salt (from 4/12/2024)


B Garland (from 4/12/2024)

Advisers

Bankers: Cooperative Bank, 242 High Street, Exeter, EX4 3QB

Accountants: Merlin Accountancy Services Ltd, 2nd Floor, 33 Longbrook Street, Exeter, Devon, EX4 6AW

Approved by order of the board of trustees on^{21/05/2025}..... and signed on its behalf by:



.....
R Vincent - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SISTERWOOD

Independent examiner's report to the trustees of Sisterwood

I report to the charity trustees on my examination of the accounts of Sisterwood (the Trust) for the year ended 31 August 2024.

Responsibilities and basis of report

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

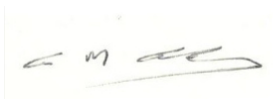
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



G M Corby BSc FCA

Merlin Accountancy Services Ltd
2nd Floor
33 Longbrook Street
Exeter
Devon
EX4 6AW

Date: 23/05/2025

SISTERWOOD

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2024

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	<u>4,974</u>	<u>36,272</u>	<u>41,246</u>	<u>32,806</u>
EXPENDITURE ON					
Charitable activities					
General	3	9,732	-	9,732	6,449
Funded Places		<u>-</u>	<u>27,741</u>	<u>27,741</u>	<u>11,696</u>
Total		<u>9,732</u>	<u>27,741</u>	<u>37,473</u>	<u>18,145</u>
NET INCOME/(EXPENDITURE)		(4,758)	8,531	3,773	14,661
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>6,383</u>	<u>8,278</u>	<u>14,661</u>	<u>-</u>
TOTAL FUNDS CARRIED FORWARD		<u>1,625</u>	<u>16,809</u>	<u>18,434</u>	<u>14,661</u>

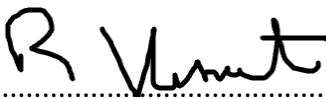
The notes form part of these financial statements

SISTERWOOD

STATEMENT OF FINANCIAL POSITION
31 AUGUST 2024
REGISTERED CHARITY NUMBER: 1198650

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
CURRENT ASSETS					
Cash at bank	8	2,663	16,809	19,472	16,579
CREDITORS					
Amounts falling due within one year	9	(1,038)	-	(1,038)	(1,918)
		<u>1,625</u>	<u>16,809</u>	<u>18,434</u>	<u>14,661</u>
NET CURRENT ASSETS					
		<u>1,625</u>	<u>16,809</u>	<u>18,434</u>	<u>14,661</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>1,625</u>	<u>16,809</u>	<u>18,434</u>	<u>14,661</u>
NET ASSETS					
		<u>1,625</u>	<u>16,809</u>	<u>18,434</u>	<u>14,661</u>
FUNDS					
	10				
Unrestricted funds:					
General fund				1,625	6,383
Restricted funds:					
Funded Places				<u>16,809</u>	<u>8,278</u>
TOTAL FUNDS					
				<u>18,434</u>	<u>14,661</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 21/05/2025 and were signed on its behalf by:


.....
R Vincent - Trustee

The notes form part of these financial statements

SISTERWOOD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

In drafting these financial statements, the charity has also takes advantage of the exemptions for smaller charities contained in Charity Commission publication CC17.

SisterWood meet the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements are presented in pound sterling (£) which is the charity's functional and presentation currency.

Preparation of the financial statements on a going concern basis

SisterWood reported a net surplus in the reporting period of £3,773, with total funds held at the end of the period of £18,434. Of these total funds, £1,625 was held in the Unrestricted Fund.

The trustees are of the view that, on the above basis, the charity is a going concern.

Income

Incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the income, it is more likely than not that it will be received by the trustees and the amount can be quantified with reasonable accuracy.

Grants and donations are included when the charity becomes entitled to the income.

Expenditure

Expenditure is recognised on an accrual basis when a liability is incurred.

Charitable activities include all expenditure associated with the delivery of projects including both direct and support costs.

Resources expended include attributable VAT which cannot be recovered.

SISTERWOOD
NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2024

1. ACCOUNTING POLICIES - continued

Financial instruments

SisterWood only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortized cost using the effective interest method.

Financial assets, includes trade receivables, cash and balances and investments are recognised at transaction value.

Financial liabilities, includes trade payables and recognised at transaction value. Trade payables are obligations to pay for goods and services required from suppliers in the course of business activities.

Debtors and creditors

These are measured on initial recognition at settlement amount.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

2. DONATIONS AND LEGACIES

			Year Ended 31/8/24	Year Ended 31/8/23
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Donations	4,054	500	4,554	809
Grants	<u>920</u>	<u>35,772</u>	<u>36,692</u>	<u>31,997</u>
	<u>4,974</u>	<u>36,272</u>	<u>41,246</u>	<u>32,806</u>

SISTERWOOD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2024

2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	Year Ended 31/8/24	Year Ended 31/8/23
	£	£
Other grants	<u>36,692</u>	<u>31,997</u>

The following are some of the Grants received in the year:

The Atch Lench Grant - £2,948	National Lotter - £18,301
Albert Hunt - £2,000	Co-op - £1,255
Devon Community Foundation - £9,444	The Gibbons Family Trust - £1,000

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 5)	Support costs (see note 6)	Totals
	£	£	£
General	2,561	7,171	9,732
Funded Places	<u>4,866</u>	<u>22,875</u>	<u>27,741</u>
	<u>7,427</u>	<u>30,046</u>	<u>37,473</u>

4. DIRECT COSTS OF CHARITABLE ACTIVITIES

	Year Ended 31/8/24	Year Ended 31/8/23
	£	£
Overheads	530	824
Project Costs	<u>6,897</u>	<u>2,203</u>
	<u>7,427</u>	<u>3,027</u>

5. SUPPORT COSTS

General	7,171
Funded Places	<u>22,875</u>
	<u>30,046</u>

SISTERWOOD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2024

Support costs, included in the above, are as follows:

			Year Ended 31/8/24	Year Ended 31/8/23
	General	Funded	Total	Total
	£	Places	activities	activities
	£	£	£	£
Support Costs – Management	7,171		7,171	
Project Costs - Management		22,875	22,875	
	<u>7,171</u>	<u>22,875</u>	<u>30,046</u>	<u>15,116</u>

6. MOVEMENT IN TOTAL FUNDS FOR THE YEAR

	2024	2023
	£	£
This is stated after charging:		
Independent Examiner's/Accountancy Fee	<u>1,334</u>	<u>1,312</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2024 nor for the period ended 31 August 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 August 2024 nor for the period ended 31 August 2023.

8. CASH AT BANK

			2024	2023
	General	Funded	Total	Total
	fund	Places	funds	funds
	£	£	£	£
Co-op Bank	<u>2,663</u>	<u>16,809</u>	<u>19,472</u>	<u>16,579</u>
Total	<u>2,663</u>	<u>16,809</u>	<u>19,472</u>	<u>16,579</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	37	934
Accruals and deferred income	<u>1,001</u>	<u>984</u>
	<u>1,038</u>	<u>1,918</u>

SISTERWOOD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2024

10. MOVEMENT IN FUNDS

	At 1/9/23 £	Net movement in funds £	At 31/8/24 £
Unrestricted funds			
General fund	6,383	(4,758)	1,625
Restricted funds			
Funded Places	8,278	8,531	16,809
	_____	_____	_____
TOTAL FUNDS	<u>14,661</u>	<u>3,773</u>	<u>18,434</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,974	(9,732)	(4,758)
Restricted funds			
Funded Places	36,272	(27,741)	8,531
	_____	_____	_____
TOTAL FUNDS	<u>41,246</u>	<u>(37,473)</u>	<u>3,773</u>

SISTERWOOD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2024

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	Year Ended 31/8/24 Total	Year Ended 31/8/23 Total
	£	£	£	£
Current Assets	2,663	16,809	19,472	16,579
Current Liabilities	(1,038)	-	(1,038)	(1,918)
	<u>1,625</u>	<u>16,809</u>	<u>18,434</u>	<u>14,661</u>

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2024.

SISTERWOOD

England & Wales - Charity number 1198650

Accounts

SISTERWOOD
TRUSTEES' REPORT AND UNAUDITED FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2023

Charity Registration Number: 1198650

**SISTERWOOD
TRUSTEES' REPORT AND UNAUDITED FINANCIAL STATEMENTS**

Year Ended 31 August 2023

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SISTERWOOD TRUSTEES' ANNUAL REPORT

Year Ended 31 August 2023

The Trustees have pleasure in presenting their report along with the financial statements for the year ended 31 August 2023. The financial statements have been prepared in accordance with current statutory requirements, the charity's governing documents, and the recommendations of the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2005) and complies with applicable law. We have also referred to the guidance contained in the Charity Commission's guidance on public benefit when reviewing our aims and objectives for the year.

Objects and Overview

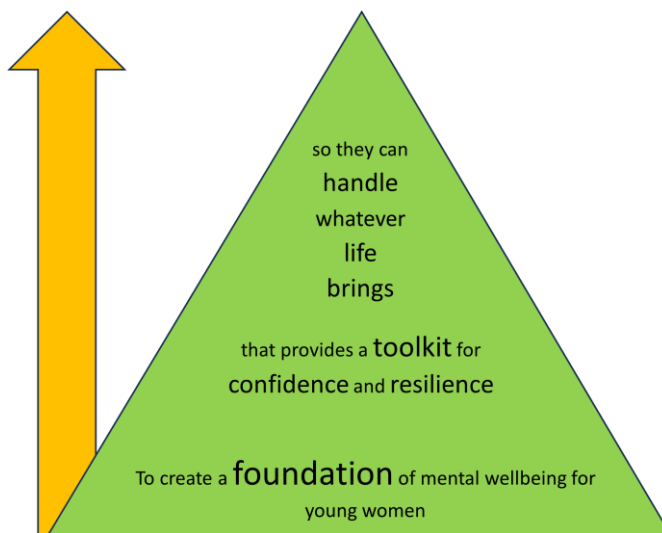
Objectives

SisterWood supports young women aged 12 – 16 years with their mental wellbeing through a woodland-based programme, blending practical skills and mindfulness-based practices. Our vision is to create a foundation of mental wellbeing for young women that provides a toolkit for confidence and resilience, so they can handle whatever life brings.

Achievements and Performance

Report on 2023

SisterWood has in its first year developed the site for holding sessions and laid the groundwork for having young people referred to the programme from mental health professionals and educators. Our main achievement this year is that we have delivered two successful 6-week pilot programmes, proving the need for our approach of wellbeing intervention for young people. Across the pilot programmes there were a total of 10 young people, 3 volunteers, 2 co-facilitators, and 2 guest facilitators.



Pilot Programmes

Young people were referred to the programme from a range of organisations and schools, including the Coastal Primary Care Network; Devon County Council; Nexus Primary Care Network; an accredited play therapist; Teign School; Dawlish Community College; St Peter's Church of England School; Avanti Hall School and KEVICCS.

The young people who were referred on these pilot programmes included girls who had used unhealthy coping mechanisms such as self-harm and self-neglect and suffered from suicidal thoughts, body dysmorphia, anxiety and eating disorders.

What was striking was how well the young people responded to the SisterWood programme, and we gauged success from the visible signs of increased confidence and the positive feedback we received from the young people themselves; their parents; those who referred them and their schools. Evidence was collated from young people via video testimonials, a questionnaire, a wellbeing scale done at the start and end of the programmes, and the creation of a poster and a poem about their time with us respectively. We asked parents, referrers and schools about the impact witnessed in the young people who came to us via a survey sent out at the end of the programmes, and all told us that they had seen a positive impact on the young people's wellbeing.

100%

of young people who attended SisterWood said they would like to come to more sessions

60%

of young people who attended SisterWood said that it has had an impact on their life:

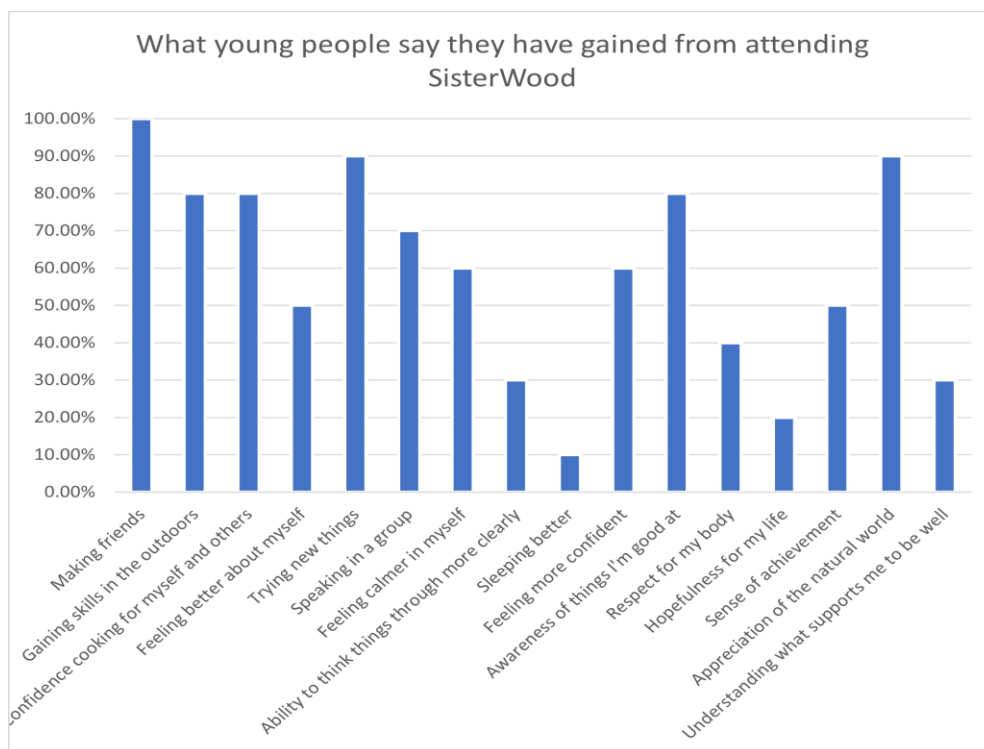
"It's made me happier"

"I feel less stress about school"

"I have a better appreciation for the world"

SISTERWOOD TRUSTEES' ANNUAL REPORT

Year Ended 31 August 2023



Testimonials

Below are some quotes from the young people near the end of the first pilot programme. What is worth remembering is that one of these young people had been referred to us because they had been having suicidal thoughts, and the others had a mix of poor attendance at school and high levels of anxiety:

"Tuesdays are what I look forward to, they are the best thing that happens in my week"

"My cheeks hurt from smiling so much!"

"I was really nervous about coming here and meeting all these new people and now it feels like a family"

"I need more SisterWood in my life"

"I'm really looking forward to next week and being back in the woods"

"I really hope that SisterWood carries on and that I can come to more of these"

Testimonials from some of the young people who attended our second pilot have been made into a short video, which can be watched at:



<https://www.dropbox.com/sc/fi/sapdwof8e7pmeyosasovt/Sisterwood-Fundraising-Video.mp4?rlkey=my355qujx2qub8vwqwipgnmse&dl=0>

**SISTERWOOD
TRUSTEES' ANNUAL REPORT**

Year Ended 31 August 2023



Testimonials from Parents:

"I think it's brilliant, really has changed X, she's more confident I think, such a good thing for people that really struggle with friendships and she has really enjoyed learning new things. And what a change in all girls from the 1st week, they all looked so nervous and such a massive change by the end of the course – all girls heads held high, laughing, couldn't believe the change. **Thank you** so much, you're all amazing"

"**Thank you**, she has made some nice friends and went out with them bowling at the weekend, which was nice. If there are any future opportunities for X to attend again, please let me know"

"Thank you"

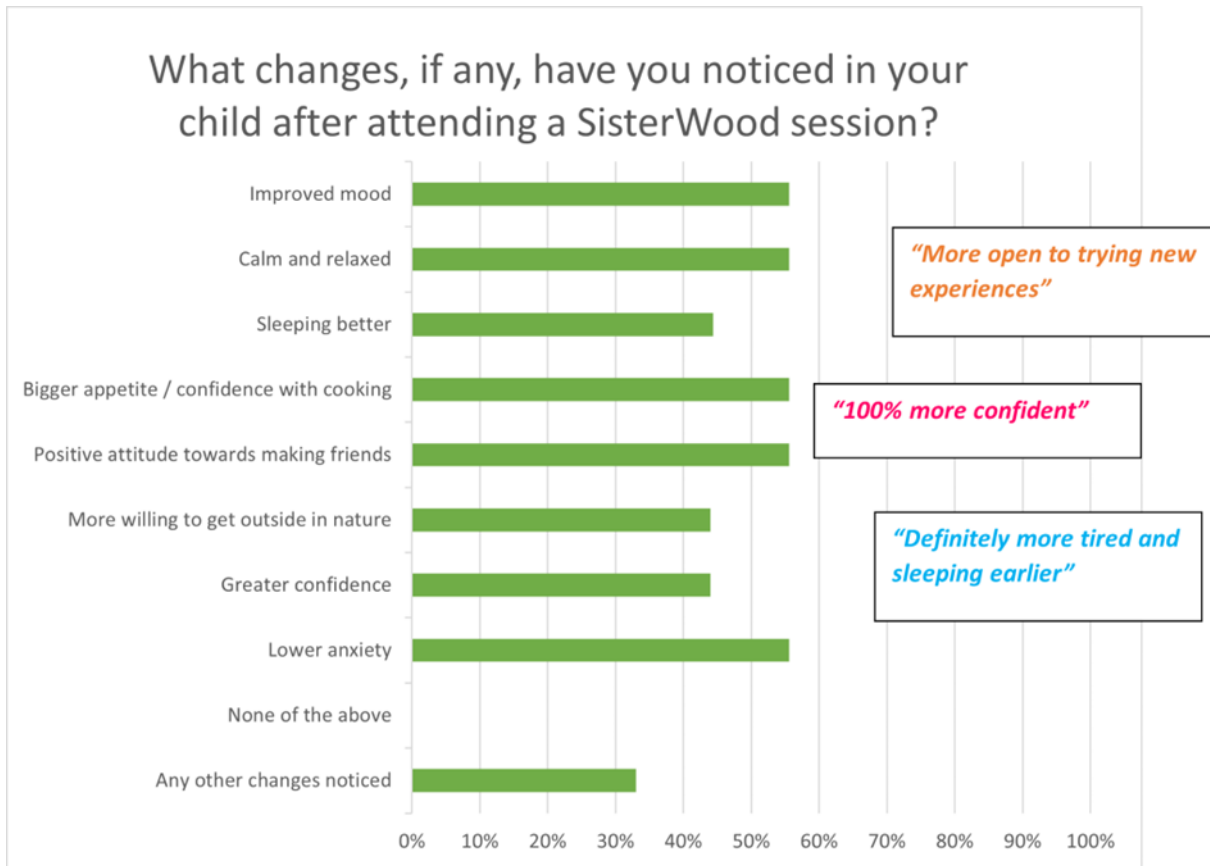
"X has found the break in the school week very beneficial"

"Staff were lovely and any problems that did arise were dealt with quickly. Group size was perfect, not too small not too big allowing my child to flourish. A few difficulties when other peers were absent due to pair work. A more detailed understanding of child's needs (sensory etc) would be beneficial to avoid make the child feel uncomfortable. Overall a very good experience and hope the programme continues and flourishes. **Thank you**"

"X has had such a positive experience at SisterWood, Fran and the ladies made her feel so welcome and at ease, she comes home every week smiling and full of stories to share from the day. X was really nervous on the first session as she had experienced bullying at school, which had knocked her confidence quite drastically but came out smiling and couldn't wait to go back. She loves cooking so really enjoyed preparing and making food from scratch out in the forest. She has made some strong bonds with the girls in her group which I hope will continue now the programme has finished. I am so grateful for her chance to participate in this experience as it has been fantastic for her self esteem and I hope that it will be available to more young people going forward"

**SISTERWOOD
TRUSTEES' ANNUAL REPORT**

Year Ended 31 August 2023



SisterWood Community Days



In addition to the successful pilot programmes, SisterWood has developed strong connections within the local community, culminating in SisterWood Community Days, which took place outside of the programmes. These were an opportunity to invite supporters from the local area, thanking those who had supported us to get off the ground with either funding, donations of materials, time or expertise, and offered opportunities to develop the site further. SisterWood is underpinned by connection within the community, which is seen as a vital route to long lasting wellbeing, and these days will be offered throughout the year going forward.

**SISTERWOOD
TRUSTEES' ANNUAL REPORT**

Year Ended 31 August 2023

Overview and future plans

SisterWood will be running term-long programmes in its second year of operation, offering up to 8 places for young people who will be referred by mental health professionals and educators. These will run for one day each week during term time for one cohort of young people, with a consistent staff / volunteer team to create a reliable safe space for the group.

We will be developing a Community Transport Scheme to enable the young people to get out to us from their homes in the surrounding area, made up of 10 volunteer drivers and organised by one volunteer coordinator.

In addition, the team will be exploring other avenues of income from selling excess merchandise that will be purchased for use during the programmes, ie mugs and journals. We will be trialling some additional programmes held on weekday evenings, weekends or in the school holidays to boost the income of the charity and enable us to channel funds raised from these programmes into the main charity term-time programme.

Financial Review

Total incoming resources for the year to 31 August 2023 amounted to £32,806. Unrestricted funds incoming resources amounted to £12,832. Restricted funds incoming resources amounted to £19,974.

Total expenditure for the year to 31 August 2023 amounted to £18,145. Unrestricted funds expenditure amounted to £6,449. Restricted funds expenditure amounted to £11,696.

As at 31 August 2023, cash at bank and in handheld by the charity was £16,579, with a healthy net current assets figure of £14,661.

The purposes of the different types of funds are explained in the accounting policies as shown in the financial statements.

Notes 11 and 12 to the financial statements provide further explanation.

Reserves Policies

Reserves Policy

SisterWood is building up a reserve over the next 3 years of a minimum of 3 months. This will cover our regular outgoings and staff fees, ensuring that we can deliver a term-long programme regardless of the success/failure of fundraising activities.

The total funds, detailed in note 11 and 12, held by SisterWood are broken down as follows:

The unrestricted fund shows a total fund balance of £6,383 in 2023.

The restricted fund shows a total fund balance of £8,278 in 2023.

Risk Management

The Trustees have considered all potential risks posed to the charity and have undertaken the necessary measures to mitigate these. A risk register is in place and reviewed annually, or when new risks are identified within the organisation.

**SISTERWOOD
TRUSTEES' ANNUAL REPORT**

Year Ended 31 August 2023

Structure, Governance and Management

SisterWood is Charitable Incorporated Organisation, registered with the Charity Commission on 19th April 2022. The registered charity number can be found in the Reference and Administration section below.

Our management committee consists of a Director and four Trustees.

Director and Lead Facilitator, Fran Lloyd, has qualifications in Sustainability; Forest School; Yoga; mental health; outdoor, paediatric and suicide first aid; and trauma informed approaches. Our Chair of Trustees, Robyn Vincent, is head teacher at The Outdoors School with over 30 years' experience teaching and specialises in trauma informed education; Treasurer Tracy Irwin runs an accountancy firm TIAccountancy and has over 10 years' experience as Treasurer on another women's charity; Vice-Chair Michelle Cadby has a background in law and marketing; and Fundraiser Rosey Oakes has over 10 years' experience as fundraising manager and writer.

All relevant training by our governing body is stored on a register that is regularly updated, whenever new training or experience is gained.

Trustees are found through connections within the local community, with a maximum number of 12 on the board.

For new Trustees, training is offered through an informal meeting with the Director before the first meeting with the Trustee team, and through provision of our Volunteer Handbook and Trustee Induction Guide. Prior to commencing the post officially through the Charity Commission, the new Trustee is invited to attend a meeting with the board for everyone to meet and for questions to be asked about the role. This also offers everyone a good opportunity to assess whether the post is the right fit, and lays the groundwork for open, inclusive communication.

Reference and Administration Details

Trustees	Robyn Vincent (Chair) Tracy Irwin (Treasurer) Rosey Oakes Michelle Cadby
Registered Charity Number	1198650
Registered Address	Deer Leap Farm, Higher Ashton, Exeter, EX6 7QS
Bankers	Cooperative Bank, 242 High Street, Exeter, EX4 3QB
Accountants	Merlin Accountancy Services Ltd, 2 nd Floor, 33 Longbrook Street, Exeter, Devon, EX4 6AW

**SISTERWOOD
TRUSTEES' ANNUAL REPORT**

Year Ended 31 August 2023

Statement of Trustees' Responsibilities

As a small charitable company, this report is prepared in accordance with the Small Companies Regime under the Companies Act 2006.

Company Law and Charity Law requires the Trustees to prepare financial statements for each financial period, which give a true and fair view of the state of affairs of the company and the profit or loss for that period. In preparing those financial statements the Trustees are required to:


- Select suitable accounting policies and then apply them consistently;
- Make judgments and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the company will continue to operate;
- State whether the policies adopted are in accordance with the charities SORP, the regulations made under S44 of the Charities Act 1993 and with applicable accounting standards, subject to any material departures disclosed and explained in the Financial Statements.

The Trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that financial statements comply with the Companies Act 2006, and in accordance with the Statement of Recommended Practice (SORP 2005). The Trustees are also responsible for safeguarding the assets of the charity and, hence, for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with company law, as the company's Directors, we certify that:

- So far as we are aware, there is no relevant information of which the company's Independent Examiners are unaware, and
- As the Directors of the company, we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant information and to establish that the charity's Independent Examiners are aware of that information.

This report has been prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies, and was approved by the board and signed on their behalf by:

Signed..........

Name: Tracy Irwin

Date.....27th October 2023.....

**INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS OF
SISTERWOOD**

Year Ended 31 August 2023

I report on the accounts of the charity for the year ended 31 August 2023, which are set out on pages 9 to 14.

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also the Directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under Part 16 of the Companies Act 2006 and is eligible for independent examination, it is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act;
- To follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- To state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

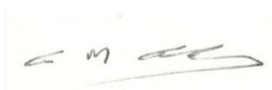
My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or 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 these matters set out in the statement below.

Independent Examiner's Statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure that:
 - proper accounting records are kept in accordance with section 386 of the Companies Act 2006; and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005) 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.

G M Corby BSc FCA
Merlin Accountancy Services Ltd
2nd Floor
33 Longbrook Street
Exeter
EX4 6AW

Signed: 

Date: 08/01/2024

**SISTERWOOD
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)**

Year Ended 31 August 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Incoming Resources				
Donations and Legacies	3	235	477	712
Other Trading Activities	4	97	-	97
Income from Charitable Activities	5	12,500	19,497	31,997
Total Incoming Resources		<u>12,832</u>	<u>19,974</u>	<u>32,806</u>
Resources Expended				
Expenditure from Charitable Activities	6	6,449	11,696	18,145
Total Resources Expended		<u>6,449</u>	<u>11,696</u>	<u>18,145</u>
Net Income/(Expenditure) for the year		<u>6,383</u>	<u>8,278</u>	<u>14,661</u>
Total Funds Brought Forward at 1st September 2022	11/12	-	-	-
Total Funds Carried Forward at 31st August 2023	11/12	<u>6,383</u>	<u>8,278</u>	<u>14,661</u>

The statement of financial activities includes all gains and losses recognised in the period.

All income resources and resources expended derive from continuing activities. No operations have been discontinued or acquired during the year.

The notes on pages 11 to 14 form part of the Financial Statements.

**SISTERWOOD
BALANCE SHEET
Registered Charity Number: 1198650
As at 31 August 2023**

	Notes	2023 £		£
Current Assets				
Cash at bank and in hand	8	<u>16,579</u>		
Current Liabilities				
Amounts falling due within one year	9	<u>(1,918)</u>		
Net Current Assets				<u>14,661</u>
Net Assets				<u>14,661</u>
Total Funds				
Restricted Fund	11/12		8,278	
Unrestricted Fund	11/12		<u>6,383</u>	
				<u>14,661</u>

The company is entitled to exemption from audit under Section 477(1) of the Companies Act 2006 for the year ended 31 August 2023. The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2023 in accordance with Section 476 of the Companies Act 2006 – however, in accordance with section 145 of the Charities Act 2011 the accounts have been examined by an independent examiner whose report appears in page 6.

The trustees acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its net income or expenditure for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2007).

Approved by the Board of Trustees on 27th October 2023 and signed on its behalf by:



.....
Tracy Irwin

**SISTERWOOD
NOTES TO THE FINANCIAL STATEMENTS**

Year Ended 31 August 2023

1. COMPANY STATUS

SisterWood is Charitable Incorporated Organisation, registered with the Charity Commission on 19th April 2022. The registered charity number can be found in the Reference and Administration section on page 6 of the financial statements.

2. ACCOUNTING POLICIES

a) Basis of Preparation of Financial Statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

In drafting these financial statements, the charity has also takes advantage of the exemptions for smaller charities contained in Charity Commission publication CC17.

SisterWood meet the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements are presented in pound sterling (£) which is the charity's functional and presentation currency.

b) Preparation of the financial statements on a going concern basis

SisterWood reported a net surplus in the reporting period of £14,661, with total funds held at the end of the period of £14,661. Of these total funds, £6,383 was held in the Unrestricted Fund.

The trustees are of the view that, on the above basis, the charity is a going concern.

c) Incoming Resources

Incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the income, it is more likely than not that it will be received by the trustees and the amount can be quantified with reasonable accuracy.

Grants and donations are included when the charity becomes entitled to the income.

d) Resources Expended

Expenditure is recognised on an accrual basis when a liability is incurred.

Charitable activities include all expenditure associated with the delivery of projects including both direct and support costs.

Resources expended include attributable VAT which cannot be recovered.

e) Financial instruments

SisterWood only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

- Financial assets, includes trade receivables, cash and balances and investments are recognised at transaction value.
- Financial liabilities, includes trade payables and recognised at transaction value. Trade payables are obligations to pay for goods and services required from suppliers in the course of business activities.

**SISTERWOOD
NOTES TO THE FINANCIAL STATEMENTS**

Year Ended 31 August 2023

f) Debtors and Creditors

These are measured on initial recognition at settlement amount.

3. DONATIONS AND LEGACIES

	Unrestricted Fund £	Restricted Fund £	Year Ended 31 August 2023 £
Donations	235	477	712

4. OTHER TRADING INCOME

	Unrestricted Fund £	Restricted Fund £	Year Ended 31 August 2023 £
Other Income	97	-	97

5. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Fund £	Restricted Fund £	Year Ended 31 August 2023 £
Grants	12,500	19,497	31,997

The following are some of the grants received in the year:

- M Cheng £12,500
- National Lottery - Awards 4 All £9,997
- Northbrook Community Trust £7,500
- Norman Family Trust £2,000

6. EXPENDITURE FROM CHARITABLE ACTIVITIES

	Unrestricted Fund £	Restricted Fund £	Year Ended 31 August 2023 £
Project Costs	-	9,606	9,606
Support Costs	3,021	2,090	5,111
Overheads	3,428	-	3,428
	6,449	11,696	18,145

Support costs are those relating to the Director/Facilitator time for running the charity or planning the projects.

Overheads include the day to day running costs of the charity, e.g. Rent, Stationery etc.

**SISTERWOOD
NOTES TO THE FINANCIAL STATEMENTS**

Year Ended 31 August 2023

7. MOVEMENTS IN TOTAL FUNDS FOR THE YEAR

	Year Ended 31 August 2023 £
This is stated after charging:	
Independent Examiner's Fee/Accountancy Fee	1,312

8. CASH AT BANK AND IN HAND

	Year Ended 31 August 2023 £
Current Account	16,579

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year Ended 31 August 2023 £
Creditors	934
Accruals	984
	1,918
	1,918

10. MOVEMENT IN FUNDS

	As at 01 September 2022 £	Income £	Expenditure £	As at 31 August 2023 £
Restricted Fund	-	19,974	(11,696)	8,278
Unrestricted Fund	-	12,832	(6,449)	6,383
	-	32,806	(18,145)	14,661
	-	32,806	(18,145)	14,661

**SISTERWOOD
NOTES TO THE FINANCIAL STATEMENTS**

Year Ended 31 August 2023

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Fund £	Restricted Funds £	Total Funds As at 31 Mar 2023 £
Current Assets	7,386	9,193	16,579
Current Liabilities	(1,003)	(915)	(1,918)
	<hr/>		
Net assets	6,383	8,278	14,661
	<hr/>		

12. RELATED PARTIES

No trustee or connected person has received fees or emoluments, or reimbursement of expenses incurred during the year.

There were no related party transactions in the year.