

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

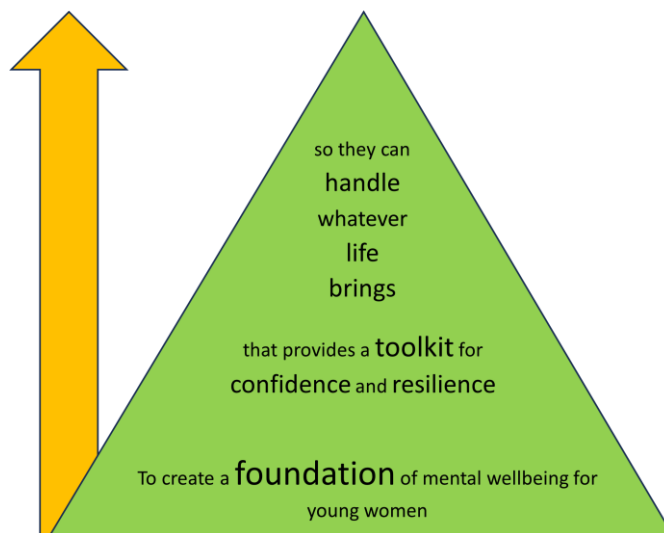
Objectives

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:

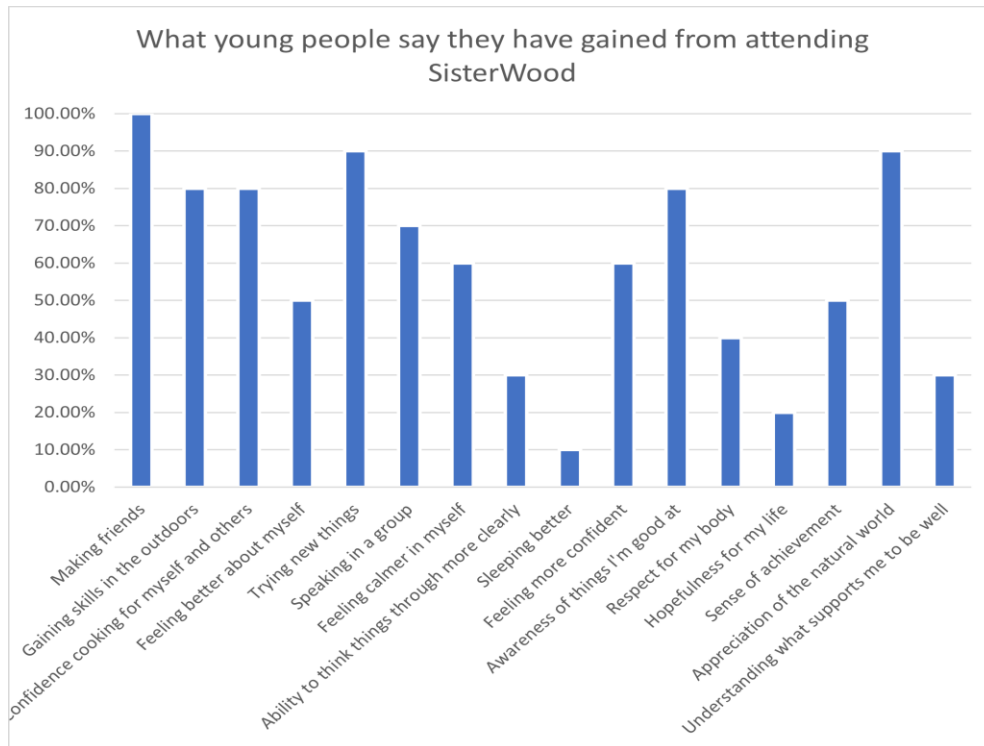
"It's made me happier"

"I feel less stress about school"

*"I have a better appreciation for the
world"*

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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=my355qujx2qub8vwqwpignmse&dl=0>

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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"

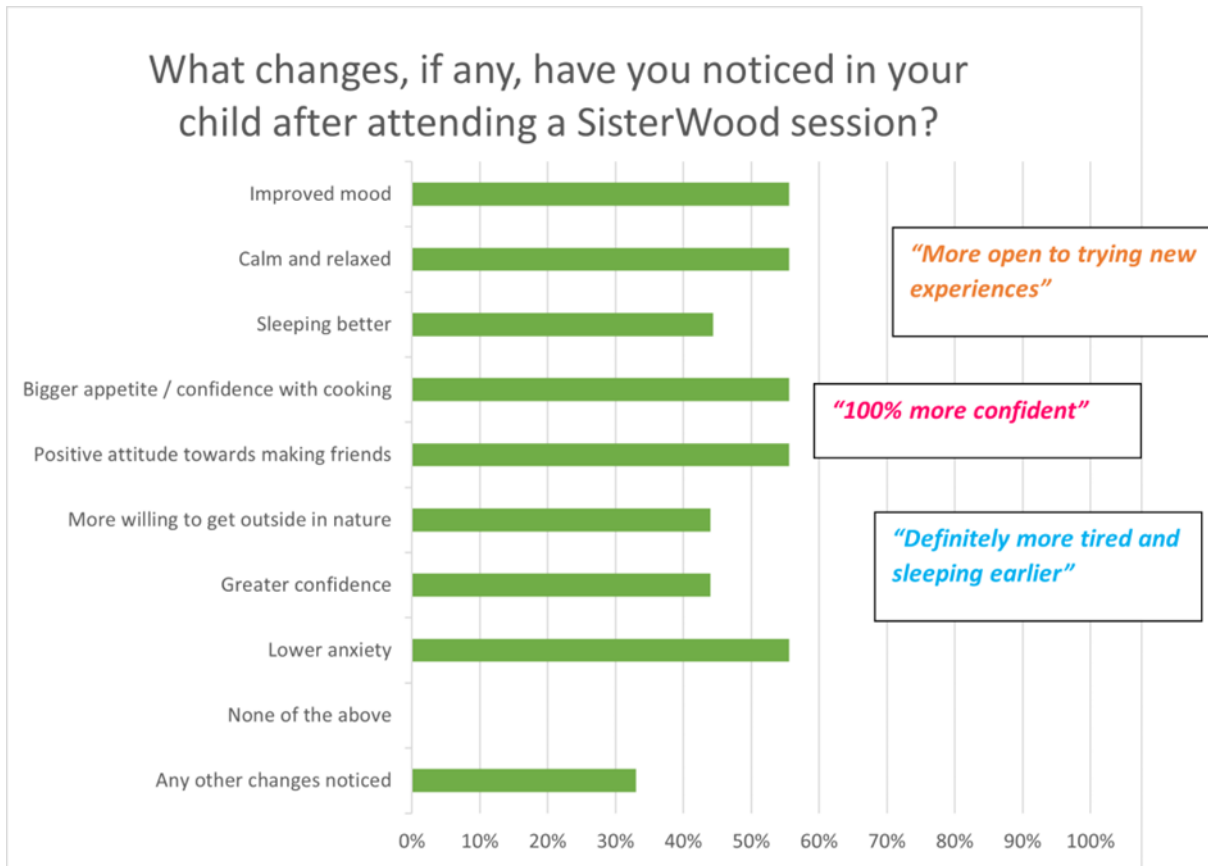
"X has found the break in the school week very beneficial"

"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.

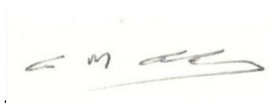
Independent Examiner's Statement

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		12,832	19,974	32,806
Resources Expended				
Expenditure from Charitable Activities	6	6,449	11,696	18,145
Total Resources Expended		6,449	11,696	18,145
Net Income/(Expenditure) for the year		6,383	8,278	14,661
Total Funds Brought Forward at 1st September 2022	11/12	-	-	-
Total Funds Carried Forward at 31st August 2023	11/12	6,383	8,278	14,661

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><u>14,661</u></u>
Total Funds			
Restricted Fund	11/12		8,278
Unrestricted Fund	11/12		<u>6,383</u>
			<u><u>14,661</u></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
	<u>1,918</u>

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
	<u>-</u>	<u>32,806</u>	<u>(18,145)</u>	<u>14,661</u>
Total Funds	-	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.