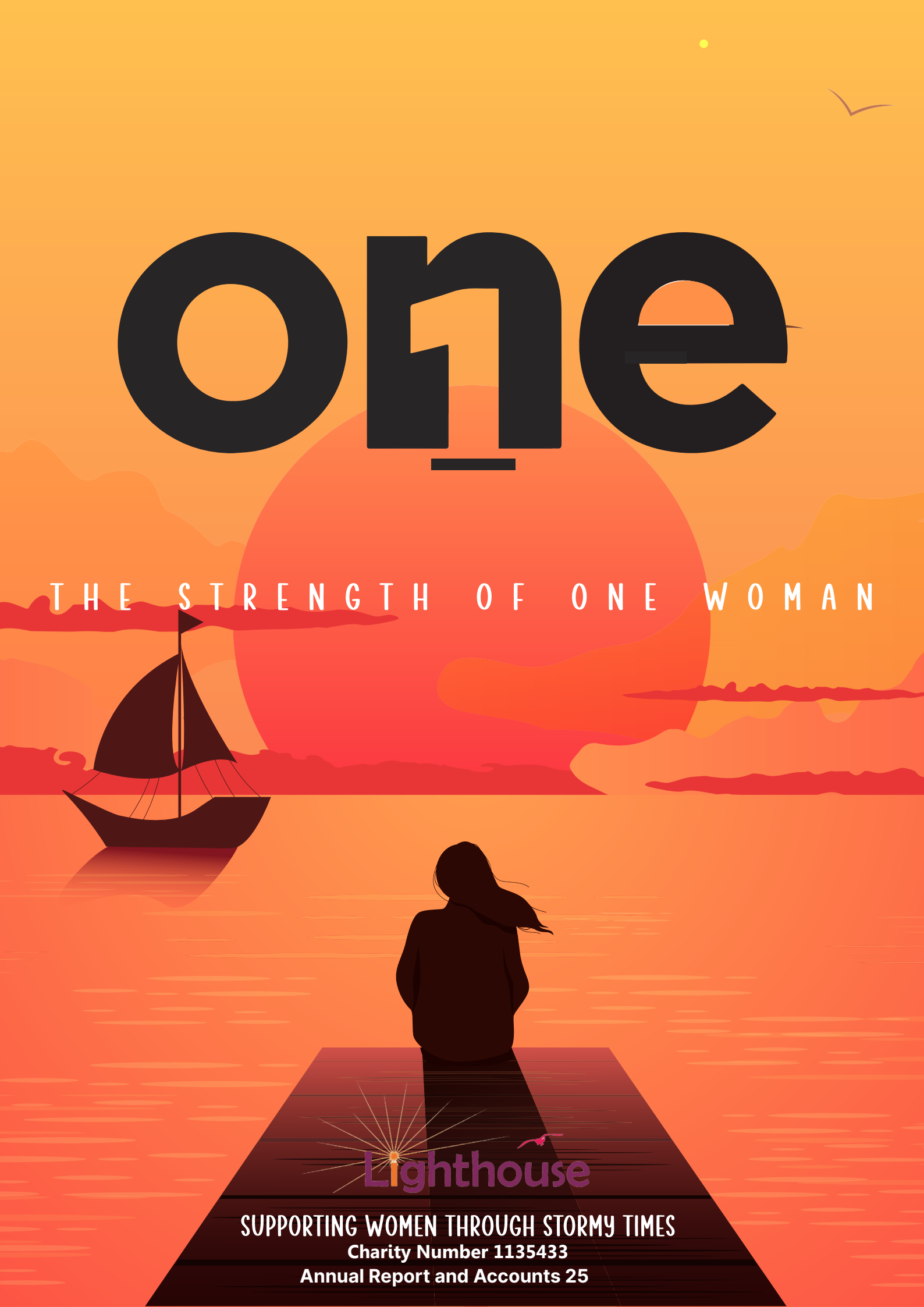
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THE STRENGTH OF ONE WOMAN



Lighthouse

SUPPORTING WOMEN THROUGH STORMY TIMES

Charity Number 1135433

Annual Report and Accounts 25

CHAIR STATEMENT

EVERY WOMAN AT LIGHTHOUSE IS ONE WHOLE WORLD.

Some are one and all alone. Some are carrying the responsibility of raising children as one parent. Some are rebuilding after years of abuse, unhealthy relationships and lives overshadowed by fear. Others are simply trying to find the strength to face another day.

But one thing is for sure.

Every woman is number one.

To herself. To her family. To her future. To us.

That simple belief has shaped everything we have done at Lighthouse this year.

One of our proudest achievements has been the expansion of our mental health provision. Thanks to the incredible support of City Bridge Foundation, therapy is no longer an additional service; it has become a permanent and consistent part of Lighthouse. Women now have the time, continuity and professional support to heal at their own pace. The results have been truly inspiring. This year alone, 16 women left Lighthouse to begin healthy new relationships, carrying with them renewed confidence, self-worth and hope for the future.

This year also marked an exciting new chapter with the opening of our new centre in the heart of Hackney, bordering Haringey. More than simply a new premises, it has become a place of safety, belonging and opportunity. It has enabled us to bring our services together under one roof, creating a welcoming space for therapy, workshops, community events and the everyday conversations that so often become the beginning of lasting change.

Our new home has also allowed us to launch our Children's Club, offering after-school, Sunday and holiday provision for children living through family breakdown. More than activities, it provides consistency, friendship and the reassurance of growing up alongside children who understand their experiences without needing them explained. My heartfelt thanks go to the generous funders who made this vision possible by supporting our move, our new home and this wonderful new provision.

Another milestone this year has been the launch of Lighthouse's sports programme, opening up entirely new opportunities for women, girls and boys to heal, grow and thrive. Recovery is not confined to a therapy room. It is found in movement, in achievement, in laughter, in belonging and in discovering what our bodies are capable of. Through swimming, fitness, cycling and team sports, participants are building confidence, reducing anxiety, forming friendships and rediscovering the joy and freedom that trauma so often takes away.

As we move forward with the times, we also face increasing challenges. The demand for specialist support for women and girls continues to grow, while funding across the sector becomes ever more competitive. To every funder who continues to recognise the importance of investing in women affected by abuse and violence, thank you. Your belief in our work enables us to keep believing in theirs.

One particularly special moment this year was being recognised by the Mayor's Office at the London Community Foundation and the VAWG Network celebration for our work supporting women who have experienced domestic abuse. We accepted this recognition with enormous pride on behalf of every woman whose courage continues to inspire our work.

Every achievement in this report began with one woman choosing not to give up, and another choosing to stand beside her. That is the spirit of Lighthouse, and it is a privilege to see it lived every single day.

Because at Lighthouse, every woman is ONE.

And every one matters.

H. Schlesinger

Hindy Schlesinger

OUR VISION

Remove women from their state of vulnerability and trauma to reach a place of safety and resilience.

OUR PROMISE

We pledge that any woman who joins Lighthouse will never again feel alone. With a wraparound support system of help in various areas, every issue can be put right.

OUR MISSION

We are committed to providing support, stability and community for single women every day:

THE LIGHTHOUSE ADVANTAGE

FOUNDED BY FORMER DIVORCEES

who know just what our members need and how to best support them

LED BY USERS

To give all members an authentic and empowering experience

HOLISTIC, WHOLE-FAMILY APPROACH

To give all members an authentic and empowering experience because separation affects every member of the family

THE FIVE PILLARS OF SUPPORT

We have identified the five areas where families need support following a breakup:



FRIENDS



FAMILY



FUN



FOOD



FUTURE

In the wake of a family breakup, the need for understanding friends is crucial. Often, close family members may not fully grasp the complexities and challenges that arise. Women and children who have gone through separation need the support of others who have experienced similar situations and can truly empathise. To fulfil this need, Lighthouse provides:

Weekly Sunday, after-school and holiday clubs for children and teenagers, offering a safe, welcoming space to make friends, build confidence and connect with others who understand their experiences.

Weekly women support groups, offering a safe space for sharing experiences and healing together.

Community-building activities, creating a strong network of support for those navigating similar challenges.

FRIENDS



My mum has to work all day, so instead of coming home to an empty house after school, I go straight to Lighthouse Smiles Group. It's my favourite day of the week because I know my friends will be there. We play games, do crafts and always have the nicest supper together. It feels like everyone cares about me.

IMPACT:

96% women felt less isolated and more connected.

91% women built friendships they now turn to for support.

89% children formed new, supportive friendships.

92% children felt less isolated and more socially connected.

Creating a happy family environment even within a life where it is hard to identify oneself as a 'family' when it seems that it is no longer. Children from divorced parents need the stability of a home setting and a secure parent to maintain normalcy and routine. To help achieve this, Lighthouse offers:



Family parties, trips, and getaways, providing opportunities for families to connect and build joyful memories together.

Holiday packages, allowing families to enjoy special times together regardless of financial or logistical constraints.

Respite home stays, offering temporary relief and a supportive environment for families in need.

Individual grants for furniture, aiding in the creation of a comfortable and stable home environment for single parents and their children.

FAMILY



"The hardest part of becoming a single parent was watching my children carry worries they were too young to have. Lighthouse gave us something precious to share again. We started talking more, laughing more and spending time together instead of each sitting in our own corner. It reminded us that family isn't defined by what's missing, but by the love that remains"

IMPACT:

83% reported stronger parent-child relationships.

87% felt more confident supporting their children emotionally.

79% said their family felt happier spending time together at home.

Money is always an issue for single mothers. Being tied down to childcare responsibilities limits the hours they can spend earning money. Single motherhood also costs more. Lighthouse offers:

Clothing and shoes, supplying families with essential items for everyday life and seasonal changes.

Food vouchers and warm meals, providing access to nutritious food and alleviating financial pressure.

Care packages and treats, helping mothers bring joy and comfort to their children.

School supplies, ensuring children have the necessary tools for their education.



FOOD



There were nights when I told my children we were having a 'picnic dinner,' but the truth was all I had left was cereal and fruit. When the food voucher from Lighthouse arrived, I cried with relief. For the first time in weeks, I was able to cook a hot meal and sit at the table with my girls like any other family. It may sound small, but for us it was everything, it made me feel like a mother again.

IMPACT:

84% felt less anxious about providing enough food.

66% could provide regular, nutritious family meals.

95% said food support eased wider household pressures.

Women who have faced the breakup of their family are determined to build a better future for themselves and their children. Creating this future requires belief, hard work, and dedication to parenting, relationships, trauma recovery, and improving employment prospects. To assist in these endeavours, Lighthouse provides:

Employment training and career development, equipping women with the skills and opportunities to enhance their job prospects and financial stability.

Parenting programs, offering tools and support to help women navigate the challenges of raising children on their own.

Individual therapy, providing personalised support for trauma recovery and emotional well-being.

Dating workshops, guiding women as they navigate new relationships with confidence and safety.

Relationship counseling and support, helping women heal and build healthy connections.

FUTURE



"I remember my therapist asking me what I wanted my life to look like in five years. I couldn't answer because I didn't think that far ahead anymore. Today, I have plans, goals and something I haven't had for a very long time... excitement about the future."

IMPACT:

80% felt more resilient and positive about their future.

94% gained skills that strengthened their independence.

88 women participating in learning, progressed into training, education or employment.

Single motherhood demands double the effort, encompassing sole childcare responsibilities, domestic duties, a single paycheck, and the absence of an adult companion to share life with. Women living this life need a space to simply be, even if just for a couple of hours, to chat, eat, laugh, and enjoy the moment. To provide this much-needed respite, Lighthouse offers:

Respite trips designed to offer a temporary escape and an opportunity to recharge in a supportive environment

Monthly recreational activities such as music, painting, fitness, and crafting, allowing women to unwind and explore their creativity.





FUN

People think activities are just activities. They aren't. The first time I came to a Lighthouse evening, I hardly spoke to anyone. A few weeks later, I found myself staying behind because I didn't want the evening to end. I had people to laugh with, somewhere I belonged and something to look forward to each week. Somewhere between the laughter and the conversations, I found myself again.

IMPACT

99% reported improved wellbeing and reduced stress.

93% of children grew in confidence through activities and sport.

96% became more regularly physically active.


What have I attached my wellbeing to?














Galaxy Tab Active3





THANK YOU TO LIGHTHOUSE

For the gift you sent my way,
With such heartwarming wishes to say.

No words can explain
All that I did gain,
When going through so much pain.

From Lighthouse support
I was showered in rain.
I never felt alone,
I just wasn't on my own.

From all your support throughout you've shown,
You can't imagine how much I've grown.
Without you, I don't know what I'd be,
What a future I'd ever see.

But just being with people
In the same situation as me,
Gave me the support
And so much energy.

And of course I want to tell
Thanks for always having in mind the kids as well.
They felt so secure in your shell.
The excitement when something arrived,
"It's from Lighthouse!" they could tell.

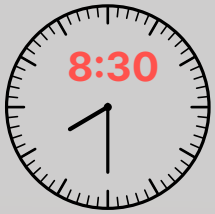
Now when I'm moving on,
I wish you all, the trustees in Lighthouse,
You should be able to go on and on.

Wishing you all the very best!

From a user who is moving on

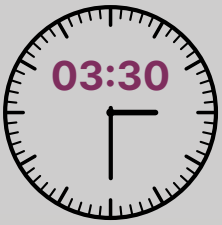


A SINGLE LIFE IN A SINGLE DAY



The school bus is missed again, and a 25-minute walk to school stretches the morning thin. Packed lunches are prepared carefully to hide how little there is.

Lighthouse food vouchers ease the strain of daily meals



School ends, and the weight of dinner begins. Her child with ADHD erupts in frustration, leaving everyone in tears. She gathers herself despite her own mental health struggles and deep overwhelm.

Lighthouse respite and therapy support lighten the pressure on families.



Instead of work, the morning is spent in court—this time disputing access to the family bank account, frozen since the divorce.

Lighthouse helpline offers guidance through financial and legal stress.



Evening routines unfold - washing, homework, clearing up. Everything falls on her shoulders. Still, she looks ahead to a Lighthouse women's evening, a rare moment of breathing space waiting at the end of the day.

Lighthouse women's groups provide connection and respite.



At work, focus is broken by the constant fear of the school calling. A child is being bullied, and every call risks another shift cut short.

Lighthouse therapy and swimming sessions help children rebuild confidence.



Night falls, the children wake in fear from nightmares of past abuse. She comforts them, but once they settle, her own thoughts spiral—loneliness, exhaustion, and the crushing weight of holding it all together.

Lighthouse therapy subsidies support the long road to healing.

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2025

The Trustees present their annual report together with the financial statements of Lighthouse Supporting Women Through Stormy Times for the 1 January 2025 to 31 December 2025.

OBJECTIVES AND ACTIVITIES
A. POLICIES AND OBJECTIVES

The objects of the charity are:

- to relieve financial hardship
- to relieve the mental and physical sickness of women undergoing domestic hardship by the provision of counselling and support of such persons
- to advance in life and relieve the needs of young people from single parent families through (a)theprovision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) providing support and activities which develop their skills, capacitiesand capabilities to enable them to participate in society as mature and responsible individuals such other purposes as are charitable according English law.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

FINANCIAL REVIEW
A. GOING CONCERN

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

B. RESERVES POLICY

The charity aims to retain unrestricted reserves equivalent to three to six months of core operating costs.
Core operating costs represent the essential expenditure required to maintain the charity's operations and ensure continuity of the activities and services on which its service users are most reliant. These include the most vital programmes and emergency aid projects, as well as the Charity's ongoing support and governance costs.
The reserves position is reviewed annually, and the operating budgets are adjusted to maintain reserves within the agreed range

STRUCTURE, GOVERNANCE AND MANAGEMENT
A. CONSTITUTION

Lighthouse - Supporting Women Through Stormy Times is a registered charity, number 1135433, and is constituted under a Trust deed.

B. METHODS OF APPOINTMENT OR ELECTION OF TRUSTEES

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2025

C. FINANCIAL RISK MANAGEMENT

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.
-

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They 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.

Approved by order of the members of the board of Trustees and signed on their behalf by:

H. Schlesinger

Hindy Schlesinger
Date: 2 September 2026

INDEPENDENT EXAMINER'S REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

Independent examiner's report to the Trustees of Lighthouse - Supporting Women Through Stormy Times ('the Charity')
I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2025.

RESPONSIBILITIES AND BASIS OF REPORT

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

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of (enter body here), which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 Charity as required by section 130 of the 2011 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.
This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

F Lazega FCCA
Accshire Accountancy LLP
123 Clapton Common
London E5 9AB

Dated: 2 September 2026

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	3	**32,100**	**218,866**	**250,966**	231,031
Total income		**32,100**	**218,866**	**250,966**	231,031
Expenditure on:					
Charitable activities	5	**22,502**	**232,143**	**254,645**	246,043
Total expenditure		**22,502**	**232,143**	**254,645**	246,043
Net movement in funds		**9,598**	**(13,277)**	**(3,679)**	(15,012)
Reconciliation of funds:					
Total funds brought forward		**18,886**	**68,659**	**87,545**	102,557
Net movement in funds		**9,598**	**(13,277)**	**(3,679)**	(15,012)
Total funds carried forward		**28,484**	**55,382**	**83,866**	87,545

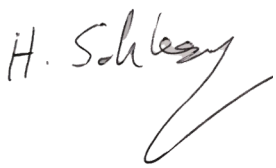
The Statement of financial activities includes all gains and losses recognised in the year.

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BALANCE SHEET
AS AT 31 DECEMBER 2025

	Note	2025 £	2024 £
Fixed assets			
		-	-
Current assets			
Cash at bank and in hand		**85,366**	88,745
		85,366	88,745
Current liabilities			
Creditors: amounts falling due within one year	**10**	**(1,500)**	(1,200)
Net current assets		**83,866**	87,545
Total assets less current liabilities		**83,866**	87,545
Net assets excluding pension asset		**83,866**	87,545
Total net assets		**83,866**	87,545
Charity funds			
Restricted funds		**55,382**	68,659
Unrestricted funds		**28,484**	18,886
Total funds		**83,866**	87,545

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Hindy Schlesinger
Date: 2 September 2026

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

1. GENERAL INFORMATION

Lighthouse - Supporting Wormen Through Stormy Times is a registered charity and is governed by a Trust Deed dated 19 February 2009.

2. ACCOUNTING POLICIES

2.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) -Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Lighthouse - Supporting Women Through Stormy Times meets 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.

2.2 INCOME

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.3 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are notattributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

2.4 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.5 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

2.6 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

3. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2025 £	**Restricted funds 2025 £**	**Total funds 2025 £**
Grants received	32,100	218,866	**250,966**

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 202 £
Grants received	48,493	182,538	231,031

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

4. ANALYSIS OF GRANTS

	Grants to Individuals 2025 £	Total funds 2025 £
Grants	**9,082**	**9,082**

	Grants to Individuals 2024 £	Total funds 2024 £
Grants	5,988	5,988

5. ANALYSIS OF EXPENDITURE ONCHARITABLE ACTIVITIES

Summary by fund type

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Charitable activities	**22,502**	**223,061**	**245,563**
Grants to individuals	**-**	**9,082**	**9,082**
	22,502	**232,143**	**254,645**

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Charitable activities	45,414	194,640	240,054
Grants to individuals	-	5,988	5,988
Other unallocated	-	-	1
	45,414	200,628	246,043

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

6. ANALYSIS OF EXPENDITURE BY ACTIVITIES

	Activities undertaken directly 2025 £	**Grant funding of activities 2025 £**	**Support costs 2025 £**	**Total funds 2025 £**
Charitable activities	203,897	-	41,667	**245,564**
Grants to individuals	-	9,082	-	9,082
	203,897	9,082	41,667	254,645

	Activities undertaken directly 2024 £	Grant funding of activities 2024 £	Support costs 2024 £	Total funds 2024 £
Charitable activities	218,429	-	21,626	240,055
Grants to individuals	-	5,988	-	5,988
	218,429	5,988	21,626	246,043

	2025 £	2024 £
Core Costs		
Project Core Costs		
Warm Meal Project	2,418	10,917
Delivery	1,977	3,776
Women's Support Groups	6,322	10,360
Children's Support Groups	5,377	8,679
Therapy Services	22,667	16,836
	38,761	50,568
Support Core Costs		
Staff Costs	21,027	11,923
Office Costs	6,799	7,734
Insurance	560	549
Bank Charges	316	
Rent	10,204	
Governance Costs	2,761	1,420
	41,667	21,626
	80,428	72,194

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

Analysis of Direct Costs

	Activities 2025 £	**Total funds 2025 £**
Household, Clothing and Food Packages	67,035	**67,035**
Warm Meal Project	2,418	**2,418**
Delivery	1,977	**1,977**
Respite and Trips	3,367	**3,367**
Respite Home	250	**250**
Women's Support Groups	6,322	**6,322**
Children's Support Groups	5,377	**5,377**
Family Programmes and Events	11,204	**11,204**
Therapy Services	22,667	**22,667**
Courses and Employment Support	58,829	**58,829**
Fitness and Wellbeing Programmes	24,451	**24,451**
	203,897	**203,897**

	Activities 2024 £	Total funds 2024 £
Household, Clothing and Food Packages	96,003	96,003
Warm Meal Project	10,917	10,917
Delivery	3,776	3,776
Respite and Trips	34,229	34,229
Respite Home	(1,817)	(1,817)
Women's Support Groups	10,360	10,360
Children's Support Groups	8,679	8,679
Family Programmes and Events	10,415	10,415
Therapy Services	16,836	16,836
Courses and Employment Support	29,031	29,031
	218,429	**218,429**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

Analysis of Support Costs

	Activities 2025 £	Total funds 2025 £
Staff costs	21,027	21,027
Office costs	6,799	6,799
Insurance	560	560
Bank charges	316	316
Rent	10,204	10,204
Governance costs	2,761	2,761
	41,667	41,667

	Activities 2024 £	Total funds 2024 £
Staff costs	11,923	11,923
Office costs	7,734	7,734
Insurance	549	549
Governance costs	1,420	1,420
	21,626	21,626

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

7. INDEPENDENT EXAMINER'S REMUNERATION

	2025 £	2024 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	**660**	**540**
Fees payable to the Charity's independent examiner in respect of: All other services not included above	**840**	**660**

8. STAFF COSTS

	2025 £	2024 £
Wages and salaries	**21,027**	**11,923**
	21,027	**11,923**

The average number of persons employed by the Charity during the year was as follows:

	2025 No.	2024 No.
Employees	3	2

No employee received remuneration amounting to more than £60,000 in either year.

9. TRUSTEES' REMUNERATION AND EXPENSES

During the year, no Trustees received any remuneration or other benefits (2024 - £NIL-).

During the year ended 31 December 2025, no Trustee expenses have been incurred (2024 - £NIL).

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONEYEAR

	2025 £	2024 £
Accruals and deferred income	1,500	1,200

11. SUMMARY OF FUNDS

Summary of funds - current year

	Balance at 1 January 2025 £	Income £	Expenditure £	Balance at 31 December 2025 £
General funds	18,886	32,100	(22,502)	28,484
Restricted funds	68,659	218,866	(232,143)	55,382
	87,545	250,966	(254,645)	83,866

	Balance at 1 January 2024 £	Income £	Expenditure £	Balance at 31 December 2024 £
General funds	27,570	48,493	(57,177)	18,886
Restricted funds	74,987	182,538	(188,866)	68,659
	102,557	231,031	(246,043)	87,545

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY,
ITS TRUSTEES AND ADVISERS

TRUSTEES

Hindy Schlesinger
Ita Cymerman MBE
Yocheved Rechnitzer
Rifka Reich
Miriam Rothbart
Dr Lisa Kuruvatti

CHARITY NUMBER

1135433

PRINCIPAL OFFICE

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