Free to Fly

Trustees Annual Report 2025-26

Breaking cycles of abuse for generations



Free to Fly is a Registered Charity in England & Wales, no. 1194841
Hope Church & Centre, Somers Road, Southsea Portsmouth, PO5 4QA

Free to Fly

Welcome

from our Chair of Trustees



Nikki Tapley

What a year it has been for Free to Fly! As I reflect on 2025–26, I'm struck by how much of the work of the past six years has finally begun to come together. It has taken considerably longer than I ever imagined to reach this point, but ours has always been a story of taking one "baby step" at a time, trusting that one day we would get here.

This year, we finally reached the point where we could start ***doing*** something to make a difference. Our Personal Aid Packages will soon be available to expectant mothers in Portsmouth who are rebuilding their lives as survivors of domestic abuse, providing practical support tailored to individual needs. Our Befriending and Mentoring service is also launching, responding to the ongoing emotional support that so many women tell us they need. We have also provided informal signposting through the Hope Hub at Hope Church and Centre and reached more than 350 Portsmouth residents through domestic abuse awareness talks.

There is still much to do. We need to grow our team of trustees, befrienders, mentors and skilled volunteers, recruit staff and secure the increased funding needed to sustain and develop our services. But for the first time, the vision I had for Free to Fly in 2020 is no longer simply a vision. It is becoming a reality.

I am profoundly grateful to our Board of Trustees, volunteers, supporters, partner organisations and businesses who have helped bring us to this point. I would particularly like to thank City Life Church, Hope Church and Centre, SandisonPay, Nectar HR and the many others who have given their time, expertise and services. We are also deeply grateful to Comic Relief, The National Lottery Community Fund (Awards for All), The Albert Hunt Trust and The Hedley Foundation for their mission-critical support this year.

> "It takes a village to raise a child, but it takes a nation to raise a generation. Future generations here in the UK depend on all of us seriously asking: "how can we help them?", and then actually doing something practical to make a difference."

A significant achievement this year has been establishing the strong foundations needed for Free to Fly to grow safely and sustainably. We have strengthened our governance, safeguarding, policies and procedures, ensuring that our services can be delivered with the professionalism, care and excellence that the women we support deserve.

An unexpected legacy gift, which came through a friend of one of our volunteers, was another extraordinary blessing. We faced unprecedented challenges with recruiting and retaining our first Manager, but this is now resolved successfully (more on that in next year's report!), and I am so grateful to God for the strength and patience to keep going through the many challenges along the way. And for the incredible Board who have worked so hard to progress the vision this year.

Our vision remains unchanged: to help transform the future for women and their children and, ultimately, to break cycles of abuse for generations to come. We've started work in Portsmouth, but longer term, our intention is to be supporting women across the UK. I truly believe we can achieve this, but only if we work together.

Thank you to everyone who has prayed, volunteered, donated, shared expertise, opened a door, made an introduction or simply believed in Free to Fly. We have come a long way, with very little, but never without people willing to help us take the next step. It gives me great pleasure to sign this first formal Trustees Annual Report - a reflection of the growth we have experienced this year. Now, we press on.

Nikki Tapley
Founder & Chair of Trustees

Trustees' annual report

for the period 1st July 2025 to 30th June 2026

Objectives and activities

Summary of the purposes of the charity

Our purposes are to provide for the relief of pregnant women who are suffering from, or who are at risk of suffering from, domestic abuse during their pregnancy and beyond, within the United Kingdom. In particular, but not exclusively, this is achieved through the provision of specialist accommodation and housing, pre- and post-natal support, parenting support, and other practical, financial and emotional support as may be needed to relieve the negative impact of domestic abuse on mothers and their children.

Additionally, to advance public education of the issue of domestic abuse throughout the United Kingdom

Summary of the main activities in relation to those purposes for the public benefit

During the year, the charity's main activities included delivering talks and awareness sessions to groups across the Portsmouth community to advance public education and awareness of domestic abuse; establishing an office from which the charity could develop and coordinate its support services; raising awareness of the charity and its work among local professionals and potential referral partners; and undertaking fundraising and recruitment activity in preparation for the delivery of the Safe Beginnings project.

The charity also undertook significant preparatory work towards establishing a 1:1 befriending and mentoring service and Personal Aid Packages for expectant mothers who have experienced domestic abuse during pregnancy and have moved away from an abusive situation. These services had not been publicly launched by the year end. The charity worked to establish relationships with local organisations and professionals to support the delivery and development of these activities.

The Trustees have had regard to the Charity Commission's guidance on public benefit in exercising their duties and are satisfied that the activities undertaken during the year furthered the charity's purposes for the public benefit.



Our first project – Safe Beginnings

What it is

Safe Beginnings provides bespoke support for women who leave domestic abuse during pregnancy and then beyond. The project serves women within Portsmouth and the surrounding areas, with the aim of helping up to 300 expectant mothers each year, and is based at the Hope Centre, adjoining Hope Church, in Somerstown. Our central location allows us to help women across the city.

What we offer

This particular project offers three main services: Firstly, signposting. Secondly, Personal Aid Packages provide practical support in moments of need, through which women can access free goods or services when they find themselves in need. Thirdly, there's a volunteer-delivered Befriending/Mentoring Scheme, providing women with essential, emotional support on a 1:1 basis, with a clear route back to HQ for requests for Personal Aid Packages and other practical support, which we hope to be able to offer as needs present.

Who we work with

We have informal partnerships with a range of Social Prescribers/GPs, Midwives, Health Visitors, as well as with Stop Domestic Abuse Hampshire, Project W, Home-Start and local Family Hubs. We also have a strong relationship with Portsmouth City Council's domestic abuse specialist housing team. We are working with other charities within the Portsmouth community, along with a number of churches, and the list of partners is growing as word of our services is spreading! Our next focus is to strengthen these relationships further.

Where we've got to

Safe Beginnings launched this year after five years of fundraising, planning, and behind the scenes policy-writing, partnership-building, consulting and preparatory work.

We began meeting women in our Portsmouth office via the Hope Hub in early 2026 - an important first step, with direct delivery to beneficiaries soon to become available through our Personal Aid Packages. These, and our Befriending and Mentoring service will be launched publicly in October

Just a few of those involved in getting Safe Beginnings off the ground...












Achievements and performance

This year has been one of extraordinary growth, strengthened foundations and meaningful progress. These milestones reflect the commitment of our community and the impact we're building together.

Grew annual income more than 12-fold

From £4,348 to £53,367, the funds raised have been essential in enabling us to set up our service and start offering support to women

Secured financial support through 4 new grants

Albert Hunt, the National Lottery Community Fund, Comic Relief, and the Hedley Foundation

Recruited our first paid member of staff

Our first Project Operations Manager was recruited, strengthening our capacity to make an impact.

Laid strong operational foundations

Our Trustees worked together with our new Project Operations Manager to decide upon new systems and processes to support sustainable, safe delivery of services.

Advanced our safeguarding framework

Launched a comprehensive new safeguarding policy, developed our training offer and introduced safeguarding software to support safe reporting and management

Presented at dozens of events

Volunteers campaigned to raise awareness, and secure resources, presenting to local community groups, churches and groups of local professionals.

Summary of the main achievements of the charity

During the year, Free to Fly made progress in raising awareness of domestic abuse during pregnancy within the Portsmouth community and in developing the foundations for the charity's direct support services.

The charity delivered talks and awareness sessions to groups across Portsmouth, including churches, local business networking groups and relevant professionals such as Social Prescribers. We estimate that at least 350 people were reached in person. Some talks were also streamed online, although the charity did not have sufficiently reliable data to quantify the online reach. Feedback from attendees indicated that the sessions increased awareness and understanding of domestic abuse during pregnancy and its potential impact on mothers, babies and families. Attendees also reported increased confidence in recognising the issue and in supporting someone within their personal or professional networks who may be experiencing domestic abuse.

The charity also established an operational base at Hope Church & Centre in Portsmouth, enabling it to begin providing information and signposting to women affected by domestic abuse. During the year, approximately a dozen individuals received information, advice or signposting as a result of contacts made through the charity's developing local network, including through collaboration with The Hope Hub.

The charity continued to develop its Safe Beginnings project, which is intended to provide 1:1 befriending and mentoring support and Personal Aid Packages to expectant mothers who have experienced domestic abuse. Although the planned full launch of these services was delayed by difficulties in recruiting and retaining a Project Operations Manager, significant preparatory work was undertaken during the year and the charity is now working towards delivery of the service.

The Trustees recognise that formal impact measurement systems were not yet established during the year. The charity therefore relied primarily on attendance information, direct feedback and qualitative evidence to assess the immediate difference made by its awareness work and early support activity. The Trustees intend to introduce more systematic impact measurement during 2026/27, supported by the implementation of a new case management information system, subject to procurement, including measures of both short- and longer-term outcomes which will enhance our reporting in future years.

Looking ahead, the charity aims to increase the number of women receiving direct support while continuing to educate the local community about domestic abuse during pregnancy. Through these activities, the charity seeks to help women and their children move towards lives free from domestic abuse and to increase the understanding and capacity of the wider community to recognise and respond appropriately to domestic abuse.

Strengthened governance

Strengthened our governance with policies and procedures above and beyond basic Charity Commission requirements, to support safe operations and best practice.

Launched our first project

Launched ‘Safe Beginnings’ as a project - now operational. Began meeting women in our Portsmouth office as a result of our involvement in the ‘Hope Hub’ for the first time.

Opened our first physical office

Opened our first physical office suitable for staff use, based in central Portsmouth, at the Hope Centre, adjoining Hope Church. We are thankfdul for this partnership.

Achievements against objectives set

Our objectives for the year and progress against them were as follows:

1. To successfully recruit a Project Operations Manager.
This objective was initially achieved in April 2026 following an extended recruitment process which had started in November 2025. Unfortunately, the successful candidate resigned at the end of May 2026 for personal reasons, after approximately eight weeks in post, leaving the role vacant from June 2026. The charity therefore commenced a further recruitment process and, at the year end, was in the process of recruiting to the position again. The objective was therefore initially achieved, but the subsequent vacancy had a significant impact on the charity's operational capacity and the timing of other objectives.

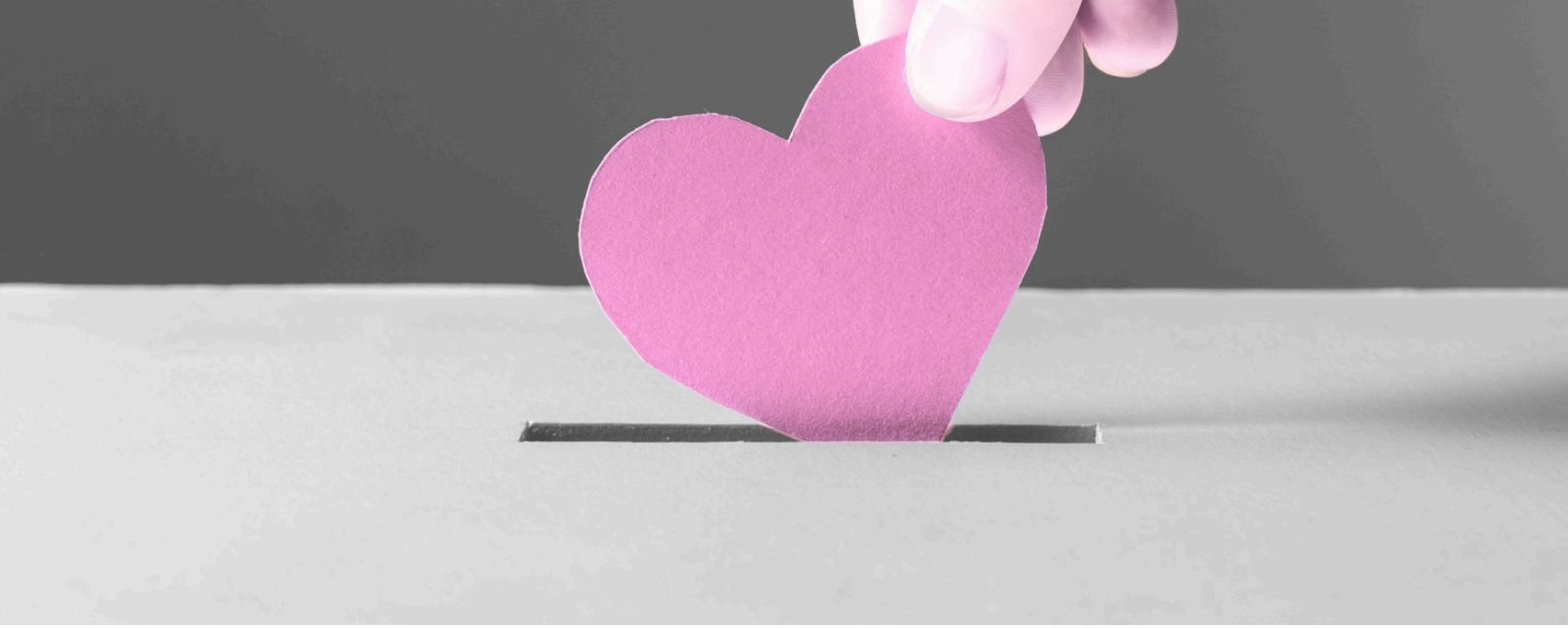
2. For the Project Operations Manager to establish and commence delivery of the Safe Beginnings project, providing 1:1 befriending and mentoring services and Personal Aid Packages to individual expectant mothers.
This objective was only partially achieved. The recruitment and subsequent resignation of the first Project Operations Manager significantly delayed the planned launch of the service. The first post-holder made progress with project planning and development, but the 1:1 service had not been publicly launched before their departure. The charity was nevertheless able to begin supporting a small number of individuals with information, advice and signposting following the establishment of its new base at Hope Church & Centre in Portsmouth and its developing collaboration with The Hope Hub, which runs out of the Hope Centre three times a week. Recruitment and project development work will continue during 2026/27, with the intention of launching the full service during the year.

3. To make progress towards the target of helping 300 women per year.
The charity has an overarching target of supporting up to 300 women per year once its direct support services are fully operational. The charity made some progress towards this objective but did not achieve the intended level of direct support during the year. A small number of expectant mothers received information, advice and signposting, but the planned 1:1 service was not fully launched. The Trustees expect the number of women supported to increase significantly once the Personal Aid Packages and Befriending/Mentoring services are operational.

4. To educate and raise awareness of domestic abuse during pregnancy within the local community.
This objective was achieved. The charity delivered a number of talks and awareness sessions across the Portsmouth area, including to churches, local business networking groups and relevant professionals such as Social Prescribers. The charity estimates that at least 350 people were reached in person. Some talks were also streamed online, although the charity did not have sufficiently reliable data to quantify the online reach.

Feedback received from attendees indicated that the sessions increased awareness and understanding of domestic abuse during pregnancy and helped participants feel more confident about recognising the issue and supporting someone who may be experiencing domestic abuse.

The Trustees had not set specific numerical targets for the number of people to be reached through awareness activity or the number of women to receive 1:1 support during the year, reflecting the uncertainty surrounding recruitment, training and volunteer capacity. The experience gained during the year has enabled the charity to develop more specific and measurable objectives for future years.



Performance of fundraising activities against objectives set

Our objectives for the year and progress against them were as follows:

1. To raise sufficient funds to recruit a Project Operations Manager, with 12 months' salary held in reserves to support the longevity of the post.
This objective was achieved. The charity secured a number of successful grants during the second half of 2025 following funding applications submitted earlier in the year. These funds enabled the charity to recruit to the Project Operations Manager position and provided funding towards the costs of the role.

2. To raise £10,000 through community and volunteer-led fundraising to strengthen unrestricted reserves.
This objective was achieved. A number of local supporters contributed to a volunteer-led fundraising initiative, which generated the targeted funds. The charity also received its first legacy donation in April 2026, arising directly from the efforts of the same volunteer network.

3. To raise £30,000 in grant funding to meet project set-up and delivery costs, thereby reducing the need to use unrestricted reserves for project delivery and protecting these reserves in accordance with the charity's reserves policy.
This objective was achieved by the end of October 2025. Successful grants included awards from the Albert Hunt Trust, The Headley Foundation, Comic Relief and the National Lottery Awards for All. The funding secured enabled the charity to progress the development and planned delivery of its projects while protecting its unrestricted reserves for future use.

Some smaller grants were also secured later in the financial year to support additional project and infrastructure requirements, including the implementation of a Learning Management System to support robust training for staff and volunteers.

Investment performance against objectives

The charity did not set specific investment objectives during the year as the level of funds available for investment was insufficient to warrant a formal investment strategy beyond the requirements of the charity's reserves policy.

The Board established a savings account and took steps to ensure that interest was earned on the charity's available reserves while maintaining appropriate access to funds required for the charity's ongoing activities.

Financial review

Year ended 30 June 2026

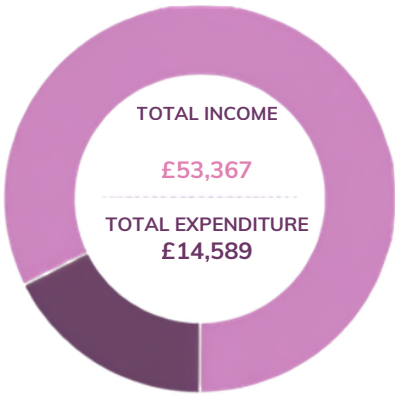
Financial overview

INCOME	£
Grant income (restricted)	34,878
Other revenue	16,250
Gift Aid	1,337
Donations	859
Interest income	43
TOTAL INCOME	53,367

EXPENDITURE	£
Total expenditure	14,589

CASH FUNDS THIS YEAR END	£55,656
UNRESTRICTED FUNDS	£28,266
RESERVED CASH FUNDS	£27,390

Income vs expenditure



Funds raised this year

National Lottery (Two years funding approved, this is the total for both years)	£19,900
Albert Hunt Trust	£8,000
Comic Relief	£4,478
The Hedley Foundation	£2,500
Other fundraising including legacy gift:	£18,489

Review of the charity's financial position at the end of the period

The charity's financial position strengthened during the year. Total receipts were £53,367 and total payments were £14,589, resulting in a net increase in cash funds of £38,778.

At 30 June 2026, the charity held total cash funds of £55,656, comprising £28,266 of unrestricted funds and £27,390 of restricted funds. The restricted funds are subject to the purposes and conditions specified by the relevant funders and are therefore not available for the charity's general purposes.
The Trustees consider that the charity's financial position at the year end was satisfactory and that the charity had sufficient resources to meet its current commitments and continue its planned charitable activities, subject to the continued availability of appropriate funding.

Principal sources of funds

The charity's principal source of income during the year was grant funding, secured from a number of charitable trusts, foundations and grant-making bodies. The charity also received income through community and volunteer-led fundraising, including donations from local supporters and a legacy donation. One of the grants received is a multi-year award, with a further instalment expected in November 2026, subject to the terms of the grant.

The charity continues to develop its fundraising strategy with the aim of increasing the diversity and sustainability of its income. The Trustees intend to use a proportion of unrestricted reserves, where appropriate, to support the recruitment of a part-time fundraiser whose role will be to strengthen the charity's future fundraising capacity and financial sustainability.

Thank you to our funders:

THE ALBERT HUNT TRUST
COMMUNITY FUND
COMIC RELIEF
GROUNDWORK CHANGING PLACES CHANGING LIVES
The Hedley Foundation A Grant Giving Charity



Reserves policy

The Trustees' policy is to maintain an appropriate level of unrestricted reserves to support the charity's continued expenditure and financial resilience. The reserves are intended to provide working capital, meet ongoing running costs and provide protection against unexpected expenditure, delays in receiving income and fluctuations in funding.

The Trustees determine the appropriate level of reserves by considering the charity's planned activities, expected expenditure, financial commitments, principal financial risks and the availability and timing of future funding. The level of reserves is reviewed at least annually by the Trustees and the reserves policy is updated as the charity develops and its financial circumstances change. The current reserves policy does not set a maximum or target amount to be held in reserves. This is because the Trustees aspire to see the charity launch a new service which will require significant funds to be raised: the unrestricted reserves include these funds that are being saved.

The reserves policy sets a minimum level of unrestricted reserves, equal to three months' operational overheads, which the Trustees consider appropriate to support the charity through periods of unexpected expenditure or delays in funding. This minimum has been applied since the charity's inception. Until this year, operational overheads have been minimal while the Trustees have been working behind the scenes to prepare for operations to begin. The Trustees will continue to monitor whether this minimum remains appropriate as the charity's activities, expenditure commitments and funding arrangements develop.

Restricted funds are excluded from the charity's general reserves because they are only available for the specific purposes for which they were provided.

Amount of reserves held

At 30 June 2026, the charity held unrestricted funds of £28,266, all of which were held as cash and were available to support the charity's general activities and future commitments, subject to ongoing expenditure requirements. This is above the policy minimum of three months' operational overheads, which was approximately £10,151 at the year end, with the balance held towards the launch and development of new services.

The charity also held restricted funds of £27,390. These funds were not available for general use and must be applied to the projects and activities for which they were provided. Total cash funds at the year end were therefore £55,666.

The Trustees consider the level of unrestricted reserves held at the year end to be appropriate to the charity's current stage of development and planned activities. They will continue to monitor the level of unrestricted reserves against anticipated expenditure, commitments and future funding requirements.

Reasons for holding zero reserves

Not applicable. The charity held unrestricted reserves of £28,266 at 30 June 2026.

Details of funds materially in deficit

There were no funds materially in deficit at 30 June 2026.

Going concern

The Trustees have considered the charity's financial position, available unrestricted reserves, anticipated expenditure, existing commitments and expected sources of income. At the date of the charity's report, the Trustees are not aware of any material uncertainties that would cast significant doubt on the charity's ability to continue as a going concern.

At 30 June 2026, the charity held unrestricted funds of £28,266 and restricted funds of £27,390. The Trustees have considered the availability and expected timing of funding alongside the charity's planned activities and expenditure and consider that the charity has adequate resources to meet its foreseeable obligations and continue its planned activities, subject to the continued availability of appropriate funding.

Investment Policy and Objectives

The charity's investment policy is to protect its capital while obtaining an appropriate level of return on funds that are not immediately required for operational expenditure. Given the charity's current level of reserves and its need to retain access to funds to meet short-term commitments, the Trustees have a low tolerance for investment risk and do not currently consider longer-term or higher-risk investments to be appropriate.

Unrestricted reserves are therefore primarily held in cash or interest-bearing deposit accounts, with the emphasis on security, liquidity and preservation of capital rather than capital growth. The Trustees will review the investment policy as the charity's financial position develops and will consider whether any alternative investment arrangements are appropriate in the future.

The charity does not currently undertake social investments. In considering any future investments, the Trustees will have regard to whether the investment is consistent with the charity's charitable purposes and values as per the ethical investment approach outlined in the Trustees' approved Investment Policy.





Principal risks

The Trustees have identified a number of principal risks facing the charity.

Funding and financial sustainability
The charity remains significantly dependent on grant funding and restricted project income to support its activities. Increased competition for grant funding and pressure on charitable funding could result in insufficient income to deliver planned activities or maintain staffing levels. The Trustees are seeking to mitigate this risk by diversifying the charity's income streams, developing community and volunteer-led fundraising, maintaining appropriate unrestricted reserves and strengthening the charity's fundraising capacity.

Operational capacity
As a developing charity, the organisation has limited staffing capacity and has experienced challenges in recruiting and retaining key personnel. This has affected the timing of the delivery of some planned activities during the year. The Trustees are addressing this through recruitment, clearer operational planning and the development of appropriate staffing and volunteer structures.

Safeguarding
The charity works with individuals who may be vulnerable as a result of domestic abuse and therefore recognises safeguarding as a significant operational risk. The Trustees seek to mitigate this risk through appropriate safeguarding policies and procedures, designated safeguarding responsibilities, staff and volunteer training, safer recruitment processes and ongoing review of safeguarding arrangements.

Governance and compliance
As the charity develops its activities, there is a risk that governance, policies and procedures may not keep pace with its operational growth. During 2025/26 the Board undertook significant work to establish and strengthen the charity's policies and governance framework. During 2026/27 the Trustees intend to continue reviewing and updating these arrangements as the charity's activities and staffing develop.
The Trustees maintain a risk register and review identified risks and mitigating actions regularly. The Board considers the principal risks facing the charity and seeks to ensure that appropriate controls and procedures are in place to manage those risks to an acceptable level.



Structure, governance and management

Governing Document

The charity's governing document is its Constitution, which has been registered with and accepted by the Charity Commission. The charity is constituted as a charitable incorporated organisation (CIO).
Trustee selection methods

Apart from the first charity trustees, every trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. The charity ensures safer recruitment via following documented volunteer recruitment processes, which apply to trustees and all volunteers.

Policies and procedures adopted for the induction and training of trustees

The charity has a New Trustee Policy setting out the arrangements for the induction of new trustees and providing a reference framework for existing trustees when supporting new Board members. New trustees are provided with relevant governance and organisational information, including the charity's governing document, key policies and procedures, their duties and responsibilities as trustees, and information about the charity's activities and safeguarding arrangements.

The Trustees are expected to undertake appropriate training and development relevant to their responsibilities and to the needs of the charity. Trustee training needs are considered as part of the charity's ongoing governance and policy review process, and trustees are encouraged to undertake relevant external training and guidance where appropriate.

The charity's organisational structure and any wider network with which the charity works

The charity is independent and is not part of any wider formal organisational network. It has no subsidiary undertakings or parent organisation, and has no formal constitutional links with any other charity or organisation. The Trustees retain overall responsibility for the governance and strategic direction of the charity. Day-to-day operational responsibilities are delegated as appropriate, with the Chair acting as Designated Safeguarding Lead and the Treasurer overseeing the charity's financial management and financial controls.

At 30 June 2026, the Project Operations Manager position was vacant following the unexpected resignation of the previous post-holder. The role was responsible for leading the operational delivery of the Safe Beginnings project and future projects operating from Portsmouth, and for supporting the recruitment of a part-time administrator and fundraiser to facilitate the growth of the charity's work. Recruitment to these positions was therefore placed on hold pending the appointment of a new Project Operations Manager.

Meet the team

Board of Trustees



Nikki Tapley

Founder & Chair



Mark Dearing

Deputy Chair



Amy Beecroft

Treasurer



Natalie Stratten

Secretary

Trustee remuneration

No trustee receives any remuneration, payments, or benefits from the charity with the exception of appropriate reimbursement of expenses. Our thanks to every trustee who has given their time to our Board since our inception in 2021 Your commitment to the mission and the expectant mothers we are now able to support has brought us this far. We now seek additional trustees, so please contact us if you are interested in this role.

The legal names of the charity Trustees who served during the year and were in office at 30 June 2026 are:

Nicola Caroline Tapley
Natalie Kate Stratten
Amy Beecroft
Mark Robert Dearing
All Trustees were in post for the entire duration of the year.

Key management personnel remuneration

The Trustees consider the Project Operations Manager to be the charity's key management personnel, with responsibility for the day-to-day operational management and delivery of the charity's projects. At 30 June 2026, this position was vacant following the resignation of the previous post-holder.

The charity's employees are paid at rates intended to reflect the skills, responsibilities and experience required for their roles. Salaries are above the National Minimum Wage and, when determining appropriate remuneration, the charity considers national and local salary levels for comparable roles. Remuneration is determined by the Trustees with regard to the responsibilities, skills and experience required for the role, and with consideration of the charity's financial resources and the requirements of the role.

Relationships with related parties and other organisations

The charity works with a number of local organisations in pursuit of its charitable objectives. The most established relationship is with Hope Church & Centre, however the charity are also working collaboratively with Portsmouth City Council's domestic abuse specialist housing team, Stop Domestic Abuse, The YOU Trust, Portsmouth HomeStart. The charity is also developing relationships with additional local churches through its involvement in the One Body Portsmouth network, as well as seeking to work with other charities and community organisations where collaboration would help the charity achieve its charitable objectives.

Hope Church & Centre provides office accommodation and facilities to support the charity in pursuing its charitable objectives. This support has enabled the charity to reduce its office establishment and running costs and minimise overhead expenditure. The Trustees wish to express gratitude to the leadership, staff and volunteers at Hope Church & Centre, and the other organisations with which it works, for their support and collaboration in furthering the charity's charitable objectives.

The Trustees have considered whether any of these relationships give rise to related-party relationships or transactions. None of the organisations referred to above is controlled by, or under the significant influence of, a trustee or close family member of a trustee, and no trustee or close family member of a trustee has a financial or governance interest in these organisations, other than any relationships disclosed separately in the financial statements where applicable.

Free to Fly

What's Next



We're excited about what's ahead. Our plans for the coming year are ambitious but rooted in the real needs of the women and families we exist to support. With your continued support, we will turn momentum into lasting impact.

Over the coming year, we will be:

01 Working towards our goal of helping 300 expectant mothers per year in Portsmouth

02 Recruiting and training volunteer befrienders/buddies to deliver 1:1 support and grow our service

03 Formalising and strengthening referral pathways with midwifery, health visiting, domestic abuse organisations and other local services

04 Growing our paid team beyond one role, with a focus on administrative support and volunteer coordination, as well as growing our Board of Trustees and volunteer base.

05 Publicly launching our Personal Aid Packages offer with a campaign to ensure we help as many women as possible, and also ensure we can provide this support to women wherever it is needed over the coming years, without dependence on grants

This next year will be the year we've been working so hard towards: when we can finally start to share stories of the impact our work has made in the lives of individuals.

But we can't do it without continued support. To find out how you can partner with us, please visit:

www.freetofly.org.uk

Donate:

Via our website: www.freetofly.org.uk

Join our 100-for-100 campaign - Pledge to give or raise £100/month

Volunteer as a Befriender/Mentor or share your professional skills

Partner with us as a business - contact us to explore

Charity name: Free to Fly
Registered charity number: 1194841
Charity's address: Free to Fly, Hope Church & Centre, Somers Road, Southsea Portsmouth, PO5 4QA

CHARITY COMMISSION FOR ENGLAND AND WALES

Free to Fly			1194841

Receipts and payments accounts

CC16a

For the period from	01/07/2025	To	30/06/2026

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	859	-	-	859	4,348
Gift Aid Receipts	1,337	-	-	1,337	-
Grant Income - Restricted	-	34,878	-	34,878	-
Interest Income	43	-	-	43	-
Legacy	16,000	-	-	16,000	-
Other Income	250	-	-	250	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	18,489	34,878	-	53,367	4,348
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	18,489	34,878	-	53,367	4,348
A3 Payments					
Project costs	-	42	-	42	-
Salaries	-	2,706	-	2,706	-
Legal and Professional	666	4,740	-	5,406	35
Bank Fees	-	-	-	-	86
Marketing	29	-	-	29	-
Office Expenses	863	-	-	863	140
Consulting	4,888	-	-	4,888	-
Insurance	393	-	-	393	-
Rent	147	-	-	147	-
Training	79	-	-	79	-
Travel and subsistence	36	-	-	36	-
Sub total	7,101	7,488	-	14,589	261
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	7,101	7,488	-	14,589	261
Net of receipts/(payments)	11,388	27,390	-	38,778	4,087
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,878	-	-	16,878	12,791
Cash funds this year end	28,266	27,390	-	55,656	16,878

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Bank Account	25,613	-	-
	Deposit account	2,653	27,390	-
		-	-	-
	Total cash funds	28,266	27,390	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Wages due for June 2026 (paid July 2026)	Restricted	610	July 2026
PAYE and National Insurance due to HMRC (paid 23 July 2026)	Restricted	127	22 July 2026
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Amy Beecroft	Amy Beecroft	12/10/2026
	Nicola Tapley	12/10/2026

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees	Free to Fly		
On accounts for the year ended	30 June 2026	**Charity no**	1194841

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity for the year ended 30 June 2026, which are attached.

As the charity's trustees, 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 charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed:	L Bullen.	**Date:**	14/10/26
Name:	LUCY BULLEN		
Relevant professional body:	The Association of Accounting Technicians		
Address:	11 Hilltop Way, Stanton		
	Bury St Edmunds		
	IP31 2EB		