



Highlights and starlights • annual review 2013

Photo: Jayne Billman



Young women from our Islington and Butterfly Effect projects took part in an outdoor education residential where they pushed themselves out of their comfort zones with challenging activities.

Photo: Jayne Billman



Life-changing

Young women have increased skills that enable them to make positive, sustainable life changes.

Across all our services, girls and young women have the opportunity to gain skills through informal education, formal courses and workshops. GFS's Islington and Butterfly Effect projects joined forces for their first joint residential in August. Both of these London and Norfolk-based projects focus on creative expression and healthy lifestyles to improve young women's confidence and aspirations.

Both projects were funded by the GFS Packe Trust Fund for the three-day summer holiday visit to a PGL outdoor residential centre in Lincolnshire. The young women enjoyed an

exciting programme including archery, high ropes course, trapeze and zip wire. This tailored course was designed to help the young women develop their skills in team building, leadership and problem solving, as well as improving their independence and confidence.

Similarly, St Michael's in the Hamlet volunteer-led branch took 16 girls on a weekend trip to Treales in Lancashire, where they took part in wall climbing, archery, parachute games, an assault course, table tennis, badminton, rounders and caring for horses.

When we first met Sarah she was quiet, lacking in confidence and had low self-esteem. Sarah's confidence and attitude steadily improved over the year, resulting in successfully gaining employment in the catering industry. Being a young mum, Sarah had a difficult relationship with her son and found it hard to bond with him. Sarah worked hard with professionals both inside and outside the project to improve and develop her parenting skills. A strong bond blossomed between Sarah and her son and they regularly attend joint activities at our Skegness project.

GFS star
SARAH

Photo: Anne Kinnersley



Photo: Anne Kinnersley



Our cookery and healthy eating courses are always very popular.

Photo: Claire Boothby



GFS has empowered Paris to become a self-confident, independent young woman, ready now to move into her own place.

GFS has introduced five outcomes, highlighted on these pages. We hope to see these changes in girls and young women as a result of working with them. Based on the nationally recognised framework created by the National Council of Voluntary Youth Service and the Young Foundation, we agreed these outcomes with all our stakeholders.

Growing

Young women are more confident in managing risks and staying safe.

"Hello, my name is Paris. I am 17 years old and I have a little girl called Rosina who is 19 months old. We live in the move-on flats connected to St Paul's Lodge, GFS's shared housing scheme in Great Yarmouth. During my time here I have had many ups and downs; however, with the encouragement from staff members, they have helped me overcome everything. When I first moved to St Paul's Lodge, I'm not going to lie, I was so scared and nervous due to just breaking up with my daughter's dad, all my confidence just went. The staff were so supportive, they helped me

get my life back on track, get my confidence back and become the parent I am now. They praise you when they're proud of you and think you have done something very good, but they also tell you if they don't agree on something you're doing and guide you and give you tips. Now, thanks to them, I have moved out of the Lodge and am now currently waiting to move into my own place with Rosina. I have also just done a speech for Family Nurse Partnership which I couldn't have ever even thought of doing before."

WEBBER

Young women at St Paul's Lodge have given a facelift to some of their furniture.

Photo: Yvonne Arnold

Danielle, 18, represented GFS branches at the Commissioning Service for our President. A credit to her 10 years in GFS, she greeted and welcomed guests in a friendly and courteous way at the service.

Photo: Yvonne Arnold





Photo: Cliff Winks

The Bishop of Aston, the Right Reverend Andrew Watson, officiated at the Commissioning Service of our new English President, Hazel Crompton, at St Martin in the Bull Ring, Birmingham.



GFS star
DANIELLE MURRAY

Photo: Eunice Gibbons

The rap for the Celebration Event was composed and sung by young women from GFS's Skegness project, working with a SoundLincs music tutor. This gave them a platform to express their views and feelings about attending GFS. Here's an extract from the rap written by Kira Easton...

"Do something with your life. Try not to lose your mind, Cuz there's a place in my town and I go there every week. We get creative, laugh, play and speak."

Communicating

Young women are more confident and have improved communication skills, enabling them to share their views.

Celebration was at the top of the agenda in September when we held our Celebration Event in Birmingham. This started with the Commissioning Service of our new English President, Hazel Crompton, by the Bishop of Aston at St Martin in the Bull Ring. "This was our national Celebration Event during which all the girls, as well as the leaders and parents who also attended, were able to both witness the historic service and take part in some exciting activities too. After watching the official commissioning, including the drama

piece and rap which followed, we all made our way down to the old Custard Factory for lunch.

Special guest Brendan Lynch, a finalist in the 'Great British Bake Off', judged the GFS bake off competition. He also showed how to ice cupcakes and presented the opportunity for us to decorate our own. There was also badge making, face painting, and lots of other arts and crafts which everyone eagerly participated in. Everyone had a great time."

Chloe, 14, Layton St Mark branch

"Meeting plenty of new friends was just great."
Charlotte, 17,
Layton St Mark branch

"I loved the face painting and the cake icing that was taught by Brendan."
Katie, 16, Layton St Mark branch

The Girls' Friendly Society, founded in 1875, inspires young women to widen their horizons and celebrate their individuality and talents. GFS encourages young women to break down barriers, build on their achievements and become independent women.

Our work aims to promote personal and spiritual development, reduce risk and remove barriers, encourage formal and informal education, empower informed choices, tackle social exclusion, inspire change through ownership and participation, and challenge negative stereotypes.

GFS star
LINDA HANFORD

Photo: Yvonne Arnold

Exploring

Young women feel empowered to explore issues they care about, in a supportive single gender environment, and in their wider lives.

Linda Hanford has been a volunteer at GFS nursery and St Paul's Lodge for over 21 years. She is a warm, dependable, approachable lady who always has time for others without over-stepping professional or personal boundaries. Linda is loved by the young children and is highly respected by staff and young women. Our young women often find it easier to talk to Linda about problems or use her as a sounding board for thoughts and ideas, before speaking with paid staff.

"My name is Sharn and I am 20 years old. Coming to the Domestic abuse Awareness for Youth (DAY) programme has helped me understand what is right and wrong in a relationship. I actually started on the programme because I wanted to understand more about myself as I felt as though I was controlling and abusive to my partner. I have learned so much about the tactics used in controlling relationships and realised that I have been guilty of manipulation and controlling behaviour. Through attending the programme and talking to my partner we decided to work at our relationship

at a time when we were ready to give up. Through reading the book given to me on the programme, we became aware that we were both guilty of forms of abuse, for example bullying each other to get our own way and checking each other's phones. We were also giving mixed messages in our parenting which we didn't realise we were doing.

We are now better parents and better people. In reflection I can see how former relationships were abusive and how I normalised and minimised it. I will never allow this to happen again and can't thank GFS enough for the support given to get where I am today."

Creative workshops such as glass painting at St Paul's Workop branch helping the girls improve their confidence and skills.

Photo: Margaret Winks

By accessing the Skegness project's youth café, isolated young women have been able to develop positive interests, receive adult guidance and gain support from their peers.

Photo: Anne Kinnersley

Lorraine is 19 and started coming to the Butterfly Effect when she was 16. The project has given her confidence and people to talk to. She has made friends and learned to speak up for herself. She recently took part in a consultation with the Norfolk Youth Advisory Board where she was able to do a presentation in front of people she had never met. Lorraine has also just started to go to GFS's Youth Work Committee meetings in London and she would like to become a volunteer for GFS in the future.

GFS star
LORRAINE JORDAN

Photo: Claire Boothby

Participating

Young women are more able to think creatively to solve their own problems.

Girls and young women across GFS are real innovators, active in promoting their services and fundraising for activities. Layton St Mark branch held its annual open evening for parents and friends in July. A very successful night, it was the perfect opportunity for parents to see at first hand the types of activities the girls and young women do on Friday evenings. While the older girls served refreshments and helped run the bring-and-buy stall,

the other young women displayed all the crafts and written work they had done over the winter months, which were presented at their annual Diocesan festival.

St Laurence Pittington branch took part in the autumn show at their village hall, and produced amazing crafts and paintings. Several girls also helped out by organising craft activities for younger children, as well as running the tuck shop.

"I've been coming to the Butterfly Effect for 18 months. I got details of the Benjamin Foundation's 'BOOM!' fund – I thought it would be a great opportunity to visit the Chinese State Circus which was being promoted as a local one-off performance.

Supported by our project managers, I filled in the application. We had to make sure we sounded professional in relation to the criteria and the outcomes. Our application was successful which really boosted our morale. We had a fantastic time."
Rebecca Clarke, 14

Rebecca Clarke achieved a successful funding application to visit the Chinese State Circus.

Girls and young women from St Laurence Pittington branch enjoying an end of term celebration after a busy year full of activities.

Photo: Jaci Dooley

Photo: Jayne Billman

GFS offers new experiences and opportunities to girls and young women that otherwise may not have been available to them. Much of our work is conducted in areas of high deprivation, and our services offer a safe, single gender, non-judgmental environment.

GFS has 32 volunteer-run church-based branches; community-based youth projects in Great Yarmouth, Islington and Skegness; and St Paul's Lodge, a shared housing scheme in Great Yarmouth.

Photo: Krystal Donaldson



A big thank you to everyone who has supported our work during the past year, with special thanks to Birds Eye Employees Charities Fund, Lowestoft • East Lindsey District Council • Great Yarmouth and Waveney Primary Care Trust • Lincolnshire Council for Voluntary Youth Services • London Borough of Bromley • Mancroft Advice Project • Norfolk Community Foundation, Flux Family Fund • Norfolk County Council's Living Well in the Community Fund • Norfolk Partners Against Crime Taskforce • Norwich Office Supplies • Supporting People • The Rank Foundation • UK Online • Waynflete Charitable Trust • Workforce Unlimited

Delivering

Income and expenditure	Year to 30/9/13 (£000s)	Year to 30/9/12 (£000s)
Income		
Income from operations	236	520
Investment income and interest	513	492
TOTAL INCOME	749	1,012
Expenditure		
Charitable activities	1,253	1,441
Fundraising and governance	120	131
Net (expenditure)	(624)	(560)
Investment gains/(losses)	739	785
Increase/(decrease) in funds	115	225
Balance sheet	Year at 30/9/13 (£000s)	Year at 30/9/12 (£000s)
Assets		
Tangible assets	71	131
Investments	11,586	11,404
Other net assets	135	142
TOTAL	11,792	11,677
Represented by		
Permanent endowment, restricted and designated funds	11,569	11,559
General fund	223	118
TOTAL	11,792	11,677

The trustees confirm that the summarised accounts on this page are a summary of the information extracted from the full annual accounts which were approved on 29 March 2014. The summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full annual accounts, the trustees' report, and the report of the auditor on those accounts should be consulted. Copies of the full annual accounts are available from the charity. The summarised accounts do not constitute full accounts within the meaning of the Companies Act 2006 and the Charities Act 2011. A copy of the statutory accounts of the charity, upon which the auditor has reported without qualification, will be delivered to both Companies House and the Charity Commission. Approved by the trustees and signed on their behalf by: **H Crompton, Chair, approved 29 March 2014**

Independent auditor's statement to the members of Girls' Friendly Society in England and Wales

We have examined the summary financial statement for the year ended 30 September 2013.

Respective responsibilities of the trustees and the auditor – The trustees, who are also the directors of Girls' Friendly Society in England and Wales for the purposes of company law, are responsible for preparing the summary financial statement in accordance with applicable United Kingdom law. Our responsibility is to report to you our opinion on the consistency of the summary financial

statement with the full annual financial statements, and its compliance with the relevant requirements of section 427 of the Companies Act 2006 and the regulations made thereunder.

We conducted our work in accordance with Bulletin 2008/3 issued by the Auditing Practices Board. Our report on the company's full annual financial statements describes the basis of our opinion on those financial statements.

Opinion – In our opinion the summary financial statement is consistent with the full annual financial statements of Girls' Friendly Society in England and Wales for the year ended 30 September 2013 and complies with the applicable requirements of section 427 of the Companies Act 2006, and the regulations made thereunder. We have not considered the effects of any events between the date on which we signed our report on the full annual financial statements, 31 March 2014 and the date of this statement.

**Buzzacott LLP, Statutory Auditor, 130 Wood Street, London EC2V 6DL
31 March 2014**

Trustees' statement

The auditor has issued unqualified reports on the full annual financial statements and on the consistency of the trustees' report with those financial statements. Their report on the full annual financial statements contained no statement under sections 498(2)(a), 498(2)(b) or 498(3) of the Companies Act 2006.

Photo: Alison Carter



Photo: Lisa McRobb



Photo: Claire Boothby



Starring

Photo: Krystal Donaldson



Photo: Jackie Champion



Photo: Anne Kinnersley



Photo: Krystal Donaldson



Photo: Eunice Gibbons



Photo: Marion McCumskey



We were delighted to win a British Youth Council 'Youth on Board Award for Innovation'. These awards celebrate youth-led organisations and initiatives that involve young people in decision-making at every level. Competition was stiff so it was fantastic that we were recognised by one of the biggest youth organisations. The judging panel were all young people too – it makes winning the award extra special to know we were selected by our peers. Youth Work Committee

Photo: Claire Boothby



Evolving

GFS is a wonderful organisation working in England and Wales with girls and young women. The important words are *working with*; having met with many of the girls and young women this year who attend branch meetings or access our projects, it is quite clear that they have an input into the services provided and are not afraid of voicing their opinions on how things should be done and what they enjoy most.

2013 has been a year of sadness, innovation and celebration. Sadness because early in the year we had to implement the much debated and hard decision to close the project in Penge and the nursery in Great Yarmouth, due to financial constraints and the need to focus our expertise and finance on the core work of the Society. We would like to take this opportunity to thank the dedicated staff and volunteers at both

projects for their contribution in supporting young women and their children to grow and develop.

A year of innovation – we continued to work on the 2012–15 Business Plan. This specifically enables our branches and projects to work closer together, including being represented by young women on the Youth Work Committee, and staff from the projects leading some sessions at the branch leaders' weekend. We are in the early stages of a project with YMCA George Williams College focusing on the internet and social media and the abuse that is caused to girls and young women.

A year of celebration – I celebrate not only my Commissioning Service as English President, reported on page 4, but I celebrate the individual and collective efforts and achievements of all our girls and young women.

Hazel Crompton, English President

Photo:
www.archbishopofyork.org



Hannah Charlesworth with GFS Director Joy Lauezzari at a tea party hosted by Archbishop of York, John Sentamu, for some of the charities he supports. He made a speech thanking us for our "amazing work."

The Girls' Friendly Society (GFS) is a movement for young women that aims to widen horizons and celebrate individuality and talents, with love and understanding. Our vision is to inspire young women and challenge them to break down barriers, building on their achievements to become independent women.



Photo: Jo Waddell

Children at Great Yarmouth crèche enjoying a healthy eating activity together.



Photo: GFS Penge project

Young women from Penge project enjoying a cooking session.

Wishing

Sadly this year, GFS had to take the decision to close our south London Penge project, and our nursery in Great Yarmouth. We were sad to say goodbye to all the young women, children, staff and volunteers we had worked with in these areas, but we are grateful for their commitment and dedication to GFS over the years.

As a charity, GFS depends on **income from donors** – large and small. In these difficult financial times, your support could help us to sustain our current work, and even develop new services across England and Wales:

- ★ **£100** buys new mattresses for a young mother living at St Paul's Lodge.
- ★ **£2,000** a year would enable us to open and run a new voluntary branch in an area of high deprivation, where there is no youth provision.
- ★ **£5,000** would enable girls and young women to set up a focus group to look at the risks and impact of social media on young people.

In addition to funding, GFS relies on the hard work and commitment of our volunteers. **We need volunteers** who want to work directly with girls and young women, as well as volunteers with skills in areas such as fundraising, marketing, IT and social media.

To find out more, or to support us, please visit our website at www.gfsplatform.org.uk/get-involved.php

Thank you to Hannah Charlesworth and Lorraine Jordan, members of our Youth Work Committee, who devised the concept, themes and look for this annual review.



Photos: Claire Boothby

OUR BRANCHES

For locations, please see the map on our website.

All Saints Appley Bridge, Wigan

Bowers Gifford, Basildon

Brecon Cathedral, Brecon

Felinfoel, Llanelli

Holy Trinity, Pontnewydd

Layton St Mark, Blackpool

Looe St Martins, Looe

Pakefield, Lowestoft

Penllergaer, Swansea

Pilling St John's the Baptist, Preston

Rothwell, Leeds

St Aidan Mill Hill, Blackburn

St Barnabas' Church, Liverpool

St Catharine's, Gloucester

St Chad's Pheasey, Great Barr

St John's Furness Vale, Furness Vale

St Laurence Pittington, Pittington

St Lawrence Frodingham, Scunthorpe

St Lukes Leagrave, Luton

St Mark's Eldon, Bishop Auckland

St Mary Market Drayton, Market Drayton

St Mary's Atherstone, Warwickshire

St Mary's Bearwood, Birmingham

St Michael Garston, Liverpool

St Michael's in the Hamlet, Liverpool

St Nicholas Wrea Green, Preston

St Paul's Hartlepool, Hartlepool

St Paul's Workson, Workson

St Peter's Swinton, Manchester

Standish St Wilfred's, Wigan

Stanwix, Carlisle

Wainfleet, Skegness

GFS
PLATFORM
YOUNG WOMEN



GFS Platform Unit 2, Angel Gate,
326 City Road, London EC1V 2PT
T 020 7837 9669 • **F** 020 7837 4107
E info@gfsplatform.org.uk
www.gfsplatform.org.uk

Registered charity number 1054310
Registered company number 3172713

Edited and designed by www.portfoliopublishing.com