

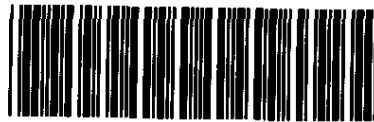
MSMISSMRS C.I.C.
Company Limited by Guarantee

FINANCIAL STATEMENTS

For the year ended 31 March 2021

Company Registration Number SC441246

THURSDAY



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MSMISSMRS C.I.C
Company Limited by Guarantee

Financial Statements
For the year ended 31 March 2021

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MSMISSMRS C.I.C
Company Limited by Guarantee

Company Information

DIRECTORS

Sylvia Douglas
Rebecca Kayne
Kieran Daly
Rosemary Anne McGinness
Patricia Anne McVey

REGISTERED OFFICE

1 Benview Street
GLASGOW
G20 7SA

REGISTERED NUMBER SC441246

BANKERS

Unity Trust Bank plc
Nine Brindleyplace
Birmingham
B1 2HB

MSMISSMRS C.I.C
Company Limited by Guarantee

Directors' Report
For the year ended 31 March 2021

The directors present their report, together with the financial statements of the company for the year ended 31 March 2021. This report should be read in conjunction with the Community Interest Report, submitted to the CIC Regulator.

CONSTITUTION

MsMissMrs CIC is a Community Interest Company (CIC), limited by guarantee, registered at Companies House on 28 January 2013 and with the CIC Regulator on June 12 2013. The Company changed its name from MsMissMrs Limited to MsMissMrs CIC on June 12 2013. The Company commenced to trade on October 1 2013.

REVIEW OF ACTIVITIES

The principal activity of the company during the year was further developing both its Get S.E.T. (self empowerment training) programme and Femfoods project to improve self esteem for women and girls. The company has now established hubs in Glasgow which it uses as a base to help and support its community of women and girls. The company also sells empowerment pants which financially supports the objectives of the organisation.

With the whole year impacted by COVID-19, MsMissMrs CIC has still managed, under restrictive circumstances, to continue its activities to support women, families and children during the pandemic. The board would like to express it's gratitude to our main supporters and funders, particularly the Hunter Foundation, the Corra Foundation, STV Appeal all with support from the Scottish Government.

During the year, MsMissMrs CIC was awarded a grant, up to £138,841 of which £101,290 was drawn down (2020: £191,117), from The Hunter Foundation on behalf on the Social Innovation Partnership (a partnership between the Scottish Government and The Hunter Foundation). The purpose of the fund is to enable entrepreneurial 'disrupters' to develop scalable system change models that can attract interest from wide a network of investors. The main objectives/expected outcomes of the grant are:

MSMISSMRS C.I.C

Company Limited by Guarantee

- Develop women as community leaders;
- Build the staff team and develop an operating manual to support and train up others through a structure for female growth within a community setting;
- Take the Get S.E.T. programme and empowerment workbook to more schools, to support the government's priorities in closing the poverty related attainment gap;
- Provide training services to disrupt the sector at both strategic levels and through locality-based work.

During the year, MsMissMrs CIC received funding of £37,720, a grant award provided by The Corra Foundation to facilitate the S.E.T. (Self-Empowerment Training) programme to be made available on-line for women and girls. The S.E.T. programme has been designed to offer practical strategies and life-enhancing tools for women and girls who find it difficult to self-care due to low self-esteem.

MsMissMrs CIC was also awarded funding of £30,000 through the Winter Fund Grants, STV Children's Appeal supporting the Scottish Government to disperse awards aimed at providing support via things like food, fuel, toiletries or basic essentials that meet the immediate material needs of the most vulnerable children living in poverty.

After the year end in April 2021, MsMissMrs CIC received funding of £58,548 from the Scottish Government through its Social Renewal fund to help MsMissMrs to support families by delivering real change as Scotland and local communities embarks on its journey of renewal after the pandemic.

The directors, considering the impact of COVID-19 and the challenges faced by MsMissMrs and its community, are satisfied with the results for the year and are confident of making further progress in establishing its Get S.E.T. programme and its femfoods project as recognised empowerment tools for women and girls in Glasgow and Scotland. The directors will also continue to look to create opportunities to replicate the hubs in other areas of Glasgow and Scotland.

MSMISSMRS C.I.C
Company Limited by Guarantee

DIRECTORS

The directors who held office during the year are as follows:

Sylvia Douglas

Rebecca Kayne

Kieran Daly

Rosemary Anne McGinness

Patricia Anne McVey

Appointed 20/07/2020

SMALL COMPANY PROVISIONS

The report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

Approved by the directors on 2021 and signed on their behalf by:



Director (Sylvia Douglas)

MSMISSMRS C.I.C
Company Limited by Guarantee

Income and Expenditure Account
For the year ended 31 March 2021

		2021	2020
	Notes	£	£
TURNOVER		15,310	23,357
Administrative Expenses		(218,266)	(112,276)
		<hr/> (202,956)	<hr/> (88,919)
Grants	2	169,010	114,305
		<hr/>	<hr/>
OPERATING DEFICIT/SURPLUS and DEFICIT/SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION	3	(33,946)	25,386
Tax on deficit/surplus on ordinary activities	4	<hr/> -	<hr/> -
DEFICIT/SURPLUS FOR THE FINANCIAL PERIOD		<hr/> (33,946)	<hr/> 25,386

All recognised gains and losses are reflected in the Income and Expenditure Account.

All of the company's activities are continuing.

The notes on pages 8 to 12 form part of these financial statements.

MSMISSMRS C.I.C
Company Limited by Guarantee

Balance Sheet as at 31 March 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible Assets	5	120,478	133,865
CURRENT ASSETS			
Stock		1,485	3,218
Debtors	6	8,835	27,160
Cash at bank		36,926	47,020
		47,246	77,398
CREDITORS: Amounts falling due within one year	7	(27,343)	(23,549)
NET CURRENT ASSETS		19,903	53,849
TOTAL ASSETS LESS CURRENT LIABILITIES		140,381	187,714
CREDITORS: Amounts falling due after more than one year	8	107,091	120,478
RESERVES			
Income and expenditure account	10	33,290	67,236
		140,381	187,714

The Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

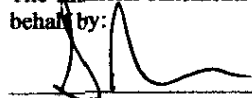
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

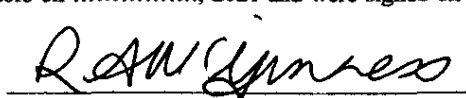
- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each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

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Directors on, 2021 and were signed on its behalf by:



Sylvia Douglas - Director



Rosemary Anne McGinness – Director

The notes on pages 8 to 12 form part of these financial statements.

MSMISSMRS C.I.C

Company Limited by Guarantee

Notes to the Financial Statements

For the year ended 31 March 2021

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Income and expenditure

Turnover represents the invoiced value of goods and services supplied by the company, excluding value added tax.

Grant income is recognised in the period to which the grant relates, as specified by the funder.

All expenditure is recognised on an accruals basis, exclusive of VAT.

Fixed Assets

Fixed assets are stated at cost net of depreciation to date. Depreciation rates are set so as to write down the value of fixed assets to residual values over their estimated useful lives. The charge is calculated on a straight line basis. The principal rates are as follows:

Premises	10%
----------	-----

Capital Grants

Capital Grants as a contribution towards specific work of a capital nature or a fixed asset should be recognised during the same period as the expenditure to which they relate. The accounting treatment is as follows:

The asset should be shown in full. Therefore the grant should not be deducted from costs or the purchase price of the fixed asset but included as deferred income in the balance sheet. The deferred income should be credited to the profit and loss account over the useful life of the asset. Therefore it can be credited in line with the commercial depreciation asset of the asset. This method discloses the asset and grant in full.

MSMISSMRS C.I.C
Company Limited by Guarantee

Notes to the Financial Statements
For the year ended 31 March 2021

2. GRANTS

	2021	2020
	£	£
The Hunter Foundation – Social Innovation Partnership – note (i)	101,290	190,412
Less: grant relating to capital element shown as deferred grants (note 8 – page 8)	-	(76,107)
	101,290	114,305
The Corra Foundation – note (ii)	37,720	-
STV Appeal – note (iii)	30,000	-
	169,010	114,305

- (i) The Grant Award is provided by The Hunter Foundation on behalf on the Social Innovation Partnership (a partnership between the Scottish Government and The Hunter Foundation). The total grant was up to £138,841, of which £101,290 was drawn down (2020 - £190,412). The purpose of the fund is to enable Entrepreneurial ‘disrupters’ to develop scalable system change models that can attract interest from wide a network of investors.
- (ii) The Grant Award is provided by The Corra Foundation to facilitate the S.E.T. (Self-Empowerment Training) programme to be made available on-line for women and girls. The S.E.T. programme has been designed to offer practical strategies and life-enhancing tools for women and girls who find it difficult to self-care due to low self-esteem.
- (iii) The Grant Award is provided by the STV Appeal (operating under the name the STV Children’s Appeal). Through the Winter Fund Grants, STV Children’s Appeal is supporting the Scottish Government to disperse awards aimed at providing support via things like food, fuel, toiletries or basic essentials that meet the immediate material needs of the most vulnerable children living in poverty

3. OPERATING DEFICIT/SURPLUS

The operating deficit/surplus is stated after charging:

	2021	2020
	£	£
Directors’ emoluments	35,000	37,917
Depreciation	13,387	-
Capital grants release	(13,387)	-

MSMISSMRS C.I.C
Company Limited by Guarantee

Notes to the Financial Statements
For the year ended 31 March 2021

4. TAXATION

Analysis of the tax charge

The tax charge on the deficit/surplus on ordinary activities for the period was as follows:

	£	£
UK corporation tax	-	-
Tax on deficit/surplus on ordinary activities	-	-

5. TANGIBLE FIXED ASSETS

	2021 £	2020 £
Cost		
At beginning of period	133,865	-
Additions - Premises	-	58,363
Additions – Refurbishment costs	-	61,202
Additions – Fixtures & Fittings	-	14,300
At end of period	133,865	133,865
Depreciation		
At beginning of period	-	-
Charge in period	13,387	-
At end of period	13,387	-
Net Book Value	120,478	133,865

In May 2019, MsMissMrs C.I.C. completed the purchase of 170 Bardowie Street, Springburn, Glasgow. The property which was refurbished opened in February 2020 and is being used to support MsMissMrs femfoods project which is providing economic empowerment using food and creating savings for women in the community.

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Value Added Tax	2,817	14,041
Prepayments	6,018	13,119
	8,835	27,160

MSMISSMRS C.I.C
Company Limited by Guarantee

Notes to the Financial Statements
For the year ended 31 March 2021

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Accrued Expenses	235	162
PAYE and social security taxes	3,721	-
Deferred Grants (note 8)	13,387	13,387
Loan Note Instrument (note 7i)	10,000	10,000
	<hr/> 27,343	<hr/> 23,549

- (i) On 5 October 2016, MsMissMrs C.I.C. issued £25,000 3% Fixed Rate unsecured loan notes 2016 to private individuals, of which £15,000 has been repaid to date.

8. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2021	2020
	£	£
Deferred grants		
At beginning of period	133,865	57,758
Capital grants received	-	76,107
Capital grants release in period	(13,387)	-
At end of period	<hr/> 120,478	<hr/> 133,865
less: due to be released within one year	(13,387)	(13,387)
	<hr/> 107,091	<hr/> 120,478

The Grant Award was provided by The Hunter Foundation on behalf on the Social Innovation Partnership (a partnership between the Scottish Government and The Hunter Foundation). The capital grant element received has supported MsMissMrs C.I.C. to complete the purchase of 170 Bardowie Street, Springburn, Glasgow, together with refurbishment and fixtures & fittings.

9. SHARE CAPITAL

The company is a Community Interest Company (CIC) limited by guarantee and therefore has no shares in issue. In the event of the company being wound up, the maximum amount which each member is liable to contribute is £1.

MSMISSMRS C.I.C
Company Limited by Guarantee

Notes to the Financial Statements
For the year ended 31 March 2021

10. RESERVES

Income and expenditure account	2021	2020
	£	£
At beginning of period	67,236	41,850
Retained deficit/surplus for the period	(33,946)	25,386
At end of period	<u>33,290</u>	<u>67,236</u>

11. RELATED PARTY TRANSACTIONS

The company was under the control of its directors throughout the year.

No transactions with related parties were undertaken such as are required to be disclosed under Financial Reporting Standard 8.

12. CAPITAL COMMITMENTS

There were no capital commitments as at 31 March 2021.

MSMISSMRS C.I.C
Company Limited by Guarantee

Detailed Income and Expenditure Account
For the year ended 31 March 2021

DETAILED INCOME AND EXPENDITURE ACCOUNT

	2021	2020
	£	£
(i) TURNOVER		
Workshop Income	2,350	4,059
Sales of Pants	5,682	6,121
STV Appeal	-	3,000
Other income and donations	7,278	10,177
	<u>15,310</u>	<u>23,357</u>
(ii) ADMINISTRATIVE EXPENSES		
Cost of Sales (Note 1 below)	1,733	2,716
Staff Costs	88,726	62,212
Rent, Rates, Insurance, Light & Heat	12,637	6,012
Programme Activities (Femfoods & S.E.T.)	74,415	20,481
S.E.T. Programme Development	6,466	-
Office Administration & property maintenance	17,095	13,102
Website Development and Marketing	11,079	3,696
Professional Fees	1,250	680
Post, Stationery and Advertising	3,083	875
Finance Charges	131	761
Depreciation	13,387	-
Release of capital grants deferred	(13,387)	-
Telephone	307	326
Travel and Motor Expenses	338	1,184
Sundry Expenses	1,006	231
	<u>218,266</u>	<u>112,276</u>
Note 1 – Cost of Sales		
Opening Stock	3,218	984
Materials and Stock	-	4,950
Other Direct Costs	-	-
Closing Stock	(1,485)	(3,218)
	<u>1,733</u>	<u>2,716</u>

CIC 34

Community Interest Company Report

For official use
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P/O 18850721/15

Please
complete in
typescript, or
in bold black
capitals.

Company Name in
full

MsMissMrs CIC

Company Number

Sc441226

Year Ending

31/03/2021

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a fair and accurate description of how they have benefited the community, or section of the community, which the company is intended to serve.

MsMissMrs CIC is a Community Interest Company (CIC), limited by guarantee, registered at Companies House on 28 January 2013 and with the CIC Regulator on June 20 2013. The Company changed its name from MsMissMrs Limited to MsMissMrs CIC on June 20 2013. The Company commenced to trade on October 1 2013. The principal activity of the company during the period was providing Self Empowerment training courses to improve Self Care and Self Esteem for women and girls. During the financial year period, the company's activities have benefited the community in the following ways:

social audit of 2021 activites is attached

(If applicable, please just state "A social audit report covering these points is attached").

(Please continue on separate continuation sheet if necessary.)

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

The company's stakeholders are women and girls who suffer from poor self care and low self esteem as a result of poverty and trauma and their resultant effects. The company ran Workshops and programmes that created change for women and educational programmes GET SET for girls in education who are demened vulnrable and living in poverty .

(If applicable, please just state "A social audit report covering these points is attached").

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

The aggregate amount of emoluments paid to or receivable by directors in respect of qualifying services was £35,000

There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed.

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.

No transfer of assets other than for full consideration has been made.

(Please continue on separate continuation sheet if necessary.)

(N.B. Please enclose a cheque for £15 payable to Companies House)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

29/11/21

Office held (tick as appropriate) ☒ Director ☐ Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

SYLVIA DOUGLAS	
10 CARRON STREET FLAT 3/3	
GLASGOW	
G22 6BE	Telephone
DX Number	DX Exchange

When you have completed and signed the form, please send it to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38
Linenhall Street, Belfast, BT2 8BG

Ms

Miss

Mrs

strong

happy



IMPACT REPORT

2020-2021

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valuable

OUR MISSION

To re-empower women,
who face health and
wellbeing inequalities
whilst living in poverty.

To strengthen their
capabilities and
help them to grow
economically, socially,
emotionally, and mentally.

To support girls
and young women,
by promoting self-
awareness as a tool
to empowerment.

resilient

Ms

Miss

Mrs

OUR STORY SO FAR

When MsMissMrs CIC was established in 2014, we imagined a community of thriving women, despite the inequalities they live with.

From the first Get S.E.T. Rebuild Programme seven years ago – and thanks to some quirky pants and incredible support in the form of investment, grants and partners – MsMissMrs has come a long way.

Throughout that time, we have been afforded the flexibility to support girls and women in the many and varied ways that they needed. Alongside that adaptability, we have been able to grow organically and respond to the past 18 months with all that a worldwide pandemic has thrown at us.

“

From the first Get S.E.T.

Rebuild Programme

seven years ago,

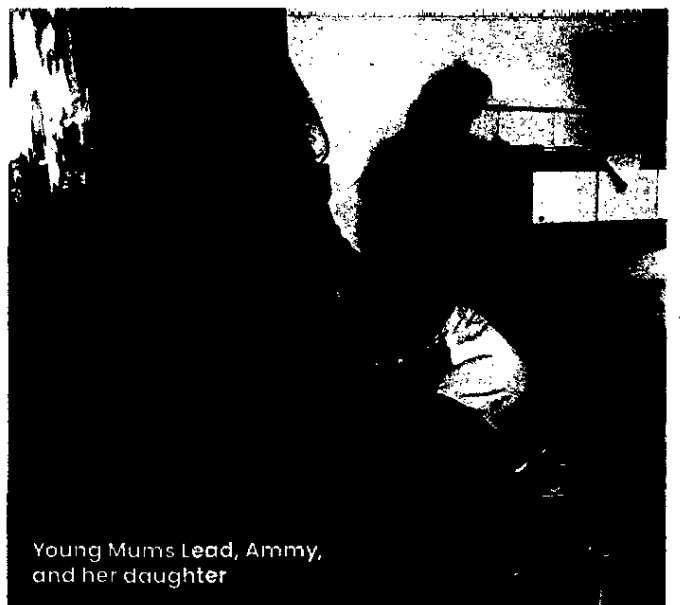
MsMissMrs has

come a long way.

”

In short, we have prepared and shared over 20,000 meals, emergency funding support of £35k in cash, vouchers, weekly shops and anything else needed by women and their families. Being able to provide this level of support has allowed us to explore new relationships – and grow existing ones – with women and their families in our community.

With this working capital, we have been able to respond to needs, offering a range of support, growing new provision and identifying ways in which we will deepen our impact and support our enterprise. This has allowed us to ‘dream bigger’ and to establish new and innovative revenue streams that will provide us with a greater level of financial stability, supporting future growth.



With our recovery phase well underway, we have five months of piloting and supporting alongside the family wellbeing fund. The women have benefitted by having access to this small fund in a variety of ways: travel cards, extra childcare to enable time to study, family days out, adapted buggies, health and self-care activities, and much more.

(continued overleaf)

With wellbeing increasing, women are now being supported to grow their strengths and explore their abilities. This is already having wider impact. Offering a wellbeing payment has allowed women to purchase items which have supported economic, mental, social and physical growth for them and their families.

We have seen our staff team grow, employing a variety of individuals who bring a richness of lived and diverse experiences. The culture of support and teamwork is palpable. In addition to supporting others, the team is also studying and learning a variety of subjects, to be able to best support others on their journey.

**“
Our staff team brings
a richness of lived and
diverse experiences.”**

We are growing our Get S.E.T. training to other schools and we are finding word-of-mouth recommendations are being shared by schools.

We are now progressing our plans to bring product manufacture in-house and have identified a small, local manufacturing space to produce MMM products. This will increase employment for other women in our community whilst allowing us to widen our product range and respond with bespoke product design.

The MsMissMrs team would like to say a huge thank you to The Scottish Government, Hunter Foundation, STV Children's Appeal, The Wellbeing Fund, and every individual who gave personal donations or bought products in the past year. Without the generous support of everyone mentioned, it would not have been possible to achieve so much or impact the lives of so many women, girls and families.



Inside Femfoods



Some of the MsMissMrs team members



Outdoor fun on a day trip!

ABOUT US

OUR VALUES

- Treating each other with respect, care and dignity
- Empowering women and girls to determine their own life choices at their own pace and to act upon those choices
- Being non-judgmental of the women and girls accessing our services
- Listening to what women and girls tell us is important to them and acting on their feedback
- Encouraging one another to thrive and develop
- Celebrating success and major milestones



important

Pictured: Inside the Femfoods kitchen

OUR OBJECTIVES

- Re-empowering women and empowering girls and young women to be more self-confident, raising self-awareness and self-esteem
- Encouraging women and girls to explore ways to grow that support their overall wellbeing
- Improving childhood experiences by empowering mum and future mothers
- Increasing the number of children who have a healthy start in life and who continue to thrive
- Increasing opportunity for meaningful and well-paid employment
- Developing community-based assets which create more women as community leaders
- Removing food insecurity
- Improving women and girls' outcomes and earning abilities
- Keeping families together, whenever possible and safe
- Improving overall health and wellbeing
- Supporting the wider community by raising aspiration and providing a safe space to develop new skills

OUR SPACES

WELLBEING HUB

Our Wellbeing Hub is a community-based space located at 1 Benview Street which provides a friendly, informal and welcoming environment for women and girls. Currently at our Hub, we host:

- 121 meetings every year
- Women's Get S.E.T. programmes
- Family wellbeing and capabilities programme
- Team training
- Girls Get S.E.T. Saturday programmes

FEMFOODS

Femfoods is our community kitchen located at 170 Bardowie Street, Glasgow. Our beautiful kitchen can host 10 women to batch cook family meals, learn costings, budgeting and nutrition, all whilst saving money with a saving partner.

Femfoods also helps to create a space for social connections and support.

UNRULY CURIOSITY


Prior to the pandemic we had leased the childcare space in Queen's Cross Housing association in an underused facility in the heart of the community, located between Femfoods and the Wellbeing Hub.

Our plan was to develop the space to tackle childcare challenges and provide training for women who have childcare barriers. This was to be a collaboration with the local college to provide potential employment for some of the women. The pandemic meant putting this on hold.

As restriction started to ease, we began to explore registration. However, this has been put on hold due to different immediate needs. We are currently using the space for small groups of mums with children under three to meet as we build relationships.

We have since concluded that the space as it currently exists in size and function will not serve at this time for our original plan. To ensure we still tackle childcare issues and still support the community, we have partnered with a local nursery to provide childcare and play sessions. We have also offered use of the space to other groups in the community.

Our plans for how to support women with childcare are still in the development stage for now. It remains a major issue for women entering further education or employment so we are keen to progress in this area in the future.



Pictured: Inside the Femfoods kitchen

WHAT WE OFFER

GET S.E.T. GIRLS

Workshops designed to inspire girls and young women to know their worth through increasing emotional, mental, social and physical self-awareness.

GET S.E.T. TRAINING

Training for teachers, PSE, inclusion, mentors and others working to empower and support girls.

GET S.E.T. REBUILD

A variety of workshops designed to support women to explore their emotional, social, mental and physical wellbeing as they begin to rebuild their life.

FAMILY WELLBEING • STRENGTHENING CAPABILITIES

A new programme that works alongside Get S.E.T. Rebuild, offering one-to-one emotional support, employment, childcare and access to wellbeing funds. This serves to ensure women and their families who are living with trauma and poverty have every chance to thrive.

FEMFOODS

A warm modern kitchen, where women can batch cook nutritional, low-cost food for their families for the week ahead. As well as cooking, women can save money, build a greater support network, and attend taster courses and workshops.

fearless

empowered

Pictured: Girls taking part in our Get S.E.T. Programme

IMPACT 2020-2021

1000 pairs of **empowerment pants** sold to date!



Since opening our Wellbeing Hub in 2017, we have run

Get S.E.T. Rebuild programmes for

women, building their self-esteem

In 20/21, we hosted **weekend/evening workshops** for

We delivered **Get S.E.T. Training** to schools, sport clubs and youth groups empowering a further

We gave

including **Get S.E.T. workbooks** & goodies



We **employed** amazing local women, offering them flexible working. The women bring a huge variety of skills and experience.

Big Issue **Changemakers** 20-21

We had a **project visit** from the depute first minister of Scotland

We launched our Femfoods **aprons** and **cards**

Offered **free** Femfoods programme places to women to batch cook for the week

We participated in **Scottish Government COVID-19 Recovery** round table

We were part of the **Social Innovation delivery circle**, reporting learning & approaches

given **person-centred support** including mental health, family connection, outings, travel cards, housing & financial empowerment

We furnished and decorated

and supplied **white goods and flooring** to a further 20 women

We supplied

and **other essentials** to local families affected by the COVID-19 pandemic

We supported

with **childcare** to help with attending college or courses

given to **children**

We put together

taking care of **all essentials**, utilities and gifts for the whole family

We provided

with **play sessions & family outings**

given to **children & families** affected by COVID-19



SINCE LOCKDOWN STARTED
WE HAVE DELIVERED

FOOD HAMPERS



WE HAVE DONE

95 FOOD SHOPS



WE HAVE GIVEN OUT

TOY PACKS

WE HAVE SENT OUT

WELLBEING PACKS



WE'VE RECEIVED
DONATIONS OF

£8,000

WE'VE GIFTED

TO WOMEN & FAMILIES

WE STARTED OUR
WHOLE FAMILY
SUPPORT
PROGRAMME

WITH 2
MUMMAS &
10 CHILDREN

AFTER LAUNCHING OUR TELL
US WHAT YOU THINK SURVEY

25 GIRLS

HAVE COMPLETED AN
ASDAN QUALIFICATION
IN HEALTH & WELLBEING

**GIRL
POWER!**

THE KIDS HAD A
BRILLIANT TIME
THROUGH THE
FAMILY SUMMER
PROGRAMME.
YOU DON'T REALISE
THE CONFIDENCE
MSMISSMRS HAS
HELPED US
WITH IN THIS
SHORT TIME.

A MUM

SINCE BEING ON THE
COOKING PROGRAMME,
I'VE MANAGED TO SAVE
£160 POUND OVER FOUR
WEEKS. THIS HAS HELPED
MY FAMILY SO MUCH.

YOU DO IT

A MUM

I'VE BEEN ABLE
TO SAVE £200
OVER THE
COURSE
DURATION,
WHICH HAS LET
ME DECORATE
MY HOUSE AND
TREAT MY KIDS.

A MUM

42

FEMFOODS
PAY-IT-FORWARD
CARDS SOLD



THE QUALITY OF
SUPPORT FROM
MSMISSMRS
ALLOWED US TO
ENGAGE WITH
FAMILIES ON A
DEEPER LEVEL.

LOCAL
PARTNER

OUR FAMILIES WOULD
NEVER HAVE GOT
THROUGH LOCKDOWN
IF IT HADN'T HAVE BEEN
FOR THE SUPPORT OF
MSMISSMRS.

LOCAL
PARTNER



I PURE LOVED
THE SUMMER
PROGRAMME.

A YOUNG PERSON

DEN BUILDING,
DEED JELLY FISH,
THE TRIPS
WERE MAGIC.

A YOUNG PERSON


THANK YOU FOR
ALL YOUR SUPPORT.
I'VE RECOMMENDED
MSMISSMRS TO ALL
MY FEMALE FRIENDS.

A MUM

I LOVED COOKING WITH
SHARON. IT WAS JUST
BRILLIANT. I HELPED MAKE
SO MANY DIFFERENT STUFF.

GET IT?

A YOUNG PERSON



MSMISSMRS WOULD LIKE
TO THANK, FOR THEIR
CONTINUED SUPPORT,
THE SOCIAL INNOVATION
PARTNERSHIP AND
THE WELLBEING FUND

The Wellbeing
Fund



tenacious

resourceful

RECOVERY STORIES

V'S STORY

We met this wonderful family 18 months ago. When we met them, they were struggling with life's basics and had statutory services involved. Mum was on her own and was struggling to find hope in an environment where there is little opportunity, saying, "I feel no one cares about why we are here, just that I need to change it and if I could have changed it I would never have gotten here."

The family had limited financial resources due to benefits, the current two-child benefit cap, and debts which were accrued in order to meet day-to-day living costs like food and clothing. The family home was sparsely furnished and, with no disposable income, the children had no opportunities for activities or family fun. The family was unable to access the digital world due to no phone line, digital device or funds to install internet.

With three children and little resources in terms of community, Mum was at breaking point. She had lost belief in herself and her parenting skills. The kids all had a variety of needs and each of these needs were being addressed separately by different professionals. With the oldest on a heavily reduced school timetable due to anxiety and high energy, coupled with facilitating the multiple services involved, Mum felt overwhelmed by her home life and over-stretched. She was terrified of losing her sanity and her children.

Over the past 18 months, Mum has been put back at the centre of her families change. This, and the funding made available to them, has transformed their lives. Mum and the family are now thriving.

The family income has changed as Mum is now in meaningful, flexible employment. In her new role, she is supporting other women in her community whilst pursuing her

We provided new bunkbeds



**Mum and the family
are now thriving.**

passion for food. In building a meaningful career, her self-esteem and self-worth has transformed. She says, "I am hopeful for me and my boys."

The family now has no services involved. The children enjoy activities and family trips due to the extra household income. The family debts are reducing. Their home is beautiful and, with access to online facilities and a device, the family is able to enjoy family movie night and access online learning. The children are thriving at school and nursery, with the oldest now on an almost full timetable at school. He is super proud of what his family has achieved these past 18 months and loves how happy his mum is.

D'S STORY

D and L were living in homeless accommodation when we first met. Mum (D) was very depressed, and the strain of being in homeless accommodation was impacting the mental health of both Mum and baby.

Through the past 16 months, Mum has worked hard to put herself back in charge, ensuring she prioritises the self-care of herself and her baby.

E'S STORY

At the start of lockdown, we were contacted by a local primary school which was seeking support for multiple families. One of those families included E, a young mother of seven children who was desperately battling to keep her children from the care system.

E's family had had 13 years of social services being involved. With multiple challenges still facing the family, it was indicated to us that these difficulties would soon be exacerbated as the family would be living together in a three-bedroom flat on little income.

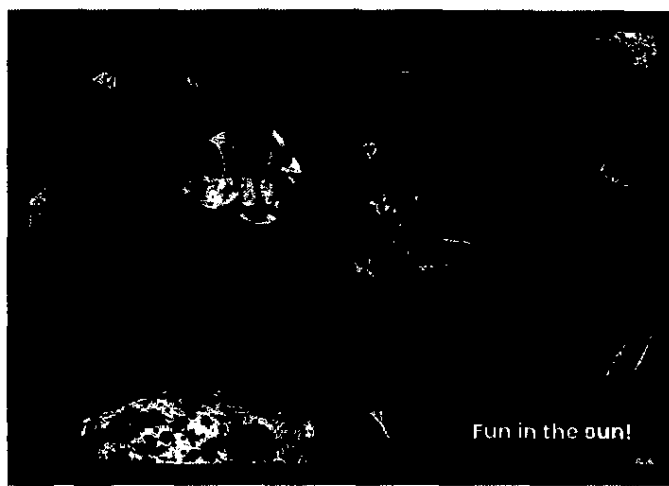
When COVID-19 hit in March, the multiple services supporting the family withdrew. We built relationships with Mum and the children with 12 weeks of doorstep deliveries, ensuring that heating, nutrition, and fun activities were available throughout the pandemic and that all needs were attended to.

As time progressed, the relationship grew. The family was supported to decorate and furnish their home with beautiful items, bedding, internet, and home school devices. We also offered respite for both Mum and the children away from their home.

As lockdowns eased, we continued to support Mum with writing, emotional support and cooking, and we helped the children with education and play. When

In six months, Mum has achieved loads. She has created a beautiful home in her new tenancy (a lovely flat in a safe location), she has enrolled in her first college course after leaving school at 14, and she is earning extra income through flexible work, all whilst using her new skills to benefit others.

Both Mum and daughter are enjoying a new life. They are more financially settled, have a loving relationship and find themselves having fun! They even recently enjoyed their first holiday together, in Arran.



**We built relationships with
Mum and the children.**

services reappeared in December, they were delighted to see that the family had thrived through this period and that Mum had removed all unsafe relationships from her and her children's lives.

18 months later, the family has a small but beautiful – and safe – home. The children attend football and clubs. Mum is actively involved in the children's schooling, dental appointments and health check-ups. The family is no longer required to attend children's panels or have a social worker involved.

Mum's biggest fear was losing her children and today she says she no longer lives with that fear: "If we can find strength in a pandemic, then I have nothing to fear."

needed

supportive

AMMY'S STORY

2013

When Ammy was 16, she left school to start a full-time childcare apprenticeship.

2014

Ammy left home due to family breakdown and went to a homeless unit. After paying for rent in the homeless unit, a bus pass for work, gas, electricity and food, she lived on very little.

2015

Due to poor mental health, Ammy's apprenticeship was placed on hold. She went back to her apprenticeship later but after a few months, she had to leave once more due to low mental health. She then became pregnant.

2016

Ammy had her daughter. She still suffered from poor mental health and depression which made life hard.

2017

Ammy went into a womens refuge to receive support. The family nurse allocated to Ammy withdrew when her daughter was two years old.

2018

Ammy attended a six-week course at MsMissMrs. She learned about social, emotional, physical and mental wellbeing, particularly body image and good boundaries.

She says, "They supported me in evaluating how I felt about myself and putting good boundaries in place. I learned about self-care for the first time. I knew I wanted a better life for me and my daughter."

2019

Ammy got a job at MsMissMrs! The job gave her a reason to leave the house and it gave her a good routine. She had an income and felt a purpose in life. She had regular contact with the outside world and was able to build caring relationships with the MsMissMrs team.

Ammy was able to get out of debt which allowed her to decorate her flat, go on her first ever holiday and get her driver's license. Slowly, her working hours increased which increased her income and gave her the ability to buy a car which in turn gave her even more flexibility.

Ammy also went back to college and passed her course with an A! She is now looking at doing her current job on a full-time basis and coming off benefits.



TO BE CONTINUED!

powerful

accomplished

**If we can find strength in a pandemic,
then I have nothing to fear.**

Mum supported by MsMissMrs

Ms

Miss

Mrs

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together

community