

REGISTERED CHARITY NUMBER: 1166618

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022
FOR
THE CUP EFFECT**

**Sedulo Accountants Limited
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THE CUP EFFECT

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FOR THE YEAR ENDED 31 MARCH 2022**

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

THE OBJECTS OF THE CIO ARE TO PROMOTE AND PROTECT THE GOOD HEALTH AND EDUCATION OF WOMEN AND GIRLS IN LOW INCOME COMMUNITIES ACROSS THE WORLD BY: (1) IMPLEMENTING MENSTRUAL HYGIENE MANAGEMENT, PROVIDING EDUCATION AND AWARENESS OF MENSTRUAL CUPS (2) PROVIDING MENSTRUAL CUPS TO WOMEN AND GIRLS IN THOSE COMMUNITIES WHO HAVE RECEIVED AWARENESS TRAINING AND WOULD LIKE THE OPPORTUNITY TO TRY USING ONE (3) PROVIDING LONG TERM CUP USERS WITH EDUCATIONAL OPPORTUNITIES TO BE MORE ECONOMICALLY PRODUCTIVE AND ENGAGE MORE FULLY IN SOCIAL AND COMMUNITY LIFE WITH INCREASED DIGNITY AND WITHOUT THE LIMITATIONS AND STIGMA THAT CAN BE CAUSED BY INADEQUATE OR INEFFECTIVE MENSTRUAL HEALTH MANAGEMENT OPTIONS.

FINANCIAL REVIEW

Financial position

Key income streams for the accounting period were cup sales as well as donations. Overheads remain at a minimal level with the bulk of The Cup Effect's work being carried out by volunteers.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1166618

Principal address

83 Revelon Road

London

SE4 2PW

Trustees

J Reid

M K Reid

Approved by order of the board of trustees on 26/04/2025 and signed on its behalf by:



M K Reid - Trustee

THE CUP EFFECT**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		814	-	814	2,838
EXPENDITURE ON					
Charitable activities					
General		723	-	723	946
NET INCOME		91	-	91	1,892
RECONCILIATION OF FUNDS					
Total funds brought forward		26,348	-	26,348	24,456
TOTAL FUNDS CARRIED FORWARD		26,439	-	26,439	26,348

The notes form part of these financial statements

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**BALANCE SHEET
31 MARCH 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Stocks	4	530	-	530	530
Debtors	5	479	-	479	479
Cash at bank		27,230	-	27,230	26,539
		<u>28,239</u>	<u>-</u>	<u>28,239</u>	<u>27,548</u>
CREDITORS					
Amounts falling due within one year	6	(1,800)	-	(1,800)	(1,200)
		<u>26,439</u>	<u>-</u>	<u>26,439</u>	<u>26,348</u>
NET CURRENT ASSETS					
		<u>26,439</u>	<u>-</u>	<u>26,439</u>	<u>26,348</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>26,439</u>	<u>-</u>	<u>26,439</u>	<u>26,348</u>
NET ASSETS					
		<u>26,439</u>	<u>-</u>	<u>26,439</u>	<u>26,348</u>
FUNDS	7				
Unrestricted funds				26,439	26,348
TOTAL FUNDS				<u>26,439</u>	<u>26,348</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 26/04/2025 and were signed on its behalf by:


.....
M K Reid - Trustee

The notes form part of these financial statements

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

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NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2022

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2,838	-	2,838
EXPENDITURE ON			
Charitable activities			
General	946	-	946
NET INCOME	1,892	-	1,892
RECONCILIATION OF FUNDS			
Total funds brought forward	24,456	-	24,456
TOTAL FUNDS CARRIED FORWARD	26,348	-	26,348

4. STOCKS

	2022 £	2021 £
Stocks	530	530

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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other debtors	479	479

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other creditors	1,800	1,200

7. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	26,348	91	26,439
TOTAL FUNDS	26,348	91	26,439

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	814	(723)	91
TOTAL FUNDS	814	(723)	91

Comparatives for movement in funds

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
Unrestricted funds			
General fund	24,456	1,892	26,348
TOTAL FUNDS	24,456	1,892	26,348

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NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2022

7. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	2,838	(946)	1,892
TOTAL FUNDS	<u>2,838</u>	<u>(946)</u>	<u>1,892</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

THE CUP EFFECT**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	814	2,838
Total incoming resources	814	2,838
EXPENDITURE		
Charitable activities		
Office costs	115	316
Support costs		
Finance		
Bank charges	8	30
Governance costs		
Accountancy and legal fees	600	600
Total resources expended	723	946
Net income	91	1,892

This page does not form part of the statutory financial statements