

Cysters

England & Wales · Charity number 1178651

Details

Other names CYSTERS - WOMENS SUPPORT AND AWARENESS GROUP

Status Registered

Legal form CIO

Registered 2018-06-05

Register [View on the Charity Commission register](#)

Contact

Address Cysters
54-57 Allison Street
Birmingham
B5 5TH

Phone 07802853422

Email smile@cysters.org

Website www.cysters.org

Activities

Objects: THE OBJECTS OF THE CIO ARE TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF WOMEN IN THE UK WITH REPRODUCTIVE HEALTH ISSUES AND THE PUBLIC AT LARGE BY:-1. PROVIDING A CONFIDENTIAL SPACE FOR WOMEN TO ACCESS SUPPORT AND ADVICE, PROVIDING FORUMS, EVENTS AND GROUP SESSIONS THAT ENCOURAGES MEMBERS WITHIN THE COMMUNITY TO RECEIVE SUPPORT AND GUIDANCE;2. RAISING AWARENESS WITHIN THE COMMUNITY ABOUT REPRODUCTIVE HEALTH ISSUES,3. PROVIDING RELIEF OR ASSISTANCE TO SUCH WOMEN THEIR FAMILIES OR DEPENDENTS OF SUCH WOMEN WHO NEED ASSISTANCE AND IN THE INTEREST OF SOCIAL WELFARE PROVIDING RECREATIONAL FACILITIES FOR SUCH PATIENTS AND THEIR FAMILIES AND DEPENDENTS; AND4. WORKING IN COLLABORATION WITH OTHER SIMILAR GROUPS FOR MEMBERS OF THE COMMUNITY TO ENGAGE WITH SERVICE PROVIDERS, TO ENABLE THOSE PROVIDERS TO ADAPT SERVICES TO BETTER MEET THE NEEDS OF THE COMMUNITY.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

Activities: Educating and raising awareness of reproductive and mental health particularly focusing on marginalised and ethnic minority groups. Collaborating with the NHS, Universities and other third sector

organisations to deliver accurate information on these health issues. Supporting the NHS with reaching into these marginalised groups.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Birmingham City
- Wolverhampton

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£43,891	£2,359	-	-
2023-12-04	£2,500	£0	-	-
2022-12-04	£0	£0	-	-
2021-12-04	£0	£0	-	-
2020-12-04	£0	£0	-	-

Trustees

Name	Role	Appointed
FAYE YEE VAN HEEREN		2018-06-05
Farah Ahmed		2025-12-18
Raveena Jacobs		2025-12-25
Sarah Harris		2025-02-01

Cysters

England & Wales - Charity number 1178651

Accounts

CYSTERS

DRAFT ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

CYSTERS

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CYSTERS

COMPANY INFORMATION

Charity Registration number

1178651

Registered office

Womens Enterprise Community HUB
249 Ladypool Road
Birmingham

B12 8LF

Bankers

Hallifax Ltd.
Virgin Mondy

United Kingdom

CYSTERS

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

OBJECTIVES AND ACTIVITIES

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The purposes of the CIO are: To preserve and protect the physical and mental health of women in the UK with reproductive health issues and the public at large by:</p> <p>Providing a confidential space for women to access support and advice, providing forums, events and group sessions that encourages members within the community to receive support and guidance;</p> <p>Raising awareness within the community about reproductive health issues,</p> <p>Providing relief or assistance to such women their families or dependents of such women who need assistance and in the interest of social welfare providing recreational facilities for such patients and their families and dependents.</p> <p>Working in collaboration with other similar groups for members of the community to engage with service providers, to enable those providers to adapt services to better meet the needs of the community.</p> <p>Developing and sharing evidence-based resources and signposting to inclusive health and support services.</p> <p>Delivering health-related education to BAME communities and the wider public, addressing health misinformation, and empowering underrepresented individuals, particularly in relation to make informed decisions and take control of their wellbeing.</p> <p>To advance equality and diversity for the public benefit eliminating health inequalities or discrimination on the grounds of age, disability, sexuality, gender, class, culture or race.</p> <p>Conducting and supporting research and sharing findings with the public.</p> <p>To pursue any other exclusively charitable purposes permitted under the law of England and Wales, as the charity trustees may determine from time to time.</p>

<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>Cysters advances its charitable aims by:</p> <ul style="list-style-type: none"> • Educating and raising awareness of menstrual, reproductive, and mental health, with a focus on marginalised and racialised communities that experience persistent health inequalities. • Collaborating with the NHS, universities, and other third-sector partners to deliver accurate, evidence-based information and to help healthcare providers engage more effectively with underserved groups. • Supporting research and data gathering on menstrual and reproductive health, ensuring that the lived experiences of underrepresented communities inform future policy and practice. • Building a trusted peer community where individuals can access safe, confidential support to protect their mental wellbeing during diagnosis, treatment, and ongoing care. • Hosting public events and workshops on menstrual and reproductive health to challenge stigma, share resources, and empower individuals to make informed decisions about their bodies and health. <p>These activities directly further the charity's purposes by improving access to information, reducing health inequalities, and promoting equality and inclusion across the communities we serve.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>Yes, and we refer to the guidance issued by the Charity Commission</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
<p>Policy on grant making</p>	<p>Para 1.38</p>	<p>N/A</p>
<p>Policy on social investment including program related investment</p>	<p>Para 1.38</p>	<p>N/A</p>
<p>Contribution made by volunteers</p>	<p>Para 1.38</p>	<p>N/A</p>
<p>Other</p>		

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>In 2024 Cysters strengthened its role as a leading voice for reproductive justice and health equity, creating tangible improvements for beneficiaries and measurable benefits for society.</p> <p>Empowering Marginalised Communities</p> <ul style="list-style-type: none"> • Provided evidence-based education and peer support to thousands of people from racialised and marginalised backgrounds, enabling them to make informed decisions about reproductive and mental health. Using our network of doctors we blend community and medical information. • Distributed free menstrual products across Midlands communities through our period-poverty initiative, removing a key barrier to health, education and employment. <p>Shaping Policy and Practice</p> <ul style="list-style-type: none"> • Influenced national policy through contributions to the All-Party Parliamentary Groups for Women's Health and Endometriosis, helping to embed the experiences of underrepresented communities into debates on period poverty, endometriosis care and abortion decriminalisation. • Supported researchers and healthcare providers to design more inclusive studies and services, ensuring that minority voices are considered in future healthcare planning. <p>Advancing Public Awareness and Education</p> <ul style="list-style-type: none"> • Reached a growing national and international audience through digital campaigns on menstrual justice and chronic illness, using social media and online platforms to challenge misinformation and stigma. • Delivered high-impact events, workshops and a hybrid conference, opening up conversations on racial justice, reproductive rights and mental health that inspire allyship and wider social change. <p>Building Sustainable Networks</p> <ul style="list-style-type: none"> • Deepened partnerships with organisations such as Endometriosis UK, Eve Appeal, Taraki, the Reproductive Justice Initiative and Wellbeing of Women, creating a coordinated movement for systemic change in healthcare and education. • Strengthened a trusted peer-support community, both in person and online, so beneficiaries feel less isolated during diagnosis and treatment. <p>Demonstrable Difference Beneficiaries report greater confidence in navigating healthcare, improved mental wellbeing and a stronger sense of solidarity. Healthcare partners benefit from insight that helps them design culturally competent services.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We have engaged with various communities to educate them around their reproductive and mental wellbeing.
Performance of fundraising activities against objectives set	Para 1.41	We hope to engage with paid researchers, and funding opportunities this year. We have put in grant applications with various universities to achieve this,
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Organisation's income has come from Esme Fairbairn who we on a capacity building programme with over the next 3 years.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	As a new charity, all our income is reinvested in the development and growth of the charity.
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	At the moment we do not hold reserves as we are operating a startup model, and we are not yet financially independent besides grants and external funds. All our income is reinvested in the development and growth of the charity
Details of fund materially in deficit	Para 1.24	We do not have any fund materially in deficit
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	N/A
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation Model Constitution
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	As per our Constitution, there must be at least three charity trustees. There is no maximum number of charity trustees that may be appointed to the CIO.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Reviewing guidance from Charities Commission
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	CYSTERS
Other name the charity uses	N/A
Registered charity number	1178651
Charity's principal address	249 Ladypool Road Birmingham B12 8LF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Neelam Heera	Chair		
2	Fayee Yee Van Heeran			
3	Dr Aziza Sesay			
4				
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20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

	Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Neelam Heera	Founder and Chair
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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Neelam Heera</i>	
Full name(s)	Neelam Heera	
Position (e.g. Secretary, Chair, etc)	Chair	
Date	24/09/2025	

CYSTERS

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees

Charity Name: CYSTERS

On accounts for the year ended

31 DECEMBER 2024

Charity no (if any)

1178651

Set out on pages

9, 10, 11, 12 and 13

I report to the trustees on my examination of the accounts of the above charity "CYSTERS" for the year ended 31/12/2024.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 under Section 145.

I report in respect of my examination of the Trust'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

The CYSTERS gross income currently not exceeding £250,000 and I am qualified to undertake the examination by being a qualified member of The Association of Accounting Technicians Body.

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:



Date:

24/09/2025

Name:

David K. Asare

Relevant professional qualification(s) or body (if any):

MAAT (Licence No. 1007528)

CYSTERS

INCOME AND EXPENDITURE FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	2024	2023
		£	£
Total Income	2	43,891.22	2,500.00
Direct Expenses		<u>-</u>	<u>-</u>
Gross Profit		43,891.22	2,500.00
General Administrative Expenses		<u>(2,359.35)</u>	<u>-</u>
Excess Income over Expenditure		<u>41,531.87</u>	<u>2,500.00</u>
 INCOME SURPLUS ACCOUNT			
Balance as of 06 December 2023		2,500.00	-
Income Surplus/Deficit for the Period		<u>41,531.87</u>	<u>2,500.00</u>
Balance as of 31 DECEMBER 2024		<u>44,031.87</u>	<u>2,500.00</u>

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 11 – 13 form part of these financial statements.

CYSTERS

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2024

	Notes	2024	2023
		£	£
NON-CURRENT ASSETS		-	-
CURRENT ASSETS			
Debtors	5	-	-
Cash at bank		44,031.87	2,500.00
		<u>44,031.87</u>	<u>2,500.00</u>
CREDITORS: amounts falling due within one year	6	-	-
NET CURRENT ASSETS		<u>44,031.87</u>	<u>2,500.00</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>44,031.87</u>	<u>2,500.00</u>
ACCUMULATED FUNDS			
Restricted Funds	7	-	-
Unrestricted funds	7	44,031.87	2,500.00
		<u>44,031.87</u>	<u>2,500.00</u>

Audit Exemption Statement

For the year ending 31/12/2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' Responsibilities

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised by the Directors on 01/09/2025 and signed on their behalf, by:

Neelam Heera
Chair

The notes on pages 11 – 13 form part of these financial statements.

CYSTERS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Restricted Funds £	Un- restricted Funds £	Total Funds 2024 £
INCOMING RESOURCES				
Incoming resources from generated funds:				
Voluntary income	2	-	43,891.22	43,891.22
TOTAL INCOMING RESOURCES		-	43,891.22	43,891.22
RESOURCES EXPENDED				
<i>Charitable activity costs</i>				
Event and Project		-	-	-
General Administration Expenses		-	(2,359.35)	(2,359.35)
Governance costs	4	-	-	-
TOTAL RESOURCES EXPENDED		-	(2,359.35)	(2,359.35)
MOVEMENT IN TOTAL FUNDS FOR THE YEAR – NET INCOME FOR THE YEAR				
		-	41,531.87	41,531.87
Total funds on 06 December 2023		-	2,500.00	2,500.00
TOTAL FUNDS AT 31 DECEMBER 2024		-	44,031.87	44,031.87

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 11 – 13 form part of these financial statements.

CYSTERS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller entities (effective June 2002).

1.2 Income

Income represents amounts receivable from the principal activity of the company through donation from organisations and grants.

1.3 Depreciation

Depreciation has been provided at the following rates to write off the assets over their estimated useful lives.

Equipment	20% straight line
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1.4 Going Concern

At the balance sheet date, the net current assets and total net assets were **£44,031.87** and **£44,031.87** respectively. The company is dependent on the support of its Donors, which the directors have confirmed will continue. It is on this premise that the accounts have been prepared on a going concern basis. In addition to this, the company has adequate liquid resources to meet its operational expenses in the foreseeable future.

2. SUMMARY OF INCOME

	2024 £	2023 £
Trade Income	2,977.00	-
Voluntary Income	-	-
Government Grants	40,000.00	-
Donations	-	2,500.00
Event ticket sales	-	-
Other income	914.22	-
	43,891.22	2,500.00

3. SUMMARY OF EXPENDITURE

	2024 £	2023 £
Project Expenses	1,152.60	-
Salaries & Wages	-	-
Travel Expenses	1,129.20	-
Internet & Telephone Expenses	-	-
Administrative Expenses	75.00	-
Printing & Stationery	-	-
Legal & Professional Fees	-	-
Accountancy, Bookkeeping & Other Services	-	-
Bank Charges & Interest Expenses	2.55	-
Taxation	-	-
Subscription Fees	-	-
	2,359.35	-

CYSTERS

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31 DECEMBER 2024

4. GOVERNANCE COSTS		2024	2023		
		£	£		
	Legal and Professional fees	-	-		
		-	-		
		-	-		
5. DEBTORS		2024	2023		
		£	£		
	Amount due from donors	-	-		
	Other debtors	-	-		
		-	-		
		-	-		
6. CREDITORS		2024	2023		
		£	£		
	Amounts falling due within one year				
	Loan and other amounts due to Directors	-	-		
	Accruals	-	-		
		-	-		
		-	-		
7. STATEMENT OF FUNDS	Brought Forward	Incoming Resources	Resources Expended	Carried Forward	
	£	£	£	£	
	Unrestricted funds				
	General funds	2,500.00	43,891.22	(2,359.35)	44,031.87
	Restricted funds	-	-	-	-
	Sub total	2,500.00	43,891.22	(2,359.35)	44,031.87
	Total of funds	2,500.00	43,891.22	(2,359.35)	44,031.87

Cysters

England & Wales - Charity number 1178651

Accounts



Trustees' Annual Report for the period

Period start date 4 December 2022 to period end date 5 December 2023

Charity name: Cysters

Charity registration number: 1178651

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	"The objects of the CIO are To preserve and protect the physical and mental health of women in the UK with reproductive health issues and the public at large by— 1. Providing a confidential space for women to access support and advice, providing forums, events and group sessions that encourages members within the community to receive support and guidance; 2. Raising awareness within the community about reproductive health issues, 3. Providing relief or assistance to such women their families or dependents of such women who need assistance and in the interest of social welfare providing recreational facilities for such patients and their families and dependents; and 4. Working in collaboration with other similar groups for members of the community to engage with service providers, to enable those providers to adapt services to better meet the needs of the community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Educating and raising awareness of menstrual and mental health particularly focusing on marginalised and ethnic minority groups. Collaborating with the NHS, Universities and other third sector organisations to deliver accurate information on these health issues. Supporting the NHS with reaching into these marginalised groups. Creating and growing a community of safe and trusted peers to support their mental wellbeing during diagnosis. Supporting research into menstrual health. Holding events around menstrual health.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes they have
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	n/a
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>We have supported a number of Midlands based organisations with free menstrual products with our project tackling period poverty within marginalised groups.</p> <p>We have fed into policy around Period Poverty for ethnic minority groups and those at risk. We have also fed into policy around Endometriosis care and women's health via the APPG for Women's Health and the APPG for Endometriosis. We are working to map out services dedicated to supporting BAME women around menstrual health.</p> <p>We have an interactive online platform to provide peer support for those struggling with their condition.</p> <p>We are in the middle of a joint project with Birmingham University looking into PCOS in South Asian communities.</p>

		<p>We have collaborated with various organisations such as Endometriosis UK, Taraki, Eve Appeal, Reproductive Justice Initiative, The Endometriosis Foundation, Sikh Wellbeing to disseminate educational information into the marginalised communities that we work with.</p> <p>We have also started supporting researchers in being more inclusive of minority communities and how to include these groups in their research. We have also worked with Wellbeing of Women to kick start our marginalised and menopausal project.</p> <p>We have play a part utilising social media to disseminate information around chronic illness, reproductive health and menstrual justice.</p> <p>We have grown our following and digital platforms to reach more people virtually and provide access, support and education virtually and held in an person conference.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We have engaged with various communities to educate them around their reproductive and mental wellbeing.
Performance of fundraising activities against objectives set	Para 1.41	We hope to engage with paid researchers, and funding opportunities this year. We have put in grant applications with various universities to achieve this,
Investment performance against objectives	Para 1.41	n/a
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We have had a grant of £2500.00 from Wellbeing of Women to hold a conference and the end of the financial; we had no used this money as our event was held in the next financial year.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	n/a
Amount of reserves held	Para 1.22	n/a
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	n/a
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	n/a
Other		

Structure, Governance and Management

Description of charity's trusts:		n/a
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Reviewing guidance from Charities Commission
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a
Relationship with any related parties	Para 1.51	n/a
Other		

Reference and Administrative details

Charity name	Cysters
Other name the charity uses	
Registered charity number	1178651
Charity's principal address	249 Ladypool Road, Birmingham B12 8LF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Neelam Heera			
2	Fayee Yee Van Heeren			
3	Dr Aziza Sesay			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Neelam Heera</i>	
Full name(s)	Neelam Heera	
Position (eg Secretary, Chair, etc)	Chair	
Date	29.09.2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Cysters

1178651

Receipts and payments accounts

CC16a

For the period from	4.12.2022	To	5.12.2023
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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					
Grant from Wellbeing of Women	2,500	-	-	2,500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,500	-	-	2,500	-
A2 Asset and investment sales, (see table).					
None made in this financial year	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,500	-	-	2,500	-
A3 Payments					
No payments made in this financial year	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases. (see table)					
No payments made in this financial year	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	2,500	-	-	2,500	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,500	-	-	2,500	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Grant from wellbeing of women	2,500	-	-
		-	-	-
		-	-	-
	Total cash funds	2,500	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
	None	-	-	-
		-	-	-
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)
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>Neelam Heera</i>	Neelam Heera	30.09.2024	

Cysters

England & Wales - Charity number 1178651

Accounts



Trustees' Annual Report for the period

Period start date 5 December 2021 to period end date 4 December 2022

Charity name: Cysters

Charity registration number: 1178651

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	"The objects of the CIO are To preserve and protect the physical and mental health of women in the UK with reproductive health issues and the public at large by— 1. Providing a confidential space for women to access support and advice, providing forums, events and group sessions that encourages members within the community to receive support and guidance; 2. Raising awareness within the community about reproductive health issues, 3. Providing relief or assistance to such women their families or dependents of such women who need assistance and in the interest of social welfare providing recreational facilities for such patients and their families and dependents; and 4. Working in collaboration with other similar groups for members of the community to engage with service providers, to enable those providers to adapt services to better meet the needs of the community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Educating and raising awareness of menstrual and mental health particularly focusing on marginalised and ethnic minority groups. Collaborating with the NHS, Universities and other third sector organisations to deliver accurate information on these health issues. Supporting the NHS with reaching into these marginalised groups. Holding events around menstrual health.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity	Para 1.18	Yes they have

Commission on public benefit		
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	n/a
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>We have supported a number of Midlands based organisations with free menstrual products with our project tackling period poverty within marginalised groups.</p> <p>We have fed into policy around Period Poverty for ethnic minority groups and those at risk. We have also fed into policy around Endometriosis care and women's health via the APPG for Women's Health and the APPG for Endometriosis. We are working to map out services dedicated to supporting BAME women around menstrual health.</p> <p>We have an interactive online platform to provide peer support for those struggling with their condition.</p> <p>We are in the middle of a joint project with Birmingham University looking into PCOS in South Asian communities.</p> <p>We have collaborated with various organisations such as Endometriosis UK, Taraki and the Eve Appeal, Reproductive Justice Initiative to disseminate educational</p>

		<p>information into the marginalised communities that we work with. We have also started supporting researchers in being more inclusive of minority communities and how to include these groups in their research.</p> <p>We have play a part utilising social media to disseminate information around chronic illness, reproductive health and covid-19.</p> <p>We have grown our following and digital platforms to reach more people virtually and provide access, support and education virtually.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We have engaged with various communities to educate them around their reproductive and mental wellbeing.
Performance of fundraising activities against objectives set	Para 1.41	We hope to engage with paid researchers, and funding opportunities this year.
Investment performance against objectives	Para 1.41	n/a
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We have operated as a volunteer led charity. We have ambitious plans to obtain funding to fund our projects in the future. Covid has delayed our initial plans due to the affect on our volunteer trustee team who live with chronic illnesses.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	n/a
Amount of reserves held	Para 1.22	n/a
Reasons for holding zero reserves	Para 1.22	n/a
n/aDetails of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	n/a
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	n/a
Other		

Structure, Governance and Management

Description of charity's trusts:		n/a
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Reviewing guidance from Charities Commission
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a
Relationship with any related parties	Para 1.51	n/a
Other		

Reference and Administrative details

Charity name	Cysters
Other name the charity uses	
Registered charity number	1178651
Charity's principal address	Paycare House George Street Wolverhampton WV2 4DX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Neelam Heera			
2	Fayee Yee Van Heeren			
3	Nikita Chadha			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Neelam Heera</i>	
Full name(s)	Neelam Heera	
Position (eg Secretary, Chair, etc)	Chair	
Date	02.10.2024	

Cysters

England & Wales - Charity number 1178651

Accounts



Trustees' Annual Report for the period

Period start date 5 December 2020 to period end date 4 December 2021

Charity name: Cysters

Charity registration number: 1178651

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	"The objects of the CIO are To preserve and protect the physical and mental health of women in the UK with reproductive health issues and the public at large by— 1. Providing a confidential space for women to access support and advice, providing forums, events and group sessions that encourages members within the community to receive support and guidance; 2. Raising awareness within the community about reproductive health issues, 3. Providing relief or assistance to such women their families or dependents of such women who need assistance and in the interest of social welfare providing recreational facilities for such patients and their families and dependents; and 4. Working in collaboration with other similar groups for members of the community to engage with service providers, to enable those providers to adapt services to better meet the needs of the community. Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with section 7 of the Charities and Trustee investment (Scotland) Act 2005 and section 2 of the Charities Act (Northern Ireland) 2008.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Educating and raising awareness of menstrual and mental health particularly focusing on marginalised and ethnic minority groups. Collaborating with the NHS, Universities and other third sector organisations to deliver accurate information on these health issues. Supporting the NHS with reaching into these marginalised groups.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes they have
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	n/a
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>We have supported a number of Midlands based organisations with free menstrual products with our project tackling period poverty within marginalised groups.</p> <p>We have fed into policy around Period Poverty for ethnic minority groups and those at risk. We have also fed into policy around Endometriosis care and women's health via the APPG for Women's Health and the APPG for Endometriosis.</p> <p>We have an interactive online platform to provide peer support for those struggling with their condition.</p> <p>We are in the middle of a joint project with Birmingham University looking into PCOS in South Asian communities.</p> <p>We have collaborated with various organisations such as Endometriosis UK, Taraki and the Eve Appeal to disseminate</p>

		<p>media information into the marginalised communities that we work with. We have also started supporting researchers in being more inclusive of minority communities and how to include these groups in their research.</p> <p>We have play a part utilising social media to disseminate information around chronic illness, reproductive health and covid-19.</p> <p>We have grown our following and digital platforms to reach more people virtually and provide access, support and education virtually.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We have engaged with various communities to educate them around their reproductive and mental wellbeing.
Performance of fundraising activities against objectives set	Para 1.41	We hope to engage with paid researchers, and funding opportunities this year.
Investment performance against objectives	Para 1.41	n/a
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We have operated as a volunteer led charity. We have ambitious plans to obtain funding to fund our projects in the future. Covid has delayed our initial plans due to the affect on our volunteer trustee team who live with chronic illnesses.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	n/a
Amount of reserves held	Para 1.22	n/a
Reasons for holding zero reserves	Para 1.22	n/a
n/aDetails of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	n/a
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	n/a
Other		

Structure, Governance and Management

Description of charity's trusts:		n/a
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Reviewing guidance from Charities Commission
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a
Relationship with any related parties	Para 1.51	n/a
Other		

Reference and Administrative details

Charity name	Cysters
Other name the charity uses	
Registered charity number	1178651
Charity's principal address	Paycare House George Street Wolverhampton WV2 4DX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Neelam Heera</i>	
Full name(s)	Neelam Heera	
Position (eg Secretary, Chair, etc)	Chair	
Date	02.10.22	

Cysters

England & Wales - Charity number 1178651

Accounts



Trustees' Annual Report for the period

Trustees' Annual Report for the period

Period start date 29 August 2019 July 2018 To Period end date: 4 December 2020

Charity name: Cysters

Charity registration number: 1178651

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>"The objects of the CIO are To preserve and protect the physical and mental health of women in the UK with reproductive health issues and the public at large by—</p> <ol style="list-style-type: none">1. Providing a confidential space for women to access support and advice, providing forums, events and group sessions that encourages members within the community to receive support and guidance;2. Raising awareness within the community about reproductive health issues,3. Providing relief or assistance to such women their families or dependents of such women who need assistance and in the interest of social welfare providing recreational facilities for such patients and their families and dependents; and4. Working in collaboration with other similar groups for members of the community to engage with service providers, to enable those providers to adapt services to better meet the needs of the community. <p>Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with section 7 of the Charities and Trustee investment (Scotland) Act 2005 and section 2 of the Charities Act (Northern Ireland) 2008.</p>

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Educating and raising awareness of reproductive and mental health particularly focusing on marginalised and ethnic minority groups. Collaborating with the NHS, Universities and other third sector organisations to deliver accurate information on these health issues. Supporting the NHS with reaching into these marginalised groups.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes they have

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	n/a
Other		

Achievements and Performance

	SORP reference	

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>We have supported a number of Midlands based organisations with free menstrual products with our project tackling period poverty within marginalised groups. We have an interactive online platform to provide peer support for those struggling with their condition.</p> <p>We have fed into policy around Period Poverty for ethnic minority groups and those at risk.</p> <p>We have also fed into policy around Endometriosis care and women's health via the APPG for Women's Health and the APPG for Endometriosis</p> <p>We have started a joint project with Birmingham University looking into PCOS in South Asian communities. We have collaborated with various charities such as Endometriosis UK and the Eve Appeal to disseminate medical information into the marginalised communities that we work with.</p> <p>We have also started supporting researchers in being more inclusive of minority communities.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>We have engaged with various communities to educate them around their reproductive and mental well being.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>We will start to fundraise this year.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>n/a</p>
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We have operated as a volunteer led charity. We have ambitious to obtain funding to fund our projects in 2021 and onwards.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	n/a
Amount of reserves held	Para 1.22	n/a
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	n/a
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	n/a
Other		

Structure, Governance and Management

Description of charity's trusts:		n/a
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Reviewing guidance from Charities Commission
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a
Relationship with any related parties	Para 1.51	Working in collaboration with other organisations to support marginalized groups with their reproductive and mental health
Other		n/a

Reference and Administrative details

Charity name	Cysters
Other name the charity uses	-
Registered charity number	1178651
Charity's principal address	Paycare House George Street Wolverhampton WV2 4DX

Names of the charity trustees who manage the charity

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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Neelam Heera</i>	
Full name(s)	Neelam Heera	
Position (eg Secretary, Chair, etc)	Chair of Trustees	
Date	24.09.21	