



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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"><li>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;</li><li>2. Raising awareness within the community about reproductive health issues,</li><li>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</li><li>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.</li></ol> <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	<b>Yes they have</b>

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

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

#### **Achievements and Performance**

	SORP reference	
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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. 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:

Achievements against objectives set	Para 1.41	We have engaged with various communities to educate them around their reproductive and mental well being.
Performance of fundraising activities against objectives set	Para 1.41	We will start to fundraise 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 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:		<b>n/a</b>
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	<b>CIO</b>
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	<b>n/a</b>

### 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	<b>n/a</b>
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		<b>n/a</b>

### 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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

**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)**

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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

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