



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	<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.
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	<p>Educating and raising awareness of menstrual and mental health particularly focusing on marginalised and ethnic minority groups.</p> <p>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.</p> <p>Holding events around menstrual health.</p>

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

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

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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
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	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	
	Neelam Heera	Neelam Heera	30.09.2024	