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## **CYSTERS**

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**DRAFT ANNUAL REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

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## **CYSTERS**

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## CYSTERS

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### COMPANY INFORMATION

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#### **Charity Registration number**

1178651

#### **Registered office**

Womens Enterprise Community HUB  
249 Ladypool Road  
Birmingham

B12 8LF

#### **Bankers**

Hallifax Ltd.  
Virgin Mondy

United Kingdom

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## CYSTERS

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### TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

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#### 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>

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

#### 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>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><b>Empowering Marginalised Communities</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Distributed free menstrual products across Midlands communities through our period-poverty initiative, removing a key barrier to health, education and employment.</li> </ul> <p><b>Shaping Policy and Practice</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Supported researchers and healthcare providers to design more inclusive studies and services, ensuring that minority voices are considered in future healthcare planning.</li> </ul> <p><b>Advancing Public Awareness and Education</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul> <p><b>Building Sustainable Networks</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Strengthened a trusted peer-support community, both in person and online, so beneficiaries feel less isolated during diagnosis and treatment.</li> </ul> <p><b>Demonstrable Difference</b> 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				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
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
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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 (e.g. Secretary, Chair, etc)	Chair	
Date	24/09/2025	

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## CYSTERS

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### INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

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**Report to the trustees**

Charity Name: CYSTERS
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**On accounts for the year ended**

31 DECEMBER 2024	<b>Charity no (if any)</b>	1178651
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**Set out on pages**

9, 10, 11, 12 and 13
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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)
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## CYSTERS

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### INCOME AND EXPENDITURE FOR THE YEAR ENDED 31 DECEMBER 2024

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	Notes	2024	2023
		£	£
<b>Total Income</b>	2	43,891.22	2,500.00
Direct Expenses		-	-
<b>Gross Profit</b>		<b>43,891.22</b>	<b>2,500.00</b>
General Administrative Expenses		(2,359.35)	-
<b>Excess Income over Expenditure</b>		<b>41,531.87</b>	<b>2,500.00</b>

#### INCOME SURPLUS ACCOUNT

Balance as of 06 December 2023	2,500.00	-
Income Surplus/Deficit for the Period	41,531.87	2,500.00
<b>Balance as of 31 DECEMBER 2024</b>	<b>44,031.87</b>	<b>2,500.00</b>

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

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

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.

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## CYSTERS

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

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#### 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	-
	<b>43,891.22</b>	<b>2,500.00</b>

#### 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	-	-
	<b>2,359.35</b>	<b>-</b>

## 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