

# THE GIFT WELLNESS FOUNDATION

England & Wales · Charity number 1182451

## Details

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**Status** Registered

**Legal form** Other

**Registered** 2019-03-13

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

## Contact

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**Address** 63 Gladstone Street  
Derby  
63 Gladstone Street  
Derby  
DE23 6PQ

**Phone** 07415895220

**Email** [info@periodpoverty.uk](mailto:info@periodpoverty.uk)

**Website** [www.periodpoverty.uk](http://www.periodpoverty.uk)

## Activities

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**Objects:** THE RELIEF OF POVERTY AND THE PROMOTION AND PRESERVATION OF GOOD HEALTH AMONG WOMEN AND GIRLS IN SUCH PARTS OF THE WORLD AS THE TRUSTEES SHALL FROM TIME TO TIME DETERMINE BY THE PROVISION OF SANITARY PRODUCTS THAT THEY WOULD OTHERWISE BE UNABLE TO AFFORD DUE TO LACK OF MEANS AND BY THE PROVISION OF INFORMATION REGARDING THE USE OF SANITARY PRODUCTS AND MENSTRUATION AND PERSONAL HYGIENE IN PARTICULAR BUT NOT EXCLUSIVELY BY WORKING WITH ESTABLISHED NATIONAL, INTERNATIONAL REGISTERED CHARITIES AND ORGANISATIONS, FOCUSING ON PROJECTS TO SUPPLY NON-TOXIC AND ETHICAL SANITARY PRODUCTS TO WOMEN AND GIRLS IN NEED.

**Activities:** The relief of poverty and the promotion and preservation of good health among women and girls in such parts of the world as the trustees shall from time to time determine, by the provision of sanitary products that they would otherwise be unable to afford due to lack of means or education.

## Classification

- **How:** Other Charitable Activities
- **What:** General Charitable Purposes, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Afghanistan
- Bangladesh
- India
- Iraq
- Kenya
- Lebanon
- Pakistan
- Syria
- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-01	£36,906	£44,196	-	-
2023-11-01	£58,821	£58,113	-	-
2022-11-01	£49,294	£43,720	-	-
2021-11-01	£44,589	£42,128	-	-
2020-11-01	£22,113	£22,000	-	-

## Trustees

Name	Role	Appointed
ZAREEN AHMED	Chair	2020-09-28
Aneesa Talib		2019-01-20
Ebony Haughton		2026-04-09
Naurin Ahmed		2018-12-10

**THE GIFT WELLNESS FOUNDATION**

England & Wales - Charity number 1182451

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# Accounts

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## Gift Wellness Foundation Annual Report

Registered Charity Number: 1182451

Reporting Period: 2<sup>nd</sup> November 2023 – 1<sup>st</sup> November 2024

Correspondence address:

63 Gladstone Street, Derby, DE23 6PQ

### **The Objective**

The relief of poverty and the promotion and preservation of good health among women and girls in such parts of the world as the trustees shall from time to time determine by the provision of sanitary products that they would otherwise be unable to afford due to lack of means and by the provision of information regarding the use of sanitary products and menstruation and personal hygiene in particular but not exclusively by working with established national, international registered charities and organisations, focusing on projects to supply non-toxic and ethical sanitary products to women and girls in need.

### **Trustees**

Chair of the Gift Wellness Foundation: Dr Zareen Roohi Ahmed

Trustees:

1. Dr Zareen Roohi Ahmed
2. Aneesa Talib
3. Naurin Ahmed

### **Bank**

Royal Bank of Scotland

Market Place

Derby, DE1



## Objectives

Through our website: [www.PeriodPoverty.uk](http://www.PeriodPoverty.uk), the Gift Wellness Foundation supports women in crisis by providing non-toxic sanitary pads to women who can't afford or access them, such as homeless and refugee women, those who rely on food banks such as women on low incomes and students; and to girls who are prevented from attending school simply because they don't have menstrual products.

·With the support of local volunteers, community organisations, local authorities and businesses we are working towards our goal of eliminating period poverty in the UK's most deprived communities by the end of 2026; starting with our home city of Derby.

·Continue to provide sanitary pads to women in refugee camps in disaster-stricken and war-torn parts of the world

·Alongside our provision of sanitary products, we focus on dispelling myths and taboos about periods and work to normalise the conversation about periods, so that girls and women are no longer held back because of their periods

## Below are the key highlights from this year's activities:

On behalf of the Trustees we are pleased to share our Annual Report for the above period. During this year, we have continued our normal fundraising and donations of menstrual products to foodbanks, homeless charities, shelters and refugee projects across the UK. In addition, in collaboration with charities on the ground – we have continued to fund and donate menstrual products for women in need who are struggling in war zones, areas of extreme poverty, disaster zones and refugee camps. These donations have reached many deprived areas around the world such as flood zones in Pakistan, Gaza and Syria.

**Community Fund Project:** Since receiving funding from the Community Fund, we have been building up to piloting our Period Angels project in Derby, which aims to tackle period poverty through a sustainable, community-led solution. Despite a few unexpected changes, we have already made strong strides towards our objectives and are well-positioned for a successful launch in September 2025.

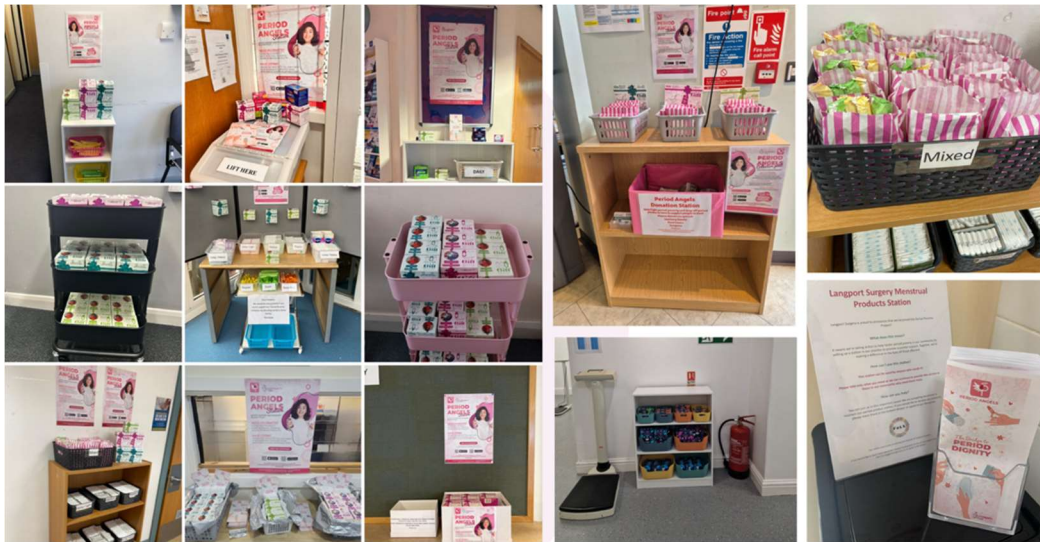
## Community Engagement and Partnerships

So far, we have dedicated most of our time to building relationships with local community groups, women's projects, refugee centres, food banks and faith centres. We have been identifying their needs, introducing the Period Angels app, and offering supplies of free menstrual products to help them get started as local pick-up and donation stations. We now have a comprehensive list of all the local organisations that we will be working with.

As a result of this outreach, many groups have agreed to partner with us and are looking forward to attending our official Open Day in September 2025.

## Period Angels Stations: Mini Hubs in the Community

In the meantime, we have already established multiple Period Angels Stations across Derby and many other towns and cities, in collaboration with clinics, women’s centres, GP practices and other organisations. These stations act as mini food banks for menstrual products, allowing individuals in need to discreetly access essential supplies, while also giving others the opportunity to donate. This peer-to-peer approach is already fostering community support and ownership. Below is a collage of some of these stations in action to demonstrate the progress being made on the ground.



*Period Angels Stations*

## International Women’s Day Webinar March 2024

For International Women’s Day, we organised a livestreamed webinar featuring a panel of experts in women’s health and wellbeing. The event focused on period poverty and how we can accelerate action in our communities. It was well received and helped us reach a wider audience. A short video reel showcasing highlights from the event can be viewed here:

 [IWD 2024: Accelerate Action](#)

## Community Insights and Volunteer Engagement

Gift Wellness Foundation, Unit 29 Dunstall Park, Dunstall Park Road, Derby DE24 8GX 01332 318311 | [info@periodpoverty.uk](mailto:info@periodpoverty.uk) | [www.periodpoverty.uk](http://www.periodpoverty.uk)

We held a focus group with local Asian women, conducted in both Urdu and English, which provided valuable insights into cultural attitudes around menstruation. This session also resulted in the recruitment of new volunteers, who were inspired to become part of the movement.



To date, we have recruited approximately 45 volunteers, with more expected to join following the September Open Day. These volunteers will help maintain the Period Angels Stations and promote the app in their communities.

### **Distribution Impact**

We have distributed thousands of menstrual products to those in need. This early impact demonstrates both the scale of need and the appetite for community-based solutions.

### **Looking Ahead: Our September 29<sup>th</sup> Open Day**

Our upcoming Open Day in September will be a major milestone in the project. It will serve as the official launch of our community hub and the wider Period Angels network. We are planning extensive media coverage to maximise reach and engagement. BBC Radio Derby, Derby Evening Telegraph, and ITV Central have already expressed interest in attending, and we are in discussions with BBC East Midlands TV as well.

The event will include speeches, panel discussions, and the presence of special guests. It will also be an opportunity to gather testimonials, capture footage, and build momentum for a citywide conversation on period poverty and sustainable community-led solutions.

We look forward to sharing the results of this event in our next report and continuing to build a legacy of dignity, access, and collaboration in our communities.



### GIFT WELLNESS FOUNDATION ACCOUNT 2 NOV 2023 - 1 NOV 2024

Opening Balance	£8765
Money In	£36906
Money Out	£44196
Closing Balance	£1475


**Dr Zareen Roohi Ahmed**  
Founder & CEO, Gift Wellness  
Chair, Gift Wellness Foundation

Zareen@periodpoverty.uk | 07415 895 220



## GIFT WELLNESS FOUNDATION ACCOUNTS

YEAR END 1 NOVEMBER 2024

 CHARITY COMMISSION FOR ENGLAND AND WALES	GIFT WELLNESS FOUNDATION			1182451	CC16a
	Receipts and payments accounts				
	For the period from	02/11/2023	To	01/11/2024	
	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 £
<b>A1 Receipts</b>					
Donations	32,390	-	-	32,390	53,014
HMRC Gift Aid	4,516	-	-	4,516	5,807
<b>Sub total (Gross income for AR)</b>	<b>36,906</b>	<b>-</b>	<b>-</b>	<b>36,906</b>	<b>58,821</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>36,906</b>	<b>-</b>	<b>-</b>	<b>36,906</b>	<b>58,821</b>
<b>A3 Payments</b>					
Purchase of menstrual products	26,800	-	-	26,800	56,944
Donation processing fees	720	-	-	720	720
Staff wages	14,792	-	-	14,792	
Payroll Taxation	714	-	-	714	
Pension contributions	1,170	-	-	1,170	449
<b>Sub total</b>	<b>44,196</b>	<b>-</b>	<b>-</b>	<b>44,196</b>	<b>58,113</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>44,196</b>	<b>-</b>	<b>-</b>	<b>44,196</b>	<b>58,113</b>
<b>Net of receipts/(payments)</b>	<b>- 7,290</b>	<b>-</b>	<b>-</b>	<b>- 7,290</b>	<b>708</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>8,765</b>	<b>-</b>	<b>-</b>	<b>8,765</b>	<b>8,057</b>
<b>Cash funds this year end</b>	<b>1,475</b>	<b>-</b>	<b>-</b>	<b>1,475</b>	<b>8,765</b>



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 £
<b>B1 Cash funds</b>	Bank	1,475	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,475</b>	<b>-</b>	<b>-</b>
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details	-	-	-
	Details	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
<b>B3 Investment assets</b>			-	-
			-	-
	Details	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
	Details	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
<b>B5 Liabilities</b>			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		<b>Zareen Roohi Ahmed</b>		<b>12/09/2025</b>

We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report to enable a proper understanding of the accounts to be reached.

**Evans & Associates**  
**86C Water Street**  
**Birmingham**  
**B3 1HL**

**THE GIFT WELLNESS FOUNDATION**

England & Wales - Charity number 1182451

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# Accounts

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## **GIFT WELLNESS FOUNDATION ANNUAL REPORT 2022-2023**

**REGISTERED CHARITY NUMBER:** 1182451

### **CORRESPONDENCE ADDRESS:**

63 Gladstone Street  
Derby, DE23 6PQ

### **THE OBJECTIVE**

The relief of poverty and the promotion and preservation of good health among women and girls in various parts of the world as determined by the trustees. This is achieved through the provision of sanitary products that they would otherwise be unable to afford due to lack of means. The Foundation also provides information regarding the use of sanitary products, menstruation, and personal hygiene, primarily by collaborating with established national and international registered charities and organisations. Our focus remains on supplying non-toxic and ethical sanitary products to women and girls in need.

### **CHAIR OF THE GIFT WELLNESS FOUNDATION:**

Dr. Zareen Roohi Ahmed

### **TRUSTEES:**

1. Dr. Zareen Roohi Ahmed
2. Aneesa Talib
3. Naurin Ahmed

### **BANK**

#### **Royal Bank of Scotland**

Market Place  
Derby, DE1

### **ACTIVITIES AND ACHIEVEMENTS**

Through our website, [www.PeriodPoverty.uk](http://www.PeriodPoverty.uk), the Gift Wellness Foundation continues to support women in crisis by providing non-toxic sanitary pads to those who can't afford or access them. These include homeless and refugee women, those relying on food banks, women on low incomes, students, and girls who miss school due to a lack of menstrual products.

- With the support of local volunteers, community organizations, local authorities, and businesses, we are steadfast in our mission to eliminate period poverty in the UK's most deprived communities by 2025, starting with Derby.
- We continue to provide sanitary pads to women in refugee camps in disaster-stricken and war-torn regions across the globe.
- Alongside our provision of sanitary products, we work diligently to dispel myths and taboos surrounding menstruation. Our aim is to normalize conversations about periods, ensuring that girls and women are no longer held back because of their menstrual cycles.

## KEY HIGHLIGHTS OF THE YEAR

### Period Angels Initiative

As period poverty continues to rise in the UK, we have partnered with healthcare training & coaching provider, Qualitas Consortium UK, to directly address this pressing issue. This collaboration focuses on supporting GP practices in Britain's most deprived communities by providing free period hygiene products on-site. We are proud to report that 27 GP practices have now joined the initiative, with plans for continued expansion. Local businesses and supermarkets have also come forward to support this effort, ensuring a sustainable supply of donations.

Launched on International Women's Day on the 8<sup>th</sup> of March 2024, our pilot project aimed to distribute free sanitary products through GP practices. This initiative is more crucial than ever, as a May 2023 Action Aid poll revealed that the number of UK women and menstruating individuals struggling to afford period products has surged from 12% to 21% in just one year.

The pilot project began with the placement of free sanitary products in six GP practices across England, with an initial stock provided by Gift Wellness Ltd. These practices were also encouraged to engage with their local communities to secure additional donations. By establishing GP practices as community hubs, we have fostered collaboration with local businesses and charitable organizations, helping to support those most in need.

**Broader Impact:** Our initiative is not only about providing immediate assistance but also about driving long-term community engagement and health improvement. By involving local communities, we aim to enhance participation in preventative health programmes such as smear screenings and NHS health checks. The positive response has been overwhelming, with participating practices achieving sustainable levels of donated products and generating interest in establishing more hygiene stations across the UK.


### Period Angels App

The impact of the Period Angels initiative is further amplified by the Period Angels app, which embodies a community-led approach to eliminating period poverty. The app connects organisations - such as our network of GP practices, food banks, and homeless shelters - with volunteers who collect menstrual products, and individuals in need. Our vision for the Period Angels movement is ambitious: we aim to establish Period Angels Stations in every town and city across the UK. By encouraging communities to join forces, we strive to create a future where no one is held back by period poverty, and everyone has access to the menstrual products they need with dignity and ease.

#### Gift Wellness Foundation Accounts 2022-2023

Opening Balance	£8057
Money In	£58821
Money Out	£58113
Closing Balance	£8765

**GIFT WELLNESS FOUNDATION ACCOUNTS  
YEAR END 1 NOVEMBER 2023**

 CHARITY COMMISSION FOR ENGLAND AND WALES	GIFT WELLNESS FOUNDATION			1182451	CC16a
	Receipts and payments accounts				
	For the period from	02/11/2022	To	01/11/2023	
	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 £
<b>A1 Receipts</b>					
Donations	53,014	-	-	53,014	44,356
HMRC Gift Aid	5,807	-	-	5,807	4,938
<b>Sub total (Gross income for AR)</b>	<b>58,821</b>	<b>-</b>	<b>-</b>	<b>58,821</b>	<b>49,294</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>58,821</b>	<b>-</b>	<b>-</b>	<b>58,821</b>	<b>49,294</b>
<b>A3 Payments</b>					
Purchase of menstrual products	56,944	-	-	56,944	43,000
Donation processing fees	720	-	-	720	720
Other	449	-	-	449	
<b>Sub total</b>	<b>58,113</b>	<b>-</b>	<b>-</b>	<b>58,113</b>	<b>43,720</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>58,113</b>	<b>-</b>	<b>-</b>	<b>58,113</b>	<b>43,720</b>
<b>Net of receipts/(payments)</b>	<b>708</b>	<b>-</b>	<b>-</b>	<b>708</b>	<b>5,574</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>8,057</b>	<b>-</b>	<b>-</b>	<b>8,057</b>	<b>2,482</b>
<b>Cash funds this year end</b>	<b>8,765</b>	<b>-</b>	<b>-</b>	<b>8,765</b>	<b>8,057</b>

**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 £
<b>B1 Cash funds</b>	Bank	8,765	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>8,765</b>	<b>-</b>	<b>-</b>
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	<b>Details</b>	<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>
<b>B2 Other monetary assets</b>		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>	<b>Details</b>		-	-
			-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>		-	-
			-	-
			-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	<b>Details</b>		-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Zareen Roohi Ahmed		23/08/2024
		Aneesa Talib		23/08/2024

*We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report to enable a proper understanding of the accounts to be reached.*

Evans & Associates  
86C Water Street  
Birmingham  
B3 1HL

**THE GIFT WELLNESS FOUNDATION**

England & Wales - Charity number 1182451

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# Accounts

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## **Gift Wellness Foundation Annual report 2 Nov 2021– 1 Nov 2022**

Gift Wellness Foundation, registered number 1182451

Correspondence address:  
63 Gladstone Street  
Derby, DE23 6PQ

### **The Objective**

The relief of poverty and the promotion and preservation of good health among women and girls in such parts of the world as the trustees shall from time to time determine by the provision of sanitary products that they would otherwise be unable to afford due to lack of means and by the provision of information regarding the use of sanitary products and menstruation and personal hygiene in particular but not exclusively by working with established national, international registered charities and organisations, focusing on projects to supply non-toxic and ethical sanitary products to women and girls in need.

### **Trustees**

Chair of the Gift Wellness Foundation: Dr Zareen Roohi Ahmed

Trustees:

1. Dr Zareen Roohi Ahmed
2. Aneesa Talib
3. Naurin Ahmed

### **Bank**

Royal Bank of Scotland  
Market Place  
Derby, DE1

Through our website: [www.PeriodPoverty.uk](http://www.PeriodPoverty.uk), the Gift Wellness Foundation supports women in crisis by providing non-toxic sanitary pads to women who can't afford or access them, such as homeless and refugee women, those who rely on food banks such as women on low incomes and students; and to girls who are prevented from attending school simply because they don't have menstrual products.

·With the support of local volunteers, community organisations, local authorities and businesses we are working towards our goal of eliminating period poverty in the UK's most deprived communities by the end of 2025; starting with our home city of Derby.

·Continue to provide sanitary pads to women in refugee camps in disaster-stricken and war-torn parts of the world

·Alongside our provision of sanitary products, we focus on dispelling myths and taboos about periods and work to normalise the conversation about periods, so that girls and women are no longer held back because of their periods

Below are the key highlights from this year's activities:

## **RED REBEL DAY**

Following the growth in demand for period products during and following Covid 19, we needed to increase the momentum of our work to meet the demand. The idea we came up with was an annual campaign, similar to Red Nose Day or the BBC Children in Need.



In March 2022 we launched our inaugural Red Rebel Day campaign to raise funds for our Poverty. A weekend of fundraising activities by our volunteers raised over £25,000.

## **SYRIAN REFUGEE CAMPS DEPLOYMENT**

In August 2022, in partnership with Human Appeal charity, our Chair Dr Zareen Roohi Ahmed joined a deployment to Lebanon to distribute over 500 'Hygiene Kits' containing essential menstrual products to women in Syrian refugee camps.



## PERIOD ANGELS APP

In September 2022, we began development of our Period Angels App.



Period Angels is a one-stop platform for tackling period poverty. It directs USERS (those experiencing period poverty) to free period products in their local area; enables VOLUNTEERS (e.g. schools) who collect period products and connects them to local ORGANISATIONS (e.g. food banks) who require free products for those in need. Until now, our passionate Volunteers would collect period products and send them to us to distribute to food banks and charities who were serving those experiencing period poverty. We helped many but it was disjointed, expensive and not very eco-friendly! We needed a transparent and comprehensive way to facilitate the whole process and one which would help forge long-term sustainable relationships within communities, to serve the needs of those experiencing period poverty.

### HOW IT WORKS

The Period Angels app serves 3 groups:

- (i) VOLUNTEERS (INDIVIDUALS, SCHOOLS, COMMUNITY OR CORPORATE TEAMS) collect period products to donate to their local food banks and charity organisations. Volunteers will view a list of local Organisations and what period products they require. They will select the Organisation that they choose to supply and arrange delivery of their collections to them through the app.
- (ii) ORGANISATIONS (FOOD BANKS, HOMELESS WOMEN'S CHARITIES OR SHELTERS) who need period products for their users, sign up and list their details and their level of period product requirement based on the number of Users per month.
- (iii) USERS (THOSE EXPERIENCING PERIOD POVERTY) can log in to the app and be directed to the nearest location where free period products are available based upon either the user's GPS location or postcode. Users can filter their search on the type of products available and find where exactly the products are located.


App launch scheduled for Dec 2022.  
Available on IOS and Android.

Gift Wellness Foundation Account 2 Nov 2021 - 1 Nov 2022

Opening Balance	£	2,482
Money In	£	49,294
Money Out	£	43,720
Closing Balance	£	8,057

# GIFT WELLNESS FOUNDATION ACCOUNTS

YEAR END 1 NOVEMBER 2022

 CHARITY COMMISSION FOR ENGLAND AND WALES	GIFT WELLNESS FOUNDATION			1182451	CC16a
	Receipts and payments accounts				
	For the period from	02/11/2021	To	01/11/2022	
	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 £
<b>A1 Receipts</b>					
Donations	44,356	-	-	44,356	42,167
HMRC Gift Aid	4,938	-	-	4,938	2,446
<b>Sub total (Gross income for AR)</b>	<b>49,294</b>	<b>-</b>	<b>-</b>	<b>49,294</b>	<b>44,613</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>49,294</b>	<b>-</b>	<b>-</b>	<b>49,294</b>	<b>44,613</b>
<b>A3 Payments</b>					
Purchase of menstrual products	43,000	-	-	43,000	39,300
Donation processing fees	720	-	-	720	2,638
Social media scheduling		-	-	-	250
<b>Sub total</b>	<b>43,720</b>	<b>-</b>	<b>-</b>	<b>43,720</b>	<b>42,188</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>43,720</b>	<b>-</b>	<b>-</b>	<b>43,720</b>	<b>42,188</b>
<b>Net of receipts/(payments)</b>	<b>5,574</b>	<b>-</b>	<b>-</b>	<b>5,574</b>	<b>2,425</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>2,482</b>	<b>-</b>	<b>-</b>	<b>2,482</b>	<b>57</b>
<b>Cash funds this year end</b>	<b>8,057</b>	<b>-</b>	<b>-</b>	<b>8,057</b>	<b>2,482</b>

**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 £
<b>B1 Cash funds</b>	Bank	8,057	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>8,057</b>	<b>-</b>	<b>-</b>
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Details			
<b>B2 Other monetary assets</b>		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Zareen Roohi Ahmed		22/09/2023
		Aneesa Talib		22/09/2023

*We 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.*

Evans & Associates  
86C Water Street  
Birmingham  
B3 1HL

**THE GIFT WELLNESS FOUNDATION**

England & Wales - Charity number 1182451

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# Accounts

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## **Gift Wellness Foundation Annual report 2 Nov 2020– 1 Nov 2021**

Gift Wellness Foundation, registered number 1182451

Correspondence address:  
63 Gladstone Street  
Derby, DE23 6PQ

### **The Objective**

The relief of poverty and the promotion and preservation of good health among women and girls in such parts of the world as the trustees shall from time to time determine by the provision of sanitary products that they would otherwise be unable to afford due to lack of means and by the provision of information regarding the use of sanitary products and menstruation and personal hygiene in particular but not exclusively by working with established national, international registered charities and organisations, focusing on projects to supply non-toxic and ethical sanitary products to women and girls in need.

### **Trustees**

Chair of the Gift Wellness Foundation: Dr Zareen Roohi Ahmed

Trustees:

1. Dr Zareen Roohi Ahmed
2. Aneesa Talib
3. Naurin Ahmed

### **Bank**

Royal Bank of Scotland  
Market Place  
Derby, DE1

Through our website: [www.PeriodPoverty.uk](http://www.PeriodPoverty.uk), the Gift Wellness Foundation supports women in crisis by providing non-toxic sanitary pads to women who can't afford or access them, such as homeless and refugee women, those who rely on food banks such as women on low incomes and students; and to girls who are prevented from attending school simply because they don't have menstrual products.

·With the support of local volunteers, community organisations, local authorities and businesses we are working towards our goal of eliminating period poverty in the UK's most deprived communities by the end of 2025; starting with our home city of Derby.

·Continue to provide sanitary pads to women in refugee camps in disaster-stricken and war-torn parts of the world

·Alongside our provision of sanitary products, we focus on dispelling myths and taboos about periods and work to normalise the conversation about periods, so that girls and women are no longer held back because of their periods



With the support of a grant from Awards for All, we held a successful Period Poverty Forum, supported by the local council to facilitate the collaboration between our charity and local women's organisations, schools and statutory bodies.



Delivering menstrual pads at a local women's crisis centre in Derby.







Distributing sanitary pads in Syrian refugee camps

Gift Wellness Foundation Account 2 Nov 2020 - 1 Nov 2021

Opening Balance	£	57.31
Money In	£	44,613
Money Out	£	42,188
Closing Balance	£	2,482

### Gift Wellness Foundation Accounts to 1<sup>st</sup> November 2021

Bank Opening Balance	57.31
Receipts	44612.66
Payments	42187.64
Closing Balance	2428.33

### Gift Wellness Foundation Annual Accounts to 1st November 2021

The breakdown of transactions is listed below.

#### Receipts

Donations	42167.07
HMRC Gift Aid	2445.59
	<b>44,612.66</b>
Donation Processing Fees	2637.64
Social media scheduling	250.00
Purchase of menstrual products	39300.00
	<b>42,187.64</b>

# HUMAIRA TABBASSUM BOOKKEEPING

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## Gift Wellness Foundation Accounts to 1<sup>st</sup> November 2021

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## Gift Wellness Foundation Annual Accounts to 1st November 2021

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### Receipts

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	<b>44,612.66</b>
Donation Processing Fees	2637.64
Social media scheduling	250.00
Purchase of menstrual products	39300.00
	<b>42,187.64</b>

I can confirm that I have checked the balances and that these accounts are true and accurate. If I can be of any further assistance, please do not hesitate to contact me.

Yours truly

Humaira Tabassum.

Address:

36 Linnet Hill, Mickleover, Derby, DE3 0SJ