

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, 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 8th 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 £
A1 Receipts					
Donations	53,014	-	-	53,014	44,356
HMRC Gift Aid	5,807	-	-	5,807	4,938
Sub total (Gross income for AR)	58,821	-	-	58,821	49,294
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	58,821	-	-	58,821	49,294
A3 Payments					
Purchase of menstrual products	56,944	-	-	56,944	43,000
Donation processing fees	720	-	-	720	720
Other	449	-	-	449	
Sub total	58,113	-	-	58,113	43,720
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	58,113	-	-	58,113	43,720
Net of receipts/(payments)	708	-	-	708	5,574
A5 Transfers between funds	-	-	-	-	
A6 Cash funds last year end	8,057	-	-	8,057	2,482
Cash funds this year end	8,765	-	-	8,765	8,057

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	Bank	8,765	-	-
		-	-	-
		-	-	-
	Total cash funds	8,765	-	-
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
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
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Birmingham
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