

MENSTRUATION MATTERS

England & Wales · Charity number 1185177

Details

Status Registered

Legal form CIO

Registered 2019-09-05

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

Contact

Address Menstruation Matters
The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Phone 07926576359

Email generalenquiries@menstruationmatters.co.uk

Website <https://www.menstruationmatters.co.uk/>

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT, TO RELIEVE PERIOD POVERTY OF WOMEN LIVING IN YORKSHIRE AND THE HUMBER BY SUPPLYING FREE SANITARY PRODUCTS TO WOMEN WHO OTHERWISE CANNOT AFFORD THEM. ALSO FOR THE PUBLIC BENEFIT, TO ADVANCE ENVIRONMENTAL PROTECTION BY INCREASING AWARENESS OF AND ADVOCATING THE USE OF REUSABLE SANITARY PRODUCTS TO THE PEOPLE OF YORKSHIRE.

Activities: Menstruation Matters' operates in Yorkshire and the Humber. Our main activities include: providing women living in period poverty with free sanitary products, running reusable pad making workshops to encourage the use of more environmentally friendly sanitary products, and running educational and fundraising events to increase awareness of and reduce stigma surrounding period poverty.

Classification

- **How:** Provides Advocacy/advice/information, Other Charitable Activities
- **What:** The Prevention Or Relief Of Poverty, Environment/conservation/heritage
- **Who:** The General Public/mankind

Geography

- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,157	£531	-	-
2024-03-31	£329	£1,016	-	-
2023-03-31	£260	£658	-	-
2022-03-31	£126	£2,182	-	-
2021-03-31	£31	£319	-	-

Trustees

Name	Role	Appointed
Tabitha Deanna Bowman	Chair	2020-08-01
Aditi Dabali		2024-01-01
Anna Bassford		2024-05-13
Beth Dixon		2024-05-13
Emily Murren Milne		2020-08-01

MENSTRUATION MATTERS

England & Wales - Charity number 1185177

Accounts



Annual Report and Financial Statements
For the period from: 01/04/24 to 31/03/25

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Legal and Administrative Information

Name of the Charity: Menstruation Matters

Charity Structure: Menstruation Matters is a charitable incorporated organisation (CIO)

Charity Registration Number: 1185177

Jurisdiction in Which the Charity is Registered: England and Wales

Address of the Principal Office:

The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Trustees:

Tabitha Bowman (Chair and Secretary)

Aditi Dabali (Outreach Coordinator)

Beth Dixon (Outreach Coordinator)

Emily Milne (Campaigns Officer)

Anna Bassford (Treasurer)

Website: www.menstruationmatters.co.uk

Contact: generalenquiries@menstruationmatters.co.uk

Objectives and Activities

Charity Objectives (as stated in governing document):

The objectives of the CIO are for the public benefit, to relieve period poverty of women living in Yorkshire and the Humber by supplying free sanitary products to women who otherwise cannot afford them. Also for the public benefit, to advance environmental protection by increasing awareness of and advocating the use of reusable sanitary products to the people of Yorkshire.

The Main Activities Undertaken to Fulfil the Charity Objectives:

Objective 1: To supply free menstrual products to women who otherwise cannot afford them.

Menstruation Matters fulfils this objective by forming connections with local organisations who help vulnerable women who are unable to afford period products. We accept donations from the general public and other organisations in the form of either period products, in order to distribute to our connected organisations, or monetary donations, with which we use to purchase period products for distribution.

We have a donation box within the University of Sheffield Medical School for the public to place their product donations, but also collect larger donations from groups/societies directly. We also experimented with sourcing our donation boxes from Pixartprinting. This company produces flatpack cardboard bins that are completely customisable so that we can add our logo and instructional text. We are hoping that in the next year, we can purchase more of these boxes and expand our fleet of donation boxes. Most of the monetary donations are raised via fundraising events. To make donating to Menstruation Matters more accessible, we also registered with For Common Good, where the public can purchase products from our wishlist to be sent directly to us.

The list of organisations that we supply with free menstrual products grows on a yearly basis and now includes groups such as young careers, mother and baby groups, and community hubs. Products are packaged into discrete parcels, with enough period products to last at least one menstrual cycle. We endeavour to provide a range of different types of product with varying absorbencies and customise the contents of the parcels on the request of our outreach beneficiaries.

Objective 2: Increasing awareness of Menstruation Matters, period poverty, and reusable menstrual products.

To raise awareness of Menstruation Matters, we have organised and attended both in person and virtual events, some of which have been educational and others have simply been to raise awareness of not just our charity, but period poverty itself. From talking to the public, we have found that many members of our community are unfamiliar with menstrual inequities that people living in the UK can experience. We wish to highlight this as an issue,

and thus, have utilised every available opportunity to talk about period poverty with people who have attended any of our events.

Due to the size of our charity and the fact that our team is made up completely of volunteers, we have found hosting fundraising events to be a very exhaustive experience, that often required planning months in advance. Even the smallest of events was very time consuming. We decided to take a lull year with our events to regroup and plan for the next year.

Unfortunately, this lull year also included postponing our free reusable pad sewing workshops that we ran for students living in the University of Sheffield Halls. Due to staff turnover, knowledge of how to use our vintage hand-crank sewing machines started to get lost and struggled to host large workshops, often only having one or two machines successfully working. We are looking at ways to start up these workshops again next year in a more practical and sustainable way.

To promote and raise awareness of Menstruation Matters, we invested in having some business cards produced. The artwork was designed by local artist Helion Art and continues our theme of wanting to push past the stigmas associated with periods by featuring a torso of a naked person. The features of the torso are intentionally ambiguous to highlight that we are an inclusive charity and support all people who menstruate.

Furthering our intent to refresh our branding regarding the language we use, we purchased new roll-up banners to use at future events. We received feedback in the past that our current banners which used the terms “women”, were outdated in terms of our objectives. These new banners use more inclusive language and contains a QR code that directs you to our website.

As part of our commitment to ensure our charitable activities are as sustainable as possible, we continue to invest in organic, zero-plastic menstrual products for donation from a company called ‘Here We Flo’.

Main Activities Undertaken to Further the Charity’s Purposes for the Public Benefit:

The ‘benefit aspect’:

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Providing free menstrual products to those living in Yorkshire and the Humber who experience period poverty.
- Purchasing organic, zero-plastic sanitary products for donation to those living in period poverty.

The ‘public aspect’:

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Tackling stigma surrounding menstruation, empowering women and those who menstruate in general to advocate for themselves and those in need.
- Encouraging the use of more environmentally friendly period products. The outcomes of using these types of products will benefit the public in general, as well as the individuals who use them.

- Providing free period products to those in period poverty. This benefits this group by not only providing them with more hygienic menstrual products, but it also means that period poverty will no longer prevent them from conducting daily life activities.

The Trustees confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission in determining the activities undertaken by the Charity.

Signed on behalf of the Trustees,

.....


Achievements and Performance

Menstruation Matters' principal objective is the provision of free period products to those experiencing period poverty. In this respect, our main achievements are through fulfilling this objective. Connecting with the general public and other organisations has allowed us to increase awareness of our charitable objectives. This in turn has increased donations and participation from the wider community at our events.

Focusing on purchasing only low-plastic or plastic-free menstrual products for donation as well as reusable period products has been key in us promoting environmentally-friendly menstrual products this year. We also continue to offer to source reusable products such as menstrual cups and pads to anyone in our outreach that is interested.

Financial review

For the financial year ending 31st March 2025, Menstruation Matters had received a total of £2157 in income and expended a total of £531. This makes a net income of £1626.

We were very fortunate this year to receive two large donations from The Sheffield 1000 and Henry Boot. Registering Menstruation Matters with EasyFundraising has also been a vital part of our fundraising as it means we can raise funds at no extra expense of the donator. The bank transfer of the raised donations every quarter has meant we can rely on regular income.

We continue to receive menstrual product donations from the public via our donation box in the University of Sheffield Medical School reception. We also had our first payout for For Common Good which meant we had a very healthy supply of pads and tampons. We had enough so that we didn't need to purchase any additional products from Here We Flo this year. A small amount of our expenditure each year is also spent purchasing stationery supplies, such as paper bags and stickers, to distribute the pads in.

Reserves Policy

Menstruation Matters has decided that it is unnecessary to hold reserves. This is due to multiple reasons.

- The size of the charity means we are able to rely on donations from the general public, in either monetary or physical menstrual product form. Although we occasionally purchase our own menstrual products, the monetary donations and grants received during the previous financial years have continued to financially support the charity, and the charity is still in a healthy financial position for the start of the next financial year.
- The charity does not have any recurring payments, such as rent or debt payments. This also means the expenditure of the charity varies from month-to-month, depending on the charity's activities. This makes it difficult and impractical to suggest a reserve.

The decision to not spend all our monetary funds immediately on period products is dictated by our lack of space to store the products. We are not fortunate enough to have a storage facility, therefore any products are stored within the personal homes of our trustees. Therefore we buy as many products as we have the space for and replenish when needed. The need for a reserve will be reviewed at the end of every financial year.

Funds Materially in Deficit

The charity does not have any funds that are materially in deficit.

Investments

The charity does not have any investments.

Structure, Governance, and Management

Board of Trustees

Menstruation Matters is a Charitable Incorporated Organisation (CIO) registered with the UK's Charity Commission. The Board of Trustees comprises 5 people who are responsible for the supervision of the management of all the affairs of Menstruation Matters. Board Meetings are held 6 times a year.

Type of Governing Document:

Menstruation Matters is governed by a CIO foundation constitution.

How the charity is constituted:

Charitable Incorporated Association.

Trustee Selection Methods:

Trustee recruitment and appointment is done based on the specific skills required, the nomination of an existing trustee and is voted upon. No other organisation or body has the right to appoint trustees to the charity.

Trustees' Responsibilities

The board of trustees is responsible for ensuring that all the activities are within UK law and fall within the agreed charitable objectives.

Liability of Members

Menstruation Matters is a registered Charitable Incorporated Organisation, limited by guarantee. The trustees have guaranteed the liabilities of the charity up to £1 each.

Declaration

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s):



.....

Full Name(s):

Tabitha Deanna Bowman

.....

Position:

Chair

.....

Date:

03.12.25

.....



CHARITY COMMISSION
FOR ENGLAND AND WALES

Menstruation Matters	1185177
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Receipts and payments accounts

For the period from	01-Apr-24	To	31-Mar-25
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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					
Voluntary Receipts / Donations	2,157	-	-	2,157	87
Activities for Generating Funds	-	-	-	-	242
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,157	-	-	2,157	329
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,157	-	-	2,157	329
A3 Payments					
Cost of Charitable Activities	216	-	-	216	745
Governance Costs	111	-	-	111	106
Administrative Costs	204	-	-	204	38
Fundraising Costs	-	-	-	-	126
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	531	-	-	531	1,016
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	531	-	-	531	1,016
Net of receipts/(payments)	1,626	-	-	1,626	- 687
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,196	-	-	1,196	1,883
Cash funds this year end	2,822	-	-	2,822	1,196

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	Cash at bank	2,783	-	-
	Cash at hand	39	-	-
		-	-	-
	Total cash funds	2,822	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

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
	TABITHA BOWMAN	03/12/2025

MENSTRUATION MATTERS

England & Wales - Charity number 1185177

Accounts



Annual Report and Financial Statements
For the period from: 01/04/23 to 31/03/24

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Legal and Administrative Information

Name of the Charity: Menstruation Matters

Charity Structure: Menstruation Matters is a charitable incorporated organisation (CIO)

Charity Registration Number: 1185177

Jurisdiction in Which the Charity is Registered: England and Wales

Address of the Principal Office:

The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Trustees:

Tabitha Bowman (Chair and Treasurer)

Sophie Vibhishanan (Outreach Coordinator)

Charlotte Stern (Outreach Coordinator)

Emily Milne (Campaigns Officer)

Hannah Jackson (Zero Waste Officer)

Website: www.menstruationmatters.co.uk

Contact: generalenquiries@menstruationmatters.co.uk

Objectives and Activities

Charity Objectives (as stated in governing document):

The objectives of the CIO are for the public benefit, to relieve period poverty of women living in Yorkshire and the Humber by supplying free sanitary products to women who otherwise cannot afford them. Also for the public benefit, to advance environmental protection by increasing awareness of and advocating the use of reusable sanitary products to the people of Yorkshire.

The Main Activities Undertaken to Fulfil the Charity Objectives:

Objective 1: To supply free menstrual products to women who otherwise cannot afford them.

Menstruation Matters fulfils this objective by forming connections with local organisations who help vulnerable women who are unable to afford period products. We accept donations from the general public and other organisations in the form of either period products, in order to distribute to our connected organisations, or monetary donations, with which we use to purchase period products for distribution.

We have a donation box within the University of Sheffield Medical School for the public to place their product donations, but also collect larger donations from groups/societies directly. Most of the monetary donations are raised via fundraising events. To make donating to Menstruation Matters more accessible, we also registered with For Common Good, where the public can purchase products from our wishlist to be sent directly to us.

The list of organisations that we supply with free menstrual products grows on a yearly basis and now includes groups such as young careers, mother and baby groups, and community hubs. Products are packaged into discrete parcels, with enough period products to last at least one menstrual cycle. We endeavour to provide a range of different types of product with varying absorbancies and customise the contents of the parcels on the request of our outreach beneficiaries.

Objective 2: Increasing awareness of Menstruation Matters, period poverty, and reusable menstrual products.

To raise awareness of Menstruation Matters, we have organised and attended both in person and virtual events, some of which have been educational and others have simply been to raise awareness of not just our charity, but period poverty itself. From talking to the public, we have found that many members of our community are unfamiliar with menstrual inequities that people living in the UK can experience. We wish to highlight this as an issue, and thus, have utilised every available opportunity to talk about period poverty with people who have attended any of our events.

To raise awareness of period poverty and raise funds for the charity this year, we ran our second Life Drawing event in May 2023. This time, we collaborated with Anomaly Life Drawing who are experienced in hosting life drawing sessions. Again, we promoted the event as a safe space for women and non-binary people to discuss the issue of period poverty, to raise awareness of the charity, and as an opportunity for people to practise their drawing skills. We even invited Chella Quint, founder of the Period Positive movement and Yorkshire local, to speak at the event and help us widen our discussions on period poverty.

In December 2023, we hosted an inclusive mini Football tournament called What a Bloody Goal!. We promoted the event as a safe space for all people, regardless of experience, to play some friendly matches. We ran this event in conjunction with Student Action for Refugees at the U-Mix centre in Sheffield to unite people from all backgrounds and raise awareness of the impact period poverty can have on refugees. Although tickets for the event were free, we encouraged the participants to make a donation at the end of the event. To further promote our message of inclusivity, we donated half of all funds raised to Lesbian Asylum Support Sheffield.

We continued running our free reusable pad sewing workshops with support from the University of Sheffield's Residence Life service for students living in the University Halls. These involve giving a small group of students the opportunity to create their own reusable pad using our vintage hand-crank sewing machines. As a charity, we are interested in educating the general public about period poverty and reusable menstrual products as we feel increasing education will help to reduce the stigma surrounding menstruation. Hosting these workshops allow us to have these conversations and meant that the students took home a personalised menstrual pad, which is environmentally friendly and economical. We plan to continue running these events biannually with the Resident services.

As part of our commitment to ensure our charitable activities are as sustainable as possible, we continue to invest in organic, zero-plastic menstrual products for donation from a company called 'Here We Flo'.

Main Activities Undertaken to Further the Charity's Purposes for the Public Benefit:

The 'benefit aspect':

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Providing free menstrual products to those living in Yorkshire and the Humber who experience period poverty.
- Hosting workshops for the public to see their own reusable pads to encourage the use of more environmentally friendly menstrual products. We also purchase organic, zero-plastic sanitary products for donation to those living in period poverty.
- Tackling the stigma associated with menstruation through open discussions at both in person and virtual events.

The ‘public aspect’:

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Tackling stigma surrounding menstruation, empowering women and those who menstruate in general to advocate for themselves and those in need.
- Encouraging the use of more environmentally friendly period products. The outcomes of using these types of products will benefit the public in general, as well as the individuals who use them.
- Providing free period products to those in period poverty. This benefits this group by not only providing them with more hygienic menstrual products, but it also means that period poverty will no longer prevent them from conducting daily life activities.

The Trustees confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission in determining the activities undertaken by the Charity.

Signed on behalf of the Trustees,



.....

Achievements and Performance

Menstruation Matters' principal objective is the provision of free period products to those experiencing period poverty. In this respect, our main achievements are through fulfilling this objective. Connecting with the general public and other organisations has allowed us to increase awareness of our charitable objectives. This in turn has increased donations and participation from the wider community at our events.

During this period, we have utilised events to educate our local community on period poverty and Menstruation Matters. Education is paramount to reduce stigma, allowing for more women to advocate for their needs. The running of virtual and in person events this year has allowed us to integrate more with our local community.

Focusing on purchasing only low-plastic or plastic-free menstrual products for donation as well as reusable period products, and starting to host regular reusable pad workshops has been key in us promoting environmentally-friendly menstrual products this year. We also continue to offer to source reusable products such as menstrual cups and pads to anyone in our outreach that is interested.

Financial review

For the financial year ending 31st March 2024, Menstruation Matters had received a total of £329 in income and expended a total of £1016. This makes a net income of -£687. Although our annual turnover is negative, we remain having large funds that have been carried over from the previous years, allowing us to continue functioning as a charity.

The income is made from a mixture of ticket sales from our fundraising event as well as general monetary donations from the public. Our Life Drawing fundraiser was a ticketed event, with the price of a ticket covering the cost of art supplies and refreshments as well as ensuring that the charity received a healthy donation. The event allowed us to raise vital funds as well as spread the awareness of Menstruation Matters and period poverty across Sheffield. The funds raised were split equally between ourselves, Anomaly Life Drawing and Chella Quint. We also raised funds from our What a Bloody Goal! fundraising event. The donations were completely voluntary as it wasn't a ticketed event, therefore the donations ranged from £5 to £40 per person. The total funds were split evenly between ourselves and Lesbian Asylum Support Sheffield. Registering Menstruation Matters with EasyFundraising has also been a vital part of our fundraising as it means we can raise funds at no extra expense of the donator. The bank transfer of the raised donations every quarter has meant we can rely on regular income.

We continue to receive menstrual product donations from the public via our donation box in the University of Sheffield Medical School reception. However, due to the growth in our outreach, we still need to regularly buy menstrual products in order to top up our stock. We continue to buy period pads and tampons from 'Here We Flo' as their products are plastic-free, made of organic cotton, and the packaging is biodegradable. Although eco-friendly products are generally more expensive than their plastic counterparts, we agreed that being environmentally conscious is a value that the charity should uphold and we are prepared to pay the price difference. A small amount of our expenditure each year is also spent purchasing stationery supplies, such as paper bags and stickers, to distribute the pads in.

Reserves Policy

Menstruation Matters has decided that it is unnecessary to hold reserves. This is due to multiple reasons.

- The size of the charity means we are able to rely on donations from the general public, in either monetary or physical sanitary product form. We have started increasing the frequency of our fundraising events and aim to introduce extra donations points in the next financial year. Although we occasionally purchase our own sanitary products, the monetary donations and grants received during the previous financial years have continued to financially support the charity, and the charity is still in a healthy financial position for the start of the next financial year.
- The charity does not have any recurring payments, such as rent or debt payments. This also means the expenditure of the charity varies from month-to-month,

depending on the charity's activities. This makes it difficult and impractical to suggest a reserve.

The decision to not spend all our monetary funds immediately on period products is dictated by our lack of space to store the products. We are not fortunate enough to have a storage facility, therefore any products are stored within the personal homes of our trustees. Therefore we buy as many products as we have the space for and replenish when needed. The need for a reserve will be reviewed at the end of every financial year.

Funds Materially in Deficit

The charity does not have any funds that are materially in deficit.

Investments

The charity does not have any investments.

Structure, Governance, and Management

Board of Trustees

Menstruation Matters is a Charitable Incorporated Organisation (CIO) registered with the UK's Charity Commission. The Board of Trustees comprises 5 people who are responsible for the supervision of the management of all the affairs of Menstruation Matters. Board Meetings are held 6 times a year.

Type of Governing Document:

Menstruation Matters is governed by a CIO foundation constitution.

How the charity is constituted:

Charitable Incorporated Association.

Trustee Selection Methods:

Trustee recruitment and appointment is done based on the specific skills required, the nomination of an existing trustee and is voted upon. No other organisation or body has the right to appoint trustees to the charity.

Trustees' Responsibilities

The board of trustees is responsible for ensuring that all the activities are within UK law and fall within the agreed charitable objectives.

Liability of Members

Menstruation Matters is a registered Charitable Incorporated Organisation, limited by guarantee. The trustees have guaranteed the liabilities of the charity up to £1 each.

Declaration

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s):



.....

Full Name(s):

Tabitha Deanna Bowman

.....

Position:

Chair

.....

Date:

07.08.24

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Menstruation Matters	1185177
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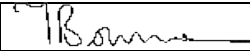
Receipts and payments accounts

For the period from	01-Apr-23	To	31-Mar-24
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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					
Voluntary Receipts / Donations	87	-	-	87	133
Charitable Activities	-	-	-	-	-
Activities for Generating Funds	242	-	-	242	127
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	329	-	-	329	260
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	329	-	-	329	260
A3 Payments					
Cost of Charitable Activities	745	-	-	745	377
Governance Costs	106	-	-	106	106
Administrative Costs	38	-	-	38	114
Fundraising Costs	126	-	-	126	61
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,016	-	-	1,016	658
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,016	-	-	1,016	658
Net of receipts/(payments)	- 687	-	-	- 687	- 398
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,883	-	-	1,883	2,281
Cash funds this year end	1,196	-	-	1,196	1,883

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	Cash at bank	1,157	-	-
	Cash at hand	39	-	-
		-	-	-
	Total cash funds	1,196	-	-
	(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 £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
	Vintage Sewing Machines	Unrestricted	170	-
	Menstruation Matters Trademark	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	
		TABITHA BOWMAN	07/08/2024	

MENSTRUATION MATTERS

England & Wales - Charity number 1185177

Accounts



Annual Report and Financial Statements
For the period from: 01/04/22 to 31/03/23

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Legal and Administrative Information

Name of the Charity: Menstruation Matters

Charity Structure: Menstruation Matters is a charitable incorporated organisation (CIO)

Charity Registration Number: 1185177

Jurisdiction in Which the Charity is Registered: England and Wales

Address of the Principal Office:

3 Alexandra Crescent
Ilkley
West Yorkshire
LS29 9ER

Trustees:

Megan Lloyd (Co-Chair)

Tabitha Bowman (Co-Chair and Treasurer)

Emily Boxell (Secretary)

Sophie Vibhishanan (Outreach Coordinator)

Emily Milne (Campaigns Officer)

Lucy Nurser (Events Coordinator)

Website: www.menstruationmatters.co.uk

Contact: generalenquiries@menstruationmatters.co.uk

Objectives and Activities

Charity Objectives (as stated in governing document):

The objectives of the CIO are for the public benefit, to relieve period poverty of women living in Yorkshire and the Humber by supplying free period products to women who otherwise cannot afford them. Also for the public benefit, to advance environmental protection by increasing awareness of and advocating the use of reusable period products to the people of Yorkshire.

The Main Activities Undertaken to Fulfil the Charity Objectives:

Objective 1: To supply free menstrual products to women who otherwise cannot afford them.

Menstruation Matters fulfils this objective by forming connections with local organisations who help vulnerable women who are unable to afford period products. We accept donations from the general public and other organisations in the form of either period products, in order to distribute to our connected organisations, or monetary donations, with which we use to purchase period products for distribution.

We have a donation box within the University of Sheffield Medical School for the public to place their product donations, but also collect larger donations from groups/societies directly. Most of the monetary donations are raised via fundraising events.

The list of organisations that we supply with free menstrual products grows on a yearly basis and now includes groups such as young careers, mother and baby groups, and community hubs. Products are packaged into discrete parcels, with enough period products to last at least one menstrual cycle. We endeavour to provide a range of different types of product with varying absorbancies and customise the contents of the parcels on the request of our outreach beneficiaries.

Objective 2: Increasing awareness of Menstruation Matters, period poverty, and reusable menstrual products.

To raise awareness of Menstruation Matters, we have organised and attended both in person and virtual events, some of which have been educational and others have simply been to raise awareness of not just our charity, but period poverty itself. From talking to the public, we have found that many members of our community are unfamiliar with menstrual inequities that people living in the UK can experience. We wish to highlight this as an issue, and thus, have utilised every available opportunity to talk about period poverty with people who have attended any of our events.

To raise awareness of period poverty and raise funds for the charity this year, we ran An Eve of Life Drawing event in November 2022. We organised the event ourselves, renting floor space in a local independent cafe and finding volunteer life models. We promoted the event

as a safe space for women and non-binary people to discuss the issue of period poverty, to raise awareness of the charity, and as an opportunity for people to practise their drawing skills. The event was successful and was a wholesome experience enjoyed by the participants, the models, and ourselves, so we hope to put on similar events in the future.

Another event we ran with support from the University of Sheffield's Residence Life service was a free reusable pad sewing workshop for students living in the University Halls. We gave a small group of students the opportunity to create their own reusable pad using our vintage hand-crank sewing machines. As a charity, we are interested in educating the general public about period poverty and reusable menstrual products as we feel increasing education will help to reduce the stigma surrounding menstruation. Hosting this workshop allowed us to have these conversations and meant that the students took home a personalised menstrual pad, which is environmentally friendly and economical. We hope that these workshops will become a regular event in the Residence Life annual calendar.

As part of our commitment to ensure our charitable activities are as sustainable as possible, we continue to invest in organic, zero-plastic menstrual products for donation from a company called 'Here We Flo'.

Main Activities Undertaken to Further the Charity's Purposes for the Public Benefit:

The 'benefit aspect':

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Providing free menstrual products to those living in Yorkshire and the Humber who experience period poverty.
- Hosting workshops for the public to see their own reusable pads to encourage the use of more environmentally friendly menstrual products. We also purchase organic, zero-plastic sanitary products for donation to those living in period poverty.
- Tackling the stigma associated with menstruation through open discussions at both in person and virtual events.

The 'public aspect':

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Tackling stigma surrounding menstruation, empowering women and those who menstruate in general to advocate for themselves and those in need.
- Encouraging the use of more environmentally friendly period products. The outcomes of using these types of products will benefit the public in general, as well as the individuals who use them.
- Providing free period products to those in period poverty. This benefits this group by not only providing them with more hygienic menstrual products, but it also means that period poverty will no longer prevent them from conducting daily life activities.

The Trustees confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission in determining the activities undertaken by the Charity.

Signed on behalf of the Trustees,

A handwritten signature in black ink, appearing to read 'T. Brown', followed by a horizontal line.

.....

Achievements and Performance

Menstruation Matters' principal objective is the provision of free period products to those experiencing period poverty. In this respect, our main achievements are through fulfilling this objective. Connecting with the general public and other organisations has allowed us to increase awareness of our charitable objectives. This in turn has increased donations and participation from the wider community at our events.

During this period, we have utilised events to educate our local community on period poverty and Menstruation Matters. Education is paramount to reduce stigma, allowing for more women to advocate for their needs. The running of virtual and in person events this year has allowed us to integrate more with our local community.

Focusing on purchasing only low-plastic or plastic-free menstrual products for donation as well as reusable period products, and starting to host regular reusable pad workshops has been key in us promoting environmentally-friendly menstrual products this year. We also continue to offer to source reusable products such as menstrual cups and pads to anyone in our outreach that is interested.

Financial review

For the financial year ending 31st March 2023, Menstruation Matters had received a total of £260 in income and expended a total of £658. This makes a net income of -£398. Although our annual turnover is negative, we remain having large funds that have been carried over from the previous years, allowing us to continue functioning as a charity.

The income is made from a mixture of ticket sales from our fundraising event as well as general monetary donations from the public. Our “An Eve of Life Drawing” fundraiser was a ticketed event, with the price of a ticket covering the cost of art supplies and refreshments as well as ensuring that the charity received a healthy donation. The event allowed us to raise vital funds as well as spread the awareness of Menstruation Matters and period poverty across Sheffield. Registering Menstruation Matters with EasyFundraising has also been a vital part of our fundraising as it means we can raise funds at no extra expense of the donor. The bank transfer of the raised donations every quarter has meant we can rely on regular income.

With the University of Sheffield Medical School relaxing their COVID-19 policies, we were able to reinstate our donation point. This has allowed us to start receiving menstrual product donations from the public again. However, due to the growth in our outreach, we still need to regularly buy menstrual products in order to top up our stock. We continue to buy period pads and tampons from ‘Here We Flo’ as their products are plastic-free, made of organic cotton, and the packaging is biodegradable. Although eco-friendly products are generally more expensive than their plastic counterparts, we agreed that being environmentally conscious is a value that the charity should uphold and we are prepared to pay the price difference. A small amount of our expenditure each year is also spent purchasing stationery supplies, such as paper bags and stickers, to distribute the pads in.

Reserves Policy

Menstruation Matters has decided that it is unnecessary to hold reserves. This is due to multiple reasons.

- The size of the charity means we are able to rely on donations from the general public, in either monetary or physical sanitary product form. We have started increasing the frequency of our fundraising events and have reopened our donations points, with an aim to introduce extra points in the next financial year. Although we occasionally purchase our own sanitary products, the monetary donations and grants received during the previous financial years have continued to financially support the charity, and the charity is still in a healthy financial position for the start of the next financial year.
- The charity does not have any recurring payments, such as rent or debt payments. This also means the expenditure of the charity varies from month-to-month, depending on the charity’s activities. This makes it difficult and impractical to suggest a reserve.

The need for a reserve will be reviewed at the end of every financial year.

Funds Materially in Deficit

The charity does not have any funds that are materially in deficit.

Investments

The charity does not have any investments.

Structure, Governance, and Management

Board of Trustees

Menstruation Matters is a Charitable Incorporated Organisation (CIO) registered with the UK's Charity Commission. The Board of Trustees comprises 6 people who are responsible for the supervision of the management of all the affairs of Menstruation Matters. Board Meetings are held 6 times a year.

Type of Governing Document:

Menstruation Matters is governed by a CIO foundation constitution.

How the charity is constituted:

Charitable Incorporated Association.

Trustee Selection Methods:

Trustee recruitment and appointment is done based on the specific skills required, the nomination of an existing trustee and is voted upon. No other organisation or body has the right to appoint trustees to the charity.

Trustees' Responsibilities

The board of trustees is responsible for ensuring that all the activities are within UK law and fall within the agreed charitable objectives.

Liability of Members

Menstruation Matters is a registered Charitable Incorporated Organisation, limited by guarantee. The trustees have guaranteed the liabilities of the charity up to £1 each.

Declaration

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s):

.....



Full Name(s):

Tabitha Deanna Bowman

.....

Position:

Co-Chair

.....

Date:

26.11.23

.....



CHARITY COMMISSION
FOR ENGLAND AND WALES

Menstruation Matters	1185177
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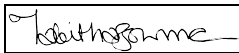
Receipts and payments accounts

For the period from	01-Apr-22	To	31-Mar-23
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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					
Voluntary Receipts / Donations	133	-	-	133	
Charitable Activities		-	-	-	
Activities for Generating Funds	127	-	-	127	126
Other	-	-	-	-	
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	260	-	-	260	126
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	260	-	-	260	126
A3 Payments					
Cost of Charitable Activities	377	-	-	377	1,426
Governance Costs	106	-	-	106	101
Administrative Costs	114	-	-	114	243
Fundraising Costs	61	-	-	61	413
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	658	-	-	658	2,183
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	658	-	-	658	2,183
Net of receipts/(payments)	- 398	-	-	- 398	- 2,057
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,281	-	-	2,281	4,338
Cash funds this year end	1,883	-	-	1,883	2,281

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	Cash at bank	1,844	-	-
	Cash at hand	39	-	-
		-	-	-
	Total cash funds	1,883	-	-
	(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 £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
	Vintage Sewing Machines	Unrestricted	170	-
	Menstruation Matters Trademark	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	
		Tabitha Bowman	25/11/2023	

MENSTRUATION MATTERS

England & Wales - Charity number 1185177

Accounts



Annual Report and Financial Statements
For the period from: 01/04/21 to 31/03/22

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Legal and Administrative Information

Name of the Charity: Menstruation Matters

Charity Structure: Menstruation Matters is a charitable incorporated organisation (CIO)

Charity Registration Number: 1185177

Jurisdiction in Which the Charity is Registered: England and Wales

Address of the Principal Office:

3 Alexandra Crescent
Ilkley
West Yorkshire
LS29 9ER

Trustees:

Megan Lloyd (Chair)

Tabitha Bowman (Treasurer)

Emily Boxell (Secretary)

Khyati Srivastav (Communications Officer)

Zahra Cader (Events Coordinator)

Aditi Dabali (Outreach Coordinator)

Sophie Vibhishanan (Outreach Coordinator)

Emily Milne (Campaigns Officer)

Anna Cartledge (Zero Waste Officer)

Website: www.menstruationmatters.co.uk

Contact: generalenquiries@menstruationmatters.co.uk

Objectives and Activities

Charity Objectives (as stated in governing document):

The objectives of the CIO are for the public benefit, to relieve period poverty of women living in Yorkshire and the Humber by supplying free sanitary products to women who otherwise cannot afford them. Also for the public benefit, to advance environmental protection by increasing awareness of and advocating the use of

reusable sanitary products to the people of Yorkshire.

The Main Activities Undertaken to Fulfil the Charity Objectives:

Objective 1: To supply free sanitary products to women who otherwise cannot afford them.

Menstruation Matters fulfils this objective by forming connections with organisations who help vulnerable women who are unable to afford sanitary products. We then accept donations from the general public and other organisations in the form of either sanitary products, in order to distribute to our connected organisations, or monetary donations, with which we used to purchase sanitary products for distribution. A large part of the work we have done this year has been raising awareness of our charity to encourage members of the general public to support us.

Objective 2: Increasing awareness of Menstruation Matters, period poverty, and reusable sanitary products.

To raise awareness of Menstruation Matters, we have organised and attended both in person and virtual events, some of which have been educational and others have simply been to raise awareness of not just our charity, but period poverty itself. From talking to the public, we have found that many members of our community are unfamiliar with menstrual inequities that people living in the UK can experience. We wish to highlight this as an issue, and thus, have utilised every available opportunity to talk about period poverty with people who have attended any of our events.

To raise awareness of period poverty and raise funds for the charity this year, we ran a second online strava event 'Go with the Flow 2.0' in March 2022. The event itself was an updated and more refined version of the previous 'Go with the Flow' event run in 2020. We provided participants with a goodie bag including products and discount codes from very generous sponsors. The event aimed to get as many people as possible to run, walk, or cycle specific routes that we had designed and released weekly online over the course of the month. The event was well received by participants and is definitely something we would like to repeat in the future.

Another event we ran jointly with the obstetrics and gynaecology society (of University of Sheffield) in November 2021 was a women's health pub quiz. This was run in a local pub in Sheffield. The quiz had a high turn out and we raised funds for the charity as well as awareness of period poverty by speaking to attendees about our cause during the event.

As a charity, we are also interested in educating the general public about period poverty and reusable sanitary products as we feel increasing education will help to reduce the stigma surrounding menstruation. Last year, we started to create our own reusable sanitary pads with the aim of selling these in local zero waste shops. This is still in its development phase and work is still ongoing, we are hoping that next year we will be able to generate income from this. Any income generated from these products will go towards our work providing sanitary items

to those in need. We have also invested in organic, low plastic sanitary products for donation from a company called 'Here We Flo' as well as investing in reusable sanitary products upon request of those we donate to.

Main Activities Undertaken to Further the Charity's Purposes for the Public Benefit:

The 'benefit aspect':

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Providing free sanitary products to those living in Yorkshire and the Humber who live in period poverty.
- Continuing production of reusable pads with the aim of selling these in local zero waste shops to both encourage the use of more environmentally friendly sanitary products. We also purchase organic, low-plastic sanitary products for donation to those living in period poverty.
- Tackling the stigma associated with menstruation through open discussions and both in person and virtual events.

The 'public aspect':

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Tackling stigma surrounding menstruation, empowering women in general to advocate for themselves and those in need.
- Encouraging the use of more environmentally friendly sanitary products. The outcomes of using these types of products will benefit the public in general, as well as the individuals who use them.
- Providing free sanitary products to those in period poverty. This benefits this group by not only providing them with more hygienic menstrual products, but it also means that period poverty will no longer prevent them from conducting daily life activities.

The Trustees confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission in determining the activities undertaken by the Charity.

Signed on behalf of the Trustees,



.....

Achievements and Performance

Menstruation Matters' principal objective is the provision of free sanitary products to those suffering from period poverty. In this respect, our main achievements are through fulfilling this objective. Connecting with the general public and other organisations has allowed us to increase awareness of our charitable objectives. This in turn has increased donations and participation from the wider community at our events.

During this period, we have utilised events to educate our local community on period poverty and our Menstruation Matters. Education is paramount to reduce stigma, allowing for more women to advocate for their needs. The running of

virtual and in person events this year has allowed us to integrate more with our local community.

Focusing on purchasing only low-plastic or plastic-free sanitary products for donation as well as reusable sanitary products and continuing our journey in the production and sale of our reusable sanitary products has been key in us promoting environmentally-friendly sanitary products this year. We aim to continue to offer reusable sanitary products such as menstrual cups and pads to anyone in our outreach that is interested.

Financial review

For the financial year ending 31st March 2022, Menstruation Matters had received a total of £126 in income and expended a total of £2182. This makes a net income of -£2057. Although our annual turnover is negative, we remain having large funds that have been carried over from the previous years, allowing us to continue functioning as a charity.

The income is made from a mixture of ticket sales from our fundraising event as well as payments from our trustees purchasing one of our prototype reusable sanitary pads. These payments contribute to covering the costs of the materials bought for making the pads. With the prevalence of COVID-19 still a concern within the community, we thought it would be unwise to hold a mass in-person fundraising event. Instead, we adapted our Go With The Flow event from the

previous year into a ticketed fundraising event. Each ticket provided access into our Strava group where new running and cycling routes were released weekly over the course of a month. The event allowed us to raise vital funds as well as spread the awareness of Menstruation Matters and period poverty across Sheffield.

Since our donation points are mainly within University buildings, their strict COVID-19 policies still made it difficult for the points to be accessible to the general public. We had run through our stock of donations during the previous year so we decided to purchase the sanitary products ourselves. As we now had control over which products we could purchase, we researched the market for suppliers of eco-friendly products. We settled on 'Here We Flo' as their products are plastic-free, made of organic cotton, and the packaging is biodegradable. We also had a request from an organisation to donate reusable pads. We bought these from Cheeky Wipes. Although eco-friendly products are generally more expensive than their plastic counterparts, we agreed that being environmentally conscious is a value that the charity should uphold and we are prepared to pay the price difference. A small amount of our expenditure each year is also spent purchasing stationery supplies, such as paper bags and stickers, to distribute the pads in. We also continued to purchase resources needed to continue making environmentally-friendly, reusable sanitary products.

Reserves Policy

Menstruation Matters has decided that it is unnecessary to hold reserves. This is due to multiple reasons.

- The size of the charity means we are able to rely on donations from the general public, in either monetary or physical sanitary product form. Despite the COVID-19 pandemic coming to an end, our operations have remained scaled down whilst we navigate increasing the size of our fundraising events. Although we have started to purchase our own sanitary products, the monetary donations and grants received during the previous financial years have continued to financially support the charity, and the charity is still in a healthy financial position for the start of the next financial year.
- The charity does not have any recurring payments, such as rent or debt payments. This also means the expenditure of the charity varies from month-to-month, depending on the charity's activities. This makes it difficult and impractical to suggest a reserve.

The need for a reserve will be reviewed at the end of every financial year.

Funds Materially in Deficit

The charity does not have any funds that are materially in deficit.

Investments

The charity does not have any investments.

Structure, Governance, and Management

Board of Trustees

Menstruation Matters is a Charitable Incorporated Organisation (CIO) registered with the UK's Charity Commission. The Board of Trustees comprises 9 people who are responsible for the supervision of the management of all the affairs of Menstruation Matters. Board Meetings are held 6 times a year.

Type of Governing Document:

Menstruation Matters is governed by a CIO foundation constitution.

How the charity is constituted:

Charitable Incorporated Association.

Trustee Selection Methods:

Trustee recruitment and appointment is done based on the specific skills required, the nomination of an existing trustee and is voted upon. No other organisation or body has the right to appoint trustees to the charity.

Trustees' Responsibilities

The board of trustees is responsible for ensuring that all the activities are within UK law and fall within the agreed charitable objectives.

Liability of Members

Menstruation Matters is a registered Charitable Incorporated Organisation, limited by guarantee. The trustees have guaranteed the liabilities of the charity up to £1 each.

Declaration

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s):

A handwritten signature in black ink, appearing to be 'N. May', written in a cursive style.

.....

Full Name(s):

Megan May Lloyd

Position:

Chair

Date:

05.12.22



CHARITY COMMISSION
FOR ENGLAND AND WALES

Menstruation Matters	1185177
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Receipts and payments accounts

For the period from	1-Apr-21	To	31-Mar-22
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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					
Voluntary Receipts / Donations		-	-	-	17
Charitable Activities		-	-	-	14
Activities for Generating Funds	126	-	-	126	
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	126	-	-	126	31
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	126	-	-	126	31
A3 Payments					
Cost of Charitable Activities	1,426	-	-	1,426	192
Governance Costs	101	-	-	101	101
Administrative Costs	243	-	-	243	26
Fundraising Costs	413	-	-	413	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,182	-	-	2,182	319
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,182	-	-	2,182	319
Net of receipts/(payments)	- 2,057	-	-	- 2,057	- 287
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,338	-	-	4,338	4,625
Cash funds this year end	2,281	-	-	2,281	4,338

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	Cash at bank	2,281	-	-
		-	-	-
		-	-	-
	Total cash funds	2,281	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Vintage Sewing Machines	Unrestricted	170	-
	Menstruation Matters Trademark	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	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
	TABITHA BOWMAN	22/11/2022

MENSTRUATION MATTERS

England & Wales - Charity number 1185177

Accounts



Annual Report and Financial Statements
For the period from: 01/04/2020 to 31/03/2021

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Structure, Governance and Management

Legal and Administrative Information

Name of the Charity:

Menstruation Matters

Charity Structure:

Menstruation Matters is a Charitable Incorporated Organisation (CIO)

Charity Registration Number:

1185177

Jurisdiction in Which the Charity is Registered:

England and Wales

Address of the Principal Office:

3 Alexandra Crescent

Ilkley

Leeds

LS29 9ER

Trustees:

Katherine Rahnejat (Founder and Chair trustee)

Megan Lloyd (Secretary trustee)

Zahra Cader (Events trustee)

Eliza Bradley (Communications trustee)

Olivia Stanton (Legal trustee)

Tabitha Bowman (Treasurer trustee)

Emily Milne (Campaigns trustee)

Anna Cartledge (Sustainability/Zero Waste trustee)

Anesu Matanda-Mambingo (Outreach trustee)

Website: www.menstruationmatters.co.uk

Contact: generalenquiries@menstruationmatters.co.uk

Objectives and Activities

Charity Objectives (as stated in governing document):

The objects of the CIO are for the public benefit, to relieve period poverty of women living in Yorkshire and the Humber by supplying free sanitary products to women who otherwise cannot afford them. Also for the public benefit, to advance environmental protection by increasing awareness of and advocating the use of reusable sanitary products to the people of Yorkshire.

The Main Activities Undertaken to Fulfil the Charity Objectives:

Objective 1: To supply free sanitary products to women who otherwise cannot afford them.

Menstruation Matters fulfils this objective by forming connections with organisations who help vulnerable women who are unable to afford sanitary products. We then accept donations from the general public and other organisations in the form of either sanitary products, in order to distribute to our connected organisations, or monetary donations, with which we used to purchase sanitary products for distribution. A large part of the work we have done this year has been raising awareness of our charity to encourage members of the general public to support us.

Objective 2: increasing awareness of Menstruation Matters, period poverty, and reusable sanitary products.

To raise awareness of Menstruation Matters we have organised online events to encourage engagement from our following. Some of these events were educational and some were merely for enjoyment to continue to engage our followers during the COVID-19 pandemic. From previous talks with the public, we have found that many members of our local community are unfamiliar with menstrual inequalities that people living in the UK can experience. We wish to highlight this as an issue, and thus, have utilised every available opportunity to talk about period poverty with people who have attended any of our online events.

Main Activities Undertaken to Further the Charity's Purposes for the Public Benefit:

The 'benefit aspect':

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Providing free menstrual products to women living in Yorkshire and the Humber who live in period poverty.
- Running reusable pad making workshops in order to encourage the use of more environmentally friendly menstrual products.
- Tackling the stigma associated with menstruation through open discussions and workshops.
- Educating young women on period poverty and reusable menstrual products, to encourage them to advocate for their needs with regard to the environment.

The 'public aspect':

Menstruation Matters has fulfilled this aspect of the public benefit requirement by:

- Tackling stigma surrounding menstruation, empowering women in general to advocate for themselves and those in need.
- Encouraging the use of more environmentally friendly menstrual products. The outcomes of using these types of products will benefit the public in general, as well as the individuals who use them.
- Providing free sanitary products to those in period poverty. This benefits this group by not only providing them with more hygienic menstrual products, but it also means that period poverty will no longer prevent them from attending school or work.

Public Benefit:

The Trustees confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission in determining the activities undertaken by the Charity.

Signed on behalf of the Trustees,



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Achievements and Performance

Menstruation Matters' principal objective is the provision of free menstrual products to women suffering from period poverty. In this respect, our main achievements are through fulfilling this objective. Connecting with the general public and other organisations has allowed us to increase awareness of our charitable objectives. This in turn has increased donations and participation from the wider community at our events.

During this time we have utilised online events to educate our local community on period poverty and our Menstruation Matters. Education is paramount to reduce stigma, allowing for more women to advocate for their needs. These events included online documentaries which highlighted the issues surrounding period poverty and partaking in online cycling events which allowed us to integrate more with our community. Our October cycling event allowed us to integrate more with our community.

Introducing reusable pad making workshops into our repertoire has allowed us to de-stigmatise periods in an entertaining, encouraging environment whilst increasing reliance on environmentally-friendly sanitary products. We hope to be able to run online workshops in order to make young women more conscious of period poverty issues in the future. We hope this will also create an environment for them which, we hope, will allow them to discuss periods and period poverty in a more open way.

Financial Review

The financial statements show a net income of £4,338 for the financial year April 2019 to March 2020.

Due to the COVID-19 and national lockdown, Menstruation Matters was unable to hold our usual fundraising events. This includes our Menstrual Cycle, our biggest fundraising event of the last financial year, which we hoped to make an annual event. The only fundraising event we were able to hold was an online Women's Health Pub Quiz in conjunction with The University of Sheffield Obstetrics and Gynaecology society. Another source of income was through purchases of our reusable sanitary pads. With the ambition of selling Menstruation Matters branded reusable sanitary pads, trustees paid a reduced price to produce our initial design of the pad. This was to cover the cost of materials and postage.

Hence, the majority of our expenditure was spent on the materials and labels for making the reusable pads. The charity aims to make this money back through the sale of the pads in the future. Money was also spent on administrative items, such as paper bags and stickers to put together the donations of sanitary products for local organisations, and also the annual fee of our public liability insurance.

Reserves Policy

Menstruation Matters has decided that it is unnecessary to hold reserves. This is due to multiple reasons.

- The size of the charity means we are able to rely on donations from the general public. The donations of goods in the form of sanitary products has been substantial enough for the charity to successfully supply local organisations without the need of purchasing extra products. The monetary donations and grants have financially supported the charity throughout the year and have put the charity in a healthy financial position for the start of the next financial year.
- The charity does not have any recurring payments, such as rent or debt payments. This also means the expenditure of the charity varies from month-to-month, depending on the charity's activities. This makes it difficult and impractical to suggest a reserve.

The need for a reserve will be reviewed at the end of every financial year.

Funds Materially in Deficit

The charity does not have any funds that are materially in deficit.

Investments

The charity does not have any investments.

Structure, Governance, and Management

Board of Trustees

Menstruation Matters is a Charitable Incorporated Organisation (CIO) registered with the UK's Charity Commission. The Board of Trustees comprises 9 people who are responsible for the supervision of the management of all the affairs of Menstruation Matters. Board Meetings are held at a minimum of 6 times a year.

Type of Governing Document:

Menstruation Matters is governed by a CIO foundation constitution.

How the Charity is Constituted:

Charitable Incorporated Association.

Trustee Selection Methods:

Trustee recruitment and appointment is done based on the specific skills required, the nomination of an existing trustee, and is voted upon. No other organisation or body has the right to appoint trustees to the charity.

Trustees' Responsibilities:

The board of trustees is responsible for ensuring that all the activities are within the law of England and Wales and fall within the agreed charitable objectives.

Liability of Members:

Menstruation Matters is a registered Charitable Incorporated Organisation, limited by guarantee. The trustees have guaranteed the liabilities of the charity up to £1 each.

Declaration

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature(s)



.....

Full Name(s)

Katherine Rahnejat

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Position:

Chair

.....

Date:

21.12.21

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Receipts and payments accounts

For the period from	1-Apr-20	To	31-Mar-21
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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					
Voluntary Receipts / Donations	17	-	-	17	6,492
Charitable Activities	14	-	-	14	-
Activities for Generating Funds	-	-	-	-	1,060
Other	-	-	-	-	174
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	31	-	-	31	7,726
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	31	-	-	31	7,726
A3 Payments					
Cost of Charitable Activities	192	-	-	192	1,054
Governance Costs	101	-	-	101	186
Administrative Costs	26	-	-	26	-
Fundraising Costs	-	-	-	-	1,840
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	319	-	-	319	3,080
A4 Asset and investment purchases, (see table)					
Fixed assets	-	-	-	-	170
	-	-	-	-	-
Sub total	-	-	-	-	170
Total payments	319	-	-	319	3,250
Net of receipts/(payments)	- 287	-	-	- 287	4,476
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,625	-	-	4,625	149
Cash funds this year end	4,338	-	-	4,338	4,625

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	Cash at bank	4,338	-	-
		-	-	-
		-	-	-
	Total cash funds	4,338	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Vintage Sewing Machines	Unrestricted	170	-
	Menstruation Matters Trademark	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	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
<i>Tabitha Bowman</i>	TABITHA BOWMAN	14/05/2021