

**DAYS FOR GIRLS UK
TRUSTEES' REPORT AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

Days For Girls UK

Contents

Page

Trustees' Report	1—4
Independent Examiner's Report	5
Statement of Financial Activities (including Income and Expenditure Account)	6
Comparative Statement of Financial Activities (including Income and Expenditure Account)	7
Balance Sheet	8
Notes to the Financial Statements	9—13

Days For Girls UK
Company No. 11755069
Trustees' Report For The Year Ended 31 December 2024

The trustees present their report and the financial statements for the year ended 31 December 2024.

Objectives and Activities

Aims and Objectives

The objectives of the charity as laid out in its articles are:

To protect and promote the good health and education of women and girls living in low-income communities and impoverished countries worldwide by:

- 1) The provision of menstrual care products and support in all matters related to all aspects of menstrual health education;
- 2) The support of individuals and organisations whose aim is to raise funds for uses consistent with the Objectives of the Charity; and
- 3) Co-operation and collaboration with other UK and non-UK charities and other bodies in relation to the objectives and activities

Our aim is to increase access to menstrual care and education by developing global partnerships, cultivating social entrepreneurs, mobilising volunteers and innovating sustainable solutions that shatter stigma for women and girls.

We also aim to increase access to menstrual supplies, providing cost-effective, safe, sustainable and contextually relevant products to help women and girls manage their periods and engage in livelihood activities.

Days for Girls also aims to shatter stigma through education by providing access to timely, factual information about puberty and menstruation increasing body literacy, creating a healthy public perception of menstruation and decreased stigma and shame.

Finally, we aim to elevate menstrual health and hygiene as they are critical factors in improving education opportunities and livelihood outcomes for menstruators worldwide. The organisation advocates for global policy change prioritising menstrual health in regional, national and international policy goals.

Public Benefit

The trustees have complied with the duty in the Charities Act 2011 to have regard to all guidance published by the Charity Commission.

The trustees are mindful of the need for all activities to be made for public benefit. As such, this is considered whilst determining which projects to support each year.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Achievements and Performance

Main Achievements

Over 3,020 Days for Girls menstruation kits have been delivered to women and girls in need across sixteen countries in 2024. This takes the total number of kits to over 5,500 since Days for Girls UK began their distributions as a registered charity.

With over twenty active volunteer sewing teams, the year proved to be exciting and challenging. Two new sewing teams were established in Angola and Guinea, by consolidating partnerships that continue to grow.

In April 2024 we held our annual conference in Cardiff and with over forty delegates and a host of inspiring speakers, the event was a resounding success. The topics ranged from Global Solidarity to Female Genital Mutilation and our delegates were delighted to hear of our potential work with Cardiff University on the development of a nanotechnology project.

Our new processes resulted in one of our biggest and most challenging distributions to eight countries with our partner The Halo Trust. 1500 menstrual kits were delivered, along with the training of their local health teams to support the healthcare of women working in the most challenging environments. The 8 countries involved were Angola, Somalia, Somaliland, Ethiopia, Sri Lanka, Yemen, Syria, and Iraq.

Forming partnerships is key to our mission at Days for Girls UK; we regularly engage in conversations on four continents while raising our profile on social media. We also have an active presence on LinkedIn, and many organizations and individuals reach out to us via this route.

In October 2024 we launched a new project with Molly Fenton BCaH, founder of Love Your Period. This project aims to provide a 'hybrid' menstrual kit to low-income households and those in 'hard to reach' communities. By the end of 2024, two hundred kits had reached food banks, homeless shelters and individuals across South Wales. The project is expanding to North Wales in 2025 and will continue to deliver 200 kits every quarter to those in need.

...CONTINUED

Days For Girls UK
Trustees' Report (continued)
For The Year Ended 31 December 2024

Main Achievements - continued

'Smalls for All' and Thermo Fisher Scientific continued to support our teams, providing pants for distribution to Ethiopia, Botswana, Gambia, Cameroon, Angola, São Tomé and Príncipe, and Tanzania. The distribution of 230 Kits with our local Angolan partner ANAH (Associação Nacional de Ajuda Humanitária Angola) brings the total number of kits distributed in Angola by the end of 2024 to over 1,000. The project is now entering its second year, with permissions for the continuation of our work granted by the Director of Education and the Director of Health, along with the maternity hospital and local Public Health supervisors. The feedback from this programme has resulted in the expansion of the project in 2025.

Financial Review

Financial Position

The charity received donations of £29,746 and successfully received £11,079 in grant funding during the period. It generated a further £7,625 through selling fabric and other materials to its sewing groups. It expended £31,095 in delivering its charitable objectives, including £832 on fabric purchases and other postage costs. There were total reserves as at 31st December 2024, which are made up of; £37,504 of free reserves and £1,525 of restricted reserves.

The principal funding sources were donations and proceeds from fabric sales.

Risk management

The Trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks. The main risk to the Charity is that income is insufficient to allow the Trustees to fulfil their charitable objectives. The organisation relies mainly on volunteers. It also works with strategic partners in the delivery locations to keep overheads to a minimum. The management team continue to develop the profile of the charity via social media and advocacy projects. It is also actively seeking donors that are happy to support the running costs.

Aims and objectives for future periods

The Charity plans to continue with the advocacy work, grow its social media presence and reach and continue to identify local partners to work with to distribute its kits to the communities that most need them.

Fundraising

The Trustees are aware of their responsibilities under the Charities (Protection and Social Investment) Act 2016 in relation to fundraising. The charity uses its social media channels to increase its reach. It has also signed up for the easy fundraising platform and has a Just Giving account. The charity has received no complaints in the period regarding its fundraising activities.

Fundraising

The Trustees are aware of their responsibilities under the Charities (Protection and Social Investment) Act 2016 in relation to fundraising. The charity uses its social media channels to increase its reach. It has also signed up for the easy fundraising platform and has a Just Giving account. The charity has received no complaints in the period regarding its fundraising activities.

Reserves Policy

The organisation does not currently have a reserves policy in place, the trustees are in the process of developing one ahead of the 2025 accounts.

Structure, Governance and Management

**Days For Girls UK
Trustees' Report (continued)
For The Year Ended 31 December 2024**

Governing Document

The trustees are listed on page 1. Amy Barklam serves as Chair of the Board.

The Charity was incorporated on 8 January 2019 as a company limited by guarantee and is governed by its memorandum and articles of association. It is registered with the Charity Commission in England and Wales charity registration number 118219.

New trustees are appointed by the Board.

Decisions are taken at duly constituted meetings of the trustees by majority vote, though informal decisions can be made, subject to ratification at the next trustees' meeting. Trustee meetings are held quarterly.

New Trustees are briefed on the operations of the charity by the chairperson and offered an induction programme that provides them with:

- 1) An understanding of the role and responsibility of a charity trustee
- 2) An understanding of Days for Girls UK's mission, vision and values
- 3) An understanding of Days for Girls' governing documents (decision making processes / how to bring a resolution)
- 4) The financial position of the charity

Reference and Administrative Details

Trustees

Ms Connie Chen

Mrs Amy Barklam

Ms Sarah Haile (resigned 01/07/2025)

Miss Cynthia Amankwaah Pokuah (appointed 01/05/2024)

Miss Lowri Davies

Ms Sanjana Das (appointed 17/08/2024)

Ms Phoebe Sanderson (resigned 30/09/2025)

Charity Number

1189219

Company Number

11755069

Independent Examiner

Neon Numbers Limited MAAT

Neon Numbers Limited

259 Copnor Road

Copnor

Portsmouth

Hampshire

PO3 5EE

Days For Girls UK
Trustees' Report (continued)
For The Year Ended 31 December 2024

Statement of Trustees' Responsibilities

Statement of Trustees Responsibilities

The Directors (who are also the Trustees of the Charity for the purposes of charity law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charity SORP. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31st December 2024 was £7. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

So far as each Trustee is aware, there is no relevant information of which the Charity's treasurer is unaware, and they have taken all the steps they ought to have taken as Directors in order to make themselves aware of any relevant information and to establish that the Charity's treasurer is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Small Company Rules

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The trustees' report was approved by the board of trustees and signed on its behalf by:

Amy Barklam

Sanjana Das

Mrs Amy Barklam

Ms Sanjana Das

Trustee

Trustee

Date

28 Oct 2025

28 Oct 2025

Days For Girls UK
Independent Examiner's Report to the Trustees of Days For Girls UK
For The Year Ended 31 December 2024

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2024.

Responsibilities and Basis of Report

As the charity trustees of the Company (and also its directors for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

Neon Numbers Ltd

Neon Numbers Limited MAAT

Date
259 Copnor Road 28 Oct 2025
Copnor
Portsmouth
Hampshire
PO3 5EE

Days For Girls UK
Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 December 2024

				2024	2023
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	26,002	3,744	29,746	31,448
Charitable activities:					
Grants receivable		-	11,079	11,079	-
Fabric sales		7,495	-	7,495	-
Other trading activities	4	1,565	-	1,565	460
Investments	5	60	-	60	30
		<u>35,122</u>	<u>14,823</u>	<u>49,945</u>	<u>31,938</u>
EXPENDITURE ON:					
Raising funds	6	(1,120)	1	(1,119)	-
Charitable activities:	6				
Staff costs		(11,822)	-	(11,822)	(12,200)
Direct costs		(4,854)	(13,299)	(18,153)	(10,322)
		<u>(17,796)</u>	<u>(13,298)</u>	<u>(31,094)</u>	<u>(22,522)</u>
NET INCOME		<u>17,326</u>	<u>1,525</u>	<u>18,851</u>	<u>9,416</u>
Transfers between funds	13	-	-	-	-
NET MOVEMENT IN FUNDS		<u>17,326</u>	<u>1,525</u>	<u>18,851</u>	<u>9,416</u>
RECONCILIATION OF FUNDS:					
Total funds brought forward		20,171	7	20,178	10,762
Total funds brought forward as restated		20,178	-	20,178	10,762
TOTAL FUNDS CARRIED FORWARD	13	<u>37,504</u>	<u>1,525</u>	<u>39,029</u>	<u>20,178</u>

The notes on pages 9 to 13 form part of these financial statements.

Days For Girls UK
Comparative Statement of Financial Activities (including Income and Expenditure
Account)
For The Year Ended 31 December 2024

				2023
		Unrestricted funds	Restricted funds	Total funds
	Notes	£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	29,060	2,388	31,448
Charitable activities:				
Other trading activities	4	460	-	460
Investments	5	30	-	30
		<u>29,550</u>	<u>2,388</u>	<u>31,938</u>
EXPENDITURE ON:				
Charitable activities:	6			
Staff costs		(12,200)	-	(12,200)
Direct costs		(7,941)	(2,381)	(10,322)
		<u>(20,141)</u>	<u>(2,381)</u>	<u>(22,522)</u>
NET INCOME		<u>9,409</u>	<u>7</u>	<u>9,416</u>
NET MOVEMENT IN FUNDS		<u>9,409</u>	<u>7</u>	<u>9,416</u>
RECONCILIATION OF FUNDS:				
Total funds brought forward		10,762	-	10,762
TOTAL FUNDS CARRIED FORWARD	13	<u>20,171</u>	<u>7</u>	<u>20,178</u>

The notes on pages 9 to 13 form part of these financial statements.

**Days For Girls UK
Balance Sheet
As At 31 December 2024**

		Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	Notes	£	£	£	£
CURRENT ASSETS					
Cash at bank and in hand		40,272	1,525	41,797	20,178
		40,272	1,525	41,797	20,178
Creditors: Amounts Falling Due Within One Year	11	(2,768)	-	(2,768)	-
NET CURRENT ASSETS (LIABILITIES)		37,504	1,525	39,029	20,178
TOTAL ASSETS LESS CURRENT LIABILITIES		37,504	1,525	39,029	20,178
NET ASSETS		37,504	1,525	39,029	20,178
FUNDS OF THE CHARITY					
Restricted Funds				1,525	7
Unrestricted Funds				37,504	20,171
TOTAL FUNDS	13			39,029	20,178

For the year ending 31 December 2024 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

On behalf of the board

Amy Barklan

Date

28 Oct 2025

The notes on pages 9 to 13 form part of these financial statements.

Days For Girls UK
Notes to the Financial Statements
For The Year Ended 31 December 2024

1. General Information

Days For Girls UK is a company limited by guarantee, incorporated in England & Wales, registered number 11755069 and registered charity number 1189219. The registered office is .

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)", Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

The charitable company is a Public Benefit Entity as defined by FRS 102.

2.2. Incoming Resources

Income is recognised in the Statement of Financial Activities (SoFA) when the charity becomes entitled to the income, receipt is probable, and the amount can be measured reliably. The categories of income are analysed as follows:

- a) Donations and Legacies; Gifts and donations received or receivable, Legacies, Gift Aid recoverable, Core funding grants, Membership subscriptions and sponsorships treated as donations, Donated goods, services, and facilities
- b) Charitable Activities; Income from the sale of goods or services as part of charitable activities, Grants specifically for charitable services (including performance-related grants), Letting of non-investment property in furtherance of charitable objectives
- c) Other Trading Activities: Income from fundraising events (e.g. fairs, concerts, Sponsorships and social lotteries, Shop income from donated and bought-in goods, Letting/licensing of surplus property
- d) Investment Income; Dividends, Interest receivable, Rent from investment properties
- e) Other Income; Gains on disposal of tangible fixed assets, Income not falling under the above categories, Conversion of endowment funds into income
- f) Separate Material Items; Where applicable, material items of income that are unusual in size or nature are disclosed separately.

2.3. Resources Expended

Expenditure is recognised in the Statement of Financial Activities (SoFA) when a liability is incurred and is classified under the following headings:

- a) Expenditure on Raising Funds; Costs of fundraising events, Trading activities that raise funds (e.g. charity shops, Investment management costs
- b) Charitable Activities; Direct costs of delivering services and programmes, Support costs allocated to charitable activities, Grants payable to third parties, Staff costs, premises, and other overheads
- c) Governance Cost: Costs of statutory audit, Trustee meetings and reporting, Legal and professional fees related to governance
- d) Support Costs; Support costs are allocated to activities based on usage or another reasonable basis (e.g. staff time, floor space). These include: Finance, HR, IT, Premises

2.4. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

Days For Girls UK
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2024

	Unrestricted funds	Restricted funds	2024 Total funds
	£	£	£
Donations and gifts	25,477	3,744	29,221
Member subscriptions and sponsorships	525	-	525
	<u>26,002</u>	<u>3,744</u>	<u>29,746</u>

	Unrestricted funds	Restricted funds	2023 Total funds
	£	£	£
Donations and gifts	28,535	2,388	30,923
Member subscriptions and sponsorships	525	-	525
	<u>29,060</u>	<u>2,388</u>	<u>31,448</u>

4. Income from Other Trading Activities

	2024 Unrestricted funds	2023 Unrestricted funds
	£	£
Fundraising events	1,435	-
Shop income	130	460
	<u>1,565</u>	<u>460</u>

5. Investment Income

	2024 Unrestricted funds	2023 Unrestricted funds
	£	£
Bank interest receivable	60	30

6. Analysis of Expenditure

	Activities undertaken directly	Support costs (see note 7)	2024 Total
	£	£	£
Raising funds	1,119	-	1,119
Staff costs	10,702	1,120	11,822
Direct costs	14,854	3,299	18,153
	<u>26,675</u>	<u>4,419</u>	<u>31,094</u>

Days For Girls UK
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2024

	2023		
	Activities undertaken directly	Support costs (see note 7)	Total
	£	£	£
Staff costs	11,840	360	12,200
Direct costs	8,903	1,419	10,322
	<u>20,743</u>	<u>1,779</u>	<u>22,522</u>

7. Support Costs

	2024		
	Staff costs	Direct costs	Total
	£	£	£
Employee costs	1,120	-	1,120
General administration	-	2,771	2,771
Governance costs	-	528	528
	<u>1,120</u>	<u>3,299</u>	<u>4,419</u>

	2023		
	Staff costs	Direct costs	Total
	£	£	£
General administration	360	1,419	1,779

8. Independent Examiner's Remuneration

	2024	2023
	£	£
Independent examination of the financial statements	<u>360</u>	<u>-</u>

9. Staff Costs

Staff costs were as follows:

	2024	2023
	£	£
Wages and salaries	11,200	11,682
Other pension costs	198	103
	<u>11,398</u>	<u>11,785</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

10. Average Number of Employees

Average number of employees during the year was: 1 (2023: 1)

Days For Girls UK
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2024

11. Creditors: Amounts Falling Due Within One Year

	2024	2023
	£	£
Other creditors	920	-
Accruals and deferred income	1,848	-
	<u>2,768</u>	<u>-</u>

12. Pension Commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £198 (2023: £103).

At the balance sheet date contributions of £NIL were due to the fund and are included in creditors.

13. Movement in Funds

	As at 1 January 2024	Prior year adjustment	Income	Expenditure	As at 31 December 2024
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	20,171	7	35,122	(17,796)	37,504
Restricted funds					
Corporate day donation	-	-	3,494	(3,494)	-
Restricted funds	7	(7)	-	-	-
CB & HH taylor grant	-	-	1,525	-	1,525
Kosmos energy grant	-	-	3,942	(3,942)	-
The halo trust grant	-	-	5,612	(5,612)	-
Donations	-	-	250	(250)	-
Total restricted funds	<u>7</u>	<u>(7)</u>	<u>14,823</u>	<u>(13,298)</u>	<u>1,525</u>
Total funds	<u>20,178</u>	<u>-</u>	<u>49,945</u>	<u>(31,094)</u>	<u>39,029</u>

	As at 1 January 2023	Income	Expenditure	As at 31 December 2023
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	10,762	29,550	(20,141)	20,171
Restricted funds				
Restricted funds	-	2,388	(2,381)	7
Total funds	<u>10,762</u>	<u>31,938</u>	<u>(22,522)</u>	<u>20,178</u>

Days For Girls UK
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2024

14. Transactions with Trustees

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

No trustee expenses have been incurred.

15. Related Party Disclosures

There have been no related party transactions in the reporting period that require disclosure.

16. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.