

MENSTRUAL HEALTH PROJECT

England & Wales · Charity number 1202034

Details

Status Registered

Legal form CIO

Registered 2023-02-21

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

Contact

Address Ivy Cottage
Coach Road
Acrefair
Wrexham
Clwyd
LL14 3TN

Phone 000

Email hello@menstrualhealthproject.org.uk

Website <https://www.menstrualhealthproject.org.uk/>

Activities

Objects: THE OBJECTS OF THE CIO ARE:3.1. FOR THE BENEFIT OF THE PUBLIC, TO ADVANCE THE EDUCATION OF MENSTRUAL HEALTH CONCERNS AND CONDITIONS FOR THOSE INDIVIDUALS IDENTIFIED BY SCHOOLS, SCHOOL NURSES AND SEXUAL HEALTH CLINICS IN NEED OF SUPPORT THROUGH: • THE CREATION AND PROVISION OF ACCURATE AND MEDICALLY INFORMED TOOLKITS OF INFORMATION; • THE PROVISION OF AN ONLINE FACILITY FOR TOOLKITS OF INFORMATION; AND • WORKING TOGETHER WITH MEMBERS OF GOVERNMENT TO RAISE AWARENESS TO THE GENDER HEALTH GAP AND HOW WE CAN IMPROVE THIS.3.2. FOR THE PUBLIC BENEFIT, TO RELIEVE THOSE IN NEED AS A RESULT OF THEIR SUFFERING WITH MENSTRUAL HEALTH CONCERNS OR CONDITIONS THROUGH:• PEER-TO-PEER SUPPORT, VIA TELEPHONE, ONLINE, VIDEO CALLS OR IN PERSON, FROM THOSE WITH LIVED EXPERIENCE OF MENSTRUAL HEALTH RELATED ISSUES;• THE PROVISION OF AN ONLINE FACILITY TO ACCESS SUPPORT AND INFORMATIVE GUIDES; • THE PROVISION OF INFORMATIVE GUIDES FOR INDIVIDUALS UNDERGOING HOSPITAL BASED SURGERIES FOR CONDITIONS RELATED TO MENSTRUAL HEALTH; AND• THE PROVISION OF MENSTRUAL CARE PRODUCTS TO EASE MENSTRUAL SYMPTOMS.

Activities: Menstrual Health Project is here as just that, a project to provide practical support for those suffering with menstrual concerns and conditions to be able to navigate more accurately and comfortably

through whatever stage in life.

Classification

- **How:** Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-20	£18,038	£20,498	-	-
2024-02-20	£24,820	£11,417	-	-

Trustees

Name	Role	Appointed
Kate George	Chair	2022-06-15
Amer Raza		2023-07-27
Dr Angela Sharma		2023-09-09
Dr Anthony Griffiths		2024-01-16
Dr Rebeccah Tomlinson		2024-10-24
Helen Flowers		2025-04-28
Holly Hostettler-Davies		2022-06-15
Rebecca Donaldson		2023-09-09

MENSTRUAL HEALTH PROJECT

England & Wales - Charity number 1202034

Accounts

MENSTRUAL HEALTH PROJECT



Image credit: Dani Harry Photography

Annual Report

21st February 2024 to 20th February 2025

Charity Name

Menstrual Health Project

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1202034

Registered Address

Ivy Cottage
Coach Road
Acrefair
Wrexham
LL14 3TN

Contact Information

General Email: hello@menstrualhealthproject.org.uk

Website: www.menstrualhealthproject.org.uk

About Menstrual Health Project

Menstrual Health Project (MHP) is a UK charity who provides educational tools, offers workplace and school sessions, and raises awareness for menstrual health conditions and related concerns.

Part of what makes MHP special is our Medical Advisory Board, made up of medical professionals who are exceptionally passionate about driving change in the menstrual health space. Every single member of our board is eager to not only boost awareness about various menstrual health conditions and concerns but work to create better care and outcomes for patients.

Our co-founders, along with many of our Trustees, find themselves as patients up and down the country with various conditions. Having experienced long waiting times to diagnosis and often little information about what these diagnoses might mean for them, it was important for all of Team MHP to create a space where the gap between patient and professional is bridged.

Our Mission

Our mission as a charity is to provide practical support for those suffering with menstrual health concerns and conditions. We do this by providing educational tools and resources — such as our toolkits — and hosting seminars and events. We are aware of the challenges those suffering with these conditions and concerns can face, so aim to empower people with accurate information to make informed choices.

As a charity, we strive to help people navigate these conditions more confidently, accurately, and comfortably — whatever stage in life they are at. Our main aim is to improve the education and understanding of menstrual health within all educational and workplace settings.

Our Vision

Our vision is to create a world where menstrual health is no longer stigmatised or considered a taboo. We want to help normalise menstrual health in society — but this goes beyond no longer feeling the need to hide a tampon up your sleeve when you go to the bathroom.

It's about people being educated about their bodies, knowing correct terminology, and among other things, knowing what is normal when it comes to menstrual health and what isn't.

We envision a future of empowered and informed individuals when it comes to menstrual health, regardless of their gender.

Our Story

Anna and Gabz started off as two Instagram friends who connected through their mutual struggle with endometriosis. They have now become more like family and no longer 'just' cyber-pals.



Image credit: Alex Thurston Photography

After many conversations between them where they felt frustrated and deflated, they decided that they wanted to build on their own personal advocacy work on social media and expand it to a larger scale. This was one of the main driving forces behind founding MHP.

As a charity, we strive to help people navigate these conditions more confidently, accurately, and comfortably — whatever stage in life they are at. MHP's main aim is to improve the education and understanding of menstrual health within all educational and workplace settings.

“We are both incredibly passionate about advocating for not only for ourselves, but others who suffer with hidden disabilities. We have used our own platforms to educate, raise awareness and support those with similar conditions as best as we can.”

Our Second Year as a Charity

Toolkits

We launched our third toolkit in January 2025 'A complete guide to your Menstrual Health' this year.

Building on our U18's Menstrual Health Toolkit, A Complete Guide to your Menstrual Health features important topics such as spotting the signs of the five – yes, five – main gynaecological cancers, pelvic floor dysfunction, and menopause. Find out everything you should have been taught at school about menstrual health.



Our three toolkits have been created with the expertise of our esteemed Medical Advisory Board, and in collaboration with BeYou.

An Evening for Endometriosis

We held our second event, An Evening for Endometriosis in Oswestry in March 2024. There were talks by Dr Barbara Guinn from the University of Hull who we



Image credit: Dani Harry Photography

spilt the funds raised from the event with in order for her to continue her research in to biomarkers for endometriosis; and Mr Anthony Griffith Senior Consultant Gynaecologist in Endometriosis and Reproductive Surgery. The event was an evening of glitz and glamour with a line-up of stalls as well selling some fantastic products.

We raised funds through the ticket price, but everyone who attended felt they gained so much by coming along as well as a great night out. All who attended left with a goody bag with information leaflets, our toolkits, and some products we were donated.

Royal College of Obstetrics & Gynaecology Trainee Conference



We were invited to the Trainee Conference for the Royal College of Obstetrics and Gynaecology in Brighton where we got to meet a large number of Trainee Doctors and Specialists and talk about what we do, share our resources and raise awareness as well.

Every Woman Festival



We were invited back to Every Woman festival and this time we had a stall and our Co-Founder Gabz had a speaking slot as well. This year the festival was bigger and better but with the same focus of aiming to educate, empower and support women and girls on health topics in a relaxed informal event.

The event was packed with even more seminars and practical workshops combined with art, music, food and drink in the beautiful surroundings of Insole Court in Cardiff again. We handed out toolkits, leaflets, pens and information cards to those we met as well as sharing who we were and what we are trying to do.



Education Sessions



We have continued offering education and workplace menstrual health sessions for a variety of business over the year. We charge businesses for the sessions; the fee we charge then allows us to offer the sessions to schools for free. We have delivered school sessions in primary schools, high schools, colleges and universities; sessions are always aimed at the right level for who is in the room.

Menopause Impacts All Campaign

In November 2024 we launched our Menopause Impacts All Campaign for Menopause Awareness Day. While menopause awareness is growing, we have noticed that the discourse sometimes excludes those who do not experience menopause naturally because of age, such as those through surgery, chemical treatment, or Premature Ovarian Insufficiency (POI) and we wanted to change that narrative.



Donations and Funding

We are incredibly grateful for all donations and funding received this year and it all goes towards continuing our work in educating and advocating.


Our Financial Report

Menstrual Health Project
Statement of Financial Activities
21 February 2024 to 20 February 2025

	Unrestricted	Restricted	Endowment	Total
Income				
Donations	£ 16,298.09			£ 16,298.09
Fundraising Events	£ 330.00			£ 330.00
Charitable Activities	£ 1,410.04			£ 1,410.04
Other Trading Activities				£ -
Total Income	£ 18,038.13	£ -	£ -	£ 18,038.13
Direct Expenditure				
Fundraising Events	£ 4,044.92			£ 4,044.92
Charitable Activities	£ 12,059.15			£ 12,059.15
Expenditure from Restricted Funds		£ 1,949.89		£ 1,949.89
Total Direct Expenditure	£ 16,104.07	£ 1,949.89	£ -	£ 18,053.96
Administrative Expenses				
Accommodation	£ 797.61			£ 797.61
Bank/Finance Charges	£ 434.84			£ 434.84
Insurance	£ 1,061.43			£ 1,061.43
Mileage	£ 150.33			£ 150.33
Total Administrative Expenses	£ 2,444.21	£ -	£ -	£ 2,444.21
Total Expenditure	£ 18,548.28	£ 1,949.89	£ -	£ 20,498.17
Net Income	-£ 510.15	-£ 1,949.89	£ -	-£ 2,460.04
Reconciliation of Funds				
Total funds brought forward	£ 11,422.19	£ 1,981.07	£ -	£ 13,403.26
Total funds carried forward	£ 10,912.04	£ 31.18	£ -	£ 10,943.22

The Board of Trustees declare that they approve the Annual Report

Signed on behalf of the Board of Trustees

Signature 

Full Name Kate George

Position Chair of Trustees

Date 3rd March 2026

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England & Wales - Charity number 1202034

Accounts

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Image credit: Dani Harry Photography

Annual Report

21st February 2023 to 20th February 2024

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Registered Address

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Contact Information

Tel: 07771 356721

General Email: hello@menstrualhealthproject.org.uk

Press Email: press@menstrualhealthproject.org.uk

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Part of what makes MHP special is our Medical Advisory Board, made up of medical professionals who are exceptionally passionate about driving change in the menstrual health space. Every single member of our board is eager to not only boost awareness about various menstrual health conditions and concerns but work to create better care and outcomes for patients.

Our co-founders, along with many of our Trustees, find themselves as patients up and down the country with various conditions. Having experienced long waiting times to diagnosis and often little information about what these diagnoses might mean for them, it was important for all of Team MHP to create a space where the gap between patient and professional is bridged.

Our Mission

Our mission as a charity is to provide practical support for those suffering with menstrual health concerns and conditions. We do this by providing educational tools and resources — such as our toolkits — and hosting seminars and events. We are aware of the challenges those suffering with these conditions and concerns can face, so aim to empower people with accurate information to make informed choices.

As a charity, we strive to help people navigate these conditions more confidently, accurately, and comfortably — whatever stage in life they are at. Our main aim is to improve the education and understanding of menstrual health within all educational and workplace settings.

Our Vision

Our vision is to create a world where menstrual health is no longer stigmatised or considered a taboo. We want to help normalise menstrual health in society — but this goes beyond no longer feeling the need to hide a tampon up your sleeve when you go to the bathroom.

It's about people being educated about their bodies, knowing correct terminology, and among other things, knowing what is normal when it comes to menstrual health and what isn't.

We envision a future of empowered and informed individuals when it comes to menstrual health, regardless of their gender.

Our Story

Anna and Gabz started off as two Instagram friends who connected through their mutual struggle with endometriosis. They have now become more like family and no longer 'just' cyber-pals — even their husbands and dogs are best friends.



Image credit: Alex Thurston Photography

After many conversations between them where they felt frustrated and deflated, they decided that they wanted to build on their own personal advocacy work on social media and expand it to a larger scale. This was one of the main driving forces behind founding MHP.

As a charity, we strive to help people navigate these conditions more confidently, accurately, and comfortably — whatever stage in life they are at. MHP's main aim is to improve the education and understanding of menstrual health within all educational and workplace settings.

“We are both incredibly passionate about advocating for not only for ourselves, but others who suffer with hidden disabilities. We have used our own platforms to educate, raise awareness and support those with similar conditions as best as we can.”

Our Achievements This Year

MHP's first year as a charity, has been incredibly busy and varied.

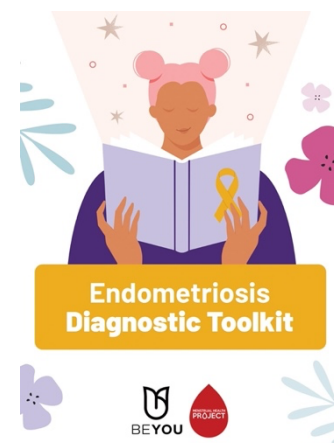
Toolkits



We launched our second toolkit, 'Your Menstrual Health Toolkit for Under 18-year-olds' this year.

This toolkit joins our Endometriosis Toolkit. One thing we are incredibly passionate about at MHP is that menstrual health education is essential for all genders. Not only does it empower people with knowledge, but it also helps to drive positive change by reducing stigma and busting taboos.

Both of our toolkits have been created with the expertise of our esteemed Medical Advisory Board, and in collaboration with BeYou. They are both full of accurate, digestible information on various aspects of your menstrual health. From symptoms of various menstrual health conditions and concerns to treatment options and the diagnostic process, without the confusing medical jargon.



First Event

We held our first event in July 2023 in Liverpool, this was an afternoon tea with a wellness theme. There were talks by Katherine a Menstrual Wellness Coach and Holly a Mindfulness Coach. So many people came to the event and there was a wonderful atmosphere.



We raised funds through the ticket price, but everyone who attended felt they gained so much by coming along. All who attended left with a goody bag with information leaflets, our toolkits, and some products we were donated by Burts Bees and Proper Snacks.

Strategy Planning



In September 2023 we held our first Strategy Planning Day, this was attended by our Co-Founders, members of the Board of Trustees, Medical Advisory Board, and Volunteers.

We completed a SWOT analysis of the work we are doing as well as setting short-term and long-term goals for the charity.

Every Woman Festival

We were invited to have a stall at the first Every Woman Festival a women's health festival aiming to educate, empower and support women and girls on health topics in a relaxed informal event.

The event was packed with seminars and practical workshops combined with art, music, food and drink in the beautiful surroundings of Insole Court in Cardiff. We spoke to so many people including the Welsh Minister for Health and gave out toolkits and leaflets. It also gave us the opportunity to talk to other organisations and network



Education Sessions

We have begun offering education and workplace menstrual health sessions. We charge businesses for the sessions, the fee we charge then allows us to offer the sessions to schools for free. We have delivered school sessions in primary schools, high schools, colleges and universities; sessions are always aimed at the right level for those who are in the room.



These are some of the comments we received from sessions we have run:



"Thanks so much for this very eye opening talk. I had no idea how serious this condition could be and I certainly feel better informed as a result of you sharing your stories. Thank you both."

"Thank you so much. I echo all the other comments, such an eye opener. I wish you both the best with your onward journeys. Thank goodness there are people like you to speak out and educate."

Funding

This year we successfully gained funding from the Access Group Foundation to help fund our education sessions in schools, colleges and universities. The £5,000 we were awarded was ring-fenced to cover the costs of toolkit printing, creating materials for sessions, as well as the NSPCC Safeguarding Training and DBS checks for all who are delivering sessions.



Through nominations from our dedicated social media followers MHP was successful in receiving a £1,000 donation from Movement for Good – Part of the Benefact Group. This money was put towards developing additional materials for our education sessions.

Our Financial Report

Menstrual Health Project
Statement of Financial Activities
21 February 2023 to 20 February 2024

	Unrestricted	Restricted	Endowment	Total
Income				
Donations	£ 8,422.39	£ 5,000.00		£ 13,422.39
Fundraising Events	£ 5,178.67			£ 5,178.67
Charitable Activities	£ 6,218.99			£ 6,218.99
Other Trading Activities				£ -
Total Income	£ 19,820.05	£ 5,000.00	£ -	£ 24,820.05
Direct Expenditure				
Fundraising Events	£ 2,956.74			£ 2,956.74
Charitable Activities	£ 4,403.69			£ 4,403.69
Expenditure from Restricted Funds		£ 3,018.93		£ 3,018.93
Total Direct Expenditure	£ 7,360.43	£ 3,018.93	£ -	£ 10,379.36
Administrative Expenses				
Bank/Finance Charges	£ 249.13			£ 249.13
Insurance	£ 553.14			£ 553.14
Mileage	£ 235.16			£ 235.16
Total Administrative Expenses	£ 1,037.43	£ -	£ -	£ 1,037.43
Total Expenditure	£ 8,397.86	£ 3,018.93	£ -	£ 11,416.79
Net Income	£ 11,422.19	£ 1,981.07	£ -	£ 13,403.26
Reconciliation of Funds				
Total funds brought forward	£ -	£ -	£ -	£ -
Total funds carried forward	£ 11,422.19	£ 1,981.07	£ -	£ 13,403.26

The Board of Trustees declare that they approve the Annual Report

Signed on behalf of the Board of Trustees

Signature 

Full Name Kate George

Position Chair of Trustees

Date 20th December 2024