

Company registration number 12159738 (England and Wales)

Charity registration number 1202656 (England and Wales)

MY PERIOD LTD.

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 AUGUST 2025

MY PERIOD LTD.

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Ms C Hodson Ms M Brown Ms M L Drabble Ms P O'Callaghan Olivo Mr A Bryers	(Appointed 1 October 2025) (Appointed 26 September 2025)
Country of incorporation	United Kingdom (England and Wales)	12159738
Charity registration	England and Wales	1202656
Principal address	Unit 43 Hopper Way Sandy Lane Diss Norfolk IP224GT	
Registered office	Unit 43 Hopper Way Sandy Lane Diss Norfolk IP224GT	
Independent examiner	Waveney Accountants Limited T/as Newman & Co Chartered Accountants 4b Church Street Diss Norfolk IP22 4DD	
Accountants	Waveney Accountants Limited 4b Church Street Diss Norfolk IP22 4DD	

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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 AUGUST 2025

The trustees present their annual report and financial statements for the year ended 31 August 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

The objects of the charity are for the public benefit:

- 1) the prevention or relief of period poverty among people who menstruate, anywhere in the UK, in particular but not exclusively, by providing free period products (including sustainable pads, tampons, pants, cups or other disposables where they are needed) to anyone who has a period (no matter how they identify) who cannot otherwise afford them.
- 2) the advancement of education UK wide in the subject of menstruation and period protection, creating awareness around the benefits of improved period health.

My Period Ltd works on the prevention and relief of period poverty among people who menstruate anywhere in the UK, in particular but not exclusively, by providing free period products to anyone who has a period (no matter how they identify) who cannot otherwise afford them. The charity is also focused on the advancement of education UK wide in the subject of menstruation and period protection.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

During the year, My Period continued to promote period dignity and period equality through the provision of free period products, education and awareness activities.

An example of these activities include:

Funding from Postcode Places Trust enabled the Charity to establish and maintain free period product pick-up points at Sue Lambert Trust locations in Great Yarmouth and Norwich and deliver training to staff and volunteers.

Support from Eleanor Hamilton Education Trust enables My Period to support community events, install and maintain a free period product pick-up point at the Baseline Centre in Norwich. The setting provides vital support to one of the most disadvantaged areas in the UK. The team help hundreds of people to overcome real hardship and move back towards independent, safe and happy lives each year.

Funding from Diss Town Council Community Fund supported community engagement activities including information events, conversation tables and educational sessions.

My Period commenced development of its new online resource hub and expanded its reach across Norfolk through support from Norfolk Community Foundation's Community Engagement for Sexual and Reproductive Health Prevention programme.

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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

Achievements and performance

Significant activities and achievements against objectives

- accessible period products

The Charity continues to develop its award-winning PickUpMyPeriod app, which now includes over 3,000 live pick-up locations across the UK, with upward usage trends and free downloads of over 50,000. Developed in collaboration with Scottish Government, COSLA and Hey Girls CIC to tackle period poverty responding to the needs of those struggling to afford or access period products, My Period's app has become a frontline smartphone solution communicating and enhancing the provision of publicly accessible free period products across the UK. The App is responsive to the user's experience at the pick-up point with the Feedback Form. It provides space to explore the Advice Links section with signposts to a wide range of support. The www.myperiod.org.uk website complements the app to enable free access to all of the app's information and resources for non-smartphone users.

My Period is supporting The Executive Office NI with the implementation of the App for the purposes of promoting the locations of free period products made available via The Period Product (Free Provision) Act (Northern Ireland) 2022. My Period continues to support over 30 local authorities across the UK, 400 libraries, Hey Girls CIC community partner network, period poverty action groups, charities and other stakeholders across the UK to expand access and improve awareness

Financial review

The Charity secured grants during the year to support projects extending beyond the financial year end.

The grant awarded to My Period by Eleanor Hamilton Education Trust was received in August 2025, with project delivery continuing until August 2026.

The online resource hub and Norfolk outreach project, supported by Norfolk Community Foundation through the Community Engagement for Sexual and Reproductive Health Prevention programme has activities continuing into the following financial year and an agreed costed delivery plan.

The Charity also continues the delivery of the PickUpMyPeriod app funded by The Executive Office covering the period 1 April 2025 to 31 March 2026.

As a result, the year-end fund balance includes amounts committed to ongoing grant-funded activities which will be delivered during 2025-26.

Reserves policy

The trustees maintain a reserves policy to hold unrestricted free reserves of approximately £5,000. This level is considered sufficient to provide financial stability, manage short-term cash flow requirements and enable the Charity to meet its commitments in the event of unexpected reductions in income or unforeseen expenditure.

At the end of the year, unrestricted reserves were £12,108 and restricted reserves were £5,998. Reserves are held to ensure the charity can meet all the expense obligations.

Structure, governance and management

The charity is a company limited by guarantee, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Ms C Hodson

Ms M Brown

Ms M L Drabble

Ms P O'Callaghan Olivo

Mr A Bryers

(Appointed 1 October 2025)

(Appointed 26 September 2025)

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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

Recruitment and appointment of trustees

New Trustees are appointed by existing members of the Board. Future appointments are likely to be selected from the Charity's existing pool of supporters and will be closely associated with the charity and supportive of its ethos and objectives.

Induction and training of trustees

New trustees will be inducted into the charity following their appointment by an existing member of the Board. If necessary, training will be provided in order to ensure that they are able to fulfil their obligations as a trustee.

The trustees' report was approved by the Board of Trustees.

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Ms C Hodson

Trustee

Date:

MY PERIOD LTD.

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MY PERIOD LTD.

I report to the trustees on my examination of the financial statements of My Period Ltd. (the charity) for the year ended 31 August 2025.

Responsibilities and basis of report

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

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

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements 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 financial statements 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 financial statements to be reached.

W T Goddard FCCA ACA CTA

T/as Newman & Co
Chartered Accountants
4b Church Street
Diss
Norfolk
IP22 4DD
Date:

MY PERIOD LTD.

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 AUGUST 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £
	Notes				
Income from:					
Donations and legacies	3	9,165	10,000	19,165	3,900
Charitable activities	4	7,645	-	7,645	14,030
Investments	5	-	-	-	208
Total income		16,810	10,000	26,810	18,138
Expenditure on:					
Charitable activities	6	17,057	4,002	21,059	23,977
Total expenditure		17,057	4,002	21,059	23,977
Net income/(expenditure) and movement in funds		(247)	5,998	5,751	(5,839)
Reconciliation of funds:					
Fund balances at 1 September 2024		12,355	-	12,355	18,194
Fund balances at 31 August 2025		12,108	5,998	18,106	12,355

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

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BALANCE SHEET

AS AT 31 AUGUST 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	12		-		2,804
Current assets					
Debtors	13	-		284	
Cash at bank and in hand		20,720		10,167	
		<u>20,720</u>		<u>10,451</u>	
Creditors: amounts falling due within one year	14	(2,614)		(900)	
Net current assets			18,106		9,551
Total assets less current liabilities			<u>18,106</u>		<u>12,355</u>
The funds of the charity					
Restricted income funds	15	5,998		-	
Unrestricted funds	16	12,108		12,355	
		<u>18,106</u>		<u>12,355</u>	

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 August 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on

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Ms C Hodson
Trustee

1 Accounting policies

Charity information

My Period Ltd. is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 43 Hopper Way, Sandy Lane, Diss, Norfolk, IP224GT.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's Memorandum and Articles Incorporated 9 November 2022, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1 Accounting policies

(Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	20% straight-line
Computers	20% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

During the year, computer equipment has been fully written down to £nil. This is due to the assets being obsolete and therefore having no value in use, despite being still owned by the Charity.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

1 Accounting policies (Continued)***Derecognition of financial liabilities***

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Grants	1,000	10,000	11,000	-	-	-
Other	8,165	-	8,165	3,900	-	3,900
	<u>9,165</u>	<u>10,000</u>	<u>19,165</u>	<u>3,900</u>	<u>-</u>	<u>3,900</u>

4 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Income		
Sale of services	<u>7,645</u>	<u>14,030</u>

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	<u>-</u>	<u>208</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

6 Expenditure on charitable activities

	Expenditure 2025 £	Expenditure 2024 £
Direct costs		
Depreciation and impairment	2,804	1,891
App development	12,987	15,531
Event & workshop delivery	2,713	2,425
Computer costs	341	552
Subscriptions	605	2,286
Telephone	-	240
Other charitable expenditure	354	87
	19,804	23,012
 Share of support and governance costs (see note 7)		
Governance	1,255	965
	21,059	23,977
 Analysis by fund		
Unrestricted funds	17,057	23,977
Restricted funds	4,002	-
	21,059	23,977

7 Support costs allocated to activities

	2025 £	2024 £
Governance costs	1,255	965
Analysed between:		
Expenditure	1,255	965

8 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,200	965
Depreciation of owned tangible fixed assets	2,804	1,891

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

MY PERIOD LTD.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

10 Employees

The average monthly number of employees during the year was:

2025	2024
Number	Number
3	3
<u>3</u>	<u>3</u>

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Tangible fixed assets

	Fixtures and fittings	Computers	Total
	£	£	£
Cost			
At 1 September 2024	7,935	2,971	10,906
	<u>7,935</u>	<u>2,971</u>	<u>10,906</u>
At 31 August 2025	7,935	2,971	10,906
	<u>7,935</u>	<u>2,971</u>	<u>10,906</u>
Depreciation and impairment			
At 1 September 2024	6,348	1,754	8,102
Depreciation charged in the year	1,587	1,217	2,804
	<u>1,587</u>	<u>1,217</u>	<u>2,804</u>
At 31 August 2025	7,935	2,971	10,906
	<u>7,935</u>	<u>2,971</u>	<u>10,906</u>
Carrying amount			
At 31 August 2025	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>
At 31 August 2024	1,587	1,217	2,804
	<u>1,587</u>	<u>1,217</u>	<u>2,804</u>

13 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Trade debtors	-	30
Other debtors	-	254
	<u>-</u>	<u>284</u>
	<u>-</u>	<u>284</u>

MY PERIOD LTD.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

14 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	514	-
Accruals and deferred income	2,100	900
	<u>2,614</u>	<u>900</u>

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 September 2024	Incoming resources	Resources expended	At 31 August 2025
	£	£	£	£
NCF - Community Engagement for Sexual and Reproductive Health Prevention programme	-	10,000	(4,002)	5,998
	<u>-</u>	<u>10,000</u>	<u>(4,002)</u>	<u>5,998</u>

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 September 2024	Incoming resources	Resources expended	At 31 August 2025
	£	£	£	£
Eleanor Hamilton Education Trust	-	5,000	(1,000)	4,000
The Executive Office NI	-	7,000	(3,370)	3,630
General funds	12,355	4,810	(12,687)	4,478
	<u>12,355</u>	<u>16,810</u>	<u>(17,057)</u>	<u>12,108</u>
Previous year:	At 1 September 2023	Incoming resources	Resources expended	At 31 August 2024
	£	£	£	£
General funds	18,194	18,138	(23,977)	12,355
	<u>18,194</u>	<u>18,138</u>	<u>(23,977)</u>	<u>12,355</u>

MY PERIOD LTD.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

17 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 August 2025:			
Current assets/(liabilities)	12,108	5,998	18,106
	12,108	5,998	18,106
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 August 2024:			
Tangible assets	2,804	-	2,804
Current assets/(liabilities)	9,551	-	9,551
	12,355	-	12,355

18 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).