

Mymenses Trustees' Annual Report and Accounts for Financial Year End 31 August 2024

1. Reference and Administrative Details

Charity Name: MyMenses

Registered Charity Number: 1205375

Principal Address:

116 LETT LANE
CASTLE HILL
EBBSFLEET VALLEY
SWANSCOMBE
DA10 1BS

Trustees:

Sikeade Olarombi Adeshokan
Chimka Wami
Antonia Adebisi Adebowale

2. Structure, Governance and Management

MyMenses is a registered charity governed by its constitution, adopted on 24th October 2023. The charity is run by a board of trustees who meet quarterly and delegate operational responsibilities. Trustees are appointed based on skills, experience, and commitment to the charity's vision of advancing menstrual health education and equity.

3. Objectives and Activities

Charitable Objectives:

To improve menstrual health literacy, reduce stigma, and empower individuals through education, advocacy, and access to menstrual health products and services.

Key Activities:

- Delivering menstrual health education workshops to groups and schools.
- Period Positivity Campaign
- Distributing free period product kits.
- Conducting menstrual health events

4. Achievements and Performance

N/A

5. Financial Review

Income: £0

Expenditure: £0

Reserves Carried Forward: £0

Our income sources included:

- Grants: £0
- Donations: £0
- Fundraising: £0

Reserves Policy:

We aim to hold unrestricted reserves equal to 3 months of core operating costs.

6. Plans for the Future

- Expand menstrual education programs and period champions in schools
- Launch a mobile app and digital card deck.
- Pilot a perimenopause and menopause wellness initiative.
- Enhance program evaluation and impact reporting.

7. Statement of Trustees' Responsibilities

The trustees are responsible for:

- Ensuring proper accounting records are kept.
- Preparing financial statements in accordance with relevant legislation and guidance.
- Safeguarding the assets of the charity and applying them exclusively for its charitable purposes.

Statement of Financial Activities for the Year Ended 31 August 2024

Income	0
Grants	0
Donations	0
Fundraising	0
Other Income	0
Total Income	0

Expenditure	0
Program Delivery	0
Staff & Volunteer Costs	0
Admin & Overheads	0
Fundraising Costs	0
Total Expenditure	0

Net Movement in Funds: £0

Total Funds Carried Forward: £0

Balance Sheet as at 31 August 2024

Assets:

- Cash at bank and in hand: £0
- Debtors: £0
- Total Assets: £0

Liabilities: £0

Net Assets: £0

Represented by:

- Restricted Funds: £0
- Unrestricted Funds: £0

Approved by the Board of Trustees and signed on their behalf by:

Sike Adeshokan, Chair

Date: 13 June 2025