

*PER:OD  
REALITY*

*PERIOD REALITY CIO*

TRUSTEE ANNUAL REPORT

2023- 2024



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## **Introduction**

Period Reality CIO is constituted as a Charitable Incorporated Organisation (CIO), providing the charity with the benefits of limited liability while allowing it to operate under the direct governance of its trustees.

Period Reality Group Limited (PRG LTD) is constituted as a private limited company registered with The Companies House. It operates as a social enterprise and trading subsidiary of the CIO. Its primary aim is to generate income to support the charitable mission of the CIO while adhering to ethical and mission-aligned principles.

### **Relationship Between the CIO and PRG LTD:**

The Period Reality Group LTD functions as the trading subsidiary of Period Reality CIO, providing corporate services such as training, consultancy, and policy development. PRG LTD donates a portion of its profits (currently 30%) annually to the CIO to fund its charitable programmes. This relationship ensures a sustainable financial flow to support the CIO's mission-driven activities while maintaining clear financial and operational boundaries between the two entities.

The CIO covers programme-specific and charity-governance-related expenses, while PRG LTD assumes responsibility for shared overheads, ensuring both entities operate efficiently and collaboratively.

### **Nature of the Governing Document:**

The governing document of Period Reality CIO is its Constitution, which sets out its charitable objects, powers, and operational rules, ensuring compliance with legal requirements and alignment with its mission.

PRG LTD's governing document is its Memorandum and Articles of Association, which establish it as a private company limited by shares and detail its objectives, the rights and responsibilities of its shareholders, and governance provisions.

### **Trustee Appointment Process**

In accordance with Paragraph 10 of the Period Reality CIO Constitution, trustees are appointed through a formal selection process to ensure the organisation's effective governance and administration.

### **Term of Office**

Apart from the initial charity trustees, every appointed trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the Board of Trustees.

Reappointment is subject to review at the end of each term and must be approved by a resolution of the charity's trustees.

### **Selection Criteria**

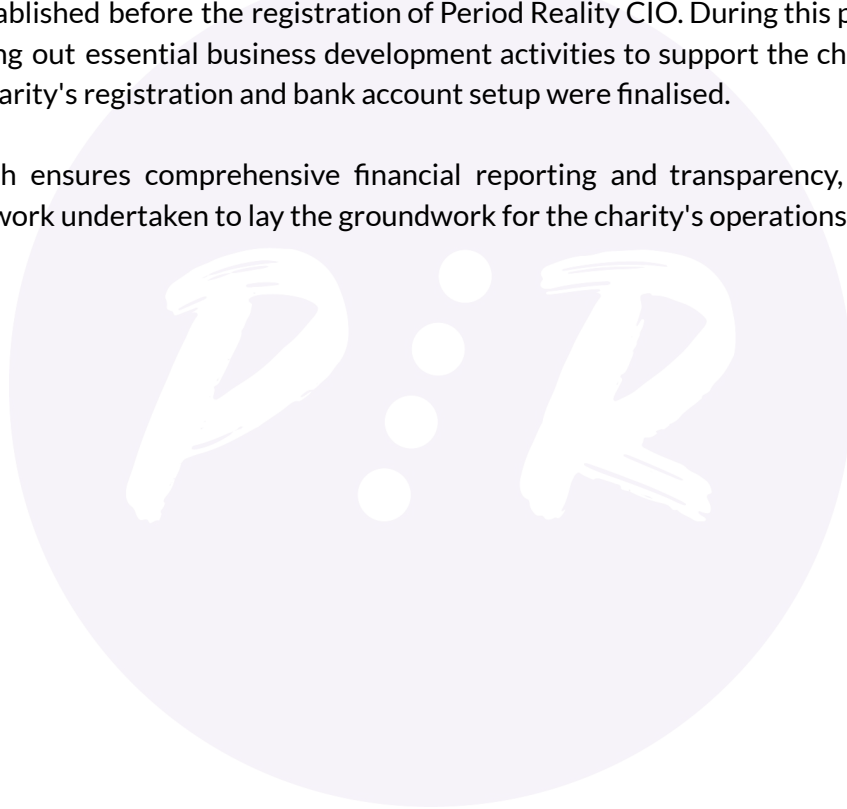
The skills, knowledge, and experience required for the effective administration of Period Reality CIO are carefully considered. The trustees also assess prospective candidates to ensure they align with the mission and governance requirements of Period Reality CIO.

### **Reporting Period:**

The reporting period for this submission is from 23rd November 2023 - 31st December 2024.

However, transactions from June 2023 have been included, as Period Reality Group LTD (PRG LTD) was established before the registration of Period Reality CIO. During this period, the LTD began carrying out essential business development activities to support the charity's mission before the charity's registration and bank account setup were finalised.

This approach ensures comprehensive financial reporting and transparency, reflecting the preparatory work undertaken to lay the groundwork for the charity's operations.



## The Purposes of the Charity:

The purpose of the charity is to advance education on menstruation for public benefit. This involves creating awareness around the importance of improved period health and employing other means deemed appropriate by the trustees to achieve this goal.

### **Mission:**

Period Reality is a global movement to achieve gender equity through system-level change. We do this by educating about and advocating for living in sync with your hormonal cycle.

- We exist to create a more equal society for women, at home, at work, in communities and institutions.
- We fight for gender equity through system-level change by educating about and advocating for living in sync with your cycle.
- We are inclusive, innovative learners and storytellers.
- We never tell others what to do but provide the tools, the platform and the environment for people to share their stories and lived period realities. We amplify voices and stories that deserve to be shared to spark curiosity for cycle-tracking and allow for peer-to-peer learning.
- Our aim is to share high-quality resources (blogs, articles, trackers), courses and tools (tracking app) - for free - to inspire, educate and empower 1 billion people by 2030.

### **Problems we aim to solve:**

We live in a world designed around men and their 24-hour hormonal cycle, expecting people to show up consistently five days a week, eight hours a day. People with periods aren't designed that way.

Gender equity is not creating space for 50% of the population to fit into a men's mould. It is changing the way society operates, creating space for all genders to reach their full potential. This requires a system-level change.

On average, a cycle lasts for 28 days, and every day our hormones are balanced differently. We have different levels of energy throughout the cycle, different strengths, needs and preferences.

- Lack of Information: 48% of menstruating individuals in the UK reported having insufficient knowledge about their menstrual cycle, based on a survey of nearly 3,000 respondents <sup>1</sup>.
- Lack of Empathy: a study by THINX found that 58% of menstruating individuals in the US reported feeling embarrassed by their period. Additionally, 42% of respondents had been shamed or made to feel bad about having their period<sup>2</sup>.

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<sup>1</sup>The Sun (2024) *Period inequality: Millions feel left in the dark*. 29 February.

<sup>2</sup>THINX (n.d.) *State of the Period 2021 Survey*, summarized in Reddit discussion.



- Inadequate Education: according to WHO & UNICEF, many girls globally are unprepared or surprised by their first period due to insufficient education. For instance, A 2023 survey in the USA found that 42% of teens felt confused and unprepared when they got their first period.<sup>3</sup>
- Gender Inequality and Inequity: a UK survey by the CIPD reported that 7% of women experienced menstrual discrimination in the workplace, 12% said it hindered their career progression, and 8% had left or considered leaving their jobs due to inadequate support<sup>4</sup>. In Uganda, 15% of women missed work because of their last period, and 41% preferred not to work during menstruation<sup>5</sup>.
- Hostile Workplaces and Educational Institutions: the *State of the Period 2021* study found that 77% of students believe there should be more in-depth menstrual health education, and 73% agree it should be included in the core curriculum<sup>6</sup>. Meanwhile, 80% of women say their workplace lacks adequate facilities or policies to support them during menstruation, and 85% report experiencing stress or anxiety while managing their period at work<sup>7</sup>.

### **Beliefs:**

We believe that every girl and (young) woman has the right to understand their own body. Our dream is that one day, everyone with a period has the tools to design a life that plays to their strengths and that society is a place that celebrates all identities and genders.

- Understanding how the menstrual cycle works can and will contribute to a more balanced life.
- Society will benefit from redesigning systems that are built around a man's 24-hour hormonal cycle into human-centred ones, to create space for and celebrate different identities and genders.
- Understanding our cycles and hearing others' stories builds empathy and allows us to be kinder to ourselves and others.
- Everyone should have access to education about the phases of their cycle so they can live healthier and happier lives.
- The menstrual cycle affects everyone. You either have one or you are born from one.
- Not only women have periods.

### **Our Philosophy:**

- Our bodies are powerful. And when we live in sync with our bodies as designed, people with periods can find incredible new energy and empathy.

<sup>3</sup> WHO/UNICEF (2023) *Progress on drinking water, sanitation and hygiene in schools: 2015-2023 at Page 59.*

<sup>4</sup> CIPD (2022) *Menstruation and support at work*. London: Chartered Institute of Personnel and Development.

<sup>5</sup> Hennegan J. et al. (2022) *Menstrual health challenges in the workplace and consequences for women's work and wellbeing: A cross-sectional survey in Mukono, Uganda*. PLOS Global Public Health. 2(7):e0000589

<sup>6</sup> PERIOD. and Thinx (2021) *State of the Period 2021: The widespread impact of period poverty on US students*. WHO/UNICEF (2023) *Progress on drinking water, sanitation and hygiene in schools: 2015-2023 at Page 57.*

<sup>7</sup> WaterAid (2023) *Managing periods in the workplace: Poll reveals the barriers women face*

- The experience of people with periods around menstruation varies wildly. From country to country, culture to culture, even household to household. Many of these diverse stories remain untold.
- Some people have received menstrual education. About their bodies and natural processes, and have been taught to welcome and celebrate their periods.
- Others have been told otherwise: that their bodies are malfunctioning or that menstruation is dirty or socially unacceptable. Or go through their lives in the dark about what's happening internally.
- We educate about living in sync with your cycle. Even if people know what's happening biologically, they may lack a holistic understanding of how their natural rhythm affects them energetically, spiritually and hormonally. Possibly resulting in lifestyles and habits that do not help – or even harm – their overall well-being.
- We advocate for living in sync with your cycle. The vast majority of institutions - schools, universities, businesses and organisations - have not taken knowledge about hormonal cycles into consideration as they design their programs, strategies, policies and curricula. We work with them to better understand the needs and strengths of people with periods and adapt their environments to be more supportive and empathetic.

#### Our Solution:

**Education** about and **Advocacy** for living in sync with one's cycle. Using our 8 flywheels:



#### Education:

1. **STORYTELLING:** we educate individuals, both people with and without periods, about their biorhythms through storytelling. Sharing lived experiences to reduce stigma and foster open conversations about menstruation.
2. **COMMUNITY BUILDING:** we build communities that foster a sense of belonging, facilitate open communication and encourage peer-to-peer learning.

3. **PARTNERSHIPS & PROGRAMMING:** we create partnerships and programming to amplify our reach and to drive change at scale.
4. **CYCLE TRACKING APP:** our App will allow individuals to identify personal trends to live in sync with their cycle, live healthier, happier lives and empower people to advocate for their health.

### Advocacy:

5. **TRAINING:** we provide training for organisations and businesses to better understand the needs and strengths of people with periods and change their systems and environments to be more supportive, empowering and empathetic. Interactive sessions for schools, workplaces, and community groups to increase understanding of menstrual health and its broader implications for well-being.
6. **RESEARCH:** we advocate for more funding for women's health research, especially the nuances of the menstrual cycle and contribute to this space through research partnerships.
7. **CURRICULUM:** we advocate to get holistic menstruation education in the curriculum in schools and a more in-depth curriculum for General Practitioners and Gynaecologists. Developing accessible educational materials for our partners and beneficiaries to empower menstruators with knowledge and self-advocacy tools.
8. **LOBBY:** we lobby for policy changes to achieve gender equity. Engaging with policymakers to promote systemic changes in education, healthcare, and workplaces, ensuring menstrual health is prioritised.

### Main Activities undertaken this year.



### Workshops and Training Sessions

Throughout the year, we facilitated a wide range of virtual and in-person workshops, spanning community groups, corporate partners, academic institutions, and healthcare settings. These sessions were designed to foster Cycle Awareness, build confidence, and equip participants with practical tools to support living in sync with their menstrual cycle.



Our corporate engagements included tailored training sessions with teams from **The Co-operative Bank PLC**, **OurHouse by Magenta Living**, **Smash**, **WildThang UK**, and **Rise Beyond**. These “Lunch and Learn” style sessions focused on creating inclusive work environments through cycle awareness. These activities contributed to the revenues received by PRG Ltd as shown in the Financial Report.

We also ran high-impact community-focused workshops. Key sessions included:

- A “Train the Trainers” workshop as part of the **She CAN Project**, equipping local educators with tools for menstrual health education.
- A guest lecture at **New York University’s** Graduate School of Public Service, exploring leadership, equity, and the hormonal cycle realities often excluded from policy discourse.
- A well-received session at **Liverpool Women’s (Hospital) NHS** for International Women’s Day 2024.
- The first-ever Cycle Awareness Webinar and the launch of our Cycle Awareness Hub in Kenya mark a significant milestone in our global expansion.

Noteworthy youth-focused sessions included:

- An interactive event for girls aged 12–16, funded by **Everton in the Community**.
- A 4-day training programme and graduation for young single mothers in supported housing, funded by the **Community Foundation for Merseyside Women’s Fund**.
- Talks with girls at **Dagoretti Rehabilitation Centre** and in **Kibera, Nairobi**, in partnership with **Clean Start Africa** and **Sadili Oval Sports Academy**, respectively.
- A memorable session with two of **Everton Women’s first team players**, creating space for open, empowering conversations about the menstrual cycle.

These sessions showcased our commitment to making hormonal cycle education accessible, engaging, and relevant across diverse audiences and settings.

## Campaigns

Our on-the-ground campaigns spanned continents and contexts, amplifying the importance of menstrual hygiene and awareness in underserved communities.

We partnered with **Kairos Nigeria** to lead two impactful Menstrual Hygiene Campaigns in 2023 & 2024, both focused on education and access. We also supported a targeted campaign in **Hindu Para, Pakistan**, in collaboration with the **She CAN Project**, where local volunteers engaged directly with girls and women to break stigma and distribute essential items.

Complementing our fieldwork, we ran local outreach efforts such as:

- A Cycle Awareness flyer distribution campaign across the Wirral, designed to spark conversations in everyday spaces.
- A week-long virtual Cycle Awareness Campaign, funded by the Women's Fund, reached new audiences online with interactive content and resources.

These campaigns strengthened our visibility and allowed us to connect with communities often left out of mainstream menstrual health conversations.

The community sessions, youth-focused activities and campaigns contributed to our total charitable expenditure of £11,160.09 as reported in Note 6.

### Conferences and Events

This year, we increased our visibility and thought leadership by hosting and participating in several strategic events.

Highlights included:

- Hosting **Period Reality's Cycle Awareness Summit in Nairobi**, which also marked Phase 1 of our Cycle Awareness Hub in Kenya. This is a major step toward building long-term, community-based infrastructure.
- Setting up a drop-in booth at the **Happier Life Live Conference** to directly engage attendees with resources and conversations about the menstrual cycle.
- Organising a local **Community Drop-in Session in Liverpool**, funded by the Community Foundation for Merseyside Women's Fund, to bring menstrual health education to the grassroots.

Our founder, Marlou Cornelissen, represented Period Reality at several key international gatherings, including: The Menstruation Research Network's Global Conference on Inclusive Menstruation, The Sanicle Menstrual Health Summit, where she joined a panel on "SheWorks Period Check", and SOCAP24.

These events reinforced our role as a trusted voice in menstrual cycle education, both locally and globally.

### Business Development and Media Engagement

We significantly expanded our media and stakeholder engagement this year, using storytelling and partnerships to strengthen our impact and visibility.

We contributed to high-profile media platforms, including:

- The Real Show Liverpool on **Liverpool Live Radio**

- **The Hive Collective Podcast**, where we discussed the role of cycle awareness in shifting power in nonprofits
- A feature on **The Webinar Vet's Podcast**, spotlighting the intersection of menstrual health and professional wellbeing.

We also invested in meaningful partnerships by:

- Sponsoring **OC2023** and **OC2024** with menstrual products and self-care items,
- Collaborating with **The InterNational Education (TINE) Africa Summit** to enhance the participant experience with tailored self-care resources.

Participation in these initiatives not only broadened our reach but also deepened our relationships with like-minded organisations and changemakers.

### **Volunteer Contributions**

Volunteers played a critical role in delivering Period Reality's mission during the reporting period. As the charity operated without any paid staff during this time, volunteer contributions were essential to achieving both day-to-day operations and our broader charitable aims.

Across the year, volunteers were active in nearly every area of our work — from programme delivery and workshop facilitation, to research, graphic design, communications, translation, governance, and operations. Their involvement enabled us to deliver both in-person and online activities in the UK, Kenya, Nigeria, and Pakistan. This included high-impact workshops, awareness campaigns, local events, and international convenings.

In total, an estimated 1,853 hours were contributed by volunteers. Using a benchmark value of £10.42 per hour (aligned with the UK National Living Wage at the time), this represents a non-financial contribution of approximately £19,308.26. While this figure is not included in the Statement of Financial Activities, it is disclosed in Note 5 of the financial statements to illustrate the scale of this support.

Our volunteers not only expanded our delivery capacity but also enriched the quality of our programmes by bringing lived experience, professional expertise, and a strong sense of shared purpose to the work. Their dedication and impact remain central to our success.

We remain deeply grateful to our volunteer team for their energy, time, and commitment, and we continue to build our internal systems to better support and recognise their contributions.

## Achievements and Performance

In the past year, Period Reality continued to advance its mission to break taboos, promote body literacy, and embed menstrual health into mainstream conversations across sectors and continents. Through bold campaigns, knowledge-building workshops, and strategic collaborations, we empowered thousands with the tools and confidence to understand and advocate for their menstrual health.

### **Key Achievements**

- **Expanded Reach and Inclusion:** our direct programmes impacted over 4,000 individuals, with tailored content delivered to youth, corporate teams, healthcare providers, and community leaders. This included high-engagement workshops, corporate training, and youth-centred community events.
- **Built Community Capacity:** we launched our first Cycle Awareness Hub in Kenya, a model that now anchors ongoing education for local girls and women. Our Train-the-Trainers workshops also strengthened local delivery capacity in the UK, Kenya and Pakistan.
- **Youth Empowerment:** targeted sessions with adolescent girls in Kenya and the UK—such as those supported by Everton in the Community and Sadili Oval Sports Academy—offered safe, affirming spaces to explore menstrual health topics often left unaddressed at home or school.
- **Support for Young Mothers:** through a 4-day training programme funded by the Community Foundation for Merseyside Women's Fund, we provided young mothers in supported housing with not just education, but also community, confidence, and practical support.
- **Global Solidarity and Advocacy:** through campaigns in Nigeria and Pakistan, and representation at events like SOCAP24, The Sanicle Menstrual Health Summit, and the Menstruation Research Network global conference, we contributed to a growing global movement for menstrual equity and policy change.

### Difference Made to Beneficiaries

Across every initiative, we saw consistent shifts in:

- **Knowledge and understanding:** participants reported increased awareness of the menstrual cycle and its impact on daily life.
- **Confidence and openness:** many shared that it was their first time speaking openly about menstruation. Our work is helping to reduce shame and silence around this natural experience.
- **Access to resources:** whether through care kits, downloadable resources, or local facilitators, individuals were left better equipped to manage their health.

One young mother from our OurHouse training programme shared, *“This is the first time I felt seen as a mum, not just a statistic. It’s helped me feel proud of my body again.”*

**Wider Societal Benefits**

- **Normalising Menstruation Across Sectors:** from boardrooms to community halls, our work brought cycle awareness into new spaces. Corporate partners reported improved awareness and conversations about inclusion and wellbeing within their teams.
- **Shaping Public Dialogue:** appearances on live radio, podcasts, and public lectures helped move menstruation from a hidden issue to a recognised health and equity concern.
- **Contributing to Structural Change:** by participating in policy-facing forums, we helped position menstrual health as a legitimate component of global equity and development conversations.

**Performance Metrics (2023–2024)**

Focus Area	Key Metrics
Workshops & Training	14+ sessions across corporate, community, and educational settings
Campaigns & Outreach	5 major regional and international awareness campaigns
Conferences & Panels	Representation at 6+ strategic events globally
Youth & Community Impact	3 flagship youth-focused programmes reaching over 700 girls and young women
Media & Advocacy	3 media engagements across radio and podcast

Period Reality’s has significantly enhanced menstrual health education, promoted gender equity, and strengthened community resilience. By integrating cycle awareness discussions into corporate, academic, and grassroots settings, we are shaping a more informed and inclusive society.



## Financial Review

This report covers the first full reporting period for Period Reality CIO and its trading subsidiary, Period Reality Group Ltd (PRG Ltd). The consolidated accounts show a total income of £14,681.00 and total expenditure of £21,045.14, resulting in a net deficit of £6,364.14 for the group.

Section A Statement of Financial Activities								
		PRC IO			PRG LTD			
		Unrestricted funds (£)	Restricted funds (£)	Total funds (£)	Unrestricted funds (£)	Restricted funds (£)	Total funds (£)	Previous Period (£)
A	Income (Note 4)							
A1	Donations	£ 4,121.65	£ 1,940.35	£ 6,062.00				-
A2	Grants	£ -	£ 6,750.00	£ 6,750.00				-
A3	Charitable Activities	£ 140.00	£ -	£ 140.00				-
A4	Other Trading Activities	£ 119.00	£ -	£ 119.00	£ 930.00	£ 680.00	£ 1,610.00	-
	<b>Total Income</b>	<b>£ 4,380.65</b>	<b>£ 8,690.35</b>	<b>£ 13,071.00</b>	<b>£ 930.00</b>	<b>£ 680.00</b>	<b>£ 1,610.00</b>	<b>-</b>
B	Expenditure (Note 6)							
B1	Charitable Activities	£ 1,657.42	£ 9,502.67	£ 11,160.09				-
B2	Expenditure on Raising Funds							
i	Grant seeking Costs	£ 37.00	£ -	£ 37.00				-
ii	Business Development Activities				£ 6,825.72	£ -	£ 6,825.72	-
iii	PRG LTD's Trading activities				£ 1,002.92	£ -	£ 1,002.92	-
	<b>Total Expenditure on Raising Funds</b>	<b>£ 37.00</b>	<b>£ -</b>	<b>£ 37.00</b>	<b>£ 7,828.64</b>	<b>£ -</b>	<b>£ 7,828.64</b>	<b>-</b>
B3	Separate material item of expense	£ -	£ 1,800.00	£ 1,800.00	£ -	£ 80.00	£ 80.00	-
B4	Other	£ 139.41	£ -	£ 139.41	£ -	£ -	£ -	-
	<b>Total Expenditure</b>	<b>£ 1,833.83</b>	<b>£ 11,302.67</b>	<b>£ 13,136.50</b>	<b>£ 7,828.64</b>	<b>£ 80.00</b>	<b>£ 7,908.64</b>	<b>-</b>
	<b>NET INCOME/(EXPENDITURE)</b>	<b>£ 2,546.82</b>	<b>-£ 2,612.32</b>	<b>-£ 65.50</b>	<b>-£ 6,898.64</b>	<b>£ 600.00</b>	<b>-£ 6,298.64</b>	<b>-</b>
	Transfers between funds	-	-	-	-	-	-	-
	Reconciliation of funds	-	-	-	-	-	-	-
	Total funds brought forward	-	-	-	-	-	-	-
	<b>Total funds carried forward</b>	<b>£ 2,546.82</b>	<b>-£ 2,612.32</b>	<b>-£ 65.50</b>	<b>-£ 6,898.64</b>	<b>£ 600.00</b>	<b>-£ 6,298.64</b>	<b>-</b>

At the end of the reporting period, Period Reality CIO held a deficit of £65.50 in total, with the £2546.82 balance in the unrestricted fund contributed towards closing the deficit of £2,612.32 in unrestricted funds. PRG Ltd held £600.00 in restricted funds and a deficit of £6,477.84 in unrestricted funds. This reflects startup costs incurred during the year and the use of unrestricted income to subsidise programme and development activities across both entities.

## Reserves Policy

As this is the charity's first year of operation, the trustees have not yet established a formal reserves policy. No reserves were held at the reporting date. The trustees recognise the importance of building reserves to strengthen financial resilience and sustainability. A reserves policy will be developed during the next reporting period as part of broader governance and operational planning.

In the meantime, the charity continues to work with its dedicated team of volunteers to deliver its activities cost-effectively and to improve internal systems and income diversification to support long-term sustainability.

## Going Concern

The trustees have reviewed the charity's financial position and future plans and believe that there are no material uncertainties about the charity's ability to continue as a going concern. However, this assessment is based on continued volunteer engagement and the successful delivery of current and planned fundraising activities. A pipeline of grant applications and partnership opportunities is in place to support future delivery.

## Funds in Deficit

The subsidiary company, PRG Ltd, closed the reporting period with a net liability position of £6,298.64. This deficit arose primarily from business development investments and subsidised programme delivery, where full cost recovery was not possible in the first year. The trustees and management team are actively reviewing the subsidiary's financial strategy and exploring ways to increase earned income, streamline operations, and recover costs in future trading periods.

## Key Risks Identified and Managed During the Reporting Year

As part of our risk management responsibilities, we reviewed the major risks to which the charity is exposed. The key risks identified during the reporting period, along with the steps taken to mitigate them, are outlined below:

- **Failure to Achieve Strategic Deliverables:** The charity recognised that limited internal capacity and broad ambitions made it difficult to execute strategic plans effectively. The charity responded by prioritising and breaking down broad goals into more achievable, time-bound deliverables, while improving oversight through more structured planning and review cycles.
- **Cashflow – failure to secure adequate income:** A significant risk continues to be the ability to secure consistent and diversified income streams. This impacts operational continuity and the scale of programme delivery. As part of our response, we have taken steps to enhance our fundraising strategy and business development efforts while monitoring cash flow to maintain financial stability.
- **Unable to articulate a clear, engaging message:** The charity identified a gap in how its mission and impact were being communicated to key audiences. To address this, we have refined our communications framework, updated our messaging to better align with our values and goals, and improved our communications materials to effectively convey our mission and engage stakeholders.

For a comprehensive overview of all identified risks and corresponding treatments, a link to the [full Risk Register](#) has been provided for reference.

## Administrative Details

- Charity Name
  - Period Reality CIO
  - Trading Subsidiary- Period Reality Group Limited (PRG LTD)
- The charity registration number(s) for the jurisdiction(s) in which it is registered as a charity and, if applicable, its company registration number
  - 1205868 (Registered with the Charity Commission for England and Wales)
  - Trading Subsidiary- 13429215 (Registered with Companies House)
- The address of the principal office of the charity and, in the case of a charitable company, the address of its registered office
  - 4 Overdale Avenue  
Wirral  
CH61 1DB
- Trustees Serving During the Reporting Period:
  - David Martin Physick (Appointed 31 May 2021)
  - Jane Lindsay Dalton (Appointed 31 May 2021)
  - Michael Sani (Appointed 31 May 2021)
  - Dr. Katerina Bambang (Appointed 31 May 2021)
- Where a charity has any corporate trustees, the names of the directors of the body corporate on the date the report was approved;
  - Trading Subsidiary Director- Marlou Cornelissen

## Statement From the Chair

At Period Reality, our core mission is to advance education on menstruation for public benefit. We believe that improving menstrual health awareness is crucial in achieving gender equity and creating an inclusive society.

Throughout the past 1 year, we have remained committed to our purpose by delivering impactful educational initiatives, advocacy efforts, and partnerships. Our work has helped to challenge outdated narratives surrounding menstruation, increase access to essential knowledge, and create supportive environments for people with periods.

The trustees have fully regarded the Charity Commission's guidance on public benefit. In all our activities, we ensure that our work contributes meaningfully to society by making menstrual health education accessible to all, particularly marginalised and underrepresented communities. By fostering open conversations and providing high-quality resources, we empower individuals to understand their bodies, advocate for their health, and engage with institutions to drive systemic change.

Our partnerships with educational institutions, corporate organisations, and community groups have been instrumental in amplifying our message and expanding our reach. We have worked closely with businesses to create more menstrual-inclusive workplaces, delivered

training sessions for educators, and developed programmes that address the knowledge gap surrounding menstrual health.

As a charity, we are deeply committed to transparency, good governance, and accountability. We, as trustees, periodically review the charity activities to ensure they align with our charitable objectives and maximise public benefit. We continuously assess our impact, using feedback and data to refine our approach and ensure our resources effectively serve our beneficiaries and the general public at large.

Looking ahead, Period Reality will continue to drive forward its mission, working towards a world where everyone, regardless of their background or circumstances, has the knowledge and tools to live in sync with their menstrual cycle. Through continued advocacy, education, and collaboration, we strive to inspire lasting societal change and achieve our ambitious goal of inspiring, educating and empowering 1 billion people by 2030.



David Physick

Chair of The Board of Trustees



## Section A Statement of Financial Activities

		PR CIO			PRG LTD			Previous Period (£)
		Unrestricted funds (£)	Restricted funds (£)	Total funds (£)	Unrestricted funds (£)	Restricted funds (£)	Total funds (£)	
A	<b>Income (Note 4)</b>							
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	<b>Total Income</b>	£ 4,380.65	£ 8,690.35	£ 13,071.00	£ 930.00	£ 680.00	£ 1,610.00	-
B	<b>Expenditure (Note 6)</b>							
B1	Charitable Activities	£ 1,657.42	£ 9,502.67	£ 11,160.09				-
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i	Grant seeking Costs	£ 37.00	£ -	£ 37.00				-
ii	Business Development Activities				£ 6,825.72	£ -	£ 6,825.72	-
iii	PRG LTD's Trading activities				£ 1,002.92	£ -	£ 1,002.92	-
	<b>Total Expenditure on Rasing Funds</b>	£ 37.00	£ -	£ 37.00	£ 7,828.64	£ -	£ 7,828.64	-
B3	Separate material item of expense	£ -	£ 1,800.00	£ 1,800.00	£ -	£ 80.00	£ 80.00	-
B4	Other	£ 139.41	-	£ 139.41	£ -	£ -	£ -	-
	<b>Total Expenditure</b>	£ 1,833.83	£ 11,302.67	£ 13,136.50	£ 7,828.64	£ 80.00	£ 7,908.64	-
	<b>NET INCOME/(EXPENDITURE)</b>	£ 2,546.82	-£ 2,612.32	-£ 65.50	-£ 6,898.64	£ 600.00	-£ 6,298.64	-
	Transfers between funds	-	-	-	-	-	-	-
	<b>Reconciliation of funds</b>	-	-	-	-	-	-	-
	Total funds brought forward	-	-	-	-	-	-	-
	<b>Total funds carried forward</b>	£ 2,546.82	-£ 2,612.32	-£ 65.50	-£ 6,898.64	£ 600.00	-£ 6,298.64	-



Section B Balance sheet								
		PR CIO			PRG LTD			
		Unrestricted funds (£)	Restricted funds (£)	Total funds (£)	Unrestricted funds (£)	Restricted funds (£)	Total funds (£)	Previous Period (£)
<b>Analysis</b>								
A	<b>Fixed Assets</b>	£ -	£ -	£ -	£ -	£ -	£ -	-
<b>B Current assets:</b>								
B1	Cash at bank and in hand	£ 2,546.82	-£ 2,012.32	£ 534.50	£ -	£ 600.00	£ 600.00	-
	<b>Total Assets</b>	£ 2,546.82	-£ 2,012.32	£ 534.50	£ -	£ 600.00	£ 600.00	-
<b>C Liabilities:</b>								
C1	Creditors: Amounts falling due within one year	£ -	£ 600.00	£ 600.00	£ 6,477.84	£ -	£ 6,477.84	-
	<b>Total assets less current liabilities</b>	£ 2,546.82	-£ 2,612.32	-£ 65.50	-£ 6,477.84	£ 600.00	-£ 5,877.84	-
C3	Creditors: Amounts falling due after one year	£ -	£ -	£ -	£ 1,000.00		£ 1,000.00	-
	<b>Total net assets or liabilities</b>	£ 2,546.82	-£ 2,612.32	-£ 65.50	-£ 7,477.84	£ 600.00	-£ 6,877.84	-
<b>D Funds of the Charity</b>								
D2	<b>Restricted income funds (Note 27)</b>	£ -	£ -	£ -		£ 600.00	£ 600.00	£ -
D3	<b>Total Unrestricted funds</b>	£ 2,546.82	-£ 2,612.32	-£ 65.50	-£ 6,477.84		-£ 6,477.84	£ -

<b>Section C Notes to the accounts</b>									
<b>Note 1 Basis of preparation</b>									
<b>1.1 Basis of accounting</b>									
These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.									
The accounts have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).									
The charity meets the definition of a public benefit entity under FRS 102.									
<b>1.2 Going concern</b>									
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.									

## Section C Notes to the accounts (contd)

## Note 2 Accounting Policies

## 2.1 Reconciliation with Previously Generally Accepted Accounting Practices

As this is the charity's first year of preparing statutory accounts, there is no reconciliation required with previously generally accepted accounting practices.

## 2.2 Income Recognition

*This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.*

<b>Recognition of income</b>	These are included in the Statement of Financial Activities (SoFA) when:			
	• the charity becomes entitled to the resources;	Yes	No	N/a
	• it is more likely than not that the trustees will receive the resources; and	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	• the monetary value can be measured with sufficient reliability.			
<b>Offsetting</b>	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Grants and donations</b>	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	In the case of performance-related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance-related conditions are met (5.16 FRS 102 SORP).	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Legacies</b>	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Government grants</b>	The charity has received government grants in the reporting period	Yes	No	N/a
		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Tax reclaims on donations and gifts</b>	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Contractual income and performance related grants</b>	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Donated goods</b>	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

		Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.	Yes	No	N/a
			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.	Yes	No	N/a
			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	Yes	No	N/a
			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.	Yes	No	N/a
			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.	Yes	No	N/a
			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Support costs	The charity has incurred expenditure on support costs.	Yes	No	N/a
			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	Yes	No	N/a
			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	Yes	No	N/a
			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.	Yes	No	N/a
			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.	Yes	No	N/a
			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.	Yes	No	N/a
			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.	Yes	No	N/a
			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>2.3 EXPENDITURE AND LIABILITIES</b>					
	Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.	Yes	No	N/a
			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Governance and support costs</b>	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Grants with performance conditions</b>	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Grants payable without performance conditions</b>	Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Redundancy cost</b>	The charity made no redundancy payments during the reporting period.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Deferred income</b>	No material item of deferred income has been included in the accounts.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Creditors</b>	The charity has creditors which are measured at settlement amounts less any trade discounts	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Provisions for liabilities</b>	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Basic financial instruments</b>	The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2.4 ASSETS</b>				
There were no fixed assets held by either the CIO or PRG Ltd during the reporting period.				
<b>POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE</b>	<p>The charity has adopted an internal Finance Policy to support operational decision-making and financial controls. This policy aligns with the accounting policies described above and does not introduce any treatments that are inconsistent with SORP FRS 102.</p> <p>Copies of the Finance Policy are available upon request.</p>			



## Section C Notes to the accounts (cont)

## Note 4 Analysis of income

	Analysis	Unrestricted	Restricted	Total funds	Previous
<b>Donations:</b>	Donations and gifts	£ 4,121.65	£ 1,940.35	£ 6,062.00	-
	Donated goods, facilities and	£ -	£ -	£ -	-
	Other	£ -	£ -	£ -	-
	<b>Total</b>	£ 4,121.65	£ 1,940.35	£ 6,062.00	-
<b>Grants:</b>	Grants provided by government/other organisations	£ -	£ 6,750.00	£ 6,750.00	-
	Other	£ -	£ -	£ -	-
	<b>Total</b>	£ -	£ 6,750.00	£ 6,750.00	-
<b>Charitable activities:</b>	Community Training Programs	£ 140.00	£ -	£ 140.00	£ -
	Other	£ -	£ -	£ -	-
	<b>Total</b>	£ 140.00	£ -	£ 140.00	-
<b>Other trading activities:</b>	Income from Program Tickets/Merch	£ 119.00	£ -	£ 119.00	-
	<b>Total</b>	£ 119.00	£ -	£ 119.00	-
<b>CHARITY'S TOTAL INCOME</b>		£ 4,380.65	£ 8,690.35	£ 13,071.00	-
<b>PRG LTD's Trading Activities:</b>	Corporate Trainings	£ 700.00	£ -	£ 700.00	-
	Online Training	£ 230.00	£ -	£ 230.00	-
	Sponsorship	£ -	£ 600.00	£ 600.00	-
	Other	£ -	£ 80.00	£ 80.00	-
	<b>Total</b>	£ 930.00	£ 680.00	£ 1,610.00	-
<b>TOTAL INCOME</b>		£ 5,310.65	£ 9,370.35	£ 14,681.00	-

<b>Section C Notes to the accounts (cont)</b>							
<b>Note 5 Donated goods, facilities and services</b>							
<b>Current Period</b>							<b>Previous Period</b>
<b>Please provide details of the accounting policy for the recognition and valuation of donated goods, facilities and services.</b>		Donated goods, facilities, and services are recognised as income where the benefit to the charity is reasonably quantifiable and measurable. Donated services are included in income where they would otherwise have been purchased, and are recognised on the basis of estimated value to the charity. Volunteer time is not recognised in the Statement of Financial Activities but is described in the narrative below.					
<b>Please provide details of any unfulfilled conditions and other contingencies attaching to resources from donated goods and services not recognised in income.</b>		Not applicable. There are no unfulfilled conditions or contingencies associated with donated services.					
<b>Please give details of other forms of other donated goods and services not recognised in the accounts, eg contribution of unpaid volunteers.</b>		<p>Volunteers played a crucial role in all aspects of our work this year, from supporting operations to delivering workshops to supporting brand and website design and social media content creation. Their combined contribution reflects a significant value to our operations and our beneficiaries.</p> <p>In this reporting period, volunteers contributed an estimated 1,853 hours of time. Using a standard rate of £10.42 per hour, this equates to an estimated non-financial contribution of £19,308.26.</p>					

Section C		Notes to the accounts		(cont)	
Note 6		Analysis of expenditure			
Analysis		Current Period			Previous Period (£)
		Unrestricted funds (£)	Restricted funds (£)	Total funds (£)	
Expenditure on raising funds:					
Incurred seeking donations/grants		£ 37.00	£ -	£ 37.00	
Total		£ 37.00	£ -	£ 37.00	
Business development activities					
Travel & Hotel Expenses for publicity		£ 4,260.10	£ -	£ 4,260.10	
Event/Conference attendance		£ 1,823.04	£ -	£ 1,823.04	
Branded event items for publicity		£ 604.16	£ -	£ 604.16	
other publicity costs		£ 138.42	£ -	£ 138.42	
Total		£ 6,825.72	£ -	£ 6,825.72	
PRG LTD's Trading Activities:					
Start-up costs incurred in generating new source of future income		£ 141.27	£ -	£ 141.27	
Telecommunications software		£ 233.85	£ -	£ 233.85	
Website & Hosting		£ 548.40	£ -	£ 548.40	
Governance		£ 79.40	£ -	£ 79.40	
Other trading activities		£ -	£ -	£ -	
Advertising, marketing, direct mail and publicity		£ -	£ -	£ -	
Total		£ 1,002.92	£ -	£ 1,002.92	
Total expenditure on raising funds		£ 7,865.64	£ -	£ 7,865.64	
Expenditure on charitable activities:					
Information Booth at Conference		£ 481.51	£ -	£ 481.51	
Local Community Training Programs		£ 97.09	£ 7,318.95	£ 7,416.04	
Cycle Awareness Summit Nairobi		£ 928.82	£ 2,183.72	£ 3,112.54	
Kairos Nigeria- Menstrual Hygiene Sensitization		£ 150.00	£ -	£ 150.00	

<b>Total expenditure on charitable activities</b>	£ 1,657.42	£ 9,502.67	£ 11,160.09		
<b>Separate material item of expense</b>					
Legal fees for registering CIO	£ -	£ 1,800.00	£ 1,800.00		
Disbursement of funds donated for Volunteers	£ -	£ 80.00	£ 80.00		
<b>Total</b>	£ -	£ 1,880.00	£ 1,880.00		
<b>Other</b>					
Multi currency Account opening fee	£ 45.00	£ -	£ 45.00		
Bank charges	£ 49.61	£ -	£ 49.61		
Miscellaneous	£ 44.80	£ -	£ 44.80		
<b>Total other expenditure</b>	£ 139.41	-	£ 139.41		
<b>TOTAL EXPENDITURE</b>	£ 9,662.47	£ 11,382.67	£ 21,045.14		
<b>Other information:</b>					
<b>Analysis of expenditure on charitable activities</b>					
	<b>Current Period</b>				
<b>Activity or programme</b>	<b>Activities undertaken directly</b>	<b>Grant funding of activities</b>	<b>Support Costs</b>	<b>Total this year</b>	<b>Previous Period</b>
	£	£	£	£	£
Happier Life Conference Information Booth	£ 481.51	£ -	£ -	£ 481.51	
Kairos Nigeria- Menstrual Hygiene Sensitization	£ -	£ 150.00	£ -	£ 150.00	
Everton Girls Training Program	£ 97.09	£ -	£ -	£ 97.09	
Cycle Awareness Summit Nairobi	£ 3,112.54	£ -	£ -	£ 3,112.54	
Women's Fund Program	£ 7,318.95	£ -	£ -	£ 7,318.95	
<b>Total</b>	£ 11,010.09	£ 150.00	£ -	£ 11,160.09	

Section C		Notes to the accounts		(cont)	
Note 20		Creditors and accruals			
20.1 Analysis of creditors					
		Amounts falling due within one year		Amounts falling due after more than one year	
		Total funds (£)	Previous Period (£)	Total funds (£)	Previous Period (£)
Trade creditors		£ 6,477.84	-	-	-
Other creditors		£ 600.00	-	£ 1,000.00	-
	Total	£ 7,077.84	-	£ 1,000.00	-
Note					
<p>The short-term creditors of £6,477.84 relate to trade payables incurred by Period Reality Group Ltd as part of business development and programme delivery activities.</p> <p>A further £600.00 of short-term creditors relates to legal fees incurred by Period Reality CIO for its registration. These costs were invoiced prior to the reporting date and settled in December 2024, after the period end.</p> <p>The long-term creditor of £1,000.00 represents an interest-free loan provided to PRG Ltd to support start-up operations. Repayment is deferred beyond one year.</p>					



	<b>Section C</b>	<b>Notes to the accounts</b>			<b>(cont)</b>	
	<b>Note 24</b>	<b>Cash at bank and in hand</b>				
					<b>Current Period (£)</b>	<b>Previous Period (£)</b>
	<b>Short term cash investments (less than 3 months maturity date)</b>				-	-
	<b>Short term deposits</b>				-	-
	<b>Cash at bank and on hand</b>					-
	PR CIO					
	PRG Ltd				£ 600.00	
	<b>Other</b>				-	-
	<b>Total</b>				<b>£ 600.00</b>	<b>-</b>

Section C Notes to the accounts (cont)									
Note 27. Details of material funds held and movements during the CURRENT reporting period									
Fund Name	Type	Purpose and Restrictions	Opening Balance	Income (£)	Expenditure (£)	Transfers (£)	Gains and losses (£)	Closing Balance (£)	
General Fund	UR	For general charitable operations	-	£4,121.65	£4,121.65	-	-	-	
Donations to Appreciate Volunteers	R	For volunteer appreciation activities	-	£80.00	£80.00	-	-	-	
Sponsorship – BCorp Certification	R	For supporting PRG Ltd’s BCorp certification p	-	£600.00	-	-	-	£600.00	
CIO Registration & Setup	R	For legal, setup, and governance costs	-	£313.06	£1,800.00	-	-	-	
Cycle Awareness Summit – Nairobi	R	For delivering the Summit in Kenya	-	£1,627.29	£2,183.72	-	-	-	
Women’s Fund Programme	R	For UK-based training programmes	-	£6,750.00	£7,318.95	-	-	-	
Total funds			-	£ 9,370.35	£ 11,382.67	£ -	£ -	£ 600.00	

<b>Section C</b>							<b>Notes to the accounts</b>							<b>(cont)</b>																																																
<b>Note 28</b>																																																														
<b>Transactions with trustees and related parties</b>																																																														
<b>28.1 Trustee remuneration and benefits</b>																																																														
<b>Current year</b>																																																														
None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)																								TRUE																																						
<b>28.2 Trustees' expenses</b>																																																														
No trustee expenses have been incurred (True or False)																								TRUE																																						
<b>28.3 Transaction(s) with related parties</b>																																																														
<b>Current year</b>																																																														
There have been no related party transactions in the reporting period (True or False)																								FALSE																																						
<table border="1"> <thead> <tr> <th>Name of the trustee or related party</th> <th>Relationship to charity</th> <th>Description of the transaction(s)</th> <th>Amount</th> <th>Balance at period end</th> <th>Provision for bad debts at period end</th> <th>Amounts written off during reporting period</th> </tr> <tr> <th></th> <th></th> <th></th> <th>£</th> <th>£</th> <th>£</th> <th>£</th> </tr> </thead> <tbody> <tr> <td>PLAY VERTO GLOBAL LTD</td> <td>Partner</td> <td>Play Verto designed an Impact Measurement Tool that we use in field work</td> <td>250</td> <td>0</td> <td>0</td> <td>0</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>																												Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period				£	£	£	£	PLAY VERTO GLOBAL LTD	Partner	Play Verto designed an Impact Measurement Tool that we use in field work	250	0	0	0														
Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period																																																								
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PLAY VERTO GLOBAL LTD	Partner	Play Verto designed an Impact Measurement Tool that we use in field work	250	0	0	0																																																								
<div> <div> <p><i>In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.</i></p> </div> <div> <p>The transaction with Play Verto Global Ltd was for the design of an impact measurement tool used in the charity's fieldwork activities. The service was provided at a fair market rate, and the total cost of £250 was settled in full during the reporting period.</p> <p>We have a contract outlining the nature and scope of the work. No ongoing services are anticipated under this contract, and no further payments are expected.</p> <p>There was no security provided, and standard invoicing and payment terms applied.</p> </div> </div>																																																														
For any related party, please provide details of any guarantees given or received.																								No guarantees were given or received in relation to the above transaction.																																						