

MY BODY MY CYCLE

England & Wales · Charity number 1213345

Details

Status Registered

Legal form CIO

Registered 2025-05-19

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

Contact

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Activities

Objects: THE OBJECTS OF THE CIO, TO BE CARRIED OUT FOR THE PUBLIC BENEFIT IN SUCH PARTS OF ENGLAND AND GHANA AS THE TRUSTEES SHALL DECIDE, ARE:1) THE PRESERVATION AND PROTECTION OF GOOD HEALTH BY PROVIDING WORKSHOPS, TRAINING, AND INFORMATION SESSIONS ON MENSTRUAL HEALTH AND HYGIENE ENABLING GIRLS AND YOUNG WOMEN TO MANAGE THEIR PERIODS WITH DIGNITY AND CONFIDENCE.2) THE PREVENTION OR RELIEF OF POVERTY BY PROVIDING MENSTRUAL PRODUCTS TO GIRLS AND YOUNG WOMEN WHO LACK THE FINANCIAL MEANS TO BUY THEM.3) TO ACT AS A RESOURCE FOR YOUNG PEOPLE BY PROVIDING ADVICE AND ASSISTANCE AND ORGANISING PROGRAMMES OF PHYSICAL, EDUCATIONAL AND OTHER ACTIVITIES AS A MEANS OF:A) ADVANCING IN LIFE AND HELPING YOUNG PEOPLE BY DEVELOPING THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS INDEPENDENT, MATURE AND RESPONSIBLE INDIVIDUALS;B) ADVANCING EDUCATION;C) RELIEVING UNEMPLOYMENT;D) PROVIDING RECREATIONAL AND LEISURE TIME ACTIVITY IN THE INTERESTS OF SOCIAL WELFARE FOR YOUNG PEOPLE WHO HAVE NEED BY REASON OF THEIR YOUTH, AGE, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES WITH A VIEW TO IMPROVING THEIR CONDITIONS OF LIFE.

Activities: My Body My Cycle exists to advance the education, health, and empowerment of young people through menstrual health education, career guidance, mental health awareness, and community outreach. My Body My Cycle also delivers free reading sessions to children in hospitals.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, People With Disabilities

Geography

- Ghana
- Throughout England

Trustees

Name	Role	Appointed
Philomena Yawson	Chair	2025-05-19
Delsie Ross		2025-05-19
Dorothy Duker		2025-05-19
