MY BODY MY CYCLE

Trustees' Annual Report

2025

Registered Charity No. 1213345

Charity Commission for England & Wales · Charitable Incorporated Organisation

1. REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name	My Body My Cycle
Charity Registration No.	1213345
Legal Structure	Charitable Incorporated Organisation (CIO)
Principal Office	32 Tenby Court, Tenby Road, London, E17 7AT
Governing Document	CIO Constitution, adopted 19 May 2025
Financial Year	1 January 2025 to 31 December 2025
Website	www.mybodymycycle.org
Email	info@mybodymycycle.org

Trustees in Office at the Date of Approval

The following trustees served throughout the 2025 financial year and remain in office at the date this report was approved:

- Philomena Yawson
- Dorothy Duker
- Delsie Ross

2. STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

My Body My Cycle is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales. The charity operates under a CIO Constitution adopted on 19 May 2025, which sets out the objects, powers, and governance arrangements of the organisation.

Trustee Recruitment and Appointment

Trustees are appointed in accordance with the provisions of the CIO Constitution. New trustees are identified through the existing trustee network and appointed by resolution of the trustee board. The charity currently has three trustees who collectively oversee the governance and strategic direction of the organisation.

Induction and Training

New trustees are introduced to the charity's objects, constitution, and ongoing activities through direct engagement with existing trustees. The trustees acknowledge the importance of formal induction procedures and intend to formalise this process during the coming year.

Organisational Structure

My Body My Cycle operates as a small charitable organisation with a trustee board responsible for governance and strategy. Day-to-day activities are carried out by a community of 10 active volunteers based in Ghana and the United Kingdom. The charity delivers its programmes primarily through partnerships with local schools, hospitals, youth centres, and organisations.

3. OBJECTIVES AND ACTIVITIES

Charitable Purposes

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. The charity supports young people regardless of gender, with programmes designed to address the specific needs of girls and boys respectively.

My Body My Cycle also delivers free reading sessions to children aged 3 to 12 in NHS paediatric wards across London. Sessions are flexible and adapted to each child's needs, with books either donated to the ward or given to children to keep. All volunteers participating in this initiative are DBS-checked and operate in full compliance with safeguarding and infection control policies.

Main Activities

The charity's main activities in furtherance of its charitable purposes during 2025 were:

- Delivering menstrual hygiene education and career guidance workshops for girls in schools and community settings.
- Delivering career guidance and mental health awareness workshops for boys through the Empowering the Next Generation (ENG) project
- Distributing sanitary products to girls with limited access to menstrual hygiene resources
- Supporting hospitals with reading programmes for terminally ill children.
- Building partnerships with corporate and community organisations to extend programme reach and resource capacity

Public Benefit

The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit in planning and delivering the charity's activities. All programmes delivered in 2025 were designed to provide direct benefit to young people, a group identified by the trustees as underserved in relation to menstrual health education and youth development support.

4. ACHIEVEMENTS AND PERFORMANCE

Summary of Activities — 2025

During the 2025 financial year, My Body My Cycle delivered four programmes and activities, reaching over 700 young people. The following summarises the key achievements of the charity during the year.

23–24 April 2025	Reading 4 Joy (R4J), a volunteer-led initiative that delivers free reading sessions to children aged 3 to 12 in NHS paediatric wards across London.
10 April 2025	Empowering the Next Generation (ENG) Project — 100 mixed-gender young people. Career guidance and personal development workshops.
16 April 2025	Ghana JHS Sanitary Pad Drive — 500 girls reached. Sanitary products distributed to Junior High School girls alongside menstrual hygiene education sessions.
29 November 2025	Ghana Annual Orphanage Drive — 100 children across 2 orphanages. Activities included arts and crafts, singing, dancing, games, reading, and distribution of donated items.

Partnerships

The following organisations partnered with MBMC during 2025 to support programme delivery and resource mobilisation:

- GhKwaku
- KiMohsar
- Ohhema
- KPMG
- WisdomTree

Volunteers

The charity was supported by 10 active volunteers during 2025. Volunteers contributed their time and skills across workshop facilitation, event coordination, content creation, and logistical support. All volunteers participating in this initiative are DBS-checked and operate in full compliance with safeguarding and infection control policies.

5. FINANCIAL REVIEW

Income and Expenditure

The following is a summary of the charity's financial position for the year ending 31 December 2025:

	GBP	Notes
Total Income	**£7,000**	*Donations and fundraising received during 2025*
Total Expenditure	**£4,000**	*Programme delivery, outreach activities and operational costs*
Closing Reserves	**£3,000**	*Unrestricted free reserves carried forward to 2026*

Total income of £7,000 was received during the 2025 financial year, comprising £1,000 in donations and £6,000 in grants received. Expenditure of £4,000 was incurred in delivering the charity's programmes, including workshop delivery costs, sanitary product procurement, orphanage drive activities, and the bath house facility project. The charity carried forward unrestricted free reserves of £3,000 into the 2026 financial year. No funds are held in deficit.

Reserves Policy

The trustees of My Body My Cycle have adopted the following reserves policy with effect from the financial year ending 31 December 2025.

The charity aims to maintain free reserves equivalent to a minimum of three months' unrestricted operating expenditure. The purpose of these reserves is to ensure the charity can continue to deliver its core programmes in the event of an unexpected shortfall in income, meet any unforeseen liabilities or emergency costs, and maintain financial stability during periods of transition or growth.

At the end of the 2025 financial year, the charity held unrestricted free reserves of £3,000. The trustees consider this a positive foundation and are committed to building reserves toward the three-month target level over the next two to three financial years through fundraising and income diversification. No funds are designated for specific future purposes at this time, and no funds are in deficit.

The reserves position will be reviewed by the trustees at each annual reporting cycle.

Income and Expenditure

During the 2025 financial year, My Body My Cycle received total income of £7,000, comprising £1,000 in donations and £6,000 in grants received. These funds were directed toward programme delivery costs.

SAFEGUARDING

My Body My Cycle works directly with children and young people, including through the Reading 4 Joy hospital programme, the annual orphanage drives in Ghana, and school-based menstrual health and career guidance workshops.

The trustees recognise safeguarding as a core governance responsibility and have taken the following steps to protect the children, young people, and vulnerable beneficiaries the charity works with.

Safeguarding Policy

The charity has adopted a safeguarding policy covering all volunteers and activities involving children and young people. The policy was last reviewed on 8 December 2025 and is scheduled for annual review on the same date each year.

Volunteer Vetting

All volunteers engaging directly with children, including those delivering the Reading 4 Joy hospital sessions and the annual orphanage drives are DBS-checked prior to participation. Volunteers operate in full compliance with the charity's safeguarding and infection control policies at all times.

Training

Volunteers are required to read and sign off the charity's safeguarding training document, confirming their understanding of expected conduct and procedures when working with children and vulnerable beneficiaries, prior to participating in relevant activities.

Incidents

The trustees confirm that no safeguarding incidents or concerns were reported during the 2025 financial year.

Objectives for 2026

The trustees have identified the following programme priorities for the 2026 financial year:

- Reading 4 Joy Project — A literacy and enrichment initiative to be delivered to young people promoting a love of reading and supporting educational development.
- Career Guidance Workshops for Youth Centres — Expansion of the ENG career guidance programme into youth centre settings, broadening access to young people outside of formal school environments.
- Wigs for Cancer Patients — A new community care initiative to source and distribute wigs to cancer patients, reflecting the charity's commitment to wider health and wellbeing support.

In addition to these new initiatives, the trustees intend to continue and build on the charity's established programmes including the annual orphanage drive, sanitary pad distribution, and menstrual health education workshops.

APPROVAL AND SIGNATURE

This Trustees' Annual Report has been prepared and approved by the trustees of My Body My Cycle in accordance with the requirements of the Charities Act 2011 and The Charities (Accounts and Reports) Regulations 2008.

This report was approved by the trustees of My Body My Cycle on:

Date: 24 October 2026

Signed by (Trustee): _____

Name: Philomena Yawson

Position: Trustee

MY BODY MY CYCLE

Receipts and Payments Account

For the year ended 31 December 2025

A . RECEIPTS (Money In)

Description	Amount (£)	Notes
Donations	1000	
Grants received	6000	
Fundraising events/ Income	0	
Gift aid reclaimed	0	
Other income	0	
Total Receipts (A)	**7000**	

B. Payments (Money Out)

Description		
Programme delivery costs (e.g. workshop, materials)	1000	
Sanitary/ Hygiene products procurement	2000	
Event and outreach costs	600	
Volunteer expenses/ DBS checks	250	
Administrative costs (e.g. website, insurance)	150	
Others expenditure	0	
Total Payments (B)	**4000**	

C. Net of Receipts and Payments

Description		
Total Receipts (A)	7000	
Total Payments (B)	4000	
Net Receipts / (Payments) for the year	3000	

D. Reconciliation of Funds

Description		
Cash and bank balances at start of year (1 Jan 2025)	0	
Net Receipts / (Payments) for the year (from Section C)	3000	
Cash and bank balances at end of year (31 Dec 2025)	**3000**	

E. Statement of Assets and Liabilities as at 31 December 2025

Assets

Description		
Cash at bank (current account)	1000	
Cash at bank (savings account, if any)	2000	
Cash in hand	0	
Equipment / other assets owned (please specify)	0	
Total Assets	**3000**	

Liabilities

Description	Amount (£)	Notes
Outstanding invoices / bills owed	**0**	
Other liabilities	**0**	
Total liabilities	**0**	

Net Assets

Total assets	**3000**	
Total liabilities	**0**	
Net assets	**3000**	

Reserves Statement

Description		
Unrestricted funds	3000	
Restricted funds	0	
Designated funds	0	
Total funds	3000	

Approval and Signature

This Receipts and Payments Account and Statement of Assets and Liabilities has been approved by the trustees of My Body My Cycle in accordance with the Charities Act 2011 and The Charities (Accounts and Reports) Regulations 2008.

Submitted by:

Name: Philomena Yawson

Title: Trustee

Signature: 

Date: 24 September 2026

My Body My Cycle · info@mybodymycycle.org · mybodymycycle.org