

## APPENDIX 3



|   |  | Independent examiner's report on the accounts |      |    |              |                 |      | v2  |
|---|--|---|------|----|--------------|-----------------|------|---|
| <b>Report to the trustees/members of</b><br><br><b>Registered charity</b><br><b>SC052806number</b><br><b>On the accounts of the charity for the period</b><br><br><b>Set out on pages</b> | Charity name   | The Period Place                              |      |    |              |                 |      |   |
|   | Registered charity   | SC052806                                      |      |    |              |                 |      |   |
|   | Period start date  |   |      |    |              | Period end date |      |   |
|   | Day  | Month   | Year | to | Day          | Month           | Year |   |
|   | 01   | October                                       | 2023 |    | 30           | September       | 2024 | (remember to include the page numbers of additional sheets) |
| <b>Respective responsibilities of trustees and examiner</b>   | <p>The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.</p>  |   |      |    |              |                 |      |   |
| <b>Basis of independent examiner's statement</b>  | <p>My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.</p>   |   |      |    |              |                 |      |   |
| <b>Independent examiner's statement</b>   | <p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p> <p>1. which gives me reasonable cause to believe that in any material respect the requirements:</p> <ul style="list-style-type: none"> <li>to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul> <p>have not been met, or</p> <p>2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.</p> |   |      |    |              |                 |      |   |
| <b>Signed:</b>  |  |   |      |    | <b>Date:</b> | 14/10/2024      |      |   |
| <b>Name:</b>  |  |   |      |    |              |                 |      |   |
| <b>Relevant professional qualification(s) or body (if any):</b>   | Association of Chartered Certified Accountants (Part-Qualified)  |   |      |    |              |                 |      |   |
| <b>Address:</b>   |  |   |      |    |              |                 |      |   |

\*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

## APPENDIX 3

### Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of  
any items that the  
examiner wishes to  
disclose

## The Period Place

SC052806



| Receipts and Payments Accounts |                   |     |      |    |                 |       |      |
|--------------------------------|-------------------|-----|------|----|-----------------|-------|------|
| For the period<br>from         | Period start date |     |      | to | Period end date |       |      |
|                                | Day               | Mo  | Year |    | Da y            | Month | Year |
|                                | 01                | Oct | 2023 |    | 30              | Sep   | 2024 |

## Section A Statement of receipts and payments

|   | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Expendable endowment funds<br>to nearest £ | Permanent endowment funds<br>to nearest £ | Total funds current period<br>to nearest £ | Total funds last period<br>to nearest £ |
|---|------------------------------------|----------------------------------|--|---|--|---|
| <b>A1 Receipts</b>  |                                    |                                  |  |   |  |   |
| Donations   | 2,975                              |                                  |  |   | 2,975                                      | -                                       |
| Legacies  | -                                  |                                  |  |   | -  | -                                       |
| Grants  | 2,500                              | 29,270                           |  |   | 31,770                                     | -                                       |
| Receipts from fundraising activities                          |                                    |                                  |  |   | -  | -                                       |
| Gross trading receipts  | -                                  |                                  |  |   | -  | -                                       |
| Income from investments other than land and buildings         | -                                  |                                  |  |   | -  | -                                       |
| Rents from land & buildings                                   | -                                  |                                  |  |   | -  | -                                       |
| Gross receipts from other charitable activities               | 795                                |                                  |  |   | 795  | -                                       |
| <b>A1 Sub total</b>   | <b>6,270</b>                       | <b>29,270</b>                    | <b>-</b>                                   | <b>-</b>                                  | <b>35,540</b>                              | <b>-</b>                                |
| <b>A2 Receipts from asset &amp; investment sales</b>          |                                    |                                  |  |   |  |   |
| Proceeds from sale of fixed assets                            | -                                  |                                  |  |   | -  | -                                       |
| Proceeds from sale of investments                             | -                                  |                                  |  |   | -  | -                                       |
| <b>A2 Sub total</b>   | <b>-</b>                           | <b>-</b>                         | <b>-</b>                                   | <b>-</b>                                  | <b>-</b>                                   | <b>-</b>                                |
| <b>Total receipts</b>   | <b>6,270</b>                       | <b>29,270</b>                    | <b>-</b>                                   | <b>-</b>                                  | <b>35,540</b>                              | <b>-</b>                                |
| <b>A3 Payments</b>  |                                    |                                  |  |   |  |   |
| Expenses for fundraising activities                           | -                                  |                                  |  |   | -  | -                                       |
| Gross trading payments  | -                                  |                                  |  |   | -  | -                                       |
| Investment management costs                                   | -                                  |                                  |  |   | -  | -                                       |
| Payments relating directly to charitable activities           | 10,684                             | 13,350                           |  |   | 24,034                                     | -                                       |
| Grants and donations  | -                                  |                                  |  |   | -  | -                                       |
| Governance costs:   |                                    |                                  |  |   |  |   |
| Audit / independent examination                               | -                                  |                                  |  |   | -  | -                                       |
| Preparation of annual accounts                                | -                                  |                                  |  |   | -  | -                                       |
| Legal costs   | -                                  |                                  |  |   | -  | -                                       |
| Other   | -                                  |                                  |  |   | -  | -                                       |
| <b>A3 Sub total</b>   | <b>10,684</b>                      | <b>13,350</b>                    | <b>-</b>                                   | <b>-</b>                                  | <b>24,034</b>                              | <b>-</b>                                |
| <b>A4 Payments relating to asset and investment movements</b> |                                    |                                  |  |   |  |   |
| Purchases of fixed assets                                     | -                                  |                                  |  |   | -  | -                                       |
| Purchase of investments                                       | -                                  |                                  |  |   | -  | -                                       |
| <b>A4 Sub total</b>   | <b>-</b>                           | <b>-</b>                         | <b>-</b>                                   | <b>-</b>                                  | <b>-</b>                                   | <b>-</b>                                |
| <b>Total payments</b>   | <b>10,684</b>                      | <b>13,350</b>                    | <b>-</b>                                   | <b>-</b>                                  | <b>24,034</b>                              | <b>-</b>                                |
| <b>Net receipts / (payments)</b>                              | <b>(4,414)</b>                     | <b>15,920</b>                    | <b>-</b>                                   | <b>-</b>                                  | <b>11,506</b>                              | <b>-</b>                                |
| <b>A5 Transfers to / (from) funds</b>                         | <b>-</b>                           | <b>-</b>                         | <b>-</b>                                   | <b>-</b>                                  | <b>-</b>                                   | <b>-</b>                                |
| <b>Surplus / (deficit) for year</b>                           | <b>(4,414)</b>                     | <b>15,920</b>                    | <b>-</b>                                   | <b>-</b>                                  | <b>11,506</b>                              | <b>-</b>                                |

## Section B Statement of balances

| Categories  | Details  | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Expendable endowment funds<br>to nearest £ | Permanent endowment funds<br>to nearest £    | Total current period<br>to nearest £ | Total last period<br>to nearest £ |
|---|--|------------------------------------|----------------------------------|--|--|--------------------------------------|-----------------------------------|
| B1 Cash funds   | Cash and bank balances at start of year                    | -                                  | -                                |  |  | -                                    | -                                 |
|   | Surplus / (deficit) shown on receipts and payments account | (4,414)                            | 15,920                           |  |  | 11,506                               | -                                 |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   | Cash and bank balances at end of year                      | (4,414)                            | 15,920                           | -  | -  | 11,506                               | -                                 |
|   | (Agree balances with receipts and payments account(s))     | -                                  | -                                | -  | -  | -                                    | -                                 |
| B2 Investments  | Details  |                                    |                                  | Fund to which asset belongs                | Market valuation<br>to nearest £             | Last year<br>to nearest £            |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    | Total                            | -  | -  |                                      |                                   |
| B3 Other assets   | Details  |                                    | Fund to which asset belongs      | Cost (if available)<br>to nearest £        | Current value (if available)<br>to nearest £ | Last year<br>to nearest £            |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    | Total                            | -  | -  |                                      |                                   |
| B4 Liabilities  | Details  |                                    | Fund to which liability relates  | Amount due<br>to nearest £                 | Last year<br>to nearest £                    |                                      |                                   |
|   | Creditors/Payables   |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    | Total                            | -  | -  |                                      |                                   |
| B5 Contingent liabilities                                   | Details  |                                    | Fund to which liability relates  | Amount due (estimate)<br>to nearest £      | Last year<br>to nearest £                    |                                      |                                   |
|   |  |                                    |                                  |  |  |                                      |                                   |
|   |  |                                    | Total                            | -  | -  |                                      |                                   |
| Signed by one or two trustees on behalf of all the trustees |  | Signature                          | Print Name                       |  |  | Date of approval                     |                                   |
|   |  |                                    |                                  |  | 13/10/2024                                   |                                      |                                   |

## Section C Notes to the Accounts

**C1 Nature and purpose of funds** (may be stated on analysis of funds worksheets)

89% of Charity's total funds are grants received from third party organisations and charities. 81% of these grants are restricted and are being used for the specific charitable purposes for which the grants were received, while the remaining 8% are unrestricted and are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

The balance of 11% of the Charity's total funds are also unrestricted and available for the intended charitable use.

**C2 Grants**

| Type of activity or project supported   | Individual / institution        | Number of grants made | £             |
|---|---------------------------------|-----------------------|---------------|
| Education and intimate conversation workshops for mothers and daughters to promote menstrual health and wellbeing. Helping Mums to gain insights and  | National Lottery Awards for All | 1                     | 20,000        |
| Education and intimate conversation workshops for mothers and daughters to promote menstrual health and wellbeing. Helping Mums to gain insights and manage the mental health and menopause stage adequately. | Women's Fund Scotland           | 1                     | 5,000         |
| Providing a safe space for minority ethnic women to learn how to manage their mental health, menstrual health, menopause and fibroid journeys better.   | NHS Grampian                    | 1                     | 4,270         |
| Unrestricted fund used for the carrying out various charitable objectives   | Robertson Trust                 | 1                     | 2,500         |
|   |                                 |                       |               |
| <b>Total</b>  |                                 |                       | <b>31,770</b> |

**C3a Trustee remuneration**

|  |  |
|--|--|
| If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b) |  |
|--|--|

## Authority under which paid

£

**C3b Trustee remuneration - details**

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**C4a Trustee expenses**

|   |  |
|---|--|
| If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b) |  |
|---|--|

Number of trustees

£

**C4b Trustee expenses - details**

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**C5 Transactions with trustees and connected persons**

| Nature of relationship | Nature of transaction | Transaction amount (£) | Balance outstanding at period end (£) |
|------------------------|-----------------------|------------------------|---------------------------------------|
|                        |                       |                        |                                       |
|                        |                       |                        |                                       |
|                        |                       |                        |                                       |
|                        |                       |                        |                                       |

**C6 Other information**

|  |
|--|
|  |
|--|

## The Period Place

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**Additional analysis (1)****Analysis of receipts and payments****1 Donations**

|                    | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Expendable<br>endowment funds<br>to nearest £ | Permanent<br>endowment funds<br>to nearest £ | Total current<br>period<br>to nearest £ | Total last<br>period<br>to nearest £ |
|--------------------|------------------------------------|----------------------------------|---|--|---|--------------------------------------|
| Donations Received | 2,975                              |                                  |   |  | 2,975                                   | -                                    |
|                    |                                    |                                  |   |  | -                                       |                                      |
|                    |                                    |                                  |   |  | -                                       |                                      |
|                    |                                    |                                  |   |  | -                                       |                                      |
| <b>Total</b>       | <b>2,975</b>                       | <b>-</b>                         | <b>-</b>                                      | <b>-</b>                                     | <b>2,975</b>                            | <b>-</b>                             |
|                    | -                                  | -                                | -   | -  | -                                       | -                                    |

**2 Grants**

|                | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ |  |  | Total current<br>period<br>to nearest £ | Total last<br>period<br>to nearest £ |
|----------------|------------------------------------|----------------------------------|--|--|---|--------------------------------------|
| Grant Received | 2,500                              | 29,270                           |  |  | 31,770                                  |                                      |
|                |                                    |                                  |  |  | -                                       |                                      |
|                |                                    |                                  |  |  | -                                       |                                      |
|                |                                    |                                  |  |  | -                                       |                                      |
| <b>Total</b>   | <b>2,500</b>                       | <b>29,270</b>                    |  |  | <b>31,770</b>                           | <b>-</b>                             |
|                | -                                  | -                                |  |  | -                                       | -                                    |

**3 Gross receipts from other charitable activities**

|   | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Expendable<br>endowment funds<br>to nearest £ | Permanent<br>endowment funds<br>to nearest £ | Total current<br>period<br>to nearest £ | Total last<br>period<br>to nearest £ |
|---|------------------------------------|----------------------------------|---|--|---|--------------------------------------|
| Gross receipts from other charitable activities | 795                                |                                  |   |  | 795                                     |                                      |
|   |                                    |                                  |   |  | -                                       |                                      |
|   |                                    |                                  |   |  | -                                       |                                      |
|   |                                    |                                  |   |  | -                                       |                                      |
|   |                                    |                                  |   |  | -                                       |                                      |
|   |                                    |                                  |   |  | -                                       |                                      |
|   |                                    |                                  |   |  | -                                       |                                      |
| <b>Total</b>                                    | <b>795</b>                         | <b>-</b>                         | <b>-</b>                                      | <b>-</b>                                     | <b>795</b>                              | <b>-</b>                             |
|   | -                                  | -                                | -   | -  | -                                       | -                                    |

**4 Payments relating directly to charitable activities**

|                            | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Expendable<br>endowment funds<br>to nearest £ | Permanent<br>endowment funds<br>to nearest £ | Total current<br>period<br>to nearest £ | Total last<br>period<br>to nearest £ |
|----------------------------|------------------------------------|----------------------------------|---|--|---|--------------------------------------|
| IT Equipments              | 45                                 | 1,349                            |   |  | 1,394                                   | -                                    |
| Souvenir costs             | 880                                | 410                              |   |  | 1,290                                   | -                                    |
| Professional costs         | 1,944                              | 1,125                            |   |  | 3,069                                   | -                                    |
| Hospitality costs          | 5,118                              | 622                              |   |  | 5,740                                   |                                      |
| Printing/Advertising costs | 1,243                              | 1,022                            |   |  | 2,265                                   |                                      |
| Personnel costs            | 78                                 | 8,218                            |   |  | 8,296                                   |                                      |
| Transportation costs       | 297                                | 222                              |   |  | 519                                     |                                      |
| Other costs                | 1,080                              | 382                              |   |  | 1,461                                   |                                      |
|                            |                                    |                                  |   |  | -                                       |                                      |
|                            |                                    |                                  |   |  |   |                                      |
| <b>Total</b>               | <b>10,685</b>                      | <b>13,350</b>                    | <b>-</b>                                      | <b>-</b>                                     | <b>24,034</b>                           | <b>-</b>                             |
|                            | reference error                    | reference error                  | -   | -  | reference error                         | -                                    |

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**Additional analysis (2)****5 Breakdown of unrestricted funds**

|  | Unrestricted fund | Unrestricted fund 2 - enter name of fund below | Unrestricted fund 3 - enter name of fund below | Unrestricted fund 4 - enter name of fund below | Total unrestricted funds | Total unrestricted funds last period |
|--|-------------------|--|--|--|--------------------------|--------------------------------------|
| <b>Receipts</b>  |                   |  |  |  |                          |                                      |
| Donations  | 2,975             |  |  |  | 2,975                    | -                                    |
| Legacies   | -                 |  |  |  | -                        | -                                    |
| Grants   | 2,500             |  |  |  | 2,500                    | -                                    |
| Receipts from fundraising activities                       | -                 |  |  |  | -                        | -                                    |
| Gross trading receipts                                     | -                 |  |  |  | -                        | -                                    |
| Income from investments other than land and buildings      | -                 |  |  |  | -                        | -                                    |
| Rents from land & buildings                                | -                 |  |  |  | -                        | -                                    |
| Gross receipts from other charitable activities            | 795               |  |  |  | 795                      | -                                    |
| <b>Sub total</b>   | <b>6,270</b>      | -  | -  | -  | <b>6,270</b>             | -                                    |
| <b>Receipts from asset &amp; investment sales</b>          |                   |  |  |  |                          |                                      |
| Proceeds from sale of fixed assets                         | -                 |  |  |  | -                        | -                                    |
| Proceeds from sale of investments                          | -                 |  |  |  | -                        | -                                    |
| <b>Sub total</b>   | <b>-</b>          | -  | -  | -  | <b>-</b>                 | -                                    |
| <b>Total receipts</b>                                      | <b>6,270</b>      | -  | -  | -  | <b>6,270</b>             | -                                    |
| <b>Payments</b>  |                   |  |  |  |                          |                                      |
| Expenses for fundraising activities                        | -                 |  |  |  | -                        | -                                    |
| Gross trading payments                                     | -                 |  |  |  | -                        | -                                    |
| Investment management costs                                | -                 |  |  |  | -                        | -                                    |
| Payments relating directly to charitable activities        | 10,684            |  |  |  | 10,684                   | -                                    |
| Grants and donations                                       | -                 |  |  |  | -                        | -                                    |
| Governance costs:  | -                 |  |  |  | -                        | -                                    |
| Audit / independent examination                            | -                 |  |  |  | -                        | -                                    |
| Preparation of annual accounts                             | -                 |  |  |  | -                        | -                                    |
| Legal costs  | -                 |  |  |  | -                        | -                                    |
| <b>Sub total</b>   | <b>10,684</b>     | -  | -  | -  | <b>10,684</b>            | -                                    |
| <b>Payments relating to asset and investment movements</b> |                   |  |  |  |                          |                                      |
| Purchases of fixed assets                                  | -                 |  |  |  | -                        | -                                    |
| Purchase of investments                                    | -                 |  |  |  | -                        | -                                    |
| <b>Sub total</b>   | <b>-</b>          | -  | -  | -  | <b>-</b>                 | -                                    |
| <b>Total payments</b>                                      | <b>10,684</b>     | -  | -  | -  | <b>10,684</b>            | -                                    |
| <b>Net receipts / (payments)</b>                           | <b>(4,414)</b>    | -  | -  | -  | <b>(4,414)</b>           | -                                    |
| <b>Transfers to / (from) funds</b>                         | <b>-</b>          |  |  |  | <b>-</b>                 | -                                    |
| <b>Surplus / (deficit) for year</b>                        | <b>(4,414)</b>    | -  | -  | -  | <b>(4,414)</b>           | -                                    |

**Nature and purpose of funds**

All funds are unrestricted and are available for use at the discretion of the Trustees in furtherance of their charitable objectives, unless stated that funds have been designated for specific purposes

## The Period Place

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**Additional analysis (3)****6 Breakdown of restricted funds**

|  | Restricted fund<br>1 - enter name of<br>fund below | Restricted fund<br>2 - enter name of<br>fund below | Restricted fund<br>3 - enter name of<br>fund below | Restricted fund<br>4 - enter name of<br>fund below | Total restricted<br>funds | Total restricted<br>funds last<br>period |
|--|--|--|--|--|---------------------------|--|
| <b>Receipts</b>  |  |  |  |  |                           |  |
| Donations  |  |  |  |  | -                         |  |
| Legacies   |  |  |  |  | -                         |  |
| Grants   | 29,270   |  |  |  | 29,270                    |  |
| Receipts from fundraising activities                       |  |  |  |  | -                         |  |
| Gross trading receipts                                     |  |  |  |  | -                         |  |
| Income from investments other than land and buildings      |  |  |  |  | -                         |  |
| Rents from land & buildings                                |  |  |  |  | -                         |  |
| Gross receipts from other charitable activities            |  |  |  |  | -                         |  |
| <b>Sub total</b>   | <b>29,270</b>                                      | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>29,270</b>             | <b>-</b>                                 |
| <b>Receipts from asset &amp; investment sales</b>          |  |  |  |  |                           |  |
| Proceeds from sale of fixed assets                         |  |  |  |  | -                         |  |
| Proceeds from sale of investments                          |  |  |  |  | -                         |  |
| <b>Sub total</b>   | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>-</b>                  | <b>-</b>                                 |
| <b>Total receipts</b>                                      | <b>29,270</b>                                      | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>29,270</b>             | <b>-</b>                                 |
| <b>Payments</b>  |  |  |  |  |                           |  |
| Expenses for fundraising activities                        |  |  |  |  | -                         |  |
| Gross trading payments                                     |  |  |  |  | -                         |  |
| Investment management costs                                |  |  |  |  | -                         |  |
| Payments relating directly to charitable activities        | 13,350   |  |  |  | 13,350                    |  |
| Grants and donations                                       |  |  |  |  | -                         |  |
| Governance costs:  |  |  |  |  | -                         |  |
| Audit / independent examination                            |  |  |  |  | -                         |  |
| Preparation of annual accounts                             |  |  |  |  | -                         |  |
| Legal costs  |  |  |  |  | -                         |  |
|  |  |  |  |  | -                         |  |
|  |  |  |  |  | -                         |  |
| <b>Sub total</b>   | <b>13,350</b>                                      | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>13,350</b>             | <b>-</b>                                 |
| <b>Payments relating to asset and investment movements</b> |  |  |  |  |                           |  |
| Purchases of fixed assets                                  |  |  |  |  | -                         |  |
| Purchase of investments                                    |  |  |  |  | -                         |  |
| <b>Sub total</b>   | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>-</b>                  | <b>-</b>                                 |
| <b>Total payments</b>                                      | <b>13,350</b>                                      | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>13,350</b>             | <b>-</b>                                 |
| <b>Net receipts / (payments)</b>                           | <b>15,920</b>                                      | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>15,920</b>             | <b>-</b>                                 |
| <b>Transfers to / (from) funds</b>                         |  |  |  |  | -                         |  |
| <b>Surplus / (deficit) for year</b>                        | <b>15,920</b>                                      | <b>-</b>   | <b>-</b>   | <b>-</b>   | <b>15,920</b>             | <b>-</b>                                 |

**Nature and purpose of funds**

All funds are restricted and are being used for the specific charitable purposes for which the grants were received.

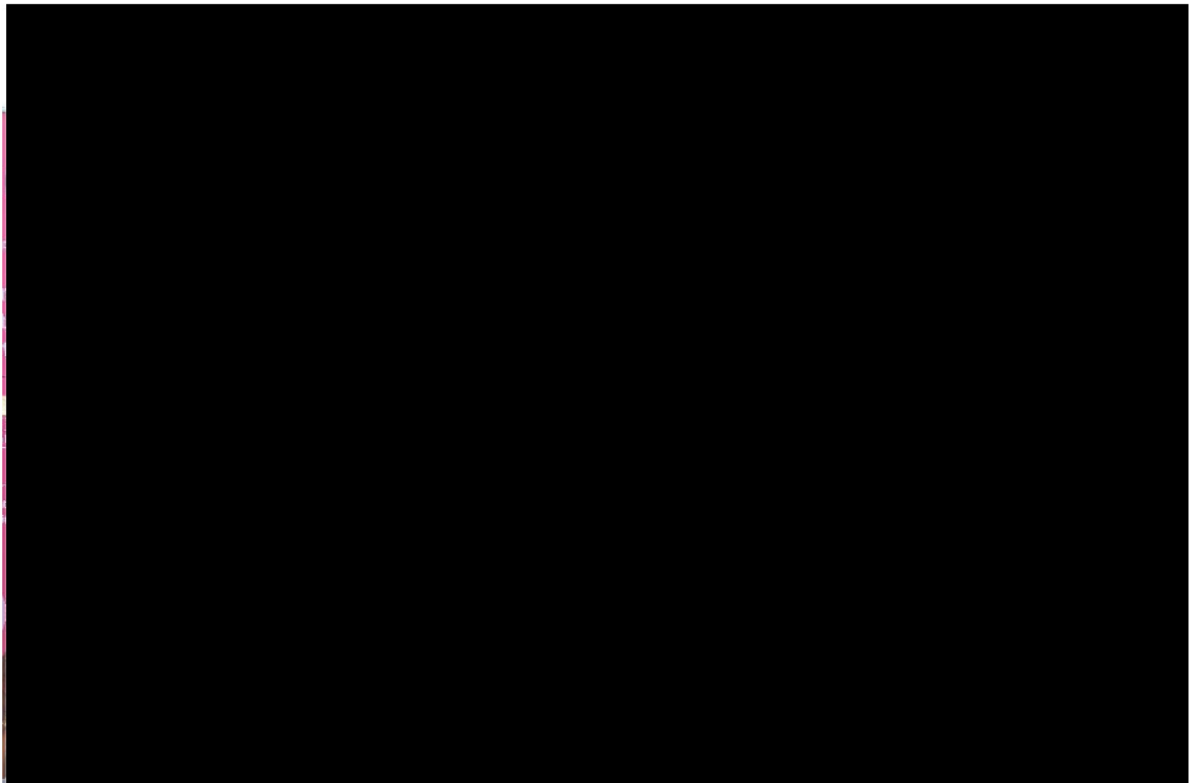




**The Period Place**

**Trustees' Annual Report**

Period From 1<sup>st</sup> October 2023 to  
Period End 30<sup>th</sup> September 2024



## Charity contact information



Your charity's name    The Period Place SCIO

Scottish Charity Number: SC052806

Address    18 Blairythan Place, Foveran, Aberdeenshire

Postcode    AB41 6HA

Telephone number    [REDACTED]

Email address: info@theperiodplace.co.uk

Website: www.theperiodplace.co.uk

Twitter / Facebook / Social Media profile name

<https://www.facebook.com/theperiodplaceuk>

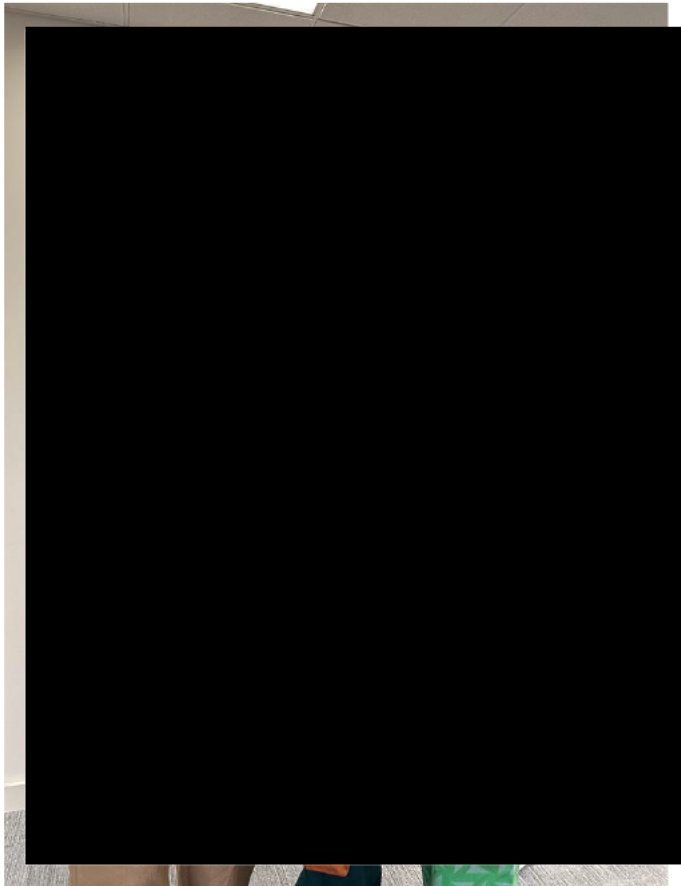
<https://x.com/periodplaceuk>

<https://www.instagram.com/theperiodplaceuk/>

<https://www.linkedin.com/company/the-period-place-uk/>

## Charity Trustees

1. Chinenye Florence Igboayaka
2. Eloho Efemuai
3. Onyemauchechi Opara



## Objectives and activities

Our charity was established to address the stigma surrounding menstruation and menopause particularly in Aberdeen, Scotland, and beyond. We aim to challenge misconceptions and provide education and support on menstrual hygiene management and menopause, support mental health issues as well as raise awareness about menstrual health issues such as PCOS, fibroids, and endometriosis.

Our core purpose is to advance education on menstrual health and wellbeing, offering workshops, summits, campaigns, and befriending services. By providing comprehensive resources and training, we aim to equip individuals with the knowledge and confidence needed to reduce anxiety and improve overall wellbeing.

Additionally, we focus on preventing and alleviating period poverty by distributing safe and hygienic period products to those in need due to marginalisation, poverty, or other disadvantages. We also seek to economically empower individuals through career and business workshops, skills training and development, which in turn helps reduce poverty and create financial independence.

Our charity is committed to supporting minority ethnic communities and ensuring inclusivity in all our initiatives.

### Activities:

In this financial year, our charity has focused on providing educational and empowerment workshops aimed at supporting women and girls in improving their menstrual health, menopause, fibroids and overall well-being. Our activities have encompassed a wide range of topics, including menstrual health, mental health, stress management, period poverty, and community-building events like awareness campaigns, walks, and summits.

We began the year with a roundtable discussion, funded by the Scottish Government, where women from minority ethnic communities shared their perspectives on health, well-being, and democratic inclusion. This event gave them a platform to voice their thoughts on how these communities can be better represented in matters of menstrual health and equality.

Throughout the year, we ran workshops as part of our Mothers & Daughters community intervention project. These sessions provided a safe space to empower mothers to manage their health and well-being, offering support on stress management, mental health, and menopause. Meanwhile, the daughters were educated on puberty, period management, and building strong relationships with their mothers.

Additionally, we hosted a series of Pillow Talk workshops, designed as a safe space for women from minority ethnic communities to discuss and destigmatise issues related to menopause, mental health, and well-being, including workplace challenges related to menopause.

In schools and girls' clubs such as Brownies, we ran the My Period, My Body workshops to help girls navigate the often-confusing topic of periods, providing answers to their questions and the education they need for proper management.

One of our key milestones was organising the first-ever period walk in Scotland, titled Walk to Give Her a Voice, in May 2024 to mark World Menstrual Hygiene Day. This walk, in collaboration with the NHS Grampian Wellbeing Festival, gave women and girls a platform to voice their experiences with conditions such as PCOS, fibroids, endometriosis, and menopause. The walk fostered a sense of community and empowerment, with events held in Aberdeen, Aberdeenshire, Dundee, and Glasgow.

Our annual Limitless Summit in August further expanded our focus on empowering women by including new topics like career development, business, and financial well-being, helping women achieve holistic wellness and pursue financial independence.

We also prioritised mental health, especially in the minority ethnic communities, through workshops aimed at reducing the stigma surrounding mental health issues and creating a supportive environment. Additionally, we worked to alleviate social isolation by connecting individuals and families from different nationalities.

Finally, our efforts to combat period poverty included distributing first-period kits to struggling families, funded through donations from our Walk to Give Her a Voice campaign.

Through these initiatives, we have raised awareness, encouraged participation in discussions on menstrual health and mental well-being, and empowered the communities we serve. Our work continues to have a lasting impact on the lives of women and girls, particularly those from ethnic minority backgrounds in Aberdeen and Scotland, helping them overcome challenges and realise their full potential.

## Structure, governance and management

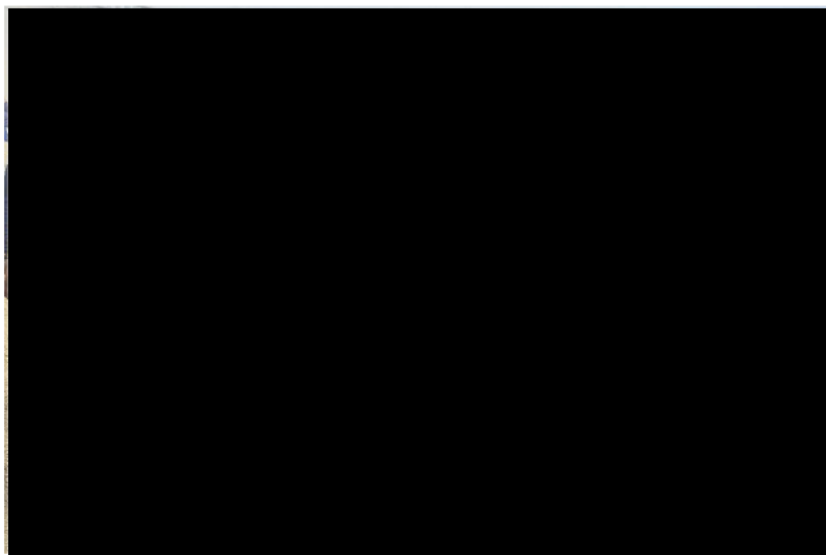
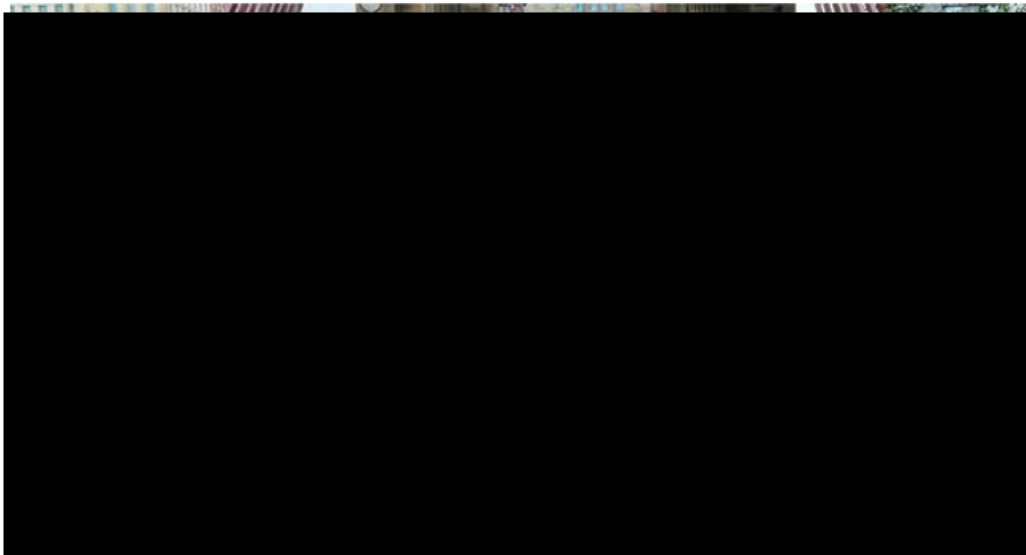
### Type of governing document

Our charity is governed by a constitution, which is the formal written document that sets out the purpose, structure, and operational framework of the organisation. The constitution outlines our charity's aims, how decisions are made, and the roles and responsibilities of the trustees. It also provides guidance on the processes for appointing trustees, managing resources, and ensuring compliance with legal and regulatory requirements. As trustees, we are committed to adhering to the constitution to ensure that the charity functions effectively and in line with its charitable objectives.

### Trustee recruitment and appointment

No trustee recruitment has taken place this year. Our board remains committed to ensuring that we have a diverse mix of skills and experience to effectively meet the charity's aims. While we have not recruited new trustees during this period, we continue to monitor the needs of the charity to ensure that the board has the right expertise to guide our work. At present, no external organisations are involved in the appointment of trustees, with all recruitment and selection carried out internally, based on the needs and goals of the charity.

## Achievements and performance



During the financial year, our charity made significant strides in supporting families, particularly those from ethnic minority groups, across Aberdeen and Scotland. Thanks to generous grants from Women's Fund Scotland, the National Lottery, NHS Grampian, and The Robertson Trust, we were able to successfully plan and deliver several impactful initiatives aligned with our mission.

One of our key achievements was the 'Mothers & Daughters', Walk to Give Her a Voice campaign, a groundbreaking event in Scotland. Women from various parts of the country participated in the walk, and several primary schools in Aberdeenshire joined by hosting walks on their grounds. The campaign addressed period poverty and worked to destigmatise menstruation by providing first-period kits to families in need. Additionally, we had compassionate doctors on-site to answer health-related questions. Funded by The Robertson Trust and Tesco, this campaign fostered a

sense of community and empowerment, giving women and girls a platform to be heard. It has now become an annual event for our organisation. Support from groups like Barclays Women in Network further strengthened the impact, raising vital funds to support families experiencing period poverty.

In August 2024, we hosted the Limitless Summit, a major highlight of the year. Over 110 women from across Scotland, including Glasgow, Livingston, Edinburgh, and Dundee, attended this event in Aberdeen. The summit provided opportunities for women to network, build new connections, and receive guidance on career, business, and health-related topics. The event also celebrated the achievements of local women, including stay-at-home mothers, recognising their often-overlooked contributions. This gathering not only empowered women but also raised awareness of the unique challenges they face in pursuing personal and professional growth.

Throughout the year, we created a safe space for intimate and open discussions on menstrual health, menopause, fibroids, and mental well-being, particularly for women from minority ethnic communities. Workshops facilitated by medical professionals, including GPs, allowed women to ask important health questions in a supportive environment. These workshops strengthened community bonds and provided a valuable platform for education, connection, and empowerment.

Looking ahead, we are preparing several key initiatives, including Walk-in Consultations for fibroids and menopause, the Dad & Daughter Staycation, and the continuation of our Mothers & Daughters intervention workshops. Our Pillow Talk safe-space conversations will also continue, alongside our annual Walk to Give Her a Voice campaign and the Limitless Summit & Awards. These initiatives will address critical issues such as menstrual health, period poverty, menopause, fibroids, employability, and financial independence, ensuring we continue to support women and families holistically.

Our dedicated volunteers have been essential to the success of these programs. Their commitment and hard work have ensured that we continue to positively impact the communities we serve.

Our charity has made a meaningful difference by empowering women and girls, particularly those from African and ethnic minority backgrounds, through education, support, and community-building activities. By fostering safe spaces for conversation, delivering vital health resources, and providing platforms for connection and empowerment, we have helped women and families overcome barriers and achieve greater well-being. We look forward to continuing and expanding our work with the support of our partners and volunteers in the coming year.



## Financial review

### Statement of the charity's policy on reserves

Our charity's policy on reserves is to ensure financial stability and the ability to respond to unexpected costs or fluctuations in funding. We aim to build and maintain reserves equivalent to at least three months' worth of operating costs in the future. This will provide a financial cushion to ensure that we can continue our essential services without interruption. As of this financial period, we do not yet hold the desired level of reserves, but we are actively working towards this goal as our charity grows and secures additional funding.

### Details of any deficit

There is no deficit on any fund during this financial period. We have managed our finances responsibly and ensured that our income aligns with our expenditure.

### Donated facilities and services

At present, we have not received any donated facilities or services. However, we are exploring opportunities to engage with partners who may be able to provide such support in the future to further enhance our ability to deliver services efficiently

## Future plans

We are excited about the impactful and transformative year ahead, with a broad range of initiatives and activities designed to further support and empower our community across Aberdeen and Scotland. Our focus remains on promoting holistic wellbeing, raising awareness around menstrual health, menopause, and fibroids, and amplifying the voices of underrepresented members of our community. Key initiatives for the upcoming year include:

- Strategy Day: We will begin the year with a dedicated Strategy Day, bringing together our team, volunteers, and stakeholders to refine our vision and set clear objectives for the year ahead.
- Mothers & Daughters Workshops: Continuing our successful series of workshops, we will create spaces for mothers and daughters to learn about intimate healthcare while fostering lasting connections.
- Pillow Talk Sessions: We will build on our existing workshops, offering safe and supportive spaces where women can share their wellbeing and menopause journeys. Experts in nutrition, exercise, and wellness will be invited to guide women through this stage of life.
- Fibroids Fireside Chats: These intimate discussions will focus on fibroid awareness, providing essential education and support to women affected by this condition.
- Walk to Give Her a Voice Campaign: We aim to expand the reach of this empowering campaign, ensuring that women feel supported and connected as they navigate menstrual health challenges, regardless of their diagnosis.
- Dad & Daughter Staycation: We plan to launch a unique initiative where fathers, particularly single dads, can learn how to support their daughters through their menstrual journeys, fostering deeper bonds and understanding.
- Limitless Summit & Awards: This event will create meaningful connections, celebrate achievements, and empower women to thrive in business, careers, health, and finance.
- Lunch & Learn Sessions: These walk-in services will offer an accessible space for individuals to engage with our team and ask questions about menstrual health and menopause.

With these initiatives, we are eager to continue making a positive and lasting impact on the lives of women, girls, and families from minority ethnic communities. We look forward to a year of growth, empowerment, and community-building across Aberdeen and beyond.

## Additional information

**Declaration**

Signed on behalf of the charity trustees:

[Redacted signature area]

Print name

[Redacted name]

Designation

Chair

Date

09/10/2024