



Charity Name: The Period Place

Trustee's Annual Report

From October 1st 2024 to September 30th 2025



Charity contact information

Your charity's name The Period Place

Scottish Charity Number: SC052806

Registered Address : 18 Blairythian Place, Foveran, Aberdeenshire

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Charity Trustees

Name all of your charity trustees for the period, and the date they left if they were not in post for the whole year

Eloho Efemuai

Dr Loliya Kagher.

Alice Adams

Jibola Oyediran

Onyemaucheche Oprara



Objectives & Activities

The organisation's purposes as set out in our governing document are disabusing the stigma against periods in Aberdeen, Scotland and beyond through:

- The advancement and provision of period education about menstrual hygiene management awareness, period health and wellbeing through training, workshops, summits, campaigns, befriending services, and educational materials to decrease anxiety and build confidence.
- The prevention or relief of period poverty for those in need by reason of marginalisation, poverty, or other disadvantages through the provision of hygienic and safe period products to tackle period poverty and reduce stigmatisation and stereotyping.

To achieve these purposes, our objectives are to:

- Improve understanding of menstrual, hormonal and menopausal health by providing education, workshops and resources on menstrual hygiene management, menopause, fibroids and related health conditions, helping to reduce stigma, misinformation and anxiety.
- Create safe and supportive spaces for women and girls where they can openly discuss periods, puberty, menopause and wider wellbeing, reducing isolation and building confidence through peer learning and community support.
- Prevent and relieve period poverty by providing safe and hygienic period products to individuals experiencing poverty, marginalisation or other disadvantage, supporting dignity and participation in daily life.
- Support girls and young women to build confidence and life skills through mentoring, education and programmes that equip them with knowledge about their health, personal development and future opportunities.
- Promote women's financial wellbeing and economic empowerment through summits, training and networking opportunities that provide knowledge, skills and access to careers and entrepreneurship.
- Promote holistic wellbeing and community connection through initiatives that support women's physical, emotional and social wellbeing while encouraging open conversations about women's health.



Main Activities in Support of our Purposes

During the reporting time, The Period Place continued to deliver programmes and community initiatives that advance menstrual health education, reduce stigma and support the holistic wellbeing of women and girls. Our work focused on creating safe, supportive spaces where women and girls could access information, build confidence and connect with others experiencing similar health journeys.

KEY ACTIVITIES INCLUDED:

- Delivering our monthly Becoming Her programme, supporting girls to navigate puberty, body literacy and self-confidence through open conversations, mentoring and practical education.
- Launching our first Dad & Daughter Daycation, creating a supportive environment for fathers and daughters to strengthen relationships while learning about puberty, communication and wellbeing.
- Running bi-monthly Mothers & Daughters workshops, helping families have

open conversations about periods, puberty and emotional wellbeing.

- Hosting our monthly Pillow Talk community health sessions, addressing topics such as menopause, fibroids, PCOS, mental health, movement and wellbeing through expert-led discussions and peer support.
- Expanding community engagement through Walk to Give Her a Voice, which brought participants together across 12 locations to raise awareness about menstrual and hormonal health.
- Delivering the Limitless Women's Summit, bringing women together from across Scotland to access knowledge, networks and inspiration around careers, entrepreneurship and financial wellbeing.
- Strengthening partnerships and outreach, including school workshops, community engagements and collaboration with NHS services and third sector organisations to widen access to women's health education.
- Becoming a member of Developing the Young Workforce (DYW), enabling us to support young people through education engagement and community programmes.
- Expanding our volunteer team, strengthening our capacity to deliver programmes and community support.
- Operating from our community hub, which we moved into in October 2024. This dedicated space has enabled us to host more workshops, gatherings and support activities for women and girls in our community.

The trustees are encouraged by the continued growth of our programmes and the increasing demand for trusted spaces where women and girls can learn, connect and support one another in their health and wellbeing journeys.



Structure, Governance and Management

The Period Place is governed by a constitution, which sets out the purpose, structure and operational framework of the organisation. The constitution outlines the 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.

The trustees are responsible for the strategic direction and governance of the charity and are committed to ensuring that the organisation operates effectively and in accordance with its charitable purposes and regulatory obligations.

During the reporting period, the board experienced some changes in its composition. The previous Chair stepped down from the role in November 2024, and the trustees are grateful for their contribution and leadership during their time with the organisation. During the year, two new trustees were appointed, bringing additional skills, perspectives and experience to support the continued development of the charity.

Trustee Recruitment and Appointment

Trustees are appointed in accordance with the procedures set out in the organisation's constitution. Recruitment is led by the existing board of trustees, who assess the skills and experience required to support the charity's work and ensure effective governance.

The board remains committed to maintaining a diverse range of expertise and perspectives, enabling the charity to respond effectively to the needs of the communities it serves. No external organisations are involved in the appointment of trustees, and all recruitment and selection processes are carried out internally in line with the charity's governance procedures.

Staffing and Organisational Development

During the reporting period, the organisation strengthened its operational capacity through several key developments.

The charity appointed a Community Engagement Officer, supporting the coordination and delivery of community programmes and outreach activities. This role has helped increase engagement with women, girls and partner organisations.

The organisation also welcomed two paid interns, who supported programme delivery, communications and community engagement activities.

In addition, The Period Place developed a collaboration with the University of Aberdeen to support the recruitment of interns. This partnership has enabled students to gain practical experience while contributing to the work of the organisation.

These developments have strengthened the charity's capacity to deliver its programmes and continue expanding support for women and girls in the community.

Contribution of Volunteers

Volunteers continue to play a vital role in the work of The Period Place. Their commitment, skills and dedication enable the organisation to deliver programmes, support community engagement and expand its reach.

During the reporting period, volunteers contributed over 1,200 hours of their time, supporting activities such as programme delivery, event coordination, outreach, communications and fundraising initiatives. Their involvement has been instrumental in the successful delivery of key initiatives, including community workshops, Walk to Give Her a Voice, and other engagement activities.

The trustees are particularly encouraged by the growth of our volunteer base, reflecting the increasing number of individuals who are passionate about supporting conversations around women's health and wellbeing.



Achievements and Impact (1 October 2024 – 30 September 2025)

- During the reporting period, The Period Place continued to expand its reach and deepen its impact across Aberdeen and beyond, delivering programmes and initiatives that support women and girls to thrive in their holistic wellbeing while challenging stigma around menstrual and hormonal health.
- Through our workshops, community events and outreach activities, we supported over 1,000 individuals, including more than 270 girls, over 680

women and around 60 men who participated in conversations and learning around women's health and wellbeing.

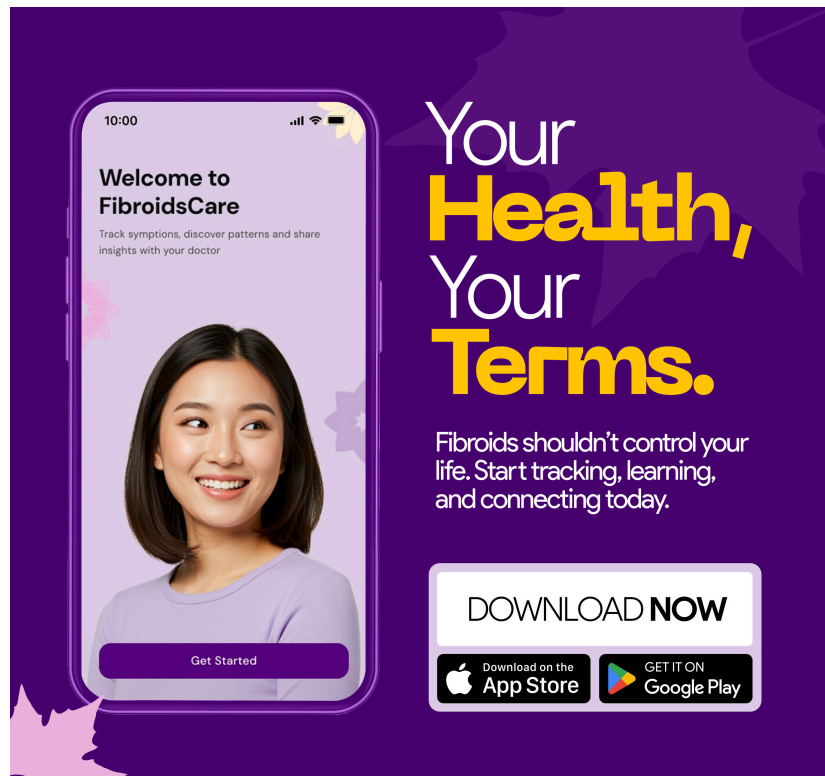
- Our Becoming Her programme continued to provide a supportive environment for girls to learn about puberty, body literacy and self-confidence. These sessions helped young participants build knowledge and resilience as they navigate adolescence.
- We also strengthened family engagement through initiatives such as our Mothers & Daughters workshops and our inaugural Dad & Daughter Daycation. This full-day event was designed to support fathers, including single dads, to better understand puberty and strengthen communication with their daughters.
- Our Pillow Talk community health sessions, held monthly, provided trusted spaces for women to discuss menopause, fibroids, PCOS, mental health, movement and overall wellbeing. These conversations help reduce stigma and encourage women to seek information and support.
- A key highlight of the year was the continued growth of Walk to Give Her a Voice, which brought together over 500 participants across 12 locations in Scotland and England, raising awareness of menstrual and hormonal health while building a strong sense of community solidarity.
- We also hosted the Limitless Women's Summit, attended by more than 120 women from across Scotland, providing inspiration, learning opportunities and networks focused on careers, entrepreneurship and financial wellbeing.
- During the reporting period, The Period Place also launched the Fibroids Care App, the first initiative of its kind in Scotland, designed to support women experiencing fibroids. The app provides accessible information and self-management guidance to help women better understand their symptoms and advocate for their health. The organisation remains committed to championing greater awareness and support for fibroids care across Scotland.
- The organisation also strengthened partnerships with organisations across the public and third sectors, including collaborative engagement with NHS Grampian, helping to broaden access to women's health education and community support.
- Our work gained wider public visibility through media coverage from SHMU Radio, STV, That's TV and other media outlets, helping to raise awareness of menstrual health and the work of The Period Place.
- The trustees are particularly encouraged by the growth of the organisation's volunteer base, with volunteers contributing over 1,200 hours of their time to support programme delivery, outreach and community events.
- Overall, the trustees are encouraged by the increasing engagement from the community and the growing recognition of the importance of trusted spaces where women and girls can access knowledge, support and open conversations about their health and wellbeing.



Biggest Successes of the Year

Key highlights during the reporting period include:

- Launch of the Fibroids Care App, the first initiative of its kind in Scotland designed to support women experiencing fibroids by providing accessible information and self-management guidance. The organisation remains committed to championing greater awareness and support for fibroids care across Scotland.
- Expansion of Walk to Give Her a Voice, engaging over 500 participants across 12 locations in Scotland and England and raising awareness of menstrual and hormonal health.
- Increased programme delivery following our move into our community hub in October 2024, enabling more workshops, events and support activities for women and girls.
- Growth in our volunteer base, with volunteers contributing over 1,200 hours to support programmes, outreach and community engagement.



Outcomes & Impact

During the reporting period, The Period Place continued to make a positive impact by creating safe spaces where women and girls could access knowledge, support and open conversations about their health and wellbeing.

Through our programmes, workshops and community events, participants reported increased confidence, improved understanding of menstrual and hormonal health, and a stronger sense of connection with others experiencing similar life transitions.

Our Becoming Her programme supported girls to better understand puberty and develop greater confidence in discussing their health and wellbeing.

Our Pillow Talk sessions enabled women to openly discuss topics such as menopause, fibroids, PCOS and mental health, helping to reduce stigma and encourage women to seek information and support.

Family-focused initiatives such as Mothers & Daughters workshops and the Dad & Daughter Daycation also helped strengthen communication within families, enabling parents and daughters to talk more openly about puberty and wellbeing.

Participants shared the following feedback about their experiences:

“I wish I had sessions like this growing up. It helped my daughter and I have conversations we had never had before.”

“Pillow Talk made me realise I am not alone in what I’m experiencing with menopause.”

“The Becoming Her sessions gave my daughter confidence to ask questions she was too shy to ask before.”

“Walk to Give Her a Voice made me feel part of something bigger – it was powerful to see so many people supporting women’s health.”

The trustees are encouraged by the positive feedback from participants and the continued growth in engagement across our programmes. These outcomes demonstrate the importance of community-led initiatives that promote education, confidence and wellbeing for women and girls.



Financial Review

The trustees have ensured that the charity’s finances are managed responsibly to support the delivery of its charitable purposes. During the reporting period, income and expenditure were carefully monitored to ensure resources were used effectively.

Reserves Policy

The trustees aim to build and maintain reserves equivalent to three months of operating costs in order to provide financial stability and allow the charity to respond to unexpected costs or fluctuations in funding.

The charity has not yet reached this level of reserves but is working towards this as it continues to grow and secure additional funding.

Deficit

The deficit reported for the financial period reflects timing differences in the receipt of grant income rather than an underlying financial concern. The organisation maintains sufficient cash reserves to meet its project commitments and operational needs. The trustees have ensured that expenditure has remained in line with agreed budgets and expectations throughout the period.

Donated facilities and services

During the reporting period, the charity benefited from the use of a community hub space provided rent-free, which we moved into in October 2024. This generous support has enabled The Period Place to host workshops, community events and support activities in a dedicated and welcoming environment.

The trustees recognise the significant value of this donated facility, which has strengthened the charity's ability to engage with women and girls and expand the delivery of its programmes.

Plans for the Future

Looking ahead, the trustees remain committed to strengthening the impact and reach of The Period Place by expanding community support, education and partnerships.

Key priorities for the coming year include:

Introducing walk-in support services through a dedicated community space, enabling more women and girls to access information, guidance and support in a welcoming environment.

Expanding community engagement and outreach, building stronger connections with local communities, schools and partner organisations.

Continuing and expanding Walk to Give Her a Voice, growing the initiative to reach more communities and raise awareness of menstrual and hormonal health.

Delivering a period poverty education and awareness campaign in May to mark Menstrual Hygiene Day, helping to raise awareness and encourage open conversations about menstrual health and access to period products.

Developing The Period Place Academy, providing online learning programmes on menstrual health, menopause, reproductive health and menopause in the workplace for schools, organisations and communities.

Continuing and strengthening our existing programmes, including Becoming Her, Pillow Talk and family-focused initiatives.

Expanding the Dad & Daughter Daycation to additional locations across Scotland.

Growing the reach of the Limitless Women's Summit and exploring the development of LaunchPad, a programme to support women with further learning, mentoring and opportunities following the summit.

Strengthening collaborations with NHS services and other partners to promote the use of the Fibroid Care App and support more women experiencing fibroids.

Advocating for greater awareness and support for fibroids care in Scotland, helping women better understand and manage their health.

Through these initiatives, the trustees aim to continue building a stronger, more informed and supportive community where women and girls can thrive in their health and wellbeing.



Signed on behalf of the charity trustees:

Eloho Efemuai

Print name: Eloho Efemuai

Designation: Chair

Date: 02/02/2026