

Bloody Good Period Ltd
A Company Limited by Guarantee

Charity Registration No. 1185849
Company Registered in England No. 11801410

Report and Unaudited Financial Statements
year ended 31 December 2023

Bloody Good Period Ltd

Section A: Reference and Administration Details

Status:	Company Limited by Guarantee No.11801410 Charity Registration No. 1185849 The Company's governing document is its Memorandum and Articles of Association dated 1 February 2019 as amended by a special resolution on 14 October 2019
Registered Office:	167-169 Great Portland Street, 5th Floor, London, England, W1W 5PF The Company does not have a separate principal office.
Trustees:	Ruby Alice Bayley (Chair) Susan Barbara Rubenstein Fiona Pei Shan Yeung (Treasurer) Doctor Shakiba Oftadeh Moghadam Doctor Melissa Gardner (appointed 19 September 2023)
CEO:	Rachel Grocott
Independent examiner:	Charles Ssempijja FCA NfP Accountants Ltd 86-90 Paul Street London EC2A 4NE
Bankers:	National Westminster Bank Plc 135 Bishopsgate London EC2M 3UR



TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED DECEMBER 2023

The Trustees (who are also the directors of the charity for the purposes of the Companies Act) present their annual report together with the unaudited financial statements of the Bloody Good Period Ltd for the 12 months period ended 31 December 2023. The Trustees confirm that the annual report and financial statements of charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2015 FRS102).

Section B: Structure, Governance and Management

Description of the charity's trusts

Bloody Good Period (BGP) was registered as a company limited by guarantee on 1st February 2019 (company number: 11801410) and became a registered charity on 16 October 2019 (charity registration number: 1185849).

It is governed by its Memorandum and Articles of Association dated February 2019 as amended by a special resolution dated 14 October 2019. Its registered office is 167-169 Great Portland Street, 5th Floor, London, W1W 5PF.

The governance of the charity is the responsibility of the Trustees. Day-to-day management is carried out by the CEO, who draws on the support and expertise of the highly experienced Board of Trustees as needed.

Trustee selection methods

Trustees are elected and co-opted under the terms of the governing document, the Articles of Association of Bloody Good Period, section 22. Regular reviews are held to identify any expertise gaps within the Board of Trustees and appointments are made where required to strengthen the Board of Trustees, subject to all trustees' approval.

When it is necessary to appoint new trustees, due to either a trustee stepping down or a gap of expertise in the board being identified, recruitment is undertaken via a combination of external advertisement and through the networks of the board and management team. Applicants will be reviewed by trustees, and meet with the Chair and CEO, followed by other trustees and/or members of the team as appropriate to the role. Following this, on the provision that the board is satisfied and



the applicant still wishes to join the trustee board, they will be appointed. This process includes taking references and completing all recommended checks. New trustees may be invited to attend a trustee meeting as an observer during this process.

No other person or external body is entitled to appoint any trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Trustee representation and lived experience

Our passionate and skilled trustees variously represent a diversity of characteristics, reflecting the diverse and varied communities with whom we work. Trustees also have a variety of relevant lived experience, including one with lived experience of refugee status. Their combined skills include: medicine, governance, strategy and management, fundraising, law and working with people with lived experience, including the importance of avoiding retraumatisation, which is embedded in all the work we do.

In 2023 we welcomed Dr Melissa Gardner to the board of Trustees. Dr Gardner is Director and trainer for the Sexual Health in Practice programme, and Training Programme Director for trainee GPs at Whittington Hospital.

Section C: Objectives and Activities

Summary of the objects of the charity

The Charity's objects (Objects) are specifically restricted to the following:

To relieve period poverty for the public benefit among, particularly but not exclusively, refugees, asylum seekers, and otherwise displaced people who menstruate and their dependents living in the UK by providing menstrual and hygiene supplies and essential menstrual education.

“Period poverty” refers to the inability to afford or have access to essential menstrual products.



Our overarching strategy

We fight for menstrual equity and the rights of all women and people who bleed. We believe that no-one should be at disadvantage because they menstruate.

The cost of living crisis continued to have a huge impact across 2023, in particular for the most vulnerable members of our society. Increasing numbers of people are being forced into making impossible decisions between life's essentials; for anyone who menstruates, that includes period products. Levels of need for period products far exceed that which we are able to meet, even with dedicated support from individual, trust and corporate supporters, and the incredible work of our small fundraising team. The nature of periods means that people need menstrual products and support each month, and it is neither possible nor sustainable for a charity, reliant on the goodwill of donors and funders, to meet all of the need in the current climate. As well as relieving immediate period poverty, by providing essential menstrual products to as many community partners as budgets will allow each month, we are also working for a long-term change - i.e. for period products to be made freely available to everyone who needs them.

Our priorities are to:

- Meet the immediate menstrual health needs (period products and education) of the most disadvantaged communities in England
- Win the long-term provision of free period products, plus essential menstrual health education and normalisation - for everybody.

We deliver our strategy through several workstreams, which we call our Ways of Working or WOWs. These include ethical fundraising, embedding Experts by Experience in our work, advocacy and activism, building a supportive and inclusive work culture, and developing our social enterprise, Bloody Good Employers, to drive forward menstrual and gender equity in the country's workplaces, as well as deliver additional income for our work. Our work and achievements in these WOWs are detailed below.

The People We Work With (Beneficiaries)

Since our origins some seven years ago, we have worked with more than 100 community partners across England and Wales to provide period products to anyone who menstruates and experiences poverty. In this time we have distributed more than 406,000 packs of period products. Refugees and those seeking asylum remain the charity's focus. We also support those using food banks and community support groups, LGBTQIA+ communities, those using services for the homeless, and more.



Main activities undertaken for the public benefit

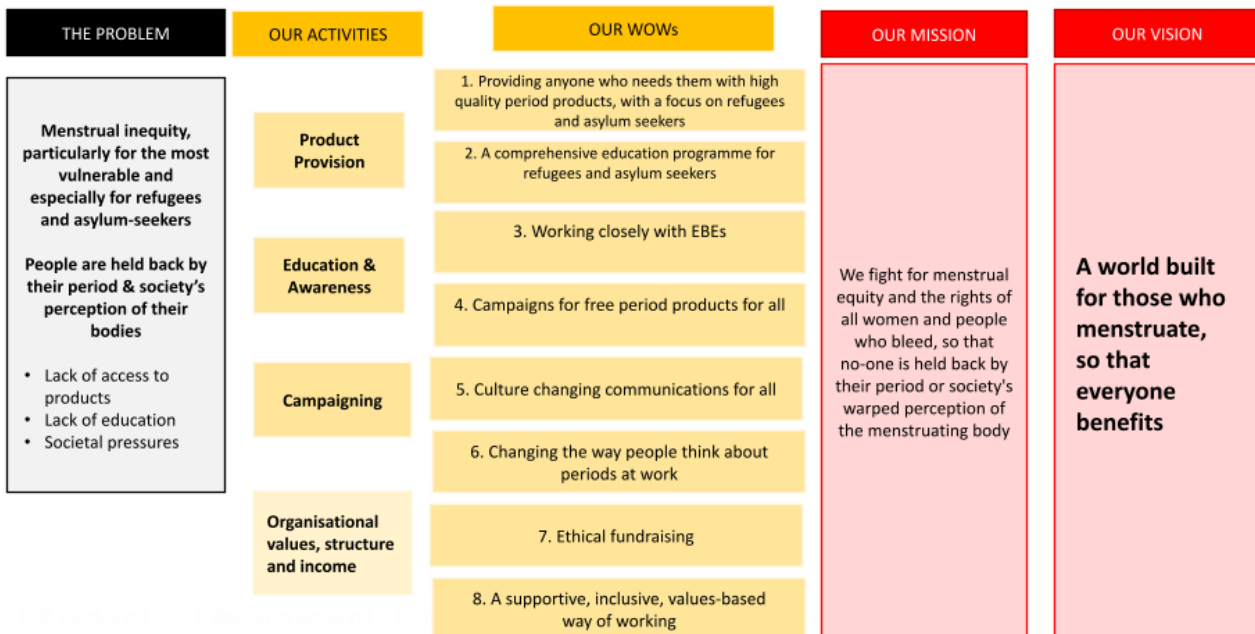
1. Provided period products for the relief of period poverty
2. Menstrual education and awareness

The Trustees have referred to the guidance contained in the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives and in planning its activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

Section D: Achievements and Performance

Our Theory of Change sets out how our 8 Ways of Working - our WOWs - enable us to deliver work that moves us towards our overall vision, for a world built for all those who have periods. This section outlines our achievements and performance over 2023 in each WOW.

THEORY OF CHANGE





1. Providing anyone who needs them with high quality period products, with a focus on refugees and asylum seekers

This WOW is a core part of our strategy to meet the immediate menstrual health needs of the most disadvantaged communities - aka: helping more women and people who menstruate have bloody good periods.

We have seen consistently rising demand from partner organisations supporting those affected by financial hardship and poverty. 1.4 million people have gone without period products in the last year¹. The level of demand from our community partners is so high that in 2023 we were unable to meet at least 40% of requests.

Given the multiple pressures on individual and household budgets, the needs of women and people who menstruate are typically low down (or bottom of) the priority list. This is compounded by the ongoing shame and stigma surrounding periods, and the lack of comprehensive period education and conversation in our society. Too often, this means that people who menstruate are unable to access products and support, whilst people who do not menstruate (often, not always) are not able to fully understand the problems this creates. Lack of access to safe period products means social mobility is impeded; shameful associations of bodies are deepened, over for example the fear of leaking in public; and has a range of consequences for mental and physical health - ranging from infections and rashes to significant stress and anxiety.

BGP provides period products wherever possible to anyone who menstruates and experiences poverty. We do this through services already attended by refugees, asylum seekers and others - for example, drop-in centres, food banks, community groups and others, so that people can access period products as part of a wider package of support. We ensure our partner organisations are able to distribute a free and sustainable flow of period products to those who attend their centres, services and activities. We always aim to build long-term relationships so that people can rely on a supply of period products - as, after all, periods happen every month, and products are needed every month. This is especially vital for people whose lives are unstable in a myriad of other ways.

We always prioritise the personal choices and comfort of the people we work with, so that everyone can manage their period in the way that is best for them, their bodies and their circumstances - or as we put it: everybody deserves a bloody good period.

Across 2023 we provided just under 100,000 packs of period products to asylum seekers, refugees and those who cannot afford them in England and Wales, at a cost of around £180,000.

¹ In Kind Direct, 2024, [The State of Period Equity in the UK](#)



Despite our 2023 spend being consistent versus the prior year, we have provided a lower volume of products overall. This reflects the increasing cost of period products, in turn reflecting inflation and supply chain issues - which has of course affected individual consumers struggling with their own budgets, as well as our charity's budget. For example, Tesco's own brand pads doubled in price in 2022. Between November and December 2023, our cost for a pack of day pads, our most frequently requested product, increased by 69%.

We also built partnerships with brands who donated £132,576 worth of period products, and a further £9,674 of postage costs. We are extremely grateful for their generous donations, which have decreased cost to the charity.

Working with our partners

In 2023 we rolled out updated training sessions with our partners, to support them in discussing periods with the communities they work with; build their knowledge of the pros and cons of different period products; and work with our updated, more efficient systems for ordering and distributing period products.

We also produce a regular partner newsletter, 'The Monthly Bleed', to share key updates from BGP, highlight relevant news and opportunities, and build a sense of community amongst our partners.

The impact of our work - illustrated by community partners:

This work continues to have a tangible impact on the people who receive the products. We collect regular feedback via our product order form, as well as through training sessions and other regular contact with our community partners. Feedback regularly and clearly illustrates the benefit of this work on:

- Finances - freeing up limited financial resources to be spent on other essential items
- Physical health - removing the risks that come from women and people who menstruate over-using or reusing products (which include irritation and infection), or using unsuitable alternatives such as toilet paper or socks
- Mental health - reducing stress and anxiety around finances, caring for one's body and leaking whilst menstruating
- Participation in society - the provision of high quality period products, as well as education and support for menstrual health, enables girls, women and people who menstruate to stay in school, progress at work, take part in sport and fully participate in society in the way that they choose, without worrying about their period.

As we put it: we ensure there's one less thing to bloody worry about.



Some quotes from our community partners:

"Thank you for all you are doing to make our lives more bearable, my daughters and I are always relieved to know our little benefits can go to food and not pads."

Meeting Point (CCACP Ltd) service user

"Our parents are grateful to your organisation for the free sanitary products. Our parents are experiencing high levels of deprivation in finances and housing, with some having no permanency to call home. Both our refugees and our young parents are struggling to make ends meet, and the high cost of period products means they are unable to afford it. They have admitted at times to using toilet paper as a makeshift pad. Your organisation has been a life saver for our parents, as your generosity takes away the burden of finding money to buy personal products."

Jubilee Children's Centre

"Period products are expensive even for people earning a living wage, so your products are enormously appreciated."

The Liberal Jewish Synagogue

"We have found our numbers are growing each week, as the cost of living crisis just keeps growing, so thank you so much for all your continued support. We could not provide people with products if it wasn't for the help you give us."

St Barnabas Church

"Without your help we would not be able to help with sanitary products."

Albrighton Community Fridge

"Our service users are so relieved to be able to choose from a variety of products with dignity."

Aid Box Community

"We are extremely grateful for the support we receive from Bloody Good Period that helps hundreds of our members."

West London Welcome

"The women and their girls who use our food bank always are grateful for your products as they say they save a lot of money using these essential products."

St Luke's Community Centre

"It is really important for our clients that they have access to period products. It makes a huge difference."



Clothes Bank KC

“Thank you for your continued support of us and our service users. We very much appreciate your donations without which we would struggle to find the funds to buy these very important and necessary products. Our service users are very grateful for your donations and now have peace of mind knowing that they can relax and have a bloody good period.”

Holy Trinity Church

2. A comprehensive education programme for refugees and asylum seekers (Bloody Good Education Programme, or BGEEd)

Our education programme, which provides essential menstrual, sexual and reproductive health information to refugees and asylum seekers, expanded in 2023 - reaching a total of 150 people via 22 sessions (compared to just 5 sessions in our first year of the programme, and 113 people reached in 2022) with community organisations, with huge impact on both the individuals attending and their wider networks.

This programme was established four years ago to provide information and encourage conversations around sexual, reproductive and menstrual health topics. In collaboration with Refugee Community Organisations (RCOS), BGEEd creates sessions that are facilitated by medical experts with the aim of sharing information and encouraging open conversations on a range of topics tailored to the group's needs.

Our objectives are to:

- continue to engage refugee women and people who menstruate in conversations about menstrual, sexual and reproductive health
- extend the reach to more participants
- ensure the programme is user-led in its approach.

Session delivery

Sessions have continued to have been held online, based on the needs of the RCOs and their participants. This has enabled the programme to reach residents beyond London. Each session lasts approximately one hour and is facilitated by a medical expert who covers information on an agreed topic that is chosen with a representative from the RCO to suit the participants' needs. The sessions are designed to be interactive, with questions and conversation encouraged throughout. In total, 6 topics were covered over the year, including cervical screening, menstrual health and tracking, contraception, period products, menopause and breast checking.



The majority of sessions this year were carried out with assistance from an interpreter arranged by the RCO to ensure sessions were accessible to all. The languages covered include Albanian, Arabic, Chinese, Dari, Farsi, Sorani, Russian, Spanish and Yoruba.

Measuring the impact of the sessions

Participants are asked 'before and after' questions, intended to capture change driven by the BGEEd sessions in both knowledge and impact on behaviour and actions. We also conducted focus groups with BGEEd participants to allow for more in-depth discussions on the programme impact. This data shows:

- a considerable uplift in participants' intentions to check for changes in their bodies, from tracking their periods to doing regular breast checks
- an increase in participants' confidence to take action (e.g. to speak to a GP if they noticed a change)
- an increase in participants' confidence in raising other gynaecological concerns with their GP.

Some quotes from participants to illustrate their changed knowledge and behaviour:

“After this session I (have) decided to visit my doctor. I have decided to choose the best contraception for me now, I’m very grateful for all the good information.”

“I would feel more confident to go to the GP if it got heavier. Or if it didn’t come or something was different, I would definitely go to see the doctor now.”

Impact on wider social networks

One of the aims of the BGEEd programme is to encourage more open conversations around menstrual, sexual and reproductive health. This is in part to break down taboos and de-stigmatise these topics, but also to encourage greater awareness by sharing the information participants have discussed in the groups with their wider networks and their own children. It was extremely encouraging to hear through focus groups that participants felt able to talk more openly about these topics within their wider networks. This included talking to peers and to the younger generation, for example friends, sisters, sisters-in-law and daughters.

“It’s like preparation because I think knowledge is power. The good thing is being aware, and some of us don’t feel comfortable discussing because it’s not talked about, but now we’re aware we have the confidence to pass it on.”



The wider context

There is of course substantial cross-over between this WOW and our other workstreams on embedding EBEs' voices, providing period products, and campaigning for longer-term change. During 2023, we also saw BGEEd participants expressing concern about changing immigration policy. This included concerns and uncertainty around changes in access to NHS services and charging policies.

With thanks to our RCOS partner organisations:

- Groundwork, Bristol
- Groundwork, London
- Happy Baby Community, London
- Islington Centre for Refugees and Migrants, London
- Migrants Organise, London
- Experts by Experience Forum, Bloody Good Period

3. Working closely with Experts By Experience

Our Experts by Experience forum ran across 2023, acting as a space for Bloody Good Period to engage with, and be shaped by, people who are representative of those who access our core charitable services. This is deeply aligned with our values, as well as reflecting best practice within the charity sector. Our EBE Forum participants all have lived experience of the asylum process, either having status or still waiting for a decision. This programme of work is funded by Trust for London.

In 2023 our highly engaged members attended a series of 8 sessions, each 2 hours long, which included:

1. Getting to know each other, creating a group agreement and information session on menstrual flow, products and the reproductive system
2. BGP's operations, mapping exercise on accessing products (finding/using/receiving), discussion on language and 'what makes a good period'
3. BGP's campaigns, how periods fit into the bigger picture.
4. BGP's education programme, accessibility of resources and discussion on community ambassador idea
5. BGP's communications, discussion on example social media posts and videos
6. Refugee Week planning and discussion
7. Briefing on summer Parliamentary drop-in event, and creating audio clips together for Refugee Week and beyond



EBE Forum members often spoke about their increased costs and how difficult it was to get by, especially with extremely limited resources. Additionally, on top of the complexity and trauma of the asylum system, the increasingly hostile environment for refugees and asylum seekers was a large and dominant theme in all Forum discussions.

This work had a tangible impact on the development and execution of our campaigning strategy, including EBEs attending a drop-in event in Parliament in the summer of 2023, and speaking to media about experiences of managing periods within 'the hostile environment'.

Evaluation of Forum members' experiences shows that, as a result of participating in the Forum, individuals have more information, confidence and access to support around menstrual health and equity. All Forum members were given the opportunity to attend a menstrual education workshop, run by BGP's Education team and a medical professional. Attendees expressed how positively life-changing the session had been for them in terms of knowledge but also in tackling shame around menstruation. There was a thirst from the group to continue learning and developing their knowledge in this area in the Forum and beyond.

In addition, menstrual health has been a common discussion topic in all Forum meetings, with members sharing concerns around heavy, painful and/or irregular periods, and their mixed experiences of the support they had received from healthcare practitioners. Many were still seeking information and advice after GP appointments. We also heard how menstruation has social and domestic impacts, as periods affect whether they want to see friends and family, or are able to do household chores, as well as on their health and finances. In these discussions Forum members have shown an increased awareness of what menstrual equity is and why it is so important. Many EBEs shared that they were unaware of the various period products available, and how to use them, when they arrived in the UK. For some it had taken months until they had found out what was available, and up until this point had been using cloth. Therefore, they highlighted the need for education workshops and information early on in the asylum system. They praised the workshops that BGP already does and expressed a need for them to be expanded to reach more people, particularly new arrivals to the UK. Some members also attended a BGP event for Menstrual Health Day at London's Museum of the Home, where we discussed the different impacts of periods in a panel event.

Forum members' experiences have been instrumental in ensuring that the BGP team has a full and comprehensive understanding of the reality for asylum seekers who are also experiencing periods. The Forum has powerfully brought to life how periods are about far more than solely products: bedding, privacy and food is also important, alongside the challenges of accessing these within the resources provided by the government (e.g. limited financial resources and inadequate or no product provision in Home Office-provided accommodation). This has further underlined the daily reality of 'the hostile environment' for those seeking asylum.



With their full consent and with the support of the Forum in place, we shared members' experiences and stories in media coverage, at a Refugee Week panel event, and at our first Parliamentary drop-in, attended by more than 25 cross-party MPs in June 2023. We have also recorded videos of EBEs sharing their experience and expertise, for sharing in future campaign activity. EBEs' participation in our Parliamentary drop-in meant that their testimonies and experiences could directly reach political decision-makers.

4. Campaigns for free period products for all

This WOW is a core part of our overall strategy for long-term change, so that a charity is no longer having to meet a basic human need for period products. This includes the provision of free period products for everyone who needs them, plus essential menstrual health education and normalisation.

We set out to increase our advocacy and activism work in 2023, given both the changing, volatile political context and the escalating level of need, as outlined above. Specifically we aimed to lay our foundations for campaigning ahead of a General Election in 2024, by forging relationships with key decision-makers, improving the recognition of period poverty as an issue and of BGP as a key organisation in the space. We have done this successfully: learning a huge amount, developing strong relationships and establishing ourselves as a key player in the movement for women's health generally and in menstrual equity specifically.

We developed our [Menstrual Manifesto](#) in collaboration with our Experts by Experience forum. This work also brought in external policy expertise and BGP's data collection and community partner experience.

We raised period equity as a key issue at a number of political events, including:

- Our first [Parliamentary drop-in](#), in June 2023 - attended by 25+ cross-party MPs, with a very positive response. Attendees spoke with Experts By Experience Forum members about their experiences of menstruation in Home Office accommodation, and with Bloody Good Employers partners about the importance of supporting women and people who menstruate in the workplace
- At party conferences, APPG meetings, with HM Treasury, and with key MPs.

We submitted [evidence to government inquiries](#) on:

- Impact of asylum policy on poverty
- Gendered impact of cost of living crisis
- Reproductive health



We endorsed the [Faculty of Sexual & Reproductive Health Hatfield Vision](#) for Reproductive Health. BGP is the lead organisation for goal 11 of the FSRH vision, around universal access to menstrual products.

We developed a strong public comms and mobilisation campaign through BGP's popular and engaged digital channels. This included [driving awareness](#) of the reality of managing periods in asylum accommodation, as part of Refugee Week (with all support mechanisms for our EBEs in place through our EBE Forum).

5. Menstrual normalisation and awareness: culture-changing communications for all

As part of our goal to normalise conversation around menstruation, we create bold, culture-changing communications which provide everyone with a better way to talk about periods. In 2023 this included continued organic growth on our social media channels, as well as generating increased engagement and action through our newsletters and online campaigns.

2023 communications highlights include:

- Social media growth: we have over 57K Instagram followers, 8K on Facebook, 6K on LinkedIn, and 1K on TikTok - with an average of 85K Tik Tok views per month
- Regular 'viral' content - for example in October our [period take on 'boy maths'](#) had over 19K views in less than 24 hours
- Content reposted by other large accounts, including [The Guilty Feminist](#)
- Creative approaches to highlighting issues such
 - [Tampon tax savings](#) not being passed on to consumers
 - [Language change](#) in UK government buildings
 - BBC newsreader Naga Munchetty told to 'suck it up' over extreme [menstrual pain](#)
 - A civil service roundtable on [period products in schools](#)
- Media coverage including:
 - Period poverty and the cost of living crisis, [The Independent](#), December 2023
 - Women's Health Strategy, [Cosmopolitan](#), July 2023
 - Period poverty, [HuffPost](#), May 2023
 - Why men need to know about periods, [Stylist](#), March 2023
 - How to talk to kids about periods, [The Independent](#), March 2023



6. Changing the way people think about periods at work (and additional income stream): Bloody Good Employers

2023 was the second full year of trading for our subsidiary company, Bloody Good Employers (BGE) Ltd, which delivers profits to Bloody Good Period to allow us to pursue our charitable aims. The company works with UK employers to review and improve menstrual and gender equity and inclusion.

The year started with 11 employers signed up to the programme, with a further 9 joining throughout the year. By the end of 2023, 3 BGEs were accredited: charity CoppaFeel!, learning and development agency NKD and Camden Council. Partners describe our work as “punchy”, praise its success in “unlocking the breadth of EDI” and pushing boundaries and standing out amongst “tokenistic” EDI initiatives. The enterprise was awarded the Equality Award and was named a top 100 Social Enterprise by Natwest and Pioneers Post. Social Enterprise UK shortlisted BGE as a “One to Watch” showing promising signs for growth and impact at this early stage. We built our network and contributed to broader conversations around menstrual equity by having Director Elysha Paige contribute as a panel member to BS 30416: Menstruation, menstrual health and menopause in the workplace guide. We also engaged BGE programme representatives from Camden Council and Network Rail to support BGP’s Period Penalty campaign to speak directly with MPs to raise awareness of the impact of period inquiry in the workplace.

In order to broaden our impact and meet the needs of our market, we diversified our offering by introducing a specific focus on Menopause for our BGE accreditation partners, which has been extremely positively received. We also introduced a “taster workshop” offer, which is a lower commitment, lower cost but still impactful way to initiate conversations about menstrual health in the workplace. It also enables employees to build the business case for their employers to further invest in workplace menstrual equity.

The turnover for the year was £96,937. Grant income comprised £6,336, with the remainder income delivered through trading. The year ended with a profit of £11,988, representing a healthy and growing income stream for BGP.

BGE is now at a crucial point, needing additional resources to deliver on its huge potential. We are therefore actively exploring alternative funding options, including social investment, to allow us to expand our resources and deliver greater impact, both for UK workplaces and for BGP’s charitable



work. At the end of 2023, we were awarded the Reach Fund by Social Investment Business to support us in getting “investment ready” in 2024.

7. Ethical fundraising

We fundraise in line with our [Ethical Fundraising policy](#), which sets out the standards of our commitment to ethical fundraising, in line with charity law, the Fundraising Regulator Code of Fundraising Practice, and our organisational values.

Our generous funders

Individual supporters

We are proud and grateful to have a committed group of public supporters who enable our work through their financial support - thank you to every individual, group and community who supports us in this way.

Events

We held our annual comedy fundraiser, Bloody Funny, in September 2023, selling out for the first time in the event’s history and raising a record amount. We are grateful to our guest comedians for donating their time and skills for free; to our corporate sponsors The Spark Company; to our venue, Conway Hall; to the many volunteers who made it possible; and to every member of our sold-out audience.

Trusts, Foundations and corporate supporters

We are deeply grateful for the trusts and foundations and corporate funders who chose to fund our work in 2023.

We would like to extend a huge bloody thanks to those listed below, and those who wish to remain anonymous.

Trusts and Foundations (in alphabetical order)

- Adint Charitable Trust
- AKO Capital Trust
- Balcombe Charitable Trust



- Blakemore Foundation
- Choose Love
- Enterprise Development Fund
- Islington Local Initiatives Fund
- Global Giving
- Hospital Saturday Fund
- Share Gift
- Southall Trust
- The Big Give Trust
- The Funding Network
- The London UNA Trust
- The Talent Fund
- Trust for London
- Two Magpies Fund

Corporate Funders (in alphabetical order)

We were delighted to receive significant donations from:

- Ambassadeurs Group
- Capital Group
- Evri
- Hattrick Productions
- Mewburn Ellis LLP
- Nike Retail
- Oliver Bonas
- Print Social
- Studio Pia
- STV Studios
- The Spark Company
- We Are Riley
- plus numerous small businesses and sole traders through Work for Good

Period product providers (in alphabetical order)

We are extremely grateful to have received donations from the below companies. This has helped us to meet record levels of demand with our limited resources.

- Here We Flo
- Modibodi
- Ohne
- Pareto
- Power of Pants



- Ruby Cup

Other pro bono supporters (in alphabetical order)

We send our huge thanks to our other supporters who have provided us with their expertise and services on a pro bono basis.

- A Studio of Our Own
- Evri
- Frontier Economics
- incident.io
- Latham & Watkins LLP
- The Factory Project

8. A supportive, inclusive, values-based way of working

We are proud of our culture at BGP, whilst always striving to improve and ensure everything we do is in line with our values to be intersectional, inclusive, diverse, actively anti-racist, trans inclusive and decolonial, with self-care embedded in all that we do.

Across 2023 we discussed and defined our internal values for how we work together internally, and with external stakeholders. These are:

- We are inclusive
- We practice self and collective-care
- We believe in ourselves, each other and our mission.

Measuring our impact

In measuring BGP's impact, we are always conscious of the inherent power imbalance between a charity and the communities that charity works with. We will not be extractive of people at disadvantage; no-one should have to tell their stories of trauma in order to access essential period products. Where we work with people with lived experience, we are mindful not to cause retraumatisation. This values-based approach carries through into our evaluation work.

From the origins of BGP, feedback has been spontaneously given by our community partners and the people we work with. From this feedback, as well as the lived experience of members of the staff and trustee team and Experts by Experience forum, we know that providing period products has a very



tangible impact. It takes care of a fundamental need which is too often unmet, and enables women and people who menstruate to care for their bodies in a way that works for them. This is especially important for people and communities who are experiencing multiple disadvantages in other parts of life - especially those who are seeking refuge or asylum in the UK, and those affected by the protracted and severe cost of living crisis. This impact can also be very emotional, because providing period products shows that the needs of women and people who menstruate matter, and are being met.

In 2023 we improved our relationships and training processes with partners, which includes collecting data and feedback on our impact. We obtain regular feedback via product order forms (the qualitative feedback shared in this report comes from those forms), as well as at BGEEd sessions and training workshops for community partners. We review product order and distribution data on a fortnightly basis, looking at trends and feedback, and taking action accordingly. For example, this feedback has reinforced the importance of our long-standing practice of prioritising the individual needs of the people who use the period products, as everyone has different requirements and preferences. From this we know that it would not be practical or appropriate to only buy (or seek donations of) one brand of product, but rather maintain a wide range in order to meet people's diverse needs.

We also collect feedback and partner input through the ad hoc support offered by our team assistant to our community partners.

We evaluate our BGEEd sessions through a series of pre- and post-session questions, and this year conducted focus groups to allow for more in-depth discussion on the programme's impact.

We have a strong monthly tracking process in place of key indicators for each Way of Working in our Theory of Change. For example, for communications this includes metrics such as email open and click-through rates, social engagement measures and the quantity and content of media coverage of our work.

We remain committed to developing our evaluation work in line with our values of non-extraction and avoiding retraumatisation. In 2024 we will develop this work to generate a holistic view of our impact and ensure we are collecting increasingly meaningful data and feedback in the months and years ahead. This work will be project managed by a freelance team member, familiar with the organisation and our values but also able to bring fresh perspective, to ensure its delivery alongside other pressing work. We will partner with at least one external agency to support us improving our evaluation work, whilst also remaining true to our values.



Section E: Financial Review

During the period ended 31 December 2023, the charity received a total income of £916,050. During the period ended 31 December 2023, the charity received a total income of £916,050. This includes £153,945 of donated services including research, legal advice and donated office and storage space (vs £26,900 of donated services in 2022), and £142,250 of donated period products (vs £59,185 in 2022). Expenditure totalled £896,832.

Reserves Policy

The policy of the charity is to maintain such reserves as to ensure the long-term viability of the charity and enable it to fulfil its objects for the foreseeable future. Trustees consider it reasonable to maintain three months' running costs as reserves, which are estimated to be approximately £112,000. General reserves at the period end stood at £119,739. Unrestricted reserves are available, at the discretion of the trustees, to further the general objects of the charity. The unrestricted funds available to the charity that are not tied up in fixed assets, as at 31 December 2023 were £118,295. This is considered sufficient to meet these objectives.



Section G: Declaration

Going Concern

The trustees are satisfied that the charity will continue to be a going concern for the foreseeable future.

Statement of Trustees' Responsibilities

The trustees (who are also directors of the charitable company for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- a) select suitable accounting policies and apply them consistently;
- b) observe the methods and principles in the Charities SORP;
- c) make judgments and accounting estimates that are reasonable and prudent;
- d) state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- e) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report, which has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006, was approved by the Board on 3rd September and signed on its behalf.



Susan Rubenstein

Signature: _____

Full Name: Susan Rubenstein

Position: Chair of trustees

Date: _____ 3rd September 2024 _____

Independent Examiner's Report to the Trustees of Bloody Good Period Ltd

I report on the financial statements of the company for the year ended 31 December 2023 as set out on pages 24 to 34.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act).

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants of England and Wales, which is one of the listed

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
2. the accounts do not accord with such records; or
3. the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Charles Ssempijja (FCA)
NfP Accountants Ltd
86-90 Paul Street
London EC2A 4NE

Date 03 September 2024

Bloody Good Period Ltd

Statement of financial activities (incorporating an income and expenditure account)

For the period ended 31 December 2023

		Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
Income from:							
Donations and legacies	2	753,463	120,850	874,313	526,305	167,892	694,197
Charitable activities							
Menstrual Education and Awareness	3	3,335	–	3,335	3,392	–	3,392
Other trading activities	4	38,402	–	38,402	26,391	–	26,391
Total income		795,200	120,850	916,050	556,088	167,892	723,980
Expenditure on:							
Raising funds	5	228,580	–	228,580	139,064	–	139,064
Charitable activities							
Menstrual Education and Awareness	5	246,335	61,414	307,749	90,426	58,978	149,404
Provision of essential period products	5	307,152	53,351	360,503	334,205	62,030	396,235
Total expenditure		782,067	114,765	896,832	563,695	121,008	684,703
Net income / (expenditure) for the period		13,133	6,085	19,218	(7,607)	46,884	39,277
Transfers between funds		2,692	(2,692)	–	(97)	97	–
Net income / (expenditure) before other recognised gains and losses		15,825	3,393	19,218	(7,704)	46,981	39,277
Net movement in funds		15,825	3,393	19,218	(7,704)	46,981	39,277
Reconciliation of funds:							
Total funds brought forward		103,914	50,291	154,205	111,618	3,310	114,928
Total funds carried forward	15	119,739	53,684	173,423	103,914	50,291	154,205

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 15 to the financial statements.

Bloody Good Period Ltd

Company no. 11801410

Balance sheet**As at 31 December 2023**

	Note	£	2023 £	£	2022 £
Fixed assets:					
Tangible assets	10		<u>1,444</u>		<u>1,270</u>
			1,444		1,270
Current assets:					
Stock	11	1,867		3,242	
Debtors	12	19,299		58,781	
Cash at bank and in hand		<u>182,602</u>		<u>110,858</u>	
		203,768		172,881	
Liabilities:					
Creditors: amounts falling due within one year	13	<u>31,789</u>		<u>19,946</u>	
Net current assets / (liabilities)			<u>171,979</u>		<u>152,935</u>
Total assets less current liabilities			<u>173,423</u>		<u>154,205</u>
Total net assets / (liabilities)			<u><u>173,423</u></u>		<u><u>154,205</u></u>
The funds of the charity:	14				
Restricted income funds			53,684		50,291
Unrestricted income funds:					
General funds		<u>119,739</u>		<u>103,914</u>	
Total unrestricted funds			<u>119,739</u>		<u>103,914</u>
Total charity funds	15		<u><u>173,423</u></u>		<u><u>154,205</u></u>

For the period ending 31 December 2023, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' Responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476
- The trustees acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements, which have been prepared in accordance with the special provisions relating to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), were approved by the Board on 3rd September and signed on its behalf by:



Trustee

Susan Rubenstein

Bloody Good Period Ltd

Notes to the financial statements

For the period ended 31 December 2023

1 Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The aggregate gross income of the group, the parent charity and its subsidiaries, does not exceed £1 million after consolidation adjustments and therefore consolidated accounts have not been prepared.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

The charity has not prepared a statement of cash flows, taking advantage of Section 1A of FRS 102 in relation to small entities.

b) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

c) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

f) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Bloody Good Period Ltd

Notes to the financial statements

For the period ended 31 December 2023

1 Accounting policies (continued)

g) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the cost of activities undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

h) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity.

However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

● Cost of raising funds	29%
● Menstrual Education and Awareness	45%
● Relief of period poverty	26%

i) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

j) Tangible fixed assets

Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

● Office & Computer Equipment	3 years
-------------------------------	---------

k) Stocks

Stocks are stated at the lower of cost and net realisable value. In general, cost is determined on a first in first out basis and includes transport and handling costs. Net realisable value is the price at which stocks can be sold in the normal course of business after allowing for the costs of realisation. Provision is made where necessary for obsolete, slow moving and defective stocks. Donated items of stock, held for distribution or resale, are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

l) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Bloody Good Period Ltd

Notes to the financial statements

For the period ended 31 December 2023

1 Accounting policies (continued)

m) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Cash balances exclude any funds held on behalf of service users.

n) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2 Income from donations and legacies

	Unrestricted	Restricted	2023 total	2022
	£	£	£	Total
				£
Donations	327,093	12,500	339,593	446,045
Donations of period products for distribution	142,250	–	142,250	59,185
Donated services and facilities	153,945	–	153,945	26,900
Trusts and Foundations	113,002	108,350	221,352	134,949
Gift aid	17,173	–	17,173	27,118
	<u>753,463</u>	<u>120,850</u>	<u>874,313</u>	<u>694,197</u>

Donated services and facilities include pro bono services received for Research, legal advice, event management and marketing and donated facilities for storage and office space.

3 Income from charitable activities

	Unrestricted	Restricted	2023	2022
	£	£	Total	Total
			£	£
Menstrual Education and Awareness				
Education programme	105	–	105	30
Speaker fees and expenses	3,230	–	3,230	3,362
Total income from charitable activities	<u>3,335</u>	<u>–</u>	<u>3,335</u>	<u>3,392</u>

4 Income from other trading activities

	Unrestricted	Restricted	2023	2022
	£	£	Total	Total
			£	£
Merchandise sale	1,000	–	1,000	1,200
Fundraising events and other recharges	37,402	–	37,402	25,191
	<u>38,402</u>	<u>–</u>	<u>38,402</u>	<u>26,391</u>

Bloody Good Period Ltd

Notes to the financial statements

For the period ended 31 December 2023

5 Analysis of expenditure

	Charitable activities				2023 Total £	2022 Total £
	Cost of raising funds £	Menstrual Education and Awareness £	Provision of essential period products £	Support costs £		
Staff costs (Note 6)	51,908	81,236	47,618	11,490	192,252	195,293
Bad Debt	-	-	-	26,995	26,995	-
BG Employers Costs	-	16	-	-	16	550
Grants paid to subsidiary BGE	-	5,000	-	-	5,000	10,400
Fundraising and Communications						
Consulting	43,391	-	-	-	43,391	52,244
Consulting, Admin and professional fees	-	3,595	-	89,650	93,245	33,976
Cost & transport of merchandise for sale	33	-	-	1,547	1,580	3,040
CRM and Database system	-	-	-	7,358	7,358	10,433
Direct Programme costs	-	15,653	-	9,671	25,324	24,492
Donated services	-	-	-	153,945	153,945	26,900
Fees and commission	-	-	-	2,496	2,496	2,931
Fundraising Events Cost	3,888	-	-	-	3,888	5,986
Printing, Stationery and sundry	383	-	-	2,955	3,338	4,079
Products purchased distributed out	-	-	52,318	127,857	180,175	224,214
Donated products distributed out	-	-	142,250	-	142,250	71,631
Rent and utilities	-	400	-	8,792	9,192	8,023
Staff training and Development	-	-	-	3,586	3,586	7,721
Storage	-	-	-	2,612	2,612	1,904
Transport of Product	-	-	-	189	189	886
	99,603	105,900	242,186	449,143	896,832	684,703
Support costs	128,977	201,849	118,317	(449,143)	-	
Total expenditure 2023	228,580	307,749	360,503	-	896,832	

Of the total expenditure, £793,582 (2022: £563,695) was unrestricted and £103,250 (2022:£121,008) was restricted. Bad debts occurred due to bankruptcy of the debtor which was beyond the charity's control. Support costs includes Governance costs of £2,214 (2022:£2,863) including Independent examination fee of £800 (2022:£800)

Bloody Good Period Ltd

Notes to the financial statements

For the period ended 31 December 2023

5 Analysis of expenditure (continued.....)

	Charitable activities				2022 Total £
	Cost of raising funds £	Menstrual Education and Awareness £	Relief of period poverty £	Support costs £	
Staff costs (Note 6)	45,145	71,168	60,481	18,499	195,293
Bad Debt	-	-	-	-	-
BG Employers Costs	-	550	-	-	550
Grants paid to subsidiary BGE	-	10,400	-	-	10,400
Fundraising and Communications					
Consulting	40,833	-	-	11,411	52,244
Consulting, Admin and professional fees	-	-	-	33,976	33,976
Cost & transport of merchandise for sale	3,040	-	-	-	3,040
CRM and Database system	-	-	-	10,433	10,433
Direct Programme costs	-	24,492	-	-	24,492
Donated services	16,900	5,000	5,000	-	26,900
Fees and commission	2,931	-	-	-	2,931
Fundraising Events Cost	5,986	-	-	-	5,986
Printing, Stationery and sundry	254	-	-	3,825	4,079
Products purchased distributed out	-	-	224,214	-	224,214
Donated products distributed out	-	-	71,631	-	71,631
Rent and utilities	-	-	-	8,023	8,023
Staff training and Development	-	-	-	7,721	7,721
Storage	-	-	1,904	-	1,904
Transport of Product	-	-	886	-	886
	115,089	111,610	364,116	93,888	684,703
Support costs	23,975	37,794	32,119	(93,888)	-
Total expenditure 2022	139,064	149,404	396,235	-	684,703

Bloody Good Period Ltd

Notes to the financial statements

For the year period 31 December 2023

6 Staff remuneration

Staff costs were as follows:

	2023 £	2022 £
Salaries and wages	158,271	171,618
Social security costs	9,497	9,998
Employer's contribution to defined contribution pension schemes	10,984	13,677
Termination and redundancy payments	13,500	-
	<u>192,252</u>	<u>195,293</u>

No employee received total employee benefits (excluding employer pension) of more than £60,000 during the period (2022: nil).

The total employee benefits including pension contributions of the key management personnel were £94,791 (2022: £71,734).

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the period was as follows:

	2023 No.	2022 No.
Charitable activity	6.0	6.0
	<u>6.0</u>	<u>6.0</u>

8 Related party transactions

Aggregate donations from related parties during the period were £nil.

There are no donations from related parties which are outside the normal course of the charity business and no restricted donations from related parties.

The charity trustees were not paid or received any other benefits from employment with the charity in the period. No charity trustee received payment for professional or other services supplied to the charity. No trustees were reimbursed any expenses incurred in relation to their duties as trustees.

The charity owns 100% of Bloody Good Employers Ltd, a subsidiary company registered in England and Wales (number 13531960) incorporated on 27 July 2021.

Fiona Pei Shan Yeung is the common active director in parent and subsidiary company. The Chief Executive Officer, Rachel Grocott, is also the director of the subsidiary company.

Bloody Good Period Ltd

Notes to the financial statements

For the year period 31 December 2023

8 Related party transactions (continued)

Bloody Good Employers Limited

Registered Office: 167–169 Great Portland Street, 5th Floor, London, England, W1W 5PF

Nature of business: Management consultancy activities other than financial management

Bloody Good Period Ltd guarantees that if the company is wound up while it is a member, or within one year after it ceases to be a member, it will contribute to the assets of the company by such amount as necessary but not exceeding £1. The aggregate gross income of the group, the parent charity and its subsidiaries, does not exceed £1 million after consolidation adjustments therefore, consolidated accounts have not been prepared.

	2023 £	2022 £
Agregate capital and reserves	23,867	11,905
Profit for the year	<u>-</u>	<u>-</u>

9 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

	Office & Computer Equipment £	Total £
Cost or valuation		
At the start of the period	3,414	3,414
Additions in the period	1,125	1,125
At the end of the period	<u>4,539</u>	<u>4,539</u>
Depreciation		
At the start of the period	2,144	2,144
Charge for the period	951	951
At the end of the period	<u>3,095</u>	<u>3,095</u>
Net book value		
At the end of the period	<u>1,444</u>	<u>1,444</u>
At the start of the period	<u>1,270</u>	<u>1,270</u>

All of the above assets are used for charitable purposes.

Bloody Good Period Ltd

Notes to the financial statements

For the year period 31 December 2023

11 Stock	2023 £	2022 £
Merchandise	1,867	3,242
	<u>1,867</u>	<u>3,242</u>

12 Debtors	2023 £	2022 £
Trade debtors	7,017	–
Accrued income	12,282	58,781
	<u>19,299</u>	<u>58,781</u>

13 Creditors: amounts falling due within one year	2023 £	2022 £
Trade creditors	20,500	12,223
Taxation and social security	6,210	5,748
Other creditors	–	25
Accruals	5,079	1,950
	<u>31,789</u>	<u>19,946</u>

14 Analysis of net assets between funds

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible fixed assets	1,444	–	–	1,444
Net current assets	118,295	–	53,684	171,979
Net assets at 31 December 2023	<u>119,739</u>	<u>–</u>	<u>53,684</u>	<u>173,423</u>

Analysis of net assets between funds

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible fixed assets	1,270	–	–	1,270
Net current assets	102,644	–	50,291	152,935
Net assets at 31 December 2022	<u>103,914</u>	<u>–</u>	<u>50,291</u>	<u>154,205</u>

Bloody Good Period Ltd

Notes to the financial statements

For the year period 31 December 2023

15 Movements in funds

	At 1 January 2023 £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At 31 December 2023
Restricted funds:					
Menstrual Education and Awareness	30,291	47,500	(61,414)	(2,692)	13,685
Provision of essential period products	20,000	73,350	(53,351)	-	39,999
Total restricted funds	50,291	120,850	(114,765)	(2,692)	53,684
Unrestricted funds:					
General funds	103,914	795,200	(782,067)	2,692	119,739
Total unrestricted funds	103,914	795,200	(782,067)	2,692	119,739
Total funds	154,205	916,050	(896,832)	-	173,423

	At 1 January 2022 £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At 31 December 2022 £
Restricted funds:					
Menstrual Education and Awareness	1,662	87,649	(58,978)	(42)	30,291
Provision of essential period products	1,648	80,243	(62,030)	139	20,000
Total restricted funds	3,310	167,892	(121,008)	97	50,291
Unrestricted funds:					
General funds	111,618	556,088	(563,695)	(97)	103,914
Total unrestricted funds	111,618	556,088	(563,695)	(97)	103,914
Total funds	114,928	723,980	(684,703)	-	154,205

Purposes of restricted funds

Menstrual Education and Awareness relates to funding received and used to provide educational sessions about female health including menstruation and sexual health to support asylum seekers and refugees living in the UK.

Relief of period poverty relates to funding received and use to provide high quality period products to asylum seekers, refugee and those in poverty in the UK.

Transfer to general funds represents costs incurred from restricted grants previously funded from general funds.

16 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1. Bloody Good Period Ltd is a charitable company limited by guarantee registered in England with registration number 11801410. Its registered office address is 167-169 Great Portland Street, 5th Floor, London, England, W1W 5PF. The accounts are presented in GBP rounded to £1.