



Menstrual Rights Global



Menstrual Rights Global

SCIO

Trustees' Annual Report 2025

Charity Number:
SC053433



Introduction

Menstrual Rights Global SCIO (MRG) is a Scottish Charitable Incorporated Organisation (SCIO), established to advocate for menstrual health and rights. Our work spans across Sexual and Reproductive Health and Rights (SRHR), bodily autonomy, climate justice, social development, and women's leadership. MRG's mission is to ensure that all individuals, regardless of gender or age, have the resources, education, and rights to manage their menstrual health with dignity and agency, free from stigma and barriers.

Our vision is to create a world where menstruation is destigmatised, and all individuals have equitable access to the resources necessary for their health and well-being across the lifespan.

Our purpose, as outlined in our Constitution (Clause 4), includes raising awareness about menstrual health, ensuring access to education, products, and healthcare, and advocating for those in low-income households and underserved communities across Scotland and globally.

MRG's mission statement is to support women, girls, and people who menstruate to thrive from menarche to menopause, ensuring that no one faces structural, social, or environmental barriers to attaining menstrual health.

Structure, Governance, and Management

Menstrual Rights Global SCIO operates under the structure outlined in our Constitution, with governance provided by the Board of Charity Trustees. The Board ensures strategic direction, financial oversight, and compliance with the charitable purposes outlined in Clause 4 of our Constitution.

- **Trustees:** The trustees during the reporting period were:
 - Dr Jennifer S. Martin
 - Ms Victoria Heaney
 - Dr Linda deCaestecker
- **Board Structure:** The Board of Charity Trustees is responsible for the general management and strategic direction of the organisation. As per Clause 9 of our Constitution, the Board meets quarterly to review activities, financial performance, and strategic priorities. In 2025, the Board held quarterly meetings to assess the strategic direction of the charity and to discuss what steps are required to formalise the organisation and its structure. This process includes reviewing governance practices, financial controls, and the long-term vision of MRG.
- **Governance and Compliance:** As required by the Charities and Trustee Investment (Scotland) Act 2005, the charity trustees have legal duties to act in the best interests of the charity, ensure compliance with our purposes, and manage the charity's assets and resources responsibly. The trustees are committed to maintaining high standards of governance and transparency, ensuring that all decisions made are in line with the charity's mission and values.
- **Charity Trustee Details:** The charity maintains a Register of Charity Trustees (Constitution, Clause 26) that is updated regularly and available for public access as required.



Activities and Achievements

In 2025, Menstrual Rights Global SCIO continued to make significant strides in advocating for menstrual rights, health equity, and global collaboration. The year was marked by important leadership transitions, extensive volunteer engagement, global policy contributions, and successful partnerships.

Mentorship for Volunteers and Network Building

- **Global Volunteer Mentorship:** Menstrual Rights Global has remained committed to empowering the next generation of advocates. In 2025, we continued offering mentorship to our volunteers worldwide, focusing on policy advocacy, advocacy building, and knowledge sharing. These mentorship programmes have played a crucial role in upskilling and mobilising our global network, fostering leadership and encouraging sustainable advocacy in their local contexts.
- **Connecting a Global Network:** MRG successfully connected over 100 volunteers across 45 countries, building a dynamic and engaged global network committed to advancing menstrual rights. The network served as a key platform for knowledge exchange, collaborative action, and advocacy. Through quarterly meetings, we facilitated discussions on strategic direction, policy challenges, and opportunities for collaboration. These meetings also helped connect volunteers to local organisations and individuals they could work alongside to strengthen advocacy efforts in their regions and countries.

Board and Leadership Changes

- **Appointment of Candice Chirwa as Board Chair, Board of Advisors:** In 2025, Candice Chirwa was appointed as the new Chair of the Board. Candice, widely known as the Minister of Menstruation, is a distinguished leader in menstrual health advocacy and the founder of the award-winning NGO Qrate. She brings deep expertise and vision to MRG, ensuring that the charity continues to drive impactful change in menstrual health advocacy globally.

Youth Leadership and Engagement

- **Kaira Joshee** was appointed as the Global Youth Council Chair, continuing MRG's commitment to empowering youth as leaders in menstrual rights advocacy.
- **Tallulah Glancy**, a member of the Youth Council, represented MRG at the Second World Summit on Social Development in Doha, advocating for youth-led policies and highlighting the importance of youth engagement in social development.

Global Engagement and Partnerships

- **Global Policy Reports:** MRG launched key reports that contributed to global conversations around menstrual health:
 - **"Climate Justice Requires Bodily Justice":** This report advocates for integrating SRHR into climate resilience strategies, stressing that climate action must centre on health equity and bodily autonomy.
 - **"Climate Justice, Social Development, and SRHR: A Systems-Based Vision for Collective Global Action":** Published in partnership with COP30 and the Second World Summit on Social Development, this report promotes a systems-based approach to addressing climate justice, gender equality, and SRHR.
 - **"Menstrual Health Discrimination: A Human Rights Issue":** This publication calls for addressing the structural barriers to menstrual health equity, advocating for policy changes that improve access to products, education, and workplace protections.
- **Mapping the Flow Initiative:** MRG contributed to the Mapping the Flow initiative, an open-access global resource bank for Menstrual Health Management (MHM). This platform curates policies, toolkits, and best practices to improve access to menstrual health resources, with a focus on regions that have limited visibility or resources.
- **International Engagements:** MRG represented the organisation at key global forums, including:
 - Office of the High Commissioner for Human Rights, Palais des Nations, Geneva, Switzerland (November 2025)
 - UN Second World Summit on Social Development, Doha, Qatar (November 2025)
 - London Climate Action Week, London, UK (2025)
 - World Health Summit, Berlin, Germany (2025)



Advocacy and Campaigns

In 2025, Menstrual Rights Global SCIO led and contributed to a series of impactful campaigns that brought attention to key issues surrounding menstrual health, gender equality, and human rights. These campaigns engaged our global network, raised awareness, and mobilised action through both digital platforms and in-person engagements.

International Women's Day 2025

We celebrated International Women's Day with a powerful campaign aligned with this year's theme, "For ALL Women and Girls: Rights. Equality. Empowerment." Our digital campaign included thought-provoking posts, videos, and resources designed to highlight the ongoing challenges that women and girls face in achieving full equality, particularly in the areas of menstrual health and bodily autonomy. Volunteers across the globe took part in community discussions and public engagements, using the day to advocate for menstrual health as an essential human right.

Menstrual Hygiene Day 2025

On Menstrual Hygiene Day, MRG launched an educational social media campaign that focused on debunking myths and raising awareness about the importance of menstrual health management (MHM). Through interactive content, infographics, and videos, we engaged over [insert number] individuals, especially those in regions with limited access to menstrual health education and products. We also held in-person workshops with our volunteers, ensuring that local communities had access to critical information on menstrual hygiene, product access, and breaking stigma.

30 Years of the Beijing Declaration and Platform for Action

In 2025, MRG participated in the global commemoration of the 30th Anniversary of the Beijing Declaration and Platform for Action, a pivotal moment for gender equality. Through a digital storytelling campaign, we showcased the achievements made in the past three decades and highlighted the work still to be done, especially in relation to SRHR, gender equality, and menstrual health. Our team also held public discussions and policy dialogues that reflected on the progress of Beijing +30 and urged renewed commitments from global leaders to continue pushing for gender justice.

COP30 – Climate Justice and Menstrual Health

At COP30, MRG ran a digital campaign that centred on the intersection of climate change and menstrual health. We advocated for the inclusion of SRHR in climate policies and called for climate resilience strategies to address the unique challenges that climate disruption poses to menstrual health, particularly for women and girls in vulnerable communities. Volunteers engaged through social media action and public speaking events at COP30 in Belém, Brazil, where we contributed to discussions on climate justice, health equity, and the need for gender-responsive climate financing.

International Day of the Girl 2025

On the International Day of the Girl, we launched a global digital campaign aimed at empowering young girls to take charge of their health and well-being. Our campaign focused on the importance of menstrual health education and access to menstrual products as fundamental to achieving gender equality. In partnership with our Youth Council, we ran virtual workshops and interactive webinars with young leaders and activists from around the world, focusing on breaking the barriers to menstrual health equity.

16 Days of Action Against Gender-Based Violence (GBV)

As part of the 16 Days of Action Against Gender-Based Violence, MRG engaged in a global campaign that highlighted the links between GBV and menstrual health. Our digital advocacy raised awareness about how violence, especially against women and girls, can impact menstrual health, and how addressing these issues is essential for achieving gender justice. Volunteers led community-based events, public panels, and advocacy sessions to mobilise local communities, support survivors, and demand systemic change in healthcare, education, and justice systems.

Collaboration with Partners

Throughout 2025, Menstrual Rights Global also collaborated with several key partners in these global campaigns. We contributed to their efforts by amplifying their messages, sharing resources, and supporting their events. Our volunteers played a key role in in-person speaking engagements and localised actions, ensuring that the voices of those most affected by menstrual health issues were heard at every level. MRG's involvement in these collective campaigns is part of our commitment to intersectoral collaboration and advancing global policy change in support of menstrual health and rights. At these forums, MRG contributed to discussions on climate inequality, human rights, health equity, and the integration of menstrual health into global policy frameworks.



Financial Review

In 2025, Menstrual Rights Global SCIO operated on a volunteer-led model, with no income generated from grants or donations. Despite our best efforts, we have faced significant challenges in securing funding, particularly in the Sexual and Reproductive Health and Rights (SRHR) sector, where there has been a contraction in available funding.

We have drafted several grant applications throughout the year, but have struggled to secure any funding due to the competitive landscape and the current financial constraints within the SRHR space. However, we are continuing to apply for grants and remain hopeful that we will secure project-based funding in 2026 to support our key initiatives.

In early 2025, we took a positive step by opening a Business Bank Account (Charity Account) with Bank of Scotland, which provides a foundation for future financial operations. This will support our ongoing work as we continue to seek sustainable funding sources.

Expenditure

As we have operated with no income in 2025, all activities have been driven by our committed volunteers. The total expenditure for 2025 amounted to <£500, with the majority allocated towards administration for tools such as Canva, and Zoom, and website hosting services.

These expenditures primarily reflect the costs associated with continuing our advocacy work, global network coordination, and volunteer management. We have kept our operational costs as low as possible, relying heavily on in-kind contributions from our volunteers and partners.

Financial Health

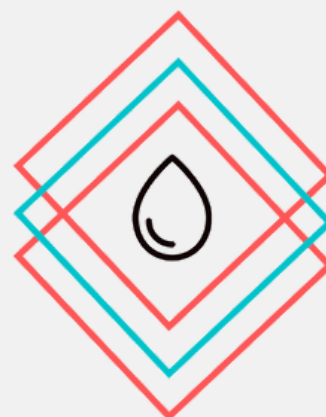
MRG remains in a strong financial position despite having no income. Our reserves are sufficient to maintain operations through a volunteer-led model, which allows us to continue working towards our goals. Our long-term sustainability, however, is dependent on securing project-based grants and other funding opportunities in 2026.

While we do not have income at this time, we remain focused on diversifying funding sources to ensure we can expand our efforts and achieve our objectives in the future.

Plans for the Future

In 2026, MRG will continue to expand its advocacy efforts and build on the foundations established in 2025, with a focus on:

- **Policy Advocacy:** We will continue to advocate for menstrual health to be integrated into global health, climate, and gender equality policies.
- **Youth Leadership:** With the leadership of Candice Chirwa and Kaira Joshee, MRG will deepen our commitment to youth leadership, amplifying the voices of young advocates globally.
- **International Partnerships:** MRG will continue to strengthen partnerships with governments, international organisations, and local communities to advocate for policies that prioritise menstrual health and gender equality.
- **Focus on climate and SRH, rights and bodily autonomy and social development** as a thematic focus for 2026.
- **Thought leadership:** will continue in the space of menstrual health in the context of women's leadership, gender equality, climate and SRH, social development, emergencies.
- **Events:** we are planning to host several in-person and digital events this year to bring together partners from different sectors to advance menstrual health, SRH, rights and bodily autonomy – World Health Summit Regional Event (Nairobi), Menstrual Hygiene Day, 16 Days of Activism Against GBV, COP31, Day of the Girl Child, and Universal Health Coverage Day.



Legal and Compliance

MRG is fully compliant with the Charities and Trustee Investment (Scotland) Act 2005, and all activities are conducted in accordance with the purposes set out in our Constitution (Clause 4).

- Trustees' Responsibilities: Our trustees ensure the charity complies with all legal obligations and operates effectively.
- Independent Examiner: The accounts for the year were reviewed by [full name and address of independent examiner].

Acknowledgements

We would like to express our gratitude to those who have supported Menstrual Rights Global SCIO in 2025:

- Partners and Funders: Special thanks to our partners, including [list key partners].
- Volunteers, Board, and Youth Council : A heartfelt thank you to our volunteers, staff, and trustees who continue to drive forward our mission with passion and dedication.

Data Protection and Privacy Compliance

MRG is committed to ensuring the privacy and data protection of all individuals associated with our organisation. We comply with the General Data Protection Regulation (GDPR) and other relevant data protection laws.

End of Trustees' Annual Report 2025