

BRITISH MENOPAUSE SOCIETY

England & Wales · Charity number 1015144

Details

Other names	B M S, BMS
Status	Registered
Legal form	Charitable company
Company number	02759439
Registered	1992-11-11
Register	View on the Charity Commission register

Contact

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Activities

Objects: (1) TO FACILITATE THE ADVANCEMENT OF EDUCATION BY THE PROMOTION OF INTEREST IN ALL MATTERS RELATING TO THE MENOPAUSE (MEANING THE SHORT AND LONG TERM CONSEQUENCES OF OVARIAN FAILURE AND THE ASSOCIATED LIFE EVENTS OCCURRING IN WOMEN) AND GYNAECOLOGICAL DISORDERS;(2) TO FACILITATE THE MULTI-DISCIPLINARY STUDY OF MATTERS RELATING TO THE MENOPAUSE AND EXCHANGE OF INFORMATION AND IDEAS BETWEEN PERSONS WORKING IN THIS FIELD; (3) TO PROMOTE HIGH STANDARDS OF TRAINING FOR THOSE INVOLVED IN ADVISING WOMEN ABOUT THE MENOPAUSE AND ITS CONSEQUENCES;(4) TO RELIEVE WOMEN SUFFERING FROM GYNAECOLOGICAL DISORDERS.

Activities: The British Menopause Society is a multi-disciplinary society aimed at the medical profession with membership open to healthcare professionals specialising in post reproductive health. The BMS is dedicated to advancing education in all matters related to post reproductive health through lectures, conferences, meetings, exhibitions, publications, including its journal, Menopause International.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£1,953,555	£1,204,081	£1,947,305	8
2023-12-31	£1,243,589	£922,209	£1,196,385	8
2022-12-31	£962,502	£628,403	£875,005	7
2021-12-31	£721,816	£420,362	£540,906	6
2020-12-31	£334,049	£325,760	-	-

Trustees

Name	Role	Appointed
Dr HEATHER CURRIE MBE		2012-10-30
Dr JOHN STEVENSON		2012-10-30
Dr Paula Briggs		2021-09-21
Dr Timothy Hillard		2024-06-27
Edward Morris CBE		2012-10-30
Haitham Hamoda		2018-07-05
Janice Rymer		2023-06-29
Kathy Abernethy		2016-05-19
PATRICK SHERVINGTON MBE		2012-10-30
Paul Simpson		2025-06-26
Virginia Wilkins		2025-06-26

Accounts

British Menopause Society
(Limited by Guarantee)

Financial Statements
for the year ended 31 December 2024

Charity No: 1015144
Company No: 02759439

BRITISH MENOPAUSE SOCIETY

**Financial Statements
for the year ended 31 December 2024**

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BRITISH MENOPAUSE SOCIETY
Report of the Trustees for the Year Ended 31 December 2024

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2024. The Trustees have adopted the provisions of 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).

REFERENCE AND ADMINISTRATIVE INFORMATION

REGISTERED COMPANY NUMBER
02759439

REGISTERED CHARITY NUMBER
1015144

TRUSTEES

Kathy Abernethy	
Dr Paula Briggs	Immediate Past Chair
Miss Gill Cheesbrough	(Non-medical trustee)
Dr Heather Currie	
Mr Haitham Hamoda	
Mr Tim Hillard	Appointed 27 June 2024
Mr Eddie Morris	
Professor Janice Rymer	Chair
Mr Patrick Shervington	(Non-medical trustee)
Professor John Stevenson	
Sara Moger	Chief Executive (Ex officio)

MEDICAL ADVISORY COUNCIL

Dr Juliet Balfour	
Dr Katie Barber	
Dr Paula Briggs	Immediate Past Chair
Professor Melanie Davies	
Dr Olivia Hum	Re-elected 27 June 2024
Professor Mary Ann Lumsden	Elected 27 June 2024
Dr Kristyn Manley	Co-opted 27 June 2024
Professor Annice Mukherjee	
Professor Nick Panay	
Miss Kate Panter	
Dr Claire Phipps	Elected 27 June 2024
Professor Janice Rymer	Chair
Dr Zoe Schaedel	
Miss Angela Sharma	Elected 27 June 2024
Mr Paul Simpson	
Dr Clare Spencer	

CHIEF EXECUTIVE
Sara Moger

REGISTERED OFFICE

The Barn, Dukes Place, Marlow, Buckinghamshire SL7 2QH

AUDITORS

Knox Cropper LLP, 65-68 Leadenhall Street, London, EC3A 2AD

LAWYERS

Bates Wells, 10 Queen Street Place, London EC4R 1BE

BANKERS

Lloyds plc, 1 Reading Road, Henley on Thames, Oxfordshire RG9 1AE

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is a charitable company limited by guarantee and is registered as a charity.

Trustees

Trustees are therefore both company directors and trustees. Under the amended Memorandum & Articles of Association adopted at the 2008 AGM at least 50% of the board of trustees must be healthcare professionals. The board is formed by the chairman and the immediate past chairman/chairman elect of the British Menopause Society (BMS) medical advisory council, together with other elected members of the MAC. Those with expertise in areas other than medicine, including finance, publishing, marketing/PR, media, business and charity may be appointed a trustee by the board.

The BMS board of ten trustees, with combined medical and non-medical skills continues to provide a balanced and effective governing body. Trustees are inducted to the policies and procedures of the charity by the chief executive and training is provided as appropriate.

Dr Paula Briggs completed her term as chairman at the AGM on 27 June 2024. The board thanked Paula for her commitment and hard work. Professor Janice Rymer took over as chairman at the AGM and the board offered its congratulations.

Risk Management

The trustees undertake their duties to review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The CEO consults closely with our lawyers, Bates Wells, who provide an excellent and comprehensive service.

Reserves Policy

Until four years ago our policy was predicated on the imperative to remain financially viable as a society. Since then, the board has directed that reserves should be built up year-on-year to a target of 12 months operating costs which equates to £1,316,000. At the current year end free reserves are £1,931,887 leaving surplus funds of £615,887 which will be allocated for use in 2025 and 2026 towards the Society's educational activities.

Medical advisory council (MAC)

Medical advisory council members are elected by the members of the BMS for a term of three years. With the exception of the chairman, immediate past chairman and chairman elect, one third of council members retire from office at each AGM. A retiring council member is eligible for re-election for one further term of three years. After serving two terms, a council member is eligible for re-election after a period of 12 months. Council members are appointed at the AGM, although they can be co-opted by council in the interim.

Annual General Meeting (AGM)

At the AGM at Chesford Grange held on 27 June 2024, Sara Moger, Chief Executive, thanked those standing down from the Medical Advisory Council. Tim Hillard stood down from council having completed two terms. Sara offered sincere thanks to Tim for his wise counsel, input and commitment, in particular on the NICE submission and, as co-author with Kristyn Manley, on the joint guideline on the *Management of unscheduled heavy bleeding on HRT*. Kalpana Upadhyay completed her first term and stood down. Sara offered huge thanks to Kalpana for her input and advice. Kalpana initiated the menopause and ethnic minorities project and has kindly agreed to remain involved, although stepping away from council. Deborah Bruce and Olivia Hum completed their first term of three years and offered themselves for re-election.

There were four places available on council and eleven nominations. 17.4% of members voted this year, a record. We are pleased to confirm that Olivia Hum was re-elected for a second term of three years and Mary Ann Lumsden, Claire Phipps and Angela Sharma were elected. Nadira Awal, Deborah Bruce, Claudine Domoney, Leila Frodsham, Kristyn Manley, Lynne Robinson and Jennifer Sassarini were unsuccessful.

In recognition of the work Kristyn Manley had undertaken over the past two years, in particular as co-author of the joint guideline on the management of unscheduled bleeding on HRT, the board made the decision to co-opt her onto the medical advisory council.

OBJECTIVES AND ACTIVITIES

The **Memorandum & Articles of Association (Mem & Arts)** of the BMS, which were incorporated on 27 October 1992, and amended on 2 July 2008 and 5 July 2012, define the objects for which the company was established. These are:

1. To facilitate the advancement of education by the promotion of interest in all matters relating to the menopause (meaning the short- and long-term consequences of ovarian insufficiency and the associated life events occurring in women) and gynaecological disorders
2. To facilitate the multi-disciplinary study of matters relating to the menopause and exchange of information and ideas between persons working in this field
3. To promote high standards of training for those involved in advising women about the menopause and its consequences
4. To relieve women suffering from gynaecological disorders

The **British Menopause Society (BMS)** is the specialist authority for menopause and post reproductive health in the UK. Established in 1989, the BMS educates, informs and guides healthcare professionals, working in primary and secondary care, on menopause and all aspects of post reproductive health.

This is achieved through:

- Our Education Programme, which includes the annual scientific conference, the WHC annual symposium on women's health, BMS Masterclasses and BMS certificated education and training in the Principles & Practice of Menopause Care and in Cognitive Behavioural Therapy for menopause symptoms.
- Our interactive website which features *BMS TV: the menopause explained* and the online register of recognised BMS menopause specialists.
- Our range of resources and publications including Joint Guidelines, Consensus statements, Tools for clinicians, BMS bulletins and news alerts, the quarterly journal *Post Reproductive Health* and the definitive handbook *Management of the Menopause*.

Women's Health Concern (WHC), established in 1972 and is the patient arm of the BMS since 2012. WHC provides independent advice to inform and reassure women about their gynaecological, sexual and post reproductive health.

Our specialist healthcare professionals offer unbiased information via:

- The website, which contains a wide range of downloadable resources, including factsheets and infographics and a separate menopause section, *Menopause: Giving you confidence for understanding and action*
- The email advisory service, supported by the medical advisory council
- Links to a series of short videos, *BMS TV: the menopause explained* and the BMS menopause specialist online register with details of NHS and private clinics and services

Professor John Stevenson, a trustee of the BMS, continued to serve as chairman of WHC, supported by Patrick Shervington, a trustee and former CEO of WHC. Penny Junor continued as Patron, but during quarter two of 2024, indicated that she would be happy to step down from the position. The board respected Penny's wish to step down. They thanked her for her tremendous ongoing support – for more than twenty years – her advice and her expertise, especially in relation to publishing and the media. Penny attended the conference in Chesford Grange as our guest and a presentation was made in recognition of her many, many years' service to Women's Health Concern.

At the June trustees' meeting, the viability of the WHC advisory service was discussed. Jeannette Richards resigned in February as a result of changes in her personal circumstances. Our thanks and good wishes go to Jeannette, who remains a member of the Society.

After Jeannette's departure, the service was reviewed and it was clear that demand for the WHC advisory service was not sufficient to justify employing an additional staff member. Indeed, there was not sufficient demand to justify retaining Becky Hay, our second nurse advisor. Therefore, with regret, Becky Hay left BMS employment on 20 August. Becky made a significant contribution in developing the service and our thanks and good wishes go to Becky.

The board also thanked Kathy Abernethy for her support and management of the advisory service over more than ten years.

Prior to the trustees' meeting held on 26 June 2024, a document was circulated to the board, detailing a proposal to deregister WHC as a charity. The Chair and Chief Executive had been in discussions regarding this and felt that it was the right time to review the position. Discussions were also held with John Stevenson and Patrick Shervington.

When the BMS made WHC its 'patient arm', the board decided to retain its own separate charitable status. This was for economic reasons, i.e. if we received a bequest for WHC and it no longer existed, the donation may be diverted elsewhere. At the time, some 12 years ago, the BMS needed every penny and so for pragmatic and financial reasons, the two organisations co-existed as separate charities.

The BMS is now a million-pound business and the promise of a windfall, small or large, is not so necessary to our existence.

There are structures, processes and overheads involved:

- A separate board of trustees [John, Patrick and Sara Moger]
- A separate set of accounts has to be submitted to the Charity Commission and Companies House
- A separate confirmation statement has to be submitted to Companies House
- A separate bank account
- WHC has a patron in Penny Junor, who, as detailed above, is stepping down
- Internally, apart from PayPal, all financial transactions, e.g. registrations for the WHC annual symposium and WHC advisory service income, already go directly into the main BMS business account

It seemed the right time to consider de-registering WHC as a charity. WHC would retain its identity, with its branding, website, resources and annual symposium and to the outside world, nothing would appear to be any different.

The accounts run, as per the BMS, 1 January to 31 December and therefore WHC could be closed at the end of 2024. This was agreed and the BMS engaged lawyers, Bates Wells, for guidance on the deregistration process.

ACHIEVEMENT AND PERFORMANCE

Education programme

BMS Management of the Menopause Certificate

As awareness of menopause continues to grow, so too does the demand for specialist training — something traditional competency-based programmes have struggled to keep up with. Long waiting lists have made it harder for HCPs to access the education they need, creating gaps in care.

Therefore, to bridge the menopause training gap, BMS launched the BMS Management of the Menopause Certificate (MMC). It was eighteen months in development and it provides comprehensive new BMS online education. This in-depth menopause education should provide the eligible HCP learner with everything that they need to treat 95% of their patients, leaving only the 5% of patients with complex issues to be referred for specialist care.

This evidence-based menopause education, developed by healthcare professionals for healthcare professionals, is peer reviewed and incorporates recommendations for best practice from both national and international guidelines.

Launched on 5 June 2024, a total of 1,310 delegates have enrolled to date, and 288 have completed the 38 hours on-line education to achieve the new MMC. Demand in 2025 continues at around 100 new delegates per month, with no sign of interest or demand declining. Total income £957,026 with expenditure of £96,397. The MMC replaces the BMS PPMC Certificate (income in 2023: £110,515).

The project content was developed by Haitham Hamoda and Heather Currie, with significant input from those on the board and the medical advisory council. Haitham's vision and drive – in conjunction with the BMS team – ensured that the certificate offers high-quality content, which was uniquely peer reviewed and is easily accessible to delegates. The board warmly thanks Haitham and Heather for their commitment to this important and significant addition to the BMS education programme.

Conference & Meetings

The BMS once again organised an active, varied and highly evaluated education programme throughout 2024. As in 2023, the annual scientific conference and WHC annual symposium were held face-to-face, while all other educational meetings and courses continued virtually.

Annual scientific conference

The 33rd annual scientific conference, *Menopause: solving the puzzle*, took place at Chesford Grange in Kenilworth on Thursday 27 and Friday 28 June 2024. Chesford Grange has become the regular 'home' to the conference, being situated centrally with good transport links.

Olivia Hum and Anne MacGregor, the joint chairs of the programme planning group (PPG) and the PPG members are to be congratulated on securing excellent speakers and putting together a first-class programme.

Special thanks go to Professor Walter A. Rocca, Professor of Epidemiology and Neurology and the Ralph S. and Beverley E. Caulkins, Professor of Neurodegenerative Diseases Research, Mayo Clinic College of Medicine and Science, Rochester, USA who delivered the **BMS annual lecture: Premature or early menopause, hormone replacement therapy, and cognitive aging**.

We also thank our double act Professor Peter Collins, Consultant Cardiologist, Royal Brompton Hospital, London and Professor John Stevenson, Emeritus Reader in Metabolic Medicine, National Heart and Lung Institute, Imperial College London; Trustee – British Menopause Society, who delivered the **Pat Patterson Memorial Lecture: Arterial disease matters: HRT before, during and beyond an arterial event**.

Both keynote lectures were extremely well-evaluated and achieved 'Highlight of the day' from a large proportion of delegates.

Walter, Pete and John not only delivered superb lectures, but delivered them ex gratia. Our policy, in line with other medical charities and societies, is that we pay expenses, but do not offer speakers' fees. This policy applies throughout our education programme.

The entire conference was well-evaluated, with some excellent recommendations for future topics.

The figures for the face-to-face (f2f) and on demand conference are as follows:

- **Annual Scientific Conference f2f:** Delegates 440 (sold out); Income: £167,095 (2023: 350/£128,190)
Exhibitors: 17/£32,850 (2023: 12/£21,750)
Total Income £ 167,095
Total Expenditure £ 117, 891
Surplus: **£49,204**
- **Annual scientific conference on demand:** Delegates: 415; Income: £135,242 (2023: £157,873)
Total Income £ 135,242
Total Expenditure £ 11,262
Surplus: **£ 123,980**

Total annual scientific conference income £302,337 with a surplus for both f2f and on demand of £173,184.

We held two **Cognitive Behaviour Therapy (CBT) for menopause symptoms courses**. Both courses filled up quickly and a review will take place to investigate the potential for an online version of the course. Our thanks to Melanie Smith and Janet Balabanovic for delivering this excellent course. There is no doubt that CBT is an essential component in the overall education of HCPs. It is also an important alternative for those women who are not able or choose not to take HRT.

Six **BMS Masterclasses – practical prescribing workshops** took place virtually, again a combination of pre-recorded presentations and a live and interactive 2-hour session. These took place in January, February, April, September, October and December. 716 delegates joined these workshops, and the evaluations were excellent across the board. Thank you to all those who chaired, facilitated and contributed.

The **Royal College of Obstetricians & Gynaecologists (RCOG) /BMS Menopause Advanced Training Skills course, Post Reproductive Health** took place remotely and was attended by 196 delegates (2023: 603). It generated a surplus of £23,052 (2023: £137,692) which was shared between the BMS and the RCOG. The numbers decreased significantly this year. This was as a result of the discontinuation of the PPMC courses in Q1 of 2023, which directed delegates to the RCOG/BMS joint course. Once again thanks to the course organisers Mike Savvas, Haitham Hamoda and Nick Panay.

The **Women's Health Concern 34th Annual Symposium on women's health** was held at the Cavendish Conference Centre in London on Tuesday 3 December 2024 and 171 delegates attended (2023: 199). We also offered an on demand option making recordings of the actual day available from 16 December 2024 – 16 February 2025.

Chaired by John Stevenson, a wide-ranging programme was produced and highlights included Professor Mary Ann Lumsden, Honorary Professor of Medical Education and Gynaecology, University of Glasgow; Member – British Menopause Society medical advisory council, who delivered the **Gerald Swyer Memorial Lecture: HRT: looking at risks in perspective**. Our thanks to Mary Ann and all other speaker who contributed to an excellent day.

The figures for the WHC symposium are:

WHC symposium f2f: delegates: 171; income: £47,765
Exhibitors: 9; income: £11,650

WHC symposium on demand: delegates: 159; income: £28,380
Total WHC symposium income: £76,145

Total education income: £1,437,548 (2023 £684,796)
Total income: £1,953,555 (2023 £1,243,589)

NB: Income generated by exhibitors at our two f2f meetings totalled £44,500 (2023: £47,050). This represents 2.3 % of total annual income, broken down as follows

Non pharma:	£17,500	0.9%
Pharma:	£27,000	1.4%

Our education programme continues to be the core activity of the BMS. Almost 4,000 HCPs accessed BMS training and education – remotely and face-to-face. Both primary and secondary care were well represented; especially encouraging was the increased range of healthcare professions in attendance, e.g. pharmacists, SAS doctors, physiotherapists, dietitians, etc, all with an interest in women's mid-life health and well-being.

Membership

Membership numbers continued to grow significantly and as at 31 December were 2702, 716 new in 2024 (cf 2023: 2625; 2022: 2154; 2021: 1568; 2020: 1167; 2019: 1058; 2018: 905; 2017: 717; 2016: 665; 2015: 616; 2014: 609; 2013: 602 and 2012: 615).

Membership income in 2024 totalled £420,143 (2023: £366,481). Membership is the highest it has been since records were introduced in 1996. Primary care, GPs and Nurses total 1660 and account for 61% of our members (2023: 1610/61% 2022: 1,245/58%).

This significant increase in membership demonstrates the continuing developing interest in this area of women's health and the demand for authoritative information, education and guidance, based on national and international guidelines.

Post Reproductive Health (PRH) – the quarterly Journal of the British Menopause Society

Eddie Morris and Heather Currie, the editors, together with associate editors, Tony Mander and Paul Simpson, trainee editor Babu Karavadra and news editor Simon Brown are to be congratulated on their hard work and dedication to the journal throughout 2024. PRH is an increasingly well-received resource of news, research and opinion and is a valued and important part of BMS membership.

Publications

New BMS and WHC resources published in 2024:

- BMS joint guideline on the management of unscheduled bleeding on hormone replacement therapy (HRT)
- BMS joint guideline on the management of menopausal symptoms following treatment of gynaecological cancer
- BMS Tool for Clinicians: Management of menopause for women with CVD
- BMS Tool for Clinicians: HRT after myocardial infarction
- WHC factsheet: Management of unscheduled bleeding on HRT

BMS and WHC resources updated in 2024:

- BMS Tool for Clinicians: Surgical menopause
- WHC factsheet: Coronary heart disease

External patient information leaflets peer reviewed for publication:

- Kidney Care UK: Menopause and kidney disease
- Headway: Menopause after brain injury

Websites

The BMS website is an invaluable source of information and guidance for healthcare professionals. The importance of on demand registration for the annual scientific conference and other courses became increasingly apparent, as was the facility to renew and sign up for membership. An important benefit of membership is the members' forum, giving the opportunity to discuss clinical problems and raise queries and receive personal focused responses. The forum is somewhat underused but is slowly increasing and is a facility of great potential.

The WHC website continues to be an excellent resource for women with gynaecological and sexual health issues. Although demand is declining, the email advisory service continues to provide advice, reassurance and education for women. The board expresses its thanks to members of the medical advisory council who respond to enquiries.

BMS Menopause Specialists

The register, established in June 2016, continues to grow with 446 HCPs recognised as BMS recognised specialists by 31 December 2024 (2023: 386). The online register of BMS menopause specialists comprises 213 NHS clinics (2022: 196) and 337 private clinics (2023: 305).

Considerable work went into the online register from MAC definition of a 'menopause specialist' post the publication of the 2015 NICE guideline; to website development and to the reviewing, assessing and administrative process involved in recognition. The process is ongoing with new specialists being added on a regular basis. Every three years, BMS menopause specialists are required to apply for recertification.

The online register of menopause specialists was launched on World Menopause Day, 18 October 2018. This interactive, easily navigable register is unique to the BMS.

The BMS is very proud to have established this important resource for women. In an uncertain world and with the proliferation of so much information and misinformation surrounding the menopause, it is vital that women have access to professionally recognised specialists and peer-reviewed, evidence-based information. A link to the register is available on the Women's Health Concern and Menopause Matters websites.

Media

Menopause enjoyed an unprecedented amount of media coverage during the year. Numerous celebrities, journalists and others published books and gave interviews across all media, in particular social media. This increased profile was welcomed by the BMS.

It has become apparent however, that the heightened profile has also generated the dissemination of far more information – and misinformation. This is potentially unhelpful when women and their partners are seeking sound advice and trustworthy guidance.

The BMS engaged Transform Communications, a media company, to generate media interest in the work of the BMS and to handle media enquiries. In addition, two YouGov surveys were devised and undertaken: one focusing on women and one aimed at HCPs, both examining the changing narrative around menopause. A third survey went to the BMS membership, to assess the differences experienced by members and those HCPs in the wider world.

The YouGov survey of more than 1800 women, independently commissioned by the BMS in September 2024, suggested that those who have not experienced the menopause are more fearful of its impact than those who have. It also reveals that most women rely on family, friends, colleagues and social media for advice and support, instead of their healthcare professionals.

The YouGov survey of 400 healthcare professionals included doctors, nurses, pharmacists, physiotherapists, occupational therapists. The results suggested that there were considerable challenges facing HCPs. The main themes arising from the results were:

- Difficulties managing expectations around HRT
- Women believing there's a one size fits all approach to HRT
- Additional time correcting misinformation
- Women buying products / services that aren't clinically verified
- Fear of legal action

These themes were also prevalent in the BMS membership survey.

World Menopause Day

Although 'soft launched' in June, the main focus on World Menopause Day was the Management of the Menopause Certificate. This linked in neatly with the results of all three surveys, highlighting the importance of accessible, high-quality education. A number of articles were generated, including in Obs Gynae and Midwifery News: *British Menopause Society launches education platform to improve evidence-based training for Healthcare Professionals* and Independent Nurse, *A welcome move to tackle menopause education*.

Management & Administration

BMS team

The BMS team of eight members of staff, work under the direction of the chief executive and cover the broad, busy and challenging management and administrative functions necessary to run the Society. The BMS is in the fortunate position to have a hard-working team who relish their responsibilities and work over and above their contracted hours with passion and with commitment. Five of the team are part-time, with the office administrator, membership administrator and chief executive working full-time.

The requirement for high quality menopause education, information and guidance continued to increase during 2024. Attendance at the face-to-face annual scientific conference, the virtual educational meetings and courses; membership numbers; enquiries and requests from HCPs – members and non-members - women, their partners and the media were at an all-time high and the team responded efficiently, effectively and with good humour!

In October, Lucy Gill, our membership manager resigned. Lucy joined as office administrator seven years ago and gradually took on more responsibilities, eventually becoming Membership Manager in May 2023. Lucy's departure provided the opportunity to review our current structure and staffing and consider engaging a new full-time member of staff.

As part of the review, the need to invest in a membership database was readdressed. Managing 600 members in an Excel spreadsheet was viable, but managing almost 3,000 members required a different approach. The proposed sourcing of a dedicated membership database further developed into investigating the requirement for a Client Relationship Management (CRM) system to manage both BMS membership and education records. A CRM system is a business strategy and set of technologies that will enable the society to manage and analyse interactions with all of its customers. The goal of a CRM system is to improve customer relationships, leading to increased sales, customer retention and profitability.

Nadine Verstringhe, BMS Education Programme Manager, requested the Membership Manager role, to research, source and manage the CRM system. This fits with part of her current role, managing the Totara platform for delivery of the Management of the Menopause Certificate (MMC). The last 18 months working with Totara has been a steep learning curve and although the platform works well, it has been heavily customised to meet BMS requirements. The bespoke nature of the platform is both a weakness and a threat to continued delivery of the Certificate. Nadine's role as Education Programme Manager, combined with the

technical requirement for the MMC programme, is already a full-time role (bearing in mind Nadine is not full-time, working a 24-hour week plus extensive overtime). However, if Nadine managed the strategic components, a Membership Administrator could be recruited to support her. This plan was agreed, with a review in March to assess the level and manageability of Nadine's workload.

Sarah Haveron Jones managed the recruitment of the Membership Administrator and in November, we welcomed Jo Oxley to the BMS office team. Sarah very successfully continues her role as Conference and Events Manager organising the online meetings, together with the two f2f flagship events: the annual scientific conference and the WHC annual symposium. Sarah and Nadine, together with Hazel Riley, manage the education programme efficiently, effectively and with great good humour. Hazel was promoted from office manager to Education Programme Coordinator and works closely with Nadine, providing excellent support. All three led – working in conjunction with the rest of the team – on the development of the MMC, managing the launch in June and the subsequent ongoing follow up. The online certificate is a significant development – and milestone - for the Society. It has revolutionised menopause education in the UK, both through its high-quality content, unique peer review and its accessibility to delegates. The certificate is a success and has been universally welcomed and highly evaluated. Nadine, Sarah, Hazel and the entire BMS team are to be congratulated on their dedication, vision, hard work – and determination!

Recruitment began in September for a new office administrator to replace Hazel. Again, Sarah managed the process and we were delighted to welcome Helen Kirkaldie in October. Helen has settled in well and is integral to the smooth running of the office.

Kate Ellis was promoted to Communications Manager at the beginning of 2024. Kate has worked for the society for eleven years, beginning as Office Administrator, promoted to Education Programme Manager - a role she flourished in - and now she runs the important communications function. As well as working with the new media company, Kate is responsible for the BMS and WHC websites and all resources contained therein. In addition, Kate sits in an ex officio capacity on the board of trustees and medical advisory council where she contributes with practical commonsense, thoughtfulness and discretion. Kate's meticulous attention to detail, excellent writing skills and conscientious approach make her an invaluable member of the team.

Sara Burns manages the financial function of the Society – and so much more. 2024 saw the Society's turnover exceed £1 million and therefore instead of the customary independent examination, a full audit was required.

This created an enormous amount of extra work on Sara's behalf, which she managed superbly. The auditors praised Sara's systems, processes and overall management of the finances. Sara's achievement was all the more impressive as our independent examiner gave little notice that he was not qualified to manage an audit. Auditors had to be sourced, appointed and then nine months work undertaken in four months. All this was achieved with a great deal of hard work and a great deal of positivity and commitment. The Society could not operate without Sara.

Consultant Barbara Halstead has provided marketing support to the BMS and WHC for many years. Barbara works diligently and with great care, managing marketing, social media, the conference and symposium exhibitors and WHC website advertising. In addition, this year, Barbara worked closely with the team on the Management of the Menopause Certificate, contributing to the overall success of the project.

The commitment, hard work and dedication demonstrated throughout 2024 has been exemplary and the board congratulates the whole team.

Six organisations work behind the scenes and contribute to our work and to our success. **Jackson Bone** is a design and web management agency in Brighton. Andy Bone is responsible for BMS branding and designs all BMS literature, including the conference programme. Mariette Jackson has managed the WHC website for

more than nine years. Its up-to-date content and fresh style is largely down to her. Andrew Whiteley, Director of **Global Venue Solutions** has sourced most venues for our educational programme over the years and his negotiating skills in keeping costs down and his attention to detail are second to none. 2024 proved a lean year for Andrew as all our meetings, except the conference and symposium, were virtual, but his help is invaluable with our two f2f meetings. We have received excellent service from **KCS Ltd**, our new IT support company. KCS, under the direction of MD Dan Gregor, specialise in IT solutions and support for not-for-profit and charities. **Crunch Accounting** provides an efficient accountancy service to the charity. Lynn Sheppard's charity knowledge is invaluable and she and her team work closely with us on our bookkeeping, as well as management and the annual accounts. **Knox Cropper** undertakes the annual audit of the BMS and the financial statements preparation. The sixth 'behind-the-scenes' organisation is **Ventris TV**. Bjorn Ventris has once again been integral to the BMS throughout 2024, recording and editing numerous presentations for our education programme. Bjorn has helped the BMS deliver our high-quality education in a most professional way. The board offers its thanks to Andy and Mariette, Andrew, Dan and his team, Lynn, Nita & Tracy, Richard, Anna & Corina and Bjorn for their support.

Commercial supporters

During 2024, exhibition stands and WHC website advertising were provided by: Aspen Pharma, Astellas, Bayer, Besins Healthcare, Consilient Healthcare, Dr Wolff, Exeltis, Flynn Pharma, Gedeon Richter, Lawley Pharmaceuticals, Orion Pharma, Pharmacare, Pharmaciege, Theramex, VernaCare, Vitabiotics, Viveca Biomed and The Yes Company.

FINANCIAL OVERVIEW

The end of year figures show income of £1,953,555 (2023: £1,243,589), expenditure of £1,204,080 (2023: £922,209), a surplus of £750,920 (2023: £321,380) and therefore reserves are £1,947,305 (2023: £1,196,385).

The board of trustees records its formal thanks to our chief executive for managing the society so efficiently throughout another challenging year. 2024 was another busy year in terms of activities, educational output and also our continued engagement in the wider world of women's health. Our standing and respect throughout the medical profession, the media and the general public is second to none.

Interest in the menopause and the appetite for evidence-based, peer-reviewed education continues to increase.

The proliferation of misinformation is also increasing, and it is important that HCPs and women alike have access to authoritative education and information which adheres to national and international guidance. The BMS continues to be a key source, via consensus statements and guidelines, our website, members' bulletins and news alerts and through our Journal, *Post Reproductive Health*. We will continue to provide education, information, guidance and support for our members, the wider world of healthcare professionals and for women and their partners and family.

Statement of Trustees' Responsibilities

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

Company law and Charity law require 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 those financial statements, the trustees are required to

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

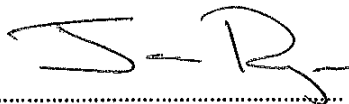
The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding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

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware; and
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006, relating to small companies,

By Order of the Trustees



Janice Rymer (Trustee)

7 July 2025

**Independent auditor's report to the trustees of
the British Menopause Society
for the year ended 31 December 2024**

Opinion

We have audited the financial statements of the British Menopause Society (the 'charitable company') for the year ended 31 December 2024 which comprise the statement of financial activities (including the income and expenditure account), the balance sheet, statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2024 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

**Independent auditor's report to the trustees of
the British Menopause Society
for the year ended 31 December 2024**

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the report of the trustees', which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the report of the trustees' has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Directors

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

**Independent auditor's report to the trustees of
the British Menopause Society
for the year ended 31 December 2024**

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- The Charitable Company is required to comply with both company law and charity law and, based on our knowledge of its activities, we identified that the legal requirement to accurately account for restricted funds was of key significance.
- We gained an understanding of how the charitable company complied with its legal and regulatory framework, including the requirement to properly account for restricted funds, through discussions with management and a review of the documented policies, procedures and controls.
- The audit team, which is experienced in the audit of charities, considered the charitable company's susceptibility to material misstatement and how fraud may occur. Our considerations included the risk of management override.
- Our approach was to check that all restricted income was properly identified and separately accounted for and to ensure that only valid and appropriate expenditure was charged to restricted funds. This included reviewing journal adjustments and unusual transactions.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken, so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.



Richard Billinghamurst FCA (Senior Statutory Auditor)
for and on behalf of Knox Cropper LLP
Chartered Accountants and Statutory Auditor
65 Leadenhall Street
London, EC3A 2AD

7 July 2025

BRITISH MENOPAUSE SOCIETY
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31st DECEMBER 2024

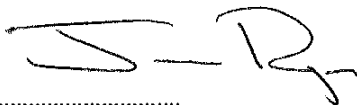
	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Unrestricted funds £	Restricted funds £	Total 2023 £
INCOME FROM							
Grants and donations	2	3,654	-	3,654	160,321	-	160,321
Charitable activities	4	1,920,342	-	1,920,342	1,067,825	-	1,067,825
Investment income	3	29,559	-	29,559	15,443	-	15,443
TOTAL		1,953,555	-	1,953,555	1,243,589	-	1,243,589
EXPENDITURE ON							
Raising funds		-	-	-	-	-	-
Charitable Expenditure	5	1,204,081	-	1,204,081	922,209	-	922,209
TOTAL		1,204,081	-	1,204,081	922,209	-	922,209
Net gains/(losses) on Investments	11	1,446	-	1,446	-	-	-
Net Income/(Expenditure)		750,920	-	750,920	321,380	-	321,380
Transfers between funds		-	-	-	-	-	-
NET MOVEMENT IN FUNDS		750,920	-	750,920	321,380	-	321,380
Total Funds Brought Forward		1,196,385	-	1,196,385	875,005	-	875,005
Total Funds Carried Forward		1,947,305	-	1,947,305	1,196,385	-	1,196,385

The company's income and expenditure all relate to continuing activities. The notes form part of these financial statements.

BRITISH MENOPAUSE SOCIETY
BALANCE SHEET
AS AT 31ST DECEMBER 2024

	Notes	2024		2023	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	10		15,418		20,477
Investments	11		3,078		1,632
			<u>18,496</u>		<u>22,109</u>
CURRENT ASSETS					
Stock	12	1,505		3,562	
Debtors	13	45,160		124,900	
Cash at Bank and in hand		<u>2,205,446</u>		<u>1,265,862</u>	
		<u>2,252,111</u>		<u>1,394,324</u>	
CREDITORS: Amounts falling due within one year	14	<u>(323,302)</u>		<u>(220,048)</u>	
NET CURRENT ASSETS			1,928,809		1,174,276
NET ASSETS			<u>1,947,305</u>		<u>1,196,385</u>
FUNDS					
Restricted Funds	15		-		-
Unrestricted Funds	15		<u>1,947,305</u>		<u>1,196,385</u>
			<u>1,947,305</u>		<u>1,196,385</u>

The financial statements were approved by the Trustees on 7 July 2025 and were signed on their behalf by:



.....
Janice Rymer (Chair)

Company Registration Number: 02759439

Charity Registration Number: 1015144

The notes form part of these financial statements

BRITISH MENOPAUSE SOCIETY
STATEMENT OF CASH FLOW
AS AT 31ST DECEMBER 2024

	2024 £	2023 £
Cash flows from operating activities:		
Net cash provided by/(used in) operating activities	910,170	245,007
Cash flows from investing activities:		
Dividends and interest from investments	29,559	15,443
Purchase of property, plant and equipment	(145)	(22,326)
Net cash provided by/(used in) investing activities	29,414	(6,883)
Change in cash and cash equivalents in the reporting period	939,584	238,124
Cash and cash equivalents at the beginning of the reporting period	1,265,862	1,027,738
Cash and cash equivalents at the end of the reporting period	2,205,446	1,265,862
Reconciliation of net income/(expenditure) to net cash flow from operating activities		
	2024 £	2023 £
Net income/(expenditure) for the reporting period	750,920	321,380
Depreciation charges	5,203	3,886
(Gains)/losses on investments	(1,446)	-
Dividends and interest from investments	(29,559)	(15,443)
(Increase)/decrease in stock	2,057	(1,582)
(Increase)/decrease in debtors	79,740	(34,883)
Increase/(decrease) in creditors	103,255	(28,351)
Net cash provided by/(used in) operating activities	910,170	245,007

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

1. Accounting Policies

Basis of preparation of accounts

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Financial Reporting Standard 102 and with the Charities SORP (FRS 102) "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)", and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

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

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Deferred income represents amounts received for future periods and is released to incoming resources in period for which it has been received.

Resources Expended

Liabilities are recognised as expenditure, inclusive of irrecoverable VAT, as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributable to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc. – 20% reducing balance
Computer equipment – 33% straight line

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Pension

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Judgements and key sources of estimation uncertainty

No judgements (apart from those involving estimates) have been made in the process of applying the above accounting policies that have a significant effect on amounts recognised in the financial statements.

2. Grants and donations

	2024	2023
	£	£
Donations	3,654	101,943
Gift aid	-	58,378
	<u>3,654</u>	<u>160,321</u>

3. Investment income

	2024	2023
	£	£
Deposit account interest	29,465	15,332
Investment income	94	111
	<u>29,559</u>	<u>15,443</u>

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

4. Income from charitable activities

	Total 2024 £	Total 2023 £
Membership fees		
Membership fees	420,143	366,481
Education		
MMC	957,026	110,515
CBT meeting income	39,425	49,580
Annual conference	302,337	292,560
WHC symposium income	76,145	102,500
WHC other income	7,723	2,634
PPMC Advanced Certificate	10,200	19,295
RCOG meeting	11,526	68,846
BMS masterclass	39,805	41,500
Exhibition income	44,500	-
Other income		
Royalties	3,537	5,069
Other incoming resources	2,124	1,803
Publication income	5,851	7,042
	1,920,342	1,067,825

5. Expenditure from charitable activities

	Direct costs £	Support costs £	Total 2024 £	Total 2023 £
Education	508,554	507,510	1,016,064	718,946
Publication costs	94,105	93,912	188,017	203,263
	602,659	601,422	1,204,081	922,209

Comparative 2023

	Direct costs £	Support costs £	Total 2023 £
Conference and meetings/Education	300,640	418,306	718,946
Publication costs	84,998	118,265	203,263
	385,638	536,571	922,209

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

6. Support costs

	Management	Finance	Governance costs	Total 2024
	£	£	£	£
Other resources expended	551,708	32,125	17,589	601,422

<i>Comparative 2023</i>	Management	Finance	Governance costs	Total 2023
	£	£	£	£
Other resources expended	503,642	17,557	15,372	536,571

7. Net income/(expenditure)

Net income/(expenditure) is stated after charging:

	2024	2023
	£	£
Depreciation – owned assets	5,203	3,886
Operating leases	19,361	16,570
Auditors' remuneration for audit	10,020	11,166

8. Staff and Related costs

	2024	2023
	£	£
Wages and Salaries	313,260	272,974
Social Security Costs	27,700	22,837
Pension Costs	4,813	3,950
	345,773	299,761
	No	No
The average number of employees during the year was:	8	8

The number of employees whose employee benefits including employer's national insurance (excluding employer pension costs) exceeded £60,000 was:

£100,001 - £110,000	1	1
---------------------	---	---

The Chief Executive Officer represents the Senior Management. The total employee benefits paid to key management personnel during the year amounted to £107,424 (2023: £100,802).

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

9. Trustees' expenses

Four trustees were reimbursed expenses totalling £5,993 (2023: £3,007).

10. Tangible fixed assets

	Plant and machinery	Computer equipment	Totals £
Cost			
At 1 January 2024	20,071	15,615	35,686
Additions	145	-	145
Disposals	-	-	-
At 31 December 2024	20,216	15,615	35,831
Depreciation			
At 1 January 2024	10,453	4,756	15,209
Charge for the year	3,032	2,171	5,203
Disposals	-	-	-
At 31 December 2024	13,485	6,927	20,412
Net book value at 31 December 2024	6,731	8,688	15,418
Net book value at 31 December 2023	9,618	10,859	20,477

11. Fixed assets investments

	Listed investments £
Market value	
At 1 January 2024	1,632
Gains/(losses) on market value	1,446
	3,078
Net book value	
At 31 December 2024	3,078
At 31 December 2023	1,632

There were no investments assets outside the UK.

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

12. Stocks

	2024	2023
	£	£
Finished goods	<u>1,505</u>	<u>3,562</u>

13. Debtors: Amounts falling due within one year

	2024	2023
	£	£
Trade debtors	-	2,830
Prepayments and accrued income	35,160	122,070
Other debtors	<u>10,000</u>	<u>-</u>
	<u>45,160</u>	<u>124,900</u>

14. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Trade creditors	61,447	63,645
Accruals and deferred income	261,855	156,403
	<u>323,302</u>	<u>220,048</u>

15. Funds

	Balance 01/01/24	Income	Expenditure	Gains/ (looses) on investment	Balance 31/12/24
	£	£	£	£	£
General funds	1,196,385	1,953,555	(1,204,081)	1,446	1,947,305
Restricted funds	-	-	-	-	-
	<u>1,196,385</u>	<u>1,953,555</u>	<u>(1,204,081)</u>	<u>1,446</u>	<u>1,947,305</u>
Comparative 2023					
	Balance 01/01/23	Income	Expenditure	Gains/ (losses) on investment	Balance 31/12/23
	£	£		£	£
General funds	875,005	1,243,589	(922,209)	-	1,196,385
Restricted funds	-	-	-	-	-
	<u>875,005</u>	<u>1,243,589</u>	<u>(922,209)</u>	<u>-</u>	<u>1,196,385</u>

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

16. Analysis of net assets between funds

	Unrestricted £	Restricted £	Total 2024 £
Fixed Assets	18,496	-	18,496
Net Current Assets	1,928,809	-	1,928,809
	1,947,305	-	1,947,305

Comparative 2023

	Unrestricted £	Restricted £	Total 2023 £
Fixed Assets	22,109	-	22,109
Net Current Assets	1,174,276	-	1,174,276
	1,196,385	-	1,196,385

17. Related Party Transactions

Three trustee (2023: one trustee) received remuneration for facilitating services totalling £2,500 (2023: £1,100).

There were no other related party transactions in either the current or the prior year.

18. Going concern

The trustees have reviewed the financial position of the charity, and in particular the level of reserves, and on the basis of current projections, they are satisfied that the charity remains a going concern for the foreseeable future.

19. Operating leases

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2024		2023	
	Land and building £	Other £	Land and building £	Other £
Falling due within one year	17,000	389	17,000	1,325
Falling due between one and five years	68,000	680	68,000	3,877
Falling due later than five years	5,667	-	22,667	-
	90,667	1,069	107,667	5,201

BRITISH MENOPAUSE SOCIETY

England & Wales - Charity number 1015144

Accounts

AMENDED

British Menopause Society
(Limited by Guarantee)

Financial Statements
for the year ended 31 December 2023

Charity No: 1015144
Company No: 02759439

These accounts replace the original accounts and are now the statutory accounts. They are prepared as they were at the date of the original accounts

BRITISH MENOPAUSE SOCIETY

**Financial Statements
for the year ended 31 December 2023**

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BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The Trustees have adopted the provisions of 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).

REFERENCE AND ADMINISTRATIVE INFORMATION

REGISTERED COMPANY NUMBER

02759439

REGISTERED CHARITY NUMBER

1015144

TRUSTEES

Kathy Abernethy	
Dr Paula Briggs	Chair
Miss Gill Cheesbrough	(Non-medical trustee)
Dr Heather Currie	
Mr Haitham Hamoda	
Mr Eddie Morris	
Professor Janice Rymer	Chair Elect: elected 29 June 2023
Mr Patrick Shervington	(Non-medical trustee)
Professor John Stevenson	
Sara Moger	Chief Executive (Ex officio)

MEDICAL ADVISORY COUNCIL

Dr Juliet Balfour	Elected 29 June 2023
Dr Katie Barber	
Dr Paula Briggs	Chair
Miss Deborah Bruce	
Professor Melanie Davies	Elected 29 June 2023
Rebecca Hay	WHC Menopause advisor: co-opted 29 June 2023
Mr Tim Hillard	
Dr Olivia Hum	
Professor Annice Mukherjee	
Professor Nick Panay	Re-elected 29 June 2023
Miss Kate Panter	
Professor Janice Rymer	Chair elect
Dr Zoe Schaedel	
Mr Paul Simpson	
Dr Clare Spencer	Elected 29 June 2023
Miss Kalpana Upadhyay	

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

CHIEF EXECUTIVE

Sara Moger

REGISTERED OFFICE

The Barn, Dukes Place, Marlow, Buckinghamshire SL7 2QH

AUDITORS

Knox Cropper LLP, 65-68 Leadenhall Street, London, EC3A 2AD

LAWYERS

Bates Wells, 10 Queen Street Place, London EC4R 1BE

BANKERS

Lloyds plc, 1 Reading Road, Henley on Thames, Oxfordshire RG9 1AE

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is a charitable company limited by guarantee and is registered as a charity.

Trustees

Trustees are therefore both company directors and trustees. Under the amended Memorandum & Articles of Association adopted at the 2008 AGM at least 50% of the board of trustees must be healthcare professionals. The board is formed by the chairman and the immediate past chairman/chairman elect of the British Menopause Society (BMS) medical advisory council, together with other elected members of the MAC. Those with expertise in areas other than medicine, including finance, publishing, marketing/PR, media, business and charity may be appointed a trustee by the board.

The BMS board of nine trustees, with combined medical and non-medical skills continues to provide a balanced and effective governing body. Trustees are inducted to the policies and procedures of the charity by the chief executive and training is provided as appropriate.

In May 2023, Professor Janice Rymer put herself forward for the position of BMS Chair. Janice stood unopposed and was duly appointed at the AGM on 29 June 2023. Chair Paula Briggs and the Board offered their congratulations and welcomed her to the Board.

Risk Management

The trustees undertake their duties to review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The CEO consults closely with our lawyers, Bates Wells, who provide an excellent and comprehensive service.

Reserves Policy

Until three years ago our policy was predicated by the imperative to remain financially viable as a society. Since then, the board has directed that reserves should be built up year-on-year to a target of 12 months operating costs which equates to £950,000. At the current year end free reserves are £1,175,908 leaving surplus funds of £226,000 which will be allocated for use in 2024 and 2025 towards the Society's educational activities.

Medical advisory council (MAC):

Medical advisory council members are elected by the members of the BMS for a term of three years. With exception of the chairman, immediate past chairman and chairman elect, one third of council members retire from office at each AGM. A retiring council member is eligible for re-election for one further term of three years. After serving two terms, a council member is eligible for re-election after a period of 12 months. Council members are appointed at the AGM, although they can be co-opted by council in the interim.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

At the AGM at Stratford Manor, held on 29 June 2023, Sara Moger, Chief Executive, thanked those standing down from the Medical Advisory Council. Haitham Hamoda stood down from council having completed two terms and his time as Chairman and Immediate Past Chairman. Sincere thanks went to Haitham for seeing through a very long 'council sentence' and for his outstanding service as chair. As a trustee, Haitham remains on council as an ex officio member. Anne MacGregor and Lynne Robinson both completed their second terms on council and stood down. Thanks went to both Anne and Lynne. Their advice and input contributed to the important work of the medical advisory council – you will be missed. Nick Panay completed his first term of three years and offered himself for re-election.

Therefore, four places were available on the medical advisory council with nine candidates standing. We are pleased to confirm that Nick Panay was re-elected for a second term of three years and Juliet Balfour, Melanie Davies and Clare Spencer were elected. Congratulations to all four of them. Shashi Prasad, Jenifer Sassarini, Michael Savvas, Mark Waterston and Neale Watson were unsuccessful.

The board finds it more than disappointing that despite the ease of electronic voting and repeated reminders, only 327 out of 2400 (13.6%) eligible members voted.

OBJECTIVES AND ACTIVITIES

The **Memorandum & Articles of Association (Mem & Arts)** of the BMS, which were incorporated on 27 October 1992, and amended on 2 July 2008 and 5 July 2012, define the objects for which the company was established. These are:

1. To facilitate the advancement of education by the promotion of interest in all matters relating to the menopause (meaning the short- and long-term consequences of ovarian insufficiency and the associated life events occurring in women) and gynaecological disorders
2. To facilitate the multi-disciplinary study of matters relating to the menopause and exchange of information and ideas between persons working in this field
3. To promote high standards of training for those involved in advising women about the menopause and its consequences
4. To relieve women suffering from gynaecological disorders

The **British Menopause Society (BMS)** is the specialist authority for menopause and post reproductive health in the UK. Established in 1989, the BMS educates, informs and guides healthcare professionals, working in primary and secondary care, on menopause and all aspects of post reproductive health.

This is achieved through:

- Our Education Programme, which includes the annual scientific conference, the WHC symposium, Menopause Cafe and BMS certificated courses for PPMC and CBT.
- Our interactive website which features *BMS TV: the menopause explained* and the online register of NHS and private BMS menopause specialists.
- Our range of resources and publications including Consensus statements, Tools for clinicians, BMS bulletins and news alerts, the quarterly journal *Post Reproductive Health* and the definitive handbook *Management of the Menopause*.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

Women's Health Concern (WHC), established in 1972 and the patient arm of the BMS since 2012. WHC provides a confidential, independent service to advise, inform and reassure women about their gynaecological, sexual and post reproductive health.

Our specialist healthcare professionals offer unbiased information via:

- The website, which contains a wide range of downloadable resources, including factsheets and infographics and a separate menopause section, *Menopause: Giving you confidence for understanding and action*
- The email advisory service, staffed by specialist nurses.
- Links to a series of short videos, *BMS TV: the menopause explained* and the BMS menopause specialist online register with details of NHS and private clinics and services
- Symposia, seminars, meetings and our workshop *Living and loving well beyond 40...!*

Professor John Stevenson, a trustee of the BMS, continues to serve as chairman of WHC, supported by Patrick Shervington, a trustee and former CEO of WHC. Penny Junor is the patron and we thank her for her ongoing support, advice and expertise, especially in relation to publishing and the media.

To have our own patient arm is most worthwhile as it helps enable us to reach more widely and engage with a broader constituency. With the level of public as well as professional interest in menopause increasing since the publication of the NICE guideline in 2015, we are well-placed to play a positive role in public debate, discussion, awareness and helping to guide best practice.

ACHIEVEMENT AND PERFORMANCE

Conference & Meetings

The BMS once again organised an active, varied and highly evaluated education programme throughout 2023. It was good to hold the conference and WHC symposium face-to-face once again. All other educational meetings and courses continued virtually.

Annual scientific conference

The 32nd annual scientific conference, *Menopause for all* took place at Stratford Manor in Warwickshire on Thursday 29 June and Friday 30 June 2023. A bigger venue (Novotel London West) had been provisionally booked for 2023, but the initial meetings gave too much cause for concern to enable it to be a viable option. Venues get booked up at least a year in advance and the hospitality industry has changed since Covid. As a result, we had to compromise and book a smaller venue than we would have preferred. The figures for the f2f and online conference are as follows:

- **Annual Scientific Conference f2f:** 350 (sold out); Income: £128,365 (2022: 440/£179,032)
Exhibitors/Symposia: 12/£21,750 (2022: 18/£39,400)
Total Income £128,365.00
Total Expenditure £ 86,446.00
Surplus: £ 41,919.00
- **Annual scientific conference online:** delegates: 497; Income: £157,873 (2022: £71,295)
Total Income £159,573.00
Total Expenditure £ 14,261.00
Surplus: £145,312.00

Total surplus for f2f and online conference: £187, 231

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

Heather Currie and Zoe Schaedel, the joint chairs of the programme planning group (PPG) and the PPG members are to be congratulated on securing excellent speakers and putting together a first-class programme.

Special thanks go to Professor Jack Gilbert, Professor, Department of Pediatrics and Scripps Institution of Oceanography, SIO Biology Section Head, UC San Diego School of Medicine, USA who delivered the **BMS annual lecture: Microbiomes.**

We also thank Dr Pauline Maki, Professor of Psychiatry, Psychology and Obstetrics & Gynaecology and Associate Dean for Faculty Affairs at the University of Illinois at Chicago (UIC), USA who delivered **the Pat Patterson Memorial Lecture: *Brain Fog: The Role of Hormones.*** Both keynote lectures were extremely well-evaluated and achieved 'Highlight of the day' from a large proportion of delegates.

Jack and Pauline not only delivered superb lectures, but delivered them ex gratia. Our policy, in line with other medical charities and societies, is that we pay expenses, but do not offer speakers' fees. This policy applies throughout our education programme.

Other sessions at the annual scientific conference included: ***Hot off the press*** delivered by Dr Paula Briggs, Consultant in Sexual and Reproductive Health, Liverpool Women's NHS Foundation Trust; Chairman and Trustee – British Menopause Society; ***HRT after Breast Cancer: How did we get here and where do we go?***, Professor Richard Simcock, Cancer Clinical Oncologist, University Hospitals Sussex Foundation Trust; Chief Medical Officer for Macmillan Cancer Support; medical advisor for the charity 'Mummy's Star'; Honorary Professor at Brighton and Sussex Medical School; ***Menopause after cancer – who could, who should and who should not have HRT*** Professor Donal Brennan, Professor of Gynaecological Oncology, UCD School of Medicine, Dublin, Ireland; ***Where does nutrition sit within symptom management?*** Ms Elaine Hindal, Chief Executive, British Nutrition Foundation; ***Nutrition for the menopause – A practical: guide in motivating women to eat well*** Mr Nigel Denby, Registered Dietician and Founder, Harley Street at Home ***Menopause; New Models of Menopause Care:*** Dr Sue Mann, Clinical Fellow NHSE National Menopause Programme/Clinical Lead and Consultant in Women's Health, Hackney, East London, Dr Paula Briggs, Dr Katie Barber, Clinical Lead Community Gynaecology, Oxfordshire; Founder and Clinical Director, Oxford Menopause Ltd; Member – British Menopause Society medical advisory council and Dr Heather Currie MBE Joint Chairman, Programme planning group; Associate Specialist Gynaecologist, Dumfries & Galloway Royal Infirmary; Trustee – British Menopause Society, ***Development of BMS online education,*** Mr Haitham Hamoda, Consultant Gynaecologist, Subspecialist in Reproductive Medicine and Surgery, King's College Hospital, London; Immediate Past Chairman and Trustee – British Menopause Society and Sara Moger, Chief Executive, British Menopause Society; ***The Debate : This house believes that every woman should take transdermal HRT. For the motion:*** Mr Tim Hillard, Consultant Gynaecologist, University Hospitals Dorset, Poole; Member – British Menopause Society medical advisory council.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

Against: Dr Elizabeth Owen Consultant Obstetrician and Gynaecologist, West Middlesex University Hospital (Chelsea and Westminster Foundation Trust); ***Menopause and the liver.*** Dr Mathis Heydtmann, Consultant Hepatologist, Dumfries, Honorary Associate Clinical Professor, Specialist advisor to the Scottish Public Services Ombudsman and a specialty advisor to the Scottish Chief Medical Officer for liver; ***Cardiovascular health after menopause***, Dr Angela Maas, Emeritus Professor in Women's Cardiac Health, Radboud University Medical Center, Netherlands; ***Premenstrual Dysphoric Disorder - differential diagnosis and complex cases*** : Dr Mark Barsoum, Consultant Perinatal Psychiatrist and Dr Paula Briggs; ***Menopause and Sleep***: Dr Hadine Joffe, Executive Director, Mary Horrigan Connors Center for Women's Health and Gender Biology; Paula A. Johnson Professor of Psychiatry in the Field of Women's Health, Harvard Medical School; Executive Vice Chair for Academic and Faculty Affairs, Department of Psychiatry, Brigham and Women's Hospital, Harvard Medical School, Boston, Massachusetts, USA; ***POI – latest guidelines***: Professor Nick Panay and ***Case scenarios – practical prescribing***: Miss Lynne Robinson.

Education Programme

A key achievement back in 2020, was the development and launch of the new training programme: **Principles & Practice of Menopause Care (PPMC)**. This programme for healthcare professionals is based on the **BMS Vision for menopause care in UK**. Demand for high quality, evidence-based education, adhering to national and international guidelines continues to grow significantly. In 2021 we increased the number of PPMC theory courses to eight and replicated this in 2022. In 2023, the number was reduced to four and these were held in February, March, May, with the final PPMC theory course being held in June. The four courses were run remotely and comprised pre-recorded lectures, together with full day of interactive Q&A/case discussion sessions via Zoom. The reason for halving the number of courses was because of the proposed comprehensive new BMS online education package. This in-depth menopause education should provide the HCP learner with everything that they need to treat 95% of patients who walk through their door, leaving on the 5% of patients with complex issues to be referred for specialist care. The online education provides everything needed to achieve the BMS qualification, without the need to complete a separate theory component followed by competency-based training with a BMS menopause trainer.

Development of Principles & Practice of Menopause Care (PPMC) online education programme

The PPMC Management Group has discussed developing an online training tool to ease the pressure on the demand for trainers and enabling those who wish to, to obtain the Advanced Certificate. This new online training tool would mirror the PPMC training programme with sections including demographics, backgrounds, POI, practical prescribing etc. Each section would have a theory component which would be heavily based on the *Management of the Menopause* handbook and consensus statements. This will be followed by 30-50 MCQs and clinical case-based discussions. A working group from varying medical perspectives has been set up to work on the content with a view to replacing the PPMC certificate by Q2 in 2024. Throughout 2023, the project has been driven by Haitham Hamoda and Heather Currie, together with Nadine Verstringhe, Barbara Halstead, Kate Ellis, Sarah Haveron Jones, Hazel Riley, who were all supported by Sara Burns, Lucy Gill and, from Q4, our new administrator, Sandra Bazany-Taylor.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

Mention should also be made of Mariette Jackson, who manages our website and has been integral to the development of the online learning platform. This project has been a massive undertaking and involved creating learning materials; 'reimagining' them in terms of design, usability, maintaining interest levels, navigability; multiple HCPs reviewing the content of each of the six modules; in detail review of the reviews; transferring across to a learning platform and testing, testing and retesting every step of the learning process. The final piece of the jigsaw – and in many ways the most challenging, was a new ecommerce platform. It is an exciting and significant development in BMS education – and in the wider world of menopause education.

The online education comprises the following six interactive learning modules:

- Assessment of women presenting with menopausal symptoms
- HRT practical prescribing
- Premature ovarian insufficiency (POI)
- Menopause and HRT – health effects, benefits and risks
- Breast cancer
- Abnormal bleeding in perimenopause and post menopause and unscheduled bleeding on HRT

The online education is accessed via a dynamic learning management system. Each module delivers evidence-based, peer reviewed education using various different interactive media (e.g. videos, pop-up quizzes) and includes formal knowledge assessment via multiple choice questions.

We held three **Cognitive Behaviour Therapy (CBT) courses**. Designed as a two-day course when staged face-to-face, the revised format followed the same template of delivery as the PPMC theory courses. Our thanks to Melanie Smith and Janet Balabanovic for delivering this excellent course. There is no doubt that CBT is an essential component in the overall education of HCPs. It is also an important alternative for those women who are not able or choose not to take HRT.

Three **BMS Menopause Cafés – practical prescribing workshops** took place virtually, again a combination of pre-recorded presentations and a live and interactive 2-hour session. These took place in April, September and November. 800 delegates joined these workshops and the evaluations were excellent across the board. Thank you to all those who chaired, facilitated and contributed.

The Royal College of Obstetricians & Gynaecologists (RCOG) /BMS Menopause Advanced Training Skills course, Post Reproductive Health took place remotely and was attended by 603 delegates (2022:381). It generated a surplus of £137,692, (2022: £88,400) which was shared between the BMS and the RCOG. Once again thanks to the course organisers Mike Savvas, Haitham Hamoda and Nick Panay.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

The **Women's Health Concern 33rd Annual Symposium** went ahead face-to-face at the Cavendish Centre in London on 30 November and 199 delegates attended (2022: 205). We also offered an online option making recordings of the actual day available from 13 December 2023 – 13 February 2024. Chaired by John Stevenson, a wide-ranging programme was produced and highlights included Paula Briggs, chair of the BMS, who delivered the Gerald Swyer Memorial Lecture: ***Modern myth: Is HRT the silver bullet?*** Other symposium presentations included: ***Heavy Menstrual Bleeding*** delivered by Miss Jackie Ross, Consultant Gynaecologist & clinical lead, Early Pregnancy & Gynaecology Assessment Unit, King's College Hospital London; ***Progesterone and estrogen – when to increase levels?*** Miss Lynne Robinson, Consultant Gynaecologist & Clinical Lead Fertility, Menopause and Reproductive Endocrine Services, Birmingham Women's Hospital; ***Not a magic potion: testosterone, menopause and the medicalisation of sexual desire***, Dr Heike Gleser, Consultant in Sexual & Reproductive Health, NHS Tayside; ***Female coronary heart disease risks in the reproductive and post reproductive years***, Professor John Stevenson; ***A case study session: Treatment of induced menopause, POI, migraine and PMS and the perimenopause***: Kathy Abernethy, Director of Menopause Services, Peppy Health; Trustee– British Menopause Society, Dr Katie Barber, Clinical Lead Community Gynaecology, Oxfordshire; Founder and Clinical Director, Oxford Menopause Ltd; Member – British Menopause Society medical advisory council, Dr Olivia Hum, GP and Menopause Specialist, Foundry Healthcare Lewes, Myla Health; Member – British Menopause Society medical advisory council and Dr Zoe Schaedel, GP and Menopause Specialist, Brighton and Hove NHS Community Menopause Clinic; Member – British Menopause Society medical advisory council and finally, ***Contraception and the perimenopause***, Dr Anna Graham, Specialist Registrar in Sexual and Reproductive Health, King's College Hospital NHS Trust, London.

The figures for the WHC symposium are:

WHC symposium f2f: delegates: 199; income: £54,360

Sponsorship: 9; income: £14,450

WHC symposium online: delegates: 172; income: £30,675

Total WHC symposium income: £99,485

Total education income: £614,078

Total sponsorship: £47,050 3.8 % (2022: £51,300) *

*Breakdown between pharma and non-pharma

Non pharma: £17,050 1.4%

Pharma: £30,000 2.4%

Our education programme continues to be the core activity of the BMS. 3,100 HCPs accessed BMS training and education –remotely and face-to-face. Both primary and secondary care were well represented; especially encouraging was the increased range of attendance of health care professions eg pharmacists, SAS doctors, physiotherapists, dieticians, etc with an interest in women's mid-life health and well-being.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

Membership

Membership numbers continued to grow significantly and as at 31 December were 2625, 873 new in 2023 (*cf 2022: 2154; cf 2021: 1568; 2020: 1167; 2019: 1058; 2018: 905; 2017: 717; 2016: 665; 2015: 616; 2014: 609; 2013:602 and 2012: 615*).

Membership income in 2023 totalled £366,481, (2022: £276,865) with Gift Aid net income £58,378, (2022: £24,388). Membership is the highest it has been since records were introduced in 1996. Primary care , GPs and Nurses m total 1610 and account for 61% of our members (2022: 1,245 GPs and Nurses – 58% of the total membership).

This significant increase in membership demonstrates the continuing developing interest in this area of women's health and the demand for authoritative information, education and guidance, based on national and international guidelines.

Post Reproductive Health (PRH) – the quarterly Journal of the British Menopause Society

Eddie Morris and Heather Currie, the editors, together with associate editors, Tony Mander and Paul Simpson, trainee editor Babu Karavadra and news editor Simon Brown are to be congratulated on their hard work and dedication to the journal throughout 2023. PRH is an increasingly well-received resource of news, research and opinion and is a valued and important part of BMS membership.

Publications

Throughout 2023 the BMS continued to add and update our library of resources including:

- NEW BMS Tool for clinicians: HRT after myocardial infarction
- NEW WHC factsheet: Epilepsy, the menopause and HRT
- NEW BMS TV videos: Progestogens, Post cancer treatments, Endometriosis, Sleep
- NEW BMS Tools for clinicians: Menopause: Nutrition and Weight Gain
- NEW BMS Tools for clinicians: Menopause: Nutrition and weight gain Top ten tips
- NEW BMS Tools for clinicians: Menopause in ethnic minority women
- NEW WHC Wellness hub: The new WHC Menopause Wellness Hub provides evidence-based, peer reviewed lifestyle information for women and their partners. Four new factsheets cover a wide range of topics: Nutrition in menopause; Exercise in menopause; Weight gain and menopause; and Emotional wellness in menopause.

Throughout the year, the society has also produced regular bi-monthly updates on HRT supply issues.

Websites

The BMS website is an invaluable source of information and guidance for healthcare professionals. The importance of online registration for the annual scientific conference and other courses became increasingly apparent, as was the facility to renew and sign up for membership. An important benefit of membership is the members' forum, giving the opportunity to discuss clinical problems and raise queries and receive personal focused responses. The forum is somewhat underused, but is slowly increasing and is a facility of great potential.

The WHC website continues to be an excellent resource for women with gynaecological and sexual health issues. The email advisory service continues to provide advice, reassurance and education for women. The board expresses its thanks to members of the medical advisory council who respond to enquiries.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

Menopause Specialists

The register, established in June 2016, continues to grow with 386 HCPs signed up as BMS recognised specialists by 31 December 2023 (2022: 241) . These comprise 196 NHS clinics (2022: 143) and 305 private clinics (2022: 109).

Considerable work went into the online register from MAC definition of a 'menopause specialist' post the publication of the 2015 NICE guideline; to website development and to the reviewing, assessing and administrative process involved in certification. The process is ongoing with new specialists being added on a regular basis. Every three years, BMS menopause specialists are required to apply for recertification.

The online register of menopause specialists was launched on World Menopause Day, 18 October 2018. This interactive, easily navigable register is unique to the BMS.

The BMS is very proud to have established this important resource for women. In an uncertain world and with the proliferation of so much information and misinformation surrounding the menopause, it is vital that women have access to professionally recognised specialists and peer-reviewed, evidence-based information. A link to the register is available on the Women's Health Concern and Menopause Matters websites.

BMS Education Fund

The board of trustees introduced an education fund as a benefit for full members. The principal purpose of the Fund is to award financial grants to our healthcare professionals to help further their career opportunities and allow them to develop research, scientific and educational projects within the sphere of post reproductive health. The fund was launched at the conference in June 2019 and it was planned to open grant applications early in 2020. However, given the financial uncertainty generated by COVID-19, the education fund has been put on hold. Grant-making from the education fund will be reviewed during 2024.

BMS initiatives, collaborations and advisory roles

The BMS has been integrally involved in a number of significant initiatives. These include:

Optimal Pathway for menopause care NHS England - Clinical Reference Group (CRG)

The CRG, which is chaired by Janice Rymer, has been set up to advise the clinical pathway development and the education and training programmes on behalf of the Menopause Programme Steering Group. The group was formed by Suzanne Banks CBE (Senior Nurse Advisor NHSE/I retired Chief Nurse from Sherwood Forest NHSFT) and Ruth May (CNO England). The intent is to ensure that expert clinicians within NHS England and NHS Improvement, as well as key external clinical stakeholders can input into the pathways and the education and training programmes at every stage of their lifecycle and ensure alignment with national programmes and priorities. Haitham Hamoda, Paula Briggs and Sara Moger attend the group, along with other BMS members in their various capacities.

Throughout 2023, the BMS, along with the RCOG, continued to be involved with NHSE Menopause optimal pathway design meetings, looking at provision of menopause guidance and advice in order to influence management financially.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

UK Menopause Taskforce

Co-chaired by Maria Caulfield MP and Carolyn Harris MP, the UK Menopause Taskforce held its first meeting in February 2022 with the aim of gaining an overview of respective menopause programmes and priorities across the UK. Paula Briggs, as chair of the BMS, is one of two clinical permanent members of the taskforce. The objectives of the taskforce are:

- To ensure clinical evidence underpins all aspects of menopause work
- To look across all the recommendations made to government on the menopause accelerating the delivery of menopause-related programmes of work across the UK
- To identify areas of mutual interest and collaboration, share best practice and take forward actions where it is appropriate to take a joint approach across nations
- To increase understanding of and encourage open conversations about the menopause among the general public, within healthcare settings, and in workplaces
- To work closely with external stakeholder and raise awareness of the menopause in the workplace by encouraging open conversations

Media

Menopause enjoyed an unprecedented amount of media coverage during the year. Numerous celebrities, journalists and others published books and gave interviews across all media, in particular social media. This increased profile was welcomed by the BMS.

It has become apparent however, that the heightened profile has also generated the dissemination of far more information – and misinformation. This is potentially unhelpful when women and their partners are seeking sound advice and trustworthy guidance.

World Menopause Day

The BMS worked for a third year in partnership with ITN Productions in a targeted media campaign. The focus of the ITN Productions /BMS collaboration was *Menopause: Misinformation and Management*. Videos were released on World Menopause Day and were made available on the BMS and WHC websites.

The programme, hosted by the presenter Louise Minchin, highlights how clinicians can support women to navigate their way through menopause misinformation by accessing credible research and clinically verified education.

During the programme, Louise hosted an exclusive studio interview with Dr Paula Briggs, Consultant in Sexual and Reproductive Health and British Menopause Society Chair, along with Mr Haitham Hamoda, Consultant Gynaecologist and immediate past chair. Dr Briggs and Mr Hamoda discussed how women can navigate misinformation and where they can turn for trusted advice, researching the right treatment for them. With the benefit of increased awareness, the interviewees also addressed the fears and concerns of younger women who are yet to experience menopause. ITN also produced a 'Vox Pop' video where Dr Heather Currie dispelled some of the misinformation heard when interviewing members of the general public.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

As methods and treatments develop, combined with heightened interest and awareness, the programme highlights the increased amount of misinformation on the menopause, which is leading to confusion for many women. BMS, the specialist authority for menopause and post reproductive health in the UK, educates, informs and guides healthcare professionals working in both primary and secondary care, on menopause and all aspects of post reproductive health. Working in partnership with Women's Health Concern (WHC), clinically verified information about the menopause is available to all women.

WHC advisory service

In June, the BMS began a recruitment process to engage a nurse as a WHC menopause advisor. The role was to manage and develop the WHC Advisory Service and also to be co-opted on the medical advisory council as nurse representatives. Seventeen BMS nurse members applied and the calibre was such that we had a 'short' list of ten. In the event, we engaged two nurses, Jeannette Richards and Becky Hay. Thanks go to Kathy Abernethy for directing the recruitment and Heather Currie for joining the interviewing panel.

Management & Administration

Office move

The society's growth post Covid continued and it was becoming apparent that not only did we need another member of staff, but our infrastructure had always been 'make do and mend' and was no longer fit for purpose. Opposite our current offices was a larger building also owned by our Landlord. It had been empty for some years and was in need of refurbishment, but provided the extra space we needed. Mention must be made of our Landlord, Michael Spracklen who more than met us halfway both in terms of alterations and decoration of the building , times scales and our tenancy agreement.

The decision to take up the new tenancy was made on 20 March and we moved into our new office just six weeks later on 2 May. It cannot be emphasised enough the first class and brilliant management of the entire process undertaken by Sara Burns, our finance manager. The project involved a refresh of everything from IT, Wi-Fi, telephones, printers and photocopiers and a new IT company has also been engaged. The landlord decorated inside and out with new carpeting and flooring in the kitchen and cloakrooms. A new kitchen has been installed, the cloakroom upgraded, new furniture and storage. It was a great step forward for the team to be in a pleasant working environment after 'making do' for so long.

BMS team

The BMS team of seven members of staff, work under the direction of the chief executive and cover the broad, busy and challenging management and administrative functions necessary to run the Society. The BMS is in the fortunate position to have a hard-working team who relish their responsibilities and work over and above their contracted hours with passion and with commitment. Five of the team are part-time, with the office administrator and chief executive working full-time.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

The requirement for high quality menopause education, information and guidance continued to increase during 2023. Attendance at the face-to-face annual scientific conference, the virtual educational meetings and courses; membership numbers; enquiries and requests from HCPs – members and non-members - women, their partners and the media were at an all-time high and the team responded efficiently, effectively and with good humour!

Our education programme is effectively and efficiently managed and run by Kate Ellis, education programme manager together with Nadine Verstringhe and Sarah Haveron Jones. Nadine's role has changed post COVID-19 and she has focused on developing high quality, easily accessible online courses and meetings. In particular developing an online platform for the conference. Sarah Haveron Jones' role also changed as she was promoted to manage the face-to-face conference, together with the online menopause café and WHC symposium. The education team is warmly congratulated by the board for adapting and developing their roles and, in turn, the entire education programme.

The membership and finance team, Sara Burns and Lucy Gill, signed up 2,625 members during 2023 - the highest number since the society was established in 1989. The BMS has always focused on customer service and this very much in evidence with our members. Sara and Lucy also managed a significantly higher number of transactions generated by sold out meetings and high meeting attendance. Hazel Riley who manages the admin function provided excellent support to the whole team. However such was increased volume of work, we recruited a new member of staff to provide admin support. Sandra Bazany-Taylor joined the BMS in October and quickly became an essential part of the team. The admin function is crucial to the smooth running of any business and Sandra works closely with Hazel to manage this and provides support to the whole team. Again the 'traffic' through the office has significantly increased, generating a larger and broader workload.

Consultant Barbara Halstead works meticulously and manages marketing and sponsorship for the society. During the year, she expanded her role and worked closely with the education team on the PPMC ePortfolio, on activities around World Menopause Day and will be integral to the planning of the proposed online education programme planned for late 2023/early 2024.

The commitment, hard work and dedication demonstrated throughout 2023 has been exemplary and the whole team is to be congratulated.

Eight organisations work behind the scenes and contribute to our work and to our success. ***Jackson Bone*** is a design and web management agency in Brighton. Andy Bone is responsible for BMS branding and designs all BMS literature, including the conference programme. Mariette Jackson has managed the WHC website for more than nine years. Its up-to-date content and fresh style is largely down to her. Andrew Whiteley, Director of ***Global Venue Solutions*** has sourced most venues for our educational programme over the years and his negotiating skills in keeping costs down and his attention to detail are second to none. 2023 proved a lean year for Andrew as all our meetings, except the conference and symposium, were virtual, but his help is invaluable with our two f2f meetings. In May, we said goodbye to ***Skipple***, our IT support company under the guidance of Steven Turnbull. Steven served the Society well, resolving many issues, including the successful installation of parallel servers and solving day-to-day IT niggles.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

However, our growth necessitated a new IT company and we have received excellent service from **KCS Ltd** since their appointment. KCS, under the direction of MD Dan Gregor, specialise in IT solutions and support for not-for-profit and charities. **Annie Preuss** generates advertising income via the WHC website and the revenue has significantly increased since she came on board. Annie manages her role sensitively and vets potential advertisers to ensure their suitability. **Crunch Accounting** provides an efficient accountancy service to the charity. Lynn Sheppard's charity knowledge is invaluable and she and her team work closely with us on our bookkeeping, as well as management and the annual accounts. **Knox Cropper** undertakes the annual audit of the BMS and the financial statements preparation. The seventh 'behind-the-scenes' organisation is **Ventris TV**. Bjorn Ventris has once again been integral to the BMS throughout 2023, recording and editing numerous presentations for our education programme. Bjorn has helped the BMS deliver our high-quality education in a most professional way. The board offers its thanks to Andy and Mariette, Andrew, Steven, Dan and his team, Annie, Lynn, Nita & Tracy, Kevin & Simon and Bjorn for their support.

Commercial supporters

During 2023, exhibition stands, symposia and WHC website advertising were provided by Astellas, Bayer, Besins Healthcare, Consilient Healthcare, Flynn Pharma, Gedeon Richter, InMode, Lawley Pharmaceuticals, Pfizer, Pharmacare, Pharmaciege, Theramex, Vitabiotics, Viatrix, VernaCare, Viveca Biomed and The Yes Company.

Non-pharma and pharma support represents 3.8% of total annual income, with 1.4% non-pharma and 2.4% pharma.

FINANCIAL OVERVIEW

The end of year figures show income of £1,243,589, (2022: £962,502), expenditure of £922,209, (2022: £628,403), a surplus of £321,380, (2022: £334,099) and therefore reserves are £ 1,196,385, (2022: £875,005).

The board of trustees records its formal thanks to our chief executive for managing the society so efficiently throughout another challenging year. 2023 was another busy year in terms of activities, educational output and also our continued engagement in the wider world of women's health. Our standing and respect throughout the medical profession, the media and the general public is second to none.

2024 – Looking forward

Two important things to report in 2024: publication of the draft update of NG23 *NICE guideline, Menopause: diagnosis and management* and publication of *Management of unscheduled bleeding on hormone replacement therapy (HRT)*

NICE Guideline Menopause: diagnosis and management review – the BMS response

The BMS had serious concerns about the content of the consultation draft and the impact it will have on the treatment, health and wellbeing of women. Further concerns were raised as one of the two topic advisors and one of the specialist advisors had such serious concerns about the content of the Guideline, they resigned after the final committee meeting.

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

We shared our concerns with other national and international specialist societies, and with Royal Colleges, who had similar views on the draft guideline. It was agreed that a joint letter expressing our concerns should be submitted to Professor Jonathan Benger, the Chief Medical Officer at NICE. This joint letter was sent on 18 January and a brief acknowledgement was received on 22 January. On Friday 15 March, we received further communication from Professor Benger requesting a meeting with the signatories of the letter. The meeting took place on 31 May. Amendments had been made to the draft, following an independent external review and in particular, the tone of the document had changed. The guideline is due to be published in October or November.

Publication of Management of unscheduled bleeding on hormone replacement therapy (HRT)

This joint guideline was prepared on behalf of the British Menopause Society in partnership with the British Society of Gynaecological Endoscopy (BSGE), British Gynaecological Cancer Society (BGCS), Faculty of Sexual & Reproductive Healthcare (FSRH), Getting It Right First Time (GIRFT), Royal College of General Practitioners (RCGP) and the Royal College of Obstetricians & Gynaecologists (RCOG).

The lead authors were Dr Kristyn Manley and Mr Timothy Hillard on behalf of the BMS and was prepared in response to the significant increase in women presenting with unscheduled bleeding on HRT.

Attendance at meetings has continued to increase during the first half of 2024 and membership has remained buoyant with 2,530 members at time of publication.

In 2024, we once again are staging the annual scientific conference face-to-face, and are once again, offering an online package concurrently. The conference sold out quickly, so the availability of an online package has provided a good alternative option, with more than 300 delegates already registered.

The key focus for 2024 has been the development and provision of new online education. Initially this should help address the large numbers of potential trainees and the relatively small pool of BMS recognised trainers. The number of trainers is currently at 147, but demand is simply outweighing supply.

However, in the longer term, this new BMS online education will combine the educational requirements of the existing BMS PPMC Course and the BMS PPMC Certificate. The new Certificate is a comprehensive new BMS online education package. This in-depth menopause education should provide the HCP learner with everything that they need to treat 95% of patients who walk through their door, leaving on the 5% of patients with complex issues to be referred for specialist care.

Interest in the menopause and the appetite for evidence-based, peer-reviewed education continues to increase. The proliferation of misinformation is also increasing and it is important that HCPs and women alike have access to authoritative education and information which adheres to national and international guidance. The British Menopause Society continues to be a key source, via consensus statements and guidelines, our website, members' bulletins and news alerts and through our Journal, *Post Reproductive Health*. We will continue to provide education, information, guidance and support for our members, the wider world of healthcare professionals and for women and their partners and family.

2023 Trustees annual report/sjm/22.06.2023

BRITISH MENOPAUSE SOCIETY
REPORT OF THE TRUSTEES (continued)

Statement of Trustees' Responsibilities

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

Company law and Charity law require 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 those financial statements, the trustees are required to

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

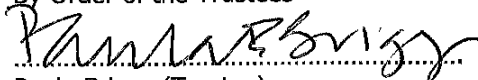
The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding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

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware; and
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006, relating to small companies,

By Order of the Trustees


Paula Briggs (Trustee)

8 October 2024

**Independent auditor's report to the trustees of
the British Menopause Society
for the year ended 31 December 2023**

Opinion

We have audited the financial statements of the British Menopause Society (the 'charitable company') for the year ended 31 December 2023 which comprise the statement of financial activities (including the income and expenditure account), the balance sheet, statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2023 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

**Independent auditor's report to the trustees of
the British Menopause Society
for the year ended 31 December 2023**

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the report of the trustees', which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the report of the trustees' has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Directors

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

**Independent auditor's report to the trustees of
the British Menopause Society
for the year ended 31 December 2023**

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- The Charitable Company is required to comply with both company law and charity law and, based on our knowledge of its activities, we identified that the legal requirement to accurately account for restricted funds was of key significance.
- We gained an understanding of how the charitable company complied with its legal and regulatory framework, including the requirement to properly account for restricted funds, through discussions with management and a review of the documented policies, procedures and controls.
- The audit team, which is experienced in the audit of charities, considered the charitable company's susceptibility to material misstatement and how fraud may occur. Our considerations included the risk of management override.
- Our approach was to check that all restricted income was properly identified and separately accounted for and to ensure that only valid and appropriate expenditure was charged to restricted funds. This included reviewing journal adjustments and unusual transactions.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken, so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.



Richard Billingham FCA (Senior Statutory Auditor)
for and on behalf of Knox Cropper LLP
Chartered Accountants and Statutory Auditor
65 Leadenhall Street
London, EC3A 2AD

11 October 2024

BRITISH MENOPAUSE SOCIETY
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31st DECEMBER 2023

	Notes	Unrestricted funds	Restricted funds	Total 2023	Unrestricted funds	Restricted funds	Total 2022
		£	£	£	£	£	£
INCOME FROM							
Grants and donations	2	160,321	-	160,321	64,785	-	64,785
Charitable activities	4	1,067,825	-	1,067,825	897,213	-	897,213
Investment income	3	15,443	-	15,443	504	-	504
TOTAL		<u>1,243,589</u>	<u>-</u>	<u>1,243,589</u>	<u>962,502</u>	<u>-</u>	<u>962,502</u>
EXPENDITURE ON							
Raising funds		-	-	-	-	-	-
Charitable Expenditure	5	922,209	-	922,209	628,403	-	628,403
TOTAL		<u>922,209</u>	<u>-</u>	<u>922,209</u>	<u>628,403</u>	<u>-</u>	<u>628,403</u>
Net Income / (Expenditure) for the year		321,380	-	321,380	334,099	-	334,099
Transfers between funds		-	-	-	-	-	-
NET MOVEMENT IN FUNDS		<u>321,380</u>	<u>-</u>	<u>321,380</u>	<u>334,099</u>	<u>-</u>	<u>334,099</u>
Total Funds Brought Forward		875,005	-	875,005	540,906	-	540,906
Total Funds Carried Forward		<u>1,196,385</u>	<u>-</u>	<u>1,196,385</u>	<u>875,005</u>	<u>-</u>	<u>875,005</u>

The company's income and expenditure all relate to continuing activities. The notes form part of these financial statements.

BRITISH MENOPAUSE SOCIETY
BALANCE SHEET
AS AT 31ST DECEMBER 2023

	Notes	2023		2022	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	10		20,477		2,037
Investments	11		<u>1,632</u>		<u>1,632</u>
			22,109		3,669
CURRENT ASSETS					
Stock	12	3,562		1,980	
Debtors	13	124,900		87,898	
Cash at Bank and in hand		<u>1,265,862</u>		<u>1,027,738</u>	
		1,394,324		1,117,616	
CREDITORS: Amounts falling due within one year	14	<u>(220,048)</u>		<u>(246,280)</u>	
NET CURRENT ASSETS			1,174,276		871,336
NET ASSETS			<u>1,196,385</u>		<u>875,005</u>
FUNDS					
Restricted Funds	15		-		-
Unrestricted Funds	15		<u>1,196,385</u>		<u>875,005</u>
			<u>1,196,385</u>		<u>875,005</u>

The financial statements were approved by the Trustees on 8 October 2024 and were signed on their behalf by:


Paula Briggs (Trustee)

Company Registration Number: 02759439
Charity Registration Number: 1015144
The notes form part of these financial statements

BRITISH MENOPAUSE SOCIETY
STATEMENT OF CASH FLOW
AS AT 31ST DECEMBER 2023

	2023	2022
	£	£
Cash flows from operating activities:		
Net cash provided by/(used in) operating activities	<u>245,007</u>	<u>286,756</u>
Cash flows from investing activities:		
Dividends and interest from investments	15,443	504
Purchase of property, plant and equipment	<u>(22,326)</u>	<u>(1,169)</u>
Net cash provided by/(used in) investing activities	<u>(6,883)</u>	<u>(665)</u>
Change in cash and cash equivalents in the reporting period	238,124	286,091
Cash and cash equivalents at the beginning of the reporting period	<u>1,027,738</u>	<u>741,647</u>
Cash and cash equivalents at the end of the reporting period	<u><u>1,265,862</u></u>	<u><u>1,027,738</u></u>
Reconciliation of net income/(expenditure) to net cash flow from operating activities		
	2023	2022
	£	£
Net income/(expenditure) for the reporting period	321,380	334,099
Depreciation charges	3,886	1,436
(Gains)/losses on investments	-	-
Dividends and interest from investments	(15,443)	(504)
(Increase)/decrease in stock	(1,582)	(772)
(Increase)/decrease in debtors	(34,883)	(39,872)
Increase/(decrease) in creditors	<u>(28,351)</u>	<u>(7,631)</u>
Net cash provided by/(used in) operating activities	<u><u>245,007</u></u>	<u><u>286,756</u></u>

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

1. Accounting Policies

Basis of preparation of accounts

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Financial Reporting Standard 102 and with the Charities SORP (FRS 102) "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)", and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

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

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Deferred income represents amounts received for future periods and is released to incoming resources in period for which it has been received.

Resources Expended

Liabilities are recognised as expenditure, inclusive of irrecoverable VAT, as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributable to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc. – 20% reducing balance
Computer equipment - 33% straight line

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Pension

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Judgements and key sources of estimation uncertainty

No judgements (apart from those involving estimates) have been made in the process of applying the above accounting policies that have a significant effect on amounts recognised in the financial statements.

2. Grants and donations

	2023	2022
	£	£
Grants	-	20,000
Donations	101,943	20,397
Gift aid	58,378	24,388
	<u>160,321</u>	<u>64,785</u>

3. Investment income

	2023	2022
	£	£
Deposit account interest	15,332	504
Investment income	111	-
	<u>15,443</u>	<u>504</u>

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

4. Income from charitable activities

	Total 2023 £	Total 2022 £
Membership fees		
Membership fees	366,481	276,865
Conference and meetings		
CBT meeting income	49,580	33,475
Annual conference	292,560	248,738
WHC symposium income	102,500	36,400
WHC other income	2,634	8,417
PPMC theory courses	129,810	203,886
RCOG meeting	68,846	44,196
Menopause cafe	41,500	33,660
Other income		
Royalties	5,069	-
Other incoming resources	1,803	4,042
Publication income	7,042	7,534
	1,067,825	897,213

5. Expenditure from charitable activities

	Direct costs £	Support costs £	Total 2023 £	Total 2022 £
Conference and meetings	300,640	418,306	718,946	432,974
Publication costs	84,998	118,265	203,263	195,429
	385,638	536,571	922,209	628,403

Comparative 2022

	Direct costs £	Support costs £	Total 2022 £
Conference and meetings	153,278	279,696	432,974
Publication costs	69,184	126,245	195,429
	222,462	405,941	628,403

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

6. Support costs

	Management	Finance	Governance costs	Total 2023
	£	£	£	£
Other resources expended	503,642	17,557	15,372	536,571

<i>Comparative 2022</i>	Management	Finance	Governance costs	Total 2022
	£	£	£	£
Other resources expended	388,686	13,719	3,536	405,941

7. Net income / (expenditure)

Net income/(expenditure) is stated after charging:

	2023	2022
	£	£
Depreciation – owned assets	3,886	1,436
Operating leases	16,570	11,247
Auditors' remuneration for audit	11,166	-

8. Staff and Related costs

	2023	2022
	£	£
Wages and Salaries	272,974	209,375
Social Security Costs	22,837	14,383
Pension Costs	3,950	2,841
	299,761	226,599
	No	No
The average number of employees during the year was:	8	6

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

£80,001 - £90,000	-	1
£100,001 - £110,000	1	-

The Chief Executive Officer represents the Senior Management. The total employee benefits paid to key management personnel during the year amounted to £100,802 (2022: £84,272). From the 1 July 2023 the CEO moved to full time from a 4 days week.

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

9. Trustees' expenses

Four trustees were reimbursed expenses totaling £3,007 (2022: £1,286).

10. Tangible fixed assets

	Plant and machinery	Computer equipment	Totals £
Cost			
At 1 January 2023	9,471	3,889	13,360
Additions	10,600	11,726	22,326
Disposals	-	-	-
At 31 December 2023	20,071	15,615	35,686
Depreciation			
At 1 January 2023	8,523	2,800	11,323
Charge for the year	1,930	1,956	3,886
Disposals	-	-	-
At 31 December 2023	10,453	4,756	15,209
Net book value at 31 December 2023	9,618	10,859	20,477
Net book value at 31 December 2022	948	1,089	2,037

11. Fixed assets investments

	Listed investments £
Market value	
At 1 January 2023	
And 31 December 2023	1,632
Net book value	
At 31 December 2023	1,632
At 31 December 2022	1,632

There were no investments assets outside the UK.

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

12. Stocks

	2023	2022
	£	£
Finished goods	<u>3,562</u>	<u>1,980</u>

13. Debtors: Amounts falling due within one year

	2023	2022
	£	£
Trade debtors	2,830	6,350
Prepayments and accrued income	<u>122,070</u>	<u>81,548</u>
	<u>124,900</u>	<u>87,898</u>

14. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	63,645	47,928
Accruals and deferred income	<u>156,403</u>	<u>198,352</u>
	<u>220,048</u>	<u>246,280</u>

15. Funds

	Balance 01/01/23	Income	Expenditure	Balance 31/12/23
	£	£	£	£
General funds	875,005	1,243,589	(922,209)	1,196,385
Restricted funds	-	-	-	-
	<u>875,005</u>	<u>1,243,589</u>	<u>(922,209)</u>	<u>1,196,385</u>

Comparative 2022

	Balance 01/01/22	Income	Expenditure	Balance 31/12/22
	£	£	£	£
General funds	540,906	962,502	(628,403)	875,005
Restricted funds	-	-	-	-
	<u>540,906</u>	<u>962,502</u>	<u>(628,403)</u>	<u>875,005</u>

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

16. Analysis of net assets between funds

	Unrestricted	Restricted	Total 2023
	£	£	£
Fixed Assets	22,109	-	22,109
Net Current Assets	1,174,276	-	1,174,276
	1,196,385	-	1,196,385

Comparative 2022

	Unrestricted	Restricted	Total 2022
	£	£	£
Fixed Assets	3,669	-	3,669
Net Current Assets	871,336	-	871,336
	875,005	-	875,005

17. Related Party Transactions

One trustee (2022: three trustees) received remuneration for facilitating services totalling £1,100 (2022: £3,300).

There were no other related party transactions in either the current or the prior year.

18. Going concern

The trustees have reviewed the financial position of the charity, and in particular the level of reserves, and on the basis of current projections, they are satisfied that the charity remains a going concern for the foreseeable future.

BRITISH MENOPAUSE SOCIETY
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

19. Operating leases

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023		2022	
	Land and building	Other	Land and building	Other
	£	£	£	£
Falling due within one year	17,000	1,325	11,333	1,031
Falling due between one and five years	68,000	4,751	68,000	6,076
Falling due later than five years	34,000	-	51,000	-
	<u>119,000</u>	<u>6,076</u>	<u>130,333</u>	<u>7,107</u>

Accounts

REGISTERED COMPANY NUMBER: 02759439 (England and Wales)
REGISTERED CHARITY NUMBER: 1015144

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31st December 2022
for
British Menopause Society

Wheeler & Co Ltd
Chartered Accountants
The Shrubbery
14 Church Street
Whitchurch
Hampshire
RG28 7AB

British Menopause Society

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for the Year Ended 31st December 2022

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British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st December 2022. The trustees have adopted the provisions of 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).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02759439 (England and Wales)

Registered Charity number

1015144

TRUSTEES

Kathy Abernethy

Dr Paula Briggs

Miss Gill Cheesbrough

Dr Heather Currie

Mr Haitham Hamoda

Mr Eddie Morris

Mr Patrick Shervington

Professor John Stevenson

Sara Moger

Chairman: elected 21 September 2021
(non-medical trustee)

Immediate Past Chairman

(non-medical trustee)

Chief Executive (Ex officio)

MEDICAL ADVISORY COUNCIL

Kathy Abernethy

Dr Katie Barber

Dr Paula Briggs

Miss Deborah Bruce

Mr Haitham Hamoda

Mr Tim Hillard

Dr Olivia Hum

Professor Anne MacGregor

Professor Annice Mukherjee

Professor Nick Panay

Miss Kate Panter

Mr Hugo Pedder

Professor Janice Rymer

Mr Paul Simpson

Dr Zoe Schaedel

Miss Kalpana Upadhyay

Elected 30 June 2022

Chairman: Elected 21 September 2021 (Virtual AGM)

Immediate Past Chairman

Co-Opted 30 June 2022

Re-elected 30 June 2022

Elected 30th June 2022

Elected 30th June 2022

COMPANY SECRETARY & CHIEF EXECUTIVE

Sara J Moger

REGISTERED OFFICE

The Barn, Dukes Place, Marlow, Buckinghamshire SL7 2QH

INDEPENDENT EXAMINERS

Wheeler & Co, Chartered Accountants, The Shrubbery, 14 Church Street, Whitechurch, Hampshire RG28 7AB

LAWYERS

Bates Wells, 10 Queen Street Place, London EC4R 1BE

BANKERS

Lloyds plc, 1 Reading Road, Henley on Thames, Oxfordshire RG9 1AE

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is a charitable company limited by guarantee and is registered as a charity.

Trustees

Trustees are therefore both company directors and trustees. Under the amended Memorandum & Articles of Association adopted at the 2008 AGM at least 50% of the board of trustees must be healthcare professionals. The board is formed by the chairman and the immediate past chairman/chairman elect of the British Menopause Society (BMS) medical advisory council, together with other elected members of the MAC. Those with expertise in areas other than medicine, including finance, publishing, marketing/PR, media, business and charity may be appointed a trustee by the board.

The BMS board of eight trustees, with combined medical and non-medical skills continues to provide a balanced and effective governing body. Trustees are inducted to the policies and procedures of the charity by the chief executive and training is provided as appropriate.

During the first four months of the COVID-19 pandemic, it had been agreed by the board of trustees (by email on 22 June 2019) that it would be in the best interests of the society for the Chairman's term of office to be extended by one year, up to and including the AGM in 2022.

A resolution was passed: In view of the exceptional circumstances imposed on the functioning of the society by the COVID-19 pandemic, the board resolves that the term of office of the chairman is extended by 12 months until July 2022. Subsequently the chairman's term of office will revert to two years. This was proposed by Eddie Morris and seconded by Patrick Shervington. The Board voted and the resolution was agreed unanimously.

The COVID-19 pandemic had an impact on menopause care with menopause services temporarily suspended or reduced and the introduction of remote consultations. The BMS was impacted by the temporary closure of the office, staff working from home and the postponement of educational meetings, including the 2020 conference. COVID continued to impact the society as it looked to deliver menopause education in the 'new normal', with socially distanced face-to-face meetings or meetings delivered virtually via pre-recorded lectures.

Haitham Hamoda provided exemplary leadership throughout his three years, working closely with the chief executive, to adapt to the new 'norm'. During the first lockdown and in the months immediately afterwards, the BMS, under Haitham's direction, developed and launched the new training programme: Principles and Practice of Menopause Care (PPMC).

Haitham Hamoda therefore completed his term of three years as Chairman at the AGM on 30 June 2022. The board thanked Haitham for his outstanding chairmanship during a particularly difficult time.

Risk Management

The trustees undertake their duties to review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The CEO consults closely with our lawyers, Bates Wells, who provide an excellent and comprehensive service.

Reserves Policy

Until three years ago our policy was predicated by the imperative to remain financially viable as a society. Since then, the board has directed that reserves should be built up year-on-year to a target of 9 months' operating costs.

Medical advisory council (MAC)

Medical advisory council members are elected by the members of the BMS for a term of three years. With exception of the chairman, immediate past chairman and chairman elect, one third of council members retire from office at each AGM. A retiring council member is eligible for re-election for one further term of three years. After serving two terms, a council member is eligible for re-election after a period of 12 months. Council members are appointed at the AGM, although they can be co-opted by council in the interim.

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2022**

At the AGM at Chesford Grange in Kenilworth, held on 30 June 2022, Sara Moger, Chief Executive, thanked those standing down from the Medical Advisory Council Pratima Gupta, Annie Hawkins and Mike Savvas. Their contribution and presence on Council will be greatly missed. Kate Panter, who had completed her first term of three years was duly re-elected. Also elected were Katie Barber, Zoe Schaedel and Paul Simpson. Congratulations to all four of them. We regret that Geeta Kumar, Veena Kaul, Kristyn Manley, Annice Mukherjee and Jenifer Sassarini were unsuccessful.

Annice Mukherjee, who narrowly missed out on being elected, was co-opted onto Council by the Board of Trustees for a term of three years. Her work as an endocrinologist will bring a new perspective and discipline.

The board finds it more than disappointing that despite the ease of electronic voting and repeated reminders, only 222 out of 1866 (11.9%) eligible members voted.

OBJECTIVES AND ACTIVITIES

The **Memorandum & Articles of Association (Mem & Arts)** of the BMS, which was incorporated on 27 October 1992, and amended on 2 July 2008 and 5 July 2012, define the objects for which the company was established. These are:

1. To facilitate the advancement of education by the promotion of interest in all matters relating to the menopause (meaning the short and long-term consequences of ovarian failure and the associated life events occurring in women) and gynaecological disorders
2. To facilitate the multi-disciplinary study of matters relating to the menopause and exchange of information and ideas between persons working in this field
3. To promote high standards of training for those involved in advising women about the menopause and its consequences
4. To relieve women suffering from gynaecological disorders

The **British Menopause Society (BMS)**, established in 1972 and the patient arm of the BMS since 2012. WHC provides a confidential, independent service to advise, inform and reassure women about their gynaecological, sexual and post reproductive health.

Our specialist healthcare professionals offer unbiased information via:

- The website, which contains a wide range of downloadable resources, including factsheets and infographics and a separate menopause section, Menopause: Giving you confidence for understanding and action
- The telephone and email advisory service, staffed by specialist nurses
- Links to a series of 14 short videos, BMS TV: the menopause explained and the BMS menopause specialist online register with details of NHS and private clinics and services
- Symposia, seminars, meetings and our workshop Living and loving well beyond 40...!

Professor John Stevenson, a trustee of the BMS, continues to serve as chairman of WHC, supported by Patrick Shervington, a trustee and former CEO of WHC. Penny Junor is the patron and we thank her for her ongoing support, advice and expertise, especially in relation to publishing and the media.

To have our own patient arm is most worthwhile as it helps enable us to reach wider and engage with a broader constituency. With the level of public as well as professional interest in menopause increasing since the publication of the NICE guideline in 2015, we are well-placed to play a positive role in public debate, discussion, awareness and helping to guide best practice.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2022

ACHIEVEMENT AND PERFORMANCE

Conference & Meetings

The BMS once again organised an active, varied and highly evaluated education programme throughout 2022. It was good to hold the conference face-to-face for the first time in two years. All other educational meetings and courses continued virtually.

Annual scientific conference

The 31st BMS Annual scientific conference, *Menopause care: maintaining the momentum* took place at Chesford Grange in Kenilworth, Warwickshire on Thursday 30 June and Friday 1 July 2022.

The conference sold out, with 440 delegates attending (335 attending remotely in 2021). £39,400 was secured from 18 sponsors (2021: £29,150 from 11 sponsors). The conference made a surplus of £78,406 (2021: £180,312.00 - held remotely and therefore smaller overheads). Tim Hillard and Mike Savvas, the joint chairs of the scientific advisory group, (SAG) and the SAG members are to be congratulated on securing excellent speakers and putting together a first-class programme.

Special thanks go to Professor Joyce Harper, Professor of Reproductive Science, the Institute for Women's Health, University College, London, who delivered the **BMS annual lecture: Demystifying the Menopause**.

We also thank Professor Susan Davis, NHMRC Senior Principal Research Fellow, Director, Monash University Women's Health Research Program, Consultant Endocrinologist and Head, Specialist Women's Health Clinic, Alfred Hospital, Melbourne, Australia who delivered the **Pat Patterson Memorial Lecture: Testosterone for Women - what is the Evidence?** Both keynote lectures were extremely well-evaluated and achieved 'Highlight of the day' from a large proportion of delegates.

Joyce and Susan not only delivered superb lectures, but delivered them ex gratia. Our policy, in line with other medical charities and societies, is that we pay expenses, but do not offer speakers' fees. This policy applies throughout our education programme.

British Menopause Society

Report of the Trustees for the Year Ended 31st December 2022

Other sessions at the annual scientific conference included: *Is there a panacea for post-menopausal health?* delivered by Dr Annice Mukherjee, Consultant Physician & Endocrinologist; *Metabolic syndrome in women*, Professor John Stevenson Emeritus Reader in Metabolic Medicine, National Heart and Lung Institute, Imperial College London; Trustee - British Menopause Society; *Premenstrual syndrome (PMS) and Premenstrual dysphoric disorder (PMDD)*, Professor Nick Panay Consultant Gynaecologist, Subspecialist in Reproductive Medicine, Imperial College Healthcare NHS Trust and Chelsea & Westminster Hospital NHS Foundation Trust, London; Professor of Practice, Imperial College London; President Elect - International Menopause Society; *Dosage and regimens - are they important?* Prof. Dr Med Petra Stute Deputy Director, Gynaecological Endocrinology & Reproductive Medicine, Director Menopause Centre, Department of Obstetrics and Gynaecology, Inselspital Bern, Switzerland; *Unscheduled bleeding on HRT - how do I manage?* - Miss Debra Holloway Nurse Consultant in Gynaecology, Guy's and St. Thomas' NHS Foundation Trust, London; *New developments in endometrial assessment* Professor Davor Jurkovic, Professor of Gynaecology and Director, Gynaecology Diagnostic & Outpatient Treatment Unit, University College Hospital, London; *Principles & Practice of Menopause Care (PPMC) training programme - the first year*, Mr Haitham Hamoda; *IMPART (International Menopause Society Professional Activity for Refresher Training)*, Mr Tim Hillard, Consultant Gynaecologist, University Hospitals Dorset, Poole; Member - British Menopause Society medical advisory council; *Professor John Studd - A Tribute Mr Mike Savvas*, Consultant Gynaecologist, King's College Hospital, London; Member - British Menopause Society medical advisory council; *The Debate : This house believes that HRT should not be started in women over 60 For:* Miss Lynne Robinson, Consultant Gynaecologist & Clinical Lead, Fertility, Menopause and Reproductive Endocrine Services, Birmingham Women's Hospital; Member - British Menopause Society medical advisory council *Against:* Dr Paula Briggs Consultant in Sexual & Reproductive Health, Liverpool Women's Hospital; Chairman Elect and Trustee - British Menopause Society; Menopause Taskforce, Carolyn Harris MP, Member of Parliament for Swansea East; Co-chair, UK Menopause Taskforce, *Addressing inequality*, Dr Tonye Wokoma Consultant in Sexual and Reproductive Health and Community Gynaecology, Hull; *What is NHS England/Improvement (NHSE/I) doing for menopausal women?* Professor Janice Rymer Professor of Obstetrics & Gynaecology, King's College School of Medicine, London; Consultant Gynaecologist, Guy's and St Thomas' NHS Foundation Trust, London; National Specialty Advisor for Gynaecology for NHSE/I; Member - British Menopause Society medical advisory council; *Women with a previous history of thrombosis*, Dr Amanda Clark, Consultant Haematologist, University Hospitals Trust, Bristol; *Oestrogen receptor positive breast cancers*, Dr Rebecca Bowen Consultant Medical Oncologist, Royal United Hospital, Bath; *Complementary and non-pharmacological approaches to symptoms - how best to advise?* Kathy Abernethy Director of Menopause Services, Peppy Health; Trustee - British Menopause Society; *Pharmacological alternatives to HRT - evidence base and practical prescribing*, Dr Jenifer Sassarini, Consultant Obstetrician & Gynaecologist, Glasgow Royal Infirmary; Honorary Clinical Senior Lecturer, University of Glasgow; Core Teaching Week Lead Obstetrics and Gynaecology, Undergraduate Medicine; *Recurrent urinary tract infections and the urinary microbiome*, Mr Steve Foley, Consultant Urological Surgeon, Royal Berkshire NHS Foundation Trust, Reading, *Overactive bladder: current and new treatments*, Mr Philip Tooze-Hobson Consultant Gynaecologist, Birmingham Women's & Children's NHS Foundation Trust and *The post-menopausal vulva*, Dr Katharine Edey, Consultant Gynaecological Oncologist, Royal Devon and Exeter NHS Foundation Trust.

Education Programme

A key achievement back in 2020, was the development and launch of the new training programme: **Principles & Practice of Menopause Care (PPMC)**. This programme for healthcare professionals is based on the **BMS Vision for menopause care in UK**. Demand for high quality, evidence-based education, adhering to national and international guidelines continues to grow significantly. In 2021 we increased the number of PPMC theory courses to eight and replicated this in 2022. The eight courses were run remotely and comprised pre-recorded lectures, together with full day of interactive Q&A/case discussion sessions via Zoom.

Our thanks to Heather Currie, Heike Gleser, Haitham Hamoda, Annie Neill, Anne MacGregor, Tony Parsons, Lynne Robinson, Zoe Schaedel and Tonye Wokoma. All continued to provide excellent, high standard education in this revised format. The evaluations were amongst the best ever submitted to the BMS.

Development of Principles & Practice of Menopause Care (PPMC) online education programme

The PPMC Management Group has discussed developing an online training tool to ease the pressure on the demand for trainers and enabling those who wish to, to obtain the Advanced Certificate. This new online training tool would mirror the PPMC training programme with sections including demographics, backgrounds, POI, practical prescribing etc. Each section would have a theory component which would be heavily based on the Management of the Menopause handbook and consensus statements. This will be followed by 30-50 MCQs and clinical case-based discussions. A working group from varying medical perspectives has been set up to work on the content with a view to replacing the PPMC certificate by Q4 in 2023. The Advanced Certificate will remain as it is.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2022

We held two **Cognitive Behaviour Therapy (CBT)** courses. Designed as a two-day course when staged face-to-face, the revised format followed the same template of delivery as the PPMC theory courses. Our thanks to Melanie Smith and Janet Balabanovic for delivering this excellent course. There is no doubt that CBT is an essential component in the overall education of HCPs. It is also an important alternative for those women who are not able or choose not to take HRT.

The **BMS Menopause Café - practical prescribing workshop** took place virtually, again a combination of pre-recorded presentations and a live and interactive 2-hour session. 152 delegates attended and the evaluations confirmed that holding the café as a stand alone event was a good decision. Thank you to Paula Briggs, Heather Currie, Myra Hunter, Jo Marsden, Kate Panter, Kalpana Upadhyay, and Annie Neill for their excellent presentations. Thank you too, to Haitham Hamoda, who chaired the live workshop session and to members of the wider council for also taking part.

The **Royal College of Obstetricians & Gynaecologists (RCOG) /BMS Menopause Advanced Training Skills course, Post Reproductive Health** took place remotely and was attended by 381 delegates (2021:162). It generated a surplus of just short of £88,400. (2021: £38,000) which was shared between the BMS and the RCOG. Once again thanks to the course organisers Mike Savvas, Haitham Hamoda and Nick Panay.

The **Women's Health Concern 32nd Annual Symposium** went ahead remotely with pre-recorded lectures and a live, interactive webinar on 1 December. Chaired by John Stevenson, a wide-ranging programme was produced and highlights included Haitham Hamoda, immediate past chairman of the BMS, who delivered the **Gerald Swyer Memorial Lecture: Endometriosis and the menopause**

Other symposium presentations included: *Conditions and subtleties of hormonal treatment of elderly transgender people* delivered by Dr Mick van Trotsenburg; *Menopause and gynae cancers*, Dr Paula Briggs & Mr Mohamed Mehaseb; *A patient perspective/experience*, Kathy Abernethy; *Menopause and HPV*, Professor Maggie Cruickshank; *Surgical menopause*, Miss Lynne Robinson; *Menopause and dementia*, Professor Michael Craig and *UTIs and urinary tract health* delivered by Mr Tim Hillard. 205 delegates registered for the symposium (2021:120) and 2 sponsors generated £2,000 income (2021: £5,000). The WHC symposium generated a surplus of £34,000 (2021: £23,000).

Despite the challenges of Covid-19, our education programme continues to be the core activity of the BMS. Almost 2,800 HCPs accessed BMS training and education -remotely and face-to-face. Both primary and secondary care were well represented; especially encouraging was the increased range of attendance of health care professions eg pharmacists, SAS doctors, physiotherapists, dieticians, etc with an interest in women's mid-life health and well-being.

Membership

Membership numbers continued to grow significantly and as at 31 December were 2154, 882 new in 2022 (cf 2021: 1568; 2020: 1167; 2019: 1058; 2018: 905; 2017: 717; 2016: 665; 2015:616; 2014: 609; 2013:602 and 2012: 615).

Membership income in 2022 totalled £276,865, (2021: £196,276) with Gift Aid net income £24,388, (2021: £15,341). Membership is the highest it has been since records were introduced in 1996. BMS membership now includes 1,245 GPs and Nurses - 58% of the total membership.

This significant increase BMS Tools for clinician membership demonstrates the developing interest in this area of women's health and the demand for authoritative information, education and guidance, based on national and international guidelines.

Post Reproductive Health (PRH) - the quarterly Journal of the British Menopause Society

Eddie Morris and Heather Currie, the editors, together with associate editors, Tony Mander and Paul Simpson and news editor Simon Brown are congratulated on their hard work and dedication to the journal throughout 2022. PRH is an increasingly well-received resource of news, research and opinion and is a valued and important part of BMS membership.

In June we recruited a new trainee editor, Babu Karavadra. Babu is an obstetrics and gynaecology Specialty Registrar (ST4) in the East of England and we are delighted to welcome him on board

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2022

Publications

Throughout 2022 the BMS continued to add and update our library of resources including:

- The BMS Consensus statement on the management of estrogen deficiency symptoms, arthralgia and menopause diagnosis in women treated for early breast cancer
 - *The BMS Consensus statement on Non-hormonal-based treatments for menopausal symptoms*
 - *The BMS Consensus statement on Prevention and treatment of osteoporosis in post menopausal women*
 - *The BMS Consensus statement on Primary prevention of coronary heart disease in women*
 - *The PPMC Resources Toolkit on the BMS website*
 - *Testosterone replacement in menopause BMS Tool for Clinicians*
 - *HRT practical prescribing BMS Tool for clinicians*
 - *HRT preparations and equivalent alternatives BMS Tool for clinicians*
 - *Cognitive Behaviour Therapy (CBT) for menopausal symptoms BMS Tool for clinicians*
 - *Induced menopause in women with endometriosis BMS Tool for clinicians*
 - *Menopause and the workplace guidance: what to consider BMS Tool for clinicians*
 - *HRT WHC fact sheet*
 - *HRT Summary WHC fact sheet*
 - *Osteoporosis WHC fact sheet*
 - *Induced menopause in women with endometriosis - for patients WHC fact sheet*
 - *Testosterone for women WHC factsheet*
 - *Contraception for the older woman WHC fact sheet*
 - *Breastcancer: Risk factors WHC fact sheet*
 - *Endometrial ablation WHC fact sheet*
 - *Fibroids WHC fact sheet*
 - *Heavy periods WHC fact sheet*
 - *Uterine polyps WHC fact sheet*
 - *Five new BMS TV videos:*
 - Sleep, Zoe Schaedel
 - Testosterone explained, Kalpana Upadhyay
 - Post cancer treatments, Paula Briggs
 - Endometriosis, Haitham Hamoda
 - Progestogens, Nick Panay
 - *Menopause practice standards produced jointly by the British Menopause Society (BMS), Royal College of Obstetricians and Gynaecologists (RCOG), Society for Endocrinology (SfE), Faculty of Sexual and Reproductive Health (FSRH), Faculty of Pharmaceutical Medicine (FPM) and the Royal Pharmaceutical Society (RPS) These are heavily based on NICE quality standards but with a practical aspect.*
 - *A joint position statement on best practice recommendations for the care of menopausal women has been released by the BMS, RCOG and SfE.*
 - *A joint statement was issued by the BMS, RCOG, FSRH and RCGP on supply shortages*
 - *A joint RCOG BMS Green Top Guideline: Alternatives to HRT for the Management of Symptoms of the Menopause.*
- Throughout the year, the society has also produced regular bi-monthly updates on HRT supply issues.

Websites

The BMS website is an invaluable source of information and guidance for healthcare professionals. The importance of online registration for the annual scientific conference and other courses became increasingly apparent, as was the facility to renew and sign up for membership. An important benefit of membership is the members' forum, giving the opportunity to discuss clinical problems and raise queries and receive personal focused responses. The forum is somewhat underused, but is slowly increasing and is a facility of great potential.

The WHC website continues to be an excellent resource for women with gynaecological and sexual health issues. The email advisory service continues to provide advice, reassurance and education for women. The board expresses its thanks to members of the medical advisory council who respond to enquiries.

Menopause Specialists

The register, established in June 2016, continues to grow with 241 HCPs signed up as BMS recognised specialists by 31 December 2022. These comprise 143 NHS clinics and 109 private clinics.

Considerable work went into the online register from MAC definition of a 'menopause specialist' post the publication of the 2015 NICE guideline; to website development and to the reviewing, assessing and administrative process involved in certification.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2022

The process is ongoing with new specialists being added on a regular basis. Every three years, BMS menopause specialists are required to apply for recertification.

The online register of menopause specialists was launched on World Menopause Day, 18 October 2018. This interactive, easily navigable register is unique to the BMS.

The BMS is very proud to have established this important resource for women. In an uncertain world and with the proliferation of so much information and misinformation surrounding the menopause, it is vital that women have access to professionally recognised specialists and peer-reviewed, evidence-based information.

A link to the register is available on the Women's Health Concern and Menopause Matters websites.

BMS Education Fund

The board of trustees introduced an education fund as a benefit for full members. The principal purpose of the Fund is to award financial grants to our healthcare professionals to help further their career opportunities and allow them to develop research, scientific and educational projects within the sphere of post reproductive health. The fund was launched at the conference in June 2019 and it was planned to open grant applications early in 2020. However, given the financial uncertainty generated by COVID-19, the education fund has been put on hold. Grant-making from the education fund will be reviewed during 2023.

New initiatives, collaborations and advisory roles

The BMS has been integrally involved in a number of significant initiatives. These include:

Optimal Pathway for menopause care NHS England - Clinical Reference Group (CRG)

The CRG, which is chaired by Janice Rymer, has been set up to advise the clinical pathway development and the education and training programmes on behalf of the Menopause Programme Steering Group. The group was formed by Suzanne Banks CBE (Senior Nurse Advisor NHSE/I retired Chief Nurse from Sherwood Forest NHSFT) and Ruth May (CNO England). The intent is to ensure that expert clinicians within NHS England and NHS Improvement, as well as key external clinical stakeholders can input into the pathways and the education and training programmes at every stage of their lifecycle and ensure alignment with national programmes and priorities. Haitham Hamoda, Paula Briggs and Sara Moger attend the group, along with other BMS members in their various capacities.

Throughout 2022, the BMS, along with the RCOG, continued to be involved with NHSE Menopause optimal pathway design meetings, looking at provision of menopause guidance and advice in order to influence management financially.

UK Menopause Taskforce

Co-chaired by Maria Caulfield MP and Carolyn Harris MP, the UK Menopause Taskforce held its first meeting in February 2022 with the aim of gaining an overview of respective menopause programmes and priorities across the UK. Haitham Hamoda, as chair of the BMS, is one of two clinical permanent members of the taskforce. The objectives of the taskforce are:

- To ensure clinical evidence underpins all aspects of menopause work
- To look across all the recommendations made to government on the menopause accelerating the delivery of menopause-related programmes of work across the UK
- To identify areas of mutual interest and collaboration, share best practice and take forward actions where it is appropriate to take a joint approach across nations
- To increase understanding of and encourage open conversations about the menopause among the general public, within healthcare settings, and in workplaces
- To work closely with external stakeholder and raise awareness of the menopause in the workplace by encouraging open conversations

Faculty of Pharmaceutical Medicine (FPM)

The BMS met with the Faculty of Pharmaceutical Medicine in January to explore potential links for the future. Physicians in MHRA and their regulatory counterparts in industry all complete specialist training and revalidate in their specialty so the Faculty of Pharmaceutical Medicine has influence over what drugs are labelled or relabelled for which is important for various initiatives in women's health.

DHSC Women's Health Strategy

In July 2022, the DHSC announced the first women's health strategy for England to tackle the gender health gap:

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2022**

- Major new research on women's health issues to increase understanding of female specific health conditions and tackle the data gap to ensure diagnosis and treatment work for women.
- Ensuring all doctors are trained to provide the best care to women by introducing mandatory specific teaching and assessment on women's health for all incoming graduating medical students and incoming doctors.
- £10 million for breast screening programme to provide 25 new mobile breast screening units for areas with the greatest challenges of screening uptake.

Women and girls across England will benefit from improved healthcare following the publication of the first ever government-led Women's Health Strategy for England today (Wednesday 20 July).

Following a call for evidence which generated almost 100,000 responses from individuals across England, and building on Our Vision for Women's Health, the strategy sets bold ambitions to tackle deep rooted, systemic issues within the health and care system to improve the health and wellbeing of women and, reset how the health and care system listens to women.

The strategy includes key commitments around new research and data gathering, the expansion of women's health-focused education and training for incoming doctors, improvements to fertility services, ensuring women have access to high quality health information and updating guidance for female specific health conditions like endometriosis to ensure the latest evidence and advice is being used in treatment.

Women live on average for longer than men but spend more of their life in poor health, often limiting their ability to work and participate in day-to-day activities. Closing the gender health gap and supporting women to live well will not only benefit the health and wellbeing of women, but the health of the economy.

MediConf

Paula Briggs was approached by MediConf to stage two evening webinars focusing on menopause. MediConf UK Ltd specialise in providing high quality and affordable clinical training and GP Education, enabling primary care staff to develop and maintain the required knowledge and skills to provide the highest standards.

The webinars took place in September and November 2022 and topics included Urogenital atrophy/ Pelvic floor; Alternative therapies; Androgens; Menopause management: Assessment and prescribing; Complex patients and Contraception in the perimenopause. Grateful thanks to Paula Briggs, Heather Currie, Haitham Hamoda, Tim Hillard, Nick Panay and Lynne Robinson for delivering excellent lectures and fielding the many questions in the Q&A session.

HRT Shortages

The ongoing HRT shortages dominated the news throughout 2022. Oestrogel shortages started at the end of February when demand for HRT increased significantly. The BMS, along with the RCOG and RCGP, wrote to the Secretary of State and met with HRT Tsar, Madelaine McTernan, and the Department of Health and Social Care (DHSC) representative, Lucy Chappell, to put forward recommendations for consideration by the HRT Supply Taskforce. These recommendations were:

- Developing a central national database that can incorporate information on national HRT use collating information from Clinical Commissioning Groups (CCGs) prescribing data, pharmaceutical companies' data as well as private prescribing. This database could result in the provision of regular live updates that will allow an understanding of current HRT use including HRT new prescriptions, HRT renewed prescriptions, numbers of women on HRT and the number taking different HRT preparations including tablets, as well as transdermal preparations such as patches, gel or spray.
- The DHSC has agreed to provide more frequent numerical data to promote more transparency on supply issues.
- Introducing emergency measures (that can potentially be adapted and continued beyond the current shortages crisis) to allow pharmacists to switch to equivalent HRT products (within defined criteria and within national guidance) if the preparation a patient is prescribed is affected by the shortages. These would avoid the need for a patient to return to their healthcare professional to obtain a different prescription for the alternative HRT product, which currently is causing women further delays in obtaining their HRT medications.

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- Supporting the development of a national HRT formulary to avoid the postcode variations that exist in the country with many HRT products. An example of this is micronised progesterone, which is not available on many formularies nationally or is only available as a second line preparation, possibly due to cost implications. Having a national HRT formulary can be utilised to support regional formulary prescribing directly or by adapting the information to local requirements. Either scenario is likely to provide support and encourage a more uniform access to medications as well as resulting in quicker implementation of approved products being made available to women.

The BMS, RCOG, FSRH and RCGP issued a joint statement on supply shortages following the announcement which was published on the BMS website.

Media

Menopause enjoyed an unprecedented amount of media coverage during the year. Numerous celebrities, journalists and others published books and gave interviews across all media, in particular social media. This increased profile was welcomed by the BMS.

It has become apparent however, that the heightened profile has also generated the dissemination of far more information - and misinformation. This is potentially unhelpful when women and their partners are seeking sound advice and trustworthy guidance.

World Menopause Day

The BMS worked for a second year in partnership with ITN Productions in a targeted media campaign. The focus of the ITN Productions /BMS collaboration was *Menopause: Continuing the Conversation*. Videos were released on World Menopause Day and were made available on the BMS and WHC websites.

The programme, anchored by Louise Minchin, included an interview in the ITN studios with Heather Currie MBE, who cut through the misinformation with some straight-talking advice. The BMS invited British Nutrition Foundation's Science Director, Sara Stanner, to discuss how holistic health can play a role in managing the menopause. The programme also looked at why HRT isn't an option for everyone and featured a film with a woman living with a breast cancer diagnosis who is having to turn to alternatives to help alleviate her symptoms. Our thanks to Anne MacGregor and her patient, Professor Susan Duty for delivering a practical and uplifting piece. The final film - *Behind the Headlines* featured Paula Briggs and Haitham Hamoda, who were interviewed and asked to address some of the 'stories behind the stories'.

Zoe/Post-Doctoral Analyst

The BMS was approached by an individual who wished to make a significant and very generous donation of £100,000 to the society with a focus on research. A number of options were discussed, but discussions with Tim Spector and ZOE proved both interesting and appropriate and therefore a detailed proposal was put to the donor. This involved research work which will look at inter-relationships between diet, lifestyle, symptoms and disease phenotypes across the stages of the menopausal transition. The proposal was approved and therefore work will begin to recruit a Post-Doctoral Researcher (PDRA) in 2023. This person will be engaged for 20 months and employed by King's College London. The PDRA will be embedded within the KCL-ZOE team and have access to the data expertise of the ZOE Data Science team.

Research Questions:

1. Identify the most prevalent menopausal symptoms and understand the factors including personal characteristics (age, ethnicity), diet and health status, influencing variation in symptom prevalence and severity.
2. Explore how menopause status modifies the relationship between diet, lifestyle and gut microbiome with health outcomes
3. Investigate the role of menopausal therapies, including type, dose and duration of use on health outcomes.

Given the potential for even relatively non-complex research requiring six-figure funding, research at this level has never been a possibility for the society. The board therefore is particularly grateful to our donor for the very generous and timely donation. We look forward to sharing the research findings in due course.

Mahalo Trust

The BMS was approached by the Mahalo Trust who made a donation of £20,000. The Trust is happy for the donation to be used to reinstate the WHC telephone advisory service. This funding would cover in part a nurse salary and promotional activities. Zoom/Teams will be considered to aid this service, with the option for telephone for those without computers/internet access. We currently have 260 nurse members and recruitment will begin in 2023.

British Menopause Society

Report of the Trustees for the Year Ended 31st December 2022

Management & Administration

All six members of staff are part-time and, under the direction of the chief executive, cover the broad, busy and challenging management and administrative functions necessary to run the Society. The BMS is in the fortunate position to have a hard-working team who relish their responsibilities and work over and above their contracted hours with passion and with commitment.

The requirement for high quality menopause education, information and guidance continued to increase during 2022. Attendance at the face-to-face annual scientific conference, the virtual educational meetings and courses; membership numbers; enquiries and requests from HCPs - members and non-members - women, their partners and the media were at an all-time high and the team responded efficiently, effectively and with good humour!

Our education programme is effectively and efficiently managed and run by Kate Ellis, education programme manager together with Nadine Verstringhe and Sarah Haveron Jones. Nadine's role has changed post COVID-19 and she has focused on developing high quality, easily accessible online courses and meetings. In particular developing an online platform for the conference. This enabled delegates who were unable to attend in person, to access the education over a period of three months online. This proved popular with more than 250 delegates signed up for the package. Sarah Haveron Jones' role also changed as she was promoted to manage the face-to-face conference, together with the online menopause café and WHC symposium. The education team is warmly congratulated by the board for adapting and developing their roles and, in turn, the entire education programme.

The membership and finance team, Sara Burns and Lucy Gill, signed up 2,154 members during 2022 - the highest number since the society was established in 1989. The BMS has always focused on customer service and this very much in evidence with our members. Sara and Lucy also managed a significantly higher number of transactions generated by sold out meetings and high meeting attendance. So much so, that we recruited a new member of staff to provide admin support. Hazel Riley joined the BMS in April and quickly became an essential part of the team. The admin function is crucial to the smooth running of any business and Hazel manages this and provides support to the whole team. Again the 'traffic' through the office has significantly increased, generating a larger and broader workload.

Consultant Barbara Halstead works meticulously and manages marketing and sponsorship for the society. During the year, she expanded her role and worked closely with the education team on the PPMC ePortfolio, on activities around World Menopause Day and will be integral to the planning of the proposed online education programme planned for late 2023/early 2024.

The commitment, hard work and dedication demonstrated throughout 2022 has been exemplary and the whole team is to be congratulated.

Seven organisations work behind the scenes and contribute to our work and to our success. **Jackson Bone** is a design and web management agency in Brighton. Andy Bone is responsible for BMS branding and designs all BMS literature, including the conference programme. Mariette Jackson has managed the WHC website for more than eight years. Its up-to-date content and fresh style is largely down to her. Andrew Whiteley, Director of **Global Venue Solutions** has sourced most venues for our educational programme over the years and his negotiating skills in keeping costs down and his attention to detail are second to none. 2022 proved a lean year for Andrew as all our meetings, except the conference, were virtual. However, plans for 2023 include some face-to-face meetings and we look forward to working with Andrew again next year. **Skipple**, our IT support company under the guidance of Steven Turnbull, continues to serve the Society well, resolving many issues, including the successful installation of parallel servers and solving day-to-day IT niggles. **Annie Preuss** generates advertising income via the WHC website and the revenue has significantly increased since she came on board. Annie manages her role sensitively and vets potential advertisers to ensure their suitability. **Crunch Accounting** provides an efficient accountancy service to the charity. Lynn Sheppard's charity knowledge is invaluable and she and her team work closely with us on our bookkeeping, as well as management and the annual accounts. **Wheeler & Co**, who under the stewardship of Kevin Wheeler, undertakes the Independent Examination of the BMS and WHC accounts. The seventh 'behind-the-scenes' organisation is **Ventris TV**. Bjorn Ventris has once again been integral to the BMS throughout 2022, recording and editing numerous presentations for our education programme. Bjorn has helped the BMS deliver our high-quality education in a most professional way. The board offers its thanks to Andy and Mariette, Andrew, Steven, Annie, Lynn, Nita & Tracy, Kevin & Simon and Bjorn for their support.

British Menopause Society
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Commercial supporters

During 2022 unrestricted educational grants, website advertising and sponsorship were provided by Bayer, Besins Healthcare, Flynn Pharma, Gedeon Richter, InMode, Lawley Pharmaceuticals, Novo Nordisk, Pharmacare, Pharmacièrge, Sylk, Theramex, Vitabiotics, Viatris, VernaCare and Yes, Yes. Pharma and non - pharma support represents 5.4% of total annual income.

The board recognises the importance of commercial sponsorship, but emphasises that this has no bearing on the content of our educational programme.

This support continues to be of value to the society in keeping our costs manageable, especially as most delegates usually have to fund their own education in the area of menopause and post reproductive health. So many thanks to all our supporters who through funding and grants enable the BMS to keep delegate fees at an affordable level.

FINANCIAL REVIEW

The end of year figures show income of £962,502, (2021: £721,817), expenditure of £628,403, (2021: £420,363), a surplus of £334,099, (2021: £301,454) and therefore reserves are £875,005, (2021: £540,906).

The board of trustees records its formal thanks to our chief executive for managing the society so efficiently throughout another challenging year. 2022 was another busy year in terms of activities, educational output and also our continued engagement in the wider world of women's health. Our standing and respect throughout the medical profession, the media and the general public is second to none.

2023 - Looking forward

Attendance at meetings has continued to increase during the first half of 2023 and membership has remained buoyant with 2,374 members at time of publication.

In 2023, we once again are staging the annual scientific conference face-to-face, but this year we are also offering an online package concurrently. The conference sold out quickly, so the availability of an online package has provided a good alternative option, with more than 400 delegates already registered.

The key focus for 2023 is the development and provision of new online education. Initially this should help address the large numbers of potential trainees and the relatively small pool of BMS recognised trainers. The number of trainers is currently at 120, but demand is simply outweighing supply.

However, in the longer term, this new BMS online education will combine the educational requirements of the existing BMS PPMC Course and the BMS PPMC Certificate. It will offer in-depth menopause education and is a complete education package. It will offer the HCP learner everything that they need to treat 90% of patients who walk through their door, leaving only the 10% of complex cases to be referred for specialist care.

It will revolutionise menopause education by providing peer-reviewed, evidence based, in-depth learning - available to all those, in the UK and Ireland, who want it. More information on this will be shared at the annual scientific conference. The new online education will be available

These are exciting times in women's health and the profile of the BMS and our standing has never been higher - as is evidenced by membership numbers and the demand for our gold quality education. We relish the challenges that lie ahead and will continue to provide education, information, guidance and support for HCPs and most notably GP practices and specialist clinics.

Approved by order of the board of trustees on and signed on its behalf by:

.....
P Briggs - Trustee

**Independent Examiner's Report to the Trustees of
British Menopause Society**

Independent examiner's report to the trustees of British Menopause Society ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st December 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors 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 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 your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Kevin Wheeler
The Institute of Chartered Accountants in England and Wales

Wheeler & Co Ltd
Chartered Accountants
The Shrubbery
14 Church Street
Whitchurch
Hampshire
RG28 7AB

Date:

British Menopause Society
Statement of Financial Activities
for the Year Ended 31st December 2022

	Notes	31.12.22 Unrestricted fund £	31.12.21 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2	44,785	17,382
Charitable activities	4		
Membership fees		276,865	196,276
Conference and meetings		628,772	493,135
Miscellaneous income		11,576	14,938
Investment income	3	<u>504</u>	<u>85</u>
Total		<u>962,502</u>	<u>721,816</u>
EXPENDITURE ON			
Charitable activities	5		
Conference and meetings		153,278	59,563
Publication costs		69,184	47,697
Other		<u>405,941</u>	<u>313,102</u>
Total		<u>628,403</u>	<u>420,362</u>
NET INCOME		334,099	301,454
RECONCILIATION OF FUNDS			
Total funds brought forward		540,906	239,452
TOTAL FUNDS CARRIED FORWARD		<u>875,005</u>	<u>540,906</u>

The notes form part of these financial statements

British Menopause Society

Balance Sheet
31st December 2022

	Notes	31.12.22 Unrestricted fund £	31.12.21 Total funds £
FIXED ASSETS			
Tangible assets	11	2,037	2,304
Investments	12	<u>1,632</u>	<u>1,632</u>
		3,669	3,936
CURRENT ASSETS			
Stocks	13	1,980	1,208
Debtors	14	87,898	48,026
Cash at bank and in hand		<u>1,027,738</u>	<u>741,647</u>
		1,117,616	790,881
CREDITORS			
Amounts falling due within one year	15	<u>(246,280)</u>	<u>(253,911)</u>
NET CURRENT ASSETS		<u>871,336</u>	<u>536,970</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>875,005</u>	<u>540,906</u>
NET ASSETS		<u>875,005</u>	<u>540,906</u>
FUNDS	16		
Unrestricted funds		<u>875,005</u>	<u>540,906</u>
TOTAL FUNDS		<u>875,005</u>	<u>540,906</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

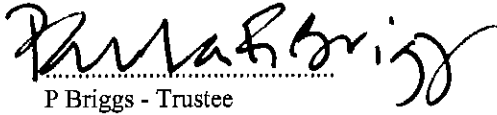
The notes form part of these financial statements

British Menopause Society

Balance Sheet - continued
31st December 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:


.....
P Briggs - Trustee

British Menopause Society

Cash Flow Statement
for the Year Ended 31st December 2022

	Notes	31.12.22 £	31.12.21 £
Cash flows from operating activities			
Cash generated from operations	1	<u>286,756</u>	<u>472,179</u>
Net cash provided by operating activities		<u>286,756</u>	<u>472,179</u>
 Cash flows from investing activities			
Purchase of tangible fixed assets		(1,169)	(706)
Interest received		<u>504</u>	<u>85</u>
Net cash used in investing activities		<u>(665)</u>	<u>(621)</u>
 Change in cash and cash equivalents in the reporting period		 286,091	 471,558
Cash and cash equivalents at the beginning of the reporting period		<u>741,647</u>	<u>270,089</u>
 Cash and cash equivalents at the end of the reporting period		 <u>1,027,738</u>	 <u>741,647</u>

The notes form part of these financial statements

British Menopause Society

Notes to the Cash Flow Statement
for the Year Ended 31st December 2022

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.12.22	31.12.21
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	334,099	301,454
Adjustments for:		
Depreciation charges	1,436	1,708
Interest received	(504)	(85)
Increase in stocks	(772)	(243)
(Increase)/decrease in debtors	(39,872)	28,062
(Decrease)/increase in creditors	<u>(7,631)</u>	<u>141,283</u>
Net cash provided by operations	<u><u>286,756</u></u>	<u><u>472,179</u></u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.22	Cash flow	At 31.12.22
	£	£	£
Net cash			
Cash at bank and in hand	<u>741,647</u>	<u>286,091</u>	<u>1,027,738</u>
	<u>741,647</u>	<u>286,091</u>	<u>1,027,738</u>
Total	<u><u>741,647</u></u>	<u><u>286,091</u></u>	<u><u>1,027,738</u></u>

The notes form part of these financial statements

British Menopause Society

Notes to the Financial Statements
for the Year Ended 31st December 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 20% on reducing balance
Computer equipment	- 33% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

2. DONATIONS AND LEGACIES

	31.12.22	31.12.21
	£	£
Donations	20,397	2,041
Gift aid	<u>24,388</u>	<u>15,341</u>
	<u>44,785</u>	<u>17,382</u>

3. INVESTMENT INCOME

	31.12.22	31.12.21
	£	£
Deposit account interest	<u>504</u>	<u>85</u>

4. INCOME FROM CHARITABLE ACTIVITIES

		31.12.22	31.12.21
	Activity	£	£
Membership fees	Membership fees	276,865	196,276
CBT meeting income	Conference and meetings	33,475	31,025
Annual conference	Conference and meetings	248,738	160,916
Regional meetings	Conference and meetings	-	26,980
Grants	Conference and meetings	20,000	-
WHC symposium income	Conference and meetings	36,400	26,345
WHC other income	Conference and meetings	8,417	7,799
PPMC theory courses	Conference and meetings	203,886	200,608
RCOG meeting	Conference and meetings	44,196	18,977
Menopause cafe	Conference and meetings	33,660	20,485
WHC other income	Miscellaneous income	-	584
Other incoming resources	Miscellaneous income	4,042	4,263
Publication income	Miscellaneous income	<u>7,534</u>	<u>10,091</u>
		<u>917,213</u>	<u>704,349</u>

Grants received, included in the above, are as follows:

	31.12.22	31.12.21
	£	£
Mahalo Trust	<u>20,000</u>	<u>-</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Conference and meetings	153,278
Publication costs	<u>69,184</u>
	<u>222,462</u>

6. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
Other resources expended	<u>388,686</u>	<u>13,719</u>	<u>3,536</u>	<u>405,941</u>

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.12.22 £	31.12.21 £
Depreciation - owned assets	1,436	1,708
Other operating leases	<u>11,247</u>	<u>11,000</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

Three trustees received remuneration for facilitating activities: Paula Briggs £275 (2021 - nil); Haitham Hamoda £1,650, who donated his fee to the charity, thus enabling the BMS to claim Gift Aid (2021 - £550 also donated to the BM) and Heather Currie £1,375 (2021 - £2,600)

There were no medical advisory council remuneration payments.

Trustees' expenses

The trustees and medical advisory council were reimbursed expenses totalling £1,286 in the year (2021 - £121)

9. STAFF COSTS

	31.12.22 £	31.12.21 £
Wages and salaries	209,375	162,375
Social security costs	14,383	11,099
Other pension costs	<u>2,841</u>	<u>2,051</u>
	<u>226,599</u>	<u>175,525</u>

The average monthly number of employees during the year was as follows:

	31.12.22 <u>6</u>	31.12.21 <u>6</u>
Administration		

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

9. STAFF COSTS - continued

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	31.12.22	31.12.21
£60,001 - £70,000	-	1
£70,001 - £80,000	<u>1</u>	<u>-</u>
	<u>1</u>	<u>1</u>

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	17,382
Charitable activities	
Membership fees	196,276
Conference and meetings	493,135
Miscellaneous income	14,938
Investment income	<u>85</u>
Total	<u>721,816</u>
EXPENDITURE ON	
Charitable activities	
Conference and meetings	59,563
Publication costs	47,697
Other	<u>313,102</u>
Total	<u>420,362</u>
NET INCOME	301,454
RECONCILIATION OF FUNDS	
Total funds brought forward	239,452
TOTAL FUNDS CARRIED FORWARD	<u>540,906</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

11. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1st January 2022	9,346	2,845	12,191
Additions	<u>125</u>	<u>1,044</u>	<u>1,169</u>
At 31st December 2022	<u>9,471</u>	<u>3,889</u>	<u>13,360</u>
DEPRECIATION			
At 1st January 2022	7,380	2,507	9,887
Charge for year	<u>1,143</u>	<u>293</u>	<u>1,436</u>
At 31st December 2022	<u>8,523</u>	<u>2,800</u>	<u>11,323</u>
NET BOOK VALUE			
At 31st December 2022	<u>948</u>	<u>1,089</u>	<u>2,037</u>
At 31st December 2021	<u>1,966</u>	<u>338</u>	<u>2,304</u>

12. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st January 2022 and 31st December 2022	<u>1,632</u>
NET BOOK VALUE	
At 31st December 2022	<u>1,632</u>
At 31st December 2021	<u>1,632</u>

There were no investment assets outside the UK.

The listed investments are valued at the quoted stock price on the London Stock Exchange at the close of business at the year-end.

13. STOCKS

	31.12.22 £	31.12.21 £
Finished goods	<u>1,980</u>	<u>1,208</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22	31.12.21
	£	£
Trade debtors	6,350	8,595
Prepayments and accrued income	<u>81,548</u>	<u>39,431</u>
	<u>87,898</u>	<u>48,026</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22	31.12.21
	£	£
Trade creditors	47,928	11,504
Accruals and deferred income	<u>198,352</u>	<u>242,407</u>
	<u>246,280</u>	<u>253,911</u>

16. MOVEMENT IN FUNDS

	At 1.1.22	Net movement in funds	At 31.12.22
	£	£	£
Unrestricted funds			
General fund	540,906	334,099	875,005
	<u>540,906</u>	<u>334,099</u>	<u>875,005</u>
TOTAL FUNDS	<u>540,906</u>	<u>334,099</u>	<u>875,005</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	962,502	(628,403)	334,099
	<u>962,502</u>	<u>(628,403)</u>	<u>334,099</u>
TOTAL FUNDS	<u>962,502</u>	<u>(628,403)</u>	<u>334,099</u>

Comparatives for movement in funds

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
Unrestricted funds			
General fund	239,452	301,454	540,906
	<u>239,452</u>	<u>301,454</u>	<u>540,906</u>
TOTAL FUNDS	<u>239,452</u>	<u>301,454</u>	<u>540,906</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

16. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	721,816	(420,362)	301,454
TOTAL FUNDS	<u>721,816</u>	<u>(420,362)</u>	<u>301,454</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	239,452	635,553	875,005
TOTAL FUNDS	<u>239,452</u>	<u>635,553</u>	<u>875,005</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,684,318	(1,048,765)	635,553
TOTAL FUNDS	<u>1,684,318</u>	<u>(1,048,765)</u>	<u>635,553</u>

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st December 2022.

British Menopause Society

Detailed Statement of Financial Activities
for the Year Ended 31st December 2022

	31.12.22 £	31.12.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	20,397	2,041
Gift aid	<u>24,388</u>	<u>15,341</u>
	44,785	17,382
Investment income		
Deposit account interest	504	85
Charitable activities		
CBT meeting income	33,475	31,025
Annual conference	248,738	160,916
Regional meetings	-	26,980
Membership fees	276,865	196,276
Grants	20,000	-
WHC symposium income	36,400	26,345
WHC other income	8,417	8,383
PPMC theory courses	203,886	200,608
Other incoming resources, inc. RCOG meeting	48,238	23,240
Menopause cafe	33,660	20,485
Publication income	<u>7,534</u>	<u>10,091</u>
	<u>917,213</u>	<u>704,349</u>
Total incoming resources	962,502	721,816
EXPENDITURE		
Charitable activities		
BMS publication costs	66,536	47,697
Annual conference costs	109,124	16,614
Regional meetings	602	4,360
CBT meeting	5,417	6,107
WHC symposium expenses	2,557	2,574
WHC other costs	-	180
PPMC theory courses	33,568	26,100
Menopause Cafe	2,010	1,890
Books for resale	<u>2,648</u>	<u>1,738</u>
	222,462	107,260
Support costs		
Management		
Wages	209,375	162,375
Social security	14,383	11,099
Pensions	2,841	2,051
Rent	11,247	11,000
Carried forward	237,846	186,525

This page does not form part of the statutory financial statements

British Menopause Society

Detailed Statement of Financial Activities
for the Year Ended 31st December 2022

	31.12.22	31.12.21
	£	£
Management		
Brought forward	237,846	186,525
Rates and water	773	839
Insurance	785	787
Light and heat	1,993	1,707
Telephone	3,521	3,178
Postage and stationery	16,172	12,960
Sundries	7,522	4,873
Accountancy	14,022	11,516
Legal fees	-	841
Office costs	4,587	2,912
Marketing consultancy	47,137	28,447
Website costs	25,948	25,050
Other marketing costs	21,209	9,087
Storage charges	1,160	758
Travelling costs	1,744	340
IT services	<u>4,267</u>	<u>9,061</u>
	388,686	298,881
 Finance		
Bank charges	12,283	10,642
Depreciation of tangible fixed assets	<u>1,436</u>	<u>1,708</u>
	13,719	12,350
 Governance costs		
Trustees' expenses	1,286	121
Independent Examiner's fees	<u>2,250</u>	<u>1,750</u>
	<u>3,536</u>	<u>1,871</u>
 Total resources expended	<u>628,403</u>	<u>420,362</u>
 Net income	<u>334,099</u>	<u>301,454</u>

Accounts

REGISTERED COMPANY NUMBER: 02759439 (England and Wales)
REGISTERED CHARITY NUMBER: 1015144

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31st December 2021
for
British Menopause Society

Wheeler & Co Ltd
Chartered Accountants
The Shrubby
14 Church Street
Whitchurch
Hampshire
RG28 7AB

British Menopause Society

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for the Year Ended 31st December 2021

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British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st December 2021. The trustees have adopted the provisions of 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).

REFERENCE AND ADMINISTRATIVE DETAILS

REGISTERED CHARITY NUMBER

1015144

REGISTERED COMPANY NUMBER

02759439 (England and Wales)

TRUSTEES

Kathy Abernethy

Dr Paula Briggs

Miss Gill Cheesbrough

Dr Heather Currie

Mr Haitham Hamoda

Mr Eddie Morris

Mr Patrick Shervington

Professor John Stevenson

Sara Moger

Chairman Elect: elected 21 September 2021
(non-medical trustee)

Chairman: elected 4 July 2019

(non-medical trustee)

Chief Executive (Ex officio)

MEDICAL ADVISORY COUNCIL

Kathy Abernethy

Dr Paula Briggs

Miss Deborah Bruce

Miss Pratima Gupta

Mr Haitham Hamoda

Miss Annie Hawkins

Mr Tim Hillard

Dr Olivia Hum

Professor Anne MacGregor

Professor Nick Panay

Miss Kate Panter

Mr Hugo Pedder

Professor Janice Rymer

Mr Mike Savvas

Miss Kalpana Upadhyay

Chairman Elect: elected 21 September 2021
Elected 21 September 2021

Chairman

Re-elected 21 September 2021
Elected 21 September 2021

Elected 21 September 2021

Elected 21 September 2021

COMPANY SECRETARY & CHIEF EXECUTIVE

Sara J Moger

REGISTERED OFFICE

Spracklen House, East Wing, Dukes Place, Marlow, Buckinghamshire SL7 2QH

INDEPENDENT EXAMINERS

Wheeler & Co, Chartered Accountants

The Shrubbery, 14 Church Street, Whitchurch, Hampshire RG28 7AB

LAWYERS

Bates Wells, 10 Queen Street Place, London EC4R 1BE

BANKERS

Lloyds plc, 1 Reading Road, Henley on Thames, Oxfordshire RG9 1AE

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2021**

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is a charitable company limited by guarantee and is registered as a charity.

Trustees

Trustees are therefore both company directors and trustees. Under the amended Memorandum & Articles of Association adopted at the 2008 AGM at least 50% of the board of trustees must be healthcare professionals. The board is formed by the chairman and the immediate past chairman/chairman elect of the British Menopause Society (BMS) medical advisory council, together with other elected members of the MAC. Those with expertise in areas other than medicine, including finance, publishing, marketing/PR, media, business and charity may be appointed a trustee by the board.

The BMS board of eight trustees, with combined medical and non-medical skills continues to provide a balanced and effective governing body. Trustees are inducted to the policies and procedures of the charity by the chief executive and training is provided as appropriate.

Chairman elections took place in September. Paula Briggs stood unopposed and was duly elected. The board, council and wider membership congratulate Paula on her appointment. She takes up her role at the BMS AGM on 30 June 2022.

The BMS was saddened to learn of the death of David McKay Hart in 2020. David was a Founder Member of the BMS and looked forward to meeting with colleagues and his former Research Registrars at our annual conferences. Throughout his career, David continued to manage a heavy general workload in Obstetrics and Gynaecology at Stobhill General Hospital and latterly back at the Queen Mother's Hospital after reorganisation of Maternity services within Glasgow. David will be fondly remembered for his quiet, unassuming nature and his dry understated sense of humour as well as for his consummate clinical skills and pioneering role in the care of menopausal women.

David is survived by his wife Helen and their three sons.

The BMS was also saddened to hear of the death of Professor John Studd in August 2021. A former chairman of the BMS (2005 -2007), he was well known for his immense contribution to the field of menopause and women's healthcare in general. This was recognised by the Royal Society of Medicine who awarded him the Blair Bell medal for lifetime achievement in Obstetrics and Gynaecology. He was a visiting professor in many institutions. He served on the council of the Royal College of Obstetricians and Gynaecologists for many years. He published more than 500 papers and numerous books. His series of books, Progress in Obstetrics and Gynaecology was published between 1985 and 2003 and was essential reading for candidates sitting their Part II examination.

John is survived by his wife, Margaret and their three children.

All at the BMS: trustees, medical advisory council, members and staff warmly congratulate Heather Currie on the award as a Member of the Order of the British Empire announced in Her Majesty the Queen's Birthday Honours List, published on June 12, 2021. This is in recognition of her many years' contribution to the management of post reproductive health, to the BMS, Menopause Matters, the Scottish Government and overall women's health.

Risk Management

The trustees undertake their duties to review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The CEO consults closely with our lawyers, Bates Wells, who provide an excellent and comprehensive service.

Reserves Policy

Until three years ago our policy was predicated by the imperative to remain financially viable as a society. Since then, the board has directed that reserves should be built up year-on-year to a target of 9 months' operating costs.

British Menopause Society

Report of the Trustees for the Year Ended 31st December 2021

Medical advisory council

Medical advisory council members are elected by the members of the BMS for a term of three years. With exception of the chairman, immediate past chairman and chairman elect, one third of council members retire from office at each AGM. A retiring council member is eligible for re-election for one further term of three years. After serving two terms, a council member is eligible for re-election after a period of 12 months. Council members are appointed at the AGM, although they can be co-opted by council in the interim.

At the 2021 virtual AGM which took place on 21 September, Tim Hillard was re-elected for a second term and Deborah Bruce, Olivia Hum, Janice Rymer and Kalpana Upadhyay are congratulated on their election to the medical advisory council. We regret that Bid Kumar, Kristyn Manley, Paul Simpson and Phil Tooze Hobbs were unsuccessful.

Mary Ann Lumsden, Melanie Davies and Jo Marsden completed their second terms on council and stood down at the virtual AGM. The board thanks Mary Ann, Melanie and Jo for bringing so much expertise and experience to the council and for their hard work and support. We especially acknowledge the commitment of Mary Ann. As a former chairman (2009 -2011), it is hard to remember a time when she wasn't on council!

OBJECTIVES AND ACTIVITIES

The **Memorandum & Articles of Association (Mem & Arts)** of the BMS, which was incorporated on 27 October 1992, and amended on 2 July 2008 and 5 July 2012, define the objects for which the company was established. These are:

1. To facilitate the advancement of education by the promotion of interest in all matters relating to the menopause (meaning the short and long-term consequences of ovarian insufficiency and the associated life events occurring in women) and gynaecological disorders
2. To facilitate the multi-disciplinary study of matters relating to the menopause and exchange of information and ideas between persons working in this field
3. To promote high standards of training and education for those involved in advising women about the menopause and its consequences
4. To provide guidance to women suffering from gynaecological disorders

The **British Menopause Society (BMS)** is the specialist authority for menopause and post reproductive health in the UK. Established in 1989, the BMS educates, informs and guides healthcare professionals, working in primary and secondary care, on menopause and all aspects of post reproductive health.

This is achieved through:

- Our Education Programme, which includes the annual scientific conference, the WHC symposium and BMS certificated courses for PPMC and CBT.
- Our interactive website which features *BMS TV: the menopause explained* and the online register of NHS and private BMS menopause specialists.
- Our range of resources and publications including Consensus statements, Tools for clinicians, BMS bulletins and news alerts, the quarterly journal *Post Reproductive Health* and the definitive handbook *Management of the Menopause*.

Women's Health Concern (WHC), established in 1972 and the patient arm of the BMS since 2012. WHC provides a confidential, independent service to advise, inform and reassure women about their gynaecological, sexual and post reproductive health.

- Our specialist healthcare professionals offer unbiased information via:
- The website, which contains a wide range of downloadable resources, including factsheets and infographics and a separate menopause section, *Menopause: Giving you confidence for understanding and action*
- The telephone and email advisory service, staffed by specialist nurses
- Links to a series of 14 short videos, *BMS TV: the menopause explained* and the BMS menopause specialist online register with details of NHS and private clinics and services
- Symposia, seminars, meetings and our workshop *Living and loving well beyond 40...!*

British Menopause Society

Report of the Trustees for the Year Ended 31st December 2021

Professor John Stevenson, a trustee of the BMS, continues to serve as chairman of WHC, supported by Patrick Shervington, a trustee and former CEO of WHC. Penny Junor is the patron and we thank her for her ongoing support, advice and expertise, especially in relation to publishing and the media.

To have our own patient arm is most worthwhile as it helps enable us to reach wider and engage with a broader constituency. With the level of public as well as professional interest in menopause increasing since the publication of the NICE guideline in 2015, we are well-placed to play a positive role in public debate, discussion, awareness and helping to guide best practice.

ACHIEVEMENT AND PERFORMANCE

Covid-19

The impact of the Covid-19 pandemic continued to dominate 2021 and is covered in later sections of this report.

Conference & Meetings

The BMS once again organised an active, varied and highly evaluated education programme throughout 2021. The difference being that all were delivered remotely.

Annual scientific conference

Following the success of online meetings in 2020, a decision was made early in the year to manage the **30th annual scientific conference** - postponed from 2020 - as a virtual meeting. As this is our flagship event, an external company was engaged and the conference staged on an online platform. Lectures were pre-recorded and complemented by a live day. Taking place on Thursday 1 July, this comprised the 'highlights' of a face-to-face conference. The day included *Hot off the Press*, delivered by BMS chair, Haitham Hamoda; the debate *This house believes that HRT can be taken by women living with breast cancer*. Anne MacGregor spoke for the motion and Swati Jha, Consultant Gynaecologist, Sheffield Teaching Hospitals; Chair, The British Society of Urogynaecology, spoke against the motion. We welcomed Professor Martha Hickey, Chair of Obstetrics and Gynaecology, Melbourne Medical School, University of Melbourne; Royal Women's Hospital/Mercy Hospital for Women, Australia who delivered the BMS annual lecture *Management of menopause after cancer*. We also welcomed Dr Marla Shapiro CM, Professor, Department of Family and Community Medicine/Preventive Medicine, University of Toronto, Canada, who delivered the Pat Patterson memorial lecture: *HRT and Breast Cancer: Understanding and communicating the risk*. The board thanks them both for their two outstanding presentations.

Other sessions at the annual scientific conference included: *Challenges in women's health* delivered by Mr Edward Morris, Consultant Gynaecologist, Norfolk & Norwich University Hospital; President - Royal College of Obstetricians & Gynaecologists; *Fertility after Premature Ovarian Insufficiency*, Ms Melanie Davies, Consultant Obstetrician & Gynaecologist, University College London Hospitals; *Fertility preservation at time of cancer diagnosis*, Professor Richard Anderson, Professor of Clinical Reproductive Science, University of Edinburgh; *Indication and Interpretation of DEXA scans. When should these be done and how often should they be repeated?* Professor Ali Jawad, Consultant Rheumatologist, Royal London Hospital and St Bartholomew's Hospital; *Management options for postmenopausal osteoporosis prevention*, Professor Cyrus Cooper, Director of the MRC Lifecourse Epidemiology Unit, Vice Dean, Professor of Rheumatology, Honorary Consultant Rheumatologist, University of Southampton; *Pelvic floor dysfunction*, Dr Angie Rantell, Lead Clinical Nurse Specialist Urogynaecology, King's College Hospital, London; *Endometriosis & HRT*, Professor Ludwig Kiesel, Chairman, Department of Obstetrics & Gynaecology, University of Münster School of Medicine, Münster, Germany; *Endometrial cancer - a weighty issue*, Professor Emma Crosbie, Professor of Gynaecological Oncology, St Mary's Hospital, University of Manchester; *Estetrol - its place in menopause and breast cancer management*, Herjan J.T. Coelingh Bennink, President & Founder, Pantarhei Bioscience/ Pantarhei Oncology, Zeist, The Netherlands; *Neurokinin 3 receptor antagonists*, Dr Julia Prague, Royal Devon & Exeter Hospital and University of Exeter; *Neurosurgical conditions and menopause*, Mr Nicholas Thomas, Consultant Neurosurgeon, Kings College Hospital, with specialist interest in complex spinal surgery, endoscopic pituitary surgery, neurofibromatosis and skull base surgery; *Menopause, cognition and dementia*, Professor Michael Hornberger, Professor of Applied Dementia Research, Norwich Medical School, UEA, Associate Dean of Innovation, Faculty of Medicine and Health Sciences, UEA, Norwich Medical School, University of East Anglia, Norwich.

355 delegates registered (303 at the previous BMS conference held face-to-face in 2019). £29,150 was secured from 11 sponsors (2019: £39,400 from 18 sponsors). Whereas virtual meetings can be more attractive to delegates, they are less appealing to sponsors, hence the drop in sponsorship revenue. The conference made a surplus of £192, 915 (2019: £81,288). This was welcome, especially in such financially uncertain times. The surplus was largely due to higher delegate numbers and lower overheads. Paula Briggs and Anne MacGregor, joint chairs of the scientific advisory group, (SAG) and the SAG members are to be congratulated on securing excellent speakers and putting together a first-class programme.

British Menopause Society

Report of the Trustees for the Year Ended 31st December 2021

Education Programme

A key achievement during 2020, was the development and launch of the new training programme: **Principles & Practice of Menopause Care (PPMC)**. This programme for healthcare professionals is based on the **BMS Vision for menopause care in UK**. Demand for high quality, evidence-based education, adhering to national and international guidelines grew significantly throughout 2020. In 2021 we increased the number of PPMC theory courses to eight, replicating the virtual model established in 2020. The courses were run remotely and comprised pre-recorded lectures, together with full day of interactive Q&A/case discussion sessions via Zoom.

Our thanks to Kathy Abernethy, Julie Ayres, Paula Briggs, Heather Currie, Heike Gleser, Haitham Hamoda, Atiyah Kamran, Annie Neill, Anne MacGregor, Tony Parsons, Dianna Reed, Lynne Robinson, Elaine Stephens and Tonye Wokoma. All continued to provide excellent, high standard education in this new format. The evaluations were amongst the best ever submitted to the BMS.

Special thanks to Julie Ayres and Elaine Stephens who both retired in 2021, but were integrally involved in the development and facilitation of the face-to-face courses and key to the online/virtual switchover.

We held two **Cognitive Behavioural Therapy (CBT) courses**. Designed as a two-day course when staged face-to-face, the new format followed the same template of delivery as the PPMC theory courses. Our thanks to Melanie Smith and Janet Balabanovic for completely revising, rewriting and delivering this excellent course. There is no doubt that CBT is an essential component in the overall education of HCPs. It is also an important alternative for those women who are not able or choose not to take HRT.

The **BMS Menopause Café - practical prescribing workshop** took place virtually, again a combination of pre-recorded presentations and a live and interactive 2-hour session. 152 delegates attended and the evaluations confirmed that holding the café as a stand-alone event was a good decision. Thank you to Paula Briggs, Heike Gleser, Haitham Hamoda (who also chaired the live session) and Joan Pitkin for their excellent presentations and to members of the wider council for taking part in the live workshop.

Two virtual **Women's health meetings** were held in the autumn. Heather Currie and Haitham Hamoda developed a full programme of pre-recorded lectures and chaired live Q&A webinars in September and November respectively and more than 200 delegates registered. These were important in helping to maintain the momentum of our post reproductive health education.

The **Royal College of Obstetricians & Gynaecologists (RCOG) /BMS Menopause Advanced Training Skills course, Post Reproductive Health** took place remotely and was attended by 162 delegates (2020:231). It generated a surplus just short of £19,000 (2020: £53,000) which was shared between the BMS and the RCOG. Once again thanks to the course organisers Mike Savvas, Haitham Hamoda and Nick Panay.

The **Women's Health Concern 31st Annual Symposium** went ahead remotely with pre-recorded lectures and a live, interactive webinar on 30 November. A wide-ranging programme was produced and highlights included Heather Currie, a past chairman of the BMS, who delivered the **Gerald Swyer Memorial Lecture: Managing menopausal symptoms - HRT is not the only option. . .**

Other symposium presentations included: *Menopause and work: how women in the workplace would like to be supported whilst transitioning through their menopause*, delivered by Dr Claire Hardy, Senior Lecturer in Organisational Health and Wellbeing Faculty of Health and Medicine, Lancaster University; *Women make the difference in heart disease*, Professor Angela Mass Professor in Women's Cardiac Health, Radboud University Medical Center, The Netherlands; United Nation's Women's representative of the Dutch Government; *Role of the specialist pelvic health physiotherapist* Kate Walsh, Physiotherapy Manager and Clinical Lead, Liverpool Women's Hospital; *Lifestyle factors and management of the menopause*, Dr Annie Neill, Gynaecologist with special interest in post-reproductive health, Cambridge University Hospitals NHS Foundation Trust; *Menopause, testosterone and sexual dysfunction*, Dr Heike Gleser, Consultant in Sexual & Reproductive Health, Tayside Sexual & Reproductive Health Service and *Management of the perimenopause*, Miss Lynne Robinson, Consultant gynaecologist leading the Fertility, Menopause and Reproductive Endocrine services at Birmingham Women's Hospital.

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2021**

120 delegates registered for the symposium (2020:185) and 5 sponsors generated £5,000 income (2020: £11,000). The WHC symposium generated a surplus of £23,000 (2020: £39,700; 2019: £19,000). The drop in delegate numbers and sponsorship from the previous year can be attributed to the fact that there was no BMS annual scientific conference in 2020; hence the increased interest in the symposium.

Despite the challenges of Covid-19, our education programme continues to be the core activity of the BMS. More than 1500 HCPs remotely accessed BMS training. Both primary and secondary care were well represented; especially encouraging was the increased range of attendance of health care professions e.g. physiotherapists, dieticians, etc with an interest in women's mid-life health and well-being.

Membership

Membership numbers continued to grow and as at 31 December were 1568 (*cf 2020: 1167; 2019: 1058; 2018: 905; 2017: 717; 2016: 665; 2015: 616; 2014: 609; 2013: 602; 2012: 615 and 2011: 656*).

Membership income in 2021 totalled £196,276, with Gift Aid net income of £15,341 (2020: £120,704, Gift Aid net £10,308). Membership is the highest it has been since records were introduced in 1996. This significant increase in membership demonstrates the developing interest in this area of women's health and the demand for authoritative information, education and guidance, based on national and International guidelines.

Post Reproductive Health (PRH) - the quarterly Journal of the British Menopause Society

Eddie Morris and Heather Currie, the editors, together with associate editors, Tony Mander and Paul Simpson and news editor Simon Brown are congratulated on their hard work and dedication to the journal throughout 2021. PRH is an increasingly well-received resource of news, research and opinion and is a valued and important part of BMS membership.

Publications

Throughout 2021 the BMS continued to add to its library of resources including:

- *HRT preparations and equivalent alternatives*
- *A Menopause in the Workplace section has been added to the BMS and WHC websites to coincide with World Menopause Day*
- *Joint BMS / RCOG / RCGP / RCN / FSRH framework for restoration of menopause services in response to COVID-19 - statement updated*
- *The British Menopause Society response to the Department of Health and Social Care's call for evidence to help inform the development of the government's Women's Health Strategy*
- *Urogenital atrophy - updated BMS consensus statement*
- *Surgical Menopause - a new Tool for Clinicians*
- *Progestogens and endometrial protection - a new BMS Tool for Clinicians*
- *Sample formulary application forms - a new BMS Tool for Clinicians*
- *Menopause and Domestic Abuse - Brief Guidance for Staff and Clinicians in General Practice - a new Tool for Clinicians*
- *HRT practical prescribing - an updated Tool for Clinicians*
- *Prolapse: Uterine and vaginal - updated Women's Health Concern fact sheet*
- *Diagnosing breast conditions - a new Women's Health Concern fact sheet*
- *HRT - types, doses and regimens - a new Women's Health Concern fact sheet*
- *HRT - updated Women's Health Concern fact sheet*
- *HRT Summary - updated Women's Health Concern fact sheet*
- *Osteoporosis - updated Women's Health Concern fact sheet*

The British Menopause Society has issued regular bi-monthly updates on HRT supplies to provide guidance to BMS members, clinical practitioners and members of the public on the current availability of HRT products. The BMS has also produced a document on suitable equivalent alternative HRT preparations to provide guidance to BMS and clinical practitioners who may be experiencing difficulties obtaining their HRT preparations.

This ongoing service highlights the role of the Society as the specialist UK authority for menopause and post-reproductive health.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2021

BMS Websites

The BMS website is an invaluable source of information and guidance for healthcare professionals. The importance of online registration for the annual conference, women's health meetings and masterclasses became increasingly apparent, as was the facility to renew and sign up for membership. An important benefit of membership is the members' forum, giving the opportunity to discuss clinical problems and raise queries and receive personal focused responses. The forum is somewhat underused, but is slowly increasing and is a facility of great potential.

The WHC website is an excellent resource for women with gynaecological and sexual health issues. The telephone advice service and the email advisory service continue to provide advice, reassurance and education for women. The board expresses its particular thanks to Kathy Abernethy for voluntarily co-ordinating the telephone and email advisory services and for personally responding to enquiries.

BMS Menopause Specialists

The register, established in June 2016, continues to grow with 180 HCPs signed up by 31 December 2021. Considerable work went into the online register from MAC definition of a 'menopause specialist' post the publication of the 2015 NICE guideline; to website development and to the reviewing, assessing and administrative process involved in certification. The process is ongoing with new specialists being added on a regular basis. Every three years, BMS menopause specialists are required to apply for recertification.

The online register of BMS menopause specialists was launched on World Menopause Day, 18 October 2018. This interactive, easily navigable register, comprising approximately 50% NHS and 50% private clinics - is unique to the BMS. The BMS is very proud to have established this important resource for women.

A link to the register is available on the Women's Health Concern and Menopause Matters websites

BMS Education Fund

The board of trustees introduced an education fund as a benefit for full members. The principal purpose of the Fund is to award financial grants to our healthcare professionals to help further their career opportunities and allow them to develop research, scientific and educational projects within the sphere of post reproductive health. The fund was launched at the conference in June 2019 and it was planned to open grant applications early in 2020. However, given the financial uncertainty generated by Covid-19, the education fund has been put on hold. Grant-making from the education fund will be reviewed after the annual scientific conference in 2022.

New initiatives, collaborations and advisory roles

The BMS has been integrally involved in a number of significant new initiatives. These include:

Optimal Pathway for menopause care NHS England - Clinical Reference Group (CRG)

The CRG, which is chaired by Janice Rymer, has been set up to advise the clinical pathway development and the education and training programmes on behalf of the Menopause Programme Steering Group. The group was formed by Suzanne Banks CBE (Senior Nurse Advisor NHSE/I retired Chief Nurse from Sherwood Forest NHSFT) and Ruth May (CNO England). The intent is to ensure that expert clinicians within NHS England and NHS Improvement, as well as key external clinical stakeholders can input into the pathways and the education and training programmes at every stage of their lifecycle and ensure alignment with national programmes and priorities. Haitham Hamoda and Sara Moger attend the group along with other BMS members in their various capacities.

The CRG is trying to link to NICE recommendations to further strengthen their case and have been encouraged to submit a business case internally to support the programme for the next couple of years so there is a significant amount of commitment within the NHS.

DHSC Womens' Health Strategy

The Department of Health sent out a call for feedback from clinicians on their Women's Health Strategy. The BMS submitted a formal response following input from the board and medical advisory council. In addition, BMS Members were sent a link to a questionnaire for individual feedback. The BMS was invited to join three round table discussions on the Strategy. These covered:

- Research, trials and data in relation to the Women's Health Call for Evidence
- Pioneering research across obstetrics and gynaecology, reproductive health, menstrual conditions like endometriosis, black women's health, the health workforce, and female representation in research
- Improving the health and wellbeing of women going through the menopause in the financial sector

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2021**

BMS Survey

Two questionnaires - clinicians and patients - were designed to assess the acceptability of remote consultations during the pandemic. The clinicians' questionnaire was sent to members and promoted via our BMS website. The patient questionnaire was posted on the WHC, BMS and Menopause Matters websites.

A number of clinics took part: Northwick Park Hospital, Birmingham Women's Hospital, Norfolk and Norwich University Hospitals, King's College Hospital, Poole Hospital, Chelsea and Westminster Hospital and Queen Charlotte's Hospital.

The survey results indicated that that overall both clinicians and patients felt that patients should have the choice of what kind of consultation they could receive once the pandemic has eased. Despite there being only a small subset of women surveyed, the surveys identified that there is a group of women who find remote consultations perfectly adequate even if they are not as good as those that are face-to-face.

Media

Menopause enjoyed an unprecedented amount of media coverage during the year. Numerous celebrities, journalists and others published books and gave interviews across all media, in particular social media. This increased profile was welcomed by the BMS.

It has become apparent however, that the heightened profile has also generated the dissemination of far more information - and misinformation. This is potentially unhelpful when women, their partners and their employers are seeking sound advice and trustworthy guidance.

World Menopause Day

In addition to the new *Menopause in the Workplace* section on the WHC website, the BMS was approached to partner ITN Productions in a targeted media campaign. The ITN Productions /BMS collaboration focussed on POI and the work of the Society itself. Videos were released on World Menopause Day and are available on the BMS website. Haitham Hamoda was interviewed by Louise Minchin and talked about menopause generally and the work of the BMS specifically. Nick Panay contributed to a powerful video focussing on POI with a young woman called Corinna Bordoli. There was also a mini 'ad' for the BMS with Heather Currie and Sara Moger emphasising the trustworthy nature of any information on our sites; that everything was peer-reviewed, expanded, improved and signed off by a group of 20 + of the top menopause specialists in the UK and beyond.

Nick Panay organised an RCOG webinar *Menopause: What do women want?* and Sara Moger was one of the speakers, delivering a lecture on *The vital importance of a national menopause society*.

In addition, Haitham Hamoda fulfilled a number of requests for both Menopause and Menopause in the Workplace talks from organisations including the Met Police, ACAS and the British Businesswomen Forum.

Indeed, throughout the year, Haitham has dedicated a huge amount of his time and expertise giving numerous lectures, interviews and presentations, contributing to groups and articles and generally promoting the work of the society far and wide. The board thanks Haitham for his outstanding commitment to the BMS.

HRT Supplies

There continued to be some HRT supply issues during the year. The Menopause Support and Services Bill initiated by Carolyn Harris MP, had a second reading in Parliament in November. There was approval for free prescriptions for HRT, which meant the cost of repeat HRT prescriptions for 12 months was cut. There was also approval for combining two hormone treatments into one prescription saving affected women up to £205 per year as a result. The BMS is in full support of this and looks forward to the progression of other aspects to do with menopause care and provision.

Commercial supporters

During 2021 unrestricted educational grants, website advertising and sponsorship were provided by Bayer, Besins Healthcare, Consilient Health, Cynosure, Flynn Pharma, Gedeon Richter, Lawley Pharmaceuticals, Novo Nordisk, Pharmaciege, Sylk, Theramex, Vitabiotics and Viatris. The board recognises the importance of commercial sponsorship, but emphasises that this has no bearing on the content of our educational programme.

This support continues to be invaluable in keeping our costs manageable, especially as most delegates usually have to fund their own education in the area of menopause and post reproductive health. So many thanks to all our supporters who through funding and grants enable the BMS to keep delegate fees at an affordable level.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2021

Management & Administration

All six members of staff are part-time and, under the direction of the chief executive, cover the broad, busy and challenging management and administrative functions necessary to run the Society. The BMS is in the fortunate position to have a hard-working team who relish their responsibilities and work over and above their contracted hours with passion and with commitment.

The requirement for high quality menopause education, information and guidance continued to increase during 2021. Attendance at virtual educational meetings and courses; membership numbers; enquiries and requests from HCPs - members and non-members - women, their partners and the media were at an all-time high and the team responded efficiently, effectively and with good humour!

Our education programme is managed and run by Kate Ellis, programme manager and Nadine Verstringhe, meetings organiser. The programme encompasses, not only the virtual meetings, courses, WHC symposium and BMS annual scientific conference, but also all aspects of the PPMC training programme together with management of the BMS recognised menopause specialists register. All PPMC theory and CBT training courses sold out and numbers for the conference and other meetings were high.

The membership and finance team, Sara Burns and Lucy Gill, signed up 1568 members during 2021 - the highest number since the society was established in 1989. They also managed a significantly higher number of transactions generated by sold out meetings and high meeting attendance. The admin function is crucial to the smooth running of any business and Sarah Haveron Jones - with input from Lucy - manages this. Her role also includes updating the websites and arranging the review and revision of BMS and WHC resources. Again the 'traffic' through the office has significantly increased, generating a larger and broader workload.

Consultant Barbara Halstead, who manages marketing and sponsorship for the society, found that securing sponsors in the Covid-19 world of virtual exhibitions proved challenging. During the year, she expanded her role and worked closely with the education team on the PPMC ePortfolio, on activities around World Menopause Day and was integral to the planning of a proposed media campaign, planned for 2022.

At the end of 2021, we began recruiting for an office manager. He/she will take on the majority of the administration function, thus allowing Lucy and Sarah to build and develop their work in membership and the education programme respectively. Note: In April 2022 we were pleased to appoint Hazel Riley as our new office manager. Hazel has already settled in and is proving a great addition to the team.

The commitment, hard work and dedication demonstrated throughout 2021 has been exemplary and the whole team is to be congratulated.

Seven organisations work behind the scenes and contribute to our work and to our success. **Jackson Bone** is a design and web management agency in Brighton. Andy Bone is responsible for BMS branding and designs all BMS literature, including the conference programme. Mariette Jackson has managed the WHC website for more than eight years. Its up-to-date content and fresh style is largely down to her. Andrew Whiteley, Director of **Global Venue Solutions** has sourced most venues for our educational programme over the years and his negotiating skills in keeping costs down and his attention to detail are second to none. 2021 proved a lean year for Andrew as all our meetings were virtual, but plans for 2022 include some face-to-face meetings and we look forward to working with Andrew again next year. **Skipple**, our IT support company under the guidance of Steven Turnbull, continues to serve the Society well, resolving many issues, including the successful installation of parallel servers and solving day-to-day IT niggles. **Annie Preuss** generates advertising income via the WHC website and the revenue has significantly increased since she came on board. Annie manages her role sensitively and vets potential advertisers to ensure their suitability. **Crunch Accounting** provides an efficient accountancy service to the charity. Lynn Sheppard's charity knowledge is invaluable and she and her team work closely with us on our bookkeeping, as well as management and the annual accounts. **Wheeler & Co**, who under the stewardship of Kevin Wheeler, undertakes the Independent Examination of the BMS and WHC accounts. The seventh 'behind-the-scenes' organisation is **Ventris TV**. Bjorn Ventris has once again been integral to the BMS throughout 2021, recording and editing numerous presentations for our education programme. Bjorn has helped the BMS deliver our high quality education in a most professional way. The board offers its thanks to Andy and Mariette, Andrew, Steven, Annie, Lynn, Nita & Tracy, Kevin & Simon and Bjorn for their support.

British Menopause Society

Report of the Trustees
for the Year Ended 31st December 2021

FINANCIAL OVERVIEW

The charity had total incoming resources for the year of £721,816 (2020: £334,051) details of which are shown in the Statement of Financial Activities. Resources expended totalled £420,362 (2020: £325,762) resulting in a surplus for the year of £301,454 (2020: £8,289). The cumulative surplus carried over is therefore £540,906, which equates to approximately 9 months' operating costs at current levels.

The board of trustees records its formal thanks to our chief executive for managing the society so efficiently throughout a challenging year. This is an understatement as we can confidently state that 2021 has been our most intensive period of sustained pressure to deliver our core objectives in the Society's history. Our standing and respect throughout the medical profession, the media and the general public is second to none.

2022 - Looking forward

Attendance at meetings continued to increase during the first half of 2022 and membership remained buoyant with 1895 members at time of publication.

The Covid -19 pandemic has forced us to review and change how the Society operates. Having, experienced a smooth transition from face-to-face to virtual meetings in 2021, in 2022 we return to a face-to-face annual scientific conference in Kenilworth. 450 delegates have registered for the conference, which sold out by the beginning of May. In response to the increased requirement for education, the BMS has developed an online conference package which will be available until the end of September 2022.

As a result of the demand for PPMC education - theory courses, the certificate and advanced certificate - the PPMC programme is in the process of being reviewed. This review will address the large numbers of potential trainees and the relatively small pool of BMS recognised trainers. More information on this will be shared at the annual scientific conference.

We are also developing an online learning tool, which again will address the demands and requirements for further education.

Finally, at a strategic level the board anticipates that the requirement for the DHSC, NHS England and the Royal Colleges to provide improved services for mid-life women will inexorably increase. We relish these challenges and the BMS will continue to support all HCPs and most notably GP practices and specialist clinics.

29/6/22
Approved by order of the board of trustees on and signed on its behalf by:



.....
H Hamoda - Trustee

Independent Examiner's Report to the Trustees of
British Menopause Society

Independent examiner's report to the trustees of British Menopause Society ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st December 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors 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 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 your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Kevin Wheeler
ICAEW
Wheeler & Co Ltd
Chartered Accountants
The Shrubbery
14 Church Street
Whitchurch
Hampshire
RG28 7AB

Date: 28/09/2022

British Menopause Society

Statement of Financial Activities
for the Year Ended 31st December 2021

		31.12.21 Unrestricted fund £	31.12.20 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	17,382	13,487
Charitable activities	5		
Membership fees		196,276	123,664
Conference and meetings		485,336	183,283
Miscellaneous income		4,263	143
Womens Health Concern income		8,383	8,229
Other trading activities	3	10,091	5,145
Investment income	4	<u>85</u>	<u>100</u>
Total		721,816	334,051
EXPENDITURE ON			
Charitable activities	6		
Conference and meetings		59,563	57,941
Publication costs		47,697	25,259
Other		<u>313,102</u>	<u>242,562</u>
Total		420,362	325,762
NET INCOME		301,454	8,289
RECONCILIATION OF FUNDS			
Total funds brought forward		239,452	231,163
TOTAL FUNDS CARRIED FORWARD		<u><u>540,906</u></u>	<u><u>239,452</u></u>

The notes form part of these financial statements

British Menopause Society

Balance Sheet
31st December 2021

	Notes	31.12.21 Unrestricted fund £	31.12.20 Total funds £
FIXED ASSETS			
Tangible assets	12	2,304	3,306
Investments	13	<u>1,632</u>	<u>1,632</u>
		3,936	4,938
CURRENT ASSETS			
Stocks	14	1,208	965
Debtors	15	48,026	76,088
Cash at bank and in hand		<u>741,647</u>	<u>270,089</u>
		790,881	347,142
CREDITORS			
Amounts falling due within one year	16	<u>(253,911)</u>	<u>(112,628)</u>
NET CURRENT ASSETS		<u>536,970</u>	<u>234,514</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>540,906</u>	<u>239,452</u>
NET ASSETS		<u>540,906</u>	<u>239,452</u>
FUNDS	17		
Unrestricted funds		<u>540,906</u>	<u>239,452</u>
TOTAL FUNDS		<u>540,906</u>	<u>239,452</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

British Menopause Society

Balance Sheet - continued
31st December 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29/6/22 and were signed on its behalf by:



.....
H Hamoda - Trustee

British Menopause Society

Cash Flow Statement
for the Year Ended 31st December 2021

	Notes	31.12.21 £	31.12.20 £
Cash flows from operating activities			
Cash generated from operations	1	<u>472,179</u>	<u>25,231</u>
Net cash provided by operating activities		<u>472,179</u>	<u>25,231</u>
 Cash flows from investing activities			
Purchase of tangible fixed assets		(706)	(2,115)
Interest received		<u>85</u>	<u>100</u>
Net cash used in investing activities		<u>(621)</u>	<u>(2,015)</u>
 Change in cash and cash equivalents in the reporting period		 471,558	 23,216
Cash and cash equivalents at the beginning of the reporting period		<u>270,089</u>	<u>246,873</u>
 Cash and cash equivalents at the end of the reporting period		 <u>741,647</u>	 <u>270,089</u>

The notes form part of these financial statements

British Menopause Society

Notes to the Cash Flow Statement
for the Year Ended 31st December 2021

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.12.21 £	31.12.20 £
Net income for the reporting period (as per the Statement of Financial Activities)	301,454	8,289
Adjustments for:		
Depreciation charges	1,708	1,531
Interest received	(85)	(100)
(Increase)/decrease in stocks	(243)	529
Decrease/(increase) in debtors	28,062	(29,862)
Increase in creditors	<u>141,283</u>	<u>44,844</u>
Net cash provided by operations	<u>472,179</u>	<u>25,231</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.21 £	Cash flow £	At 31.12.21 £
Net cash			
Cash at bank and in hand	<u>270,089</u>	<u>471,558</u>	<u>741,647</u>
	<u>270,089</u>	<u>471,558</u>	<u>741,647</u>
Total	<u>270,089</u>	<u>471,558</u>	<u>741,647</u>

British Menopause Society

Notes to the Financial Statements
for the Year Ended 31st December 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 20% on reducing balance
Computer equipment	- 33% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow-moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight-line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2021

2. DONATIONS AND LEGACIES

	31.12.21	31.12.20
	£	£
Donations	2,041	2,825
Gift aid	<u>15,341</u>	<u>10,662</u>
	<u>17,382</u>	<u>13,487</u>

3. OTHER TRADING ACTIVITIES

	31.12.21	31.12.20
	£	£
Publication income	<u>10,091</u>	<u>5,145</u>

4. INVESTMENT INCOME

	31.12.21	31.12.20
	£	£
Deposit account interest	<u>85</u>	<u>101</u>

5. INCOME FROM CHARITABLE ACTIVITIES

		31.12.21	31.12.20
	Activity	£	£
Membership fees	Membership fees	196,276	123,664
CBT meeting income	Conference and meetings	31,025	14,130
Annual conference	Conference and meetings	160,916	-
Regional meetings	Conference and meetings	26,980	28,730
WHC symposium income	Conference and meetings	26,345	44,974
Special skills meeting	Conference and meetings	-	23,560
PPMC theory courses	Conference and meetings	200,608	42,735
Other incoming resources, inc. RCOG meeting	Conference and meetings	18,977	29,154
Menopause cafe	Conference and meetings	20,485	-
Other incoming resources, inc. RCOG meeting	Miscellaneous income	4,263	143
WHC other income	Womens Health Concern income	<u>8,383</u>	<u>8,229</u>
		<u>694,258</u>	<u>315,319</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Conference and meetings	59,563
Publication costs	<u>47,697</u>
	<u>107,260</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2021

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Other resources expended	<u>298,881</u>	<u>12,350</u>	<u>1,871</u>	<u>313,102</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.12.21	31.12.20
	£	£
Depreciation - owned assets	1,708	1,531
Other operating leases - rent	<u>11,000</u>	<u>11,000</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

Four trustees received remuneration for facilitating activities: Kathy Abernethy £275 (2020- nil), Dr Heather Currie £2,600 (2020 - £2,700) , Haitham Hamoda £550 (2020-nil), who donated his fee to the charity , thus enabling the society to claim Gift Aid. Patrick Shervington received expenses of £1,500 (2020 - nil)

There were no medical advisory council remuneration payments (2020 - £602).

10. STAFF COSTS

	31.12.21	31.12.20
	£	£
Wages and salaries	162,375	149,202
Social security costs	11,099	-
Other pension costs	<u>2,051</u>	<u>1,518</u>
	<u>175,525</u>	<u>150,720</u>

The average monthly number of employees during the year was as follows:

	31.12.21	31.12.20
Administration	<u>6</u>	<u>5</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	31.12.21	31.12.20
£60,001 - £70,000	<u>1</u>	<u>1</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2021

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	13,487
Charitable activities	
Membership fees	123,664
Conference and meetings	183,283
Miscellaneous income	143
Womens Health Concern income	8,229
Other trading activities	5,145
Investment income	<u>100</u>
Total	334,051
EXPENDITURE ON	
Charitable activities	
Conference and meetings	57,941
Publication costs	25,259
Other	<u>242,562</u>
Total	<u>325,762</u>
NET INCOME	8,289
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>231,163</u>
TOTAL FUNDS CARRIED FORWARD TO 2021	<u><u>239,452</u></u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2021

12. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1st January 2021	8,640	2,845	11,485
Additions	<u>706</u>	<u>-</u>	<u>706</u>
At 31st December 2021	<u>9,346</u>	<u>2,845</u>	<u>12,191</u>
DEPRECIATION			
At 1st January 2021	5,756	2,423	8,179
Charge for year	<u>1,624</u>	<u>84</u>	<u>1,708</u>
At 31st December 2021	<u>7,380</u>	<u>2,507</u>	<u>9,887</u>
NET BOOK VALUE			
At 31st December 2021	<u>1,966</u>	<u>338</u>	<u>2,304</u>
At 31st December 2020	<u>2,884</u>	<u>422</u>	<u>3,306</u>

13. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st January 2021 and 31st December 2021	<u>1,632</u>
NET BOOK VALUE	
At 31st December 2021	<u>1,632</u>
At 31st December 2020	<u>1,632</u>

There were no investment assets outside the UK.

The listed investments are valued at the quoted stock price on the London Stock Exchange at the close of business at the year-end.

14. STOCKS

	31.12.21 £	31.12.20 £
Finished goods	<u>1,208</u>	<u>965</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2021

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.21	31.12.20
	£	£
Trade debtors	8,595	11,680
Prepayments and accrued income	<u>39,431</u>	<u>64,408</u>
	<u>48,026</u>	<u>76,088</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.21	31.12.20
	£	£
Trade creditors	11,504	19,821
Accruals and deferred income	<u>242,407</u>	<u>92,807</u>
	<u>253,911</u>	<u>112,628</u>

17. MOVEMENT IN FUNDS

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
Unrestricted funds			
General fund	239,452	301,454	540,906
	<u>239,452</u>	<u>301,454</u>	<u>540,906</u>
TOTAL FUNDS	<u>239,452</u>	<u>301,454</u>	<u>540,906</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	721,816	(420,362)	301,454
	<u>721,816</u>	<u>(420,362)</u>	<u>301,454</u>
TOTAL FUNDS	<u>721,816</u>	<u>(420,362)</u>	<u>301,454</u>

Comparatives for movement in funds

	At 1.1.20	Net movement in funds	At 31.12.20
	£	£	£
Unrestricted funds			
General fund	231,163	8,289	239,452
	<u>231,163</u>	<u>8,289</u>	<u>239,452</u>
TOTAL FUNDS	<u>231,163</u>	<u>8,289</u>	<u>239,452</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2021

17. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	334,051	(325,762)	8,289
TOTAL FUNDS	<u>334,051</u>	<u>(325,762)</u>	<u>8,289</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.20 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	231,163	309,743	540,906
TOTAL FUNDS	<u>231,163</u>	<u>309,743</u>	<u>540,906</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,055,868	(746,125)	309,743
TOTAL FUNDS	<u>1,055,868</u>	<u>(746,125)</u>	<u>309,743</u>

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st December 2021.

British Menopause Society

Detailed Statement of Financial Activities
for the Year Ended 31st December 2021

	31.12.21 £	31.12.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,041	2,825
Gift aid	<u>15,341</u>	<u>10,662</u>
	17,382	13,487
Other trading activities		
Publication income	10,091	5,145
Investment income		
Deposit account interest	85	101
Charitable activities		
CBT meeting income	31,025	14,130
Annual conference	160,916	-
Regional meetings	26,980	28,730
Membership fees	196,276	123,664
WHC symposium income	26,345	44,974
WHC other income	8,383	8,229
Special skills meeting	-	23,560
PPMC theory courses	200,608	42,735
Other incoming resources, inc. RCOG meeting	23,240	29,297
Menopause cafe	<u>20,485</u>	<u>-</u>
	<u>694,258</u>	<u>315,319</u>
Total incoming resources	721,816	334,052
EXPENDITURE		
Charitable activities		
BMS publication costs	47,697	25,259
Annual conference costs	16,614	6,020
Regional meetings	4,360	17,083
CBT meeting	6,107	10,671
WHC symposium expenses	2,574	5,293
WHC other costs	180	540
Special skills meeting	-	10,470
PPMC theory courses	26,100	7,864
Menopause Cafe	1,890	-
Books for resale	<u>1,738</u>	<u>-</u>
	107,260	83,200
Support costs		
Management		
Wages	162,375	149,202
Social security	11,099	-
Carried forward	173,474	149,202

British Menopause Society

Detailed Statement of Financial Activities
for the Year Ended 31st December 2021

	31.12.21 £	31.12.20 £
Management		
Brought forward	173,474	149,202
Pensions	2,051	1,518
Rent	11,000	11,000
Rates and water	839	794
Insurance	787	744
Light and heat	1,707	1,816
Telephone	3,178	3,024
Postage and stationery	12,960	9,651
Sundries	4,873	1,000
Accountancy	11,516	8,904
Legal fees	841	973
Office costs	2,912	3,809
Marketing consultancy	28,447	21,382
Website costs	25,050	14,319
Other marketing costs	9,087	410
Storage charges	758	1,295
Travelling costs	340	468
IT services	<u>9,061</u>	<u>2,340</u>
	298,881	232,649
Finance		
Bank charges	10,642	4,862
Depreciation of tangible fixed assets	<u>1,708</u>	<u>1,531</u>
	12,350	6,393
Governance costs		
Trustees' expenses	121	1,541
Independent Examiner's fees	<u>1,750</u>	<u>1,980</u>
	<u>1,871</u>	<u>3,521</u>
Total resources expended	<u>420,362</u>	<u>325,763</u>
Net income	<u><u>301,454</u></u>	<u><u>8,289</u></u>

Accounts

REGISTERED COMPANY NUMBER: 02759439 (England and Wales)
REGISTERED CHARITY NUMBER: 1015144

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31st December 2020
for
British Menopause Society

Wheeler & Co Ltd
Chartered Accountants
The Shrubbery
14 Church Street
Whitchurch
Hampshire
RG28 7AB

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for the Year Ended 31st December 2020

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British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st December 2020. The trustees have adopted the provisions of 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).

REFERENCE AND ADMINISTRATIVE DETAILS

REGISTERED COMPANY NUMBER

02759439 (England and Wales)

REGISTERED CHARITY NUMBER

1015144

TRUSTEES

Mrs Kathy Abernethy	Immediate Past Chairman
Miss Gill Cheesbrough	
Dr Heather Currie	
Mr Haitham Hamoda	Chairman: elected 4 July 2019
Mr Eddie Morris	
Mr Nick Panay	Resigned 1 July 2020
Mr Patrick Shervington	
Dr John Stevenson	
Miss Sara Moger	Chief Executive (Ex officio)

MEDICAL ADVISORY COUNCIL

Mrs Kathy Abernethy	Immediate Past Chairman
Miss Paula Briggs	
Miss Melanie Davies	
Miss Pratima Gupta	
Mr Haitham Hamoda	Chairman
Miss Annie Hawkins	
Mr Tim Hillard	
Professor Mary Ann Lumsden	
Professor Anne MacGregor	Re-elected 1 July 2020
Miss Jo Marsden	
Mr Nick Panay	Elected 1 July 2020
Mr Hugo Pedder	Co-opted 1 July 2020
Miss Lynne Robinson	Re-elected 1 July 2020
Miss Kate Panter	
Mr Mike Savvas	

COMPANY SECRETARY & CHIEF EXECUTIVE

Miss S J Moger

REGISTERED OFFICE

Spracklen House, East Wing, Dukes Place, Marlow, Buckinghamshire SL7 2QH

INDEPENDENT EXAMINERS

Wheeler & Co, Chartered Accountants
The Shrubbery, 14 Church Street, Whitchurch, Hampshire RG28 7AB

LAWYERS

Bates Wells, 10 Queen Street Place, London EC4R 1BE

BANKERS

Lloyds plc, 1 Reading Road, Henley on Thames, Oxfordshire RG9 1AE

British Menopause Society

**Report of the Trustees
for the Year Ended 31st December 2020**

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is a charitable company limited by guarantee and is registered as a charity.

Trustees

Trustees are therefore both company directors and trustees. Under the amended Memorandum & Articles of Association adopted at the 2008 AGM at least 50% of the board of trustees must be healthcare professionals. The board is formed by the chairman and the immediate past chairman/chairman elect of the British Menopause Society (BMS) medical advisory council, together with other elected members of the MAC. Those with expertise in areas other than medicine, including financial, publishing, marketing/PR, business and charity may be appointed to the board of trustees by the board of trustees.

Nick Panay stood down from the board at the virtual AGM held on 1 July 2020. Nick, a former chairman of the society, brought a wealth of knowledge, experience and expertise to the table. The board thanked Nick for his long-standing and excellent contribution to the Society and is delighted that he has been elected to the medical advisory council. The board also offers congratulations to Nick on his recent appointment as president elect of the International Menopause Society. The board is also delighted that trustee Eddie Morris has been elected President of the Royal College of Obstetricians and Gynaecologists

The BMS board of seven trustees, with combined medical and non-medical skills continues to provide a balanced and effective governing body. Trustees are inducted to the policies and procedures of the charity by the chief executive and training is offered as appropriate.

Risk Management

The trustees undertake their duties to review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The impact of Covid-19 is addressed later in this report.

Reserves Policy

Until two years ago our policy was predicated by the imperative to remain financially viable as a society. Since then the Board has directed that reserves should be built up year-on-year to a target of 9 months operating costs.

Medical advisory council

Medical advisory council members are elected by the members of the BMS for a term of three years. With exception from the chairman, immediate past chairman and chairman elect, one third of council members retire from office at each AGM. A retiring council member is eligible for re-election for one further term of three years. Council members are appointed at the AGM, although they can be co-opted by council in the interim.

At the 2020 virtual AGM on 1 July the election to the medical advisory council of Nick Panay. Congratulations to Nick and commiserations to Kathie Cooke, Teresa Davison, Geeta Kumar, Tony Mander, Anupama Shahid and Tonye Wokoma who were unsuccessful. Anne MacGregor and Lynne Robinson completed their first term of three years and were duly re-elected.

The board was delighted to welcome Hugo Pedder, Senior Research Associate in Statistical Modelling, at Bristol Medical School, as a co-optee on the medical advisory council. Hugo undertook an enormous amount of statistical analysis in order to update the BMS Consensus Statement: Risks and benefits of HRT before and after a breast cancer diagnosis. This was following the publication of the meta-analysis of 24 prospective observational studies in The Lancet in August 2019.

It is disappointing that despite electronic voting and repeated reminders only 150 out of 998 eligible members voted = 15.03%.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2020

OBJECTIVES AND ACTIVITIES

The British Menopause Society, established in 1989, educates, informs and guides healthcare professionals on menopause and all aspects of post reproductive health. This is achieved through an annual programme of lectures, conferences, meetings, exhibitions and our interactive website. We offer a range of publications including our quarterly journal *Post Reproductive Health* and the definitive handbook *Management of the Menopause*, edition 6.

In July 2012, the BMS acquired the charity, Women's Health Concern, our fully integrated patient arm. Women's Health Concern, founded in 1979, provides an independent service to advise, reassure and educate women of all ages about their gynaecological and sexual health, wellbeing and lifestyle concerns. We offer unbiased information - by telephone, email, printed factsheets, online and through symposia, seminars, meetings and our workshop *Living and loving well beyond 40...!* A key objective is for women to forge a closer relationship with their general practitioners, nurses and other health professionals.

Dr John Stevenson, a trustee of the BMS, continues to serve as chairman of WHC. Penny Junor is the patron of WHC and we thank her for her ongoing and much valued support.

To have our own patient arm is most worthwhile as it helps enable us to reach wider and engage with a broader constituency. With the level of public as well as professional interest in menopause increasing since the publication of the NICE guideline in 2015, we are well-placed to play a positive role in public debate, discussion, awareness and helping to guide best practice.

The Memorandum & Articles of Association (Mem & Arts) of the BMS, which was incorporated on 27 October 1992, and amended on 2 July 2008 and 5 July 2012, define the objects for which the company was established. These are:

1. To facilitate the advancement of education by the promotion of interest in all matters relating to the menopause (meaning the short and long-term consequences of ovarian failure and the associated life events occurring in women) and gynaecological disorders
2. To facilitate the multi-disciplinary study of matters relating to the menopause and exchange of information and ideas between persons working in this field
3. To promote high standards of training for those involved in advising women about the menopause and its consequences
4. To relieve women suffering from gynaecological disorders

ACHIEVEMENT AND PERFORMANCE

COVID 19

The COVID-19 pandemic had an impact on menopause care with menopause services temporarily suspended or reduced and the introduction of remote consultations.

The BMS was impacted with the closure of the office and staff working from home from 17 March. Covid also impacted on the BMS education programme, with the postponement of educational meetings and courses, including the 2020 annual scientific conference. The first 4 - 6 weeks generated a great deal of work in negotiating with venues, rescheduling meetings, refunding, reallocating registrations and sponsorship.

COVID continued to impact the society as it delivered menopause education in the 'new normal', with meetings delivered virtually via pre-recorded lectures, together with a live, interactive webinar.

Media and general enquiries continued and apart from not physically being in the office, it was 'business as usual'.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2020

The office remained closed throughout 2020 with all staff working from home. Fortunately, it was not necessary to furlough anyone. Weekly Zoom meetings worked well and the team was every bit as focussed, efficient and committed working from their homes, as when they are in the office.

Special mention should be made of Sara Burns, our Finance and Membership Manager. Sara worked in the office throughout the first and second lock downs, keeping the office running smoothly and taking on all admin tasks, including despatch of membership packs and books. Sara - with her husband Glenn! - also arranged a deep clean of the office and rearranged the workstations so that when, as we hoped, we returned to 'normal', the team could all work in a safe and socially distanced environment. This 'normal' did not happen, but staff have worked in the office on an ad hoc basis as and when necessary. The Board thanks Sara and her team: Kate, Sara, Barbara, Lucy, Nadine and Sarah, for their hard work and commitment during a very difficult year.

A number of documents were produced as part of the BMS response to COVID:

- **HRT prescribing alert during COVID 19 - 26 March** Outlined the potential impact of COVID on women and highlighted the additional pressure on GP surgeries with the move to telephone and virtual consultations. Suggested providing easier access to repeat prescriptions of HRT, especially for women who have not been experiencing any problems with their intake.
- **BMS comment on the RCOG/BSGE/BSGC guidance on heavy menstrual bleeding - 31 March** Detailed a more pragmatic approach to assessment and management, limiting interventions.
- **Joint BMS/RCOG/RCGP/FSRH framework for restoration of menopause services in response to COVID-19 - 11 June**

These provided guidance in the following areas:

- Impact of menopausal symptoms on quality of life: access to information
- Menopause services and menopause consultations
- Prescribing HRT and HRT shortages
- Unscheduled bleeding on HRT: assessment and management during the COVID-19 pandemic
- Menopause training

The COVID-19 pandemic continues to have a detrimental impact on menopause training. Modifications to the way menopause education and training were delivered was required and the majority of educational meetings were delivered virtually. In addition, online educational resources (such as the IMS IMPART programme) and webinars were offered.

The adaptations made to the structure of menopause training were in line with those adopted by the RCOG and other national educational bodies. A number of NHS menopause services initiated virtual patient consultations, and three-way web-based video consultations involving the trainer, the patient and the trainee. This training allowed for remote assessment with the trainer observing the trainee conducting a virtual consultation in their own practice.

Remote consultations worked to the society's advantage with regard to training. Much was taught and assessed by three-way web-based video consultations and allowed menopause training to recommence more quickly than training in other areas of medical practice.

Remote consultations have enabled services to continue during the COVID pandemic and many trusts are now seeing them as a way of working in the future, they are not just seen as a temporary fix. Guidance needs to be given to ensure that good decisions are made at trust level. Both remote and face to face consultations will be needed to ensure that the needs of all women are met.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2020

Conference & Meetings

The BMS once again organised an active, varied and highly rated education programme throughout 2020; the difference being that all were delivered remotely.

Annual scientific conference

The **30th annual scientific conference** was due to take place at the Royal College of Physicians in London on 2 and 3 July 2020. Given the increasing uncertainty, the conference was postponed until 2021 and the decision to make this a virtual conference was taken very early on.

Such is the popularity of the **BMS Menopause Café**, this was to have been held as a separate meeting at the Royal College of Nursing the day before the conference on 1 July. This too was postponed to 2021 to run as a remote meeting. The **Annual General Meeting** took place remotely on 1 July as planned.

Education Programme

The key change to the BMS education programme during 2020, was the development and launch of the new training programme: **Principles & Practice of Menopause Care (PPMC)**. Having agreed with the Faculty of Sexual and Reproductive Healthcare (FSRH) in November 2019 that the BMS would withdraw from the SSM programme, plans began early in 2020 to establish the BMS PPMC programme. This new training programme for healthcare professionals is based on the **BMS Vision for menopause care in UK**. The PPMC Curriculum Development Group, comprising Haitham Hamoda, Kathy Abernethy, Heather Currie, Anne MacGregor, Patrick Shervington, Sara Moger, Kate Ellis and Barbara Halstead, met regularly throughout the year. By September, the programme had been developed, tested and finalised and offered a new competency-based curriculum, with a streamlined e-portfolio.

The online curriculum and e-portfolio is implemented by NES Digital NHS Education for Scotland. NES has developed the previous RCOG e-portfolio and numerous other NHS e-portfolios in the UK.

It had been intended to launch the PPMC programme at the annual scientific conference in July, but in the event, it was launched to coincide with World Menopause Day on 18 October.

The PPMC comprises progressive theory and practical training components designed to reflect modern NHS practice and meet the ever-increasing requirement for quality menopause education:

- The **BMS Principles and Practice of Menopause Care** course for HCPs seeking an in-depth and comprehensive grounding in menopause care. This course is suitable for doctors, nurses and pharmacists wishing to understand the essential foundations of menopause care
- The **BMS Certificate in the Principles and Practice of Menopause Care** for doctors and nurses who undertake menopause consultations in general practice, including NHS and private clinics. It is also suitable for pharmacists (clinical and independent prescribers).
- The **BMS Advanced Certificate in the Principles and Practice of Menopause Care** for doctors, independent nurse prescribers and pharmacist independent prescribers who wish to provide specialist menopause care, including management of complex cases, and who may have career ambitions to lead a menopause service

Two PPMC theory courses had been planned, one in October and one in November and both were fully subscribed. The decision as to whether to postpone or proceed virtually proved a challenge. These courses potentially provide the foundation for an educational qualification and the face-to-face element with facilitators and other delegates is key. We made the decision to make them virtual with a heavy heart, but it was the right decision. Both courses were run remotely and comprised pre-recorded lectures, together with full day of interactive Q&A/case discussion sessions via Zoom.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2020

Sincere thanks to Heather Currie, Julie Ayres, Elaine Stephens and Tony Parsons for 'embracing change' from face-to-face to virtual meetings and for continuing to provide excellent, high standard education in this new format. The evaluations were amongst the best ever submitted to the BMS.

Decisions also had to be made regarding our **one-day women's health meetings**. Two meetings - those planned in Chester and Maidstone - were cancelled. This was to reduce risk as Chester was new venture and Maidstone had only attracted 35 delegates in 2019 and did not achieve budget.

Those planned for King's College Hospital and Stirling were converted to virtual meetings. This involved a great deal of planning, thinking and negotiation of steep learning curves. Lectures were pre-recorded and made available for a 'window' of three weeks. On the original scheduled day of the meeting, a 90-minute interactive webinar was staged via Zoom.

Stirling had 136 delegates and - of course! - not just from Scotland: Bromley; Jersey; London and Singapore! The feedback was extraordinary. Many saying they would not have attended an 'actual' meeting and how convenient this was. Many also appreciating the ability to watch presentations and absorb them properly. A number asked if we would retain this format post-COVID. King's was a similar success with 142 delegates, again, from all over the country and beyond.

Given the circumstances we did not incur any cancellation charges. As overheads were significantly reduced - costs being limited to the cost of videoing and editing and purchase of Zoom Pro and Vimeo licences. The surplus from both meetings exceeded budget.

Thank you to Heather Currie and Haitham Hamoda - and their excellent speakers - for running and facilitating two excellent remote courses.

The **Cognitive Behaviour Therapy (CBT) course**, a two-day course when staged face-to-face, followed the same template of delivery as the PPMC theory courses. Sincere thanks to Melanie Smith and Janet Balabanovic for completely revising, rewriting and delivering this excellent course.

The **Royal College of Obstetricians & Gynaecologists (RCOG) /BMS Menopause Advanced Training Skills course, Post Reproductive Health** took place remotely and was attended by 231 delegates, double the normal attendance and generated a surplus of almost £53,000 (2019: £20,000) which was shared between the BMS and the RCOG. Once again thanks to the course organisers Mike Savvas, Haitham Hamoda and Nick Panay.

The **Women's Health Concern 30th Annual Symposium** went ahead remotely with pre-recorded lectures and a live, interactive webinar on 1 December. A wide-ranging programme was produced and highlights included Eddie Morris, President of the RCOG and a past chairman of the BMS, who delivered the Gerald Swyer Memorial Lecture: **COVID - 19: impact on women during the menopause transition and wider implications to women's health**.

Other Symposium sessions included: *Hot off the Press*, delivered by Haitham Hamoda; *HRT Regimens and dose equivalent preparations*, by Nick Panay; *Mental Health - depression, mood and the menopause*, By Michael Craig; *Urogenital prolapse in menopausal women*, Linda Cardozo; *New approaches to osteoporosis management*, Professor David Reid; *Cultural influences - the patient experience*, Tonye Wokoma and *Menopause care: developments since the NICE Guideline*, delivered by Tim Hillard.

Delegate numbers increased this year to 185 (2019:154; 2018: 128; 2017: 118; 2016: 126; 2015: 143; 2014: 149; 2013: 145, 2012: 188). The WHC symposium generated a surplus of just under £40,000, compared to £19,000 in 2019.

Despite the challenges of Covid, our education programme continues to be the core activity of the BMS. More than 1000 HCPs remotely accessed BMS training. Both primary and secondary care were well represented; especially encouraging was the increased range of attendance of health care professions e.g. physiotherapists, dieticians, etc with an interest in women's mid-life health and well-being.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2020

Membership

Membership numbers continued to grow and as at 31 December were 1167 (cf 2019: 1058; 2018: 905; 2017: 717; 2016: 665; 2015:616; 2014: 609; 2013:602; 2012: 615 and 2011: 656).

Membership income in 2020 totalled £120,704, with Gift Aid gross £41, 235 and Gift Aid net £10,308.

Post Reproductive Health (PRH) - the quarterly Journal of the British Menopause Society

Eddie Morris and Heather Currie, the editors, together with associate editor, Tony Mander and trainee editor Paul Simpson are congratulated on their hard work and dedication to the journal throughout 2019. Special thanks too, to Tim Hillard for guest editing the March special edition which focused on Urogynaecological issues. PRH continued to be a well-received resource of news, research and opinion and is a valued and important part of BMS membership.

Publications

The following were published during 2020:

- *The British Menopause Society & Women's Health Concern 2020 recommendations* on hormone replacement therapy in menopausal women was published online in October 2020 and was published in the December edition of PRH
- *The BMS Vision for menopause care in the UK*, first published in July 2017, was reviewed and revised in October 2020 by Heather Currie, Kathy Abernethy and Haitham Hamoda. Thanks to Patrick Shervington for editing the 2020 version.
- HRT and breast cancer tools for clinicians and HRT and breast cancer consensus statement were updated by Jo Marsden and Hugo Pedder: our thanks to them
- BMS response *Use of hormone replacement therapy and risk of breast cancer: nested case-control studies using the QResearch and CPRD databases* - thanks again to Jo Marsden and Hugo Pedder
- *Cardiometabolic health in Premature Ovarian Insufficiency (IMS / EMAS)* - John Stevenson led on this project
- Joint RCOG BMS Green Top Guideline on *Alternatives to HRT for the Management of Symptoms of the Menopause*. Nick Panay, Paula Briggs and Lynne Robinson agreed to write this joint RCOG BMS Green Top Guideline.
- Factsheets updated include - Urogenital problems; coronary heart disease; migraines and HRT, vaginal dryness, complementary and alternative therapies

Websites

The BMS website continues to be an invaluable source of information and guidance for healthcare professionals. The importance of online registration for the annual conference, women's health meetings and masterclasses became increasingly apparent, as was the facility to renew and sign up for membership. An important benefit of membership is the members' forum, giving the opportunity to discuss clinical problems and raise queries and receive personal focused responses. The forum is somewhat underused, but is slowly increasing and is a facility of great potential.

The WHC website continues to be an excellent resource for women with gynaecological and sexual health issues. The telephone advice service and the email advisory service continue to provide advice, reassurance and education for women. The board expresses its particular thanks to Kathy Abernethy for voluntarily co-ordinating the telephone and email advisory services and for personally responding to enquiries.

Menopause Specialists

The register, established in June 2016, continues to grow with 165 HCPs signed up by 31 December 2020. Considerable work went into the online register from MAC definition of a 'menopause specialist' post the publication of the 2015 NICE guideline; to website development and to the reviewing, assessing and administrative process involved in certification. The process is ongoing with new specialists being added on a regular basis. Every three years, BMS menopause specialists are required to apply for recertification.

The online register of menopause specialists was launched on World Menopause Day, 18 October 2018. This interactive, easily navigable register, comprising approximately 50% NHS and 50% private clinics - is unique to the BMS. The BMS is very proud to have established this important resource for women.

A link to the register is available on the Women's Health Concern and Menopause Matters websites.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2020

BMS Education Fund

The board of trustees introduced an education fund as a benefit for full members. The principal purpose of the Fund is to award financial grants to our healthcare professionals to help further their career opportunities and allow them to develop research, scientific and educational projects within the sphere of post reproductive health. The fund was launched at the conference in June 2019 and it was planned to open grant applications early in 2020. However, given the financial uncertainty generated by Covid, the education fund has been put on hold.

BMS collaboration with external colleges and organisations

1. **The Recovery and Restoration Framework** was a joint project BMS / RCOG / RCGP / FSRH and produced a framework for restoration of menopause services in response to COVID-19

This document covered guidance on the following aspects:

- Impact of menopausal symptoms on quality of life: Access to information
- Menopause services and menopause consultations
- Prescribing HRT and HRT shortages
- Unscheduled bleeding on HRT: assessment and management during the COVID-19 pandemic
- Menopause training

2. BMS, RCOG, RCGP, FSRH, FOM and FPH Position Statement

A joint statement was issued by the British Menopause Society, the Royal College of Obstetricians and Gynaecologists, the Royal College of General Practitioners, the Faculty of Sexual and Reproductive Healthcare, the Faculty of Occupational Medicine and the Faculty of Public Health in response to the BMA report 'Challenging the culture on menopause for doctors'.

Key recommendations:

- Employers should ensure that policies are in place to help employees
- Women should be encouraged to seek help and information should also be provided to women
- Employers should have defined pathways in place such as online training for employers and educational webinars on the menopause
- There is also a need for such processes to be rolled out nationally and to be included in local health service policies
- The incorporation of menopause support in workplace culture, policies and training should be in accordance with all legislative requirements
- Both individual and organisational level interventions

3. Patient experience of lockdown menopause management:

BMS Patient Questionnaire Survey

A working group was set up to devise a questionnaire on patient experience of remote consultations during the Covid-19 pandemic this comprised Jo Marsden, Hugo Pedder, Kathy Abernethy, Lynne Robinson, Patrick Shervington, Kate Ellis and Lucy Gill.

Two online questionnaires were created - one for clinicians and another for patients.

- Clinicians' questionnaire went to BMS members as a news item and a link on the BMS website
- Patients' questionnaire link was posted on the WHC, BMS and Menopause Matters websites plus a link was given out to patients by doctors in clinics with a *bitly* short link to make it easy to remember

Access to questionnaires was available from end of November for 4-6 weeks, with potential for extending into 2021 if needed. The questionnaire will have the facility to choose the clinics visited from a drop-down field to make data analysis easier.

The electronic format may have potentially excluded the very women for whom virtual consultations are not appropriate, but it was agreed that the group would be very difficult to reach, given the current climate. The same applied to those groups whose first language is not English.

Kathy Abernethy, (Northwick Park Hospital), Lynne Robinson (Birmingham Women's Hospital), Haitham Hamoda (King's College Hospital), John Stevenson (Brompton) and Eddie Morris (Norfolk & Norwich Hospital) all participated in distributing the link to the patients' questionnaire.

British Menopause Society
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for the Year Ended 31st December 2020

4. HRT shortages

The BMS, in conjunction with the Department of Health and Social Security, the RCOG and the FSRH, provided regular HRT supply updates to all members and via the website.

The DHSC had confirmed that all medicines and medical devices (including HRT and Covid vaccination) were included on the Department's Category 1 products list. This meant that the DHSC gave their full attention into medical supplies. They advised that clinicians should continue to prescribe as normal and not stockpile. They advised that patient information about this would be included on the NHS UK website.

5. All-Party Parliamentary Group (APPG) on Women's Health took place on Thursday 26th November which included a webinar on Menopause and Women's Health beyond Covid-19. Thank you to Paula Briggs for taking part in this.

Management & Administration

All six members of staff are part-time and, under the direction of the chief executive, cover the broad, busy and challenging management and administrative functions necessary to run the Society. The BMS is in the fortunate position to have a hard-working team who relish their responsibilities and work over and above their contracted hours with passion and with commitment.

The commitment, hard work and dedication demonstrated throughout 2020 has been exemplary and the whole team is to be congratulated; Kate Ellis, our education programme manager, works with a meticulous attention to detail and with great charm and good humour. 2020 was particularly busy for Kate as she worked to establish and develop the new PPMC training programme. Sara Burns, our finance and membership manager, embraces her role with great efficiency and with a practical and pragmatic approach which benefits the whole team. Sara kept the office running efficiently between March and September, during the first two lock downs. Nadine Verstringhe, our education meetings organiser, developed a whole new set of skill sets after 17 March. Nadine's range of responsibilities increased as she focused on investigating various online platforms, analysing and scrutinising every aspect of the education programme to make our online courses and meetings not only work, but work well and look professional. Sarah Haveron Jones, one of two office administrators, works hard and with real purpose and has taken on additional responsibility for the website and BMS and WHC resources. Lucy Gill returned from maternity leave in September and quickly settled back in, returning with her customary conscientious approach and good humour. Welcome back!

Consultant Barbara Halstead, who has provided marketing support to the BMS and WHC for many years. She is excellent in securing vital sponsorship for both charities and managing their expectations. Barbara very quickly and effortlessly adapted and developed a new 'virtual' way of providing sponsors with an exhibition platform at all our education and training meetings.

The BMS is fortunate to retain our excellent volunteer, Maureen Rose. Until lockdown, Maureen came into the office each week, giving five hours of her time, undertaking anything and everything she is asked to do. The unseen, thankless - but key - tasks of collating and filling delegate bags, stuffing mailshots and data entry are undertaken with enthusiasm and a sense of purpose - and fun. The board of trustees thanks Maureen for her invaluable support and looks forward to welcoming her back when the office returns to normal.

British Menopause Society
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for the Year Ended 31st December 2020

Seven organisations work behind the scenes and contribute to our work and to our success. *Jackson Bone* is a design and web management agency in Brighton. Andy Bone is responsible for BMS branding and designs all BMS literature, including the conference programme. Mariette Jackson has managed the WHC website for more than eight years. Its up-to-date content and fresh style is largely down to her. Andrew Whiteley, Director of *Global Venue Solutions* has sourced most venues for our educational programme over the years and his negotiating skills in keeping costs down and his attention to detail are second to none. *Skipple*, our IT support company under the guidance of Steven Turnbull, continues to serve the Society well, resolving many issues, including the successful installation of parallel servers and solving day-to-day IT niggles. *Annie Preuss* generates advertising income via the WHC website and the revenue has significantly increased since she came on board. Annie manages her role sensitively and vets potential advertisers to ensure their suitability. *Crunch Accounting* provides an efficient accountancy service to the charity. Lynn Sheppard's charity knowledge is invaluable and she and her team work closely with us on our bookkeeping, as well as management and the annual accounts. *Wheeler & Co*, who under the stewardship of Kevin Wheeler, undertakes the Independent Examination of the BMS and WHC accounts. The seventh 'behind-the-scenes' organisation *Ventris TV*. Bjorn Ventris has been integral to the BMS throughout 2020, recording and editing numerous presentations for our education programme. Bjorn has helped the BMS deliver our normal high-quality education in a most professional way. The board offers its thanks to Andy and Mariette, Andrew, Steven, Annie, Lynn, Nita & Tracy, Kevin & Simon and Bjorn for their support.

Commercial supporters

During 2020 unrestricted educational grants, website advertising and sponsorship were provided by Bayer, Besins Healthcare, Cederberg, Consilient Health, Cynosure, Flynn Pharma, Gedeon Richter, iMedicare, IVI London, Lawley Pharma, Mylan, Novo Nordisk, Pharmacare, Robinson Healthcare, Shionogi, Sylk, Theramex, Vitabiotics, Yes, Yes. The board recognises the importance of commercial sponsorship, but emphasises that this has no bearing on the content of our educational programme.

This support continues to be invaluable in keeping our costs manageable, especially as most delegates usually have to fund their own education in the area of menopause and post reproductive health. So many thanks to all our supporters who through funding and grants enable the BMS to keep delegate fees at an affordable level.

FINANCIAL REVIEW

The end of year figures show income of £334,049, expenditure of £325,760 and therefore a surplus of £ 8,289. Reserves are therefore £239,452.

The board of trustees records its formal thanks to our chief executive for managing the society so efficiently throughout a challenging year.

2021 - Looking forward

Attendance at meetings continued to increase during the first half of 2021 and membership remained buoyant with 1511 members at time of publication.

The COVID - 19 pandemic has forced us to review and change how the Society operates. However, the BMS experienced a smooth transition for face-to-face to virtual meetings and the surpluses generated by our courses and meetings have significantly increased. The rescheduled annual scientific conference in particular, generated an unprecedented surplus of £143,000. Having made a small surplus in 2020, the projected figures for 2021 are encouraging, currently showing a surplus on the year of £85,000.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2020

FINANCIAL OVERVIEW

The charity had total incoming resources for the year of £334,049 (2019: £503,163) details of which are shown in the Statement of Financial Activities. Resources expended totalled £325,760 (2019: £426,834) resulting in a surplus for the year of £8,289 (2019: £76,329). The cumulative surplus carried over is therefore £239,452, or approximately 6 months' operating costs at current levels.

Approved by order of the board of trustees on 25/9/2021 and signed on its behalf by:

Haitam

.....
H Hamoda – Chairman, Board of Trustees

**Independent Examiner's Report to the Trustees of
British Menopause Society**

Independent examiner's report to the trustees of British Menopause Society ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st December 2020.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors 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 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 your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Kevin Wheeler
ICAEW
Wheeler & Co Ltd
Chartered Accountants
The Shrubbery
14 Church Street
Whitchurch
Hampshire
RG28 7AB

Date: 29/9/21

British Menopause Society

Statement of Financial Activities
for the Year Ended 31st December 2020

		31.12.20 Unrestricted fund £	31.12.19 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	13,487	9,937
Charitable activities	5		
Membership fees		123,664	108,292
Conference and meetings		183,283	359,919
Miscellaneous income		143	1,074
Womens Health Concern income		8,229	15,200
Other trading activities	3	5,145	8,535
Investment income	4	100	206
Total		334,051	503,163
 EXPENDITURE ON			
Raising funds	6	-	14,382
Charitable activities	7		
Conference and meetings		57,941	161,295
Publication costs		25,259	24,981
Other		242,562	226,176
Total		325,762	426,834
 NET INCOME		8,289	76,329
 RECONCILIATION OF FUNDS			
Total funds brought forward		231,163	154,834
 TOTAL FUNDS CARRIED FORWARD		<u>239,452</u>	<u>231,163</u>

The notes form part of these financial statements

British Menopause Society

Balance Sheet
31st December 2020

	Notes	31.12.20 Unrestricted fund £	31.12.19 Total funds £
FIXED ASSETS			
Tangible assets	13	3,306	2,722
Investments	14	<u>1,632</u>	<u>1,632</u>
		4,938	4,354
CURRENT ASSETS			
Stocks	15	965	1,494
Debtors	16	76,088	46,226
Cash at bank and in hand		<u>270,089</u>	<u>246,873</u>
		347,142	294,593
CREDITORS			
Amounts falling due within one year	17	(112,628)	(67,784)
		<u>234,514</u>	<u>226,809</u>
NET CURRENT ASSETS			
		<u>239,452</u>	<u>231,163</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>239,452</u>	<u>231,163</u>
NET ASSETS			
		<u>239,452</u>	<u>231,163</u>
FUNDS	18		
Unrestricted funds		<u>239,452</u>	<u>231,163</u>
TOTAL FUNDS		<u>239,452</u>	<u>231,163</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st December 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

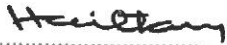
The notes form part of these financial statements

British Menopause Society

Balance Sheet - continued
31st December 2020

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 25.12.2021 and were signed on its behalf by:



H Hamoda - Chairman, Board of Trustees

British Menopause Society

Cash Flow Statement
for the Year Ended 31st December 2020

	Notes	31.12.20 £	31.12.19 £
Cash flows from operating activities			
Cash generated from operations	1	<u>25,231</u>	<u>79,260</u>
Net cash provided by operating activities		<u>25,231</u>	<u>79,260</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(2,115)	(2,515)
Dividends received		<u>100</u>	<u>206</u>
Net cash used in investing activities		<u>(2,015)</u>	<u>(2,309)</u>
Change in cash and cash equivalents in the reporting period		<u>23,216</u>	<u>76,951</u>
Cash and cash equivalents at the beginning of the reporting period		<u>246,873</u>	<u>169,922</u>
Cash and cash equivalents at the end of the reporting period		<u>270,089</u>	<u>246,873</u>

The notes form part of these financial statements

British Menopause Society

Notes to the Cash Flow Statement

for the Year Ended 31st December 2020

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.12.20 £	31.12.19 £
Net income for the reporting period (as per the Statement of Financial Activities)	8,289	76,329
Adjustments for:		
Depreciation charges	1,531	769
Interest received received	(100)	(206)
Unrealised loss on investments	-	258
Decrease in stocks	529	1,030
(Increase)/decrease in debtors	(29,862)	6,139
Increase/(decrease) in creditors	<u>44,844</u>	<u>(5,059)</u>
Net cash provided by operations	<u>25,231</u>	<u>79,260</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.20 £	Cash flow £	At 31.12.20 £
Net cash			
Cash at bank and in hand	<u>246,873</u>	<u>23,216</u>	<u>270,089</u>
	<u>246,873</u>	<u>23,216</u>	<u>270,089</u>
Total	<u>246,873</u>	<u>23,216</u>	<u>270,089</u>

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31st December 2020

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 20% on reducing balance
Computer equipment	- 33% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow-moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight-line basis over the period of the lease.

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2020

2. DONATIONS AND LEGACIES

	31.12.20	31.12.19
	£	£
Donations	2,825	1,365
Gift aid	<u>10,662</u>	<u>8,572</u>
	<u>13,487</u>	<u>9,937</u>

3. OTHER TRADING ACTIVITIES

	31.12.20	31.12.19
	£	£
Publication income	<u>5,145</u>	<u>8,535</u>

4. INVESTMENT INCOME

	31.12.20	31.12.19
	£	£
Deposit account interest	<u>100</u>	<u>206</u>

5. INCOME FROM CHARITABLE ACTIVITIES

		31.12.20	31.12.19
	Activity	£	£
Membership fees	Membership fees	123,664	108,292
CBT meeting income	Conference and meetings	14,130	10,200
Annual conference	Conference and meetings	-	155,545
Regional meetings	Conference and meetings	28,730	55,005
WHC symposium income	Conference and meetings	44,974	45,998
Special skills meeting	Conference and meetings	23,560	82,170
PPMC theory courses	Conference and meetings	42,735	-
Other incoming resources, inc. RCOG meeting	Conference and meetings	29,154	11,001
Other incoming resources, inc. RCOG meeting	Miscellaneous income	143	1,074
WHC other income	Womens Health Concern income	<u>8,229</u>	<u>15,200</u>
		<u>315,319</u>	<u>484,485</u>

6. RAISING FUNDS

Raising donations and legacies

	31.12.20	31.12.19
	£	£
Support costs	<u>-</u>	<u>14,382</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2020

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Conference and meetings	57,941
Publication costs	<u>25,259</u>
	<u>83,200</u>

8. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
Other resources expended	<u>232,648</u>	<u>6,393</u>	<u>3,521</u>	<u>242,562</u>

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.12.20 £	31.12.19 £
Depreciation - owned assets	1,531	769
Other operating leases	<u>11,000</u>	<u>11,000</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

Dr Heather Currie received £2,700 during the year in respect of facilitating activities. (2019 Mrs K Abernethy received £800). No other trustees received any remuneration.

Trustees' expenses

The trustees and Medical Advisory Council were reimbursed expenses totalling £602 in the year (2019 - £1,997)

11. STAFF COSTS

	31.12.20 £	31.12.19 £
Wages and salaries	<u>150,720</u>	<u>138,135</u>
	<u>150,720</u>	<u>138,135</u>

The average monthly number of employees during the year was as follows:

	31.12.20	31.12.19
Administration	<u>5</u>	<u>5</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	31.12.20	31.12.19
£60,001 - £70,000	<u>1</u>	<u>-</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2020

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	9,937
Charitable activities	
Membership fees	108,292
Conference and meetings	359,919
Miscellaneous income	1,074
Womens Health Concern income	15,200
Other trading activities	8,535
Investment income	<u>206</u>
Total	503,163
EXPENDITURE ON	
Raising funds	14,382
Charitable activities	
Conference and meetings	161,295
Publication costs	24,981
Other	<u>226,176</u>
Total	426,834
NET INCOME	<u>76,329</u>
RECONCILIATION OF FUNDS	
Total funds brought forward	154,834
TOTAL FUNDS CARRIED FORWARD	<u><u>231,163</u></u>

British Menopause Society

**Notes to the Financial Statements - continued
for the Year Ended 31st December 2020**

13. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1st January 2020	6,628	2,742	9,370
Additions	<u>2,012</u>	<u>103</u>	<u>2,115</u>
At 31st December 2020	<u>8,640</u>	<u>2,845</u>	<u>11,485</u>
DEPRECIATION			
At 1st January 2020	4,318	2,330	6,648
Charge for year	<u>1,438</u>	<u>93</u>	<u>1,531</u>
At 31st December 2020	<u>5,756</u>	<u>2,423</u>	<u>8,179</u>
NET BOOK VALUE			
At 31st December 2020	<u>2,884</u>	<u>422</u>	<u>3,306</u>
At 31st December 2019	<u>2,310</u>	<u>412</u>	<u>2,722</u>

14. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st January 2020 and 31st December 2020	<u>1,632</u>
NET BOOK VALUE	
At 31st December 2020	<u>1,632</u>
At 31st December 2019	<u>1,632</u>

There were no investment assets outside the UK.

The listed investments are valued at the quoted stock price on the London Stock Exchange at the close of business at the year-end.

15. STOCKS

	31.12.20 £	31.12.19 £
Finished goods	<u>965</u>	<u>1,494</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2020

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.20	31.12.19
	£	£
Trade debtors	11,680	6,875
Prepayments and accrued income	<u>64,408</u>	<u>39,351</u>
	<u>76,088</u>	<u>46,226</u>

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.20	31.12.19
	£	£
Trade creditors	19,821	12,073
Accruals and deferred income	<u>92,807</u>	<u>55,711</u>
	<u>112,628</u>	<u>67,784</u>

18. MOVEMENT IN FUNDS

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	231,163	8,289	239,452
	<u>231,163</u>	<u>8,289</u>	<u>239,452</u>
TOTAL FUNDS	<u>231,163</u>	<u>8,289</u>	<u>239,452</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	334,051	(325,762)	8,289
	<u>334,051</u>	<u>(325,762)</u>	<u>8,289</u>
TOTAL FUNDS	<u>334,051</u>	<u>(325,762)</u>	<u>8,289</u>

Comparatives for movement in funds

	At 1.1.19 £	Net movement in funds £	At 31.12.19 £
Unrestricted funds			
General fund	154,834	76,329	231,163
	<u>154,834</u>	<u>76,329</u>	<u>231,163</u>
TOTAL FUNDS	<u>154,834</u>	<u>76,329</u>	<u>231,163</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2020

18. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	503,163	(426,834)	76,329
TOTAL FUNDS	<u>503,163</u>	<u>(426,834)</u>	<u>76,329</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.19 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	154,834	84,618	239,452
TOTAL FUNDS	<u>154,834</u>	<u>84,618</u>	<u>239,452</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	837,214	(752,596)	84,618
TOTAL FUNDS	<u>837,214</u>	<u>(752,596)</u>	<u>84,618</u>

19. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st December 2020.

British Menopause Society

Detailed Statement of Financial Activities
for the Year Ended 31st December 2020

	31.12.20 £	31.12.19 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,825	1,365
Gift aid	<u>10,662</u>	<u>8,572</u>
	13,487	9,937
Other trading activities		
Publication income	5,145	8,535
Investment income		
Other fixed asset invest - FII	100	206
Charitable activities		
CBT meeting income	14,130	10,200
Annual conference	-	155,545
Regional meetings	28,730	55,005
Membership fees	123,664	108,292
WHC symposium income	44,974	45,998
WHC other income	8,229	15,200
Special skills meeting	23,560	82,170
PPMC theory courses	42,735	-
Other incoming resources, inc. RCOG meeting	<u>29,297</u>	<u>12,075</u>
	<u>315,319</u>	<u>484,485</u>
Total incoming resources	334,051	503,163
EXPENDITURE		
Charitable activities		
BMS publication costs	25,259	24,548
Annual conference costs	6,020	73,795
Regional meetings	17,083	17,491
CBT meeting	10,671	6,484
WHC symposium expenses	5,293	24,799
WHC other costs	540	433
Special skills meeting	10,470	38,726
PPMC theory courses	<u>7,864</u>	<u>-</u>
	83,200	186,276
Support costs		
Management		
Wages	150,720	138,135
Rent	11,000	11,000
Rates and water	794	745
Insurance	744	788
Light and heat	1,816	2,823
Carried forward	165,074	153,491

This page does not form part of the statutory financial statements

British Menopause Society

Detailed Statement of Financial Activities
for the Year Ended 31st December 2020

	31.12.20 £	31.12.19 £
Management		
Brought forward	165,074	153,491
Telephone	3,024	2,586
Postage and stationery	9,651	9,069
Sundries	1,000	4,369
Accountancy	8,904	8,917
Legal fees	973	3,625
Office costs	3,809	4,058
Marketing consultancy	21,382	15,270
Website costs	16,658	15,173
Other marketing costs	410	6,464
Storage charges	1,295	1,143
Travelling costs	<u>468</u>	<u>781</u>
	233,218	224,946
Finance		
Bank charges	4,862	7,717
Depreciation of tangible fixed assets	<u>1,531</u>	<u>769</u>
	6,393	8,486
Other		
Impairment losses for intangible fixed assets	-	258
Governance costs		
Trustees' expenses	1,541	4,688
Independent Examiner's fees	<u>1,980</u>	<u>2,180</u>
	<u>3,521</u>	<u>6,868</u>
Total resources expended	<u>325,762</u>	<u>426,834</u>
Net income	<u><u>8,289</u></u>	<u><u>76,329</u></u>