

ENDOMETRIOSIS SOUTH COAST

England & Wales · Charity number 1186203

Details

Other names	ENDO SOUTH COAST
Status	Registered
Legal form	CIO
Registered	2019-11-06
Register	View on the Charity Commission register

Contact

Address	Hive Portsmouth Sector Hub 22 Edinburgh Road Portsmouth PO1 1DH
Phone	02394217090
Email	admin@endometriossouthcoast.com
Website	endometriossouthcoast.com

Activities

Objects: THE OBJECT OF THE CIO IS TO PRESERVE AND PROTECT GOOD HEALTH FOR THE PUBLIC BENEFIT AMONG PEOPLE SUFFERING FROM ENDOMETRIOSIS AND ADENOMYOSIS, IN PARTICULAR BUT NOT EXCLUSIVELY, BY: A) PROVIDING SUPPORT FORUMS, INFORMATION, PRACTICAL ADVICE AND EMOTIONAL SUPPORT FOR SUFFERERS OF ENDOMETRIOSIS AND ADENOMYOSIS, THEIR FAMILIES AND FRIENDS. B) RAISING PUBLIC AWARENESS OF ENDOMETRIOSIS AND ADENOMYOSIS THROUGH THE PROVISION OF INFORMATION DESIGNED TO INFORM AND EDUCATE PEOPLE ABOUT THE CONDITIONS.

Activities: Endometriosis South Coast is a charity set up to help people along the South Coast who are going through the diagnosis stages or been diagnosed with Endometriosis and/or Adenomyosis. We intend to spread awareness through a variety of campaigns and via social media, and fundraise and invest in research of the condition.

Classification

- **How:** Provides Human Resources, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£20,035	£15,626	-	-
2024-04-05	£25,061	£17,325	-	-
2023-04-05	£31,786	£18,772	-	-
2022-04-05	£8,398	£6,380	-	-
2021-04-05	£3,113	£2,123	-	-

Trustees

Name	Role	Appointed
Michaela Saunders-Hall	Chair	2025-07-28
Amy-Jane Gilbert		2026-01-27
Bethany Prescott		2025-07-15
Cara Marie Atkinson		2025-07-23
Carly Jenner		2026-02-09
Laura Musson		2025-07-28
Sally Wason		2023-06-09

Accounts

Endometriosis South Coast



Endometriosis South Coast

Annual Report and financial statements for the year ended 31 March 2025

Charity no. 1186203

Endometriosis South Coast



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For the year ended 31 March 2025

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Endometriosis South Coast

Legal and Administrative Information

Charity name: Endometriosis South Coast

Other names the charity is known by: Endo South Coast

Registered charity number: 1186203

Registered charity address:
Hive Portsmouth Sector Hub
22 Edinburgh Road
PORTSMOUTH
PO1 1DH

Contact: admin@endometriosisouthcoast.com
02394 217090

Website: endometriosisouthcoast.com



Name	Role	Start date
Michaela Saunders-Hall	Chair of Trustees Trustee	28 July 2025
Laura Musson	Trustee	28 July 2025
Katie Elizabeth Duffield	Trustee	28 July 2025
Cara Marie Atkinson	Trustee	23 July 2025
Bethany Prescott	Trustee	15 July 2025
Sally Wason	Treasurer Trustee	09 June 2023

Endometriosis

Between 200 and 500 million people world wide have endometriosis (Endo).

This number is thought to be increasing as awareness increases, this may be because we know more about the condition and more people are being diagnosed correctly. At present, it is often thought of as a disease that primarily affects people of reproductive age but there is increasing literature that points to endometriosis affecting people before menarche and after menopause.

“

“Takes on average 9 years to get a diagnosis, and upward of 5 Drs to be listened to.”

The reason endo develops is still unclear, and treatment is inadequate, often resulting in putting a patient in chemical menopause using chemotherapy drugs, or a hysterectomy. Neither of which cures the condition and individuals often require ongoing care. Surgical and medical therapies that are available to people with Endo can be effective, however, there is a recurrence of symptoms at a rate of 20–50%, but this varies greatly between studies.

- More than 75% of participants in one study have reported being absent from work due to endometriosis, on average 5.3 days out of the month, as well as 40% of women becoming unemployed due to the disease.
- Despite the prevalence rates of endometriosis being so high, there is very little research and funding to undertake large high-quality studies into the care and lived experiences of patients with endometriosis.

*Assigned Female at Birth

- In 2016, the National Health and Medical Research Council allocated £669,025 to endometriosis research, with diabetes being allocated £51.2 million, despite endometriosis having very similar prevalence rates to diabetes.
- 82% of people with Endo were unable to carry out day-to-day activities due to Endo-related symptoms.
- 95% of people with Endo said that symptoms impacted their well-being negatively.
- 90% said they would like access to psychological services.
- There are very few studies involving comparisons between different subgroups of the Endo community including different ethnicities, social statuses, and genders.

1 in 7

*people *AFAB have Endometriosis*

£

Costs the UK economy £8.2bn a year

Endometriosis South Coast

Trustee Annual Report



2024/25

Endometriosis South Coast

Governing document

Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees ('Foundation' model constitution)

Date of constitution; 04.11.2019

- 1.** The name of the Charitable Incorporated Organisation ("the CIO") is Endometriosis South Coast
- 2.** The CIO must have a principal office in England. The principal office of the CIO is in England.
- 3.** The object of the CIO is to preserve and protect good health for the public benefit among women suffering from endometriosis, in particular, but not exclusively, by:
 - a)** Providing support forums, information, practical advice and emotional support for sufferers of endometriosis, their families and friends.
 - b)** Providing donations and grants of financial assistance for the relief of women with endometriosis who are in need.
 - c)** Raising public awareness of endometriosis through the provision of information designed to inform and educate people about the condition.

Endometriosis South Coast

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on

Sally Wason
Sally Wason (Jan 27, 2026 18:45:12 GMT)

and signed on its behalf by:

Sally Wason
Treasurer & Trustee

27/01/26

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2025.

Public Benefit

We intend to spread awareness through a variety of campaigns, utilising our following on social media, and in-person community groups and events. We also actively fundraise to enable us to help as many people as possible with support and resources.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

Introducing

Endometriosis South Coast is an inclusive charity set up to support people who haven't started their diagnosis journey, are going through the diagnosis stages, or have been diagnosed with Endometriosis and/or Adenomyosis. We are also here for friends, family, and cheerleaders of the people that must jump through hoops to get started on the diagnosis pathway.



We aim to create a safe space for all people with the condition regardless of race, gender, or religion. **This disease does not discriminate** and neither do the people who run this charity.

Endometriosis South Coast

FINANCIAL REVIEW

During the 2024–25 financial year, the charity continued to maintain financial stability while strengthening service delivery.

The organisation's focus remained on sustainability and expanding support to beneficiaries through both in-person and online activities.

Income and Funding

While total income has not increased, we believe this to be due to a decline in grant applications applied for by the Charity during the year. This resulted in further reliance on donations from the local community, demonstrating the trust and support of our community and stakeholders. We have continued to nurture these relationships, ensuring that our fundraising efforts are aligned with our mission and resonate with our supporters. Our goal is to further diversify our funding sources to ensure we sustain our financial position to reduce the reliance that the Charity currently has on donations from the community.

Expense Management

Operating expenses have been carefully controlled, and through strategic planning, we have identified areas for cost-saving and efficiency improvements without compromising the quality of our services. This disciplined approach has enabled us to allocate resources effectively, ensuring that core programs and future research projects remain fully funded and operational.

Program Impact

Despite the stable income, our commitment to our beneficiaries has not wavered. We have continued to expand the reach and effectiveness of our services, leveraging partnerships and collaborations to enhance our offerings. Our focus on community engagement has resulted in increased participation in our programs, reflecting our ongoing relevance and responsiveness to community needs.

Endometriosis South Coast

Future Outlook

Looking ahead, the charity is focused on maintaining our financial health while exploring opportunities for future growth. We are actively working on diversifying our income streams to reduce reliance on any single funding source. This strategy will not only safeguard our operations but also position us to respond effectively to changing circumstances in the funding landscape.

Overall, while this year has seen income remain stable, the charity's resilience and strategic focus have allowed us to continue making a meaningful impact. With a solid financial foundation and a clear vision for the future, we are well-prepared to navigate the challenges ahead and further our mission to benefit the community we serve.

RESERVES POLICY

Reserves will be utilised for the furtherance of the charity's objectives as set out on page 9 of this report.

The minimum to be held as a financial reserve is £5,000 to cover 6 months of overheads.

Whilst our reserves are above this amount currently Donors are entitled to be reassured that a charity with reserves has good reason for keeping funds in reserves:

To anticipate future costs as outreach of support services expands and improves and ensure sustainability.

An overview of the financial position is reviewed at all Committee meetings and the trustee directors review the reserves policy as and when considered necessary.



Objectives and Activities

The object of the CIO is to preserve and protect good health for the public benefit among women suffering from endometriosis, in particular but not exclusively, by:

- a) providing support forums, information, practical advice and emotional support for sufferers of endometriosis, their families and friends.
- b) providing donations of materials to those who are in need
- c) raising public awareness of endometriosis through the provision of information designed to inform and educate people about the condition.



Support Groups:

We hold in-person support groups every month. We often invite a guest speaker to talk about different topics, for example, fertility massage, essential oils and mental health services in the area.

Online Support:

We have a support group on Facebook with over 1100 members where service users are welcome to ask questions, exchange advice, and chat with people in a similar situation. This group also holds a variety of resources to support out beneficiaries, including what to pack for a hospital stay and suggestions around diet and exercise – all created from feedback within the group.





Objectives and Activities

"A fantastic charity offering compassionate, whole-person support for those living with endometriosis. It can be such an isolating and invisible illness, filled with pain and uncertainty. Having a community that understands and advocates for us makes all the difference."

— Beneficiary, 2024



During the year we organised the following activities to raise funds:

- The Great Vulva Clay Off
- Paint & Sip
- Sky dive

Endometriosis South Coast are members of many organisations to research and care for patients with menstrual Health Conditions, these include

- Association for Nutrition
- The All-Party Parliamentary Group (APPG) for Endometriosis
- European Society for Reproductive Embryology
- World Endometriosis Society
- The Social Sciences Endometriosis Network
- World Endometriosis Organisation

April 2024

- The research consultant gave an advisory interview for a book being written
- Launched our Adenomyosis awareness month campaign
- Launched our Wellness Wednesday a free online monthly mindful movement session

May 2024

- The Founder presented to Group Consultations on inclusion when talking about Endometriosis.
- The Founder presented Endo South Coast to Women's Health Innovations Wessex
- Radio Interview
- Became part of Joii patient Panel
- One of our volunteers came runner up in the Portsmouth University Volunteer of the year awards
- Nominated for ITV National Diversity award
- Nominated for BBC Make a Difference Award

June 2024

- Monica Appeal community day
- Became a stakeholder in the Hants & IOW social prescribing network
- Became an advisory organisation to the Portsmouth City Council public health team
- Launch of NHS Talking Therapies Portsmouth Female Hormone Workshop which The Founder advised on

The Review 2024-25

"This charity fosters a compassionate, informed, and inclusive space where everyone feels seen and supported. Their dedication to improving endometriosis care is truly inspiring and gives us hope for the change we all need."
— Beneficiary, 2024



July 2024

- TV interview
- Relaxation in the Lavender, free event for beneficiaries with Endometriosis
- Charity of choice at Jo Morgan's book Sex Education
- Portsmouth Pride, community stall.
- Community first stall in Fareham
- Article in the News paper in response to women's health hubs

In the press



The Review 2024-25

"A brilliant charity that offers a warm, welcoming, and understanding space for anyone affected by endometriosis. They make you feel truly heard and supported – I couldn't recommend ESC more highly!"
— Beneficiary, 2024

August 2024

- Mindfulness on the beach, free event for beneficiaries of the charity

September 2024

- The Founder was invited onto Uncensored chats podcast
- Became a project for Portsmouth Universities Business Consultancy Project

October 2024

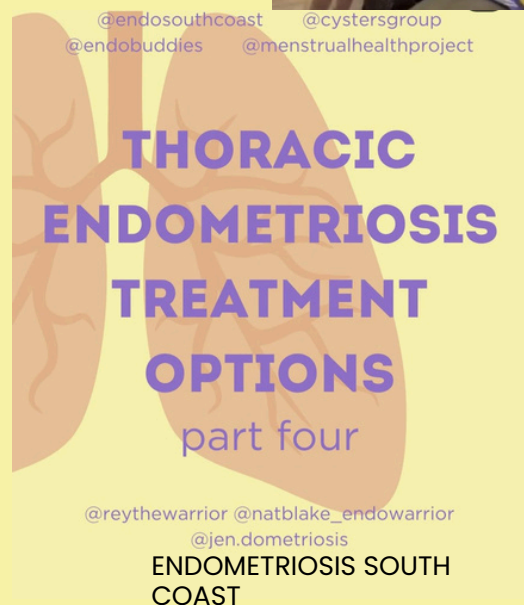
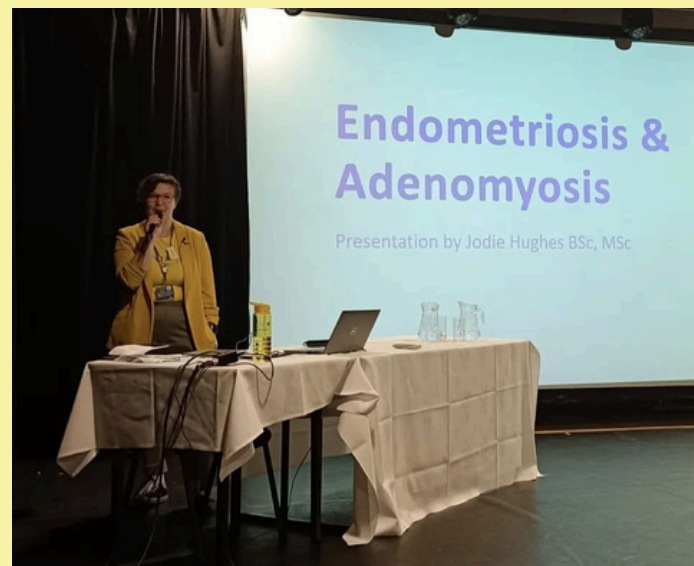
- The Founder, Dr Jodie Hughes, was interviewed on Express FM
- Became stakeholder on the Women's Health engagement group
- 9 people did a skydive for the charity
- The Founder spoke at HeyGirls event on empowering periods for your people.

November 2024

- Started a hormone health guide for school nurses project with Portsmouth City Council
- The Founder had a radio interview with Express FM
- The Founder was invited by students onto the student TV
- Ran a free volunteer appreciation day for our 5th birthday

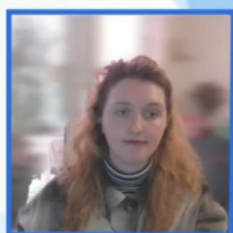
December 2024

- Invited along as a consultant at the H&!OW pre and post conception research day
- Ran a fundraising raffle and raised £1,385





Published 17th Mar 2025, 08:00 GMT
Updated 17th Mar 2025, 08:00 GMT



The Review 2024-25

January 2025

- Ran the great vulva clay off activity

February 2025

- The Founder was invited onto Hormones on the blink podcast

March 2025

- Put on a Women's Health conference in collaboration with Hampshire and Isle of Wight Integrative Care board
- Presented for Trafalgar Medical group on trans inclusion in "women's health"
- Paint and Sip event for beneficiaries of the charity
- Ran a painful period and menopause research event with Hants & IOW NHS
- Co-designed, created and ran a Thoracic Endometriosis Social Media campaign
- Interviewed by the media about the Thoracic Endometriosis campaign
- Partnered with Lewes football club for an endometriosis awareness match





**1,100 members in
our peer-to-peer
support group.**



**5,081 Instagram
supporters**



**2,381 LinkedIn
followers**

The initial plan for the charity, which was developed from launch, has been successful. We want to ensure the momentum continues, and ensure our growth and reach is carefully planned. We need to build on our previous successes and have a path for expanding our support and services.

We aim to be a charity with sustainable revenue sources and provide a valuable service for our beneficiaries and the wider community – extending to health professionals so that they come to us for up-to-date, accurate information.

Over the next three years, our strategy is to consolidate how we operate to ensure the charity remains at the heart of the South Coast communities and extend our offer and reach to our beneficiaries each year.

We will do this using the following steps:

1

Ensuring Trustees and volunteers are working effectively and collaboratively, with clear guidelines, governance, and measurements for success.

2

Producing clear information on terminology so that all volunteers are informed and using the same language to describe all factors associated with endometriosis, adenomyosis and other related conditions.

3

Enlisting ambassadors for the charity amongst the health professionals from across the South Coast.

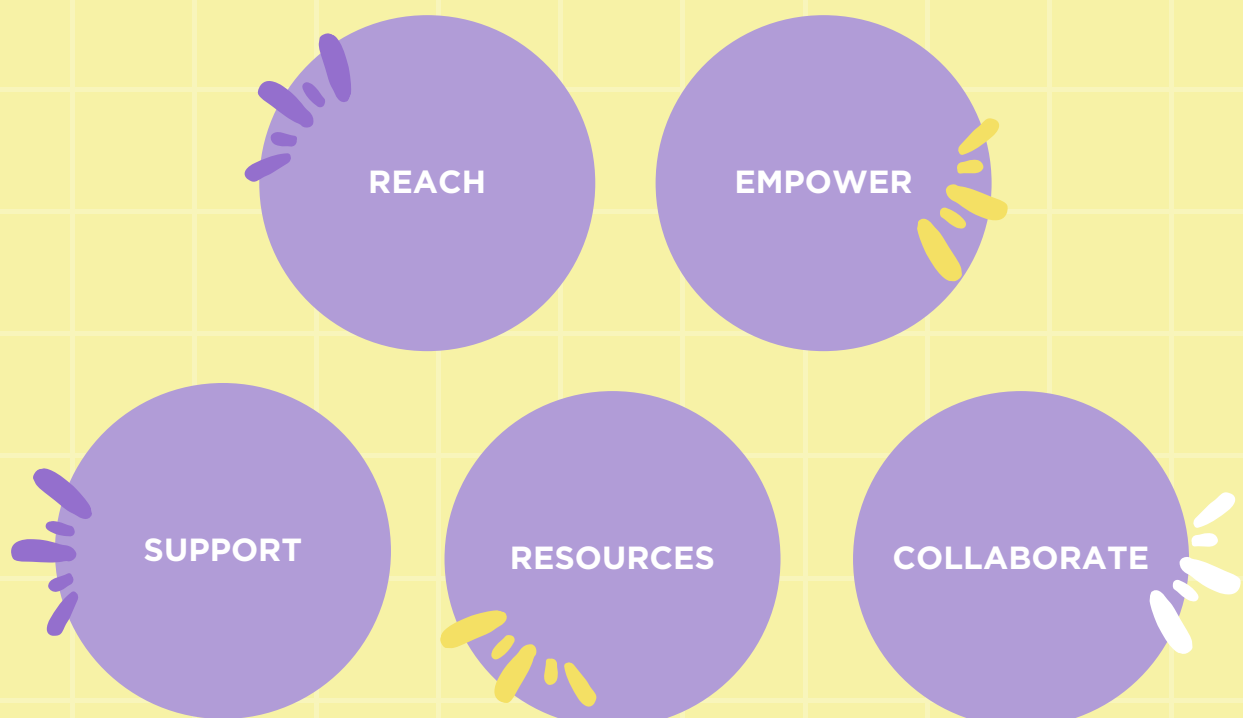
Our Strategic Aims 2024– 2027: The way ahead

This strategy will inform Endometriosis South Coast's work, until April 2027, and will be shared with all stakeholders to ensure that our focus and work is always in line with our strategy.

We have built-in scope for extending our efforts, to mirror changes in health provision, or requests from our beneficiaries.

We will always advocate for better health care and support for our beneficiaries with endometriosis, adenomyosis and other related conditions, and their families.

This three-year strategy commenced on April 2024 and consists of 5 strategic areas



Recruitment and Selection Policy

Policy aims

Endometriosis South Coast's aims are to attract, assess and appoint the best candidates for jobs, to promote equality of opportunity and to build a quality workforce to achieve the objectives of Endometriosis South Coast.

Equal opportunities

- Encourages applications from all community sections, especially under-represented groups.
- Selection decisions based on skills, qualifications, and experience.
- Recognizes the value of diverse knowledge and experience.

Person specification

- Criteria to be relevant, non-discriminatory, and carefully drawn up.
- Person specification defines specific skills, knowledge, and attributes.
- Job description outlines responsibilities, accountabilities, and main tasks.

Advertising the Job:

- Ad designed to attract a wide range of suitable applicants.
- Language used in the advert avoids unintentional discrimination.
- Includes organization name, job title, salary details, duties, requirements, application method, and closing/interview dates.

Dealing with applications

- All applications treated as confidential.

Shortlisting & Interview

- All applications received before the closing date will be considered.
- The interview aims to assess applicant suitability based on the person specification.

References:

- Referees contacted in writing with the candidate's permission.
- Checks required by the Asylum and Immigration Act 2006 undertaken.

Review date: [26/03/2027]

Risk Management Policy

Purpose:

- Integral part of internal control and governance arrangements.
- Explains risk management approach, roles, responsibilities, and reporting procedures.
- Outlines the process for evaluating the effectiveness of internal control procedures.

Underlying Approach to Risk Management:

- Board of Trustees has ultimate responsibility for overseeing risk management.
- Operations Manager (OM) supports the Board in risk management activities.
- Senior managers implement approved policies.
- Key risks identified by the Board and closely monitored.

Internal Control and Risk Management:

- System incorporates risk management to address governance, operational, financial, external, and compliance risks.

Risk Management Process:

- Includes review of previous year, risk identification, evaluation, application of management techniques, recording and monitoring through a risk register, and assigning responsibility.
- Ongoing process with continuous risk reporting and updates.

Annual Review of Effectiveness:

- Board reviews effectiveness based on information provided by senior employees.
- Considers control environment, identification and evaluation of risks, information and communication, and monitoring and corrective action.

Policy Revision:

- Policy reviewed every three years by the Board of Trustees and amended as necessary, or earlier in accordance with legislation.

Endometriosis South Coast
Independent Examiner's Report to the Trustees of Endometriosis South Coast
For The Year Ended 31 March 2025

I report to the trustee on my examination of the accounts of Endometriosis South Coast (the Trust) for the year ended 31 March 2025.

Responsibilities and Basis of Report

As the charity trustee of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and contents of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

James Phelan

James Phelan FCCA 27/01/26

Date
8A Basepoint Business Centre
Waterberry Drive
Waterlooville
Hampshire
PO7 7TH

**Endometriosis South Coast
Statement of Financial Activities
For The Year Ended 31 March 2025**

		2025	2024
		Unrestricted funds	Unrestricted funds
	Notes	£	£
INCOME AND ENDOWMENTS FROM:			
Donations and legacies	3	7,961	11,007
Charitable activities:	4		
Beneficiary support		4,630	2,525
Other trading activities	5	7,444	11,529
		<u>20,035</u>	<u>25,061</u>
EXPENDITURE ON:			
Raising funds	7	(5,930)	(6,491)
Charitable activities:	7		
Beneficiary support		(9,696)	(10,834)
		<u>(15,626)</u>	<u>(17,325)</u>
NET INCOME		4,409	7,736
NET MOVEMENT IN FUNDS		<u>4,409</u>	<u>7,736</u>
RECONCILIATION OF FUNDS:			
Total funds brought forward		23,748	16,012
TOTAL FUNDS CARRIED FORWARD	16	<u><u>28,157</u></u>	<u><u>23,748</u></u>

The notes on pages 22 to 28 form part of these financial statements.

**Endometriosis South Coast
Statement of Financial Position
As At 31 March 2025**

		2025	2024
		Unrestricted funds	Total funds
	Notes	£	£
FIXED ASSETS			
Tangible Assets	13	1,078	1,444
		<u>1,078</u>	<u>1,444</u>
CURRENT ASSETS			
Debtors	14	317	227
Cash at bank and in hand		27,728	22,077
		<u>28,045</u>	<u>22,304</u>
Creditors: Amounts Falling Due Within One Year	15	(966)	-
NET CURRENT ASSETS (LIABILITIES)		<u>27,079</u>	<u>22,304</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>28,157</u>	<u>23,748</u>
NET ASSETS		<u>28,157</u>	<u>23,748</u>
FUNDS OF THE CHARITY			
Unrestricted Funds		<u>28,157</u>	<u>23,748</u>
TOTAL FUNDS	16	<u>28,157</u>	<u>23,748</u>

On behalf of the board

Sally Wason

Sally Wason (Jan 27, 2026 18:45:12 GMT)

Miss S Wason

Trustee

Date 27/01/26

The notes on pages 22 to 28 form part of these financial statements.

Endometriosis South Coast

Notes to the Financial Statements

For The Year Ended 31 March 2025

1. General Information

Endometriosis South Coast is a charitable incorporated organisation registered with the Charity Commission, registered charity number 1186203. The principal address is Hive Portsmouth Sector Hub, 22 Edinburgh Road, Portsmouth, Hampshire, PO1 1DH.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements 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 Charities Act 2011.

The charity is a Public Benefit Entity as defined by FRS 102.

2.2. Fund Accounting

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

Designated funds comprise unrestricted funds that have been set aside by the trustee for a specific purpose.

Restricted funds are to be used for specific purposes as laid down by the donor.

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

2.3. Incoming Resources

Voluntary income including donations, gifts and legacies and grants that provide core funding or are of a general nature are recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when:

- the donor specifies that the grant or donation must only be used in future accounting periods; or
- the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income is recognised on a receivable basis.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific conditions is recognised as earned (as the related goods and services are provided). Grant income included in this category provides funding to support activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

2.4. Donated Goods and Services

The value of services provided by volunteers is not incorporated into these financial statements.

Where goods or services are provided to the charity as a donation that would normally be purchased from suppliers, this contribution is included in the financial statements at an estimate based on the value of the contribution to the charity.

2.5. Resources Expended

Expenditure is recognised when a liability is incurred. Contractual arrangements are recognised as goods or services as they are supplied.

Expenditure on raising funds are those costs incurred in attracting voluntary income.

Charitable activities include expenditure associated with providing services to the charity's beneficiaries and include both the direct costs and support costs relating to those activities.

Support and governance costs include central functions and have been allocated to activities on a basis consistent with the use of resources.

2.6. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Event equipment	25% reducing balance
Fixtures & Fittings	25% reducing balance

Endometriosis South Coast
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

2.7. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

2.8. Taxation

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

3. Income from Donations and Legacies

	2025	2024
	Unrestricted	Unrestricted
	funds	funds
	£	£
Donations and gifts:		
Donations and gifts	5,178	8,768
Portsmouth Community Lottery	52	157
PayPal Donations	1,731	1,112
Donated goods, facilities and services:		
Donated goods, facilities and services	1,000	970
	<u>7,961</u>	<u>11,007</u>

Donated goods and services includes accountancy (£500) and independent examiners fee (£500).

4. Income from Charitable Activities

	2025	2024
	Unrestricted	Unrestricted
	funds	funds
	£	£
Beneficiary support:		
Consultancy services	330	-
Grants	4,300	2,525
	<u>4,630</u>	<u>2,525</u>

Grants, included above, are as follows:

	2025	2024
	Unrestricted	Unrestricted
	funds	funds
	£	£
The Hive Portsmouth	500	700
Groundwork UK	-	375
St James Place Foundation	2,500	800
Aviva Broker Community Fund	550	650
Community Action HIVCA	750	-
	<u>4,300</u>	<u>2,525</u>

Endometriosis South Coast
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

5. Income from Other Trading Activities

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Fundraising events	7,048	11,117
Merchandise sales	396	412
	<u>7,444</u>	<u>11,529</u>

6. Net Income/(Expenditure)

The net income is stated after charging/(crediting):

	2025	2024
	£	£
Bad debts	-	50
Depreciation of tangible fixed assets - owned	365	341
Gain/Loss on disposal of tangible fixed assets	96	-
	<u>96</u>	<u>-</u>

7. Analysis of Expenditure

	2025		
	Activities undertaken directly (see note 8)	Support costs (see note 9)	Total
	£	£	£
Raising funds	5,930	-	5,930
Beneficiary support	3,138	6,558	9,696
	<u>9,068</u>	<u>6,558</u>	<u>15,626</u>

	2024		
	Activities undertaken directly (see note 8)	Support costs (see note 9)	Total
	£	£	£
Raising funds	6,491	-	6,491
Beneficiary support	1,912	8,922	10,834
	<u>8,403</u>	<u>8,922</u>	<u>17,325</u>

Endometriosis South Coast
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

8. Direct Costs

	2025		
	Raising funds	Beneficiary support	Total
	£	£	£
Fundraising activities:			
Staging fundraising events	5,930	-	5,930
Cost of goods sold:			
Materials purchased	-	863	863
General administration:			
Consultancy fees	-	2,275	2,275
	<u>5,930</u>	<u>3,138</u>	<u>9,068</u>
	2024		
	Raising funds	Beneficiary support	Total
	£	£	£
Fundraising activities:			
Staging fundraising events	6,491	-	6,491
Cost of goods sold:			
Materials purchased	-	462	462
General administration:			
Consultancy fees	-	1,450	1,450
	<u>6,491</u>	<u>1,912</u>	<u>8,403</u>

9. Support Costs

	2025
	Beneficiary support
	£
Employee costs:	
Staff training	65
Travel and subsistence expenses	1,944
Premises expenses:	
Office costs and room hire	538
General administration:	
Computer software costs	235
Insurance	281
Printing, postage and stationery	271
Advertising and marketing costs	1,233
Telecommunications and data costs	158
Website costs	211
Accountancy fees	500
Subscriptions	125
Sundry expenses	36
Depreciation:	
Depreciation	365

...CONTINUED

Endometriosis South Coast
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

Loss on disposal of tangible fixed assets	96
Governance costs:	
Independent examiner's fees	500
	6,558

	2024
	Beneficiary support
	£
Employee costs:	
Staff training	1,615
Travel and subsistence expenses	1,353
Premises expenses:	
Office costs and room hire	78
General administration:	
Computer software, consumables and maintenance	439
Insurance	238
Printing, postage and stationery	46
Advertising and marketing costs	847
Telecommunications and data costs	158
Website costs	653
Accountancy fees	475
Consultancy fees	1,800
Subscriptions	334
Bad debts written off	50
Depreciation:	
Depreciation	341
Governance costs:	
Independent examiner's fees	495
	8,922

10. Independent Examiner's Remuneration

	2025	2024
	£	£
Independent examination of the financial statements	500	475
Other assurance services	-	-
Tax advisory services	-	-
Other financial services	-	-
	500	475

11. Staff Costs

The charitable incorporated organisation has no employees.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

12. Average Number of Employees

Average number of employees during the year was: NIL (2024: NIL)

Endometriosis South Coast
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

13. Tangible Assets

	Event equipment	Fixtures & Fittings	Total
	£	£	£
Cost			
As at 1 April 2024	990	1,004	1,994
Additions	-	95	95
Disposals	-	(216)	(216)
As at 31 March 2025	990	883	1,873
Depreciation			
As at 1 April 2024	371	179	550
Provided during the period	155	210	365
Disposals	-	(120)	(120)
As at 31 March 2025	526	269	795
Net Book Value			
As at 31 March 2025	464	614	1,078
As at 1 April 2024	619	825	1,444

14. Debtors

	2025	2024
	£	£
Due within one year		
Other debtors	317	227

15. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Trade creditors	966	-

16. Movement in Funds

	As at 1 April 2024	Income	Expenditure	As at 31 March 2025
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	23,748	20,035	(15,626)	28,157
Total funds	23,748	20,035	(15,626)	28,157

Endometriosis South Coast
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	As at 1 April 2023	Income	Expenditure	As at 31 March 2024
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	16,012	25,061	(17,325)	23,748
Total funds	<u>16,012</u>	<u>25,061</u>	<u>(17,325)</u>	<u>23,748</u>

17. Transactions with Trustees

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

During the year the expenses reimbursed to the trustees or paid directly to third parties were as follows:

	2025	2024
	£	£
Other Expenses	<u>455</u>	<u>-</u>

Number of trustees reimbursed for expenses during the year was 2 (2024: 0)

18. Related Party Disclosures

There have been no related party transactions in the reporting period that require disclosure, except for those disclosed in the Transactions with Trustees note.

END001-2025 accounts for approval

Final Audit Report

2026-01-27

Created:	2026-01-27
By:	James Phelan (james.phelan@phelancloudaccounting.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAUj4TUJIDt7JZl9G-OFEtTkTwtmj9rwn

"END001-2025 accounts for approval" History

-  Document created by James Phelan (james.phelan@phelancloudaccounting.co.uk)
2026-01-27 - 8:14:46 AM GMT
-  Document emailed to Sally Wason (sally@endometriosissouthcoast.com) for signature
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2026-01-27 - 6:45:14 PM GMT
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2026-01-27 - 8:57:59 PM GMT
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Signature Date: 2026-01-27 - 8:58:48 PM GMT - Time Source: server
-  Agreement completed.
2026-01-27 - 8:58:48 PM GMT

Accounts

Endometriosis South Coast



Endometriosis South Coast

**Annual Report and financial
statements for the year
ended 31 March 2024**

Charity no. 1186203

Endometriosis South Coast



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For the year ended 31 March 2024

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Endometriosis South Coast

Legal and Administrative Information

Charity name: Endometriosis South Coast

Other names the charity is known by: Endo South Coast

Registered charity number: 1186203

Registered charity address:
Hive Portsmouth Sector Hub
22 Edinburgh Road
PORTSMOUTH
PO1 1DH

Contact: admin@endometriosisouthcoast.com
02394 217090

Website: endometriosisouthcoast.com



Name	Role
Kirsty Rogers	Chair of Trustees Trustee
Kate Dunstone	Trustee
Bethany Wells	Trustee
Penny Chamberlain	Trustee
Sally Wason	Treasurer Trustee

Endometriosis

Between 200 and 500 million people world wide have endometriosis (Endo).

This number is thought to be increasing as awareness increases, this may be because we know more about the condition and more people are being diagnosed correctly. At present, it is often thought of as a disease that primarily affects people of reproductive age but there is increasing literature that points to endometriosis affecting people before menarche and after menopause.

“

“Takes on average 8.5 years to get a diagnosis, and upward of 5 Drs to be listened to.”

The reason endo develops is still unclear, and treatment is inadequate, often resulting in putting a patient in chemical menopause using chemotherapy drugs, or a hysterectomy. Neither of which cures the condition and individuals often require ongoing care. Surgical and medical therapies that are available to people with Endo can be effective, however, there is a recurrence of symptoms at a rate of 20–50%, but this varies greatly between studies.

- More than 75% of participants in one study have reported being absent from work due to endometriosis, on average 5.3 days out of the month, as well as 40% of women becoming unemployed due to the disease.
- Despite the prevalence rates of endometriosis being so high, there is very little research and funding to undertake large high-quality studies into the care and lived experiences of patients with endometriosis.

*Assigned Female at Birth

- In 2016, the National Health and Medical Research Council allocated £669,025 to endometriosis research, with diabetes being allocated £51.2 million, despite endometriosis having very similar prevalence rates to diabetes.
- 82% of people with Endo were unable to carry out day-to-day activities due to Endo-related symptoms.
- 95% of people with Endo said that symptoms impacted their well-being negatively.
- 90% said they would like access to psychological services.
- There are very few studies involving comparisons between different subgroups of the Endo community including different ethnicities, social statuses, and genders.

1 in 7

*people *AFAB have Endometriosis*



Costs the UK economy £8.2bn a year

Endometriosis South Coast

Trustee Annual Report



Endometriosis South Coast

Governing document

Constitution of a Charitable Incorporated Organisation who's only voting members are its charity trustees ('Foundation' model constitution)

Date of constitution; 04.11.2019

- 1.** The name of the Charitable Incorporated Organisation ("the CIO") is Endometriosis South Coast
- 2.** The CIO must have a principal office in England. The principal office of the CIO is in England.
- 3.** The object of the CIO is to preserve and protect good health for the public benefit among women suffering from endometriosis, in particular, but not exclusively, by:
 - a)** Providing support forums, information, practical advice and emotional support for sufferers of endometriosis, their families and friends.
 - b)** Providing donations and grants of financial assistance for the relief of women with endometriosis who are in need.
 - c)** Raising public awareness of endometriosis through the provision of information designed to inform and educate people about the condition.

Endometriosis South Coast

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on

.....

and signed on its behalf by:

Kate Dunstone
Trustee

24/01/2025

.....

Trustees Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2024.

Public Benefit

We intend to spread awareness through a variety of campaigns, utilising our following on social media, and in-person community groups and events. We also actively fundraise to enable us to help as many people as possible with support and resources.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.



Introducing

Endometriosis South Coast is an inclusive charity set up to support people who haven't started their diagnosis journey, are going through the diagnosis stages, or have been diagnosed with Endometriosis and/or Adenomyosis. We are also here for friends, family, and cheerleaders of the people that must jump through hoops to get started on the diagnosis pathway.

We aim to create a safe space for all people with the condition regardless of race, gender, or religion. **This disease does not discriminate** and neither do the people who run this charity.

Endometriosis South Coast

FINANCIAL REVIEW

In the year following our significant growth, the charity has maintained a steady income, reflecting our commitment to sustainability and consistent service delivery. With income remaining stable, the organisation has focused on enhancing operational efficiency and optimizing our existing resources to continue delivering impactful programs to our beneficiaries.

Income and Funding

While total income has not increased, we believe this to be due to a decline in grant applications applied for by the Charity during the year. This resulted in further reliance on donations from the local community demonstrating the trust and support of our community and stakeholders. We have continued to nurture these relationships, ensuring that our fundraising efforts are aligned with our mission and resonate with our supporters. Our goal is to still further diversify our funding sources to ensure we sustain our financial position to reduce the reliance that the Charity currently has on donations from the community.

Expense Management

Operating expenses have been carefully controlled and through strategic planning, we have identified areas for cost-saving and efficiency improvements without compromising the quality of our services. This disciplined approach has enabled us to allocate resources effectively, ensuring that core programs and future research projects remain fully funded and operational.

Program Impact

Despite the stable income, our commitment to our beneficiaries has not wavered. We have continued to expand the reach and effectiveness of our services, leveraging partnerships and collaborations to enhance our offerings. Our focus on community engagement has resulted in increased participation in our programs, reflecting our ongoing relevance and responsiveness to community needs.

Endometriosis South Coast

Future Outlook

Looking ahead, the charity is focused on maintaining our financial health while exploring opportunities for future growth. We are actively working on diversifying our income streams to reduce reliance on any single funding source. This strategy will not only safeguard our operations but also position us to respond effectively to changing circumstances in the funding landscape.

Overall, while this year has seen income remain stable, the charity's resilience and strategic focus have allowed us to continue making a meaningful impact. With a solid financial foundation and a clear vision for the future, we are well-prepared to navigate the challenges ahead and further our mission to benefit the community we serve.

RESERVES POLICY

Reserves will be utilised for the furtherance of the charities objectives as set out on page 9 of this report.

The minimum to be held as a financial reserve is £5,000 to cover 6 months of overheads.

Whilst our reserves are above this amount currently Donors are entitled to be reassured that a charity with reserves has good reason for keeping funds in reserves:

To anticipate future costs as outreach of support services expands and improves.

An overview of the financial position is reviewed at all Committee meetings and the trustee directors review the reserves policy as and when considered necessary.



Objectives and Activities

The object of the CIO is to preserve and protect good health for the public benefit among women suffering from endometriosis, in particular but not exclusively, by:

- a) providing support forums, information, practical advice and emotional support for sufferers of endometriosis, their families and friends.
- b) providing donations and grants of financial assistance for the relief of women with endometriosis who are in need.
- c) raising public awareness of endometriosis through the provision of information designed to inform and educate people about the condition.



Support Groups:

We hold in-person support groups every month. We often invite a guest speaker to talk about different topics, for example, fertility massage, essential oils and mental health services in the area.

Online Support:

We have a support group on Facebook with over 1000 members where service users are welcome to ask questions, exchange advice, and chat with people in a similar situation. This group also holds a variety of resources to support out beneficiaries, including what to pack for a hospital stay and suggestions around diet and exercise – all created from feedback within the group.



Objectives and Activities

*"A wonderful charity providing holistic support and care for endometriosis sufferers. It's a very lonely illness, involving hidden disability and pain. It's amazing to have a space where sufferers can find friendship and advocacy."
Beneficiary, 2024*



WWW.ENDOMETRIOSISSOUTHCOAST.COM

During the year we organised the following activities to raise funds:

- Sky Dive
- Charity Pub Quiz
- 2023 Sunflower Ball
- Abseil down the Spinnaker Tower

Endometriosis South Coast are members of many organisations to research and care for patients with menstrual Health Conditions, these include

- Association for Nutrition
- The All Party Parliamentary Group (APPG) for Endometriosis
- European Society for Reproductive Embryology
- World Endometriosis Society
- The Social Sciences Endometriosis Network
- World Endometriosis Organisation



The Review 2023-24

"This charity creates a safe, inclusive & educated environment full of love and support. Working tirelessly for the change in endo care that we all so desperately deserve!"
Beneficiary, 2024

July 2023

- Charity Pub Quiz fundraiser
- Mindfulness in the Lavender Field event for beneficiaries
- Abseil Fundraiser
- Volunteer EDI training day with Jo Morgan, Engendered Change

June 2023

- Portsmouth Pride community event
- Jodie was invited to a school to talk about Endometriosis with their teachers
- Jodie did a workplace endometriosis presentation for Kenwood UK

April 2023

- Initiated Adenomyosis Awareness Month on social media
- Supported by Portsmouth Women's Football Club at their Stadium day

May 2023

- Jodie presented her research at the World Congress on Endometriosis
- Jodie was named as a nominee as a Positive Role Model at the ITV National Diversity Awards
- Jodie was invited to contribute at the Treat it Queer conference on Transgender Endometriosis Care.



The Review 2023-24

"A wonderful charity. They create a comfortable, safe space for support in an open minded and welcoming setting. Couldn't recommend ESC enough!" Beneficiary, 2024

August 2023

- Community stall at the Monika Appeal Big Charity Bash

September 2023

- Community stall at Eastleigh Pride
- Jodie achieved Finalist of ITV national diversity awards
- Launched the word of the week social media campaign
- Jodie and Steph were involved in the development of the Task Force on Women's Health Dorset
- Jodie was invited onto Medica Herstory's Podcast

October 2023

- Great South Run with 8 runners
- Jodie was interviewed on Express FM

November 2023

- We celebrated our 4th birthday with our Sunflower Ball and raised £3,000
- Charity Pub Quiz





What is Endometriosis?

Endo is a Full Body Systemic condition that can lead to a variety of symptoms, affecting the entire body.

1.5 million people around the world are affected regardless of age, gender, race or sexuality.

Common Symptoms Include:



Painful Urination during your period

Difficulty Conceiving



Heavy Periods

Pelvic Pain and/or painful periods?



Bleeding between periods



Pain during and/or after sex

Bowel issues during your period



Nausea



@YellowTurtleArt



"Such a wonderful, supportive, and lovely community for everyone suffering with gynaecology issues. This group has really helped me overcome anxieties that surround the diseases, encouraged me, helped me understand more about the diseases and connected me with others suffering, we are not alone anymore. 🌻

All it takes is a good heart to help support and lift others around you. Be the change."
Beneficiary, 2024

The Review 2023-24

"Thoughtful inclusive charity that seeks to improve the lives of those with endometriosis. Highly recommended."

December 2023

- Pottery Painting session for our beneficiaries
- Started partnership with HeyGirls organisation

January 2024

- Relunched Mindfulness sessions free once a month for our beneficiaries
- Clanfield Community Centre ran a fundraising raffle for us
- Involved in a Wellness and Fund Raising day with Purpose Performance
- Was in the local Newspaper because of our work with developing the 7 week talking therapy course with the local therapists
- Held a roundtable for other endometriosis experts and organisations to come together and share ideas for collaboration



The Review 2023-24

March 2024

- Charity Quiz Night
- Jodie announced as UN Women CSW68 delegate
- Charity involved in a multilingual social media campaign to spread the right definition of what endometriosis is which gained a reach of almost 16k
- Participated in WorldWide Endo march collaborating with Girls Who Walk Portsmouth
- Jodie took part in an article in Cosmopolitan UK
- Steph (political advisor) spoke at the Portsmouth Hospitals International Women's event
- Jodie spoke at Pamodzi's Inspirational Women of Portsmouth Awards
- Jodie spoke at This Independent Life's Endometriosis Futures conference
- Live stream with GingeUnhinged's Victoria Hardy
- Jodie presented a lecture to online learning medical students

February 2024

- Took a team of beneficiaries to a research day in Exeter after they had been involved in a research project
- Self love session with the Mindful Movement Coach
- Jodie spoke at the Pamodzi Creatives Ubuntu tea party
- Jodie was involved in the Fawcett Society and Benenden Health's Gender Health Gap campaign
- Jodie assisting Shaping Portsmouth to create a Women's Health resource page on their website



**1,000 members in
our peer-to-peer
support group.**



**4,380 Instagram
supporters**



**2,165 LinkedIn
followers**

The initial plan for the charity, which was developed from launch, has been successful. We want to ensure the momentum continues, and ensure our growth and reach is carefully planned. We need to build on our previous successes and have a path for expanding our support and services.

We aim to be a charity with sustainable revenue sources and provide a valuable service for our beneficiaries and the wider community – extending to health professionals so that they come to us for up-to-date, accurate information.

Over the next three years, our strategy is to consolidate how we operate to ensure the charity remains at the heart of the South Coast communities and extend our offer and reach to our beneficiaries each year.

We will do this using the following steps:

1

Ensuring Trustees and volunteers are working effectively and collaboratively, with clear guidelines, governance, and measurements for success.

2

Producing clear information on terminology so that all volunteers are informed and using the same language to describe all factors associated with endometriosis, adenomyosis and other related conditions.

3

Enlisting ambassadors for the charity amongst the health professionals from across the South Coast.

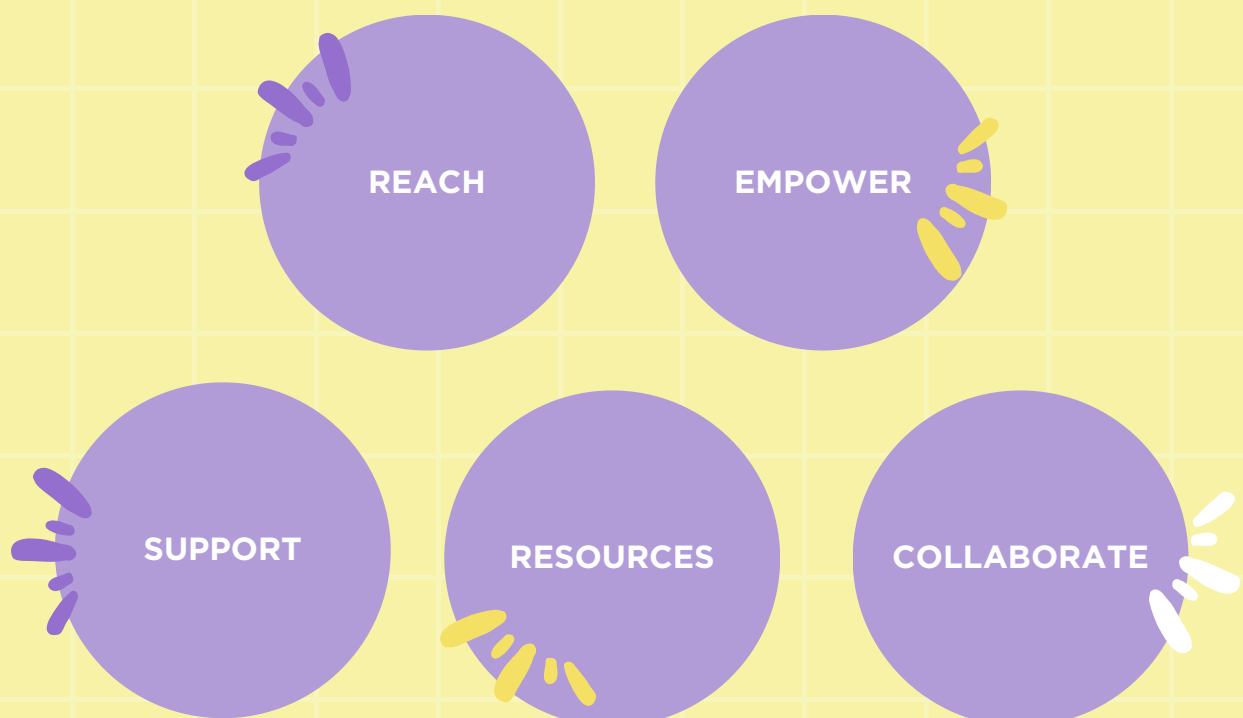
Our Strategic Aims 2024– 2027: The way ahead

This strategy will inform Endometriosis South Coast's work, until April 2027, and will be shared with all stakeholders to ensure that our focus and work is always in line with our strategy.

We have built-in scope for extending our efforts, to mirror changes in health provision, or requests from our beneficiaries.

We will always advocate for better health care and support for our beneficiaries with endometriosis, adenomyosis and other related conditions, and their families.

This three-year strategy will commence in April 2024 and consists of 5 strategic areas



Recruitment and Selection Policy

Policy aims

Endometriosis South Coast's aims are to attract, assess and appoint the best candidates for jobs, to promote equality of opportunity and to build a quality workforce to achieve the objectives of Endometriosis South Coast.

Equal opportunities

- Encourages applications from all community sections, especially under-represented groups.
- Selection decisions based on skills, qualifications, and experience.
- Recognizes the value of diverse knowledge and experience.

Person specification

- Criteria to be relevant, non-discriminatory, and carefully drawn up.
- Person specification defines specific skills, knowledge, and attributes.
- Job description outlines responsibilities, accountabilities, and main tasks.

Advertising the Job:

- Ad designed to attract a wide range of suitable applicants.
- Language used in the advert avoids unintentional discrimination.
- Includes organization name, job title, salary details, duties, requirements, application method, and closing/interview dates.

Dealing with applications

- All applications treated as confidential.

Shortlisting & Interview

- All applications received before the closing date will be considered.
- The interview aims to assess applicant suitability based on the person specification.

References:

- Referees contacted in writing with the candidate's permission.
- Checks required by the Asylum and Immigration Act 2006 undertaken.

Review date: [26/03/2025]

Risk Management Policy

Purpose:

- Integral part of internal control and governance arrangements.
- Explains risk management approach, roles, responsibilities, and reporting procedures.
- Outlines the process for evaluating the effectiveness of internal control procedures.

Underlying Approach to Risk Management:

- Board of Trustees has ultimate responsibility for overseeing risk management.
- Operations Manager (OM) supports the Board in risk management activities.
- Senior managers implement approved policies.
- Key risks identified by the Board and closely monitored.

Internal Control and Risk Management:

- System incorporates risk management to address governance, operational, financial, external, and compliance risks.

Risk Management Process:

- Includes review of previous year, risk identification, evaluation, application of management techniques, recording and monitoring through a risk register, and assigning responsibility.
- Ongoing process with continuous risk reporting and updates.

Annual Review of Effectiveness:

- Board reviews effectiveness based on information provided by senior employees.
- Considers control environment, identification and evaluation of risks, information and communication, and monitoring and corrective action.

Policy Revision:

- Policy reviewed every three years by the Board of Trustees and amended as necessary, or earlier in accordance with legislation.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
ENDOMETRIOSIS SOUTH COAST

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records ; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

James Phelan FCCA
Association of Chartered Certified Accountants
Phelan Cloud Accounting
8A Basepoint Business Centre
Waterberry Drive
Waterlooville
Hampshire
PO7 7TH

Date: 24/01/2025

ENDOMETRIOSIS SOUTH COAST

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATION AN INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MARCH 2024

				31/03/2024	31/03/2023
	Notes	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2.	11,007	-	11,007	10,311
Charitable activities					
Beneficiary support	3.	2,525	-	2,525	10,412
Fundraising	4.	11,529	-	11,529	11,063
Total		<u>25,061</u>	<u>-</u>	<u>25,061</u>	<u>31,786</u>
EXPENDITURE ON					
Raising funds	5.	6,491	-	6,491	6,313
Charitable activities					
Beneficiary support	6.	10,834	-	10,834	12,459
Total		<u>17,325</u>	<u>-</u>	<u>17,325</u>	<u>18,772</u>
NET INCOME/(EXPENDITURE)		7,736	-	7,736	13,014
RECONCILIATION OF FUNDS					
Total funds brought forward		16,012	-	16,012	2,998
TOTAL FUNDS CARRIED FORWARD		<u><u>23,748</u></u>	<u><u>-</u></u>	<u><u>23,748</u></u>	<u><u>16,012</u></u>

ENDOMETRIOSIS SOUTH COAST

BALANCE SHEET FOR THE YEAR ENDED 31 MARCH 2024

	Notes	31/03/2024 £	31/03/2023 £
FIXED ASSETS			
Tangible assets	12.	1,444	996
		<u>1,444</u>	<u>996</u>
CURRENT ASSETS			
Debtors	13.	227	192
Cash at bank		22,077	14,824
NET ASSETS		<u>23,748</u>	<u>16,012</u>
FUNDS			
Unrestricted funds	15.	23,748	16,012
Restricted funds	15.	-	-
TOTAL FUNDS		<u>23,748</u>	<u>16,012</u>

The financial statements were approved and authorised for issue by the Board of Trustees and authorised for issue on 24/01/2025 and were signed on its behalf by:

Sally Wason - Trustee

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable incorporated entity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

Voluntary income including donations, gifts and legacies and grants that provide core funding or are of a general nature are recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when:

- the donor specifies that the grant or donation must only be used in future accounting periods; or
- the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income is recognised on a receivable basis.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific conditions is recognised as earned (as the related goods and services are provided). Grant income included in this category provides funding to support activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Volunteers and donated services

The value of services provided by volunteers is not incorporated into these financial statements.

Where goods or services are provided to the charity as a donation that would normally be purchased from suppliers, this contribution is included in the financial statements at an estimate based on the value of the contribution to the charity.

Expenditure

Expenditure is recognised when a liability is incurred. Contractual arrangements are recognised as goods or services as they are supplied.

- Expenditure on raising funds are those costs incurred in attracting voluntary income.
- Charitable activities include expenditure associated with providing services to the charity's beneficiaries and include both the direct costs and support costs relating to those activities.
- Support and governance costs include central functions and have been allocated to activities on a basis consistent with the use of resources.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES - continued

Tangible fixed assets

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

Office equipment	- 25% reducing balance
Event equipment	- 25% reducing balance

Individual fixed assets costing £200 or more are capitalised at cost.

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.

2. DONATIONS AND LEGACIES

	31/03/2024	31/03/2023
	£	£
Donations	8,768	4,069
Portsmouth Community Lottery	157	234
PayPal Donations	1,112	3,743
Donated goods and services	970	2,265
	<u>11,007</u>	<u>10,311</u>

Donated goods and services includes accountancy (£475) and independent examiners fee (£495).

3. INCOME FROM CHARITABLE ACTIVITIES

	31/03/2024	31/03/2023
	£	£
Grants	<u>2,525</u>	<u>10,412</u>
	<u>2,525</u>	<u>10,412</u>

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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

	31/03/2024	31/03/2023
	£	£
The Hive Portsmouth	700	500
Groundwork UK	375	1,125
Co op grant	-	1,487
Bambo Limited	-	750
Main Grants Scheme	-	5,550
Portsmouth City Council	-	1,000
St James Place Foundation	800	-
Aviva Broker Community Fund	650	-
Other grants	-	-
	<u>2,525</u>	<u>10,412</u>

4. FUNDRAISING

	31/03/2024	31/03/2023
	£	£
Fundraising events	11,117	11,063
Merchandise sales	412	-
	<u>11,529</u>	<u>11,063</u>

5. RAISING FUNDS

	31/03/2024	31/03/2023
	£	£
Fundraising costs	6,491	6,313
	<u>6,491</u>	<u>6,313</u>

6. CHARITABLE ACTIVITIES

	Direct costs (see note 7)	Support costs (see note 8)	Totals
		£	£
Beneficiary support	1,912	8,922	10,834
	<u>1,912</u>	<u>8,922</u>	<u>10,834</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31/03/2024	31/03/2023
	£	£
Materials	462	824
Consultancy fees	1,450	-
	<u>1,912</u>	<u>824</u>

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

8. SUPPORT COSTS

	Management	Governance costs £	Totals £
Beneficiary support	8,427	495	8,922
	<u>8,427</u>	<u>495</u>	<u>8,922</u>

Management	31/03/2024 £	31/03/2023 £
Office costs and room hire	78	30
Web hosting	653	270
Computer software	439	153
Internet and telephone	158	147
Printing	-	23
Staff training	1,615	740
Accommodation and meals	106	592
Advertising and promotion	847	3,916
Consultancy fees	1,800	990
Postage	46	42
Charitable donations	-	131
Subscriptions	334	348
Insurance	238	38
Travel	1,247	1,740
Depreciation charge	341	210
Website costs	-	1,295
Accountancy fees	475	475
Bad debts	50	-
	<u>8,427</u>	<u>11,140</u>
Governance costs	31/03/2024	31/03/2023
	£	£
Independent examiners fee	495	495
	<u>495</u>	<u>495</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

During the year no trustee received any remuneration from the charitable incorporated organisation (2023: none).

Trustees expenses

During the year no (2023 : one) trustees was reimbursed expenses (2023 : £973) for accommodation, travel and fundraising event materials by the charitable incorporated organisation.

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

10. STAFF COSTS

The charitable incorporated organisation has no employees. No Employee received emoluments in excess of £60,000.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	10,311	-	10,311
Charitable activities			
Beneficiary support	10,412	-	10,412
Fundraising	11,063	-	11,063
Total	31,786	-	31,786
EXPENDITURE ON			
Raising funds	6,313	-	6,313
Charitable activities			
Beneficiary support	12,459	-	12,459
Total	18,772	-	18,772
NET INCOME/(EXPENDITURE)	13,014	-	13,014
RECONCILIATION OF FUNDS			
Total funds brought forward	2,998	-	2,998
TOTAL FUNDS CARRIED FORWARD	16,012	-	16,012

The above Statement of Financial Activities relates to the year ended 31 March 2023.

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

12. TANGIBLE FIXED ASSETS

	Office equipment £	Event equipment £	Totals £
COST			
At 1 April 2023	216	990	1,206
Additions	788	-	788
Disposals	-	-	-
At 31 March 2024	<u>1,004</u>	<u>990</u>	<u>1,994</u>
DEPRECIATION			
At 1 April 2023	45	165	210
Charge for the year	134	206	340
Elimination on disposal	-	-	-
At 31 March 2024	<u>179</u>	<u>371</u>	<u>550</u>
NET BOOK VALUE			
At 31 March 2023	<u>171</u>	<u>825</u>	<u>996</u>
At 31 March 2024	<u>825</u>	<u>619</u>	<u>1,444</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/2024 £	31/03/2023 £
Prepayments	<u>227</u>	<u>192</u>
	<u>227</u>	<u>192</u>

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	31/03/2024 Total funds £	31/03/2023 Total funds £
Fixed assets	1,444	-	1,444	996
Current assets	22,304	-	22,304	14,824
Current liabilities	-	-	-	-
	<u>23,748</u>	<u>-</u>	<u>23,748</u>	<u>15,820</u>

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

15. MOVEMENT IN FUNDS

	At 01/04/2023 £	Net movement in funds £	At 31/03/2024 £
Unrestricted funds			
General fund	16,012	7,736	23,748
	<u>16,012</u>	<u>7,736</u>	<u>23,748</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	25,061	17,325	7,736
	<u>25,061</u>	<u>17,325</u>	<u>7,736</u>

Comparatives for movement in funds

	At 01/04/2022 £	Net movement in funds £	At 31/03/2023 £
Unrestricted funds			
General fund	2,998	13,014	16,012
	<u>2,998</u>	<u>13,014</u>	<u>16,012</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	31,786	18,772	13,014
	<u>31,786</u>	<u>18,772</u>	<u>13,014</u>

16. RELATED PARTY DISCLOSURES

During the year there were no transactions with related parties.

Accounts

Endometrisois South Coast



Endometriosis South Coast

**Annual Report and financial
statements for the year
ended 31 March 2023**

Charity no. 1186203

Endometrisois South Coast



Contents

For the year ended 31 March 2023

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Notes to the Financial Statements	20

Endometrisois South Coast

Legal and Administrative Information

Charity name: Endometriosis South Coast

Other names the charity is known by: Endo South Coast

Registered charity number: 1186203

Registered charity address:
Hive Portsmouth Sector Hub
22 Edinburgh Road
PORTSMOUTH
PO1 1DH

Contact: admin@endometriosissouthcoast.com
02394 217090

Website: endometriosissouthcoast.com



Name	Role
Jodie Hughes BSc, MSc	Chair of Trustees Trustee
Jessica Meddick BA	Trustee
Kate Dunstone BA	Trustee
Stephanie Moss	Trustee
Robyn Gentle	Trustee
Sally Wason	Treasurer Trustee

Endometriosis

Almost 200 million worldwide people have endometriosis (Endo).

This number is thought to be increasing as awareness increases, this may be because we know more about the condition and more people are being diagnosed correctly. At present, it is often thought of as a disease that primarily affects people of reproductive age but there is increasing literature that points to endometriosis affecting people before menarche and after menopause.

“

“Takes on average 7.5 years to get a diagnosis, and upward of 5 Dr’s to be listened to.”

The reason endo develops is still unclear, and treatment is inadequate, often ending in putting a patient in chemical menopause using chemotherapy drugs or hysterectomy. Neither of which cure the condition and individuals often require ongoing care. Surgical and medical therapies that are available to people with Endo can be effective, however, there is a recurrence of symptoms at a rate of 20–50%, but this varies greatly between studies.

- More than 75% of participants in one study have reported being absent from work due to endometriosis, on average 5.3 days out of the month, as well as 40% of women becoming unemployed due to the disease.
- Despite the prevalence rates of endometriosis being so high, there is very little research and funding to undertake large high-quality studies into the care and lived experiences of patients with endometriosis.
- In 2016, the National Health and Medical Research Council allocated £669,025 to endometriosis research, with diabetes being allocated £51.2 million, despite endometriosis having very similar prevalence rates to diabetes.
- 82% of participants were unable to carry out day-to-day activities due to symptoms associated with endo.
- 95% of people with Endo said that symptoms impacted their well-being negatively.
- 90% said they would like access to psychological services.
- There are very few studies involving comparisons between different subgroups of the Endo community including different ethnicities, social statuses, and genders.

*Assigned Female at Birth

10%

*Of people
*AFAB have
Endometriosis*

£

*Costs the UK
economy
£8.2bn a
year*

Endometrisois South Coast

Trustee Annual Report



Prepared by

SALLY WASON

JODIE HUGHES

www.endometriosissouthcoast.com

Endometrisois South Coast

Governing document

Constitution of a Charitable Incorporated Organisation who's only voting members are its charity trustees ('Foundation' model constitution)

Date of constitution; 04.11.2019

- 1.** The name of the Charitable Incorporated Organisation ("the CIO") is Endometriosis South Coast
- 2.** The CIO must have a principal office in England. The principal office of the CIO is in England.
- 3.** The object of the CIO is to preserve and protect good health for the public benefit among women suffering from endometriosis, in particular but not exclusively, by:
 - a)** Providing support forums, information, practical advice and emotional support for sufferers of endometriosis, their families and friends.
 - b)** Providing donations and grants of financial assistance for the relief of women with endometriosis who are in need.
 - c)** Raising public awareness of endometriosis through the provision of information designed to inform and educate people about the condition.

Endometrisois South Coast

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 25 January 2024 and signed on its behalf by:

Jodie Hughes
Chair of Trustees

Trustees Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2023.

Public Benefit

We intend to spread awareness through a variety of campaigns, utilising our following on social media, and in-person community groups and events. We also actively fundraise to enable us to help as many people as possible with support and resources.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.



Introducing

Endometriosis South Coast is an inclusive charity set up to support people who haven't started their diagnosis journey, are going through the diagnosis stages, or have been diagnosed with Endometriosis and/or Adenomyosis. We are also here for friends, family, and cheerleaders of the people that must jump through hoops to get started on the diagnosis pathway.

We aim to create a safe space for all people with the condition regardless of race, gender, or religion.

This disease does not discriminate and neither do the people who run this charity.

Endometrisois South Coast

FINANCIAL REVIEW

Financial Performance

The charity has shown significant growth in its financial performance over the past year. The organisation's total revenue has increased significantly primarily due to a substantial rise in grants received and increased fundraising efforts. This increase in revenue has allowed the charity to expand its services, reaching a larger number of beneficiaries and allowing the charity to make a more significant impact within the community it serves. This diversified funding approach has also helped the charity maintain financial stability and build a solid foundation for future growth.

Despite the growth in revenue, the charity has also demonstrated responsible financial management. Operating expenses have been closely monitored, and the charity has effectively allocated resources to support its core programs.

Looking ahead, the charity will continue to monitor its financial performance and ensure that its growth is sustainable by developing a clear financial strategy that aligns with the charity's long-term goals of providing benefit to the community it serves, as well as diversifying its revenue streams further to reduce dependency on any single funding source.

Overall, the charity's growth this year has been impressive, reflecting its ability to engage donors, secure funding, and manage its resources effectively. With continued strategic financial planning, the charity is well-positioned to further expand its impact and reach in the coming years.

Reserves Policy

Reserves will be utilised for the furtherance of the charities objectives as set out on page 9 of this report.

The minimum to be held as a financial reserve is £5,000 to cover 6 months of overheads.

Whilst our reserves are above this amount currently Donors are entitled to be reassured that a charity with reserves has good reason for keeping funds in reserves:

1. To ensure there were adequate funds for November 2023's Sunflower Ball and services to be run concurrently and;
2. To anticipate future costs as outreach of support services expands and improves.

An overview of the financial situation is reviewed at all Committee meetings and the trustee directors review the reserves policy as and when considered necessary and always annually.



Objectives and Activities

The object of the CIO is to preserve and protect good health for the public benefit among women suffering from endometriosis, in particular but not exclusively, by:

- a) providing support forums, information, practical advice and emotional support for sufferers of endometriosis, their families and friends.
- b) providing donations and grants of financial assistance for the relief of women with endometriosis who are in need.
- c) raising public awareness of endometriosis through the provision of information designed to inform and educate people about the condition.



Support Groups:

We hold in-person support groups usually around the 1st Saturday of every month. We often invite a guest speaker to talk about different topics, for example, fertility massage, essential oils and mental health services in the area.

Online Support:

We have a support group on Facebook with lots of members where service users are welcome to ask questions, exchange advice, and chat with people in a similar situation.



Objectives and Activities

"A wonderful charity providing holistic support and care for endometriosis sufferers. It's a very lonely illness, involving hidden disability and pain. It's amazing to have a space where sufferers can find friendship and advocacy."



WWW.ENDOMETRIOSISSOUTHCOAST.COM

During the year we organised the following activities to raise funds:

- Endometriosis South Coast Sunflower Ball
- Applications to grant making trusts, local companies etc.

We also received donations by personal gifts, together with collection box donations from the following organisations:

- Co-Op Emsworth
- Tesco Fratton
- Portsmouth Pride
- Movers and Storers Show
- Eastleigh Pride
- Beauty by Lauren Ann
- Gaming Place
- Forever Beauty

The Review 2022-23

“This charity creates a safe, inclusive & educated environment full of love and support. Working tirelessly for the change in endo care that we all so desperately deserve!”



April 2022

- Launched Adenomyosis awareness month
- One trustee ran Brighton marathon
- Waterloo easter fair
- Launched a survey with University of Portsmouth on IAPT services and reproductive disorders
- Awareness campaign around hot waterbottles and the dangers of using them
- Charitable radio interview
- PIP payments instagram live

May 2022

- Charity Nominated for ITV national diversity award
- Awareness event at Tesco Fratton
- Became part of world endometriosis organisations

June 2022

- Jodie was invited to the VIP premier of Below the belt
- Southampton pride stall
- Portsmouth Pride stall
- Launched 6 ways to support us without giving us money
- Bark in the Park stall
- Launched newsletter



The Review 2022-23

"A wonderful charity. They create a comfortable, safe space for support in an open minded and welcoming setting. Couldn't recommend ESC enough!"

July 2022

- Wellness in the Lavender event with the mindful movement coach
- Tesco community grant blue token vote launch
- 1st Charity ball launch posts on social media
- Hayling college awareness event
- Express fm interview
- Mindfulness in the lavender event
- Stephen morgan joined support group
- Mindfulness on the beach
- Solent radio interview

August 2022

- Bamboo became donors and supporters
- Put on a free photoshoot in the sunflowers for beneficiaries

September 2022

- Eastleigh Pride
- Finalists of ITV national diversity awards

October

- Great South Run, 2 runners
- Endometriosis UK Round table advisory chat with various organisations where we were assisting Endo UK on their failings
- Express fm radio interview
- Spoke at Endometriosis APPG at parliament
- Held a stall at University of Portsmouth careers day event



What is Endometriosis?

Endo is a Full Body Systemic condition that can lead to a variety of symptoms, affecting the entire body.

1.5 million people around the world are affected regardless of age, gender, race or sexuality.

Common Symptoms Include:



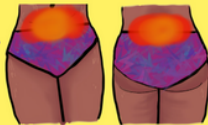
Painful Urination during your period

Difficulty Conceiving



Heavy Periods

Pelvic Pain and/or painful periods?



Bleeding between periods



Pain during and/or after sex

Bowel issues during your period



Nausea



@YellowTurtleArt



The Review 2022-23

"Thoughtful inclusive charity that seeks to improve the lives of those with endometriosis. Highly recommended."

November 2022

- Podcast with Delivered social
- Jodie presented research at 9th international conference on Global Healthcare
- Hosted the Sunflower Ball and raised £9,000
- Met with Brighton Endometriosis Specialist surgeon
- Tesco Community grant recipients
- Co-op community grant recipients
- Rebranded the charity to be more inclusive.
- Launched a new website donated by Delivered social.

January 2023

- Started discussions on Hormone health hub with a few stakeholders
- Meeting with other endo organisations across the country
- Stall at "Shaping Portsmouth" annual conference
- Announced our goals for 2023

February

- Ubuntu – Pamodzi Tea Party
- Asked to speak on the Portsmouth Disability advisory group
- Endometriosis and Adenomyosis presentation for Chat over Chai
- Launched Mindful Mondays with The Mindful Movement Coach





The Review 2022-23

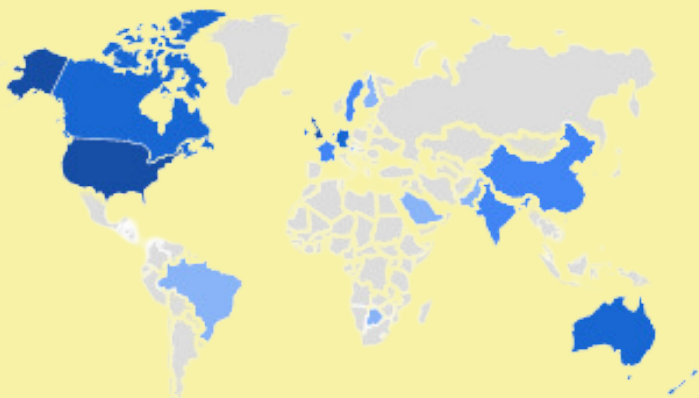
"Such a wonderful, supportive, and lovely community for everyone suffering with gynaecology issues. This group has really helped me overcome anxieties that surround the diseases, encouraged me, helped me understand more about the diseases and connected me with others suffering, we are not alone anymore. 🌻"

All it takes is a good heart to help support and lift others around you. Be the change."

March 2023

- Collaborated with Hormones on the blink to put on a menstrual health round table with stakeholders in Portsmouth to see a way forward in becoming a better city for menstrual conditions and menopause
- Free cinema event for beneficiaries, friends and family to watch the film "below the belt" with panel of experts & Spinnaker tower turned yellow
- Women's Health: Support for staff and students with gynaecological conditions presentation for Southampton university
- Chat over Chai international women's day event
- Community engagement event with Portsmouth Hospitals
- Jodie presented at Urbond international women's day event
- Jodie Key note speaker at Portsmouth University Female Entrepreneur Network's international women's day event
- Presented at Pamodzi Inspirational women of Portsmouth Awards
- Pompey Women's Football Club started wearing Endo South Coast shirts for warm ups

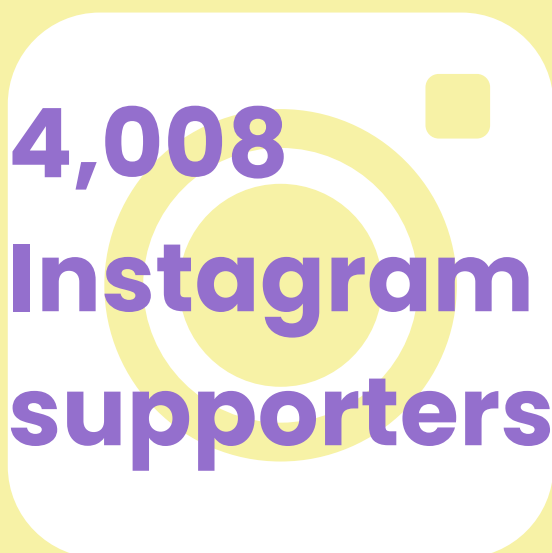
Website users Dec 22 – March 23

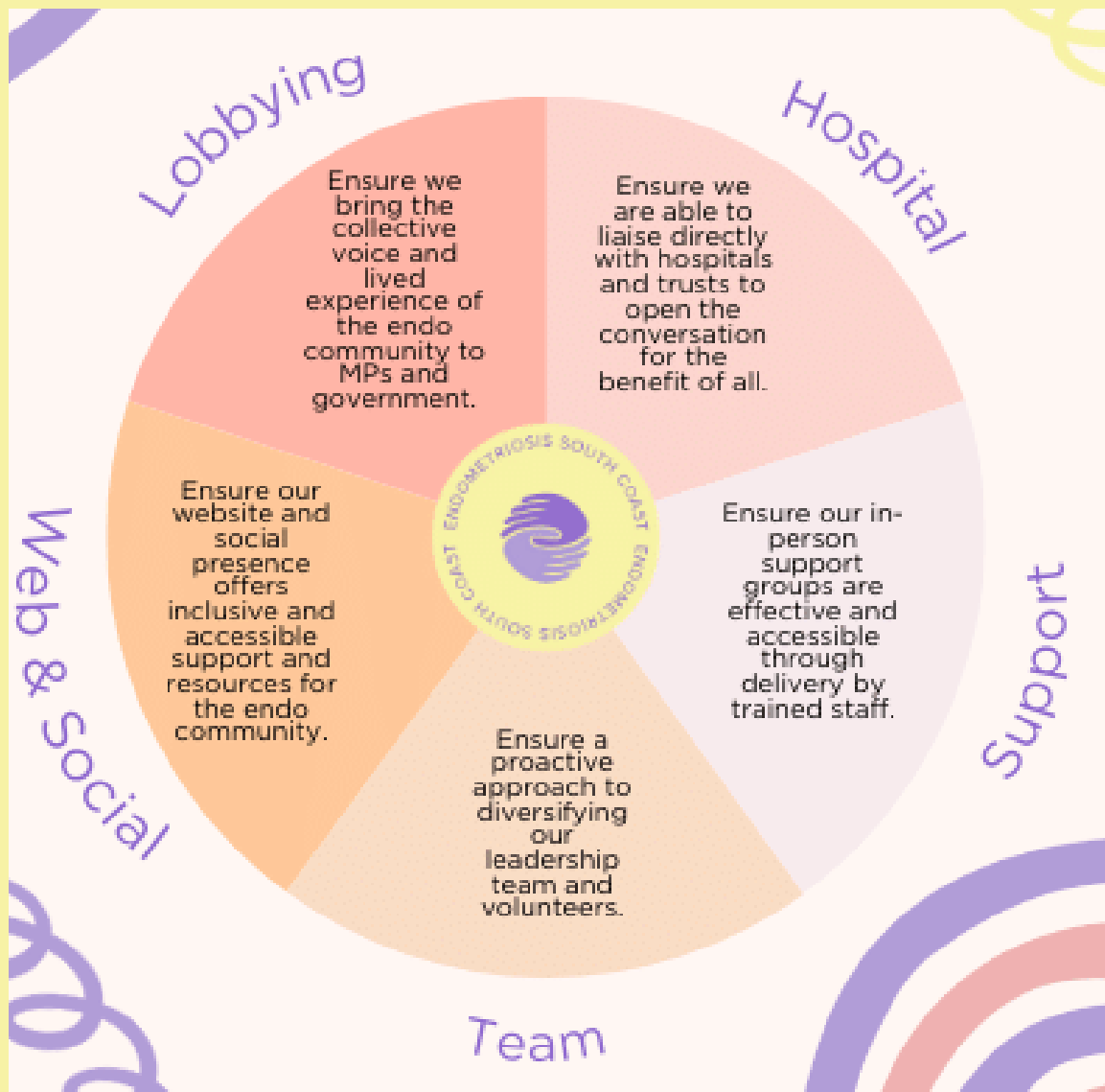


COUNTRY	USERS
United Kingdom	354
United States	94
Canada	13
Australia	12
Ireland	8
New Zealand	6
Germany	5



**938 members in
our peer to peer
support group**





The future

Since the year's end we have had another successful Endo sunflower ball raising over £3,000 for the charity.

We have recruited a new leader for the charity and are working on growing the trustee board and management team to help drive the charity forward in 2024.

We will be holding a workshop with the trustees and new management team called "endo south coast" the way forward which will be concentrating on in 2024.

Our workshops continue to be well attended, with a rich range of guest speakers.

We are currently looking to build advisory boards to ensure we are truly working for our community.

Recruitment and Selection Policy

Policy aims

Endometriosis South Coast's aims are to attract, assess and appoint the best candidates for jobs, to promote equality of opportunity and to build a quality workforce to achieve the objectives of Endometriosis South Coast.

Equal opportunities

- Encourages applications from all community sections, especially under-represented groups.
- Selection decisions based on skills, qualifications, and experience.
- Recognizes the value of diverse knowledge and experience.

Person specification

- Criteria to be relevant, non-discriminatory, and carefully drawn up.
- Person specification defines specific skills, knowledge, and attributes.
- Job description outlines responsibilities, accountabilities, and main tasks.

Advertising the Job:

- Ad designed to attract a wide range of suitable applicants.
- Language used in the advert avoids unintentional discrimination.
- Includes organization name, job title, salary details, duties, requirements, application method, and closing/interview dates.

Dealing with applications

- All applications treated as confidential.

Shortlisting & Interview

- All applications received before the closing date will be considered.
- The interview aims to assess applicant suitability based on the person specification.

References:

- Referees contacted in writing with the candidate's permission.
- Checks required by the Asylum and Immigration Act 2006 undertaken.

Review date: [26/03/2024]

Risk Management Policy

Purpose:

- Integral part of internal control and governance arrangements.
- Explains risk management approach, roles, responsibilities, and reporting procedures.
- Outlines the process for evaluating the effectiveness of internal control procedures.

Underlying Approach to Risk Management:

- Board of Trustees has ultimate responsibility for overseeing risk management.
- Operations Manager (OM) supports the Board in risk management activities.
- Senior managers implement approved policies.
- Key risks identified by the Board and closely monitored.

Internal Control and Risk Management:

- System incorporates risk management to address governance, operational, financial, external, and compliance risks.

Risk Management Process:

- Includes review of previous year, risk identification, evaluation, application of management techniques, recording and monitoring through a risk register, and assigning responsibility.
- Ongoing process with continuous risk reporting and updates.

Annual Review of Effectiveness:

- Board reviews effectiveness based on information provided by senior employees.
- Considers control environment, identification and evaluation of risks, information and communication, and monitoring and corrective action.

Policy Revision:

- Policy reviewed every three years by the Board of Trustees and amended as necessary, or earlier in accordance with legislation.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
ENDOMETRIOSIS SOUTH COAST

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records ; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

James Phelan FCCA
Association of Chartered Certified Accountants
Phelan Cloud Accounting
8A Basepoint Business Centre
Waterberry Drive
Waterlooville
Hampshire
PO7 7TH

Date: 26 January 2024

ENDOMETRIOSIS SOUTH COAST

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATION AN INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MARCH 2023

				31/03/2023	31/03/2022
	Notes	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2.	10,311	-	10,311	8,145
Charitable activities					
Beneficiary support	3.	10,412	-	10,412	267
Fundraising	4.	11,063	-	11,063	125
Total		<u>31,786</u>	<u>-</u>	<u>31,786</u>	<u>8,537</u>
EXPENDITURE ON					
Raising funds	5.	6,313	-	6,313	-
Charitable activities					
Beneficiary support	6.	12,459	-	12,459	6,544
Total		<u>18,772</u>	<u>-</u>	<u>18,772</u>	<u>6,544</u>
NET INCOME/(EXPENDITURE)		13,014	-	13,014	1,993
RECONCILIATION OF FUNDS					
Total funds brought forward		2,998	-	2,998	1,005
TOTAL FUNDS CARRIED FORWARD		<u><u>16,012</u></u>	<u><u>-</u></u>	<u><u>16,012</u></u>	<u><u>2,998</u></u>

ENDOMETRIOSIS SOUTH COAST

BALANCE SHEET FOR THE YEAR ENDED 31 MARCH 2023

	Notes	31/03/2023 £	31/03/2022 £
FIXED ASSETS			
Tangible assets	12.	996	-
		<u>996</u>	<u>-</u>
CURRENT ASSETS			
Debtors	13.	192	-
Cash at bank		14,824	2,998
		<u>16,012</u>	<u>2,998</u>
NET ASSETS			
		<u>16,012</u>	<u>2,998</u>
FUNDS			
Unrestricted funds	15.	16,012	2,998
Restricted funds	15.	-	-
		<u>16,012</u>	<u>2,998</u>
TOTAL FUNDS		<u>16,012</u>	<u>2,998</u>

The financial statements were approved and authorised for issue by the Board of Trustees and authorised for issue on 25 January 2024 and were signed on its behalf by:

Jodie Hughes - Trustee

Sally Wason - Trustee

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable incorporated entity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

Voluntary income including donations, gifts and legacies and grants that provide core funding or are of a general nature are recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when:

- the donor specifies that the grant or donation must only be used in future accounting periods; or
- the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income is recognised on a receivable basis.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific conditions is recognised as earned (as the related goods and services are provided). Grant income included in this category provides funding to support activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Volunteers and donated services

The value of services provided by volunteers is not incorporated into these financial statements.

Where goods or services are provided to the charity as a donation that would normally be purchased from suppliers, this contribution is included in the financial statements at an estimate based on the value of the contribution to the charity.

Expenditure

Expenditure is recognised when a liability is incurred. Contractual arrangements are recognised as goods or services as they are supplied.

- Expenditure on raising funds are those costs incurred in attracting voluntary income.
- Charitable activities include expenditure associated with providing services to the charity's beneficiaries and include both the direct costs and support costs relating to those activities.
- Support and governance costs include central functions and have been allocated to activities on a basis consistent with the use of resources.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES - continued

Tangible fixed assets

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

Office equipment	- 25% reducing balance
Event equipment	- 25% reducing balance

Individual fixed assets costing £200 or more are capitalised at cost.

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.

2. DONATIONS AND LEGACIES

	31/03/2023	31/03/2022
	£	£
Donations	4,069	8,145
Portsmouth Community Lottery	234	-
PayPal Donations	3,743	-
Donated goods and services	2,265	-
	<u>10,311</u>	<u>8,145</u>

Donated goods and services includes accountancy (£475), independent examiners fee (£495) and website costs (£1,295).

3. INCOME FROM CHARITABLE ACTIVITIES

	31/03/2023	31/03/2022
	£	£
Grants	<u>10,412</u>	<u>267</u>
	<u>10,412</u>	<u>267</u>

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2023

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

	31/03/2023	31/03/2022
	£	£
The Hive Portsmouth	500	-
Groundwork UK	1,125	-
Co op grant	1,487	-
Bambo Limited	750	-
Main Grants Scheme	5,550	-
Portsmouth City Council	1,000	-
Other grants	-	267
	<u>10,412</u>	<u>267</u>

4. FUNDRAISING

	31/03/2023	31/03/2022
	£	£
Fundraising events	11,063	125
	<u>11,063</u>	<u>125</u>

5. RAISING FUNDS

	31/03/2023	31/03/2022
	£	£
Fundraising costs	6,313	-
	<u>6,313</u>	<u>-</u>

6. CHARITABLE ACTIVITIES

	Direct costs (see note 7)	Support costs (see note 8)	Totals
		£	£
Beneficiary support	824	11,635	12,459
	<u>824</u>	<u>11,635</u>	<u>12,459</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31/03/2023	31/03/2022
	£	£
Materials	824	- 71
	<u>824</u>	<u>- 71</u>

8. SUPPORT COSTS

	Management	Governance costs	Totals
		£	£
Beneficiary support	11,140	495	11,635
	<u>11,140</u>	<u>495</u>	<u>11,635</u>

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2023

Management	31/03/2023	31/03/2022
	£	£
Office costs	30	-
Web hosting	270	17
Computer software	153	-
Computer hardware	-	-
Internet and telephone	147	295
Printing	23	651
Staff training	740	12
Accommodation and meals	592	500
Advertising and promotion	3,916	2,030
Consultancy fees	990	-
Postage	42	475
Charitable donations	131	1,234
Subscriptions	348	322
Insurance	38	325
Travel	1,740	71
Depreciation charge	210	-
Entertaining	-	400
Legal and professional fees	-	35
Website costs	1,295	-
Accountancy fees	475	-
Formation costs	-	218
Sundry expenses	-	30
	<u>11,140</u>	<u>6,615</u>
Governance costs	31/03/2023	31/03/2022
	£	£
Independent examiners fee	<u>495</u>	<u>-</u>
	<u>495</u>	<u>-</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

During the year no trustee received any remuneration from the charitable incorporated organisation (2022: none).

Trustees expenses

During the year one (2022 : none) trustee was reimbursed expenses totalling £973 (2022 : £nil) for accommodation, travel and fundraising event materials by the charitable incorporated organisation.

10. STAFF COSTS

The charitable incorporated organisation has no employees. No Employee received emoluments in excess of £60,000.

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2023

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	8,145	-	8,145
Charitable activities			
Beneficiary support	267	-	267
Fundraising	125	-	125
Total	<u>8,537</u>	<u>-</u>	<u>8,537</u>
EXPENDITURE ON			
Raising funds	-	-	-
Charitable activities			
Beneficiary support	6,544	-	6,544
Total	<u>6,544</u>	<u>-</u>	<u>6,544</u>
NET INCOME/(EXPENDITURE)	1,993	-	1,993
RECONCILIATION OF FUNDS			
Total funds brought forward	1,005	-	1,005
TOTAL FUNDS CARRIED FORWARD	<u>2,998</u>	<u>-</u>	<u>2,998</u>

The above Statement of Financial Activities relates to the year ended 31 March 2022.

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2023

12. TANGIBLE FIXED ASSETS

	Office equipment £	Event equipment £	Totals £
COST			
At 1 April 2022	-	-	-
Additions	216	990	1,206
Disposals	-	-	-
At 31 March 2023	<u>216</u>	<u>990</u>	<u>1,206</u>
DEPRECIATION			
At 1 April 2022	-	-	-
Charge for the year	45	165	210
Elimination on disposal	-	-	-
At 31 March 2023	<u>45</u>	<u>165</u>	<u>210</u>
NET BOOK VALUE			
At 31 March 2022	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2023	<u>171</u>	<u>825</u>	<u>996</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/2023 £	31/03/2022 £
Prepayments	<u>192</u>	<u>-</u>
	<u>192</u>	<u>-</u>

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	31/03/2023 Total funds £	31/03/2022 Total funds £
Fixed assets	996	-	996	-
Current assets	15,016	-	15,016	2,998
Current liabilities	-	-	-	-
	<u>16,012</u>	<u>-</u>	<u>16,012</u>	<u>2,998</u>

ENDOMETRIOSIS SOUTH COAST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2023

15. MOVEMENT IN FUNDS

	At 01/04/2022 £	Net movement in funds £	At 31/03/2023 £
Unrestricted funds			
General fund	2,998	13,014	16,012
	<u>2,998</u>	<u>13,014</u>	<u>16,012</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	31,786	18,772	13,014
	<u>31,786</u>	<u>18,772</u>	<u>13,014</u>

Comparatives for movement in funds

	At 01/04/2021 £	Net movement in funds £	At 31/03/2022 £
Unrestricted funds			
General fund	1,005	1,993	2,998
	<u>1,005</u>	<u>1,993</u>	<u>2,998</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,537	6,544	1,993
	<u>8,537</u>	<u>6,544</u>	<u>1,993</u>

16. RELATED PARTY DISCLOSURES

During the year there were no transactions with related parties.

Accounts

Trustees' Annual Report for the period

From

Period start date

To

Period end date

Day
01
Month
04
Year
2021

Day
31
Month
03
Year
2022

Section A

Reference and administration details

Charity name

Endometriosis South Coast

Other names charity is known by

Endo South Coast

Registered charity number (if any)

1186203

Charity's principal address

25 Winterslow Drive

Havant

Postcode

PO9 5DX

Names of the charity trustees who manage the charity

Trustee name

Office (if any)

Dates acted if not for whole year

Name of person (or body) entitled to appoint trustee (if any)

Jodie Hughes

Stephanie Moss

Robyn Gentle

Lauren McDermott

01/05/2021-present
Trustee Board

Jessica Meddick

22/06/2021-present
Trustee Board

6

Kate Dunstone

22/06/2021-present
Trustee Board

7

Natalia Kerr

31/10/2021 - 02/12/2021

8

Demelza Slama

Resigned 03/05/2021

9

Krystle Issitt

Resigned 01/04/2021

10

11

12

13

14

15

16

17

18

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name

Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser

Name

Address

LGBTQ+ and gender advisor

Krystle Issitt

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

	Type of governing document (eg. trust deed, constitution)
Constitution	
	How the charity is constituted (eg. trust, association, company)
CIO	
	Trustee selection methods (eg. appointed by, elected by)
Majority vote of Trustee board	

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

We changed the governing document to include the words people with Endometriosis and Adenomyosis rather than women to ensure that people know we are an inclusive charity. We also added Adenomyosis to the conditions on the governing document.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are "To advance the education of the public in the subject of endometriosis." "To advance the education of pupils at schools by providing and assisting in the provision of facilities (not required to be provided by the local authority) for education." "For the public benefit, to promote the education of people in the UK in such ways as the charity trustees think fit. This may include awarding to such person's scholarships, maintenance allowances or grants tenable at any university, college or institution of higher or further education." "To promote and protect the physical and mental health of sufferers of endometriosis through the provision of support, education, and practical advice." "To promote social inclusion for the public benefit. relieving the needs of those people who are socially excluded and assisting them to integrate into society. For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of ill health (physical or mental)". "To act as a resource for young people by providing advice and assistance and organising programmes of educational activities as a means of advancing education." Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008]

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

We took part in a lot of community events where we could raise awareness

Posted posters and leaflets to all Dr surgeries and hospitals

Connected with other organisations in the city to make relationships to build upon.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Sponsored charity at the Inspirational Women of Portsmouth Awards.

Section E

Financial review

Brief statement of the charity's policy on reserves

Endometriosis South Coast requires a level of free reserves to safeguard the organisation, protect options for future development and to achieve the following: · The option to develop new services or expand current ones in line with the changing needs of the community. · To ensure that delays in the receipt of expected income do not interrupt services or cause serious financial difficulty for the charity. · The ability to survive unexpected set-backs and problems arising from internal or external causes

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

R. Gentle
J.hughes

Full name(s)

Robyn Gentle
Jodie Hughes

Position (eg Secretary, Chair, etc)

Trustee

Chair

Date

06/01/2023



Receipts and payments accounts

For the period from	Period start date 4/1/2021	To	Period end date 3/31/2022
------------------------	-------------------------------	----	------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
PayPal	1,826	-	-	1,826
Crowdfunder	2,564	-	-	2,564
Bakesale	-	-	-	-
Cash Deposit	-	-	-	-
Online Transactions	-	-	-	-
Charities Trust	388	-	-	388
Groundwork Grant	-	-	-	-
Amazon Smile	76	-	-	76
Skydive Payments	-	-	-	-
Everyclick Ltd	23	-	-	23
Easy Fundraising	-	-	-	-
The support Group	1,589	-	-	1,589
Eventbrite	25	-	-	25
Portsmouth Lottery	267	-	-	267
	-	-	-	-
Pamozi Creatives donation from ticket sales	600	-	-	600
J Warren Pamodzi Fundraiser	400	-	-	400
Merchandise	81	-	-	81
CAF Bank	195	-	-	195
Skydive Deposit	100	-	-	100
Donation	229	-	-	229
Give as you live	37	-	-	37
	-	-	-	-
Sub total (Gross income for AR)	8,398	-	-	8,398
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	8,398	-	-	8,398
A3 Payments				
Liability Insurance	325	-	-	325
Wix Website	316	-	-	316
Printing	389	-	-	389
Books	-	-	-	-
Amazon	43	-	-	43
PayPal	285	-	-	285
Zoom	-	-	-	-
Expenses to staff	71	-	-	71
Post Office	224	-	-	224
Hermes/Evri	62	-	-	62
Merchandise	616	-	-	616
Viking Prints - Merchandise	1,699	-	-	1,699
Go Skydive	1,334	-	-	1,334
Memberships	159	-	-	159
Sundries	57	-	-	57
ICO	35	-	-	35
Events	766	-	-	766
Sub total	6,380	-	-	6,380
A4 Asset and investment purchases, (see table)				
	-	-	-	-

	-	-	-	-
Sub total	-	-	-	-
Total payments	6,380	-	-	6,380
Net of receipts/(payments)	2,018	-	-	2,018
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	2,018	-	-	2,018

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Money in account	2,998	-
		-	-
		-	-
	Total cash funds	2,998	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets			-
			-
			-
			-
			-
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities			-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	
	Jhughes	Jodie Hughes	

CC16a



Last year

to the nearest £

1,003
71
134
50
274
829
500
30
50
20
103
50
-
-
-
-
-
-
-
-
-
3,114

-
-

3,114

413
220
245
10
23
144
43
9
868
150
-
-
-
-
2,125

--

-
2,125
989
-
-
989



**Endowment
funds**

to nearest £

-
-
-
-

OK

**Endowment
funds**

to nearest £

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of
approval

12/1/2022

Accounts

Trustees' Annual Report for the period

		Period start date			Period end date		
		Day 01	Month 04	Year 2020	Day 31	Month 03	Year 2021

From

To

Section A Reference and administration details

Charity name

Endometriosis South Coast

Other names charity is known by

Endo South Coast

Registered charity number (if any)

1186203

Charity's principal address

25 Winterslow Drive

Havant

Postcode

PO95DX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Laura Martin		01/04/2020-04/06/2021	
2	Kathleen Martin		01/04/2020-04/06/2021	
3	Jodie Hughes		01/04/2020 - present	
4	Stephanie Moore		16/06/2020-present	Jodie Hughes
5	Demelza Slama-Hardy		05/06/2020-present	Jodie Hughes
6	Krystle Issitt		05/06/2020-present	Jodie Hughes
7	Robyn Gentle		05/06/2020-present	Jodie Hughes

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Section B management

Structure, governance and

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed by Jodie Hughes 06/06/2020 - changed to Trustees appointed by majority vote of trustees in decision-making and selection process

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are

"To advance the education of the public in the subject of endometriosis."

"To advance the education of pupils at schools by providing and assisting in the provision of facilities (not required to be provided by the local authority) for education."

"For the public benefit, to promote the education of people in the UK in such ways as the charity trustees think fit. This may include awarding to such person's scholarships, maintenance allowances or grants tenable at any university, college or institution of higher or further education."

"To promote and protect the physical and mental health of sufferers of endometriosis through the provision of support, education, and practical advice."

"To promote social inclusion for the public benefit. relieving the needs of those people who are socially excluded and assisting them to integrate into society. For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of ill health (physical or mental)".

"To act as a resource for young people by providing advice and assistance and organising programmes of educational activities as a means of advancing education."

Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008]

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- ☐ Endometriosis and mental health webinar - 20/11/2020
- ☐ Endometriosis and gender diversity webinar - 18/12/2020
- ☐ Various connections made between key people in Endometriosis research and care
- ☐ Creation of various social media accounts and website
- ☐ Chair of trustee accepted on Endo research PhD, trustee D.S-H accepted on health sciences degree, trustee K.I accepted on psychology degree
- ☐ Chair of trustees research presented at 2 Endometriosis conferences
- ☐ Bi-weekly online support groups hosted with various guest speakers, this had to move online due to COVID restrictions
- ☐ Walk in March to raise awareness of Endometriosis and raised ~£2500

Additional details of objectives and activities (Optional information)

Through working with our objectives in mind to support people with Endometriosis and Adenomyosis we have offered help and support to many people. Here are some quotes from the people we have helped.

brilliant local charity helped support me immensely during and after diagnosis. super friendly and great resource to anyone on their pre, during diagnosis or after diagnosis journey.

Invaluable support from this group. I have definitely learnt so much since joining. Jodie has been a huge support post surgery and I can not thank her enough. Knowing there are so many people sailing the same storm but with a wealth of knowledge to share that makes each of our ships stronger, makes the journey a little less daunting 🧡

Supportive, informative, and inclusive, ESC are dedicated to helping raise awareness of Endometriosis and improve healthcare outcomes for all patients suffering with this incapacitating, misunderstood, and underfunded disease.



Section D

Achievements and performance

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Achievements and performance

Summary of the main achievements of the charity during the year

Head shave fundraiser that raised ~ £750

Supporter R.M. raised £170

Received grant from Tesco Groundwork COVID programme £500

Grown social media following

Working alongside IAPT services in the South Coast to promote mental health services in Endometriosis Centres

Various media interviews

Chair of Trustees now works with a menstrual Health company

Chair of trustees is now PhD student studying disparities in the care of Endometriosis

Section E

Financial review

Brief statement of the charity's policy on reserves

Endometriosis South Coast requires a level of free reserves to safeguard the organisation, protect options for future development and to achieve the following:

- ☐ The option to develop new services or expand current ones in line with the changing needs of the community.
- ☐ To ensure that delays in the receipt of expected income do not interrupt services or cause serious financial difficulty for the charity.
- ☐ The ability to survive unexpected set-backs and problems arising from internal or external causes

This policy is to be read in conjunction with the following policies:

- Financial Controls
- Budgeting
- Full Cost Recovery

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- ☐ the charity's principal sources of funds (including any fundraising);
- ☐ how expenditure has supported the key objectives of the charity;
- ☐ investment policy and objectives including any ethical investment policy adopted.

Principal sources of income has been fundraising

Expenditure has supported key objectives to advance the education of the public by way of education. This has been achieved by payment for the website that is full of information to the public, as well as payment of software Zoom to hold virtual conferences and support group meetings for the public and support group.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	J.Hughes	
Full name(s)	Jodie Hughes	
Position (eg Secretary, Chair, etc)	Chair	
Date	29/04/2021	