

# THE MENOPAUSE CHARITY

England & Wales · Charity number 1191332

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-09-17

**Register** [View on the Charity Commission register](#)

## Contact

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Towers Business Park  
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Didsbury  
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M20 2YY

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**Website** [Themenopausecharity.org](http://Themenopausecharity.org)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE:1. TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF THE PERIMENOPAUSE AND MENOPAUSE AND RELATED CONDITIONS (INCLUDING POST MENOPAUSE PREMATURE OVARIAN INSUFFICIENCY AND OESTROGEN DEFICIENCY) THROUGH THE PROVISION OF SUPPORT, EDUCATION, PRACTICAL ADVICE AND TREATMENT. 2. TO ADVANCE EDUCATION FOR THE PUBLIC BENEFIT AND RESEARCH, THE USEFUL RESULTS OF WHICH WILL BE PUBLISHED, IN ALL AREAS RELATING TO THE MENOPAUSE AND TO RAISE AWARENESS GENERALLY OF THE PERIMENOPAUSE AND MENOPAUSE AND THEIR EFFECTS AND IMPACTS.

**Activities:** The charity will transform the experience of the perimenopause and the menopause by providing women with access to support, evidence-based information and resources to enable them to make informed choices about their health. In addition we will raise awareness about the menopause in general, its symptoms and the treatment options available and help educate doctors and healthcare professionals.

## Classification

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

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£234,864	£180,821	-	-
2023-12-31	£95,062	£108,315	-	-
2022-12-31	£175,037	£159,563	-	-
2021-12-31	£141,292	£98,229	-	-

## Trustees

Name	Role	Appointed
<b>Ruth Melanie Dwight</b>	Chair	2023-07-06
Dr Matthew Wordsworth		2025-11-24
Dr Radhika Vohra		2021-01-29
Gnosoulla Tsioupra-Lewis		2023-10-19
Hannah Barraclough		2023-04-21
Rachel Clare Hope Fairley		2023-10-19
Weiting Xu		2024-01-09

**THE MENOPAUSE CHARITY**

England & Wales - Charity number 1191332

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# Accounts

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**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025  
FOR  
THE MENOPAUSE CHARITY**

BK Plus Limited  
Chartered Certified Accountants  
13 Windsor Terrace  
Jesmond  
Newcastle upon Tyne  
NE2 4HE

**THE MENOPAUSE CHARITY**

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FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

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## **THE MENOPAUSE CHARITY**

### **FOREWARD FROM THE CHAIR FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

Over the past eighteen months, The Menopause Charity has continued to make a tangible difference in the lives of people experiencing menopause, and in the communities that support them. Our mission is to provide trusted, evidence-based information and education. The stories we hear show exactly why this work is so important.

During this period, we reached tens of thousands of people across the United Kingdom, helping them understand and navigate menopause. One person shared:

"I was really anxious, exhausted, forgetful and just didn't enjoy anything anymore. I was panicking about what might be wrong with me. I'm only 44, so menopause hadn't even occurred to me. But then I saw your poster and list of symptoms. You literally helped me join the dots. Thank you."

Stories like this remind us that clear and accessible information can be life-changing.

We distributed over 78,000 symptom trackers and awareness packs, reaching both individuals and GP surgeries. These resources gave people the tools to recognise symptoms and take confident next steps. Our online knowledge hub continued to attract thousands of visitors seeking evidence-based guidance, which remains an essential resource in a landscape full of conflicting advice.

Our campaigns also helped spark conversations on a national scale. The Join the Dots advertising campaign appeared over 7 million times on roadside screens, reaching audiences who may have previously struggled to understand their symptoms. Our pink logo turned heads at Crystal Palace Football Club, engaging over 25,000 fans in raising awareness and challenging stigma.

We continued to work closely with healthcare professionals and policymakers. Our MenoPulse insight group of volunteers played a vital role in reviewing resources, ensuring they are clear, relevant, and reflect real experiences. This feedback was instrumental in helping us become the first menopause organisation awarded the PIF TICK, the United Kingdom's recognised quality mark for trusted health information.

Lived experiences continue to inspire and guide us. One volunteer noted:

"Being part of MenoPulse has allowed me to share my experience and influence resources that will help so many others. It feels incredible to know my voice matters."

Another story that particularly resonated with me was from Lauren, whose mother experienced severe perimenopause symptoms and tragically died by suicide. Her story is a powerful reminder of the impact menopause can have on mental health when symptoms are not recognised or understood. Lauren chose to share her mother's experience and raised £5,628 for the charity, helping to ensure others can access trusted information and support.

#### **Why eighteen months?**

This financial period is longer than usual. By extending it, we can smooth seasonal peaks in income and align them more effectively with our decision-making and resource allocation. This ensures that charitable activities are delivered efficiently and that those accessing our resources receive the support they need when they need it.

Looking ahead, the charity's accounting period will now run from 1 July to 30 June each year. This change provides a clearer and more consistent financial framework, better aligning our planning, reporting, and fundraising cycles, and supporting effective oversight by the Board.

I am proud of what The Menopause Charity has achieved over this period. From our campaigns, workshops, and awareness initiatives to supporting healthcare professionals and influencing policy, we have laid a strong foundation for even greater impact.

## **THE MENOPAUSE CHARITY**

### **FOREWARD FROM THE CHAIR FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

I am deeply grateful to our staff, trustees, volunteers, fundraisers, and supporters. Each contribution, whether sharing a story, distributing resources, or fundraising, helps make menopause information and support accessible to everyone. Together, we are helping to change lives and reshape the conversation about menopause in the United Kingdom.

**Ruth Dwight**  
Chair of the Board

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

The trustees present their report with the financial statements of the charity for the period 1 January 2024 to 30 June 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

The charitable objectives set out in our governing document are:

1. To preserve and protect the physical and mental health of sufferers of the perimenopause and menopause and related conditions (including post menopause, premature ovarian insufficiency and oestrogen deficiency) through the provision of support, education, practical advice and treatment.
2. To advance education for the public benefit and research, the useful results of which will be published, in all areas relating to the menopause and to raise awareness generally of the perimenopause and menopause and their effects and impacts.

The Menopause Charity works to educate everybody so that perimenopause and menopause are properly understood.

We want women, and individuals experiencing menopause, to understand the changes that are happening to them and know what to do next.

We want to make sure that family, friends, co-workers, employers and health care professionals have the information and resources to provide appropriate support.

##### **What does this look like?**

Eliminate needless suffering by providing trusted information in a way that everyone understands.

Everyone has equal access to appropriate treatment and support. So they have the tools they need to manage the mental and physical changes of perimenopause and menopause.

Replace existing stigma and social taboo with the view that menopause is part of our health journey. And, handled well, it can be the beginning of a positive new chapter in our lives.

## THE MENOPAUSE CHARITY

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025

#### OBJECTIVES AND ACTIVITIES

##### Significant activities

##### Why we are here

Imagine if over half the United Kingdom population was to experience the same life-changing health condition, which if disregarded would contribute to an increase in disease and illness, an increase in mental health issues, and the likelihood of losing jobs and relationships. This is the current situation for the thirty three million women in the United Kingdom who, at some stage in their life, will experience menopause. Due to a lack of awareness among the public, limited training among some medical professionals and social stigma, their needs during this critical life stage are frequently ignored, belittled or overlooked.

No two menopause stories are the same. Some people transition smoothly, without major effects. Others suffer severe symptoms that have a substantial impact on daily life. The Menopause Charity seeks to provide support through evidence-based information, education, community engagement, and policy influence to address these gaps.

The Menopause Charity seeks to:

- > **Provide trusted information for everyone:** We provide evidence-based information that people know they can rely on.
- > **Educate every community:** We adapt our educational support to the needs of different communities, reaching children, partners, health professionals, colleagues, and employers.
- > **Listen to those experiencing and treating menopausal symptoms:** Engagement with individuals and healthcare professionals ensures we deliver information and support that is relevant and actionable.
- > **Become the trusted charity on perimenopause and menopause:** We invest in staff and organisational growth to inspire continued and wider support.

##### Public benefit

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

#### **ACHIEVEMENTS AND PERFORMANCE**

##### **Charitable activities**

During the eighteen-month reporting period, The Menopause Charity made significant progress against the aims set out in the previous year. Activity focused on expanding access to trusted information, delivering education across communities, strengthening engagement with those experiencing and treating menopausal symptoms, and building the charity's profile, governance, and resilience.

##### **Trusted information for everyone**

In 2024-25, the charity set out to become a trusted information creator, deliver an awareness campaign signposting people to reliable resources, and develop information for specific audiences. These aims were substantially delivered during the period.

The charity became the first menopause organisation to be awarded the Patient Information Forum (PIF) TICK, recognising that our information meets rigorous standards for evidence-based, high-quality health content. This milestone strengthened public trust in our resources.

Our online knowledge hub continued to attract significant engagement, with over 922,000 users during the period. To support early recognition of symptoms and improve conversations with healthcare professionals, the charity distributed more than 26,000 symptom trackers and awareness packs to individuals and GP surgeries.

As part of a national awareness drive, over 55,000 "Could it be menopause?" leaflets were distributed across 2,600 GP surgeries nationwide, embedding menopause awareness within primary care and signposting patients to trusted information.

The charity also produced the Ask the Experts video series, offering clear, accessible answers to frequently asked questions. All content was developed in line with PIF TICK standards and helped ensure people could access reliable guidance when needed.

##### **Education for every community**

The charity aimed to deliver education across corporate, community, and healthcare settings, identify learning and accessibility needs, and lay the groundwork for a volunteer network.

The 'Join the Dots' campaign appeared over 7 million times on roadside screens, increasing website users by 33 percent in January 2025. This campaign successfully directed people to evidence-based information and encouraged earlier engagement with menopause support.

Education and awareness activity reached over 2,500 people across workplaces, and community settings. Focus groups and tailored resources supported women from diverse ethnic backgrounds, people with learning disabilities, and individuals experiencing menopause as a result of cancer treatment.

While the establishment of a formal volunteer network did not progress during this period, our research and pilot activity highlighted further work required to maintain the charity's trusted position. Plans are progressing to ensure future activity is delivered safely and ethically. The accessibility needs for underserved communities continue to be informed by outreach activity and feedback from MenoPulse, with work ongoing to extend this where funding permits.

##### **Listen to those experiencing and treating menopausal symptoms**

The charity committed to embedding feedback mechanisms, diversifying MenoPulse membership, and strengthening engagement with healthcare professionals.

## THE MENOPAUSE CHARITY

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025

The charity gathered and submitted public feedback to NICE on its draft menopause guideline, alongside a response from our Clinical Advisory Panel. The final guideline reflected changes following consultation, emphasised shared decision making, and signposts people to our website as a trusted source of evidence-based information. We also contributed to the NHS Ten Year Health Plan and attended key policy round tables.

Engagement with healthcare professionals continued through attendance at conferences and workshops, supporting shared learning and improving understanding of menopause across the sector. MenoPulse membership continues to reflect UK demographic diversity.

The charity partnered with M·E·L Research on a national survey exploring confidence and understanding around menopause. The findings highlighted gaps in awareness, particularly among younger people, men, and diverse communities, and continue to inform our work to provide trusted, evidence-based resources that reflect the real experiences of those going through menopause. The report is available on our website <https://themenopausecharity.org/about/reports-and-publications/>

#### **Become the trusted charity on perimenopause and menopause**

The charity aimed to generate funds for growth, maximise its profile, and maintain transparent governance.

Our supporters fuel our mission. From bake sales to marathons, every effort counts. This year, we raised over £100,000 through community and challenge events, corporate partnerships, and individuals.

National media coverage and high-profile campaigns increased visibility and helped challenge stigma.

Governance and financial oversight were strengthened, including the Board's decision to adjust the financial year to improve alignment of income peaks with decision-making and resource allocation. The charity continued to operate with transparency, ensuring compliance with regulatory requirements and good governance practice.

#### **Fundraising activities**

The charity ensures it maintains a varied income portfolio so that it is not reliant on one income source. During 2024-25, we benefited from the generosity of individuals, trusts, foundations, and corporate partners. Highlights include:

- > Big Give matched funding raised £20,000.
- > Fundraising events and challenges, including running, bake sales, and coffee mornings, raised over £26,500.
- > Donations from Lil-Lets UK contributed £16,000.

## **FINANCIAL REVIEW**

### **Financial position**

The surplus for the year was £54,043, a surplus of £20,365 on restricted funds and a surplus of £33,678 of unrestricted (2023: deficit £13,253) from our routine activities, with total funds of £99,433, £32,042 in restricted funds and £67,391 of unrestricted (2023: £45,390) carried forward to fund charitable activities in the current year.

Currently, over half of our income occurs in the last quarter of the year. By adjusting the financial year to eighteen months, we aim to better align income peaks with decision-making and resource allocation, enabling more timely and effective delivery of charitable activities.

## THE MENOPAUSE CHARITY

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025

#### FINANCIAL REVIEW

##### Principal funding sources

Our principal funding sources are individual donations and fundraising, corporate and trust donations. The charity ensures it maintains a varied income portfolio so that it is not reliant on one income source.

##### Reserves policy

The Menopause Charity is committed to maintaining an appropriate level of unrestricted reserves to meet financial, legal, and moral obligations. This ensures that the charity can manage unforeseen emergencies or operational costs, maintain continuity of services during periods of income uncertainty, and support the delivery of objectives in a sustainable manner. As a young and growing organisation, the target general reserve may change to accommodate seasonal peaks and troughs. The target level is set at a minimum of three months of operating costs and is reviewed annually to ensure alignment with organisational needs.

The trustees monitor the level of reserves regularly to ensure they remain appropriate to the charity's needs.

#### FUTURE PLANS

Looking forwards, 2025-26 is a year for The Menopause Charity to build on the progress made and ensure everyone in society can access evidence-based information, advice and support. The charity will continue to grow its reach, influence, and impact through a mix of co-created resources, peer support, and sustainable funding.

##### Our aims for 2025-26:

Trusted information for everyone

- > Maintaining the PIF TICK quality mark to ensure our information continues to meet the highest standards.
- > To deliver an awareness campaign that signposts people to trusted information.
- > Delivering co-created resources for underserved communities.

Education for every community

- > Continuing outreach activity in community and workplace settings to learn the challenges and barriers faced.
- > Establish a volunteer network, embedding effective training and safeguarding across all activities.
- > Pilot peer support activities in Manchester.

Listen to those experiencing and treating menopausal symptoms

- > Embed an outcome framework to measure the impact of activities consistently.
- > Incorporate listening and insight across all activities to inform service design and strategy development.
- > Gather and review quantitative and qualitative research to demonstrate the impact of the charity's work.

Become the trusted charity on perimenopause and menopause

- > Grow our core, unrestricted funds to support the growth of our team.
- > Launch our 2026-2029 strategy, guiding our growth and charitable objectives.
- > Create an environment that attracts, retains, and nurtures the best people to achieve the charity's objectives.

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Menopause Charity is a charity established and governed by Memorandum and Articles of Association dated 16th September 2020.

##### **Recruitment and appointment of new trustees**

The appointment of new trustees is carried out in accordance with the provisions held within the Memorandum and Articles of Association. Each new trustee undertakes induction training with mentoring provided by an existing trustee, and receive a copy of the memorandum and articles of association.

##### **Fundraising standards**

Donors to The Menopause Charity can be assured that we comply with the regulatory standards for fundraising. The charity subscribes to the Fundraising Regulator and are committed to the Fundraising Promise and adherence to the Code of Fundraising Practice in all its fundraising activities. Through this guidance, policies and working practices relating to working with vulnerable supporters, handling of complaints and ethical considerations are in place.

The Menopause Charity does not sub-contract elements of its fundraising activities to marketing agencies and undertakes all its correspondence and contact with donors in-house. Contracted partnerships with commercial participators are transparent, providing solicitation statements clearly articulating the value to the charity.

The charity received no complaints during the year. Complaints are dealt with in line with our fundraising complaints policy, with most serious complaints escalated to our trustees so they can consider lessons learnt.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

1191332

##### **Principal address**

Adamson House, Towers Business Park  
Wilmslow Road  
Didsbury  
Manchester  
M20 2YY

##### **Trustees**

Mrs R M Dwight  
Mr M Daly (resigned 18/4/2024)  
Mrs J S Oglesby (resigned 25/1/2025)  
Dr R Vohra  
Mrs H Barraclough  
Mrs R C H Fairley  
Mrs G Tsioupra-Lewis  
Miss W Xu (appointed 9/1/2024)  
Dr M Wordsworth (appointed 24/11/2025)

##### **CEO**

J A Haskey

**THE MENOPAUSE CHARITY**

**REPORT OF THE TRUSTEES  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent Examiner**

BK Plus Limited  
Chartered Certified Accountants  
13 Windsor Terrace  
Jesmond  
Newcastle upon Tyne  
NE2 4HE

**Bankers**

Triodos Bank  
Deanery Road  
Bristol  
BS1 5AS

Approved by order of the board of trustees on 5 February 2026 and signed on its behalf by:

Mrs R M Dwight - Trustee

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE MENOPAUSE CHARITY**

### **Independent examiner's report to the trustees of The Menopause Charity**

I report to the charity trustees on my examination of the accounts of The Menopause Charity (the Trust) for the period 1 January 2024 to 30 June 2025.

### **Responsibilities and basis of report**

As the charity trustees 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 Act and in carrying out my examination I have followed all 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 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.

Nicholas J Liley FCA  
The Institute of Chartered Accountants in England and Wales

BK Plus Limited  
Chartered Certified Accountants  
13 Windsor Terrace  
Jesmond  
Newcastle upon Tyne  
NE2 4HE

5 February 2026

**THE MENOPAUSE CHARITY**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

	Notes	Unrestricted fund £	Restricted funds £	Period 1/1/24 to 30/6/25 Total funds £	Year Ended 31/12/23 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	96,343	-	96,343	24,317
<b>Charitable activities</b>					
Grant income	5	41,000	59,461	100,461	30,016
Training and other services income		10,800	-	10,800	2,800
Other trading activities	3	26,593	-	26,593	37,616
Investment income	4	655	-	655	313
Other income		12	-	12	-
<b>Total</b>		<u>175,403</u>	<u>59,461</u>	<u>234,864</u>	<u>95,062</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Staff costs	6	19,125	2,200	21,325	-
Freelance costs		80,141	17,109	97,250	88,011
Activities expenses		5,392	17,011	22,403	7,402
Training costs		749	-	749	298
Travel expenses		2,959	152	3,111	1,494
Admin costs		33,359	2,624	35,983	11,110
<b>Total</b>		<u>141,725</u>	<u>39,096</u>	<u>180,821</u>	<u>108,315</u>
<b>NET INCOME/(EXPENDITURE)</b>		33,678	20,365	54,043	(13,253)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		33,713	11,677	45,390	58,643
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>67,391</u>	<u>32,042</u>	<u>99,433</u>	<u>45,390</u>

The notes form part of these financial statements

# THE MENOPAUSE CHARITY

## BALANCE SHEET 30 JUNE 2025

	Notes	2025 £	2023 £
<b>CURRENT ASSETS</b>			
Debtors	14	20,833	1,244
Cash at bank		<u>85,991</u>	<u>52,461</u>
		106,824	53,705
<b>CREDITORS</b>			
Amounts falling due within one year	15	(7,391)	(8,315)
		<u>99,433</u>	<u>45,390</u>
<b>NET CURRENT ASSETS</b>			
		<u>99,433</u>	<u>45,390</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
		<u>99,433</u>	<u>45,390</u>
<b>NET ASSETS</b>			
		<u>99,433</u>	<u>45,390</u>
<b>FUNDS</b>	17		
Unrestricted funds		67,391	33,713
Restricted funds		<u>32,042</u>	<u>11,677</u>
<b>TOTAL FUNDS</b>		<u>99,433</u>	<u>45,390</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 5 February 2026 and were signed on its behalf by:

Mrs R M Dwight - Trustee

## THE MENOPAUSE CHARITY

### NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charity, 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.

The presentation currency of the financial statements is the Pound Sterling (£).

##### **Going concern**

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The Trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

##### **Income**

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

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income received through contracts and grants is recognised from the point in which the charity has entitlement to the funds, contract/ grant conditions has been fully met or it is probable that the income will be received.

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

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

##### **Expenditure**

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

##### **Taxation**

The charity is exempt from tax on its charitable activities.

# THE MENOPAUSE CHARITY

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025

### 1. ACCOUNTING POLICIES - continued

#### Fund accounting

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

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

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

#### Pension costs and other post-retirement benefits

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

#### Financial instruments

All financial assets and financial liabilities of the charity qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

### 2. DONATIONS AND LEGACIES

	Period 1/1/24 to 30/6/25 £	Year Ended 31/12/23 £
Donations	92,261	24,317
Gift aid	<u>4,082</u>	<u>-</u>
	<u>96,343</u>	<u>24,317</u>

### 3. OTHER TRADING ACTIVITIES

	Period 1/1/24 to 30/6/25 £	Year Ended 31/12/23 £
Challenge events	17,943	29,799
Community fundraising	<u>8,650</u>	<u>7,817</u>
	<u>26,593</u>	<u>37,616</u>

**THE MENOPAUSE CHARITY**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

**4. INVESTMENT INCOME**

	Period 1/1/24 to 30/6/25 £	Year Ended 31/12/23 £
Interest received	<u>655</u>	<u>313</u>

**5. INCOME FROM CHARITABLE ACTIVITIES**

	Activity	Period 1/1/24 to 30/6/25 £	Year Ended 31/12/23 £
Grants	Grant income	100,461	30,016
Training and other services	Training and other services income	<u>10,800</u>	<u>2,800</u>
		<u>111,261</u>	<u>32,816</u>

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

	Period 1/1/24 to 30/6/25 £	Year Ended 31/12/23 £
The Big Give Trust	15,000	13,065
The Oglesby Charitable Trust	-	5,951
The Shoe Zone Trust	10,000	10,000
Phillips 66 Limited	-	1,000
The Hospital Saturday Fund	2,000	-
The Shears Foundation	5,676	-
The MacMillan Charity	14,785	-
Heart of Bucks Community Foundation	5,000	-
FSJ Trust	2,000	-
Arnold Clark Community Fund	1,000	-
Postcode Society Trust	25,000	-
National Lottery Community Fund	<u>20,000</u>	-
	<u>100,461</u>	<u>30,016</u>

**THE MENOPAUSE CHARITY**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

**6. CHARITABLE ACTIVITIES COSTS**

	Direct Costs (see note 7) £	Support costs (see note 8) £	Totals £
Staff costs	10,677	10,648	21,325
Freelance costs	46,406	50,844	97,250
Activities expenses	22,403	-	22,403
Training costs	-	749	749
Travel expenses	732	2,379	3,111
Admin costs	-	35,983	35,983
	<u>80,218</u>	<u>100,603</u>	<u>180,821</u>

**7. DIRECT COSTS OF CHARITABLE ACTIVITIES**

	Period 1/1/24 to 30/6/25 £	Year Ended 31/12/23 £
Staff costs	10,677	-
General support	8,916	6,934
Outreach	11,902	468
Project team freelancers	46,406	56,076
HCP education	1,585	-
Project team travel	732	-
	<u>80,218</u>	<u>63,478</u>

**8. SUPPORT COSTS**

	Management £	Governance costs £	Totals £
Staff costs	10,648	-	10,648
Freelance costs	50,844	-	50,844
Training costs	749	-	749
Travel expenses	2,379	-	2,379
Admin costs	34,063	1,920	35,983
	<u>98,683</u>	<u>1,920</u>	<u>100,603</u>

**THE MENOPAUSE CHARITY**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

**8. SUPPORT COSTS - continued**

Support costs, included in the above, are as follows:

	Staff costs £	Freelance costs £	Training costs £
Trustees' remuneration etc	-	-	-
Wages	10,208	-	-
Pensions	440	-	-
Bank charges	-	-	-
Computer and CRM supplies	-	-	-
Central team freelancers	-	50,844	-
Fundraising	-	-	-
Insurance	-	-	-
Marketing	-	-	-
Office costs	-	-	-
Printing, post and stationery	-	-	-
Professional fees	-	-	-
Staff training and welfare	-	-	749
Subsistence	-	-	-
Travel expenses	-	-	-
Membership and subscriptions	-	-	-
Accountancy fees	-	-	-
	<u>10,648</u>	<u>50,844</u>	<u>749</u>

	Travel expenses £	Admin costs £	Period 1/1/24 to 30/6/25 Total activities £	Year Ended 31/12/23 Total activities £
Trustees' remuneration etc	-	3,354	3,354	275
Wages	-	-	10,208	-
Pensions	-	-	440	-
Bank charges	-	591	591	187
Computer and CRM supplies	-	4,429	4,429	2,571
Central team freelancers	-	-	50,844	31,935
Fundraising	-	5,039	5,039	228
Insurance	-	1,863	1,863	-
Marketing	-	8,790	8,790	3,289
Office costs	-	1,761	1,761	804
Printing, post and stationery	-	789	789	1,609
Professional fees	-	5,888	5,888	707
Staff training and welfare	-	-	749	298
Subsistence	168	-	168	-
Travel expenses	2,211	-	2,211	1,494
Membership and subscriptions	-	1,559	1,559	-
Carried forward	2,379	34,063	98,683	43,397

**THE MENOPAUSE CHARITY**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

**8. SUPPORT COSTS - continued**

			Period 1/1/24 to 30/6/25	Year Ended 31/12/23
	Travel expenses £	Admin costs £	Total activities £	Total activities £
Brought forward	2,379	34,063	98,683	43,397
Accountancy fees	-	1,920	1,920	1,440
	<u>2,379</u>	<u>35,983</u>	<u>100,603</u>	<u>44,837</u>

**9. NET INCOME/(EXPENDITURE)**

	Period 1/1/24 to 30/6/25	Year Ended 31/12/23
	£	£
Net income/(expenditure) is stated after charging/(crediting):		
Independent Examiner's fees	<u>1,920</u>	<u>1,440</u>

**10. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the period ended 30 June 2025 nor for the year ended 31 December 2023.

**Trustees' expenses**

	Period 1/1/24 to 30/6/25	Year Ended 31/12/23
	£	£
Trustees' expenses	<u>3,354</u>	<u>275</u>

**THE MENOPAUSE CHARITY**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

**11. STAFF COSTS**

	Period 1/1/24 to 30/6/25 £	Year Ended 31/12/23 £
Wages and salaries	20,885	-
Other pension costs	<u>440</u>	<u>-</u>
	<u>21,325</u>	<u>-</u>

The charity's key management personnel comprise the Trustees and the Chief Executive Officer. The total employee benefits of the key management personnel were £21,325 (2023 - £Nil).

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

	Period 1/1/24 to 30/6/25	Year Ended 31/12/23
Project and administration	<u>1</u>	<u>-</u>

No employees received emoluments in excess of £60,000.

**12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	18,343	5,974	24,317
<b>Charitable activities</b>			
Grant income	12,500	17,516	30,016
Training and other services income	2,800	-	2,800
Other trading activities	37,206	410	37,616
Investment income	<u>313</u>	<u>-</u>	<u>313</u>
<b>Total</b>	<u>71,162</u>	<u>23,900</u>	<u>95,062</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Freelance costs	77,281	10,730	88,011
Activities expenses	5,972	1,430	7,402
Training costs	298	-	298
Travel expenses	1,494	-	1,494
Admin costs	<u>11,045</u>	<u>65</u>	<u>11,110</u>
<b>Total</b>	<u>96,090</u>	<u>12,225</u>	<u>108,315</u>

**THE MENOPAUSE CHARITY**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

**12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>NET INCOME/(EXPENDITURE)</b>	(24,928)	11,675	(13,253)
<b>Transfers between funds</b>	<u>(2)</u>	<u>2</u>	<u>-</u>
<b>Net movement in funds</b>	(24,930)	11,677	(13,253)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	58,643	-	58,643
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>33,713</u>	<u>11,677</u>	<u>45,390</u>

**13. GIFTS IN KIND**

The charity has received the equivalent in media value in excess of £165,000 in pro bono support this year from the delivery of a national billboard campaign.

**14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025 £	2023 £
Trade debtors	10,000	80
Other debtors	5,588	1,164
Prepayments and accrued income	<u>5,245</u>	<u>-</u>
	<u>20,833</u>	<u>1,244</u>

**15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025 £	2023 £
Trade creditors	2,962	6,875
Taxation and social security	1,307	-
Other creditors	<u>3,122</u>	<u>1,440</u>
	<u>7,391</u>	<u>8,315</u>

**THE MENOPAUSE CHARITY**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

**16. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	Unrestricted fund £	Restricted funds £	2025 Total funds £	2023 Total funds £
Current assets	74,782	32,042	106,824	53,705
Current liabilities	<u>(7,391)</u>	<u>-</u>	<u>(7,391)</u>	<u>(8,315)</u>
	<u>67,391</u>	<u>32,042</u>	<u>99,433</u>	<u>45,390</u>

**17. MOVEMENT IN FUNDS**

	At 1/1/24 £	Net movement in funds £	At 30/6/25 £
<b>Unrestricted funds</b>			
General fund	33,713	33,678	67,391
<b>Restricted funds</b>			
Awareness Project	11,332	(11,332)	-
Other Restricted Projects	345	(345)	-
Cancer Project	-	11,566	11,566
Resources for Ethnic Diversities	-	476	476
Peer Support - Manchester	<u>-</u>	<u>20,000</u>	<u>20,000</u>
	<u>11,677</u>	<u>20,365</u>	<u>32,042</u>
<b>TOTAL FUNDS</b>	<u>45,390</u>	<u>54,043</u>	<u>99,433</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	175,403	(141,725)	33,678
<b>Restricted funds</b>			
Awareness Project	-	(11,332)	(11,332)
Other Restricted Projects	-	(345)	(345)
Cancer Project	18,785	(7,219)	11,566
Resources for Ethnic Diversities	10,676	(10,200)	476
Inclusion Fund	10,000	(10,000)	-
Peer Support - Manchester	<u>20,000</u>	<u>-</u>	<u>20,000</u>
	<u>59,461</u>	<u>(39,096)</u>	<u>20,365</u>
<b>TOTAL FUNDS</b>	<u>234,864</u>	<u>(180,821)</u>	<u>54,043</u>

**THE MENOPAUSE CHARITY**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025**

**17. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1/1/23 £	Net movement in funds £	Transfers between funds £	At 31/12/23 £
<b>Unrestricted funds</b>				
General fund	58,643	(24,928)	(2)	33,713
<b>Restricted funds</b>				
Mental Health Project	-	(2)	2	-
Awareness Project	-	11,332	-	11,332
Other Restricted Projects	-	345	-	345
	<u>-</u>	<u>11,675</u>	<u>2</u>	<u>11,677</u>
<b>TOTAL FUNDS</b>	<u>58,643</u>	<u>(13,253)</u>	<u>-</u>	<u>45,390</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	71,162	(96,090)	(24,928)
<b>Restricted funds</b>			
Mental Health Project	3,130	(3,132)	(2)
Awareness Project	20,360	(9,028)	11,332
Other Restricted Projects	410	(65)	345
	<u>23,900</u>	<u>(12,225)</u>	<u>11,675</u>
<b>TOTAL FUNDS</b>	<u>95,062</u>	<u>(108,315)</u>	<u>(13,253)</u>

**Restricted Funds**

**Mental Health**

To raise awareness of the psychological symptoms experienced during perimenopause and menopause and provide the information required to manage those.

**Awareness**

To raise awareness of the physical and psychological symptoms that can be experienced during perimenopause and menopause through a national 'Join the dots' campaign so that people recognise the signs and access knowledge to seek appropriate care and treatment.

To ensure healthcare settings have visible and engaging materials to help more people join the dots and recognise the symptoms of perimenopause and menopause. These materials will ensure people understand the lifestyle changes and treatment options available to help them best manage symptoms.

## THE MENOPAUSE CHARITY

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JANUARY 2024 TO 30 JUNE 2025

#### 17. MOVEMENT IN FUNDS - continued

##### **Other restricted projects**

Raise menopause awareness in East Sussex.

##### **Cancer-treatment induced menopause**

To co-create tailored resources that will detail the unique experiences of cancer treatment-induced menopause, how and why menopause symptoms can occur due to cancer treatment, and explore the lifestyle changes, such as movement, diet and self-care, that can help manage menopause symptoms effectively.

##### **Resources for Ethnic Diversities**

To co-create culturally relevant menopause resources in collaboration with diverse communities, addressing the specific needs and experiences of diverse ethnic groups.

##### **Inclusion Fund**

To ensure that everyone can access inclusive and practical menopause information they can trust and that is tailored to their needs.

##### **Peer Support Manchester**

To pilot a safe, inclusive, and trusted approach to peer support in North and Central Manchester, equipping volunteers and staff to provide culturally sensitive signposting and practical support for women and individuals navigating menopause.

#### 18. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 30 June 2025.

**THE MENOPAUSE CHARITY**

England & Wales - Charity number 1191332

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# Accounts

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**REPORT OF THE DIRECTORS AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023  
FOR  
THE MENOPAUSE CHARITY**

**THE MENOPAUSE CHARITY**

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FOR THE YEAR ENDED 31 DECEMBER 2023**

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## **THE MENOPAUSE CHARITY**

### **FOREWARD FROM THE CHAIR FOR THE YEAR ENDED 31 DECEMBER 2023**

I was delighted to have taken on the role of Chair in October 2023, and I have become increasingly clear on the vital importance of The Menopause Charity's role of providing evidence-based information and education for people and communities who need it the most, listening to people who are experiencing and treating menopausal symptoms, and becoming the trusted charity on perimenopause and menopause.

In particular, we are proud to have established a Clinical Advisory Panel with a range of menopause experts, and to be working towards the PIF Tick, to ensure our resources are evidence-based, trustworthy and accessible. One example of this is the easy read booklets we have produced to ensure people with learning difficulties can access information.

We face the same challenges as many other charities when it comes to funding, and work hard to ensure we have a diversity of income sources. We are very grateful to all those who have supported us - from corporate partners, trusts and foundations to individuals - many of whom have been personally impacted by menopausal symptoms.

With the intention to increase the reach and impact of The Menopause Charity over the next few years, we made a conscious decision in 2023 to ensure we had a strong foundation from which to grow. This involved investing in our governance and our infrastructure and using some of the reserves that we have built over our first few years to do this.

This has put us in a stronger position to reach more diverse audiences and co-create evidence-based information that people can trust.

We have already seen the benefits of this as we reach new audiences and build on our reputation that positions us as a trusted partner. We have a lot more to do and look forward to the many opportunities for us in the years ahead.

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023**

The trustees present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

The charitable objectives set out in our governing document are:

1. To preserve and protect the physical and mental health of sufferers of the perimenopause and menopause and related conditions (including post menopause, premature ovarian insufficiency and oestrogen deficiency) through the provision of support, education, practical advice and treatment.
2. To advance education for the public benefit and research, the useful results of which will be published, in all areas relating to the menopause and to raise awareness generally of the perimenopause and menopause and their effects and impacts.

The Menopause Charity works to educate everybody so that perimenopause and menopause are properly understood.

We want women, and other individuals experiencing menopause, to understand the changes that are happening to them and know what to do next.

We want to make sure that family, friends, co-workers, employers and health care professionals have the information and resources to provide appropriate support.

##### **What does this look like?**

Eliminate needless suffering by providing trusted information in a way that everyone understands.

Everyone has equal access to appropriate treatment and support. So they have the tools they need to manage the mental and physical changes of perimenopause and menopause.

Replace existing stigma and social taboo with the view that menopause is part of our health journey. And, handled well, it can be the beginning of a positive new chapter in our lives.

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023**

#### **OBJECTIVES AND ACTIVITIES**

##### **Significant activities**

###### **Why we are here**

Imagine if over half the UK population was to experience the same life-changing health condition, which if disregarded would contribute to an increase in disease and illness, an increase in mental health issues, and the likelihood of losing jobs and marriages. Wouldn't we want to do something about that?

This is the current situation for the 33 million women in the UK who, at some stage in their life, will experience menopause. But, due to a lack of awareness among the public, a lack of training among some medical professionals and social stigma, their needs during this critical life change are frequently ignored, belittled or overlooked.

No two menopause stories are the same. This contributes to the lack of understanding. Some women transition smoothly, without any major effects. Others will suffer the most extreme symptoms and endure the massive negative impact these have on their lives.

We're working towards a more holistic view of an individual's overall health state. So that multiple symptoms become correctly recognised as perimenopause or menopause. This doesn't just immediately improve current health. Educated decisions protect against long-term medical issues, caused by menopause, that affect quality and longevity of life.

The Menopause Charity seeks to:

###### **Provide trusted information for everyone**

Amongst the noise and commercialisation, people know they can rely on The Menopause Charity for evidence-based information.

###### **Educate every community**

The Menopause Charity will adapt their educational support to the nuances of different communities' needs, whilst reaching out to children, partners, healthcare workers, key workers, colleagues and employers.

###### **Listen to those experiencing and treating menopausal symptoms**

Listen to women to understand their needs, so that we can deliver the information and support that best suits them. Engagement with medical professional and other key workers is equally crucial. Supporting them to care for women and other individuals with their menopause transition.

###### **Become the trusted charity on perimenopause and menopause**

The Menopause Charity will invest in our staff, grow the organisation, and inspire continued and wider support.

We want to lead people through future challenges towards healthy menopause transition for everyone. Broad challenges, like healthcare service depletion by prolonged austerity policy and the pandemic, and the ever-rising cost of living, take their toll on menopause care. We're here to help rectify some of that widening disparity of treatment.

###### **Public benefit**

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

In our third full year, the charity committed to growing its charitable activities whilst strengthening its governance and resilience. The charity has successfully grown its charitable activities continuing to raise awareness and engage people seeking trusted information on perimenopause and menopause. The work undertaken to strengthen our governance included the recruitment of new Trustees and Clinical Advisory Members, together with a commitment to work towards the PIF TICK, the UK-wide quality mark for health information. This work helped to put us in a better position to focus on growth - however, with limited capacity, this led to a dip in fundraising activity.

##### **Evidence-based information for everyone**

Over **550,000** people visited our online knowledge hub, accessing evidence-based information and expert advice from leading specialists; doubling our active web users from the previous year.

We established our Clinical Advisory Panel, increasing our network of trusted advisors to support our commitment to provide non-biased health information that people can trust.

We grew our information assets, creating accessible, peer-reviewed, fact-based content as identified by user research.

##### **Educate every community**

Over **24,000** symptom trackers were distributed through in person events and the distribution of our awareness packs, providing information and tools to help people.

We reached over **4,000** people through awareness presentations, distributing information and enabling us to gather user insight.

We partnered with Learning Disability Wales to co-create a suite of four easy read booklets in English and Welsh. These resources ensure people with learning disabilities can access information to understand the changes they may experience because of menopause and know what to do to help manage symptoms. During the year, we also collaborated with other specialist non-profit organisations on menopause-specific projects including MacMillan and Diabetes UK.

We submitted a robust clinical response to the Department of Health's call for evidence on transforming women's long-term health.

##### **Listen to those experiencing and treating menopausal symptoms**

We launched MenoPulse, the charity patient and public insight user group to help guide our work.

We scoped our theory of change, describing how we believe our activities lead to the outcomes and impact we want to achieve.

##### **Become the trusted charity on perimenopause and menopause**

The charity launched The Menopause Charity rose at the RHS Chelsea Flower Show. The launch of our rose featured on the BBC, Hello magazine and national press.

Following an open recruitment process we grew our Trustee Board appointing new members who bring a wealth of skills and experience. Mrs Ruth Dwight joined as Chair of the Board.

During the year 2023 the charity also received pro-bono support valued at £61,257.

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Fundraising activities**

The charity ensures it maintains a varied income portfolio so that it is not reliant on one income source. During 2023, there have been many highlights, most notably:

- > The launch of The Menopause Charity rose at the RHS Chelsea Flower Show, with £2.50 donated to the charity from the sale of each rose.
- > Raising over £23,000 through our Big Give match funding campaigns 'Could it be your hormones?' and 'Join the Dots'.
- > £30,000 was raised by those fuelled by menopause to tackle various challenge events from climbing Mount Kilimanjaro to joining Team TMC at the Royal Parks Half Marathon
- > Over £7,000 was raised by communities joining together to nominate The Menopause Charity as the charity of the year, or through 'in aid of' fundraising events.

#### **FINANCIAL REVIEW**

##### **Financial position**

The deficit for the year was £13,253, a surplus of £11,677 on restricted funds and a deficit of £24,930 of unrestricted (2022: surplus £15,580) from our routine activities, with total funds of £45,390, £11,677 in restricted funds and £33,713 of unrestricted (2022: £58,643) carried forward to fund charitable activities in the current year.

This was a planned deficit so that the charity could dedicate work to delivering charitable activities and strengthening governance and resilience. This included the recruitment of new Trustees and Clinical Advisory Members and working towards PIF TICK, the UK-wide quality mark for health information. This work has now ensured the charity can look to grow.

##### **Principal funding sources**

Our principal funding sources are individual donations and fundraising, corporate and trust donations.

The charity ensures it maintains a varied income portfolio so that it is not reliant on one income source.

##### **Reserves policy**

The trustees have no formal reserves policy but aim to maintain sufficient funds to balance the need for financial security during our formative years and to be able to take advantage of opportunities to deliver our charitable activities.

The trustees monitor the level of reserves regularly to ensure they remain appropriate to the charity's needs.

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023**

#### **FUTURE PLANS**

Looking forwards, 2024 is a year to further establish The Menopause Charity to ensure everyone in society can access evidence-based information, advice and support.

#### **Our aims for 2024:**

Trusted information for everyone

- > To become a trusted information creator, by gaining the Patient Information Forum (PIF) Tick.
- > To deliver an awareness campaign that signposts people to trusted information.
- > Develop and deliver information for specific audiences.

Education for every community

- > Deliver an awareness programme across corporate, community and healthcare settings.
- > Identify learning and accessibility needs for outreach activity.
- > Establish a volunteer network, embedding effective training and safeguarding across all activities.

Listen to those experiencing and treating menopausal symptoms

- > Grow our healthcare professional network, learning from them the information and support they seek.
- > Embed feedback mechanisms on our information and education activities.
- > Diversify MenoPulse membership.

Become the trusted charity on perimenopause and menopause

- > Generate funds for growth and long-term sustainability.
- > Maximise the charity's profile - online and in the media
- > Keep our accounting and governance open and transparent.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Menopause Charity is a charity established and governed by Memorandum and Articles of Association dated 16th September 2020.

##### **Recruitment and appointment of new trustees**

The appointment of new trustees is carried out in accordance with the provisions held within the Memorandum and Articles of Association. Each new trustee undertakes induction training with mentoring provided by an existing trustee, and receive a copy of the memorandum and articles of association.

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Fundraising standards**

Donors to The Menopause Charity can be assured that we comply with the regulatory standards for fundraising. The charity subscribes to the Fundraising Regulator and are committed to the Fundraising Promise and adherence to the Code of Fundraising Practice in all its fundraising activities. Through this guidance, policies and working practices relating to working with vulnerable supporters, handling of complaints and ethical considerations are in place.

The Menopause Charity does not sub-contract elements of its fundraising activities to marketing agencies and undertakes all its correspondence and contact with donors in-house. Contracted partnerships with commercial participators are transparent, providing solicitation statements clearly articulating the value to the charity. In 2023, the charity entered a new commercial participation arrangement with the Harkness Rose Company. £2.50 from the sale of each rose will be paid to the charity; each rose will carry information and signpost to our trusted knowledge hub. Once again, Votary Ltd. supported the charity with a promotion for World Menopause Day, raising £619.23 through sales during a three-day period.

The charity received no complaints during the year. Complaints are dealt with in line with our fundraising complaints policy, with most serious complaints escalated to our trustees so they can consider lessons learnt.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

1191332

##### **Principal address**

Adamson House, Towers Business Park  
Wilmslow Road  
Didsbury  
Manchester  
M20 2YY

##### **Trustees**

Mrs R M Dwight (appointed 6/7/2023)  
Mr M Daly (resigned 18/4/2024)  
Mrs J S Oglesby  
Dr R Vohra  
Mrs H Barraclough (appointed 21/4/2023)  
Mrs R C H Fairley (appointed 19/10/2023)  
Mrs G Tsioupra-Lewis (appointed 19/10/2023)  
Miss W Xu (appointed 9/1/2024)

##### **CEO**

J A Haskey

##### **Independent Examiner**

Read, Milburn & Co  
71 Howard Street  
North Shields  
Tyne and Wear  
NE30 1AF

## **THE MENOPAUSE CHARITY**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023**

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Bankers**

Triodos Bank  
Deanery Road  
Bristol  
BS1 5AS

#### **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They 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 order of the board of trustees on 24 October 2024 and signed on its behalf by:



Mrs R M Dwight - Chair

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE MENOPAUSE CHARITY**

### **Independent examiner's report to the trustees of The Menopause Charity**

I report to the charity trustees on my examination of the accounts of The Menopause Charity (the Trust) for the year ended 31 December 2023.

### **Responsibilities and basis of report**

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

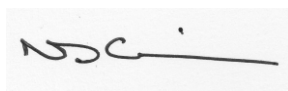
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

### **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 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.



Nicholas J Liley FCA  
The Institute of Chartered Accountants in England and Wales

Read, Milburn & Co  
71 Howard Street  
North Shields  
Tyne and Wear  
NE30 1AF

28 October 2024

**THE MENOPAUSE CHARITY**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	18,343	5,974	24,317	89,046
<b>Charitable activities</b>					
Grant income	5	12,500	17,516	30,016	67,025
Training and other services income		2,800	-	2,800	-
Other trading activities	3	37,206	410	37,616	18,966
Investment income	4	<u>313</u>	<u>-</u>	<u>313</u>	<u>106</u>
<b>Total</b>		<u>71,162</u>	<u>23,900</u>	<u>95,062</u>	<u>175,143</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Freelance costs	6	77,281	10,730	88,011	76,800
Activities expenses		5,972	1,430	7,402	32,787
Training costs		298	-	298	-
Travel expenses		1,494	-	1,494	1,521
Admin costs		<u>11,045</u>	<u>65</u>	<u>11,110</u>	<u>48,455</u>
<b>Total</b>		<u>96,090</u>	<u>12,225</u>	<u>108,315</u>	<u>159,563</u>
<b>NET INCOME/(EXPENDITURE)</b>					
Transfers between funds	15	(24,928)	11,675	(13,253)	15,580
		<u>(2)</u>	<u>2</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		(24,930)	11,677	(13,253)	15,580
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		58,643	-	58,643	43,063
		<u>58,643</u>	<u>-</u>	<u>58,643</u>	<u>43,063</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>33,713</u>	<u>11,677</u>	<u>45,390</u>	<u>58,643</u>

The notes form part of these financial statements

**THE MENOPAUSE CHARITY**

**BALANCE SHEET  
31 DECEMBER 2023**

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	13	1,244	-	1,244	-
Cash at bank		<u>40,784</u>	<u>11,677</u>	<u>52,461</u>	<u>85,689</u>
		42,028	11,677	53,705	85,689
<b>CREDITORS</b>					
Amounts falling due within one year	14	(8,315)	-	(8,315)	(27,046)
		<u>33,713</u>	<u>11,677</u>	<u>45,390</u>	<u>58,643</u>
<b>NET CURRENT ASSETS</b>					
		<u>33,713</u>	<u>11,677</u>	<u>45,390</u>	<u>58,643</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>33,713</u>	<u>11,677</u>	<u>45,390</u>	<u>58,643</u>
<b>NET ASSETS</b>					
		<u>33,713</u>	<u>11,677</u>	<u>45,390</u>	<u>58,643</u>
<b>FUNDS</b>					
	15				
Unrestricted funds				33,713	58,643
Restricted funds				<u>11,677</u>	<u>-</u>
<b>TOTAL FUNDS</b>					
				<u>45,390</u>	<u>58,643</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 24 October 2024 and were signed on its behalf by:



Mrs R M Dwight - Chair

## THE MENOPAUSE CHARITY

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charity, 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.

The presentation currency of the financial statements is the Pound Sterling (£).

##### **Going concern**

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The Trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

##### **Income**

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

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income received through contracts and grants is recognised from the point in which the charity has entitlement to the funds, contract/ grant conditions has been fully met or it is probable that the income will be received.

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

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

##### **Expenditure**

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

##### **Taxation**

The charity is exempt from tax on its charitable activities.

## THE MENOPAUSE CHARITY

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

#### 1. ACCOUNTING POLICIES - continued

##### **Fund accounting**

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

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

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

##### **Financial instruments**

All financial assets and financial liabilities of the charity qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

#### 2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	24,317	70,705
Legacies	<u>-</u>	<u>18,341</u>
	<u>24,317</u>	<u>89,046</u>

#### 3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Challenge events	29,799	-
Community fundraising	<u>7,817</u>	<u>18,966</u>
	<u>37,616</u>	<u>18,966</u>

#### 4. INVESTMENT INCOME

	2023	2022
	£	£
Interest received	<u>313</u>	<u>106</u>

**THE MENOPAUSE CHARITY**

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

**5. INCOME FROM CHARITABLE ACTIVITIES**

		2023	2022
	Activity	£	£
Grants	Grant income	30,016	67,025
Training and other services	Training and other services income	<u>2,800</u>	<u>-</u>
		<u>32,816</u>	<u>67,025</u>

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

	2023	2022
	£	£
The Big Give Trust	13,065	25,779
The Oglesby Charitable Trust	5,951	27,046
The Shoe Zone Trust	10,000	10,000
D D McPhail Charitable Settlement	-	2,000
Albert Hunt Charitable Trust	-	1,000
The Beaverbrooks Charitable Trust	-	1,200
Phillips 66 Limited	<u>1,000</u>	<u>-</u>
	<u>30,016</u>	<u>67,025</u>

**6. CHARITABLE ACTIVITIES COSTS**

	Direct Costs (see note 7) £	Support costs (see note 8) £	Totals £
Freelance costs	56,076	31,935	88,011
Activities expenses	7,402	-	7,402
Training costs	-	298	298
Travel expenses	-	1,494	1,494
Admin costs	<u>-</u>	<u>11,110</u>	<u>11,110</u>
	<u>63,478</u>	<u>44,837</u>	<u>108,315</u>

**THE MENOPAUSE CHARITY**

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

**7. DIRECT COSTS OF CHARITABLE ACTIVITIES**

	2023	2022
	£	£
General support	6,934	24,425
Outreach	468	2,046
Workplace equality	-	6,316
Project team wages	<u>56,076</u>	<u>63,281</u>
	<u>63,478</u>	<u>96,068</u>

**8. SUPPORT COSTS**

	Management	Governance	Totals
	£	costs £	£
Freelance costs	31,935	-	31,935
Training costs	298	-	298
Travel expenses	1,494	-	1,494
Admin costs	<u>9,670</u>	<u>1,440</u>	<u>11,110</u>
	<u>43,397</u>	<u>1,440</u>	<u>44,837</u>

Support costs, included in the above, are as follows:

	Freelance	Training	Travel
	costs £	costs £	expenses £
Trustees' remuneration etc	-	-	-
Bank charges	-	-	-
Computer and CRM supplies	-	-	-
Central team wages	31,935	-	-
Fundraising	-	-	-
Insurance	-	-	-
Marketing	-	-	-
Office costs	-	-	-
Printing, post and stationery	-	-	-
Professional fees	-	-	-
Staff training and welfare	-	298	-
Travel expenses	-	-	1,494
Accountancy fees	-	-	-
	<u>31,935</u>	<u>298</u>	<u>1,494</u>

## THE MENOPAUSE CHARITY

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

#### 8. SUPPORT COSTS - continued

	Admin costs £	2023 Total activities £	2022 Total activities £
Trustees' remuneration etc	275	275	49
Bank charges	187	187	44
Computer and CRM supplies	2,571	2,571	317
Central team wages	-	31,935	13,519
Fundraising	228	228	11,557
Insurance	-	-	1,885
Marketing	3,289	3,289	5,931
Office costs	804	804	-
Printing, post and stationery	1,609	1,609	668
Professional fees	707	707	26,324
Staff training and welfare	-	298	-
Travel expenses	-	1,494	1,521
Accountancy fees	<u>1,440</u>	<u>1,440</u>	<u>1,680</u>
	<u>11,110</u>	<u>44,837</u>	<u>63,495</u>

#### 9. NET INCOME/(EXPENDITURE)

	2023 £	2022 £
Net income/(expenditure) is stated after charging/(crediting):		
Independent Examiner's fees	<u>1,440</u>	<u>1,680</u>

#### 10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

##### Trustees' expenses

	2023 £	2022 £
Trustees' expenses	<u>275</u>	<u>49</u>

## THE MENOPAUSE CHARITY

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

#### 11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations and legacies	89,046
<b>Charitable activities</b>	
Grant income	67,025
Other trading activities	18,966
Investment income	<u>106</u>
<b>Total</b>	<u>175,143</u>
<b>EXPENDITURE ON</b>	
<b>Charitable activities</b>	
Freelance costs	76,800
Activities expenses	32,787
Travel expenses	1,521
Admin costs	<u>48,455</u>
<b>Total</b>	<u>159,563</u>
<b>NET INCOME</b>	15,580
<b>RECONCILIATION OF FUNDS</b>	
Total funds brought forward	43,063
	<u>          </u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>58,643</u>

#### 12. GIFTS IN KIND

The charity has received an estimated £54,500 in pro bono support this year from Jenny Haskey through discounted rates for work and additional time worked free of charge.

A charity ambassador attended the RHS Chelsea Flower Show for the launch of the charity's rose and this raised the profile of the charity in terms of free publicity which would have cost the charity approximately £6,757 if they had employed a marketing company.

**THE MENOPAUSE CHARITY**

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

**13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Trade debtors	80	-
Other debtors	<u>1,164</u>	<u>-</u>
	<u><u>1,244</u></u>	<u><u>-</u></u>

**14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Trade creditors	6,875	24,166
Other creditors	<u>1,440</u>	<u>2,880</u>
	<u><u>8,315</u></u>	<u><u>27,046</u></u>

**15. MOVEMENT IN FUNDS**

	At 1/1/23	Net movement in funds	Transfers between funds	At 31/12/23
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	58,643	(24,928)	(2)	33,713
<b>Restricted funds</b>				
Mental Health Project	-	(2)	2	-
Awareness Project	-	11,332	-	11,332
Other Restricted Projects	<u>-</u>	<u>345</u>	<u>-</u>	<u>345</u>
	<u>-</u>	<u>11,675</u>	<u>2</u>	<u>11,677</u>
<b>TOTAL FUNDS</b>	<u><u>58,643</u></u>	<u><u>(13,253)</u></u>	<u><u>-</u></u>	<u><u>45,390</u></u>

**THE MENOPAUSE CHARITY**

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

**15. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	71,162	(96,090)	(24,928)
<b>Restricted funds</b>			
Mental Health Project	3,130	(3,132)	(2)
Awareness Project	20,360	(9,028)	11,332
Other Restricted Projects	410	(65)	345
	<u>23,900</u>	<u>(12,225)</u>	<u>11,675</u>
<b>TOTAL FUNDS</b>	<u>95,062</u>	<u>(108,315)</u>	<u>(13,253)</u>

**Comparatives for movement in funds**

	At 1/1/22 £	Net movement in funds £	At 31/12/22 £
<b>Unrestricted funds</b>			
General fund	43,063	15,580	58,643
	<u>43,063</u>	<u>15,580</u>	<u>58,643</u>
<b>TOTAL FUNDS</b>	<u>43,063</u>	<u>15,580</u>	<u>58,643</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	175,143	(159,563)	15,580
	<u>175,143</u>	<u>(159,563)</u>	<u>15,580</u>
<b>TOTAL FUNDS</b>	<u>175,143</u>	<u>(159,563)</u>	<u>15,580</u>

**THE MENOPAUSE CHARITY**

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

**15. MOVEMENT IN FUNDS - continued**

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

	At 1/1/22 £	Net movement in funds £	Transfers between funds £	At 31/12/23 £
<b>Unrestricted funds</b>				
General fund	43,063	(9,348)	(2)	33,713
<b>Restricted funds</b>				
Mental Health Project	-	(2)	2	-
Awareness Project	-	11,332	-	11,332
Other Restricted Projects	-	345	-	345
	<u>-</u>	<u>11,675</u>	<u>2</u>	<u>11,677</u>
<b>TOTAL FUNDS</b>	<u>43,063</u>	<u>2,327</u>	<u>-</u>	<u>45,390</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	246,305	(255,653)	(9,348)
<b>Restricted funds</b>			
Mental Health Project	3,130	(3,132)	(2)
Awareness Project	20,360	(9,028)	11,332
Other Restricted Projects	410	(65)	345
	<u>23,900</u>	<u>(12,225)</u>	<u>11,675</u>
<b>TOTAL FUNDS</b>	<u>270,205</u>	<u>(267,878)</u>	<u>2,327</u>

**Restricted Funds**

**Mental Health**

To raise awareness of the psychological symptoms experienced during perimenopause and menopause and provide the information required to manage those.

**Awareness**

To raise awareness of the physical and psychological symptoms that can be experienced during perimenopause and menopause through a national 'Join the dots' campaign so that people recognise the signs and access knowledge to seek appropriate care and treatment.

**THE MENOPAUSE CHARITY**

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

**15. MOVEMENT IN FUNDS - continued**

To ensure healthcare settings have visible and engaging materials to help more people join the dots and recognise the symptoms of perimenopause and menopause. These materials will ensure people understand the lifestyle changes and treatment options available to help them best manage symptoms.

**Other restricted projects**

Raise menopause awareness in East Sussex.

**Transfers between funds**

The fund transfers represent the completion of a project with the transfer of the remaining funds to or from unrestricted.

**16. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 December 2023.

**THE MENOPAUSE CHARITY**

England & Wales - Charity number 1191332

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# Accounts

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REGISTERED COMPANY NUMBER: CE023464 (England and Wales)  
REGISTERED CHARITY NUMBER: 1191332

Report of the Trustees and  
Unaudited Financial Statements  
for the Year Ended 31 December 2022  
for  
THE MENOPAUSE CHARITY

THE MENOPAUSE CHARITY

Contents of the Financial Statements  
for the year ended 31 December 2022

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Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9-12

THE MENOPAUSE CHARITY

Reference and Administrative Details  
for the year ended 31 December 2022

<b>Trustees</b>	R Dwight M H P Daly J Oglesby Dr R Vohra H. Barraclough
<b>CEO</b>	J Haskey
<b>Registered office</b>	Winton House Church Street Stratford-Upon-Avon CV37 6HB
<b>Registered charity number</b>	1191332
<b>Independent Examiner</b>	Haines Watts Birmingham LLP 5-6 Greenfield Crescent Edgbaston Birmingham B15 3BE

## THE MENOPAUSE CHARITY

### Report of the Trustees for the year ended 31 December 2022

The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) 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).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

The charitable objectives set out in our governing document are:

1. To preserve and protect the physical and mental health of sufferers of the perimenopause and menopause and related conditions (including post menopause, premature ovarian insufficiency and oestrogen deficiency) through the provision of support, education, practical advice and treatment.
2. To advance education for the public benefit and research, the useful results of which will be published, in all areas relating to the menopause and to raise awareness generally of the perimenopause and menopause and their effects and impacts.

The Menopause Charity works to educate everybody so that perimenopause and menopause are properly understood.

We want women, and other individuals experiencing menopause, to understand the changes that are happening to them and know what to do next.

We want to make sure that family, friends, co-workers, employers and health care professionals have the information and resources to provide appropriate support.

##### *What does this look like?*

Eliminate needless suffering by providing trusted information in a way that everyone understands.

Everyone has equal access to appropriate treatment and support, to help them manage the mental and physical changes of perimenopause and menopause.

Replace existing stigma and social taboo with the view that menopause is part of our health journey. And, handled well, it can be the beginning of a positive new chapter in our lives.

#### **Public Benefit**

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

#### **Why we are here**

Imagine if over half the UK population was to experience the same life-changing health condition, which if disregarded would contribute to an increase in disease and illness, an increase in mental health issues, and the likelihood of losing jobs and marriages. Wouldn't we want to do something about that?

This is the current situation for the 33 million women in the UK who, at some stage in their life, will experience menopause. But, due to a lack of awareness among the public, a lack of training among some medical professionals and social stigma, their needs during this critical life change are frequently ignored, belittled or overlooked.

No two menopause stories are the same. This contributes to the lack of understanding. Some women transition smoothly, without any major effects. Others will suffer the most extreme symptoms and endure the massive negative impact these have on their lives.

We're working towards a more holistic view of an individual's health, so that multiple symptoms become correctly recognised as perimenopause or menopause. This doesn't just immediately improve current health. Educated decisions protect against long-term medical issues, caused by menopause, that affect quality and longevity of life.

The Menopause Charity seeks to:

##### *Provide trusted information for everyone*

Amongst the noise and commercialisation, people know they can rely on The Menopause Charity for evidence-based information.

## THE MENOPAUSE CHARITY

### Report of the Trustees for the year ended 31 December 2022

#### *Educate every community*

The Menopause Charity will adapt their educational support to the nuances of different communities' needs, whilst reaching out to children, partners, healthcare workers, key workers, colleagues and employers.

#### *Get everyone talking about menopause – together*

Listen to women to understand their needs, so that we can deliver the information and support that best suits them. Engagement with medical professional and other key workers is equally crucial. Supporting them to care for women and other individuals with their menopause transition.

#### *Become the trusted charity on perimenopause and menopause*

The Menopause Charity will invest in our staff, grow the organisation, and inspire continued and wider support.

We want to lead people through future challenges towards healthy menopause transition for everyone. Broad challenges, like healthcare service depletion by prolonged austerity policy and the pandemic, and the ever-rising cost of living, take their toll on menopause care. We're here to help rectify some of that widening disparity of treatment.

#### **Our vision and mission**

Our vision is a world where the menopause is understood, and no one need suffer needlessly. Until we get there, our mission is to ensure everyone in society can access evidence-based information, advice and support.

#### **Achievement and performance**

##### **Charitable activities**

In our second full year, the charity has successfully grown its charitable activities continuing to raise awareness and engage people seeking trusted information on perimenopause and menopause.

Over **265,000** people visited our online knowledge hub, accessing evidence-based information and expert advice from leading specialists. During the year we collaborated with ACAS, Dementia UK and the British Nutrition Foundation, pooling our respective knowledge and experience.

Over **6,500** information leaflets, symptom trackers and awareness posters were disseminated, providing information and tools to help people.

The charity engaged over **2,500** people through events including webinars, health fairs and workshops throughout the year. This included events with ITV, Neasden Temple, whilst also delivering events with national charities Mind and Crisis.

##### **Fundraising activities**

During 2022, there have been many highlights, most notably:

- A fundraising campaign with the match funding organisation the Big Give raising in excess of £50K plus Gift Aid
- A PayPal 'Give at Checkout' campaign generated £14.4k
- Grants totalling £42k

#### **FINANCIAL REVIEW**

##### **Financial position**

The net surplus for the year was £15,580 (2021: £43,063) from our routine activities, with total funds of £58,643 (2021: £43,063) carried forward to fund charitable activities in the current year.

##### **Principal funding sources**

Our principal funding sources are individual donations and fundraising, corporate and trust donations.

##### **Reserves policy**

The trustees have no formal reserves policy but aim to maintain sufficient funds that allow a certain amount of financial security during our formative years, whilst taking advantage of opportunities to deliver our charitable activities.

The trustees consider the level of reserves satisfactory and continue to monitor the level of reserves regularly to ensure they remain appropriate to the charity's needs.

##### **Going concern**

The board of trustees has a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found the Accounting Policies.

## THE MENOPAUSE CHARITY

### Report of the Trustees for the year ended 31 December 2022

#### **FUTURE PLANS**

Looking forwards, 2023 is a year to further establish The Menopause Charity to ensure everyone in society can access evidence-based information, advice and support.

Our aims for 2023:

Trusted information for everyone

- To become a trusted information creator, by gaining the Patient Information Forum (PIF) Tick.
- To increase our evidence-based information, peer-reviewed by our Clinical Advisory Panel.

Education for every community

- Work with employers to educate all their staff, by launching our Workplace Quality Mark.
- Invest in an online chatbot as first-step signposting to instant, accessible support.
- Create an outreach programme that starts with listening. Listening to different communities talk about their menopause experiences. Identifying the hurdles they face and the help they need together.
- Start to build awareness programmes based on the findings of these outreach programmes.

Get everyone talking about menopause – together

- Listen to those who need our support through our user panel, gathering insight and input to the information, support and services we develop to ensure they best meet their needs.
- Discover how we can support medical professionals and other key workers that are involved in diagnosing and treating menopause. Starting by listening and learning from their experience.
- Working together with GPs, nurses, pharmacists and key workers, we will develop a plan to address the current postcode lottery of menopause healthcare and treatment.

Become the trusted charity on perimenopause and menopause

- Generate funds for growth and long-term sustainability – maintain current donors and encourage new supporters
- Maximise the charity's profile – online and in the media
- Keep our accounting and governance open and transparent.
- Be a good place to work so we attract, retain and nurture the best talent.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Menopause Charity is a charity established and governed by Memorandum and Articles of Association dated 16<sup>th</sup> September 2020.

##### **Recruitment and appointment of new trustees**

The appointment of new trustees is in accordance with the provisions held within the Memorandum and Articles of Association. Each new trustee undertakes induction training with mentoring provided by an existing trustee, and receive a copy of the memorandum and articles of association.

##### **Fundraising standards**

Donors to The Menopause Charity can be assured that we comply with the regulatory standards for fundraising. The charity subscribes to the Fundraising Regulator and are committed to the Fundraising Promise and adherence to the Code of Fundraising Practice in all its fundraising activities. Through this guidance, policies and working practices relating to working with vulnerable supporters, handling of complaints and ethical considerations are in place.

The Menopause Charity does not sub-contract elements of its fundraising activities to marketing agencies and undertakes all its correspondence and contact with donors in-house. Contracted partnerships with commercial participators are transparent, providing solicitation statements clearly articulating the value to the charity.

The charity received no complaints during the year. Complaints are dealt with in line with our fundraising complaints policy, with most serious complaints escalated to our trustees so they can consider lessons learnt.

THE MENOPAUSE CHARITY

Report of the Trustees  
for the year ended 31 December 2022

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1191332

**Registered office**

Winton House  
Church Street  
Stratford upon Avon  
CV37 6HB

**Trustees**

Dr L R Newson (Retired 12 December 2022)

Mrs J S Oglesby

Mr M Daly

Dr R Vohra

Mrs R Dwight (Appointed 6 July 2023)

Miss H Barraclough (Appointed 21 April 2023)

Approved by order of the board of trustees on 19 October 2023 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'M H P Daly', written over a faint, illegible stamp or background.

M H P Daly – Trustee

Report of the Independent Auditors to the Members of  
The Menopause Charity

**Independent examiner's report to the trustees of The Menopause Charity ('the Company')**

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

This report is made solely to the charity's trustees, as a body, in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity, the charity's members as a body and the charity's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

**Responsibilities and basis of report**

As the charity trustees of the Charity 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 2011 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in accordance with section 130 of the Charities 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.



Nichola Venables ACA  
Haines Watts Birmingham LLP  
5-6 Greenfield Crescent  
Edgbaston  
Birmingham  
B15 3BE

Date: 26 October 2023

THE MENOPAUSE CHARITY  
Statement of Financial Activities  
(Incorporating an Income and Expenditure Account)  
for the year ended 31 December 2022

	Notes	Total Funds 2022 £	Total Funds 2021 £
<b>Income and endowments from</b>			
Donations and grants		175,037	141,281
Investment income	2	106	11
<b>Total</b>		<u>175,143</u>	<u>141,292</u>
<b>Expenditure on</b>			
Raising funds		-	-
<b>Charitable activities</b>			
Charitable activity	4	<u>159,563</u>	<u>98,229</u>
<b>Total</b>		<u>159,563</u>	<u>98,229</u>
<b>NET INCOME</b>		<u>15,580</u>	<u>43,063</u>
 <b>Reconciliation of funds</b>			
<b>Total funds brought forward</b>		43,063	-
<b>Net income</b>		<u>15,580</u>	<u>43,063</u>
<b>Total funds carried forward</b>		<u>58,643</u>	<u>43,063</u>

**Continuing operations**

All income and expenditure has arisen from continuing activities.

THE MENOPAUSE CHARITY

Balance Sheet  
31 December 2022

	Notes	2022 £	2021 £
<b>Current assets</b>			
Cash at bank and in hand		<u>85,689</u>	<u>51,074</u>
		85,689	51,074
<b>Creditors</b>			
Amounts falling due within one year	8	<u>(27,046)</u>	<u>(8,011)</u>
<b>Net current assets</b>		<u>58,643</u>	<u>43,063</u>
<b>NET ASSETS</b>		<u>58,643</u>	<u>43,063</u>
<b>Funds</b>	9		
Unrestricted funds:			
General fund		<u>58,643</u>	<u>43,063</u>
<b>Total funds</b>		<u>58,643</u>	<u>43,063</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 19 October 2023 and were signed on its behalf by:



M H P Daly - Trustee

## THE MENOPAUSE CHARITY

### Notes to the Financial Statements for the year ended 31 December 2022

#### **1. Accounting policies**

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a charitable incorporated organisation registered with the Charities Commission as 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'. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

##### **Going concern**

At the time of approving the accounts, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. The trustees therefore continue to adopt the going concern basis of accounting in preparing the financial statements. In making this assessment, the trustees are required to consider a period of at least 12 months from the date of approval of the financial statements.

##### **Critical accounting judgements and key sources of estimation uncertainty**

In the application of the trust's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements.

##### **Income**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income received through contracts and grants is recognised from the point in which the charity has entitlement to the funds, contract/ grant conditions has been fully met or it is probable that the income will be received.

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

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

## THE MENOPAUSE CHARITY

### Notes to the Financial Statements - continued for the year ended 31 December 2022

#### 1. **Accounting policies - continued**

##### **Expenditure**

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

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### **Creditors**

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

##### **Governance costs**

Governance costs include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Allocation of support and governance is based on the discretion of the trustees.

##### **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. Unrestricted funds include designated funds which have been set aside at the discretion of the trustees for specific purposes.

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

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

THE MENOPAUSE CHARITY

Notes to the Financial Statements - continued  
for the year ended 31 December 2022

**2. Investment income**

	2022 £	2021 £
Deposit account interest	<u>106</u>	<u>11</u>

**3. Income from charitable activities**

		2022 £	2021 £
Grants and donations	Activity		
	Menopause support, education, advice & treatment	<u>175,037</u>	<u>141,281</u>

**4. Support costs**

		Charitable activity costs £	Governance costs £	Totals £
<b>2022</b>	Overheads £			
Charitable activity	<u>52,041</u>	<u>96,068</u>	<u>11,454</u>	<u>159,563</u>
<b>2021</b>	Overheads £			
Charitable activity	<u>31,834</u>	<u>65,195</u>	<u>1,200</u>	<u>98,229</u>

**5. Net income**

Net income is stated after charging:

	2022 £	2021 £
Auditors' remuneration	<u>1,680</u>	<u>1,200</u>

**6. Trustees' remuneration and benefits**

There were no trustees' remuneration or other benefits for the period ended 31 December 2022 (2021: £Nil).

**Trustees' expenses**

	2022 £	2021 £
Trustees' expenses	<u>49</u>	<u>Nil</u>

THE MENOPAUSE CHARITY

Notes to the Financial Statements - continued  
for the year ended 31 December 2022

<b>7. Staff costs</b>	<b>2022</b> £	<b>2021</b> £
Wages and salaries	<u>Nil</u>	<u>Nil</u>
<b>8. Creditors: amounts falling due within one year</b>	<b>2022</b> £	<b>2021</b> £
Trade creditors	24,166	6,811
Accruals	2,400	1,200
	<u>26,566</u>	<u>8,011</u>
<b>9. Movement in funds</b>		
<b>Unrestricted funds</b>	<b>2022</b> £	<b>2021</b> £
General fund		
At 1 January 2022	43,063	-
Net movement in funds	<u>15,580</u>	<u>43,063</u>
<b>TOTAL FUNDS</b>	<u>58,643</u>	<u>43,063</u>

**2022**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	175,143	(159,563)	15,580
	<u>175,143</u>	<u>(159,563)</u>	<u>15,580</u>
<b>TOTAL FUNDS</b>	<u>175,143</u>	<u>(159,563)</u>	<u>15,580</u>

**2021**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	141,292	(98,229)	43,063
	<u>141,292</u>	<u>(98,229)</u>	<u>43,063</u>
<b>TOTAL FUNDS</b>	<u>141,292</u>	<u>(98,229)</u>	<u>43,063</u>

**10. Related party disclosures**

There were no related party transactions during the period.

**THE MENOPAUSE CHARITY**

England & Wales - Charity number 1191332

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# Accounts

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REGISTERED COMPANY NUMBER: CE023464 (England and Wales)  
REGISTERED CHARITY NUMBER: 1191332

Report of the Trustees and  
Unaudited Financial Statements  
for the Period Ended 31 December 2021  
for  
THE MENOPAUSE CHARITY

Haines Watts Birmingham LLP  
5-6 Greenfield Crescent  
Edgbaston  
Birmingham  
B15 3BE

THE MENOPAUSE CHARITY

Contents of the Financial Statements  
for the 15 months ended 31 December 2021

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THE MENOPAUSE CHARITY

Reference and Administrative Details  
for the 15 months ended 31 December 2021

<b>Trustees</b>	M H P Daly Dr L Newson J Oglesby Dr R Vohra V Barnes (resigned 18 June 2021)
<b>CEO</b>	J Haskey
<b>Registered office</b>	Winton House Church Street Stratford-Upon-Avon CV37 6HB
<b>Registered charity number</b>	1191332
<b>Independent Examiner</b>	Haines Watts Birmingham LLP 5-6 Greenfield Crescent Edgbaston Birmingham B15 3BE

## THE MENOPAUSE CHARITY

### Report of the Trustees for the 15 months ended 31 December 2021

The trustees present their report with the financial statements of the charity for the 15 months ended 31 December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **Objectives and activities**

##### **Objectives and aims**

The charitable objectives set out in our governing document are:

1. To preserve and protect the physical and mental health of sufferers of the perimenopause and menopause and related conditions (including post menopause, premature ovarian insufficiency and oestrogen deficiency) through the provision of support, education, practical advice and treatment.
2. To advance education for the public benefit and research, the useful results of which will be published, in all areas relating to the menopause and to raise awareness generally of the perimenopause and menopause and their effects and impacts.

The Menopause Charity is working to bust myths, overcome ignorance and make menopause symptoms history by ensuring access to evidence-based information, advice and support. We believe that every person in menopause, regardless of her background, ethnicity or financial means, deserves to have access to the same high standard of advice, treatment and support to allow them to move forward into a happy and healthy future.

##### **Public Benefit**

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

##### **Why we are here**

Over 13 million people in the UK are peri/menopausal; that's a third of the entire female population. The menopause has an under recognised, but debilitating effect on a very significant number of women.

90% of women experience menopausal symptoms that affect daily life, work and relationships or lead to long-term mental and physical problems. Sadly, many women expect to have a difficult experience of menopause or are ashamed or embarrassed to ask for care. When women do seek medical support, many are misdiagnosed, given inaccurate and out-of-date information or simply told to put up with their symptoms.

Yet despite a lack of appropriate treatment leading to devastating consequences, 41% of medical schools don't teach about the menopause as a compulsory subject and, due to misleading information on the safety of HRT, many feel unconfident to prescribe. The consequences can be terrible: in the UK 20% of women leave their jobs due to the menopause, 66% of menopausal women seeking help from their GP are offered anti-depressants instead of HRT, and both divorce and suicide rates are significantly higher around menopause.

##### **Our vision and mission**

Our vision is a world where the menopause is understood, and no one need suffer needlessly. Until we get there, our mission is to ensure everyone in society can access evidence-based information, advice and support.

## THE MENOPAUSE CHARITY

### Report of the Trustees for the 15 months ended 31 December 2021

#### **Achievement and performance**

##### **Charitable activities**

In our founding year, the charity has delivered its charitable activities with the provision of evidence-based information through our website and social media channels. Launching in November 2020, our website attracted 66.9k visitors, with people searching advice through our knowledge hub.

This activity has been supported by clinicians volunteering their time to speak at online webinars and events, providing support and imparting vital knowledge to help women, and others, better understand peri/menopause symptoms and appropriate treatment options.

##### **Fundraising activities**

During our first year, there have been many highlights, most notably recognising the charity launched during a pandemic:

- A crowdfunding campaign raised £35.6k
- A founding donation of £20.2k from Newson Health
- A founding donation of £25k from Shoezone Trust

#### **Financial review**

##### **Financial position**

The net surplus for the period was £43,063 from our routine activities, which is carried forward to fund charitable activities in the current year.

##### **Reserves policy**

The trustees have no formal reserves policy but aim to maintain sufficient funds that allow a certain amount of financial security during our formative years, whilst taking advantage of opportunities to deliver our charitable activities.

The trustees consider the level of reserves satisfactory and continue to monitor the level of reserves regularly to ensure they remain appropriate to the charity's needs.

##### **Going concern**

The board of trustees has a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found the Accounting Policies.

##### **Future plans**

Looking forwards, 2021/22 is a year to establish our strategy, embed the infrastructure and generate the funds required to secure long term success. Whilst growing our income and building the resources needed to meet our future ambitions, The Menopause Charity will continue to develop our platforms ensuring everyone in society can access evidence-based information, advice and support.

#### **Structure, governance and management**

##### **Governing document**

The charitable company is controlled by its governing document, the Memorandum & Articles of Association dated 16 September 2020.

##### **Recruitment and appointment of new trustees**

Trustees are appointed with due regard to the broad range of relevant skills that are required by the Council of Management and the specialist skills and experience offered by the applicant trustee.

##### **Organisational structure**

The governing body of the charity is the board of trustees which meets at least four times a year.

THE MENOPAUSE CHARITY

Report of the Trustees  
for the 15 months ended 31 December 2021

**Induction and training of new trustees**

Each new trustee undertakes induction training, receiving a copy of the memorandum & articles of association and mentoring by existing trustees during the induction period.

**Events since the end of the year**

Information relating to events since the end of the year is given in the notes to the financial statements.

Approved by order of the board of trustees on 31 October 2022 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'M H P Daly', written in a cursive style.

M H P Daly - Trustee

Report of the Independent Auditors to the Members of  
The Menopause Charity

**Independent examiner's report to the trustees of The Menopause Charity ('the Company')**

I report to the charity trustees on my examination of the accounts of the Charity for the period ended 31 December 2021.

This report is made solely to the charity's trustees, as a body, in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity, the charity's members as a body and the charity's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

**Responsibilities and basis of report**

As the charity trustees of the Charity 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 2011 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in accordance with section 130 of the Charities 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.



Haines Watts Birmingham LLP  
5-6 Greenfield Crescent  
Edgbaston  
Birmingham  
B15 3BE

Date: 31 October 2022

**THE MENOPAUSE CHARITY**  
**Statement of Financial Activities**  
(Incorporating an Income and Expenditure Account)  
for the 15 months ended 31 December 2021

	Notes	Unrestricted Funds £	Total Funds £
<b>Income and endowments from</b>			
Donations and grants		141,281	141,281
Investment income	2	11	11
<b>Total</b>		<u>141,292</u>	<u>141,292</u>
<b>Expenditure on</b>			
Raising funds	4		-
<b>Charitable activities</b>			
Charitable activity		<u>98,229</u>	<u>98,229</u>
<b>Total</b>		<u>98,229</u>	<u>98,229</u>
<b>NET INCOME</b>		43,063	43,063
<b>Reconciliation of funds</b>			
<b>Total funds carried forward</b>		<u><u>43,063</u></u>	<u><u>43,063</u></u>

**Continuing operations**

All income and expenditure has arisen from continuing activities.

THE MENOPAUSE CHARITY

Balance Sheet  
31 December 2021

	Notes	Unrestricted Funds £	Total Funds £
<b>Current assets</b>			
Cash at bank and in hand		<u>51,074</u>	<u>51,074</u>
		51,074	51,074
<b>Creditors</b>			
Amounts falling due within one year	8	(8,011)	(8,011)
		<u>43,063</u>	<u>43,063</u>
<b>Net current assets</b>			
		<u>43,063</u>	<u>43,063</u>
<b>NET ASSETS</b>			
		<u>43,063</u>	<u>43,063</u>
<b>Funds</b>			
Unrestricted funds:	9		
General fund		43,063	43,063
		<u>43,063</u>	<u>43,063</u>
<b>Total funds</b>			
		<u>43,063</u>	<u>43,063</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 31 October 2022 and were signed on its behalf by:



.....  
M H P Daly - Trustee

## THE MENOPAUSE CHARITY

### Notes to the Financial Statements for the 15 months ended 31 December 2021

#### 1. Accounting policies

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a charitable incorporated organisation registered with the Charities Commission as 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'. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

##### **Going concern**

At the time of approving the accounts, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. The trustees therefore continue to adopt the going concern basis of accounting in preparing the financial statements. In making this assessment, the trustees are required to consider a period of at least 12 months from the date of approval of the financial statements.

##### **Critical accounting judgements and key sources of estimation uncertainty**

In the application of the trust's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements.

##### **Income**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income received through contracts and grants is recognised from the point in which the charity has entitlement to the funds, contract/ grant conditions has been fully met or it is probable that the income will be received.

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

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

## THE MENOPAUSE CHARITY

### Notes to the Financial Statements - continued for the 15 months ended 31 December 2021

#### 1. Accounting policies - continued

##### **Expenditure**

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

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

##### **Creditors**

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

##### **Governance costs**

Governance costs include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses. Allocation of support and governance is based on the discretion of the trustees.

##### **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. Unrestricted funds include designated funds which have been set aside at the discretion of the trustees for specific purposes.

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

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

THE MENOPAUSE CHARITY

Notes to the Financial Statements - continued  
for the 15 months ended 31 December 2021

<b>2.</b>	<b>Investment income</b>		Total
	Deposit account interest		£ <u>11</u>
			<u>11</u>
<b>3.</b>	<b>Income from charitable activities</b>		Total
	Grants and donations	Activity Menopause support, education, advice & treatment	£ <u>141,281</u>
<b>4.</b>	<b>Support costs</b>		
		Management £	Other £
		Governance costs £	Totals £
	Charitable activity	<u>31,834</u>	<u>65,195</u>
		<u>1,200</u>	<u>98,229</u>
<b>5.</b>	<b>Net income</b>		
	Net income is stated after charging:		
	Auditors' remuneration		£ <u>1,200</u>
<b>6.</b>	<b>Trustees' remuneration and benefits</b>		
	There were no trustees' remuneration or other benefits for the period ended 31 December 2021.		
	<b>Trustees' expenses</b>		
	Trustees' expenses		£ <u>Nil</u>

THE MENOPAUSE CHARITY

Notes to the Financial Statements - continued  
for the 15 months ended 31 December 2021

**7. Staff costs**

	<b>2021</b>
Wages and salaries	Nil

**8. Creditors: amounts falling due within one year**

	£
Trade creditors	6,811
Accruals	<u>1,200</u>
	<u>8,011</u>

**9. Movement in funds**

	Net movement in funds £	At 31/12/21 £
<b>Unrestricted funds</b>		
General fund	<b>43,063</b>	<b>43,063</b>
	<hr/>	<hr/>
	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<b><u>43,063</u></b>	<b><u>43,063</u></b>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	<b>141,292</b>	<b>(98,229)</b>	<b>43,063</b>
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<b><u>197,731</u></b>	<b><u>(101,489)</u></b>	<b><u>43,063</u></b>

**10. Related party disclosures**

There were no related party transactions during the period.