

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

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for the year ended 31 December 2022

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THE MENOPAUSE CHARITY

Reference and Administrative Details
for the year ended 31 December 2022

| | |
|----------------------------------|--|
| Trustees | R Dwight M H P Daly J Oglesby Dr R Vohra H. Barraclough |
| CEO | J Haskey |
| Registered office | Winton House Church Street Stratford-Upon-Avon CV37 6HB |
| Registered charity number | 1191332 |
| Independent Examiner | 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 16th 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 be '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 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 £ |
|-----------------------------------|-------|--------------------------|--------------------------|
| Income and endowments from | | | |
| Donations and grants | | 175,037 | 141,281 |
| Investment income | 2 | 106 | 11 |
| Total | | <u>175,143</u> | <u>141,292</u> |
| Expenditure on | | | |
| Raising funds | | - | - |
| Charitable activities | | | |
| Charitable activity | 4 | <u>159,563</u> | <u>98,229</u> |
| Total | | <u>159,563</u> | <u>98,229</u> |
| NET INCOME | | <u>15,580</u> | <u>43,063</u> |
| Reconciliation of funds | | | |
| Total funds brought forward | | 43,063 | - |
| Net income | | <u>15,580</u> | <u>43,063</u> |
| Total funds carried forward | | <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 £ |
|-------------------------------------|-------|-------------------|-------------------|
| Current assets | | | |
| Cash at bank and in hand | | <u>85,689</u> | <u>51,074</u> |
| | | 85,689 | 51,074 |
| Creditors | | | |
| Amounts falling due within one year | 8 | <u>(27,046)</u> | <u>(8,011)</u> |
| Net current assets | | <u>58,643</u> | <u>43,063</u> |
| NET ASSETS | | <u>58,643</u> | <u>43,063</u> |
| Funds | 9 | | |
| Unrestricted funds: | | | |
| General fund | | <u>58,643</u> | <u>43,063</u> |
| Total funds | | <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

| | Overheads £ | Charitable activity costs £ | Governance costs £ | Totals £ |
|---------------------|----------------|-----------------------------------|--------------------------|----------------|
| 2022 | | | | |
| Charitable activity | <u>52,041</u> | <u>96,068</u> | <u>11,454</u> | <u>159,563</u> |
| 2021 | | | | |
| 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

7. Staff costs

| | 2022 £ | 2021 £ |
|--------------------|------------|------------|
| Wages and salaries | <u>Nil</u> | <u>Nil</u> |

8. Creditors: amounts falling due within one year

| | 2022 £ | 2021 £ |
|-----------------|---------------|--------------|
| Trade creditors | 24,166 | 6,811 |
| Accruals | <u>2,400</u> | <u>1,200</u> |
| | <u>26,566</u> | <u>8,011</u> |

9. Movement in funds

Unrestricted funds

| | 2022 £ | 2021 £ |
|-----------------------|---------------|---------------|
| General fund | | |
| At 1 January 2022 | 43,063 | - |
| Net movement in funds | <u>15,580</u> | <u>43,063</u> |
| TOTAL FUNDS | <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 £ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 175,143 | (159,563) | 15,580 |
| TOTAL FUNDS | <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 £ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 141,292 | (98,229) | 43,063 |
| TOTAL FUNDS | <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.