

**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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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').

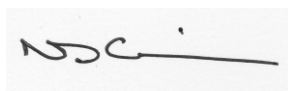
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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**

		Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	18,343	5,974	24,317	89,046
Charitable activities	5				
Grant income		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>
Total		<u>71,162</u>	<u>23,900</u>	<u>95,062</u>	<u>175,143</u>
EXPENDITURE ON					
Charitable activities	6				
Freelance costs		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>
Total		<u>96,090</u>	<u>12,225</u>	<u>108,315</u>	<u>159,563</u>
NET INCOME/(EXPENDITURE)		(24,928)	11,675	(13,253)	15,580
Transfers between funds	15	<u>(2)</u>	<u>2</u>	<u>-</u>	<u>-</u>
Net movement in funds		(24,930)	11,677	(13,253)	15,580
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>58,643</u>	<u>-</u>	<u>58,643</u>	<u>43,063</u>
TOTAL FUNDS CARRIED FORWARD		<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 £
CURRENT ASSETS					
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
CREDITORS					
Amounts falling due within one year	14	(8,315)	-	(8,315)	(27,046)
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>33,713</u>	<u>11,677</u>	<u>45,390</u>	<u>58,643</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>33,713</u>	<u>11,677</u>	<u>45,390</u>	<u>58,643</u>
NET ASSETS		<u>33,713</u>	<u>11,677</u>	<u>45,390</u>	<u>58,643</u>
FUNDS	15				
Unrestricted funds				33,713	58,643
Restricted funds				<u>11,677</u>	<u> </u>
TOTAL FUNDS				<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 notes form part of these financial statements

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	-	18,341
	<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 costs	Totals
	£	£	£
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 costs	Training costs	Travel 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>-</u>	<u>-</u>	<u>-</u>
	<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 £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	89,046
Charitable activities	
Grant income	67,025
Other trading activities	18,966
Investment income	<u>106</u>
Total	<u>175,143</u>
EXPENDITURE ON	
Charitable activities	
Freelance costs	76,800
Activities expenses	32,787
Travel expenses	1,521
Admin costs	<u>48,455</u>
Total	<u>159,563</u>
NET INCOME	15,580
RECONCILIATION OF FUNDS	
Total funds brought forward	43,063
TOTAL FUNDS CARRIED FORWARD	<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>1,244</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>8,315</u>	<u>27,046</u>

15. MOVEMENT IN FUNDS

	At 1/1/23	Net movement in funds	Transfers between funds	At 31/12/23
	£	£	£	£
Unrestricted funds				
General fund	58,643	(24,928)	(2)	33,713
Restricted funds				
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>
TOTAL FUNDS	<u>58,643</u>	<u>(13,253)</u>	<u>-</u>	<u>45,390</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 £
Unrestricted funds			
General fund	71,162	(96,090)	(24,928)
Restricted funds			
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>
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	43,063	15,580	58,643
	<u>43,063</u>	<u>15,580</u>	<u>58,643</u>
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	175,143	(159,563)	15,580
	<u>175,143</u>	<u>(159,563)</u>	<u>15,580</u>
TOTAL FUNDS	<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 £
Unrestricted funds				
General fund	43,063	(9,348)	(2)	33,713
Restricted funds				
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>
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	246,305	(255,653)	(9,348)
Restricted funds			
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>
TOTAL FUNDS	<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.