

**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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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.

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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**

				Period 1/1/24 to 30/6/25 Total funds £	Year Ended 31/12/23 Total funds £
	Notes	Unrestricted fund £	Restricted funds £		
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	96,343	-	96,343	24,317
Charitable activities	5				
Grant income		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	-
Total		<u>175,403</u>	<u>59,461</u>	<u>234,864</u>	<u>95,062</u>
EXPENDITURE ON					
Charitable activities	6				
Staff costs		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
Total		<u>141,725</u>	<u>39,096</u>	<u>180,821</u>	<u>108,315</u>
NET INCOME/(EXPENDITURE)		33,678	20,365	54,043	(13,253)
RECONCILIATION OF FUNDS					
Total funds brought forward		33,713	11,677	45,390	58,643
TOTAL FUNDS CARRIED FORWARD		<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 £
CURRENT ASSETS			
Debtors	14	20,833	1,244
Cash at bank		<u>85,991</u>	<u>52,461</u>
		106,824	53,705
CREDITORS			
Amounts falling due within one year	15	<u>(7,391)</u>	<u>(8,315)</u>
NET CURRENT ASSETS		<u>99,433</u>	<u>45,390</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>99,433</u>	<u>45,390</u>
NET ASSETS		<u>99,433</u>	<u>45,390</u>
FUNDS	17		
Unrestricted funds		67,391	33,713
Restricted funds		<u>32,042</u>	<u>11,677</u>
TOTAL FUNDS		<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

**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>-</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 Total activities £	Year Ended 31/12/23 Total activities £
	Travel expenses £	Admin costs £		
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	440	-
	<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 £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	18,343	5,974	24,317
Charitable activities			
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>
Total	<u>71,162</u>	<u>23,900</u>	<u>95,062</u>
EXPENDITURE ON			
Charitable activities			
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>
Total	<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 £
NET INCOME/(EXPENDITURE)	(24,928)	11,675	(13,253)
Transfers between funds	<u>(2)</u>	<u>2</u>	<u>-</u>
Net movement in funds	(24,930)	11,677	(13,253)
RECONCILIATION OF FUNDS			
Total funds brought forward	58,643	-	58,643
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<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 £
Unrestricted funds			
General fund	33,713	33,678	67,391
Restricted funds			
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>
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	175,403	(141,725)	33,678
Restricted funds			
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>
TOTAL FUNDS	<u>234,864</u>	<u>(180,821)</u>	<u>54,043</u>

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 £
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	-	345	-	345
	-	11,675	2	11,677
TOTAL FUNDS	<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 £
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
	23,900	(12,225)	11,675
TOTAL FUNDS	<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.

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.