Talk Lipoedema (SCIO)

Scotland · Charity number SC045490

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2015-03-16
Register	View on the OSCR register

Contact

Address	17 Morris Road Newtongrange Midlothian EH22 4ST
Website	talklipoedema.org

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health','the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Talk Lipoedema provides advocacy, information and support for people living with lipoedema, including signposting to services and establishing support groups. It raises awareness of the condition through workshops, training and information packages for both the public and healthcare professionals. The charity also supports the development of medical research through partnerships and fundraising and undertakes social research to understand the impact of lipoedema and campaign for improved recognition and care

Beneficiaries: 'People with disabilities or health problems','Other charities or voluntary bodies'

Objectives: 4 The organisation is established for charitable purposes only, and in particular, the objects are the advancement of health and the relief of those in need by reason of ill-health. This will be achieved by: 4.1 Providing advocacy and support to those living with Lipoedema, their families and carers, by signposting to services, establishing support groups, and providing a source of information both online and by telephone. 4.2 Delivering workshops, training and information packages which raise awareness of the condition and its effects amongst both the general public and the medical profession. 4.3 Supporting wherever possible, the development of medical research into the condition through such means as partnerships, fundraising, and the dissemination of accurate research findings to the wider community. 4.4 Undertaking social research into the effects of Lipoedema on the quality of life of those suffering with the condition, and to act upon findings to campaign for greater awareness and support.

Geography

- **Main operating location:** Midlothian
- **Geographical spread:** UK and overseas

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£38,917	£36,127	-	0
2024-04-30	£72,443	£67,385	-	2
2023-04-30	£15,902	£56,995	-	0
2022-04-30	£87,641	£44,972	-	0
2021-04-30	£1,743	£3,751	-	0

Accounts

TALK LIPOEDEMA (SCIO)

Trustees' Annual Report and Financial Statements

01.05.2024 to 30.04.2025

Contents

Trustees' Annual Report

For the year ended 30th April 2024

Reference & Administrative Information

Charity Name	Talk Lipoedema (SCIO)
Charity Number	
Contact Address	[redacted]
Contact Email	
Website	

[redacted]

Constitution

The charity is a Scottish Charitable Incorporated Organisation. It is governed by its constitution. The group has been a registered charity in Scotland since 16th March 2015

Appointment of Trustees

A minimum of 3 trustees and maximum of 9 trustees are allowed by the constitution. The trustees, known as the board, apply to become members of the board. At each AGM the trustees must all stand down but are eligible for re-election.

Management

The trustees are responsible for the direction and governance of the group. The trustees are not paid for their role as trustees. Risk management and governance policies are in place to safeguard assets and ensure compliance. Safeguarding, data protection, volunteering, and complaints policies are in place and reviewed regularly.

Objectives

Charitable Purposes

The charity's purposes as written in the constitution are:

The organisation is established for charitable purposes only; in particular, the objects are the advancement of health and the relief of those in need by reason of ill-health. This will be achieved by:

- Providing advocacy and support to those living with Lipoedema, their families and carers by signposting to services, establishing support groups and providing a source of information both online and by telephone.
- Delivering workshops, training and information packages which raise awareness of the condition and its effects amongst both the general public and the medical profession
- Supporting, wherever possible, the development of medical research into the condition
- Undertaking social research into the effects of Lipoedema on the quality of life of those suffering with the condition, and to act upon the findings to campaign for greater awareness and support.

Our aim and activities

Our activities are aimed at improving health outcomes, reducing isolation, and increasing access to accurate information and support for people affected by lipoedema.

Our vision is for Talk Lipoedema to be widely recognised as a trusted source of support, information, and advocacy for everyone affected by lipoedema.

Our aim is to empower and support people affected by lipoedema through accessible information, peer connection, education, and practical resources—online and in person.

Key activities include By Your Side peer support, Living Well with Lipoedema courses, roadshows, professional engagement, and digital community development.

Achievements and Performance

- By Your Side launched July 2024, supporting ~150 women.
- Published Lipoedema Companion Manual, now available via website.
- Website redevelopment for improved accessibility.
- Partnership with Heriot-Watt University on Design HOPES project.

- Running Health and Wellbeing sessions launched in March 2025 in Wild Water Swimming, Nordic Walking, Arts and Crafts, Pilates within Midlothian.
- Secured dedicated office space for meetings and training.
- Social media growth: Facebook reach up to 250,000 views; Instagram 15,097 followers.

Future and Strategic Goals

1. Scale By Your Side
   Grow reach and capacity so more people get personalised support.
2. Expand Living Well Courses
   Offer more courses in more formats to increase access. Increase Roadshows
   Strengthen community presence and reach underserved areas.
3. Boost Professional Education
   Improve clinical understanding through expanded training.
4. Enhance Digital Engagement
   Improve online resources, storytelling, and community interaction.
5. Build Sustainability
   Strengthen funding, governance, and long-term organisational resilience.

Financial Review

Total receipts for the charity decreased significantly during this year. Linked to the decreased receipts, payments also decreased significantly.

Total receipts for the year were £38,917 (2024: £72,443) – with £17,180 (2024: £4,273) in unrestricted funds and £21,737 (2024: £68,170) in restricted funds.

Payments for the year decreased in line with the reduced receipts. Total payments decreased from £67,385 to £36,127 in this financial year.

This led to a surplus for the year of £2,790 (2024: £5,058). The majority of the surplus in both years is due to timing of receipts of and payments made, from restricted funding.

The total balance of funds at the year-end was £13,395 (2024: £10,605) with minus £2,122 (2024: £5,464) in restricted funds and £15,517 (2024: £5,141) as unrestricted funds.

Reserves Policy

The reserves level agreed by the Board for the charity is approximately 95% annual operating expenditure. We set this reserves level based on an analysis of existing funds and reserves and an examination of past trends. 95% of the charity's total operating expenditure amounts to £34,321 and 95% of unrestricted payments comes to £6,464.

The reserves that we have set aside provide financial stability and the means for developing our principal activities.

The actual free reserves of the charity at the year-end were £5,517. At the current rate of expenditure this represents approximately 10 months of the annual unrestricted expenditure of the charity, rather than of operating expenditure as defined by the reserves policy.

The Trustees' Report was approved by the trustees on 16th February 2026

And signed on their behalf by:

[redacted]

Independent Examiner's Report

to the Trustees of Talk Lipoedema (SCIO)

I report on the Statement of Account of the charity for the year ended 30th April 2024

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

The charity trustees consider that the audit requirement of regulation 10(1)(d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations (as amended). An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In the course of my examination, no matters have come to my attention, other than stated below:

1. Which gives me reasonable cause to believe that in any material respect the requirements:
    - to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
    - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or
2. To which, in my opinion, attention should be drawn in order to enable proper understanding of the accounts to be reached.

The issues that have come to my attention, are:

As a result of internal challenges within the trustee board, there have been a number of issues:

- Significant issues remained over recording of transactions relating to the accounts. This made generating final accounts more challenging. The trustees had been made aware of the need to record all expenditure by the appropriate analysis category for consistency of reporting last year and have been reminded once again of the need for this to happen.

- While charity accounting software is now being utilised, transactions have been entered into the software using the import bank statement function, rather than using source documents, and without checks being made against source documents. A number of transactions were recorded as negative expenditures, rather than as income which meant that the charity's income was understated in the accounting records.
- The accounts prepared do not reflect the original transaction records, as those would have produced a report that was inconsistent with the underlying records.
- Although two different restricted grants are reported as being received, all of the transactions were recorded only against the general fund and the Alliance Grant. It has not been possible to split out transactions related to the other restricted fund.
- The charity is owed money by HMRC as the Employment Allowance was not claimed over the two periods when the charity had an employee, even though the issue last year.

[redacted]______________ Date: 17th February 2026

Receipts and Payments Account

For the Year ended 30th April 2025

	Note	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
		£	£	£	£
Receipts					
Donations	4	984	-	984	3,908
Grants		15,000	21,737	36,737	68,170
Receipts from fundraising activities		67	-	67	-
Gross trading receipts		1,077	-	1,077	332
Bank Interest		52	-	52	33
Total receipts		**17,180**	**21,737**	**38,917**	**72,443**
Payments	**5**				
Expenses for fundraising activities		793	50	843	240
Payments relating to Trading Activities		24	1,831	1,855	-
Payments relating directly to charitable activities		5,987	26,712	32,699	63,517
Governance costs:				-	
Audit / independent examination			550	550	370
Trustee Meetings/Training				-	634
Sub-total payments		**6,804**	**29,143**	**35,947**	**64,761**
Purchases of Assets			180	180	**2,624**
Total Payments		**6,804**	**29,323**	**36,127**	**67,385**
Net receipts / (payments)		**10,376**	**(7,586)**	**2,790**	**5,058**
Transfers					**-**
Surplus / (deficit) for year		**10,376**	**(7,586)**	**2,790**	**5,058**

Statement of Balances

As at 30th April 2025

	Note	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
Cash and Bank Balances		£	£	£	£
Cash and bank balances at start of year		**5,141**	**5,464**	**10,605**	**5,547**
Surplus / (deficit) shown on receipts and payments account		10,376	(7,586)	**2,790**	5,058
Cash and bank balances at end of year		**15,517**	**(2,122)**	**13,395**	**10,605**
Other Assets					
Employment Alllowance due from HMRC		**1,120**	**-**	**1,120**	
furniture				180	
IT Equipment				*2,184*	2,184
Banners & Display Equipment				1,674	1,674
Total Other Assets		1,120	-	3,858	**3,858**
Estimated Liabilities					
IE Fee		300		300	270
Preparation fee		160		160	140
Additional Fee Due to Poor Records		200		200	140
		660	**-**	**660**	**550**

The accounts were approved by the trustees on 16th February 2026 and signed on their behalf by:

[redacted]

Notes to the Accounts

1. Basis of Accounting

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2. Funds

Unrestricted Funds are funds that the charity may freely use in furtherance of its objects. Restricted Funds are those funds which must be used for the purpose for which they are given.
Details of the funds held by the charity are given in Note: 6

3. Trustee Remuneration and Related Party Transactions

During the year, 1 trustee received remuneration for work undertaken on behalf of the charity.
Jenny Bruce received payment for admin work for the charity and was paid a total of £7,054 (£1,200 of this was prior to her becoming a trustee and £5,854 after her appointment as a trustee).
In addition, one trustee was paid a total of £1,137 in travel expenses.

4. Analysis of Income

	Year to 30 April 2025			Year to 30 April 2024
	Unrestricted funds	Restricted funds	Total	Total
	£	£	£	£
Donations				
Individual Donations	647	-	647	2,209
Just Giving		-	-	48
Paypal Donations	169	-	169	1,517
PayPal Giving Fund	33	-	33	-
Amazon Smile		-	-	134
Donations to Paypal (prior accounting period)	135	-	135	-
Total	**984**	**-**	**984**	**3,908**
Grants				
Alliance		11,737	11,737	28,170
Anton Jurgen Trust	5,000	-	5,000	
Bank of Scotland Foundation	10,000	-	10,000	
Midlothian Voluntary Action		10,000	10,000	
Scottish Government Grant		-	-	40,000
Total	**15,000**	**21,737**	**36,737**	**68,170**
Receipts from Fundraising Activities				
Fundraising Raffle at conference	67	-	67	-
Total	**67**	**-**	**67**	**-**
Gross Receipts from Trading Activities				
Sales of Merchandise		-	-	32
Conference & Event Fees	884		884	-
Sales of Publications	193	-	193	
Conference Exhibitor	-	-	-	300
Total	**1,077**	**-**	**1,077**	**332**
Income from Investments				
Bank Interest	**52**		**52**	33
Total	**52**	**-**	**52**	**33**
Total	**17,180**	**21,737**	**38,917**	**72,443**

5. Analysis of Expenditure

	Year to 30 April 2025			Year to 30 April 2024
	Unrestricted funds	Restricted funds	Total	Total
	£	£	£	£
Expenses for Fundraising Activities				
Grant Funding Application Support	720	-	720	240
Clothing for Fundraising	55	-	55	-
Other fundraising expenses	12	50	62	-
Cost of Donations Platform	6	-	6	-
Total	**793**	**50**	**843**	**240**
Expenses For Trading				
Cost of Payment Processing online	24	-	24	-
Cost of Print & Packaging - Publications for sale	-	1,831	1,831	-
Total	**24**	**1,831**	**1,855**	**-**
Payments relating to charitable activities				
Total Salary Costs	-	8,122	8,122	7,215
Employers NIC + HMRC Fines	989	-	989	-
Staff Training	-	312	312	-
Staff Travel	-	218	218	-
Office Rent	2,400	-	2,400	-
Payroll Software	-	-	-	101
Consultancy Fees - Trustees	-	-	-	10,333
Other consultants	-	-	-	1,550
Admin Assistant Fees	-	1,200	1,200	12,013
Admin Assistant Fee - Trustee	-	5,854	5,854	-
Self-Employed - additional website support	-	4,140	4,140	-
Speaker Fees & Travel	-	-	-	3,176
Event Room Hire	-	1,136	1,136	3,197
Trustee Travel	-	1,137	1,137	498
Insurance	-	104	104	96
Book-keeping	-	925	925	300
Website& IT	1,019	648	1,667	10,517
Illustration/Photography & Printing Resources etc	-	1,854	1,854	11,172
Stationery, Printing & Postage	521	12	533	525
Other Admin Costs	-	352	352	-
Subscriptions & Memberships	35	-	35	65
Activity& Resources	1,023	535	1,558	1,896
Trustee Training related to Charitable Activities	-	-	-	666
Volunteer Travel	-	163	163	83
Sundry	-	-	-	114
Total	**5,987**	**26,712**	**32,699**	**63,517**
Governance Costs				
IE Fee	-	550	550	370
Costs of Trustee Meetings & Training	-	-	-	634
Total	**-**	**550**	**550**	**1,004**
Asset Purchases				
Office Furniture				
Laptop & Printer		180	180	400
Projector			-	550
Display Stands			-	600
Banners			-	1,074
Total	**-**	**180**	**180**	**2,624**

6. Purpose and Movement of Funds

	At 30/4/2024 £	Receipts £	Payments £	At 30/4/2025 £
Unrestricted Funds				
General Fund	5,141	17,180	(6,804)	15,517
Restricted Funds				
Alliance	5,464	11,737	(29,323)	(12,122)
Midlothian Voluntary Action		10,000	-	10,000
Total Restriced Funds	**5,464**	**21,737**	**(29,323)**	**(2,122)**
Total Funds of the charity	**10,605**	**38,917**	**(36,127)**	**13,395**

The restricted Alliance grant was provided to support Peer Support Projects.
The Midlothian Voluntary Action Fund was provided for the programme Talk Lipoedema Activate, and was to be used to provide activities such as Nordic Walking, Cold Water Therapy, Arts and Crafts and the Lipoedema "Lounge" – an online peer support network.