



Menopause Café Trustees' Annual Report for the period 1/10/20 – 30/9/21



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Our Objective and Charitable Purpose

Our objective is to increase awareness of the impact of the menopause on those experiencing it, their friends, colleagues, and families, so that we can make conscious choices about this third stage of life.

We do this by creating spaces for conversations about menopause.

Charitable purpose: The provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended. The relief of those in need by reason of age, ill health, disability, financial hardship or other disadvantage.

Our Activities

The Menopause Café charity has no paid staff; all our activities are run by volunteers, all our committee are volunteers. We are deeply appreciative of the many hours of volunteer time which enable our activities. We're a small charity with a big impact!

a) Menopause Cafes

In this report period our volunteers hosted over 120 Menopause Cafés of whom less than 1% were male.

Over 100 Public Menopause Café in various locations worldwide including:

- Kolkata, India
- Rungsted, Denmark,
- Connecticut, USA
- Perth, Australia
- London, Ipswich, Blackwood, (South Wales) Brighton, Bordon (Hampshire)UK, Staffordshire, Norwich, Belfast, UK

Over 15 Menopause Cafes at Work including

- NatWest
- Nature Scotland
- Universities of Glasgow, Brighton and Birmingham
- Essex County Council
- Velindre University Hospital Trust Wales
- Sussex NHS Trust

To help counteract the sense of isolation, and to reflect diverse cultural practices, we held events on Christmas Day and New Year's Day. Most events were held online, due to covid-19 restrictions, but some took place in person.

We are grateful to all the volunteers, who hosted these events in their hometowns or workplaces. Menopause Café would not exist without them!



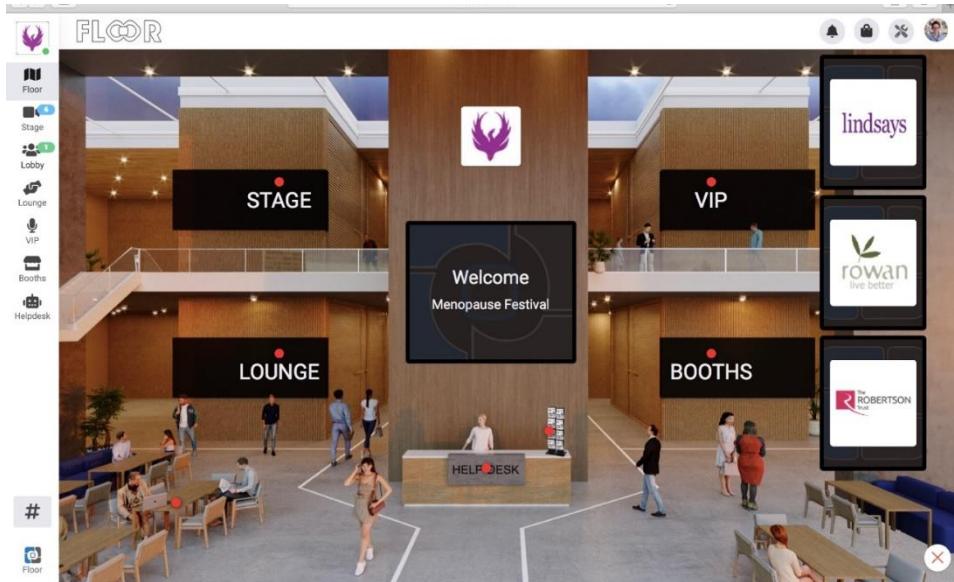
Christmas Day Menopause Café

The Committee developed new and strengthened existing connections within the local community:

- Regular Menopause Café in the Workplace events at SSE (Perth)
- Community pioneer project with Co-op (Tulloch & North Muirton)
- Facilitating Menopause Café for clients at PKAVS Mental Health and Wellbeing Hub, Perth.
- Partnering with Vicky Chapman of Endometriosis UK Dundee Support Group to host a Menopause Café as part of Dundee Women's Festival.



b) FlushFest21



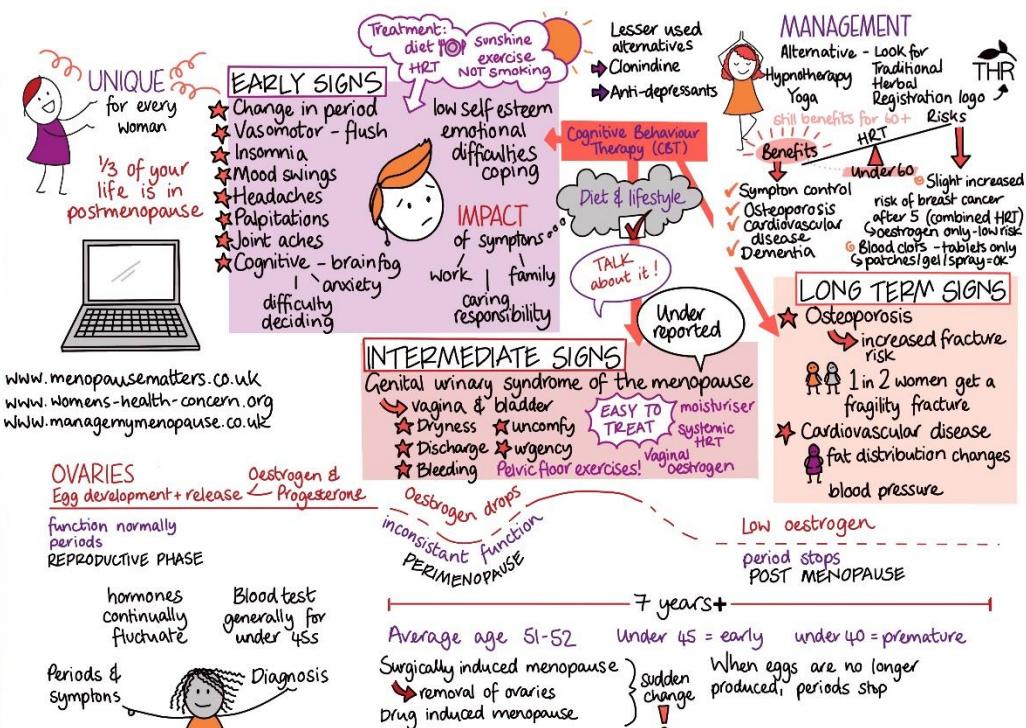
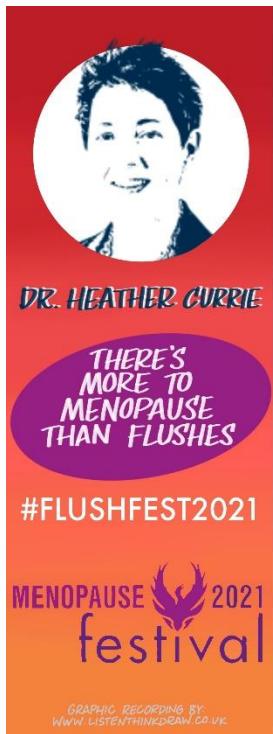
Having deferred FlushFest20 due to the pandemic, we transferred the event online with the help of Johnstone Media, Blairgowrie, hosting a virtual festival on April 30th and May 1st, comprising:

- Friday evening entertainment with “All Change” by comedian Pauline Eyre and erotic storytelling by Red Velvet Revelry.
- Saturday morning: opened by our patron, Kirsty Wark, followed by talks from author Sam Bunch and Dr Heather Currie, past chair of the British Menopause Society.
- Saturday afternoon: Two sets of parallel workshops on yoga, American belly-dancing, nutrition, cognitive behavioural therapy (CBT), Find Your Voice, Creative Writing.
- Saturday evening: Menopause Cabaret, curated by Elspeth Murray, featuring a variety of artists, singers, poets and song-writers.

128 tickets were sold



Fatchance Belly-Dancing Workshop at #FlushFest21



Clare Mills from ListenThinkDraw provided graphic recordings of 4 of the talks from #FlushFest21.



Talks were video-recorded and made available to participants in return for feedback forms, as well as being available to purchase after the event for non-ticket-holders.

We are grateful to our sponsors, Lindsays law firm for people and businesses, and Rowan Consultancy.

c) Raising awareness nationally

To meet our aim of increasing awareness about the Menopause, we participated in several national events:

NHS Inform website resources

As part of the Women's Health Plan, NHS Inform developed new content on menopause, including a series of short films. As part of their [Menopause Myth-Busting](#) series of videos, Helen spoke on "*Living with the Menopause*", Rachel spoke on "*All Menopause Symptoms are Physical*".

We gave feedback on the existing school resources for teaching about the menopause. These were incorporated into the August 2021 revision of the resources, broadening the definitions of menopause to include surgical menopause, early menopause and emotional and cognitive symptoms.

All Party parliamentary Group

We were invited to give evidence on support groups to the Menopause All Party Parliamentary Group, where we addressed 7 MPs on our work, as part of the Group's inquiry into Menopause and its impact on women and families. The APPG on Menopause was founded to tackle the lack of understanding around Menopause amongst policymakers, the public and employers. The Group also provides a platform in the heart of Parliament that highlights the issues and challenges around Menopause that deserve attention, as well as acting as a forum for discussion.

d) Raising awareness internationally



8th December 2020, we were part of a panel discussion on menopause at the International Workshop on Dignified Menstruation, held in Nepal.

Bratati Parampara Digital News interview with Sheila Radnakrishna who hosted Menopause Café Kolkata, the first Menopause Café in India. <https://www.youtube.com/watch?v=cdtHrg78U8A>

EMAS 2021 conference, EMAS & Work webinar on Sept 7th, 2021, Rachel spoke in the "Menopause Essentials: Fast Facts" on how Menopause Cafes at Work can help make workplaces more menopause-friendly.

e) Articles, Books, Talks, Podcasts and other activites

Social Media:

We continue to raise awareness of the menopause and to provide support through:

- a public [Facebook page](#), with 4,300 followers.
- a private Facebook group, with 2,500 members, up from 1880 last year
- a Twitter account [@Menopause_Cafe](#) with 9000 followers, up from 6700 last year
- an Instagram account [@Menopause_Cafe](#), 1800 followers, up from 1180 last year

NB Figures at 7/11/21.

Media: Selected links can be found on our [Media History webpage](#).

BBC Radio Scotland interviewed Rachel with Ruth Devlin on Sunday August 8th for their Sunday morning programme with Tony Kearney, talking about the impact of menopause at work.

STV filmed a menopause cafe on August 14th, which was broadcast together with an interview with Rachel, in a news item about the launch of the Scottish Government's Women's Health Plan.

Podcasts:

Oct 30th Talked with Andrew G Marshall on The Meaningful Life podcast

Nov 6th MothersMatter podcast

Nov 28th Rachel spoke on Jackie Lynch's podcast on "Anxiety and the Menopause" WellWellWellUK

Jan 2021 Helen spoke with [MindBloom podcast](#)

Feb 2021 Rebecca Ronane : Forward After Fifty www.rebeccaronane.com

Feb 2021 On My Last Eggs @onmylasteggs www.podfollow.com/eggs with Rachel New

March 2021 Rachel spoke with *Thriving Thru Menopause* by Clarissa Kristjansson,

Newspapers

The Courier writing about Menopause Cafe <https://www.thecourier.co.uk/fp/lifestyle/health-wellbeing/2159680/why-is-it-still-a-taboo-subject-perth-counsellor-started-worldwide-movement-after-watching-tv/>

Perthshire Advertiser on FlushFest2021 <https://www.dailyrecord.co.uk/news/local-news/menopause-festival-flushfest2021-go-global-23819692>

Belfast Times <https://www.irishnews.com/lifestyle/2021/09/13/news/anne-hailes-menopause-cafes-offer-perfect-environment-for-increased-understanding-2441479/>

The Guardian, 17/8/21 <https://www.theguardian.com/society/2021/aug/17/my-bosses-were-happy-to-destroy-me-the-women-forced-out-of-work-by-menopause> mentioned Menopause Café, quoting Rachel and Helen.

Magazines

Menopause Matters wrote a review of #FlushFest21

Platinum Magazine mentioned us in the editorial of their October 2021 edition, published September 2021.

Publications: Rachel wrote a chapter on “The Menopause Café Story and Conversations” for the book “*M-Boldened: Menopause Conversations We All Need to Have*” published by Flint Books, which was published in October 2020. The editor, Caroline Harris, attended a Menopause Café in Perth and included a transcript of some of the discussions.

Helen wrote a chapter for the Menstruation Handbook, edited by Radha Paudel

We were co-authors of the [Global Consensus Statement on Menopause in the Workplace from the European Menopause and Andropause Society \(EMAS\)](https://www.emas-menopause.org/global-consensus-statement-on-menopause-in-the-workplace)

Blogs

Online article by Helen on surgical menopause

<https://menopausetrainingcompany.com/blog/232603/surgical-menopause-workplace>

Talks

We gave several talks about the menopause for staff of various organisations. These usually lasted about an hour including menopause definition, symptoms and treatments, together with information about Menopause café charity and time for sharing tips and questions.

- October 2020: delivered a session on Menopause for the Edinburgh Council Wellbeing Roadshow.
- December 2020: delivered a session on Menopause for South Lanarkshire Council Winter Wellbeing event.
- April 2021: talk for staff at Fife College
- August and September 2021: talks for staff at Perth and Kinross Council



We participated in panel discussion on “Menopause at Work” hosted by Flint Books as part of the launch of *M-Boldened* book.

Menopause Café Podcasts: We published 10 more conversations in our ‘Menopause Café in conversation with...’ podcast series on a variety of menopause-related topics including menopause in lockdown, trauma, physiotherapy, early menopause, the emotional impact of menopause including suicide, sex, <https://anchor.fm/menopausecafe>

Progress

Here are the opportunities identified in our 2020 Annual Return, together with our progress in each area

Opportunity identified	Progress
A virtual Menopause Festival would increase our reach.	Achieved with #FlushFest21!
More Menopause Cafes held outside the UK.	New countries hosted Menopause Cafes for the first time eg India and Connecticut USA is now holding monthly events online.
Hold a Zoom call for all Menopause Café hosts (past and present) to explore the evolving model and variations: invite those who can't attend to submit a paragraph report on activity in their area.	Not yet achieved, on the list for the coming year.
Commission more research into the impact of Menopause Café on participant wellbeing.	Not achieved, decided not to carry this forward.
Review our GDPR compliance	Achieved, we are now registered with the ICO.
Support workplaces in becoming more supporting of menopausal women eg through menopause policies	We have signposted employers to the CIPD Guidance on menopause policies and guidance for line managers. There are now several commercial providers of such advice, so we are not continuing this objective and will no longer offer a "Menopause at Work" seminar at #FlushFest22, as we have done in #FlushFest19 and #FlushFest21.
Increase the percentage of men attending Menopause Cafes	The percentage of men attending has slightly decreased and we've had feedback that women prefer women-only group. Our event remain open to all genders.
Continue to write and feature in articles about the menopause	Achieved!
Encourage media coverage of Menopause Café, especially TV, to normalise conversations about the menopause	We have responded to all invitations to speak on TV and to the media about menopause.

Our Achievements and Impact

We know we have had a positive impact on people's mental and physical health through our Menopause Café events and #FlushFest21 and other activities, below is some of the evidence.

a) Feedback from Menopause Cafés

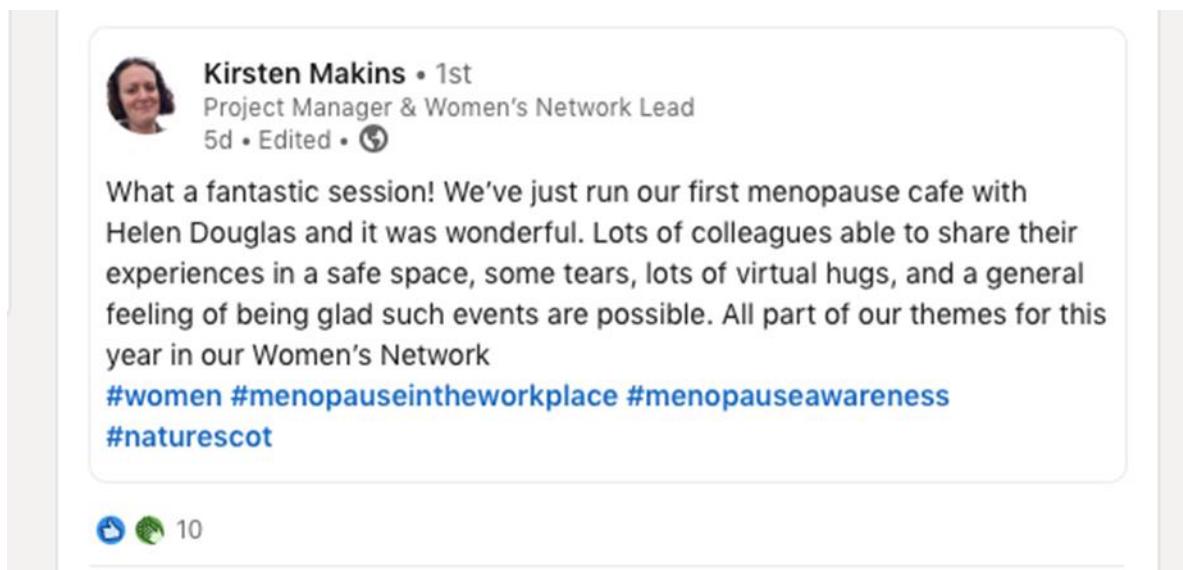
Folks, I just participated in my first Menopause Café this morning (online, with a group across the ocean). It was outstanding! Whether you (or someone you know) are perimenopausal, menopausal or postmenopausal, please join in. Education and support are so important.

@goodfox from Kansas on Twitter

The Menopause Cafe has been an integral part of building a case and gaining support for an improved menopause offering within my organisation. The Cafes have helped to highlight the need for improved support. We now have comprehensive support in place. Thanks, Nicola (on LinkedIn)

Running Menopause_Cafes in my workplace, University of Brighton was one of the best most empowering things I've ever done. It led to me being involved in writing a workplace menopause policy and the establishing of a menopause area in our online library and last week we held a live 'menopause and why it matters' event to raise menopause awareness

Joanne Smith on Twitter



Kirsten Makins • 1st
Project Manager & Women's Network Lead
5d • Edited • 

What a fantastic session! We've just run our first menopause cafe with Helen Douglas and it was wonderful. Lots of colleagues able to share their experiences in a safe space, some tears, lots of virtual hugs, and a general feeling of being glad such events are possible. All part of our themes for this year in our Women's Network

#women #menopauseintheworkplace #menopauseawareness
#naturescot

10

Feedback from Menopause Café in the Workplace event at Nature Scotland.

"Menopause Café is one of the best tools for breaking down the stigma of menopause. They give people the reassurance that they're not alone" @Pausitvty2 on Twitter.

"Becoming a volunteer host for [@menopause_cafe](#) was the best thing I did to start supporting others locally. They are the most wonderful charity ❤ "

Gayle Stevens-White (host of MC-Bordon)

"thank you so much, I felt part of a community today and not so alone" feedback from one of our festive season Menopause Cafes held on Christmas Day and on New Year's Day



Collette Stevenson MSP
@CStevensonSNP

...

Thank you Rachel for all your hard work and dedication on bringing the menopause conversation to our workplaces, cafes and public places but more importantly for effecting change. Let's keep that conversation going!

You make a massive difference! Your easy to use template for setting up local cafes has resulted in us running the South London one successfully for 18mths now. The mix of regular and new attendees means by following your template we are doing something right, people want to come back and there are always new people needing the support of the group. For myself as a facilitator I've found it comforting, informative and reassuring and it has spurred me to get treatment when needed. Please keep going! 😊

Catherine Pengelly on Facebook

b) Feedback from FlushFest21

#FlushFest embraced by menopause experts



"It was great to see so many people attending my workshop. I was delighted to be able to answer the many questions about the role of nutrition in supporting a happy and healthy menopause and beyond"

Jackie Lynch, WellWellWell Nutrition

"#FlushFest brings together trusted sources of information and experts that might be hard to find elsewhere in an affordable way. Fantastic to see it open to everyone! Love the entertainment part!"

Dinah Tobias, Blooming Menopause

"Many people think the menopause is just flushes and sweats, so it is great to have FlushFest as a place where professionals can educate about what menopause really is and how to prepare for it. Well done to the organisers for bringing together so many people for a whole day of activities."

Dr Heather Currie, past Chair of the British Menopause Society

It's a great event, all down to you.

Dr Heather Currie, Past Chair of the British Menopause Society, by email.

My menopause journey is about to go in new directions as I've bitten the bullet and have an appointment next month with a menopause specialist. Without expectation that the bullet will be a silver one to soothe all my woes and aches, I am hopeful that it'll set me up for healthy few decades ahead! I don't think I would be doing this if I hadn't been steeped in the collective wisdom of FlushFest this year. So, thank you!

Elspeth Murray, personal email.

As someone heading into perimenopause it is a great relief that people are taking an interest in this topic and engaging about it

Anon



#FlushFest - loved by festival goers

- Participants said that they felt less alone in the menopause and now feel more connected to others.
- Participants said they felt happier, more confident or more positive about the menopause after attending.

"Felt supported in my journey - Felt heard and seen, and valued - Met a new tribe of like-minded people"

"Good to hear the positive stories around increased awareness of Menopause and support. Makes me feel part of a network and larger movement"

"It has helped me to feel more relaxed about what lies ahead for me in the future. I had been worried about the menopause as I didn't really understand it. I would also now feel empowered to speak to my doctor if I had any concerns that I thought might be linked to it."

⌚  **Peter Lane**
@RevPLane ...

I hope that **#FlushFest2021** has been a huge success and has helped many people.

🔔 I would have loved to hear it all, especially Dr Heather Currie.

✉️ Bravo **@Menopause_Cafe** and all involved in providing this light in the dark.

Bookmark 1:21 PM · May 1, 2021 from Leeds, England · Twitter for Android

f) Feedback from talks

“Just wanted to tell you that the wellbeing roadshow overall and particular your session received amazing feedback.” Periklis Theologidis, HR, City of Edinburgh Council.

We are trying to improve women's health outside the medical box and meeting you at Napier in 2017 was inspirational

Professor Margaret Rees MA DPhil FRCOG

Editor in Chief Case Reports in Women's Health <https://www.journals.elsevier.com/case-reports-in-womens-health/>

Executive Director EMAS: European Menopause and Andropause Society <http://www.emas-online.org/>

Key risks

Risks	Mitigating plans
Financial loss on Menopause Festival 2022	<ul style="list-style-type: none">• Sell lots of tickets• Get sponsorship and grants• Rowan Consultancy will underwrite any loss• Increase charge for exhibitors' stands• Focus on running an online conference only, rather than a hybrid event.
Menopause Café name being used for events which don't meet our principles, thus tarnishing our name and reputation.	Continue policing use of the term “Menopause Café” on web and challenge those who misuse it, inviting them to rename their events or sign the working agreement
Burnout of Trustees	Define a list of roles and recruit volunteers, so that more than one person can cover each role

Opportunities

Diversity and Inclusion

- Focus on inclusion, that menopause affects women, trans men and non-binary people.
- Focus on inclusion by speaking about the intersectionality of menopause with mental and physical health issues, race, disability, gender issues, poverty and trauma.
- Increase the percentage of men, trans men and non-binary attending Menopause Cafes
- Become a collaborator of the Menopause Inclusion Collective

Spread awareness of menopause wider

- We have been invited to write a quarterly column for the hard copy magazine, Menopause Matters. Use this to raise awareness of the menopause and of our activities and continue participating in media requests to talk about the menopause.
- More Menopause Cafes held outside the UK.
- Increase participation in #FlushFest22, aim for 500 participants
- Investigate translating our website into other languages

Volunteer support

- Support our volunteer hosts and potential hosts
- Hold a Zoom call for all Menopause Café hosts (past and present) to explore the evolving model and variations: invite those who can't attend to submit a paragraph report on activity in their area.
- Define the various roles that our volunteer committee do and increase the number of people able to fulfil each role.
- Recruit more volunteers to support the committee and to provide sustainability by having more than one person who can do each role.

Data collection

- Improve our data collection eg by asking for annual returns from hosts or making it easier for them to inform us of events in advance and to submit their feedback.
- Provide online forms for event notification and facilitator feedback and signed Working Agreements.
- Revise our Guide to Holding a Menopause Cafe

Financial Review

Due to Flush fest 2020 not taking place, we held over the grants from 2020 as per note 5 of the 2019/20 financial report and therefore we did not receive any grants for the period 2020/2021

We received donations from the following as a result of hosting Cafes or giving talks:

Essex County Council	£125	
South Lanarkshire Council	£200	
Fife College	£ 90	
Scottish & Southern	£150	
Perth & Kinross Council	£100	
Total for Hosting/Talks	£665	
Other donations received		
Amazon Smile	Donations	£68
Co-Op	Community Donations	£773
TOTAL	£1,506	

Main expenditures: #FlushFest21 expenses.

Donated facilities and services:

- Each Menopause Café is hosted by volunteers who spend hours selecting suitable venues and advertising the event.
- Helen Kemp gives the equivalent of a full-time post responding to emails, running the Twitter and Instagram accounts, hosting the Menopause Café podcast, supporting prospective café hosts, collating feedback.
- Heather Broderie, Treasurer, prepared our monthly and annual accounts.
- Moira MacLeod, Secretary, wrote up the minutes for committee meetings.
- Moira MacLeod spend hours preparing for #FlushFest21, meeting with Johnstone Media weekly for months and preparing the programme together with Rachel Weiss.
- Other volunteers, Gaynor Ptak and Andy Sanwell, update the website and Facebook pages and Gaynor managers the Facebook closed group. Rachel helps with posts on the Facebook page.

Our policy on reserves: We have some regular expenses eg advertising menopause café events and hosting the Menopause Festival, but no regular income. Sometimes we need to commit to activities before we have secured the funding, this is when we need our reserves, ie for cash flow. We only apply for funding, or fund-raise, when we have an expense to meet, this way we will not accumulate excessive reserves. For the coming year, we need reserves of £10,000, to cover the anticipated costs of Menopause Festival 2022. All monies raised by or on behalf of the Charity shall be applied to further the objectives of the Charity. It is the charity's policy to maintain reserves equal to 12 months of average expenditure.

Financial Summary

This year, a deficit of (£3,086) arose as a result of £5525 total receipts and £8611 total payments.

The grants and donations received for Flushfest 2020 had been carried forward to this financial year and the deficit for this year was anticipated as a result. Looking at the 2 years together, we remain financially sound with adequate reserves in the bank to continue our activities going forward.

Reference and Administration Details

Names of the charity trustees on date of approval of Trustees' Annual Report:

Mrs Heather Ann Borderie	01/10/2017	Treasurer
Dr Helen Felicity Kemp	01/10/2017	
Mrs Moira Jane MacLeod	22/10/2019	Secretary
Ms Rachel Mary Weiss	01/10/2017	Chairperson

Charity Name and Number: Menopause Café SC048435

Registered Office: c/o Rowan Consultancy, 4 Kinnoull Street, Perth PH1 5EN

Bank: Bank of Scotland

Independent examiner: Leona Ramsay CA CTA

Structure, Governance and Management

Type of governing document: The charity is a Scottish Charitable Incorporated Organisation. It is governed by its constitution for single tier SCIO, available on its website

Trustee recruitment and appointment: trustees are recruited by advertising vacancies in our newsletter and sometimes on social media. Sometimes we identify a potential trustee, with the required skills, and approach them asking whether they would be willing to become a trustee. If willing, we interview them and the Board of Trustees will then decide whether to appoint that person to be a charity trustee, by way of a resolution passed by majority vote at a board meeting. At the conclusion of the next AGM any new charity trustees retire from office and are eligible for re-appointment at the next board meeting, in accordance with our constitution.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature: 

Full name: Rachel Mary Weiss

Position: Chairperson

Date: 15/1/22

Independent Examiner's Statement

I report on the accounts of the charity for the year ended 30 September 2021 which are set out on pages 18 to 20.

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 Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 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 2006 Accounts Regulations. 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 undertaken 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 matter has come to my attention:-

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
 - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations have not been met, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Leona Ramsay CA CTA

Signed:

Address: 24 St Francis Way

Edinburgh

EH16 4XN

Date: 05/12/2021

**STATEMENT OF RECEIPTS AND PAYMENTS FOR THE PERIOD ENDING
30 SEPTEMBER 2021**

Receipts	Note	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
Grants	2, 5			0	1100
Receipts from fundraising activities					0
Donations	4	1506		1506	5158
Gross receipts from other charitable activities	6	4019		4019	1253
TOTAL RECEIPTS		5525		5525	7511

Payments	Note	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
Expenses for fundraising activities		368		368	0
Payments relating directly to charitable activities	7	3711	4482	8193	1346
Governance costs: Accounting fees		50		50	50
TOTAL PAYMENTS		4129	4482	8611	1396
Surplus		1396	(4482)	(3086)	6115

The notes on pages 19 & 20 form an integral part of these accounts

STATEMENT OF BALANCES AS AT 30 SEPTEMBER 2021

Cash Funds	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
Cash & Bank Balances at start of year	6616	4482	11098	4984
Surplus/(Deficit) shown on receipts and payments account	1396	(4482)	(3086)	6115
CASH & BANK BALANCES AT END OF YEAR	8012	0	8012	11098

The notes on page 19 & 20 form an integral part of these accounts.

Statement of balances approved by trustees on January 15th 2022 and signed on their behalf by:

Signature: 

Full name: Rachel Mary Weiss

Position: Chairperson

Date: 15/1/22

NOTES TO THE ACCOUNTS FOR PERIOD ENDING 30 SEPTMEBER 2021

1. Basis of accounting

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005.

2. Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objectives of the charity. The trustees maintain a single unrestricted fund for the day to day running of the charity.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for a specific purpose. There were no grants received this year for specific charitable projects.

3. Related party transactions

No remuneration was paid to any trustees or connected parties during the year.

4. Donations received

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
Donations from members of the public	0		0	0
Local businesses & organisations - donations less than £500 each	733		773	1158
Lindsay's			0	3500
History Press			0	500
Co-op	773		773	0
TOTAL DONATIONS	1506		1506	5158

5. Grants received

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
Guildry Fund	0	0	0	500
Robertson Trust	0	0	0	600
TOTAL GRANTS	0	0	0	1100

Guildry Fund For Menopause Festival 2020 & Promo Items

Robertson Fund For Menopause Festival 2020

Confirmation was received from both of the above that due to the 2020 festival being cancelled, they were happy that the restricted grants be utilised instead for the planned 2021 event

6. Gross Receipts from other Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
Attendees Income from Menopause Festival 2021	3499	0	4019	1253
Exhibitors Income from Menopause Festival 2021	520			
TOTAL from Charitable Activities	4019	0	4019	1253

7. Cost of Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
Marketing	40		40	884
Menopause Festival	3711	4482	8193	444
Misc.	378		378	68
TOTAL from Charitable Activities	4129	4482	8611	1396