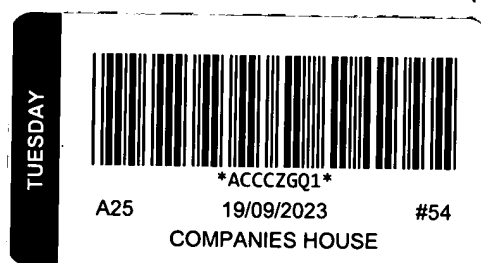


REGISTERED COMPANY NUMBER: 02759439 (England and Wales)
REGISTERED CHARITY NUMBER: 1015144

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31st December 2022
for
British Menopause Society

Wheeler & Co Ltd
Chartered Accountants
The Shrubby
14 Church Street
Whitchurch
Hampshire
RG28 7AB



British Menopause Society

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for the Year Ended 31st December 2022

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British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st December 2022. 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).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
02759439 (England and Wales)

Registered Charity number
1015144

TRUSTEES

Kathy Abernethy	
Dr Paula Briggs	Chairman: elected 21 September 2021
Miss Gill Cheesbrough	(non-medical trustee)
Dr Heather Currie	
Mr Haitham Hamoda	Immediate Past Chairman
Mr Eddie Morris	
Mr Patrick Shervington	(non-medical trustee)
Professor John Stevenson	
Sara Moger	Chief Executive (Ex officio)

MEDICAL ADVISORY COUNCIL

Kathy Abernethy	
Dr Katie Barber	Elected 30 June 2022
Dr Paula Briggs	Chairman: Elected 21 September 2021 (Virtual AGM)
Miss Deborah Bruce	
Mr Haitham Hamoda	Immediate Past Chairman
Mr Tim Hillard	
Dr Olivia Hum	
Professor Anne MacGregor	
Professor Annice Mukherjee	Co-Opted 30 June 2022
Professor Nick Panay	
Miss Kate Panter	Re-elected 30 June 2022
Mr Hugo Pedder	
Professor Janice Rymer	
Mr Paul Simpson	Elected 30th June 2022
Dr Zoe Schaedel	Elected 30th June 2022
Miss Kalpana Upadhyay	

COMPANY SECRETARY & CHIEF EXECUTIVE
Sara J Moger

REGISTERED OFFICE
The Barn, Dukes Place, Marlow, Buckinghamshire SL7 2QH

INDEPENDENT EXAMINERS
Wheeler & Co, Chartered Accountants, The Shrubbery, 14 Church Street, Whitechurch, Hampshire RG28 7AB

LAWYERS
Bates Wells, 10 Queen Street Place, London EC4R 1BE

BANKERS
Lloyds plc, 1 Reading Road, Henley on Thames, Oxfordshire RG9 1AE

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is a charitable company limited by guarantee and is registered as a charity.

Trustees

Trustees are therefore both company directors and trustees. Under the amended Memorandum & Articles of Association adopted at the 2008 AGM at least 50% of the board of trustees must be healthcare professionals. The board is formed by the chairman and the immediate past chairman/chairman elect of the British Menopause Society (BMS) medical advisory council, together with other elected members of the MAC. Those with expertise in areas other than medicine, including finance, publishing, marketing/PR, media, business and charity may be appointed a trustee by the board.

The BMS board of eight trustees, with combined medical and non-medical skills continues to provide a balanced and effective governing body. Trustees are inducted to the policies and procedures of the charity by the chief executive and training is provided as appropriate.

During the first four months of the COVID-19 pandemic, it had been agreed by the board of trustees (by email on 22 June 2019) that it would be in the best interests of the society for the Chairman's term of office to be extended by one year, up to and including the AGM in 2022.

A resolution was passed: In view of the exceptional circumstances imposed on the functioning of the society by the COVID-19 pandemic, the board resolves that the term of office of the chairman is extended by 12 months until July 2022. Subsequently the chairman's term of office will revert to two years. This was proposed by Eddie Morris and seconded by Patrick Shervington. The Board voted and the resolution was agreed unanimously.

The COVID-19 pandemic had an impact on menopause care with menopause services temporarily suspended or reduced and the introduction of remote consultations. The BMS was impacted by the temporary closure of the office, staff working from home and the postponement of educational meetings, including the 2020 conference. COVID continued to impact the society as it looked to deliver menopause education in the 'new normal', with socially distanced face-to-face meetings or meetings delivered virtually via pre-recorded lectures.

Haitham Hamoda provided exemplary leadership throughout his three years, working closely with the chief executive, to adapt to the new 'norm'. During the first lockdown and in the months immediately afterwards, the BMS, under Haitham's direction, developed and launched the new training programme: Principles and Practice of Menopause Care (PPMC).

Haitham Hamoda therefore completed his term of three years as Chairman at the AGM on 30 June 2022. The board thanked Haitham for his outstanding chairmanship during a particularly difficult time.

Risk Management

The trustees undertake their duties to review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The CEO consults closely with our lawyers, Bates Wells, who provide an excellent and comprehensive service.

Reserves Policy

Until three years ago our policy was predicated by the imperative to remain financially viable as a society. Since then, the board has directed that reserves should be built up year-on-year to a target of 9 months' operating costs.

Medical advisory council (MAC)

Medical advisory council members are elected by the members of the BMS for a term of three years. With exception of the chairman, immediate past chairman and chairman elect, one third of council members retire from office at each AGM. A retiring council member is eligible for re-election for one further term of three years. After serving two terms, a council member is eligible for re-election after a period of 12 months. Council members are appointed at the AGM, although they can be co-opted by council in the interim.

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2022**

At the AGM at Chesford Grange in Kenilworth, held on 30 June 2022, Sara Moger, Chief Executive, thanked those standing down from the Medical Advisory Council Pratima Gupta, Annie Hawkins and Mike Savvas. Their contribution and presence on Council will be greatly missed. Kate Panter, who had completed her first term of three years was duly re-elected. Also elected were Katie Barber, Zoe Schaedel and Paul Simpson. Congratulations to all four of them. We regret that Geeta Kumar, Veena Kaul, Kristyn Manley, Annice Mukherjee and Jenifer Sassarini were unsuccessful.

Annice Mukherjee, who narrowly missed out on being elected, was co-opted onto Council by the Board of Trustees for a term of three years. Her work as an endocrinologist will bring a new perspective and discipline.

The board finds it more than disappointing that despite the ease of electronic voting and repeated reminders, only 222 out of 1866 (11.9%) eligible members voted.

OBJECTIVES AND ACTIVITIES

The **Memorandum & Articles of Association (Mem & Arts)** of the BMS, which was incorporated on 27 October 1992, and amended on 2 July 2008 and 5 July 2012, define the objects for which the company was established. These are:

1. To facilitate the advancement of education by the promotion of interest in all matters relating to the menopause (meaning the short and long-term consequences of ovarian failure and the associated life events occurring in women) and gynaecological disorders
2. To facilitate the multi-disciplinary study of matters relating to the menopause and exchange of information and ideas between persons working in this field
3. To promote high standards of training for those involved in advising women about the menopause and its consequences
4. To relieve women suffering from gynaecological disorders

The **British Menopause Society (BMS)**, established in 1972 and the patient arm of the BMS since 2012. WHC provides a confidential, independent service to advise, inform and reassure women about their gynaecological, sexual and post reproductive health.

Our specialist healthcare professionals offer unbiased information via:

- The website, which contains a wide range of downloadable resources, including factsheets and infographics and a separate menopause section, Menopause: Giving you confidence for understanding and action
- The telephone and email advisory service, staffed by specialist nurses
- Links to a series of 14 short videos, BMS TV: the menopause explained and the BMS menopause specialist online register with details of NHS and private clinics and services
- Symposia, seminars, meetings and our workshop Living and loving well beyond 40...!

Professor John Stevenson, a trustee of the BMS, continues to serve as chairman of WHC, supported by Patrick Shervington, a trustee and former CEO of WHC. Penny Junor is the patron and we thank her for her ongoing support, advice and expertise, especially in relation to publishing and the media.

To have our own patient arm is most worthwhile as it helps enable us to reach wider and engage with a broader constituency. With the level of public as well as professional interest in menopause increasing since the publication of the NICE guideline in 2015, we are well-placed to play a positive role in public debate, discussion, awareness and helping to guide best practice.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2022

ACHIEVEMENT AND PERFORMANCE

Conference & Meetings

The BMS once again organised an active, varied and highly evaluated education programme throughout 2022. It was good to hold the conference face-to-face for the first time in two years. All other educational meetings and courses continued virtually.

Annual scientific conference

The 31st BMS Annual scientific conference, *Menopause care: maintaining the momentum* took place at Chesford Grange in Kenilworth, Warwickshire on Thursday 30 June and Friday 1 July 2022.

The conference sold out, with 440 delegates attending (335 attending remotely in 2021). £39,400 was secured from 18 sponsors (2021: £29,150 from 11 sponsors). The conference made a surplus of £78,406 (2021: £180,312.00 - held remotely and therefore smaller overheads. Tim Hillard and Mike Savvas, the joint chairs of the scientific advisory group, (SAG) and the SAG members are to be congratulated on securing excellent speakers and putting together a first-class programme.

Special thanks go to Professor Joyce Harper, Professor of Reproductive Science, the Institute for Women's Health, University College, London, who delivered the **BMS annual lecture: Demystifying the Menopause.**

We also thank Professor Susan Davis, NHMRC Senior Principal Research Fellow, Director, Monash University Women's Health Research Program, Consultant Endocrinologist and Head, Specialist Women's Health Clinic, Alfred Hospital, Melbourne, Australia who delivered the **Pat Patterson Memorial Lecture: *Testosterone for Women - what is the Evidence?*** Both keynote lectures were extremely well-evaluated and achieved 'Highlight of the day' from a large proportion of delegates.

Joyce and Susan not only delivered superb lectures, but delivered them ex gratia. Our policy, in line with other medical charities and societies, is that we pay expenses, but do not offer speakers' fees. This policy applies throughout our education programme.

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2022**

Other sessions at the annual scientific conference included: *Is there a panacea for post-menopausal health?* delivered by Dr Annice Mukherjee, Consultant Physician & Endocrinologist; *Metabolic syndrome in women*, Professor John Stevenson Emeritus Reader in Metabolic Medicine, National Heart and Lung Institute, Imperial College London; Trustee - British Menopause Society; *Premenstrual syndrome (PMS) and Premenstrual dysphoric disorder (PMDD)*, Professor Nick Panay Consultant Gynaecologist, Subspecialist in Reproductive Medicine, Imperial College Healthcare NHS Trust and Chelsea & Westminster Hospital NHS Foundation Trust, London; Professor of Practice, Imperial College London; President Elect - International Menopause Society; *Dosage and regimens - are they important?* Prof. Dr Med Petra Stute Deputy Director, Gynaecological Endocrinology & Reproductive Medicine, Director Menopause Centre, Department of Obstetrics and Gynaecology, Inselspital Bern, Switzerland; *Unscheduled bleeding on HRT - how do I manage?* - Miss Debra Holloway Nurse Consultant in Gynaecology, Guy's and St. Thomas' NHS Foundation Trust, London; *New developments in endometrial assessment* Professor Davor Jurkovic, Professor of Gynaecology and Director, Gynaecology Diagnostic & Outpatient Treatment Unit, University College Hospital, London; *Principles & Practice of Menopause Care (PPMC) training programme - the first year*, Mr Haitham Hamoda; *IMPART (International Menopause Society Professional Activity for Refresher Training)*, Mr Tim Hillard, Consultant Gynaecologist, University Hospitals Dorset, Poole; Member - British Menopause Society medical advisory council; *Professor John Studd - A Tribute Mr Mike Savvas*, Consultant Gynaecologist, King's College Hospital, London; Member - British Menopause Society medical advisory council; *The Debate : This house believes that HRT should not be started in women over 60 For:* Miss Lynne Robinson, Consultant Gynaecologist & Clinical Lead, Fertility, Menopause and Reproductive Endocrine Services, Birmingham Women's Hospital; Member - British Menopause Society medical advisory council *Against:* Dr Paula Briggs Consultant in Sexual & Reproductive Health, Liverpool Women's Hospital; Chairman Elect and Trustee - British Menopause Society; Menopause Taskforce, Carolyn Harris MP, Member of Parliament for Swansea East; Co-chair, UK Menopause Taskforce, *Addressing inequality*, Dr Tonye Wokoma Consultant in Sexual and Reproductive Health and Community Gynaecology, Hull; *What is NHS England/Improvement (NHSE/I) doing for menopausal women?* Professor Janice Rymer Professor of Obstetrics & Gynaecology, King's College School of Medicine, London; Consultant Gynaecologist, Guy's and St Thomas' NHS Foundation Trust, London; National Specialty Advisor for Gynaecology for NHSE/I; Member - British Menopause Society medical advisory council; *Women with a previous history of thrombosis*, Dr Amanda Clark, Consultant Haematologist, University Hospitals Trust, Bristol; *Oestrogen receptor positive breast cancers*, Dr Rebecca Bowen Consultant Medical Oncologist, Royal United Hospital, Bath; *Complementary and non-pharmacological approaches to symptoms - how best to advise?* Kathy Abernethy Director of Menopause Services, Peppy Health; Trustee - British Menopause Society; *Pharmacological alternatives to HRT - evidence base and practical prescribing*, Dr Jenifer Sassarini, Consultant Obstetrician & Gynaecologist, Glasgow Royal Infirmary; Honorary Clinical Senior Lecturer, University of Glasgow; Core Teaching Week Lead Obstetrics and Gynaecology, Undergraduate Medicine; *Recurrent urinary tract infections and the urinary microbiome*, Mr Steve Foley, Consultant Urological Surgeon, Royal Berkshire NHS Foundation Trust, Reading, *Overactive bladder: current and new treatments*, Mr Philip Tooze-Hobson Consultant Gynaecologist, Birmingham Women's & Children's NHS Foundation Trust and *The post-menopausal vulva*, Dr Katharine Edey, Consultant Gynaecological Oncologist, Royal Devon and Exeter NHS Foundation Trust.

Education Programme

A key achievement back in 2020, was the development and launch of the new training programme: **Principles & Practice of Menopause Care (PPMC)**. This programme for healthcare professionals is based on the **BMS Vision for menopause care in UK**. Demand for high quality, evidence-based education, adhering to national and international guidelines continues to grow significantly. In 2021 we increased the number of PPMC theory courses to eight and replicated this in 2022. The eight courses were run remotely and comprised pre-recorded lectures, together with full day of interactive Q&A/case discussion sessions via Zoom.

Our thanks to Heather Currie, Heike Gleser, Haitham Hamoda, Annie Neill, Anne MacGregor, Tony Parsons, Lynne Robinson, Zoe Schaedel and Tonye Wokoma. All continued to provide excellent, high standard education in this revised format. The evaluations were amongst the best ever submitted to the BMS.

Development of Principles & Practice of Menopause Care (PPMC) online education programme

The PPMC Management Group has discussed developing an online training tool to ease the pressure on the demand for trainers and enabling those who wish to, to obtain the Advanced Certificate. This new online training tool would mirror the PPMC training programme with sections including demographics, backgrounds, POI, practical prescribing etc. Each section would have a theory component which would be heavily based on the Management of the Menopause handbook and consensus statements. This will be followed by 30-50 MCQs and clinical case-based discussions. A working group from varying medical perspectives has been set up to work on the content with a view to replacing the PPMC certificate by Q4 in 2023. The Advanced Certificate will remain as it is.

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for the Year Ended 31st December 2022

We held two **Cognitive Behaviour Therapy (CBT) courses**. Designed as a two-day course when staged face-to-face, the revised format followed the same template of delivery as the PPMC theory courses. Our thanks to Melanie Smith and Janet Balabanovic for delivering this excellent course. There is no doubt that CBT is an essential component in the overall education of HCPs. It is also an important alternative for those women who are not able or choose not to take HRT.

The **BMS Menopause Café - practical prescribing workshop** took place virtually, again a combination of pre-recorded presentations and a live and interactive 2-hour session. 152 delegates attended and the evaluations confirmed that holding the café as a stand alone event was a good decision. Thank you to Paula Briggs, Heather Currie, Myra Hunter, Jo Marsden, Kate Panter, Kalpana Upadhyay, and Annie Neill for their excellent presentations. Thank you too, to Haitham Hamoda, who chaired the live workshop session and to members of the wider council for also taking part.

The **Royal College of Obstetricians & Gynaecologists (RCOG) /BMS Menopause Advanced Training Skills course, Post Reproductive Health** took place remotely and was attended by 381 delegates (2021:162). It generated a surplus of just short of £88,400. (2021: £38,000) which was shared between the BMS and the RCOG. Once again thanks to the course organisers Mike Savvas, Haitham Hamoda and Nick Panay.

The **Women's Health Concern 32nd Annual Symposium** went ahead remotely with pre-recorded lectures and a live, interactive webinar on 1 December. Chaired by John Stevenson, a wide-ranging programme was produced and highlights included Haitham Hamoda, immediate past chairman of the BMS, who delivered the **Gerald Swyer Memorial Lecture: Endometriosis and the menopause**

Other symposium presentations included: *Conditions and subtleties of hormonal treatment of elderly transgender people* delivered by Dr Mick van Trotsenburg; *Menopause and gynae cancers*, Dr Paula Briggs & Mr Mohamed Mehaseb; *A patient perspective/experience*, Kathy Abernethy; *Menopause and HPV*, Professor Maggie Cruickshank; *Surgical menopause*, Miss Lynne Robinson; *Menopause and dementia*, Professor Michael Craig and *UTIs and urinary tract health* delivered by Mr Tim Hillard. 205 delegates registered for the symposium (2021:120) and 2 sponsors generated £2,000 income (2021: £5,000). The WHC symposium generated a surplus of £34,000 (2021: £23,000).

Despite the challenges of Covid-19, our education programme continues to be the core activity of the BMS. Almost 2,800 HCPs accessed BMS training and education -remotely and face-to-face. Both primary and secondary care were well represented; especially encouraging was the increased range of attendance of health care professions eg pharmacists, SAS doctors, physiotherapists, dieticians, etc with an interest in women's mid-life health and well-being.

Membership

Membership numbers continued to grow significantly and as at 31 December were 2154, 882 new in 2022 (cf 2021: 1568; 2020: 1167; 2019: 1058; 2018: 905; 2017: 717; 2016: 665; 2015:616; 2014: 609; 2013:602 and 2012: 615).

Membership income in 2022 totalled £276,865, (2021: £196,276) with Gift Aid net income £24,388, (2021: £15,341). Membership is the highest it has been since records were introduced in 1996. BMS membership now includes 1,245 GPs and Nurses - 58% of the total membership.

This significant increase BMS Tools for clinician membership demonstrates the developing interest in this area of women's health and the demand for authoritative information, education and guidance, based on national and international guidelines.

Post Reproductive Health (PRH) - the quarterly Journal of the British Menopause Society

Eddie Morris and Heather Currie, the editors, together with associate editors, Tony Mander and Paul Simpson and news editor Simon Brown are congratulated on their hard work and dedication to the journal throughout 2022. PRH is an increasingly well-received resource of news, research and opinion and is a valued and important part of BMS membership.

In June we recruited a new trainee editor, Babu Karavadra. Babu is an obstetrics and gynaecology Specialty Registrar (ST4) in the East of England and we are delighted to welcome him on board

British Menopause Society

Report of the Trustees **for the Year Ended 31st December 2022**

Publications

Throughout 2022 the BMS continued to add and update our library of resources including:

- The BMS Consensus statement on the management of estrogen deficiency symptoms, arthralgia and menopause diagnosis in women treated for early breast cancer
 - *The BMS Consensus statement on Non-hormonal-based treatments for menopausal symptoms*
 - *The BMS Consensus statement on Prevention and treatment of osteoporosis in post menopausal women*
 - *The BMS Consensus statement on Primary prevention of coronary heart disease in women*
 - *The PPMC Resources Toolkit on the BMS website*
 - *Testosterone replacement in menopause BMS Tool for Clinicians*
 - *HRT practical prescribing BMS Tool for clinicians*
 - *HRT preparations and equivalent alternatives BMS Tool for clinicians*
 - *Cognitive Behaviour Therapy (CBT) for menopausal symptoms BMS Tool for clinicians*
 - *Induced menopause in women with endometriosis BMS Tool for clinicians*
 - *Menopause and the workplace guidance: what to consider BMS Tool for clinicians*
 - *HRT WHC fact sheet*
 - *HRT Summary WHC fact sheet*
 - *Osteoporosis WHC fact sheet*
 - *Induced menopause in women with endometriosis - for patients WHC fact sheet*
 - *Testosterone for women WHC factsheet*
 - *Contraception for the older woman WHC fact sheet*
 - *Breastcancer: Risk factors WHC fact sheet*
 - *Endometrial ablation WHC fact sheet*
 - *Fibroids WHC fact sheet*
 - *Heavy periods WHC fact sheet*
 - *Uterine polyps WHC fact sheet*
 - *Five new BMS TV videos:*
 - Sleep, Zoe Schaedel
 - Testosterone explained, Kalpana Upadhyay
 - Post cancer treatments, Paula Briggs
 - Endometriosis, Haitham Hamoda
 - Progestogens, Nick Panay
 - *Menopause practice standards produced jointly by the British Menopause Society (BMS), Royal College of Obstetricians and Gynaecologists (RCOG), Society for Endocrinology (SfE), Faculty of Sexual and Reproductive Health (FSRH), Faculty of Pharmaceutical Medicine (FPM) and the Royal Pharmaceutical Society (RPS) These are heavily based on NICE quality standards but with a practical aspect.*
 - *A joint position statement on best practice recommendations for the care of menopausal women has been released by the BMS, RCOG and SfE.*
 - *A joint statement was issued by the BMS, RCOG, FSRH and RCGP on supply shortages*
 - *A joint RCOG BMS Green Top Guideline: Alternatives to HRT for the Management of Symptoms of the Menopause.*
- Throughout the year, the society has also produced regular bi-monthly updates on HRT supply issues.

Websites

The BMS website is an invaluable source of information and guidance for healthcare professionals. The importance of online registration for the annual scientific conference and other courses became increasingly apparent, as was the facility to renew and sign up for membership. An important benefit of membership is the members' forum, giving the opportunity to discuss clinical problems and raise queries and receive personal focused responses. The forum is somewhat underused, but is slowly increasing and is a facility of great potential.

The WHC website continues to be an excellent resource for women with gynaecological and sexual health issues. The email advisory service continues to provide advice, reassurance and education for women. The board expresses its thanks to members of the medical advisory council who respond to enquiries.

Menopause Specialists

The register, established in June 2016, continues to grow with 241 HCPs signed up as BMS recognised specialists by 31 December 2022. These comprise 143 NHS clinics and 109 private clinics.

Considerable work went into the online register from MAC definition of a 'menopause specialist' post the publication of the 2015 NICE guideline; to website development and to the reviewing, assessing and administrative process involved in certification.

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for the Year Ended 31st December 2022

The process is ongoing with new specialists being added on a regular basis. Every three years, BMS menopause specialists are required to apply for recertification.

The online register of menopause specialists was launched on World Menopause Day, 18 October 2018. This interactive, easily navigable register is unique to the BMS.

The BMS is very proud to have established this important resource for women. In an uncertain world and with the proliferation of so much information and misinformation surrounding the menopause, it is vital that women have access to professionally recognised specialists and peer-reviewed, evidence-based information.

A link to the register is available on the Women's Health Concern and Menopause Matters websites.

BMS Education Fund

The board of trustees introduced an education fund as a benefit for full members. The principal purpose of the Fund is to award financial grants to our healthcare professionals to help further their career opportunities and allow them to develop research, scientific and educational projects within the sphere of post reproductive health. The fund was launched at the conference in June 2019 and it was planned to open grant applications early in 2020. However, given the financial uncertainty generated by COVID-19, the education fund has been put on hold. Grant-making from the education fund will be reviewed during 2023.

New initiatives, collaborations and advisory roles

The BMS has been integrally involved in a number of significant initiatives. These include:

Optimal Pathway for menopause care NHS England - Clinical Reference Group (CRG)

The CRG, which is chaired by Janice Rymer, has been set up to advise the clinical pathway development and the education and training programmes on behalf of the Menopause Programme Steering Group. The group was formed by Suzanne Banks CBE (Senior Nurse Advisor NHSE/I retired Chief Nurse from Sherwood Forest NHSFT) and Ruth May (CNO England). The intent is to ensure that expert clinicians within NHS England and NHS Improvement, as well as key external clinical stakeholders can input into the pathways and the education and training programmes at every stage of their lifecycle and ensure alignment with national programmes and priorities. Haitham Hamoda, Paula Briggs and Sara Moger attend the group, along with other BMS members in their various capacities.

Throughout 2022, the BMS, along with the RCOG, continued to be involved with NHSE Menopause optimal pathway design meetings, looking at provision of menopause guidance and advice in order to influence management financially.

UK Menopause Taskforce

Co-chaired by Maria Caulfield MP and Carolyn Harris MP, the UK Menopause Taskforce held its first meeting in February 2022 with the aim of gaining an overview of respective menopause programmes and priorities across the UK. Haitham Hamoda, as chair of the BMS, is one of two clinical permanent members of the taskforce. The objectives of the taskforce are:

- To ensure clinical evidence underpins all aspects of menopause work
- To look across all the recommendations made to government on the menopause accelerating the delivery of menopause-related programmes of work across the UK
- To identify areas of mutual interest and collaboration, share best practice and take forward actions where it is appropriate to take a joint approach across nations
- To increase understanding of and encourage open conversations about the menopause among the general public, within healthcare settings, and in workplaces
- To work closely with external stakeholder and raise awareness of the menopause in the workplace by encouraging open conversations

Faculty of Pharmaceutical Medicine (FPM)

The BMS met with the Faculty of Pharmaceutical Medicine in January to explore potential links for the future. Physicians in MHRA and their regulatory counterparts in industry all complete specialist training and revalidate in their specialty so the Faculty of Pharmaceutical Medicine has influence over what drugs are labelled or relabelled for which is important for various initiatives in women's health.

DHSC Women's Health Strategy

In July 2022, the DHSC announced the first women's health strategy for England to tackle the gender health gap:

British Menopause Society

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- Major new research on women's health issues to increase understanding of female specific health conditions and tackle the data gap to ensure diagnosis and treatment work for women.
- Ensuring all doctors are trained to provide the best care to women by introducing mandatory specific teaching and assessment on women's health for all incoming graduating medical students and incoming doctors.
- £10 million for breast screening programme to provide 25 new mobile breast screening units for areas with the greatest challenges of screening uptake.

Women and girls across England will benefit from improved healthcare following the publication of the first ever government-led Women's Health Strategy for England today (Wednesday 20 July).

Following a call for evidence which generated almost 100,000 responses from individuals across England, and building on Our Vision for Women's Health, the strategy sets bold ambitions to tackle deep rooted, systemic issues within the health and care system to improve the health and wellbeing of women and, reset how the health and care system listens to women.

The strategy includes key commitments around new research and data gathering, the expansion of women's health-focused education and training for incoming doctors, improvements to fertility services, ensuring women have access to high quality health information and updating guidance for female specific health conditions like endometriosis to ensure the latest evidence and advice is being used in treatment.

Women live on average for longer than men but spend more of their life in poor health, often limiting their ability to work and participate in day-to-day activities. Closing the gender health gap and supporting women to live well will not only benefit the health and wellbeing of women, but the health of the economy.

MediConf

Paula Briggs was approached by MediConf to stage two evening webinars focusing on menopause. MediConf UK Ltd specialise in providing high quality and affordable clinical training and GP Education, enabling primary care staff to develop and maintain the required knowledge and skills to provide the highest standards.

The webinars took place in September and November 2022 and topics included Urogenital atrophy/ Pelvic floor; Alternative therapies; Androgens; Menopause management: Assessment and prescribing; Complex patients and Contraception in the perimenopause. Grateful thanks to Paula Briggs, Heather Currie, Haitham Hamoda, Tim Hillard, Nick Panay and Lynne Robinson for delivering excellent lectures and fielding the many questions in the Q&A session.

HRT Shortages

The ongoing HRT shortages dominated the news throughout 2022. Oestrogen shortages started at the end of February when demand for HRT increased significantly. The BMS, along with the RCOG and RCGP, wrote to the Secretary of State and met with HRT Tsar, Madelaine McTernan, and the Department of Health and Social Care (DHSC) representative, Lucy Chappell, to put forward recommendations for consideration by the HRT Supply Taskforce. These recommendations were:

- Developing a central national database that can incorporate information on national HRT use collating information from Clinical Commissioning Groups (CCGs) prescribing data, pharmaceutical companies' data as well as private prescribing. This database could result in the provision of regular live updates that will allow an understanding of current HRT use including HRT new prescriptions, HRT renewed prescriptions, numbers of women on HRT and the number taking different HRT preparations including tablets, as well as transdermal preparations such as patches, gel or spray.
- The DHSC has agreed to provide more frequent numerical data to promote more transparency on supply issues.
- Introducing emergency measures (that can potentially be adapted and continued beyond the current shortages crisis) to allow pharmacists to switch to equivalent HRT products (within defined criteria and within national guidance) if the preparation a patient is prescribed is affected by the shortages. These would avoid the need for a patient to return to their healthcare professional to obtain a different prescription for the alternative HRT product, which currently is causing women further delays in obtaining their HRT medications.

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- Supporting the development of a national HRT formulary to avoid the postcode variations that exist in the country with many HRT products. An example of this is micronised progesterone, which is not available on many formularies nationally or is only available as a second line preparation, possibly due to cost implications. Having a national HRT formulary can be utilised to support regional formulary prescribing directly or by adapting the information to local requirements. Either scenario is likely to provide support and encourage a more uniform access to medications as well as resulting in quicker implementation of approved products being made available to women.

The BMS, RCOG, FSRH and RCGP issued a joint statement on supply shortages following the announcement which was published on the BMS website.

Media

Menopause enjoyed an unprecedented amount of media coverage during the year. Numerous celebrities, journalists and others published books and gave interviews across all media, in particular social media. This increased profile was welcomed by the BMS.

It has become apparent however, that the heightened profile has also generated the dissemination of far more information - and misinformation. This is potentially unhelpful when women and their partners are seeking sound advice and trustworthy guidance.

World Menopause Day

The BMS worked for a second year in partnership with ITN Productions in a targeted media campaign. The focus of the ITN Productions /BMS collaboration was *Menopause: Continuing the Conversation*. Videos were released on World Menopause Day and were made available on the BMS and WHC websites.

The programme, anchored by Louise Minchin, included an interview in the ITN studios with Heather Currie MBE, who cut through the misinformation with some straight-talking advice. The BMS invited British Nutrition Foundation's Science Director, Sara Stanner, to discuss how holistic health can play a role in managing the menopause. The programme also looked at why HRT isn't an option for everyone and featured a film with a woman living with a breast cancer diagnosis who is having to turn to alternatives to help alleviate her symptoms. Our thanks to Anne MacGregor and her patient, Professor Susan Duty for delivering a practical and uplifting piece. The final film - *Behind the Headlines* featured Paula Briggs and Haitham Hamoda, who were interviewed and asked to address some of the 'stories behind the stories'.

Zoe/Post-Doctoral Analyst

The BMS was approached by an individual who wished to make a significant and very generous donation of £100,000 to the society with a focus on research. A number of options were discussed, but discussions with Tim Spector and ZOE proved both interesting and appropriate and therefore a detailed proposal was put to the donor. This involved research work which will look at inter-relationships between diet, lifestyle, symptoms and disease phenotypes across the stages of the menopausal transition. The proposal was approved and therefore work will begin to recruit a Post-Doctoral Researcher (PDRA) in 2023. This person will be engaged for 20 months and employed by King's College London. The PDRA will be embedded within the KCL-ZOE team and have access to the data expertise of the ZOE Data Science team.

Research Questions:

1. Identify the most prevalent menopausal symptoms and understand the factors including personal characteristics (age, ethnicity), diet and health status, influencing variation in symptom prevalence and severity.
2. Explore how menopause status modifies the relationship between diet, lifestyle and gut microbiome with health outcomes
3. Investigate the role of menopausal therapies, including type, dose and duration of use on health outcomes.

Given the potential for even relatively non-complex research requiring six-figure funding, research at this level has never been a possibility for the society. The board therefore is particularly grateful to our donor for the very generous and timely donation. We look forward to sharing the research findings in due course.

Mahalo Trust

The BMS was approached by the Mahalo Trust who made a donation of £20,000. The Trust is happy for the donation to be used to reinstate the WHC telephone advisory service. This funding would cover in part a nurse salary and promotional activities. Zoom/Teams will be considered to aid this service, with the option for telephone for those without computers/internet access. We currently have 260 nurse members and recruitment will begin in 2023.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2022

Management & Administration

All six members of staff are part-time and, under the direction of the chief executive, cover the broad, busy and challenging management and administrative functions necessary to run the Society. The BMS is in the fortunate position to have a hard-working team who relish their responsibilities and work over and above their contracted hours with passion and with commitment.

The requirement for high quality menopause education, information and guidance continued to increase during 2022. Attendance at the face-to-face annual scientific conference, the virtual educational meetings and courses; membership numbers; enquiries and requests from HCPs - members and non-members - women, their partners and the media were at an all-time high and the team responded efficiently, effectively and with good humour!

Our education programme is effectively and efficiently managed and run by Kate Ellis, education programme manager together with Nadine Verstringhe and Sarah Haveron Jones. Nadine's role has changed post COVID-19 and she has focused on developing high quality, easily accessible online courses and meetings. In particular developing an online platform for the conference. This enabled delegates who were unable to attend in person, to access the education over a period of three months online. This proved popular with more than 250 delegates signed up for the package. Sarah Haveron Jones' role also changed as she was promoted to manage the face-to-face conference, together with the online menopause café and WHC symposium. The education team is warmly congratulated by the board for adapting and developing their roles and, in turn, the entire education programme.

The membership and finance team, Sara Burns and Lucy Gill, signed up 2,154 members during 2022 - the highest number since the society was established in 1989. The BMS has always focused on customer service and this very much in evidence with our members. Sara and Lucy also managed a significantly higher number of transactions generated by sold out meetings and high meeting attendance. So much so, that we recruited a new member of staff to provide admin support. Hazel Riley joined the BMS in April and quickly became an essential part of the team. The admin function is crucial to the smooth running of any business and Hazel manages this and provides support to the whole team. Again the 'traffic' through the office has significantly increased, generating a larger and broader workload.

Consultant Barbara Halstead works meticulously and manages marketing and sponsorship for the society. During the year, she expanded her role and worked closely with the education team on the PPMC ePortfolio, on activities around World Menopause Day and will be integral to the planning of the proposed online education programme planned for late 2023/early 2024.

The commitment, hard work and dedication demonstrated throughout 2022 has been exemplary and the whole team is to be congratulated.

Seven organisations work behind the scenes and contribute to our work and to our success. **Jackson Bone** is a design and web management agency in Brighton. Andy Bone is responsible for BMS branding and designs all BMS literature, including the conference programme. Mariette Jackson has managed the WHC website for more than eight years. Its up-to-date content and fresh style is largely down to her. Andrew Whiteley, Director of **Global Venue Solutions** has sourced most venues for our educational programme over the years and his negotiating skills in keeping costs down and his attention to detail are second to none. 2022 proved a lean year for Andrew as all our meetings, except the conference, were virtual. However, plans for 2023 include some face-to-face meetings and we look forward to working with Andrew again next year. **Skipple**, our IT support company under the guidance of Steven Turnbull, continues to serve the Society well, resolving many issues, including the successful installation of parallel servers and solving day-to-day IT niggles. **Annie Preuss** generates advertising income via the WHC website and the revenue has significantly increased since she came on board. Annie manages her role sensitively and vets potential advertisers to ensure their suitability. **Crunch Accounting** provides an efficient accountancy service to the charity. Lynn Sheppard's charity knowledge is invaluable and she and her team work closely with us on our bookkeeping, as well as management and the annual accounts. **Wheeler & Co**, who under the stewardship of Kevin Wheeler, undertakes the Independent Examination of the BMS and WHC accounts. The seventh 'behind-the-scenes' organisation is **Ventris TV**. Bjorn Ventris has once again been integral to the BMS throughout 2022, recording and editing numerous presentations for our education programme. Bjorn has helped the BMS deliver our high-quality education in a most professional way. The board offers its thanks to Andy and Mariette, Andrew, Steven, Annie, Lynn, Nita & Tracy, Kevin & Simon and Bjorn for their support.

British Menopause Society
Report of the Trustees
for the Year Ended 31st December 2022

Commercial supporters

During 2022 unrestricted educational grants, website advertising and sponsorship were provided by Bayer, Besins Healthcare, Flynn Pharma, Gedeon Richter, InMode, Lawley Pharmaceuticals, Novo Nordisk, Pharmacare, Pharmacierge, Sylk, Theramex, Vitabiotics, Viatrix, VernaCare and Yes, Yes. Pharma and non - pharma support represents 5.4% of total annual income.

The board recognises the importance of commercial sponsorship, but emphasises that this has no bearing on the content of our educational programme.

This support continues to be of value to the society in keeping our costs manageable, especially as most delegates usually have to fund their own education in the area of menopause and post reproductive health. So many thanks to all our supporters who through funding and grants enable the BMS to keep delegate fees at an affordable level.

FINANCIAL REVIEW

The end of year figures show income of £962,502, (2021: £721,817), expenditure of £628,403, (2021: £420,363), a surplus of £334,099, (2021: £301,454) and therefore reserves are £875,005, (2021: £540,906).

The board of trustees records its formal thanks to our chief executive for managing the society so efficiently throughout another challenging year. 2022 was another busy year in terms of activities, educational output and also our continued engagement in the wider world of women's health. Our standing and respect throughout the medical profession, the media and the general public is second to none.

2023 - Looking forward

Attendance at meetings has continued to increase during the first half of 2023 and membership has remained buoyant with 2,374 members at time of publication.

In 2023, we once again are staging the annual scientific conference face-to-face, but this year we are also offering an online package concurrently. The conference sold out quickly, so the availability of an online package has provided a good alternative option, with more than 400 delegates already registered.

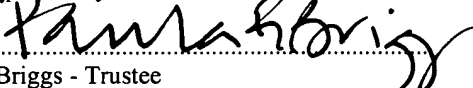
The key focus for 2023 is the development and provision of new online education. Initially this should help address the large numbers of potential trainees and the relatively small pool of BMS recognised trainers. The number of trainers is currently at 120, but demand is simply outweighing supply.

However, in the longer term, this new BMS online education will combine the educational requirements of the existing BMS PPMC Course and the BMS PPMC Certificate. It will offer in-depth menopause education and is a complete education package. It will offer the HCP learner everything that they need to treat 90% of patients who walk through their door, leaving only the 10% of complex cases to be referred for specialist care.

It will revolutionise menopause education by providing peer-reviewed, evidence based, in-depth learning - available to all those, in the UK and Ireland, who want it. More information on this will be shared at the annual scientific conference. The new online education will be available

These are exciting times in women's health and the profile of the BMS and our standing has never been higher - as is evidenced by membership numbers and the demand for our gold quality education. We relish the challenges that lie ahead and will continue to provide education, information, guidance and support for HCPs and most notably GP practices and specialist clinics.

Approved by order of the board of trustees on 30 JUNE 2023 and signed on its behalf by:


P Briggs - Trustee

Independent Examiner's Report to the Trustees of
British Menopause Society

Independent examiner's report to the trustees of British Menopause Society ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st December 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Kevin Wheeler
The Institute of Chartered Accountants in England and Wales

Wheeler & Co Ltd
Chartered Accountants
The Shrubbery
14 Church Street
Whitchurch
Hampshire
RG28 7AB

Date: 18/9/23

British Menopause Society

Statement of Financial Activities
for the Year Ended 31st December 2022

		31.12.22 Unrestricted fund £	31.12.21 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	44,785	17,382
Charitable activities	4		
Membership fees		276,865	196,276
Conference and meetings		628,772	493,135
Miscellaneous income		11,576	14,938
Investment income	3	<u>504</u>	<u>85</u>
Total		<u>962,502</u>	<u>721,816</u>
EXPENDITURE ON			
Charitable activities	5		
Conference and meetings		153,278	59,563
Publication costs		69,184	47,697
Other		<u>405,941</u>	<u>313,102</u>
Total		<u>628,403</u>	<u>420,362</u>
NET INCOME		334,099	301,454
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>540,906</u>	<u>239,452</u>
TOTAL FUNDS CARRIED FORWARD		<u>875,005</u>	<u>540,906</u>

The notes form part of these financial statements

British Menopause Society

Balance Sheet
31st December 2022

	Notes	31.12.22 Unrestricted fund £	31.12.21 Total funds £
FIXED ASSETS			
Tangible assets	11	2,037	2,304
Investments	12	<u>1,632</u>	<u>1,632</u>
		3,669	3,936
CURRENT ASSETS			
Stocks	13	1,980	1,208
Debtors	14	87,898	48,026
Cash at bank and in hand		<u>1,027,738</u>	<u>741,647</u>
		1,117,616	790,881
CREDITORS			
Amounts falling due within one year	15	(246,280)	(253,911)
NET CURRENT ASSETS		<u>871,336</u>	<u>536,970</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>875,005</u>	<u>540,906</u>
NET ASSETS		<u>875,005</u>	<u>540,906</u>
FUNDS	16		
Unrestricted funds		<u>875,005</u>	<u>540,906</u>
TOTAL FUNDS		<u>875,005</u>	<u>540,906</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

British Menopause Society

Balance Sheet - continued

31st December 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 30 JUNE 2023 and were signed on its behalf by:


P Briggs - Trustee

The notes form part of these financial statements

British Menopause Society

Cash Flow Statement
for the Year Ended 31st December 2022

	Notes	31.12.22 £	31.12.21 £
Cash flows from operating activities			
Cash generated from operations	1	<u>286,756</u>	<u>472,179</u>
Net cash provided by operating activities		<u>286,756</u>	<u>472,179</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(1,169)	(706)
Interest received		<u>504</u>	<u>85</u>
Net cash used in investing activities		<u>(665)</u>	<u>(621)</u>
Change in cash and cash equivalents in the reporting period		286,091	471,558
Cash and cash equivalents at the beginning of the reporting period		<u>741,647</u>	<u>270,089</u>
Cash and cash equivalents at the end of the reporting period		<u><u>1,027,738</u></u>	<u><u>741,647</u></u>

The notes form part of these financial statements

British Menopause Society

Notes to the Cash Flow Statement
for the Year Ended 31st December 2022

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.12.22	31.12.21
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	334,099	301,454
Adjustments for:		
Depreciation charges	1,436	1,708
Interest received	(504)	(85)
Increase in stocks	(772)	(243)
(Increase)/decrease in debtors	(39,872)	28,062
(Decrease)/increase in creditors	<u>(7,631)</u>	<u>141,283</u>
Net cash provided by operations	<u><u>286,756</u></u>	<u><u>472,179</u></u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.22	Cash flow	At 31.12.22
	£	£	£
Net cash			
Cash at bank and in hand	<u>741,647</u>	<u>286,091</u>	<u>1,027,738</u>
	<u>741,647</u>	<u>286,091</u>	<u>1,027,738</u>
Total	<u><u>741,647</u></u>	<u><u>286,091</u></u>	<u><u>1,027,738</u></u>

The notes form part of these financial statements

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

2. DONATIONS AND LEGACIES

	31.12.22	31.12.21
	£	£
Donations	20,397	2,041
Gift aid	<u>24,388</u>	<u>15,341</u>
	<u>44,785</u>	<u>17,382</u>

3. INVESTMENT INCOME

	31.12.22	31.12.21
	£	£
Deposit account interest	<u>504</u>	<u>85</u>

4. INCOME FROM CHARITABLE ACTIVITIES

		31.12.22	31.12.21
	Activity	£	£
Membership fees	Membership fees	276,865	196,276
CBT meeting income	Conference and meetings	33,475	31,025
Annual conference	Conference and meetings	248,738	160,916
Regional meetings	Conference and meetings	-	26,980
Grants	Conference and meetings	20,000	-
WHC symposium income	Conference and meetings	36,400	26,345
WHC other income	Conference and meetings	8,417	7,799
PPMC theory courses	Conference and meetings	203,886	200,608
RCOG meeting	Conference and meetings	44,196	18,977
Menopause cafe	Conference and meetings	33,660	20,485
WHC other income	Miscellaneous income	-	584
Other incoming resources	Miscellaneous income	4,042	4,263
Publication income	Miscellaneous income	<u>7,534</u>	<u>10,091</u>
		<u>917,213</u>	<u>704,349</u>

Grants received, included in the above, are as follows:

	31.12.22	31.12.21
	£	£
Mahalo Trust	<u>20,000</u>	<u>-</u>

British Menopause Society

Notes to the Financial Statements
for the Year Ended 31st December 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

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.

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 20% on reducing balance
Computer equipment	- 33% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

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.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Conference and meetings	153,278
Publication costs	<u>69,184</u>
	<u>222,462</u>

6. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
Other resources expended	<u>388,686</u>	<u>13,719</u>	<u>3,536</u>	<u>405,941</u>

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.12.22 £	31.12.21 £
Depreciation - owned assets	1,436	1,708
Other operating leases	<u>11,247</u>	<u>11,000</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

Three trustees received remuneration for facilitating activities: Paula Briggs £275 (2021 - nil); Haitham Hamoda £1,650, who donated his fee to the charity, thus enabling the BMS to claim Gift Aid (2021 - £550 also donated to the BM) and Heather Currie £1,375 (2021 - £2,600)

There were no medical advisory council remuneration payments.

Trustees' expenses

The trustees and medical advisory council were reimbursed expenses totalling £1,286 in the year (2021 - £121)

9. STAFF COSTS

	31.12.22 £	31.12.21 £
Wages and salaries	209,375	162,375
Social security costs	14,383	11,099
Other pension costs	<u>2,841</u>	<u>2,051</u>
	<u>226,599</u>	<u>175,525</u>

The average monthly number of employees during the year was as follows:

	31.12.22	31.12.21
Administration	<u>6</u>	<u>6</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

9. STAFF COSTS - continued

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	31.12.22	31.12.21
£60,001 - £70,000	-	1
£70,001 - £80,000	<u>1</u>	<u>-</u>
	<u><u>1</u></u>	<u><u>1</u></u>

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	17,382
Charitable activities	
Membership fees	196,276
Conference and meetings	493,135
Miscellaneous income	14,938
Investment income	<u>85</u>
Total	<u><u>721,816</u></u>
EXPENDITURE ON	
Charitable activities	
Conference and meetings	59,563
Publication costs	47,697
Other	<u>313,102</u>
Total	<u><u>420,362</u></u>
NET INCOME	301,454
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>239,452</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>540,906</u></u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

11. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1st January 2022	9,346	2,845	12,191
Additions	<u>125</u>	<u>1,044</u>	<u>1,169</u>
At 31st December 2022	<u>9,471</u>	<u>3,889</u>	<u>13,360</u>
DEPRECIATION			
At 1st January 2022	7,380	2,507	9,887
Charge for year	<u>1,143</u>	<u>293</u>	<u>1,436</u>
At 31st December 2022	<u>8,523</u>	<u>2,800</u>	<u>11,323</u>
NET BOOK VALUE			
At 31st December 2022	<u>948</u>	<u>1,089</u>	<u>2,037</u>
At 31st December 2021	<u>1,966</u>	<u>338</u>	<u>2,304</u>

12. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st January 2022 and 31st December 2022	<u>1,632</u>
NET BOOK VALUE	
At 31st December 2022	<u>1,632</u>
At 31st December 2021	<u>1,632</u>

There were no investment assets outside the UK.

The listed investments are valued at the quoted stock price on the London Stock Exchange at the close of business at the year-end.

13. STOCKS

	31.12.22 £	31.12.21 £
Finished goods	<u>1,980</u>	<u>1,208</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22	31.12.21
	£	£
Trade debtors	6,350	8,595
Prepayments and accrued income	<u>81,548</u>	<u>39,431</u>
	<u>87,898</u>	<u>48,026</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22	31.12.21
	£	£
Trade creditors	47,928	11,504
Accruals and deferred income	<u>198,352</u>	<u>242,407</u>
	<u>246,280</u>	<u>253,911</u>

16. MOVEMENT IN FUNDS

	At 1.1.22	Net movement in funds	At 31.12.22
	£	£	£
Unrestricted funds			
General fund	540,906	334,099	875,005
	<u>540,906</u>	<u>334,099</u>	<u>875,005</u>
TOTAL FUNDS			
	<u>540,906</u>	<u>334,099</u>	<u>875,005</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	962,502	(628,403)	334,099
	<u>962,502</u>	<u>(628,403)</u>	<u>334,099</u>
TOTAL FUNDS			
	<u>962,502</u>	<u>(628,403)</u>	<u>334,099</u>

Comparatives for movement in funds

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
Unrestricted funds			
General fund	239,452	301,454	540,906
	<u>239,452</u>	<u>301,454</u>	<u>540,906</u>
TOTAL FUNDS			
	<u>239,452</u>	<u>301,454</u>	<u>540,906</u>

British Menopause Society

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

16. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	721,816	(420,362)	301,454
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>721,816</u>	<u>(420,362)</u>	<u>301,454</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	239,452	635,553	875,005
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>239,452</u>	<u>635,553</u>	<u>875,005</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	1,684,318	(1,048,765)	635,553
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>1,684,318</u>	<u>(1,048,765)</u>	<u>635,553</u>

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st December 2022.

British Menopause Society

Detailed Statement of Financial Activities
for the Year Ended 31st December 2022

	31.12.22 £	31.12.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	20,397	2,041
Gift aid	<u>24,388</u>	<u>15,341</u>
	44,785	17,382
Investment income		
Deposit account interest	504	85
Charitable activities		
CBT meeting income	33,475	31,025
Annual conference	248,738	160,916
Regional meetings	-	26,980
Membership fees	276,865	196,276
Grants	20,000	-
WHC symposium income	36,400	26,345
WHC other income	8,417	8,383
PPMC theory courses	203,886	200,608
Other incoming resources, inc. RCOG meeting	48,238	23,240
Menopause cafe	33,660	20,485
Publication income	<u>7,534</u>	<u>10,091</u>
	<u>917,213</u>	<u>704,349</u>
Total incoming resources	962,502	721,816
EXPENDITURE		
Charitable activities		
BMS publication costs	66,536	47,697
Annual conference costs	109,124	16,614
Regional meetings	602	4,360
CBT meeting	5,417	6,107
WHC symposium expenses	2,557	2,574
WHC other costs	-	180
PPMC theory courses	33,568	26,100
Menopause Cafe	2,010	1,890
Books for resale	<u>2,648</u>	<u>1,738</u>
	222,462	107,260
Support costs		
Management		
Wages	209,375	162,375
Social security	14,383	11,099
Pensions	2,841	2,051
Rent	11,247	11,000
Carried forward	237,846	186,525

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British Menopause Society

Detailed Statement of Financial Activities
for the Year Ended 31st December 2022

	31.12.22 £	31.12.21 £
Management		
Brought forward	237,846	186,525
Rates and water	773	839
Insurance	785	787
Light and heat	1,993	1,707
Telephone	3,521	3,178
Postage and stationery	16,172	12,960
Sundries	7,522	4,873
Accountancy	14,022	11,516
Legal fees	-	841
Office costs	4,587	2,912
Marketing consultancy	47,137	28,447
Website costs	25,948	25,050
Other marketing costs	21,209	9,087
Storage charges	1,160	758
Travelling costs	1,744	340
IT services	<u>4,267</u>	<u>9,061</u>
	388,686	298,881
Finance		
Bank charges	12,283	10,642
Depreciation of tangible fixed assets	<u>1,436</u>	<u>1,708</u>
	13,719	12,350
Governance costs		
Trustees' expenses	1,286	121
Independent Examiner's fees	<u>2,250</u>	<u>1,750</u>
	<u>3,536</u>	<u>1,871</u>
Total resources expended	<u>628,403</u>	<u>420,362</u>
Net income	<u><u>334,099</u></u>	<u><u>301,454</u></u>

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