

THE MENOPAUSE GROUP CIC

Company limited by guarantee

**Company Registration Number:
13547024 (England and Wales)**

Unaudited statutory accounts for the year ended 31 August 2022

Period of accounts

Start date: 4 August 2021

End date: 31 August 2022

THE MENOPAUSE GROUP CIC

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THE MENOPAUSE GROUP CIC

Directors' report period ended 31 August 2022

The directors present their report with the financial statements of the company for the period ended 31 August 2022

Principal activities of the company

The company activities were aimed at building awareness and support for individuals going through menopause, and education for younger people who menstruate. The activities were delivered via online training, in-person events and online support services.

Directors

The director shown below has held office during the period of
4 August 2022 to 31 August 2022

Maria Lynn Riley

The director shown below has held office during the whole of the period from
4 August 2021 to 31 August 2022

Fiona Catchpowle

The directors shown below have held office during the period of
4 August 2021 to 15 July 2022

Sally Kitchen
Dr. Joanne Hobson

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on
24 April 2023

And signed on behalf of the board by:

Name: Fiona Catchpowle
Status: Director

THE MENOPAUSE GROUP CIC

Profit And Loss Account for the Period Ended 31 August 2022

*13 months to 31
August 2022*

| | £ |
|--|----------------|
| Turnover: | 15,606 |
| Cost of sales: | (4,710) |
| Gross profit(or loss): | 10,896 |
| Distribution costs: | (1,939) |
| Administrative expenses: | (13,737) |
| Other operating income: | 0 |
| Operating profit(or loss): | (4,780) |
| Interest receivable and similar income: | 0 |
| Interest payable and similar charges: | (121) |
| Profit(or loss) before tax: | (4,901) |
| Profit(or loss) for the financial year: | (4,901) |

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Balance sheet

As at 31 August 2022

| | <i>Notes</i> | <i>13 months to 31 August 2022</i> |
|--|--------------|--|
| | | £ |
| Fixed assets | | |
| Intangible assets: | | 0 |
| Tangible assets: | | 0 |
| Investments: | | 0 |
| Total fixed assets: | | <u>0</u> |
| Current assets | | |
| Stocks: | | 0 |
| Debtors: | | 0 |
| Cash at bank and in hand: | | 1,876 |
| Investments: | | 0 |
| Total current assets: | | <u>1,876</u> |
| Creditors: amounts falling due within one year: | 3 | <u>(6,000)</u> |
| Net current assets (liabilities): | | <u>(4,124)</u> |
| Total assets less current liabilities: | | <u>(4,124)</u> |
| Creditors: amounts falling due after more than one year: | | 0 |
| Provision for liabilities: | | 0 |
| Accruals and deferred income: | | 0 |
| Total net assets (liabilities): | | <u>(4,124)</u> |
| Members' funds | | |
| Profit and loss account: | | (4,124) |
| Total members' funds: | | <u>(4,124)</u> |

The notes form part of these financial statements

THE MENOPAUSE GROUP CIC

Balance sheet statements

For the year ending 31 August 2022 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

**This report was approved by the board of directors on 24 April 2023
and signed on behalf of the board by:**

Name: Fiona Catchpowle
Status: Director

The notes form part of these financial statements

THE MENOPAUSE GROUP CIC

Notes to the Financial Statements

for the Period Ended 31 August 2022

1. Accounting policies

Basis of measurement and preparation

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

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Notes to the Financial Statements for the Period Ended 31 August 2022

2. Employees

*13 months to 31
August 2022*

Average number of employees during the period

0

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Notes to the Financial Statements

for the Period Ended 31 August 2022

3. Creditors: amounts falling due within one year note

| | <i>13 months to 31 August 2022</i> |
|-----------------|--|
| | <i>£</i> |
| Other creditors | 6,000 |
| Total | <u>6,000</u> |

COMMUNITY INTEREST ANNUAL REPORT

THE MENOPAUSE GROUP CIC

Company Number: 13547024 (England and Wales)

Year Ending: 31 August 2022

Company activities and impact

The company activities were aimed at building awareness and support for individuals going through menopause, and education for younger people who menstruate. During the financial year 2021 –2022, the company's activities have benefitted the community in the following ways. - Established a comprehensive training program that allowed 48 wellness practitioners to upskill and learn how to guide, nurture and support stakeholders to transition successfully through menopause. The support they have been able to deliver to 100s of women has enabled them to improve their quality of life during the menopause transition. During 2022-23 we are developing this program to facilitate learning in a variety of different communities in the UK where English is not their first language. - Provide valuable group support on a monthly basis, for free, via a Facebook group with 292 members who need menopause support, guiding them and enabling them to make informed choices. - An in-person event in Nottingham was attended by 25 women from the local community. - Creation of Campaign51 to allow individuals working with charities to learn how to receive a fully funded place on the Menopause Doula course enabling them to support others within their own communities, and extend the support our project currently offers. - delivered 7 Menstrual and menopause well-being talks to organisations where participants varied in age and gender, reaching approximately 500 people.

Consultation with stakeholders

The company's stakeholders are women and people who menstruate, who use our support services via The Menopause Doulas trained by the company, attending community events, and online group support. We consult with stakeholders in person when attending a community event, via social media channels and ask for feedback as to the type of information they wish to learn about and the further support they require. From the feedback we have identified that in-person events provide a better environment of support, compared to online. We now aim to create more in-person safe menopause spaces to support our stakeholders. We also receive feedback from the doulas who complete their certifications to aid the development of further training. As a result, we are now creating an easy-access hub for wellness professionals to help reach and support more stakeholders across the UK.

Directors' remuneration

The total amount paid or receivable by directors in respect of qualifying services was £13,737.38. There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed.

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
24 April 2023

And signed on behalf of the board by:

Name: Fiona Catchpole

Status: Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.