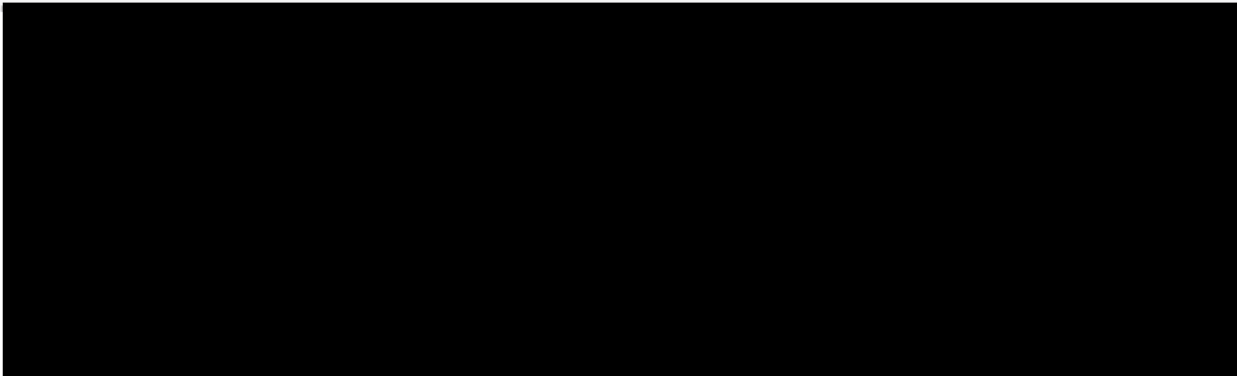


# Annual Report

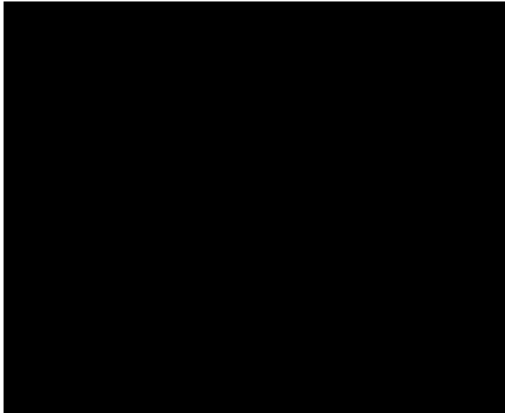
ENDO SOS - 2023/2024



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## Administrative Details

Trustees:



Charity Registration Number:

SC052580

Registered Office and Principal Address:

6/4 Rosevale Street

Hawick

TD9 8AD

Roxburghshire

Scottish Borders

## Foreword

What a remarkable first year it has been for us. We engaged with medical students at Edinburgh University, expanded our supporter base, participated in medical events with our stall, presented at conferences, media platforms, and in parliament, and maintained collaborations with other organisations. All these efforts aim to raise awareness and extend support to those in need in Scotland.

Just four months after becoming a charity, we successfully secured funding from the Scottish Government. This enabled us to enhance our website with Scotland-focused content, offer free yoga and mindfulness sessions for our members, and provide various other beneficial online and in person resources.

Acknowledging that there is no cure for this condition, our goal is to assist our members in enhancing their mental and physical well-being, empowering them with reliable resources, and fostering a supportive community that understands their challenges.

Our new website provides a wealth of information on various endometriosis topics, offering resources such as webinars with medical experts, support sessions, and details on pre- and post-diagnosis, among other valuable content.

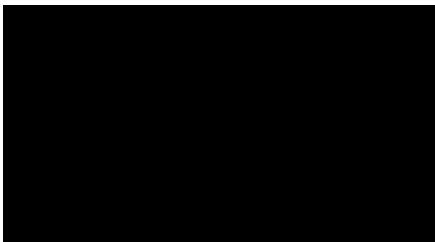
Our dedicated volunteers form the cornerstone of our organisation, and we are fully committed to supporting them in their endometriosis journey. Thanks to government funding, we are able to offer our active volunteers the opportunity to become certified endometriosis wellness practitioners, enabling them to offer essential guidance to themselves and support to those affected. A heartfelt thank you to our dedicated volunteers for their tireless efforts this year. They have not only raised funds for us but also stood by each other every step of the way. Endo SOS owes its existence to our volunteers.

Moving forward, we are committed to continuing to provide these resources to help more individuals lead happier and healthier lives. However, we recognise that addressing this issue requires collective effort. It is essential for medical professionals and the general public to have a better understanding of this condition. With your support we can make this happen.

With one in ten individuals receiving an endometriosis diagnosis, approximately 250,000 women in Scotland require more support and guidance, many of whom have been overlooked. This must change. The average diagnosis time for endometriosis in Scotland is nearly nine years, a period longer than it takes to become a doctor. Increased funding dedicated to women's health is urgently needed.

The Endometriosis community in Scotland has the potential to change this. By taking action, supporting each other and making our voice heard, we can ensure that future generations do not endure the silence and suffering that we have experienced.

Thank you for your continued support.





## **Vision and Purpose**

### **Vision**

Endo SoS envisions a world where endometriosis is widely recognised and understood—a world where quick diagnosis and effective management are standard. In this world, every person affected by endometriosis feels supported in their journey. Our vision is a community where knowledge leads to empowerment, and empowerment leads to a better quality of life. And ultimately, a world where a cure exists for this debilitating condition.

### **Purpose**

Endo SOS is dedicated to supporting individuals living with endometriosis and their carers and supporters in South Scotland. We strive to be a dependable source of information, blending scientific accuracy with lived experience. Our aim is not just to spread awareness but to offer tools and strategies for managing this condition in everyday life.

## **Our Values**

### **Inclusivity**

Endometriosis affects individuals from all walks of life. We are committed to creating an inclusive environment where everyone's experience is valued and respected.

### **Empathy**

We're in this together. Our directors and volunteers have first-hand experience of living with endometriosis, either personally or through someone close to them.

### **Community**

We believe in the power of community. By working together, sharing experiences, and supporting one another, we can make a greater impact in the fight against endometriosis.

### **Self-determination:**

We are committed to advocating on behalf of those living with Endometriosis to ensure they get the best support possible from the medical profession and from their peers.

### **Holistic:**

We take an approach that sees the importance of the whole person and recognise that there are different dimensions to well-being, including physical, emotional, social, spiritual and mental health.



## **Strategic Goals**

Endo SOS pursues the following broad strategic goals to make a meaningful difference in the lives of those affected by endometriosis and their families across South Scotland:

### **Educate and inform**

We believe in the power of knowledge. We aim to make comprehensive, up to date information about endometriosis accessible to all.

### **Action and Advocacy**

We're proactive in our approach, leading awareness campaigns and fundraising events. We empower individuals and communities to take action for change.

### **Support and Understanding**

Living with endometriosis can be challenging. We're here to offer support, understanding, and practical advice for those affected and their carers.

### **Ensure Accessibility**

Our resources are designed with the needs of our community in mind, ensuring they are user-friendly and easily accessible to everyone, regardless of their situation.

## Objectives

Endo SoS aims to improve the lives of people living with Endometriosis through the following detailed objectives, as outlined in our constitution:

a) Raise awareness in the South of Scotland of the medical condition Endometriosis among health professionals and the general public by:

- Hosting regular online webinars.
- Producing promotional materials highlighting the condition.

b) Help sufferers of Endometriosis in the South of Scotland to maintain or improve their health by:

- Increasing sufferers' knowledge of and ability to manage their condition through access to webinars / talks by professional experts.
- Facilitating mutual support among sufferers through social media and face-to-face networking among members.

c) Provide access to informal counselling and support for Endometriosis sufferers through regular online virtual networking, face-to-face support group sessions and one-to-one guidance.

d) Work in partnership with other similar organisations to support activities that promote the health and wellbeing of Endometriosis sufferers.



## Governance and Management

### Constitution:

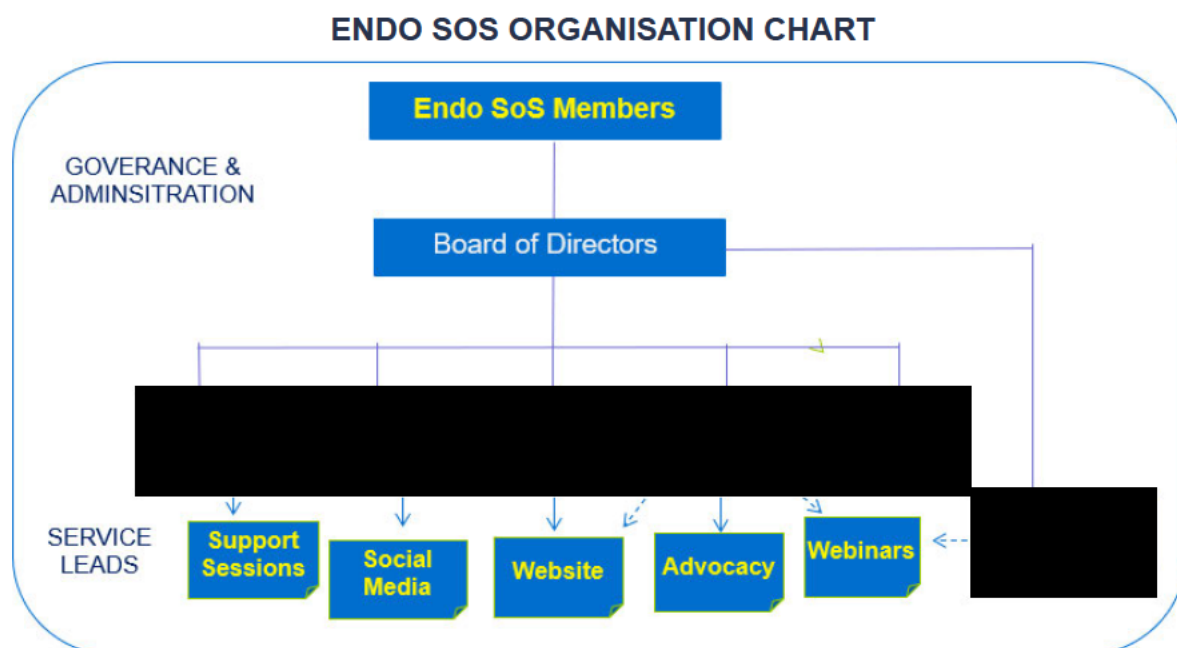
Endo SoS is a Scottish Charitable Incorporated Organisation (SCIO), registered with the Office of the Scottish Charity Regulator (OSCR) on 1st June 2023. We are a two-tier organisation, with a membership body and board of trustees. Endo SoS is run solely by volunteers and is fully accountable to its members, funders and regulators.

### Board of Trustees:

The Endo SoS board is made up of 10 trustees. Most of our trustees are elected at the annual general meeting which is held in September each year. We have two non-member advisory trustees positions to which individuals are appointed based on their medical expertise and specialist knowledge of Endometriosis. Overall, we have provision for a minimum of five and maximum of ten trustees.

### Organisational Structure

Endo SoS is a membership-based organisation that is entirely run by volunteers. We put our members in the driving seat. Our members live the experience of Endometriosis, and our elected trustees are drawn from our membership.





## What We Do

### **Activities**

- We provide support, advocacy and information
- We bring the Endometriosis community in the South of Scotland together in mutual support
- We train our volunteers to be excellent 'Lived Experience Practitioners'

### **We provide a range of service:**

- Endometriosis Information
- Support Groups
- Individual support sessions
- Webinars
- Advocacy

Our ambition is guided by what is best for our members and what is needed for the Endometriosis community in the South of Scotland.

## Achievements

This section highlights our key achievements during our first year of running the charity:

New Website:	We developed a great new website with more up-to-date information, functionality and ease of access and navigation etc.
Free Yoga Classes	We provided a free, 6-week programme of yoga classes for individuals with endometriosis in the South of Scotland. Classes took place in Selkirk and Dumfries between mid-February and the end of March. We ran five 1-hour classes with capacity for ten participants in each area.
Recruited winning Ambassadors	<p>We recruited well-known actress [REDACTED] as one of the charity's Ambassadors. [REDACTED] raised £3000 for Endo SOS by appearing on celebrity quiz shows.</p> <p>Another ambassador, [REDACTED], completed a cycle Marathon during March (Endometriosis awareness month) and raised over £600 for Endo SoS.</p> <p>[REDACTED] a well-known Scottish champion in both Mountain Bike and Cyclo-Cross. Isla lives locally and also suffers with endometriosis. She has been a great asset to show the importance for women's health within the fitness community.</p>

Scottish Parliament	We held a very successful promotional event at the Scottish parliament to advocate and raise awareness of Endometriosis
Gift Aid status	We were awarded gift aid status and are in the process of applying for the which will help us to growing Endo SoS sustainably
Fundraising Guarantee	We have adopted the Code of Fundraising Practice which outlines the standards expected of all charitable fundraising across the UK.
Accredited training for volunteers	We provided online, accredited training for volunteers. This included the Endometriosis Wellness Practitioners course and the COSCA Certificate in Counselling Skills



## Future Plans

This section outlines how the charity aims to develop its services in the future and consolidate its organisation as a charity.

We plan to develop the services we offer in the following ways:

- Use our new website to engage with more members
- Continue to build and strengthen our new webchat service
- Develop our information provision
- Expanding our support network
- Increasing our campaigning and awareness work

Endometriosis is a long-term condition for which there is no known cure, however, the research field is becoming more established and new medical treatments could be on the horizon. We aim to continue providing a sustainable service to our members for as long as it is required. We don't charge for our services therefore our strategy is to maximize fundraising opportunities by:

- Making proper and effective use of our Gift Aid status
- Establishing a presence on 'JustGiving' and 'GoFundMe' pages.
- Provide promotional packs with branded merchandise to help our volunteers and supporter promote Endo SoS effectively.
- Maximise grant funding opportunities.

We are a voluntary run organisation, and our people are our most valuable asset. A key priority for the next year is to recruit and train new volunteers and maintain a large pool of skilled volunteers to help ensure sustainability of Endo SoS and its services.



## Financial Report

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and for ensuring that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005.

The main sources of Endo SoS funds are our fundraising activities and applications for grant funding.

We run local fundraisers in March each year (Endometriosis week) and supporters also help us to raise funds throughout the year through sponsored activities. and generally promoting the work of Endo SoS.

As a very young charity that operates mainly online, we have few liabilities and limited resources. Our main asset is our people – our Members, Volunteers, Ambassadors, and Trustees. Irrespective of the scope of our current funding we aim to manage our charity's finances responsibly, keeping expenditure within budget and ensuring effective financial controls to protect the charities monies.

At present, our reserves policy is to have at least three month's operating costs in the form of unrestricted and available funding. We consider £1,500 in reserves to be sufficient to cover the general running costs (e.g. volunteer expenses, postage etc.) for Endo SoS as a charity that operates mainly online. At the end of the financial year for this report we had a surplus of £1,794. We have been fortunate enough to receive more funding from a Foundation and sponsorship activities and on 02-09-2024 had a surplus of £3,271.

## Receipts and Payments Account Summary

Description	Unrestricted Funds	Restricted Funds	Total Funds
<b>Receipts</b>			
<b>Donations</b>			
Small Individual Donations	£15.00		£15.00
██████████	£50.00		£50.00
Sub total	£65.00	£0.00	£65.00
<b>Fundraising</b>			
Fundraising balance from pre-charity status.	£100.00		£100.00
Marxhall HM Hannah-Hamper	£145.00		£145.00
Hat Trick Productions		£3,000.00	£3,000.00
Sub total	£245.00	£3,000.00	£3,245.00
<b>Grants</b>			
Scottish Government		£18,000.00	£18,000.00
Foundation Scotland	£1,000.00		£1,000.00
Sub total	£1,000.00	£18,000.00	£19,000.00
<b>Total Gross Income</b>	<b>£1,310.00</b>	<b>£21,000.00</b>	<b>£22,310.00</b>
<b>Payments</b>			
EXPPECT: contribution to research		£3,000.00	£3,000.00
Training (Counselling & Endometriosis Wellness Course)		£2,300.00	£2,300.00
Copywriting		£2,880.00	£2,880.00
Website Development		£9,600.00	£9,600.00
Yoga Classes		£2,736.00	£2,736.00
<b>Total Payments</b>		<b>£20,516.00</b>	<b>£20,516.00</b>
<b>Surplus / Deficit</b>			<b>£1,794.00</b>
<b>Cash at Bank</b>			<b>£1,794.00</b>
<b>Reconciliation</b>			<b>£0.00</b>

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

Trustee Name	Trustee Position	Trustee Signature	Date

## Appendix: Receipts and Payments Account For the period 6th April 2023 to 5<sup>th</sup> April 2024

### Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
<b>A1 Receipts</b>						
Donations	£ 65	£ -	£ -	£ -	£ 65	£ -
Legacies	£ -	£ -	£ -	£ -	£ -	£ -
Grants	£ 1,000	£ 18,000	£ -	£ -	£ 19,000	£ -
Receipts from fundraising activities	£ 245	£ 3,000	£ -	£ -	£ 3,245	£ -
Gross trading receipts	£ -	£ -	£ -	£ -	£ -	£ -
Income from investments other than land and buildings	£ -	£ -	£ -	£ -	£ -	£ -
Rents from land & buildings	£ -	£ -	£ -	£ -	£ -	£ -
Gross receipts from other charitable activities	£ -	£ -	£ -	£ -	£ -	£ -
<b>A1 Sub total</b>	<b>£ 1,310</b>	<b>£ 21,000</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 22,310</b>	<b>£ -</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets	£ -	£ -	£ -	£ -	£ -	£ -
Proceeds from sale of investments	£ -	£ -	£ -	£ -	£ -	£ -
<b>A2 Sub total</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>Total receipts</b>	<b>£ 1,310</b>	<b>£ 21,000</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 22,310</b>	<b>£ -</b>
<b>A3 Payments</b>						
Expenses for fundraising activities	£ -	£ -	£ -	£ -	£ -	£ -
Gross trading payments	£ -	£ -	£ -	£ -	£ -	£ -
Investment management costs	£ -	£ -	£ -	£ -	£ -	£ -
Payments relating directly to charitable activities	£ -	£ 20,516	£ -	£ -	£ 20,516	£ -
Grants and donations	£ -	£ -	£ -	£ -	£ -	£ -
(Governance) Audit / independent examination	£ -	£ -	£ -	£ -	£ -	£ -
(Governance) Preparation of annual accounts	£ -	£ -	£ -	£ -	£ -	£ -
(Governance) Legal costs	£ -	£ -	£ -	£ -	£ -	£ -
(Governance) Other	£ -	£ -	£ -	£ -	£ -	£ -
<b>A3 Sub total</b>	<b>£ -</b>	<b>£ 20,516</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 20,516</b>	<b>£ -</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets	£ -	£ -	£ -	£ -	£ -	£ -
Purchase of investments	£ -	£ -	£ -	£ -	£ -	£ -
<b>A4 Sub total</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>Total payments</b>	<b>£ -</b>	<b>£ 20,516</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 20,516</b>	<b>£ -</b>
<b>Net receipts / (payments)</b>	<b>£ 1,310</b>	<b>£ 484</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 1,794</b>	<b>£ -</b>
<b>A5 Transfers to / (from) funds</b>						
	£ -	£ -	£ -	£ -	£ -	£ -
<b>Surplus / (deficit) for year</b>	<b>£ 1,310</b>	<b>£ 484</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 1,794</b>	<b>£ -</b>



## Section B Statement of Balances

### B1 Cash funds

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
Cash and bank start of year	£ -	£ -	£ -	£ -	£ -	£ -
Surplus / (deficit) shown on receipts & payment	£ 1,310	£ 484	£ -	£ -	£ 1,794	£ -
<b>Cash and bank balances at end of year</b>	<b>£ 1,310</b>	<b>£ 484</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 1,794</b>	<b>£ -</b>

### B2 Investments

Fund to which asset belongs	Market valuation	Last year
N/A	£ -	£ -
	£ -	£ -

### B3 Other assets

Fund to which asset belongs	Cost	Current value	Last year
N/A	£ -	£ -	£ -
	£ -	£ -	£ -

### B4 Liabilities

Fund to which liability relates	Amount due	Last year
N/A	£ -	£ -

### B5 Contingent liabilities

Fund to which liability relates	Amount due	Last year
N/A	£ -	£ -

The Trustees Declare that they have reviewed and agree with this financial report:

Trustee Name

Trustee Position

Trustee Signature

Date

## Section C Notes to the Accounts

### C1 Nature and purpose of funds:

Endo SoS raises funds from the general public through fundraising activities. The purpose of our general fundraising is to promote our charitable purposes of supporting those who live with the impact of endometriosis to help improve their understanding and management of the condition. We also seek grant funding from Trusts, Foundations and other sources. These funds are usually project-based and restricted. They cover specific service developments such as providing free yoga classes and developing our website. In practical terms, the purpose of our grant funding is to support the development of Endo SoS in response to our members and to contribute to improving the quality of life of those living with endometriosis in the South of Scotland.

### C2 Grants

Type of activity or project supported	Individual / Institution	Number of grants made	£
Website development, Free Yoga Classes for members, Volun	Institution	1	£ 18,000.00
General Running Costs	Institution	1	£ 1,000.00
			<b>£ 19,000.00</b>

### C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	X
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### C3b Trustee remuneration – details

N/A	£ -
	<b>£ -</b>

### C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
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### C4b Trustee expenses – details

	No. of trustees	£
N/A		£ -

### C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount	Balance outstanding at period end
	N/A	£ -	£ -

### C6 Other information

\*All payments for the accounting period (6th April 2023 to 5th April 2024) are related to the use of restricted funding. Endo SoS currently works mainly online and has limited overheads and providing the funded project (yoga, volunteer training and website) was a priority during this period.

\*Reimbursing genuine out-of-pocket expenses to volunteers is very important to Endo SoS. We have not processed any volunteer expenses in this financial year (2023 to 2024) as this is our first year of operation, however, repayment of volunteer expenses is recorded in our journal for payment in the next financial year (2024 to 2025).

\*Endo SoS operates mainly online and does not own or rent any property or equipment. Trustees use their own laptops and phones for communication and to carry out administrative tasks.

## Analysis of Receipts and Payments

	Unrestricted Funds	Restricted Funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
<b>Donations</b>						
Individual donors (raffles)	£ 15	£ -	£ -	£ -	£ 15	£ -
C Brown-Peter Pepper	£ 50	£ -	£ -	£ -	£ 50	£ -
	<b>£ 65</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 65</b>	<b>£ -</b>
<b>Grants</b>						
Foundation Scotland	£ 1,000	£ -	£ -	£ -	£ 1,000	£ -
Scottish Government	£ -	£ 18,000	£ -	£ -	£ 18,000	£ -
	<b>£ 1,000</b>	<b>£ 18,000</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 19,000</b>	<b>£ -</b>
<b>Fundraising</b>						
Fundraising balance pre-charity status	£ 100	£ -	£ -	£ -	£ 100	£ -
Marxhall HM Hannah-Hamper	£ 145	£ -	£ -	£ -	£ 145	£ -
Hat Trick Productions (J Knappet)	£ -	£ 3,000	£ -	£ -	£ 3,000	£ -
	<b>£ 245</b>	<b>£ 3,000</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 3,245</b>	<b>£ -</b>
<b>Payments relating directly to charitable activities</b>						
Salaries / Wages	£ -	£ -	£ -	£ -	£ -	£ -
Rent	£ -	£ -	£ -	£ -	£ -	£ -
Printing / Stationery	£ -	£ -	£ -	£ -	£ -	£ -
Fundraising costs	£ -	£ -	£ -	£ -	£ -	£ -
Administration costs	£ -	£ 10,916	£ -	£ -	£ 10,916	£ -
Marketing	£ -	£ -	£ -	£ -	£ -	£ -
Travel and conferences	£ -	£ -	£ -	£ -	£ -	£ -
Technology and software	£ -	£ 9,600	£ -	£ -	£ 9,600	£ -
Communications	£ -	£ -	£ -	£ -	£ -	£ -
Other - operations	£ -	£ -	£ -	£ -	£ -	£ -
	<b>£ -</b>	<b>£ 20,516</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 20,516</b>	<b>£ -</b>

## Breakdown of Unrestricted Funds

	General Fund		Webinars		Support Groups		Endo Awareness Month (March)		Total unrestricted funds	Total unrestricted funds last year	
<b>Receipts</b>											
Donations	£	65	£	-	£	-	£	-	£ 65	£	-
Legacies	£	-	£	-	£	-	£	-	£ -	£	-
Grants	£	1,000	£	-	£	-	£	-	£ 1,000	£	-
Receipts from fundraising activities	£	245	£	-	£	-	£	-	£ 245	£	-
Gross trading receipts	£	-	£	-	£	-	£	-	£ -	£	-
Income from investments other than land and buildings	£	-	£	-	£	-	£	-	£ -	£	-
Rents from land & buildings	£	-	£	-	£	-	£	-	£ -	£	-
Gross receipts from other charitable activities	£	-	£	-	£	-	£	-	£ -	£	-
	£	1,310	£	-	£	-	£	-	£ 1,310	£	-
<b>Receipts from asset &amp; investment sales</b>											
Proceeds from sale of fixed assets	£	-	£	-	£	-	£	-	£ -	£	-
Proceeds from sale of investments	£	-	£	-	£	-	£	-	£ -	£	-
	£	-	£	-	£	-	£	-	£ -	£	-
<b>Total receipts</b>	£	1,310	£	-	£	-	£	-	£ 1,310	£	-
<b>Payments</b>											
Expenses for fundraising activities	£	-	£	-	£	-	£	-	£ -	£	-
Gross trading payments	£	-	£	-	£	-	£	-	£ -	£	-
Investment management costs	£	-	£	-	£	-	£	-	£ -	£	-
Payments relating directly to charitable activities	£	-	£	-	£	-	£	-	£ -	£	-
Grants and donations	£	-	£	-	£	-	£	-	£ -	£	-
Governance (Independent examination etc)	£	-	£	-	£	-	£	-	£ -	£	-
	£	-	£	-	£	-	£	-	£ -	£	-
<b>Payments relating to asset and investment movements</b>											
Purchases of fixed assets	£	-	£	-	£	-	£	-	£ -	£	-
Purchase of investments	£	-	£	-	£	-	£	-	£ -	£	-
	£	-	£	-	£	-	£	-	£ -	£	-
<b>Total payments</b>	£	-	£	-	£	-	£	-	£ -	£	-
<b>Net receipts / (payments)</b>	£	1,310	£	-	£	-	£	-	£ 1,310	£	-
<b>Transfers to / (from) funds</b>	£	-	£	-	£	-	£	-	£ -	£	-
<b>Surplus / (deficit) for year</b>	£	1,310	£	-	£	-	£	-	£ 1,310	£	-

### Nature and purpose of funds

Endo SoS raises funds from its members and the general public through fundraising activity throughout the year, especially during Endometriosis Awareness Month in March each year, and through its ambassadors taking part in sponsored activities. These funds are for the most part unrestricted, although on occasion we will commit funds raised by ambassadors as a contribution to Endometriosis Research prior to the funds being raised and in agreement with the ambassador. In practical terms, the purpose of our fundraising activity is to support the general running of Endo SoS in areas such as volunteer expenses, marketing and administration.

## Breakdown of Restricted Funds

	New Website	Yoga Classes	Volunteer Training	EXPPECT Research	Total restricted	Total restricted funds last period
<b>Receipts</b>						
Donations	£ -	£ -	£ -	£ -	£ -	£ -
Legacies	£ -	£ -	£ -	£ -	£ -	£ -
Grants	£ 12,764	£ 2,736	£ 2,500	£ -	£ 18,000	£ -
Receipts from fundraising activities	£ -	£ -	£ -	£ 3,000	£ 3,000	£ -
Gross trading receipts	£ -	£ -	£ -	£ -	£ -	£ -
Income from investments other than land and buildings	£ -	£ -	£ -	£ -	£ -	£ -
Rents from land & buildings	£ -	£ -	£ -	£ -	£ -	£ -
Gross receipts from other charitable activities	£ -	£ -	£ -	£ -	£ -	£ -
	<b>£ 12,764</b>	<b>£ 2,736</b>	<b>£ 2,500</b>	<b>£ 3,000</b>	<b>£ 21,000</b>	<b>£ -</b>
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets	£ -	£ -	£ -	£ -	£ -	£ -
Proceeds from sale of investments	£ -	£ -	£ -	£ -	£ -	£ -
	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>Total receipts</b>	<b>£ 12,764</b>	<b>£ 2,736</b>	<b>£ 2,500</b>	<b>£ 3,000</b>	<b>£ 21,000</b>	<b>£ -</b>
<b>Payments</b>						
Expenses for fundraising activities	£ -	£ -	£ -	£ -	£ -	£ -
Gross trading payments	£ -	£ -	£ -	£ -	£ -	£ -
Investment management costs	£ -	£ -	£ -	£ -	£ -	£ -
Payments relating directly to charitable activities	£ 12,480	£ 2,736	£ 2,300	£ 3,000	£ 20,516	£ -
Grants and donations	£ -	£ -	£ -	£ -	£ -	£ -
(Governance) Audit / independent examination	£ -	£ -	£ -	£ -	£ -	£ -
(Governance) Preparation of annual accounts	£ -	£ -	£ -	£ -	£ -	£ -
(Governance) Legal costs	£ -	£ -	£ -	£ -	£ -	£ -
(Governance) Other	£ -	£ -	£ -	£ -	£ -	£ -
	<b>£ 12,480</b>	<b>£ 2,736</b>	<b>£ 2,300</b>	<b>£ 3,000</b>	<b>£ 20,516</b>	<b>£ -</b>
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets	£ -	£ -	£ -	£ -	£ -	£ -
Purchase of investments	£ -	£ -	£ -	£ -	£ -	£ -
	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>Total payments</b>	<b>£ 12,480</b>	<b>£ 2,736</b>	<b>£ 2,300</b>	<b>£ 3,000</b>	<b>£ 20,516</b>	<b>£ -</b>
<b>Net receipts / (payments)</b>	<b>£ 284</b>	<b>£ -</b>	<b>£ 200</b>	<b>£ -</b>	<b>£ 484</b>	<b>£ -</b>
<b>Transfers to / (from) funds</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>Surplus / (deficit) for year</b>	<b>£ 284</b>	<b>£ -</b>	<b>£ 200</b>	<b>£ -</b>	<b>£ 484</b>	<b>£ -</b>

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## Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	06	04	2023		05	04	2024

### Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
<b>A1 Receipts</b>						
Donations	65				65	
Legacies					-	
Grants	1,000	18,000			19,000	
Receipts from fundraising activities	245	3,000			3,245	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
<b>A1 Sub total</b>	<b>1,310</b>	<b>21,000</b>	<b>-</b>	<b>-</b>	<b>22,310</b>	<b>-</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,310</b>	<b>21,000</b>	<b>-</b>	<b>-</b>	<b>22,310</b>	<b>-</b>
<b>A3 Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities		20,516			20,516	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
<b>A3 Sub total</b>	<b>-</b>	<b>20,516</b>	<b>-</b>	<b>-</b>	<b>20,516</b>	<b>-</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>-</b>	<b>20,516</b>	<b>-</b>	<b>-</b>	<b>20,516</b>	<b>-</b>
<b>Net receipts / (payments)</b>	<b>1,310</b>	<b>484</b>	<b>-</b>	<b>-</b>	<b>1,794</b>	<b>-</b>
<b>A5 Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>1,310</b>	<b>484</b>	<b>-</b>	<b>-</b>	<b>1,794</b>	<b>-</b>

## Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>	Cash and bank balances at start of year	-				-	
	Surplus / (deficit) shown on receipts and payments account	1,310	484			1,794	
						-	
						-	
	<b>Cash and bank balances at end of year</b>	<b>1,310</b>	<b>484</b>	<b>-</b>	<b>-</b>	<b>1,794</b>	<b>-</b>
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

Categories	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
<b>B2 Investments</b>				
		<b>Total</b>	-	-

Categories	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
<b>B3 Other assets</b>					
		<b>Total</b>	-	-	-

Categories	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
<b>B4 Liabilities</b>				
		<b>Total</b>	-	-

Categories	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
<b>B5 Contingent liabilities</b>				
		<b>Total</b>	-	-

Signed by one or two trustees  
on behalf of all the trustees

Signature

Print Name

Date of  
approval

## Section C Notes to the Accounts

### C1 Nature and purpose of funds *(may be stated on analysis of funds worksheets)*

Endo SoS raises funds from the general public through fundraising activities, especially during Endometriosis Awareness Month in March each year, and through its ambassadors taking part in sponsored activities. These funds are for the most part unrestricted, although on occasion we will commit funds raised by ambassadors as a contribution to Endometriosis Research prior to the funds being raised and in agreement with the ambassadors. In practical terms, the purpose of our fundraising activity is to support the general running of Endo SoS in areas such as volunteer expenses, marketing and administration. We also aim to attract grant funding from Trusts, Foundations and other sources. These funds are usually project based and restricted. They cover specific service developments such as providing free yoga classes for our members and developing our website. In practical terms, the purpose of our grant funding is to support the development of Endo SoS in response to member feedback and to contribute to improving the quality of life of those who live with endometriosis.

### C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Yoga classes, volunteer training & new website.	Scottish Government	1	18,000
General running costs (unrestricted).	Foundation Scotland	1	1,000
		<b>Total</b>	<b>19,000</b>

### C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	<b>x</b>
--	----------

### C3b Trustee remuneration - details

Authority under which paid	£

### C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	<b>x</b>
---	----------

### C4b Trustee expenses - details

	Number of trustees	£

### C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

### C6 Other information

\* Reimbursing genuine out-of-pocket expenses to volunteers is very important to Endo SoS. We have not processed any volunteer expenses in this financial year (2023 to 2024) as this is our first year of operation, however, repayment of volunteer expenses is recorded in our journal for payment in the next financial year (2024 to 2025).

\*Endo SoS operates mainly online and does not own or rent any property or equipment. Trustees use their own laptops and phones for communication and to carry out administrative tasks.



## Additional analysis (1)

### Analysis of receipts and payments

#### 1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Individual Donors (raffles etc)	15				15	
	50				50	
					-	
					-	
<b>Total</b>	<b>65</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>65</b>	<b>-</b>

- - - - - - -

#### 2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £		Total current period to nearest £	Total last period to nearest £
Scottish Giovernment		18,000		18,000	
Foundation Scotland	1,000			1,000	
				-	
				-	
<b>Total</b>	<b>1,000</b>	<b>18,000</b>		<b>19,000</b>	<b>-</b>

- - - - - - -

#### 3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Fundraising balance pre-charity status	100				100	
Marxhall HM Hannah-Hamper	145				145	
Hat Trick Productions ( )		3,000			3,000	
					-	
					-	
					-	
					-	
<b>Total</b>	<b>245</b>	<b>3,000</b>	<b>-</b>	<b>-</b>	<b>3,245</b>	<b>-</b>

reference error reference error - - reference error -

#### 4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Volunteer Training (Counselling & Wellness Courses)		2,300			2,300	
New Website		9,600			9,600	
Copywriting for New Website		2,880			2,880	
Yoga Classes for members		2,736			2,736	
EXPPECT: Endometriosis Research Contribution		3,000			3,000	
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	<b>-</b>	<b>20,516</b>	<b>-</b>	<b>-</b>	<b>20,516</b>	<b>-</b>

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## Additional analysis (2)

### 5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below  General Fundraising	Unrestricted fund 2 - enter name of fund below  Unrestricted Grants	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
<b>Receipts</b>						
Donations	65				65	
Legacies					-	
Grants		1,000			1,000	
Receipts from fundraising activities	245				245	
Gross trading receipts					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
<b>Sub total</b>	<b>310</b>	<b>1,000</b>	<b>-</b>	<b>-</b>	<b>1,310</b>	<b>-</b>
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>310</b>	<b>1,000</b>	<b>-</b>	<b>-</b>	<b>1,310</b>	<b>-</b>
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net receipts / (payments)</b>	<b>310</b>	<b>1,000</b>	<b>-</b>	<b>-</b>	<b>1,310</b>	<b>-</b>
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	<b>310</b>	<b>1,000</b>	<b>-</b>	<b>-</b>	<b>1,310</b>	<b>-</b>

#### Nature and purpose of funds

As C1.

Please note, all payments for the accounting period (6th April 2023 to 5th April 2024) are related to the use of restricted funding. Endo SoS currently works mainly online and has limited overheads. Also, delivering the funded Scottish Government project (yoga, volunteer training and website) was a priority during this period.

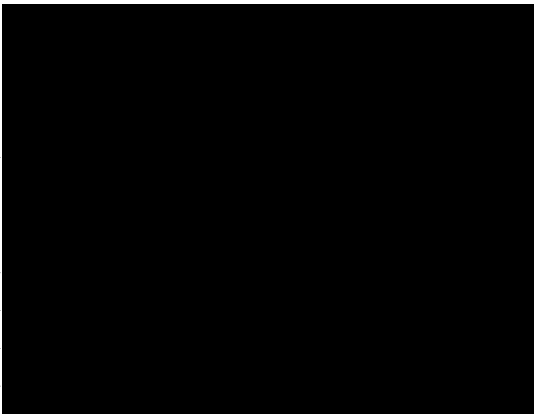
- SC052580

**Additional analysis (3)****6 Breakdown of restricted funds**

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
	Scottish Government	Ambassador Fundraising				
<b>Receipts</b>						
Donations					-	
Legacies					-	
Grants	18,000				18,000	
Receipts from fundraising activities		3,000			3,000	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
<b>Sub total</b>	18,000	3,000	-	-	21,000	-
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total receipts</b>	18,000	3,000	-	-	21,000	-
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	17,516	3,000			20,516	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
<b>Sub total</b>	17,516	3,000	-	-	20,516	-
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total payments</b>	17,516	3,000	-	-	20,516	-
<b>Net receipts / (payments)</b>	484	-	-	-	484	-
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	484	-	-	-	484	-

**Nature and purpose of funds**

As C1

<b>Report to the trustees/members of</b>  <b>Registered charity number</b>  <b>On the accounts of the charity for the period</b>  <b>Set out on pages</b>	<b>Independent examiner's report on the accounts</b>						
	<b>Endo SoS</b>						
	<b>SC052580</b>						
	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
06	04	2023	<b>to</b>	05	04	2024	
15 to 21							
<b>Respective responsibilities of trustees and examiner</b>  <b>Basis of independent examiner's statement</b>	<p>The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.</p> <p>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.</p>						
	<p>In the course of my examination, no matter has come to my attention</p> <p>1. which gives me reasonable cause to believe that in any material respect the requirements:</p> <ul style="list-style-type: none"> <li>to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul>						
<b>Independent examiner's statement</b>  <b>Signed:</b>  <b>Name:</b> <b>Relevant professional qualification(s) or body (if any):</b> <b>Address:</b>			<b>Date:</b>	27 / 08 / 2024			

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of  
any items that the  
examiner wishes to  
disclose

N/A