

APPENDIX 1

OSCR

Scottish Charity Regulator

Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
From	Day	Month	Year	To	Day	Month	Year
	05	06	2025		31	03	2026

Reference and administration details

Charity name
Other names charity is known by
Registered charity number
Charity's principal address

Menopause Support Shetland
SC053412
Fairview
Dunrossness
Shetland
Postcode ZE2 9JB

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

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jenny Gunn	Chair		
2	Una Simpson	Treasurer		
3	Wendy Hand	Secretary		
4	Naomi Harrison			
5	Anja Richardson			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

Structure, governance and management

Type of governing document

SCIO Constitution

Trustee recruitment and appointment

Appointment/retiral

The board may at any time appoint any person to be a charity trustee - by way of a resolution passed by majority vote at a board meeting.

At the conclusion of the first AGM, one third (to the nearest round number) of the charity trustees shall retire from office; the question of which of them is to retire shall be determined by some random method.

At the conclusion of each AGM (other than the first)

- any charity trustees appointed during the period since the preceding AGM (but excluding those re-appointed under clause 0 during that period) shall retire from office;
- out of the remaining charity trustees, one third (to the nearest round number) shall retire from office.

The charity trustees to retire under paragraph (b) of clause 20 shall be those who have been longest in office since they were last appointed or re-appointed; as between persons who were last appointed/re-appointed on the same date, the question of which of them is to retire shall be determined by some random method.

A charity trustee who retires from office under clause 0 or 0 at the conclusion of an AGM shall be eligible for re-appointment under clause 0 at the next board meeting.

A charity trustee vacating office at the conclusion of an AGM will be deemed to have been re-elected at the board meeting which next follows unless:

- they advise the board that they do not wish to be re-appointed; or

a resolution for the re-appointment of that charity trustee was put to the board meeting and was not carried

Objectives and activities

Charitable purposes

The organisation's purposes are:

- the provision of support groups for peri-menopausal and menopausal women in Shetland
- the advancement of menopausal health in Shetland
- the relief of those in need by reason of age, ill-health, sex and other relevant menopausal disadvantages
- the advancement of menopausal education in Shetland

Summary of the main activities in relation to these objects

To allow a space for women experiencing the menopause to come together to support each other.

To provide access to therapeutic services such as relaxation, massage and reiki.

To provide guest speakers such as local doctors, beauty therapists, alternative therapies.

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Achievements and performance

Summary of the main achievements of the charity during the financial period

We have engaged with 164 women attending the group at some point, offering themed discussions, peer support and therapies.

Held Pop Up Menopause Cafes throughout Shetland including the isles.

Distributed leaflets.

We have three regular groups one in the south of Shetland, on central and one in the north.

Financial review

Brief statement of the charity's policy on reserves Details of any deficit

Reserves of £500 could ensure the running of the group for six months

Donated facilities and services (if any)

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Other optional information

Declaration

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

Signed on behalf of the charity's trustees

Signature(s) <i>OSCR will accept digital or typed signatures</i>		
Full name(s)	Wendy Hand	
Position (e.g. Chair)	Secretary	
Date	04.04.26	

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Report to the trustees/members of	Independent examiner's report on the accounts v2						
	MENOPAUSE SUPPORT SHETLAND						
Registered charity number	SCO53412						
On the accounts of the charity for the period	Period start date			to	Period end date		
	Day 01	Month 04	Year 2025		Day 31	Month 03	Year 2026
Set out on pages	7-10						
Respective responsibilities of trustees and examiner	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 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.						
Basis of independent examiner's statement	My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.						
Independent examiner's statement	In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*] - which gives me reasonable cause to believe that in any material respect the requirements: - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations						
	have not been met, or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.						
Signed:				Date:	10/6/26		
Name:	Michelle Hughson						
Relevant professional qualification(s) or body (if any):	Independent Examiner						
Address:	Voluntary Action Shetland						
	Market House						
	14 Market Street						
	Lerwick ZE1 0JP						

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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**

Menopause Support Shetland

SCO53412.



Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2025		31	03	2026

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 £
A1 Receipts						
Donations					-	7,875
Legacies					-	-
Grants		5,000			5,000	5,000
Receipts from fundraising activities					-	-
Gross trading receipts					-	-
Income from investments other than land and buildings	2				2	3
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	30
					-	-
A1 Sub total	2	5,000	-	-	5,002	12,908
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	2	5,000	-	-	5,002	12,908
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities		4,309			4,309	6,365
Grants and donations					-	
Governance costs:					-	
Audit / independent examination		95			95	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	-	4,404	-	-	4,404	6,365
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	-	4,404	-	-	4,404	6,365
Net receipts / (payments)	2	596	-	-	598	6,543
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	2	596	-	-	598	6,543

(Agree balances with receipts and payments account(s))

Date of approval

WHand	Wendy Hand	10.06.2026

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 £
					-	7,875
					-	
					-	
					-	
Total	-	-	-	-	-	7,875

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2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
CMH&WB Fund for Adults		5,000	5,000	5,000
			-	
			-	
			-	
Total	-	5,000	5,000	5,000

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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 £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-

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4 Payments relating directly to charitable activities

	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 £
Venue Hire		1,138			1,138	1,652
Resources		47			47	348
Refreshments		190			190	427
Therapies		1,510			1,510	2,133
Website		60			60	108
Marketing		53			53	60
Coordinator		40			40	1,415
Training		95			95	222
Memberships		1,271			1,271	
					-	
					-	
Total	-	4,404	-	-	4,404	6,365

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