

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	05	06	2024	To	31	03	2025

Reference and administration details

Charity name	Menopause Support Shetland
Other names charity is known by	
Registered charity number	SC053412
Charity's principal address	

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			
2			
3			
4			
5			
6			
7			

APPENDIX 1

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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APPENDIX 1

Achievements and performance

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

We have engaged with 77 women attending the group at some point, offering themed discussions, peer support and therapies.

Attended Women's Health Day.

Distributed leaflets.

Attended funding event at local secondary school informing young people about the group and menopause generally.

We have three regular groups one in the south of Shetland, on central and one in the north. We also provided two pop up cafes in the west and far west.

Financial review

Brief statement of the charity's policy on reserves

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

Details of any deficit

Donated facilities and services (if any)

3

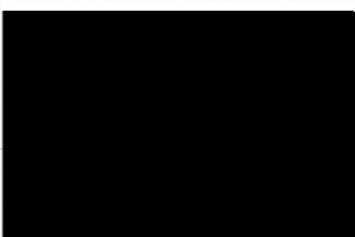
APPENDIX 1

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)		
Position (e.g. Chair)	Secretary	
Date	13/11/2025	

APPENDIX 3



		Independent examiner's report on the accounts v2						
Report to the trustees/members of		MENOPAUSE SUPPORT SHETLAND						
Registered charity number		SCO53412						
On the accounts of the charity for the period		Period start date				Period end date		
		Day	Month	Year		Day	Month	Year
		05	06	2024	to	31	03	2025
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:	13/11/25	
Name:								
Relevant professional qualification(s) or body (if any):	Independent Examiner							
Address:	Voluntary Action Shetland Market House 14 Market Street Lerwick ZE1 0JP							

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

SC053412



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	05	06	2024		31	05	2025

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	2,875	5,000			7,875	
Legacies					-	
Grants		5,000			5,000	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings	3				3	
Rents from land & buildings					-	
Gross receipts from other charitable activities	30				30	
					-	
A1 Sub total	2,908	10,000	-	-	12,908	-
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	2,908	10,000	-	-	12,908	-
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	1,334	5,031			6,365	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	1,334	5,031	-	-	6,365	-
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	1,334	5,031	-	-	6,365	-
Net receipts / (payments)	1,574	4,969	-	-	6,543	-
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	1,574	4,969	-	-	6,543	-

Section B Statement of balances

Categories	Details	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 £
B1 Cash funds	Cash and bank balances at start of year					-	
	Surplus / (deficit) shown on receipts and payments account	1,574	4,969			6,543	
						-	
						-	
	Cash and bank balances at end of year (Agree balances with receipts and payments account(s))	1,574	4,969	-	-	6,543	-

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

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

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

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

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

Signature*

Print Name

Date of approval

			13 November 2025

MENOPAUSE SUPPORT SHETLAND

SCO53412

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 £
Southend Menopause	2,875	5,000			7,875	
					-	
					-	
					-	
Total	2,875	5,000	-	-	7,875	-
	reference	reference	-	-	reference	-

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	
			-	
			-	
			-	
Total	-	5,000	5,000	-
	-	reference	reference	-

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 £
Credit	30				30	
					-	
					-	
					-	
					-	
					-	
					-	
Total	30	-	-	-	30	-
	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 £
Venue Hire		1,652			1,652	
Resources		348			348	
Refreshments		427			427	
Therapies		2,133			2,133	
Website		108			108	
Marketing		60			60	
Coordinator		1,415			1,415	
Training		222			222	
					-	
					-	
					-	
Total	-	6,365	-	-	6,365	-
	-	reference error	-	-	reference error	-