

# BRITISH SLEEP SOCIETY

England & Wales · Charity number 1009880

## Details

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**Status** Registered

**Legal form** Other

**Registered** 1992-03-19

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Executive Business Support Ltd  
Stowe House  
St Chad's Road  
Lichfield  
WS13 6TJ

**Phone** 01543442156

**Email** [admin@sleepsociety.org.uk](mailto:admin@sleepsociety.org.uk)

**Website** [www.sleepsociety.org.uk](http://www.sleepsociety.org.uk)

## Activities

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**Objects:** FOR THE RELIEF OF SICKNESS AND FOR THE PROTECTION AND PRESERVATION OF PUBLIC HEALTH AND EDUCATION OF THE GENERAL PUBLIC BY PROMOTING RESEARCH INTO SLEEP AND ITS DISORDERS, AND TREATMENT AND BY DISSEMINATING THE USEFUL RESULTS OF SUCH RESEARCH.

**Activities:** The BSS promotes all matters relating to sleep medicine and education to professionals involved in the field. Two influential scientific meetings are run annually.

## Classification

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- **How:** Makes Grants To Individuals, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities

## Geography

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- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£36,658	£96,010	-	-
2024-03-31	£255,291	£424,566	-	-
2023-03-31	£513,967	£81,358	£586,850	0
2022-03-31	£71,190	£47,318	-	-
2021-03-31	£20,709	£31,187	-	-

## Trustees

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Name	Role	Appointed
Dr Alanna Hare		2019-11-23
Dr Caroline Horton		2023-10-04
Dr Nicola Read		2023-10-04
Dr Simon Durrant		2019-11-23

**BRITISH SLEEP SOCIETY**

England & Wales - Charity number 1009880

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# Accounts

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**Report of the Trustees and**  
**Unaudited Financial Statements for the Year Ended 31 March 2025**  
**for**  
**British Sleep Society**

Elsby & Co  
155 Wellingborough Road  
Rushden  
Northamptonshire  
NN10 9TB

**British Sleep Society**

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**for the year ended 31 March 2025**

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**British Sleep Society**

**Report of the Trustees**  
**for the year ended 31 March 2025**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. 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).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The British Sleep Society was registered as a charity in 1991 and is governed by a trust deed.

The principal objectives of the trust are to promote knowledge and research in sleep, its disorders and treatment.

The charity's activities benefit the public by promoting knowledge and research in sleep. In the furtherance of these objectives, but not further or otherwise, the powers of the charity are as set out in its constitution. The objectives have not changed since the last report.

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

During the period being reported upon, an application to become a Charitable Incorporated Organisation was underway. (Retrospective note: this has been confirmed at the time of writing but was not confirmed by March 2025).

## **British Sleep Society**

### **Report of the Trustees** **for the year ended 31 March 2025**

#### **OBJECTIVES AND ACTIVITIES**

##### **Significant activities**

The charity arranges meetings, lectures and seminars to carry out its objectives.

The BSS has continued to be engaged with a range of training courses, public engagement events, media appearances, and professional meetings. That educational workstream has been a continuation of Health Education England funded project work, which allowed the BSS to employ a full time Transformational Fellow (since July 2023).

Further activities of the BSS over the past year have included:

1. In collaboration with partners at the Edinburgh International Convention Centre the BSS successfully bid to host the 2028 European Sleep Research Society conference (in Edinburgh). This large-scale event expects to attract approximately 3000 sleep professionals to the UK, and planning for that event, along with associated preparatory and legacy activities to promote sleep awareness, health and the BSS, are planned.
2. A highly successful 8th International Paediatric Sleep Association conference was held in Glasgow (April 2024) with support from the British Paediatric Sleep Society, a sub-committee of the BSS.
3. Attending the annual Association of Sleep Societies meeting in Poland.
4. Development of a project mapping sleep professionals and relevant services across the UK.
5. Developed and implemented a Research Studentship Scheme, supporting up to three students to conduct a research project, under appropriate supervision, and to report on those projects at the 2025 Biennial Conference.
6. The BSS published a position statement on Daylight Saving Time (British Summer Time) and the associated clock changes (<https://onlinelibrary.wiley.com/doi/10.1111/jsr.14352>), which received extensive positive media interest and was referenced in a parliamentary debate concerning the clock changes.
7. A successful in-person polysomnography course was delivered at the University of Strathclyde.
8. Monthly webinars, each featuring two experts in a specialized and related branch of sleep medicine, have been held and continue to run, attracting reasonable audiences and yielding modest income.
9. Further activities are planned, including preparing extensively for the 2025 Biennial Conference in Brighton, which is expected to be the largest BSS conference to date, comprising a broad range of sleep specialisms and high-profile contributors. In Spring 2026 the BSS will host the International Sleep Medicine Conference and will again run the polysomnography course in person, subject to interest (a waiting list is already in place).

##### **Public benefit statement**

The Trustees have considered the Charity Commission's guidance on public benefit, including consideration of Section 4 of the Charities Act 2006 and the guidance 'public benefit: running a charity'.

#### **ACHIEVEMENTS AND PERFORMANCE**

##### **Charitable activities**

During the 2024-2025 financial year, the British Sleep Society (BSS) has continued its mission to provide leadership in the field of sleep within the UK, focusing on education, research and communication, in order to achieve its mission of "healthy sleep for all".

## **British Sleep Society**

### **Report of the Trustees** **for the year ended 31 March 2025**

#### **FINANCIAL REVIEW**

##### **Financial position**

The financial position of the BSS remains very secure. Although outgoings have exceeded income during this financial year, this has been anticipated. Principally, the BSS is funded by a biennial conference, with the next scheduled for November 2025. Plans for that conference already indicate a possible profit of around £40,000, which will replenish some expenditure for the next two-year period (until the BSS Conference 2027). Outgoings have been entirely planned, with principal costs covering administrative support and salaries. Since 2023, the BSS has employed a Translational Fellow. That post ended as a 1.0 FTE in June 2025, and has continued as a .5 FTE, which is financially viable for the foreseeable future.

##### **Principal funding sources**

The Charity is principally funded by the attendance at the Annual conference and meetings, plus membership fees. In 2023 a grant was awarded by Health Education England (as was) to support the development and delivery of educational materials and activities. Those activities are ongoing, although the funding period has ended.

##### **Reserves policy**

The Trustees monitor the level of reserves to ensure it is sufficient to cover the overheads for a minimum period of 3 months. A dedicated bank account is in operation solely for the purpose of holding these reserves.

At the year end, free and unrestricted reserves were £189,483 (2024: £207,624). Total resources expended in the year ended 31st March 2025 totalled £96,010, which apportioned over 3 months indicate estimated expenditure of £24,000 for a 3-month period. Therefore, free and unrestricted reserves are more than sufficient to meet the requirements of the reserves policy.

#### **FUTURE PLANS**

The BSS has increased its membership over this reported period and membership numbers continue to increase.

Furthermore, the BSS is set to incorporate the British Society of Dental Sleep Medicine, transferring approximately 100 members over to the BSS once that process is complete (At the time of writing, this process has been completed). The incorporation of the British Society of Dental Sleep Medicine is likely to involve the carry-over of approximately £40,000, which can be used in part to integrate and update the BSDSM and BSS websites, and for designated BSDSM activities such as ongoing annual members day events.

Funds may also be used to support ongoing mapping of sleep professionals and relevant services across the UK. This work will commence in the next year.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

At the time of writing the charity has transitioned from being an unincorporated charity to a CIO. However, at the year end date this process had not been completed.

##### **Recruitment and appointment of new trustees**

As outlined in the constitution, Trustees are appointed in collaboration with the Executive Committee and may serve in one Officer role for a term of 4 years.

In accordance with the constitution, the committee is elected at the Annual General Meeting of the society. Election to the committee shall be for 3 years. One third of the committee shall retire annually but shall be eligible for re-election provided that no member shall serve for more than six consecutive years. The trustees during the year are listed below.

**British Sleep Society**

**Report of the Trustees**  
**for the year ended 31 March 2025**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Organisational structure**

The charity is governed by its members, with management of the charity delegated to its executive committee, who meet not less than once a year (and in practice approximately four times a year).

The BSS further comprises a set of Sub-Committees (Research; Communications; Education; Paediatric; Dental Sleep Medicine). Representation from the nations of the UK, Early Careers Professionals, and relevant arms of sleep medicine are sought across the Executive Committee.

**Induction and training of new trustees**

All new trustees undergo training in the legalities of running a charity.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1009880

**Principal address**

C/O Executive Business Support (EBS)  
City Whard, Davidson Road  
Lichfield  
Staffordshire  
WS14 9DZ


**Trustees**

A Hare  
S Durrant  
C Horton  
N Read

**Independent Examiner**

Leona Bateman ACA FCCA  
Elsby & Co  
155 Wellingborough Road  
Rushden  
Northamptonshire  
NN10 9TB

Approved by order of the board of trustees on 7<sup>th</sup> January 2026..... and signed on its behalf by:

  
.....

C Horton - Trustee

**Independent Examiner's Report to the Trustees of  
British Sleep Society**

**Independent examiner's report to the trustees of British Sleep Society**

I report to the charity trustees on my examination of the accounts of British Sleep Society (the Trust) for the year ended 31 March 2025.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Leona Bateman ACA FCCA

Elsby & Co  
155 Wellingborough Road  
Rushden  
Northamptonshire  
NN10 9TB

Date: ..... 7 / 1 / 26 .....

**British Sleep Society**

**Statement of Financial Activities**  
**for the year ended 31 March 2025**

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		29,266	-	29,266	27,253
<b>Charitable activities</b>					
Charitable activities		6,833	-	6,833	106,467
Other trading activities	2	-	-	-	121,260
Investment income	3	559	-	559	311
<b>Total</b>		<u>36,658</u>	<u>-</u>	<u>36,658</u>	<u>255,291</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Charitable activities		54,799	41,211	96,010	424,566
<b>NET INCOME/(EXPENDITURE)</b>		(18,141)	(41,211)	(59,352)	(169,275)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		207,624	209,951	417,575	586,850
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>189,483</u>	<u>168,740</u>	<u>358,223</u>	<u>417,575</u>

The notes form part of these financial statements

**British Sleep Society**

**Balance Sheet**  
**31 March 2025**

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	7	1,241	-	1,241	2,982
Cash at bank		197,770	168,740	366,510	425,625
		<u>199,011</u>	<u>168,740</u>	<u>367,751</u>	<u>428,607</u>
<b>CREDITORS</b>					
Amounts falling due within one year	8	(9,528)	-	(9,528)	(11,032)
		<u>189,483</u>	<u>168,740</u>	<u>358,223</u>	<u>417,575</u>
<b>NET CURRENT ASSETS</b>					
		<u>189,483</u>	<u>168,740</u>	<u>358,223</u>	<u>417,575</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>189,483</u>	<u>168,740</u>	<u>358,223</u>	<u>417,575</u>
<b>NET ASSETS</b>		<u>189,483</u>	<u>168,740</u>	<u>358,223</u>	<u>417,575</u>
<b>FUNDS</b>	9				
Unrestricted funds				189,483	207,624
Restricted funds				168,740	209,951
<b>TOTAL FUNDS</b>				<u>358,223</u>	<u>417,575</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 7th January 2026..... and were signed on its behalf by:

  
.....

C Horton - Trustee

The notes form part of these financial statements

## **British Sleep Society**

### **Notes to the Financial Statements** **for the year ended 31 March 2025**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **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.

Income received for a specific restricted purpose is credited to a separate restricted fund which is shown in a note to the financial statements. Total incoming resources credited to restricted funds are disclosed on the statement of financial activities which also shows incoming resources in respect of unrestricted funds.

Donations and grants received are credited on the statement of financial activities in the year to which they relate.

##### **Donations and Gifts:**

All monetary donations and gifts are included in full in the statement of financial activities when receivable, provided that there are no donor imposed restrictions to the timing of the related expenditure, in which case recognition is deferred until the pre-condition has been met.

##### **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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

##### **Taxation**

The charity is exempt from 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.

##### **Pension costs and other post-retirement benefits**

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

##### **Financial instruments**

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

**British Sleep Society**

**Notes to the Financial Statements - continued**  
**for the year ended 31 March 2025**

**1. ACCOUNTING POLICIES - continued**

**Financial instruments**

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

**2. OTHER TRADING ACTIVITIES**

	2025	2024
	£	£
Sponsorships	-	121,260
	<u>          </u>	<u>          </u>

**3. INVESTMENT INCOME**

	2025	2024
	£	£
Deposit account interest	559	311
	<u>          </u>	<u>          </u>

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

**5. EMPLOYEES**

The average number of employees during the year was 1 (2024 - 1).

**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	27,253	-	27,253
<b>Charitable activities</b>			
Charitable activities	106,467	-	106,467
Other trading activities	121,260	-	121,260
Investment income	311	-	311
	<u>          </u>	<u>          </u>	<u>          </u>
<b>Total</b>	<b>255,291</b>	<b>-</b>	<b>255,291</b>
	<u>          </u>	<u>          </u>	<u>          </u>

British Sleep Society

Notes to the Financial Statements - continued  
for the year ended 31 March 2025

<b>6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued</b>	Unrestricted fund £	Restricted fund £	Total funds £
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	204,517	220,049	424,566
	<hr/>	<hr/>	<hr/>
<b>NET INCOME/(EXPENDITURE)</b>	50,774	(220,049)	(169,275)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	156,850	430,000	586,850
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>207,624</u>	<u>209,951</u>	<u>417,575</u>

<b>7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	2025 £	2024 £
Trade debtors	-	2,565
Prepayments	1,241	417
	<hr/>	<hr/>
	<u>1,241</u>	<u>2,982</u>

<b>8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	2025 £	2024 £
Trade creditors	4,752	6,469
Taxation and social security	912	981
Other creditors	3,864	3,582
	<hr/>	<hr/>
	<u>9,528</u>	<u>11,032</u>

**Deferred income**

	<b>2025 - £</b>	<b>2024 - £</b>
Deferred income at 1 April 2024	2,125	-
Resources deferred during the year	-	2,125
Amounts released from prior year	2,125	-
	<hr/>	<hr/>
<b>Deferred income at 31 March 2025</b>	<u>-</u>	<u>2,125</u>

Deferred income relates to income received in the year specifically relating to performance conditions to be met in the future periods

**British Sleep Society**

**Notes to the Financial Statements - continued**  
**for the year ended 31 March 2025**

**9. MOVEMENT IN FUNDS**

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
<b>Unrestricted funds</b>			
General fund	207,624	(18,141)	189,483
<b>Restricted funds</b>			
Grant income	209,951	(41,211)	168,740
<b>TOTAL FUNDS</b>	<u>417,575</u>	<u>(59,352)</u>	<u>358,223</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	36,658	(54,799)	(18,141)
<b>Restricted funds</b>			
Grant income	-	(41,211)	(41,211)
<b>TOTAL FUNDS</b>	<u>36,658</u>	<u>(96,010)</u>	<u>(59,352)</u>

**Comparatives for movement in funds**

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
<b>Unrestricted funds</b>			
General fund	156,850	50,774	207,624
<b>Restricted funds</b>			
Grant income	430,000	(220,049)	209,951
<b>TOTAL FUNDS</b>	<u>586,850</u>	<u>(169,275)</u>	<u>417,575</u>

**British Sleep Society**

**Notes to the Financial Statements - continued**  
**for the year ended 31 March 2025**

**9. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	255,291	(204,517)	50,774
<b>Restricted funds</b>			
Grant income	-	(220,049)	(220,049)
<b>TOTAL FUNDS</b>	<u>255,291</u>	<u>(424,566)</u>	<u>(169,275)</u>

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

	At 1.4.23 £	Net movement in funds £	At 31.3.25 £
<b>Unrestricted funds</b>			
General fund	156,850	32,633	189,483
<b>Restricted funds</b>			
Grant income	430,000	(261,260)	168,740
<b>TOTAL FUNDS</b>	<u>586,850</u>	<u>(228,627)</u>	<u>358,223</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 £
<b>Unrestricted funds</b>			
General fund	291,949	(259,316)	32,633
<b>Restricted funds</b>			
Grant income	-	(261,260)	(261,260)
<b>TOTAL FUNDS</b>	<u>291,949</u>	<u>(520,576)</u>	<u>(228,627)</u>

The restricted fund relates to HEE Funding.

**British Sleep Society**

**Notes to the Financial Statements - continued**  
**for the year ended 31 March 2025**

**10. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2025.

**British Sleep Society**

**Detailed Statement of Financial Activities**  
**for the year ended 31 March 2025**

	2025	2024
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Subscriptions	29,266	27,253
<b>Other trading activities</b>		
Sponsorships	-	121,260
<b>Investment income</b>		
Deposit account interest	559	311
<b>Charitable activities</b>		
Conference income	6,833	106,467
<b>Total incoming resources</b>	36,658	255,291
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Conference expenses	6,476	154,803
Grants to institutions	-	192,000
	6,476	346,803
<b>Support costs</b>		
<b>Management</b>		
Wages	37,493	24,995
Pensions	938	625
Insurance	243	187
Telephone	258	306
Postage and stationery	211	215
Advertising	525	793
Website costs	588	2,864
Subscriptions	2,008	954
Administration	38,895	38,605
	81,159	69,544
<b>Finance</b>		
Bank charges	935	1,904
<b>Information technology</b>		
Repairs and renewals	1,020	1,020
Sundries	75	59
Accountancy and legal fees	3,897	3,400
	4,992	4,479

This page does not form part of the statutory financial statements

**British Sleep Society**

**Detailed Statement of Financial Activities**  
**for the year ended 31 March 2025**

	2025	2024
	£	£
<b>Information technology</b>		
<b>Human resources</b>		
Consultancy cost	2,448	1,836
	<u>          </u>	<u>          </u>
Total resources expended	96,010	424,566
	<u>          </u>	<u>          </u>
<b>Net expenditure</b>	<u><u>(59,352)</u></u>	<u><u>(169,275)</u></u>

This page does not form part of the statutory financial statements

**BRITISH SLEEP SOCIETY**

England & Wales - Charity number 1009880

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# Accounts

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REGISTERED CHARITY NUMBER: 1009880

**Report of the Trustees and**  
**Unaudited Financial Statements for the Year Ended 31 March 2024**  
**for**  
**BRITISH SLEEP SOCIETY**

Elsby & Co  
155 Wellingborough Road  
Rushden  
Northamptonshire  
NN10 9TB

**BRITISH SLEEP SOCIETY**

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## **BRITISH SLEEP SOCIETY**

### **Report of the Trustees** **for the year ended 31 MARCH 2024**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. 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).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

The British Sleep Society was registered as a charity in 1991 and is governed by a trust deed.

The principal objectives of the trust are:

- To promote knowledge and research in sleep, its disorders and treatment.

In the furtherance of these objectives, but not further or otherwise, the powers of the charity are as set out in its constitution.

The objectives have not changed since the last report.

The charity arranges meetings, lectures and seminars to carry out its objectives.

The trustees consider that these objectives comply with the duty in section 4 of the 2006 Charities Act to have regard to guidance published by the Charity Commission.

##### **Significant activities**

The BSS has continued to be engaged with a range of training courses, public engagement events, media appearances, and professional meetings.

Most notably, the 2023 biennial conference took place in person in October 2023 in Leeds, and was highly successful, with over 250 delegates attending, sponsorship yielding a strong profit and with attendees leaving highly positive feedback about the event. Overall, the conference yielded approximately £70,000 in income. Not only was this the first in-person event for the Society since the COVID19 pandemic, it was also the largest in the Society's history. At that meeting, the membership of the Trustees and the wider Executive Committee was refreshed. The updated membership details are included later in this report.

In June 2023, a successful joint symposium with the Royal Society of Medicine and the BSS was held in London.

The annual members day for The British Society of Dental Sleep Medicine (BSDSM) took place in November and was well attended. The BSDSM is a sub-committee of the BSS at present.

##### **Public benefit statement**

The charity's activities benefit the public by promoting knowledge and research in sleep. The trustees have considered that this complies with the Charity Commission guidance on public benefit.

## **BRITISH SLEEP SOCIETY**

### **Report of the Trustees** **for the year ended 31 MARCH 2024**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

The financial position of the Trust is set out in the annexed accounts.

During the 2023-2024 financial year, the British Sleep Society (BSS) has continued its mission to provide leadership in the field of sleep within the UK, focusing on education, research and communication, in order to achieve its mission of "healthy sleep for all".

Overall, the BSS is in a healthy financial position. Although outgoings are much greater than in the previous financial year, and income much less, this is the result of a substantial successful grant award last year and its expenditure this year, as outlined below.

During 2022-23 the BSS was awarded a contract from Health Education England for the provision of sleep education to different parts of the NHS workforce. Over the past financial year, this funding has been used in part to set up and deliver the training in the form of webinars and to fund a full time Transformation Fellow to lead on the training and outreach activities of the BSS. The webinars commenced in November 2023 with A Primer in Sleep Medicine, and are ongoing. Thus far, 11 webinars have been delivered and there are plans in place to continue this as an annual programme. In addition, in-person polygraphy and polysomnography courses (the latter being delivered at both introductory and advanced levels) have been delivered as part of this mission. The workshops have been very well received, with attendance exceeding 250 for one of them, far in excess of expectations.

Employment of the Transformation Fellow, the first person ever directly employed by the society, commenced in August 2023 and is ongoing. Due to a healthy financial status, the position will continue to be funded for a second year, to July 2025. The sustainability of that position thereafter will be regularly reviewed.

To allow the BSS to employ this Fellow, external support with human resources including payroll and contractual requirements has been enlisted. Day to day financial, events, and administrative support continues to be provided externally, by Executive Business Support, and this partnership works well, allowing Trustees and Executive Committee members to serve the BSS without charge.

Officers (also the trustees) of the BSS were refreshed in October 2023, with some continuity of expertise within the leadership team as per the Society's constitution. The previous Secretary and Treasurer were elected as Co-Presidents, with a new Secretary and Treasurer being appointed. The Secretary commenced a period of maternity leave in November, with their duties being shared across the other officers and Transformation Fellow.

The Executive Committee continues to function as the main decision-making body of the Society and is ably assisted in this regard by Education, Research and Communication subcommittees. In addition, the sub-groups of the British Paediatric Sleep Society, and the British Society of Dental Sleep Medicine, function to represent their respective professional interests, whilst being represented on the BSS Executive Committee.

The Executive Committee membership and the constitution governing the constituency of the EC can be seen on the society website at <https://www.sleepsociety.org.uk/>. No remuneration or other benefits have been paid or are payable to any trustee.

#### **FINANCIAL REVIEW**

##### **Principal funding sources**

The Charity is principally funded by the attendance at the Annual conference and meetings.

##### **Reserves policy**

The Trustees monitor the level of reserves to ensure it is sufficient to cover the overheads for a minimum period of 3 months.

## **BRITISH SLEEP SOCIETY**

### **Report of the Trustees** **for the year ended 31 MARCH 2024**

#### **FUTURE PLANS**

Discussions are ongoing to incorporate the BSDSM into the BSS, which will likely occur, subject to due diligence and member support, in the next financial year. This will likely involve the carry-over of approximately £40,000, which can be used in part to integrate and update the BSDSM and BSS websites, and for designated BSDSM activities such as ongoing annual members day events.

Funds may also be used to support ongoing mapping of sleep professionals and relevant services across the UK. This work will commence in the next year.

Preparations are ongoing for the 8th International Paediatric Sleep Association conference in Glasgow (April 2024) with support from the British Paediatric Sleep Society, a sub-group of the BSS.

The BSS is preparing a position statement on Daylight Saving Time (British Summer Time) and the associated clock changes, which we hope will be published, along with wider public and media interest, in the next financial year.

In collaboration with partners at the Edinburgh International Convention Centre, the BSS Executive Committee convened a Conference Organising Committee to initiate a bid to host the European Sleep Research Society congress in 2028, which was subsequently successful and will attract international interest in the BSS, provide a focal point for sleep research and activity within the UK, and should yield significant income for the Society.

The BSS has sought to reform towards unincorporated charitable association status, and that process is ongoing, with support from external legal teams.

Taken together, the past year has been highly successful, and we anticipate further strong and successful activities next year.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

##### **Recruitment and appointment of new trustees**

In accordance with the constitution, the committee is elected at the Annual General Meeting of the society. Election to the committee shall be for 3 years. One third of the committee shall retire annually but shall be eligible for re-election provided that no member shall serve for more than six consecutive years. The trustees during the year are listed on the information page.

##### **Organisational structure**

The charity is governed by its members, with management of the charity delegated to its executive committee, who meet not less than once a year.

##### **Induction and training of new trustees**

All new trustees undergo training in the legalities of running a charity.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

1009880

##### **Principal address**

C/O Executive Business Support (EBS)  
City Whard, Davidson Road  
Lichfield  
Staffordshire  
WS14 9DZ

**BRITISH SLEEP SOCIETY**

**Report of the Trustees  
for the year ended 31 MARCH 2024**

**Trustees**

Dr J Steier (resigned 4.10.23)  
Dr A Hare  
Dr S Durrant  
Dr C Horton (appointed 4.10.23)  
Dr N Read (appointed 4.10.23)

**Independent Examiner**

Carl Elsby ACA  
Elsby & Co  
155 Wellingborough Road  
Rushden  
Northamptonshire  
NN10 9TB

**Executive Committee**

Dr Simon Durrant - Co-President  
Dr Alanna Hare - Co-President (Trustee)  
Prof Caroline Horton - Treasurer (Trustee)  
Dr Nicola Read - Secretary (maternity leave); voted EC member since 2023 (Trustee)  
Prof Joerg Steier - Past President  
Dr Shruthi Konda - Co-Chair Education Sub-Committee; Co-Opted EC member as Education Co Chair  
Dr Megan Crawford - Co-Chair Education Sub-Committee; Co-Opted EC member as Education Co Chair  
Nathan Howarth - Voted in EC member since 2021  
Matthew Reid - Voted in EC member since 2021  
Rachel Pickersgill - Co-Opted EC member  
Rachel Sharman - Voted in EC member since 2023  
Dr Swapna Mandal - Voted in EC member since 2023  
Hui-Leng Tan - BPSS Co Chair - Co-opted to EC  
Dr Amanda Sathyapala - Voted in EC member since 2021  
Dr Aditi Desai - Chair of BSDSM group Co-Opted EC member as BSDSM Chair  
Dr Anna Weighall - Co-Chair of Communications Sub-Committee; Co-Opted EC member as Communications Co Chair  
Lisa Artis - Co-Chair of Communications Sub-Committee; Co-Opted EC member as Comms Co Chair  
Dr Po Fung Wong - ECP representative; Co-Opted EC member since 2022  
Dr Nicholas Budhram - Early careers researcher representative; Co-Opted EC member since 2022  
Prof Michelle Miller - Co-Chair of Research Sub-Committee; Voted in EC member since 2020  
Dr Maria Gardani - Co-Chair of Research Sub-Committee; Co-Opted EC member as Research Co Chair  
Prof Cathy Hill - Co-Chair BPSS BPSS; Co Chair - Co-opted to EC  
Dr Victoria Cooper - ARTP liaison; Co-opted to EC  
Katrina Burrows - BSS Transformation Fellow; Co-opted to EC

Approved by order of the board of trustees on 3<sup>rd</sup> January 2025 and signed on its behalf by:



Dr C Horton - Trustee

**Independent Examiner's Report to the Trustees of  
British Sleep Society**

**Independent examiner's report to the trustees of British Sleep Society**

I report to the charity trustees on my examination of the accounts of British Sleep Society (the Trust) for the year ended 31 March 2024.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the 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 material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Carl Elsby ACA

Elsby & Co  
155 Wellingborough Road  
Rushden  
Northamptonshire  
NN10 9TB

Date: ..... 3/1/2025 .....

**BRITISH SLEEP SOCIETY**

**Statement of Financial Activities  
for the year ended 31 MARCH 2024**

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		27,253	-	27,253	21,515
<b>Charitable activities</b>					
Charitable activities		106,467	-	106,467	491,345
Other trading activities	2	121,260	-	121,260	950
Investment income	3	311	-	311	157
<b>Total</b>		<u>255,291</u>	<u>-</u>	<u>255,291</u>	<u>513,967</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Charitable activities	4	204,517	220,049	424,566	81,358
<b>NET INCOME/(EXPENDITURE)</b>		50,774	(220,049)	(169,275)	432,609
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		156,850	430,000	586,850	154,241
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>207,624</u>	<u>209,951</u>	<u>417,575</u>	<u>586,850</u>

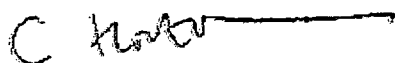
The notes form part of these financial statements

**BRITISH SLEEP SOCIETY**

**Balance Sheet**  
**31 MARCH 2024**

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	8	2,982	-	2,982	1,825
Cash at bank		215,674	209,951	425,625	623,121
		<u>218,656</u>	<u>209,951</u>	<u>428,607</u>	<u>624,946</u>
<b>CREDITORS</b>					
Amounts falling due within one year	9	(11,032)	-	(11,032)	(38,096)
		<u>207,624</u>	<u>209,951</u>	<u>417,575</u>	<u>586,850</u>
<b>NET CURRENT ASSETS</b>					
		<u>207,624</u>	<u>209,951</u>	<u>417,575</u>	<u>586,850</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>207,624</u>	<u>209,951</u>	<u>417,575</u>	<u>586,850</u>
<b>NET ASSETS</b>					
		<u>207,624</u>	<u>209,951</u>	<u>417,575</u>	<u>586,850</u>
<b>FUNDS</b>					
	10				
Unrestricted funds				207,624	156,850
Restricted funds				209,951	430,000
				<u>417,575</u>	<u>586,850</u>
<b>TOTAL FUNDS</b>					
				<u>417,575</u>	<u>586,850</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 3/1/2025 and were signed on its behalf by:



Dr C Horton - Trustee

## **BRITISH SLEEP SOCIETY**

### **Notes to the Financial Statements** **for the year ended 31 MARCH 2024**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **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.

Income received for a specific restricted purpose is credited to a separate restricted fund which is shown in a note to the financial statements. Total incoming resources credited to restricted funds are disclosed on the statement of financial activities which also shows incoming resources in respect of unrestricted funds. Donations and grants received are credited on the statement of financial activities in the year to which they relate.

##### **Donations and Gifts:**

All monetary donations and gifts are included in full in the statement of financial activities when receivable, provided that there are no donor imposed restrictions to the timing of the related expenditure, in which case recognition is deferred until the pre-condition has been met.

##### **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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

##### **Taxation**

The charity is exempt from 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.

##### **Pension costs and other post-retirement benefits**

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

##### **Financial instruments**

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued  
for the year ended 31 MARCH 2024**

**1. ACCOUNTING POLICIES - continued**

**Financial instruments**

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

**2. OTHER TRADING ACTIVITIES**

	2024	2023
	£	£
Sponsorships	<u>121,260</u>	<u>950</u>

**3. INVESTMENT INCOME**

	2024	2023
	£	£
Deposit account interest	<u>311</u>	<u>157</u>

**4. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Grant funding of activities £	Support costs £	Totals £
Charitable activities	<u>154,803</u>	<u>192,000</u>	<u>77,763</u>	<u>424,566</u>

**GRANTS TO INSTITUTIONS**

The grants paid to institutions totalling £192,000 were given to British Thoracic Society for Developing and Delivery Physiology Education (£110,000) and to Association of Respiratory Technology and Physiology for Respiratory Physiology Programme (2023: £82,000).

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued  
for the year ended 31 MARCH 2024**

**6. EMPLOYEES**

The average number of employees during the year was 1 (2023 - nil).

**7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	21,515	-	21,515
<b>Charitable activities</b>			
Charitable activities	61,345	430,000	491,345
Other trading activities	950	-	950
Investment income	157	-	157
<b>Total</b>	<u>83,967</u>	<u>430,000</u>	<u>513,967</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	81,358	-	81,358
<b>NET INCOME</b>	2,609	430,000	432,609
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	154,241	-	154,241
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>156,850</u>	<u>430,000</u>	<u>586,850</u>

**8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024 £	2023 £
Trade debtors	2,565	1,825
Prepayments	417	-
	<u>2,982</u>	<u>1,825</u>

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued**  
**for the year ended 31 MARCH 2024**

**9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024	2023
	£	£
Trade creditors	6,469	36,428
Taxation and social security	981	-
Other creditors	3,582	1,668
	<u>11,032</u>	<u>38,096</u>

**Deferred income**

	2024	2023
	£	£
Deferred income at 1 April 2023		
Resources deferred during the year	2,125	-
<b>Deferred income at 31 March 2024</b>	<u>2,125</u>	<u>-</u>

Deferred income relates to income received in the year specifically relating to performance conditions to be met in the future periods

**10. MOVEMENT IN FUNDS**

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
<b>Unrestricted funds</b>			
General fund	156,850	50,774	207,624
<b>Restricted funds</b>			
Grant income	430,000	(220,049)	209,951
<b>TOTAL FUNDS</b>	<u>586,850</u>	<u>(169,275)</u>	<u>417,575</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	255,291	(204,517)	50,774
<b>Restricted funds</b>			
Grant income	-	(220,049)	(220,049)
<b>TOTAL FUNDS</b>	<u>255,291</u>	<u>(424,566)</u>	<u>(169,275)</u>

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued  
for the year ended 31 MARCH 2024**

**10. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	154,241	2,609	156,850
<b>Restricted funds</b>			
Grant income	-	430,000	430,000
<b>TOTAL FUNDS</b>	<u>154,241</u>	<u>432,609</u>	<u>586,850</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	83,967	(81,358)	2,609
<b>Restricted funds</b>			
Grant income	430,000	-	430,000
<b>TOTAL FUNDS</b>	<u>513,967</u>	<u>(81,358)</u>	<u>432,609</u>

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

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
<b>Unrestricted funds</b>			
General fund	154,241	53,383	207,624
<b>Restricted funds</b>			
Grant income	-	209,951	209,951
<b>TOTAL FUNDS</b>	<u>154,241</u>	<u>263,334</u>	<u>417,575</u>

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued**  
**for the year ended 31 MARCH 2024**

**10. MOVEMENT IN FUNDS - continued**

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 £
<b>Unrestricted funds</b>			
General fund	339,258	(285,875)	53,383
<b>Restricted funds</b>			
Grant income	430,000	(220,049)	209,951
<b>TOTAL FUNDS</b>	<u>769,258</u>	<u>(505,924)</u>	<u>263,334</u>

The restricted fund relates to HEE Funding.

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2024.

**BRITISH SLEEP SOCIETY**

**Detailed Statement of Financial Activities**  
**for the year ended 31 MARCH 2024**

	2024 £	2023 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Subscriptions	27,253	21,515
<b>Other trading activities</b>		
Sponsorships	121,260	950
<b>Investment income</b>		
Deposit account interest	311	157
<b>Charitable activities</b>		
Conference income	106,467	61,345
Grants	-	430,000
	<hr/>	<hr/>
	106,467	491,345
	<hr/>	<hr/>
<b>Total incoming resources</b>	255,291	513,967
 <b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Conference expenses	154,803	36,195
Grants to institutions	192,000	-
	<hr/>	<hr/>
	346,803	36,195
 <b>Support costs</b>		
<b>Management</b>		
Wages	24,995	-
Pensions	625	-
Insurance	187	99
Telephone	306	368
Postage and stationery	215	214
Advertising	793	-
Website costs	2,864	696
Subscriptions	954	6,232
Administration	38,605	32,862
	<hr/>	<hr/>
	69,544	40,471
 <b>Finance</b>		
Bank charges	1,904	1,302
 <b>Information technology</b>		
Repairs and renewals	1,020	720
Carried forward	1,020	720

This page does not form part of the statutory financial statements

**BRITISH SLEEP SOCIETY**

**Detailed Statement of Financial Activities**  
**for the year ended 31 MARCH 2024**

	2024 £	2023 £
<b>Information technology</b>		
Brought forward	1,020	720
Sundries	59	38
Accountancy and legal fees	3,400	-
	<u>4,479</u>	<u>758</u>
<b>Human resources</b>		
Consultancy cost	1,836	-
<b>Governance costs</b>		
Accountancy and legal fees	-	2,632
	<u>424,566</u>	<u>81,358</u>
Total resources expended		
<b>Net (expenditure)/income</b>	<u>(169,275)</u>	<u>432,609</u>

This page does not form part of the statutory financial statements

**BRITISH SLEEP SOCIETY**

England & Wales - Charity number 1009880

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# Accounts

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**Report of the Trustees and**  
**Unaudited Financial Statements for the Year Ended 31 March 2023**  
**for**  
**BRITISH SLEEP SOCIETY**

Elsby & Co  
Thistledown Barn  
Holcot Lane  
Sywell  
Northampton  
Northamptonshire  
NN6 0BG

**BRITISH SLEEP SOCIETY**

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**for the year ended 31 MARCH 2023**

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## **BRITISH SLEEP SOCIETY**

### **Report of the Trustees** **for the year ended 31 MARCH 2023**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. 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).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

The British Sleep Society was registered as a charity in 1991 and is governed by a trust deed.

The principal objectives of the trust are:

- To promote knowledge and research in sleep, its disorders and treatment.

In the furtherance of these objectives, but not further or otherwise, the powers of the charity are as set out in its constitution.

The objectives have not changed since the last report.

The charity arranges meetings, lectures and seminars to carry out its objectives.

The trustees consider that these objectives comply with the duty in section 4 of the 2006 Charities Act to have regard to guidance published by the Charity Commission.

##### **Public benefit statement**

The charity's activities benefit the public by promoting knowledge and research in sleep. The trustees have considered that this complies with the Charity Commission guidance on public benefit.

## **BRITISH SLEEP SOCIETY**

### **Report of the Trustees** **for the year ended 31 MARCH 2023**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

The financial position of the Trust is set out in the annexed accounts.

During the 2022-2023 financial year, the British Sleep Society (BSS) has continued its mission to provide leadership in the field of sleep within the UK, focusing on education, research and communication.

Perhaps most significant of all the developments during this year has been the contract awarded by Health Education England (HEE) to the British Sleep Society for the provision of sleep education to different parts of the NHS workforce. This exciting development includes a series of thirteen webinars - to start later in 2023 - and provision of six short courses (one day each), covering a range of topics in sleep medicine. The first three of these have already been successfully carried out, focusing on polygraphy, introductory polysomnography and more advanced polysomnography and have mixed virtual and face-to-face delivery. The workshops have been very well received, with attendance exceeding 250 for one of them, far in excess of expectations. Further workshops will run during the next year.

The HEE funding has enabled the BSS to employ its first Transformation Fellow - the first person ever directly employed by the society. This will happen in the summer of 2023, for an initial period of one year, and will require substantial changes to the structure of the society. Work is ongoing to develop employment and payroll support and reform the society as an unincorporated charitable association, which is expected to happen later this year if agreed at the next AGM.

In addition to the work with HEE, the society has continued with its many other activities. This year that has included a joint webinar with the OSA Alliance and symposia at the 6th Clinical Update Sleep, with further similar activities planned including a joint symposium with the British Society of Dental Sleep Medicine at the Royal Society of Medicine.

Every third year, the International Sleep Medicine Course (ISMC) is hosted by the BSS, and that occurred this year. This event was held over four days in Cardiff in March 2023, and was very successful. It was well attended and supported by both delegates and sponsors and organization and delegates gave very positive feedback afterwards. The BSS looks forward to hosting it again in three years' time and to contributing to the course while it is hosted by our Belgian and Dutch colleagues in the intervening years

This year has also seen the beginning of preparation for the our biennial conference, which will take place in October 2023 in Leeds. The programme has already been substantially developed and the organizing committee has already been talking to potential speakers and industry sponsors about their participation. It is expected to be the largest BSS conference to date.

Leadership of the BSS in terms of the officers remain stable, with the President, Treasurer and Secretary unchanged from last year and expecting to continue in post into next year. The Executive Committee continues to function as the main decision-making body of the British Sleep Society and is ably assisted in this regard by Education, Research, Communication subcommittees. The BSS remains ably supported in all areas of our activity by Executive Business Support, who are contracted to provide us with event, administrative and financial management support.

The Executive Committee membership and the constitution governing the constituency of the EC can be seen on the society website at <https://www.sleepsociety.org.uk/>. No remuneration or other benefits have been paid or are payable to any trustee.

#### **FINANCIAL REVIEW**

##### **Principal funding sources**

The Charity is principally funded by the attendance at the Annual conference and meetings.

##### **Reserves policy**

The Trustees monitor the level of reserves to ensure it is sufficient to cover the overheads for a minimum period of 3 months.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**BRITISH SLEEP SOCIETY**

**Report of the Trustees**  
**for the year ended 31 MARCH 2023**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Recruitment and appointment of new trustees**

In accordance with the constitution, the committee is elected at the Annual General Meeting of the society. Election to the committee shall be for 3 years. One third of the committee shall retire annually but shall be eligible for re-election provided that no member shall serve for more than six consecutive years. The trustees during the year are listed on the information page.

**Organisational structure**

The charity is governed by its members, with management of the charity delegated to its executive committee, who meet not less than once a year.

**Induction and training of new trustees**

All new trustees undergo training in the legalities of running a charity.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1009880

**Principal address**

C/O Executive Business Support (EBS)  
City Whard, Davidson Road  
Lichfield  
Staffordshire  
WS14 9DZ

**Trustees**

Dr J Steier  
Dr A Hare  
Dr S Durrant

**Independent Examiner**

Carl Elsby  
Elsby & Co  
Thistledown Barn  
Holcot Lane  
Sywell  
Northampton  
Northamptonshire  
NN6 0BG

**BRITISH SLEEP SOCIETY**

**Report of the Trustees**  
**for the year ended 31 MARCH 2023**

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Executive Committee**

Professor Joerg Steier - President  
Dr Simon Durrant - Treasurer  
Dr Alanna Hare - Secretary  
Dr Shruthi Konda  
Megan Crawford  
Alex Perkins  
Nathan Howarth  
Dr Jason Ellis  
Matthew Reid  
Rachel Pickersgill  
Hui-Leng Tan  
Amanda Sathyapala  
Aditi Desai  
Dr Anna Weighall  
Lisa Artis  
Michael Farquhar  
Dr Po Fung Wong  
Nicholas Budhram  
Sakina Dastagir  
Michelle Miller

Approved by order of the board of trustees on .....29/10/2023..... and signed on its behalf by:



.....  
Trustee

**Independent Examiner's Report to the Trustees of  
British Sleep Society**

**Independent examiner's report to the trustees of British Sleep Society**

I report to the charity trustees on my examination of the accounts of British Sleep Society (the Trust) for the year ended 31 March 2023.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the 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 material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Carl Elsby

Elsby & Co  
Thistledown Barn  
Holcot Lane  
Sywell  
Northampton  
Northamptonshire  
NN6 0BG

Date: 24/10/2023.....

**BRITISH SLEEP SOCIETY****Statement of Financial Activities  
for the year ended 31 MARCH 2023**

		Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>	Notes				
Donations and legacies	2	21,515	-	21,515	22,185
<b>Charitable activities</b>	5				
Charitable activities		61,345	430,000	491,345	48,490
Other trading activities	3	950	-	950	400
Investment income	4	157	-	157	115
<b>Total</b>		<u>83,967</u>	<u>430,000</u>	<u>513,967</u>	<u>71,190</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	6				
Charitable activities		81,358	-	81,358	47,318
<b>NET INCOME</b>		2,609	430,000	432,609	23,872
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		154,241	-	154,241	130,369
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>

The notes form part of these financial statements

**BRITISH SLEEP SOCIETY**

**Balance Sheet**  
**31 MARCH 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	10	1,825	-	1,825	675
Cash at bank		193,121	430,000	623,121	156,273
		<u>194,946</u>	<u>430,000</u>	<u>624,946</u>	<u>156,948</u>
<b>CREDITORS</b>					
Amounts falling due within one year	11	(38,096)	-	(38,096)	(2,707)
		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>
<b>NET CURRENT ASSETS</b>					
		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>
<b>NET ASSETS</b>					
		<u>156,850</u>	<u>430,000</u>	<u>586,850</u>	<u>154,241</u>
<b>FUNDS</b>					
	12				
Unrestricted funds				156,850	154,241
Restricted funds				430,000	-
				<u>586,850</u>	<u>154,241</u>
<b>TOTAL FUNDS</b>					
				<u>586,850</u>	<u>154,241</u>

The financial statements were approved by the Board of Trustees and authorised for issue on .....29/10/2023.....and...were signed on its behalf by:

*S.J. D...*

.....  
Trustee

**BRITISH SLEEP SOCIETY**

**Cash Flow Statement**  
**for the year ended 31 MARCH 2023**

	Notes	2023 £	2022 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	I	<u>466,691</u>	<u>18,397</u>
Net cash provided by operating activities		<u>466,691</u>	<u>18,397</u>
<b>Cash flows from investing activities</b>			
Interest received		<u>157</u>	<u>115</u>
Net cash provided by investing activities		<u>157</u>	<u>115</u>
<b>Change in cash and cash equivalents in the reporting period</b>		<u>466,848</u>	<u>18,512</u>
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>156,273</u>	<u>137,761</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u><u>623,121</u></u>	<u><u>156,273</u></u>

The notes form part of these financial statements

**BRITISH SLEEP SOCIETY**

**Notes to the Cash Flow Statement**  
**for the year ended 31 MARCH 2023**

**I. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2023	2022
	£	£
<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	432,609	23,872
<b>Adjustments for:</b>		
Interest received	(157)	(115)
Increase in debtors	(1,150)	(367)
Increase/(decrease) in creditors	35,389	(4,993)
	<u>466,691</u>	<u>18,397</u>

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1.4.22	Cash flow	At 31.3.23
	£	£	£
<b>Net cash</b>			
Cash at bank	156,273	466,848	623,121
	<u>156,273</u>	<u>466,848</u>	<u>623,121</u>
	<u>156,273</u>	<u>466,848</u>	<u>623,121</u>
<b>Total</b>	<u>156,273</u>	<u>466,848</u>	<u>623,121</u>

The notes form part of these financial statements

## **BRITISH SLEEP SOCIETY**

### **Notes to the Financial Statements** **for the year ended 31 MARCH 2023**

#### **I. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **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.

##### **Taxation**

The charity is exempt from 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.

#### **2. DONATIONS AND LEGACIES**

	2023	2022
	£	£
Donations	-	5
Subscriptions	21,515	22,180
	<u>21,515</u>	<u>22,185</u>

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued  
for the year ended 31 MARCH 2023**

**3. OTHER TRADING ACTIVITIES**

	2023	2022
	£	£
Sponsorships	950	400
	<u>          </u>	<u>          </u>

**4. INVESTMENT INCOME**

	2023	2022
	£	£
Deposit account interest	157	115
	<u>          </u>	<u>          </u>

**5. INCOME FROM CHARITABLE ACTIVITIES**

	2023	2022
	£	£
Activity		
Charitable activities		
Conference income	61,345	48,490
Charitable activities		
Grants	430,000	-
	<u>          </u>	<u>          </u>
	491,345	48,490
	<u>          </u>	<u>          </u>

**6. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 7) £	Totals £
Charitable activities			
	36,195	45,163	81,358
	<u>          </u>	<u>          </u>	<u>          </u>

**7. SUPPORT COSTS**

	Management £	Finance £	Information technology £	Governance costs £	Totals £
Charitable activities					
	40,471	1,302	758	2,632	45,163
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued**  
**for the year ended 31 MARCH 2023**

**8. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	22,185	-	22,185
<b>Charitable activities</b>			
Charitable activities	48,490	-	48,490
Other trading activities	400	-	400
Investment income	115	-	115
<b>Total</b>	<u>71,190</u>	<u>-</u>	<u>71,190</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	<u>47,318</u>	<u>-</u>	<u>47,318</u>
<b>NET INCOME</b>	23,872	-	23,872
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	130,369	-	130,369
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>154,241</u></u>	<u><u>-</u></u>	<u><u>154,241</u></u>

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued  
for the year ended 31 MARCH 2023**

**10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Trade debtors	1,825	675
	<u>          </u>	<u>          </u>

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Trade creditors	36,428	2,707
Other creditors	1,668	-
	<u>          </u>	<u>          </u>
	<u>38,096</u>	<u>2,707</u>

**12. MOVEMENT IN FUNDS**

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
<b>Unrestricted funds</b>			
General fund	154,241	2,609	156,850
<b>Restricted funds</b>			
Grant income	-	430,000	430,000
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<u>154,241</u>	<u>432,609</u>	<u>586,850</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	83,967	(81,358)	2,609
<b>Restricted funds</b>			
Grant income	430,000	-	430,000
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<u>513,967</u>	<u>(81,358)</u>	<u>432,609</u>

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued  
for the year ended 31 MARCH 2023**

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	130,369	23,872	154,241
<b>TOTAL FUNDS</b>	<u>130,369</u>	<u>23,872</u>	<u>154,241</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	71,190	(47,318)	23,872
<b>TOTAL FUNDS</b>	<u>71,190</u>	<u>(47,318)</u>	<u>23,872</u>

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

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	130,369	26,481	156,850
<b>Restricted funds</b>			
Grant income	-	430,000	430,000
<b>TOTAL FUNDS</b>	<u>130,369</u>	<u>456,481</u>	<u>586,850</u>

**BRITISH SLEEP SOCIETY**

**Notes to the Financial Statements - continued**  
**for the year ended 31 MARCH 2023**

**12. MOVEMENT IN FUNDS - continued**

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 £
<b>Unrestricted funds</b>			
General fund	155,157	(128,676)	26,481
<b>Restricted funds</b>			
Grant income	430,000	-	430,000
<b>TOTAL FUNDS</b>	<u>585,157</u>	<u>(128,676)</u>	<u>456,481</u>

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2023.

**BRITISH SLEEP SOCIETY**

**Detailed Statement of Financial Activities**  
**for the year ended 31 MARCH 2023**

	2023	2022
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	-	5
Subscriptions	21,515	22,180
	<hr/>	<hr/>
	21,515	22,185
<b>Other trading activities</b>		
Sponsorships	950	400
<b>Investment income</b>		
Deposit account interest	157	115
<b>Charitable activities</b>		
Conference income	61,345	48,490
Grants	430,000	-
	<hr/>	<hr/>
	491,345	48,490
	<hr/>	<hr/>
<b>Total incoming resources</b>	513,967	71,190
 <b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Conference expenses	36,195	9,750
<b>Support costs</b>		
<b>Management</b>		
Insurance	99	99
Telephone	368	794
Postage and stationery	214	4
Advertising	-	295
Website costs	696	731
Subscriptions	6,232	673
Administration	32,862	32,340
	<hr/>	<hr/>
	40,471	34,936
<b>Finance</b>		
Bank charges	1,302	1,029
<b>Information technology</b>		
Repairs and renewals	720	720
Carried forward	720	720

This page does not form part of the statutory financial statements

**BRITISH SLEEP SOCIETY**

**Detailed Statement of Financial Activities**  
**for the year ended 31 MARCH 2023**

	2023	2022
	£	£
<b>Information technology</b>		
Brought forward	720	720
Sundries	38	43
	<hr/>	<hr/>
	758	763
<b>Governance costs</b>		
Accountancy and legal fees	2,632	840
	<hr/>	<hr/>
Total resources expended	81,358	47,318
	<hr/>	<hr/>
<b>Net income</b>	432,609	23,872
	<hr/> <hr/>	<hr/> <hr/>

This page does not form part of the statutory financial statements

**BRITISH SLEEP SOCIETY**

England & Wales - Charity number 1009880

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# Accounts

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**Report of the Trustees and**  
**Unaudited Financial Statements**  
**for the Year Ended 31 March 2022**  
**for**  
**British Sleep Society**

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

British Sleep Society

Contents of the Financial Statements  
for the Year Ended 31 March 2022

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**British Sleep Society**  
**Report of the Trustees**  
**for the Year Ended 31 March 2022**

The trustees present their report with the financial statements of the charity for the year ended 31 March 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).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The British Sleep Society was registered as a charity in 1991 and is governed by a trust deed.

The principal objects of the trust are:

To promote knowledge and research in sleep, its disorders and treatment.

In the furtherance of these objectives, but not further or otherwise, the powers of the charity are as set out in its constitution.

These objects have not changed since the last report.

The charity arranges meetings, lectures and seminars to carry out its objectives.

The trustees consider that these objectives comply with the duty in section 4 of the 2006 Charities Act to have regard to guidance published by the Charity Commission.

**Public Benefit Statement**

The charity's activities benefit the public by promoting knowledge and research in sleep. The trustees have considered that this complies with the Charity Commission guidance on public benefit.

## British Sleep Society

### Report of the Trustees for the Year Ended 31 March 2022

#### **ACHIEVEMENT AND PERFORMANCE**

The financial position of the Trust is set out in the annexed accounts.

The British Sleep Society (BSS) continues to promote education and research into sleep and sleep disorders and to campaign on healthcare issues relating to sleep. It remains at the forefront of UK sleep science & medicine. The global Covid-19 pandemic continued during the 2021-2022 period, but the society has remained fully active during this time. In conjunction with Health Education England (HEE) and the Association of Respiratory Technologists and Physiologists (ARTP), the society has been developing a new series of workshops, with the first of these delivered in March 2022 and more upcoming from September 2022 onwards. The first workshop was virtual and exceptionally well attended. The next workshop will be hands-on at Imperial College, London, with further workshops combining face-to-face and virtual attendance. To assist with the development of these workshops, the BSS will hire its first directly-employed Research Fellow in 2022-2023, for an initial period of six months. This exciting new development marks a turning point for the society, expanding our capabilities and enabling a fuller programme of events. Aside from the workshops, this will also include highlights such as the 6th Clinical Update Sleep, to take place in February 2023.

The previous iteration of this last series - the 5th Clinical Update Sleep - was one of the events we ran in the past year. Other events included a continuation of our full-day webinar approach established the previous year, with one on Non-CPAP Therapy in OSA hosted in June 2021. Undoubtedly the highlight of our activity during the past year, however, was our biennial conference which took place in November 2021. In spite of having to hold this virtually due to the pandemic, this was our largest ever conference. A number of innovations were present for this conference, including the introduction of popular "fireside chats" with eminent sleep researchers from around the world, morning radio introductions by BSS officers, keynote talks by internationally renowned scholars, parallel sessions throughout the three days of the conference, and additional satellite symposia held by sponsors. All of this was hosted on the 3D Aircast virtual conference platform. In spite of being a virtual event, we had around 300 attendees and the success of the event has helped to push our membership numbers over 500 for the first time in the history of the society.

We will continue with our programme of activities in the coming financial year. We also remain committed to the collaboration with other bodies nationally and internationally. The BSS supplied a number of speakers to the last International Sleep Medicine Course (ISMC) which took place virtually in early 2021 and we will be hosting the next ISMC conference ourselves, which will take place in early 2023. We have also confirmed the associate membership of our members with the European Sleep Research Society, which provides them with some additional benefits such as access to their website and educational programmes. Our officers have worked with European colleagues to promote sleep health issues along with scientific, medical and technical training across the continent. The Society also continues to provide expert advice to the media, for public consumption on sleep health issues.

Leadership of the BSS in terms of the officers remains stable, with the President, Treasurer and Secretary unchanged from last year and expecting to continue in post into next year. The Executive Committee continues to function as the main decision-making body of the British Sleep Society and is ably assisted in this regard by Education, Research, Communication and BSDSM Subcommittees. The Executive Committee membership and the constitution governing the constituency of the EC can be seen on the society website at <https://www.sleepsociety.org.uk/>. No remuneration or other benefits have been paid or are payable to any trustee.

#### **FINANCIAL REVIEW**

##### **Principal funding sources**

The Charity is principally funded by the attendance at the Annual conference and meetings.

##### **Reserves policy**

The Trustees monitor the level of reserves to ensure it is sufficient to cover the overheads for a minimum 3 month period.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

##### **Recruitment and appointment of new trustees**

In accordance with the constitution the committee is elected at the Annual General Meeting of the society. Election to the committee shall be for 3 years. One third of the committee shall retire annually but shall be eligible for re-election provided that no member shall serve for more than six consecutive years. The trustees during the year are listed on the information page.

**British Sleep Society**

**Report of the Trustees**  
**for the Year Ended 31 March 2022**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Organisational structure**

The charity is governed by its members, with the management of the charity delegated to its executive committee, who meet not less than once a year.

**Induction and training of new trustees**

All new trustees undergo training in the legalities of running a charity.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1009880

**Principal address**

PO Box 247

Colne

Huntingdon

PE28 3UZ

**Trustees**

Professor J Steier President

Dr A Hare

Dr S Durrant

**Independent Examiner**

Wheeler & Co Ltd

Chartered Accountants

The Shrubbery

14 Church Street

Whitechurch

Hampshire

RG28 7AB

**Executive Committee**

Dr Simon Durrant - Treasurer

Dr Alanna Hare - Secretary

Dr Shruthi Konda

Megan Crawford

Alex Perkins

Nathan Howarth

Dr Jason Ellis

Matthew Reid

Rachel Pickersgill

Hui-Leng Tan

Amanda Sathyapala

Aditi Desai

Dr Anna Weighall

Lisa Artis

Michael Farquhar

Dr Po Fung Wong

Nicholas Budhram

Sakina Dastagir

Michelle Miller

**British Sleep Society**

**Report of the Trustees**  
**for the Year Ended 31 March 2022**

Approved by order of the board of trustees on ..... 07 October 2022 ..... and signed on its behalf by:



.....  
Professor J Steier - Trustee

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

**Independent examiner's report to the trustees of British Sleep Society**

I report to the charity trustees on my examination of the accounts of British Sleep Society (the Trust) for the year ended 31 March 2022.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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

Date: 18-10-22

**British Sleep Society**

**Statement of Financial Activities**  
**for the Year Ended 31 March 2022**

		2022 Unrestricted fund £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>	Notes		
Donations and legacies		22,185	18,504
<b>Charitable activities</b>			
Conference		48,490	-
Other trading activities	2	400	2,000
Investment income	3	115	205
<b>Total</b>		<u>71,190</u>	<u>20,709</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Conference		9,750	1,224
Other		37,568	29,963
<b>Total</b>		<u>47,318</u>	<u>31,187</u>
<b>NET INCOME/(EXPENDITURE)</b>		23,872	(10,478)
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>		130,369	140,847
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>154,241</u>	<u>130,369</u>

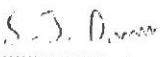
The notes form part of these financial statements


**British Sleep Society**

**Balance Sheet**  
**31 March 2022**

	Notes	2022 Unrestricted fund £	2021 Total funds £
<b>CURRENT ASSETS</b>			
Debtors	6	675	308
Cash at bank		156,274	137,761
		156,949	138,069
<b>CREDITORS</b>			
Amounts falling due within one year	7	(2,708)	(7,700)
<b>NET CURRENT ASSETS</b>		<u>154,241</u>	<u>130,369</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		154,241	130,369
<b>NET ASSETS</b>		<u>154,241</u>	<u>130,369</u>
<b>FUNDS</b>	8		
Unrestricted funds		154,241	130,369
<b>TOTAL FUNDS</b>		<u>154,241</u>	<u>130,369</u>

The financial statements were approved by the Board of Trustees and authorised for issue on  
.....07..October..2022..... and were signed on its behalf by:

  
.....  
S Durrant - Trustee

  
.....  
A Hare - Trustee

The notes form part of these financial statements

British Sleep Society

Notes to the Financial Statements  
for the Year Ended 31 March 2022

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**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.

**Taxation**

The charity is exempt from 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.

**2. OTHER TRADING ACTIVITIES**

	2022	2021
	£	£
Sponsorships	400	2,000

**3. INVESTMENT INCOME**

	2022	2021
	£	£
Deposit account interest	115	205

**British Sleep Society**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 March 2022**

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations and legacies	18,504
Other trading activities	2,000
Investment income	205
<b>Total</b>	<u>20,709</u>
<b>EXPENDITURE ON</b>	
<b>Charitable activities</b>	
Conference	1,224
Other	29,963
<b>Total</b>	<u>31,187</u>
<b>NET INCOME/(EXPENDITURE)</b>	(10,478)
<b>RECONCILIATION OF FUNDS</b>	
<b>Total funds brought forward</b>	140,847
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>130,369</u></u>

**6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022 £	2021 £
Trade debtors	675	308
	<u>675</u>	<u>308</u>

**British Sleep Society**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022**

**7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Trade creditors	2,708	7,700
	<u>          </u>	<u>          </u>

**8. MOVEMENT IN FUNDS**

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
<b>Unrestricted funds</b>			
General fund	130,369	23,872	154,241
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<u>130,369</u>	<u>23,872</u>	<u>154,241</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	71,190	(47,318)	23,872
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<u>71,190</u>	<u>(47,318)</u>	<u>23,872</u>

**Comparatives for movement in funds**

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
<b>Unrestricted funds</b>			
General fund	140,847	(10,478)	130,369
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<u>140,847</u>	<u>(10,478)</u>	<u>130,369</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	20,709	(31,187)	(10,478)
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<u>20,709</u>	<u>(31,187)</u>	<u>(10,478)</u>

**British Sleep Society**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 March 2022**

**8. MOVEMENT IN FUNDS - continued**

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

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	140,847	13,394	154,241
<b>TOTAL FUNDS</b>	<u>140,847</u>	<u>13,394</u>	<u>154,241</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 £
<b>Unrestricted funds</b>			
General fund	91,899	(78,505)	13,394
<b>TOTAL FUNDS</b>	<u>91,899</u>	<u>(78,505)</u>	<u>13,394</u>

**9. RELATED PARTY DISCLOSURES**

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

**British Sleep Society**

**Detailed Statement of Financial Activities  
for the Year Ended 31 March 2022**

	2022 £	2021 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations		
Subscriptions	5	5
	22,180	18,499
	<hr/>	<hr/>
	22,185	18,504
<b>Other trading activities</b>		
Sponsorships	400	2,000
<b>Investment income</b>		
Deposit account interest	115	205
<b>Charitable activities</b>		
Conference Income	48,490	-
	<hr/>	<hr/>
<b>Total incoming resources</b>	71,190	20,709
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Conference expenses	9,750	1,224
<b>Support costs</b>		
<b>Management</b>		
Insurance	99	127
Telephone	794	1,041
Postage and stationery	4	30
Advertising	295	-
Website costs	731	686
Subscriptions	673	861
Administration	32,340	25,154
	<hr/>	<hr/>
	34,936	27,899
<b>Finance</b>		
Bank charges	1,029	461
<b>Information technology</b>		
Repairs and renewals	720	720
Sundries	43	43
	<hr/>	<hr/>
	763	763
<b>Governance costs</b>		
Accountancy and legal fees	840	840
	<hr/>	<hr/>
<b>Total resources expended</b>	47,318	31,187
	<hr/>	<hr/>
<b>Net income/(expenditure)</b>	23,872	(10,478)
	<hr/>	<hr/>

This page does not form part of the statutory financial statements