

FIBROMYALGIA ACTION UK

England & Wales · Charity number 1042582

Details

Other names FIBROMYALGIA ASSOCIATION UK, FMA UK

Status Registered

Legal form Other

Company number [SC492045](#)

Registered 1994-12-05

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

Contact

Address 3006 Mile End Mill
12 Abbey Mill Business Centre
Seedhill Road
Paisley
PA1 1JS

Phone 01413703940

Email charity@fmauk.org

Website www.fmauk.org

Activities

Objects: (1) TO RELIEVE THE SUFFERING OF PEOPLE WITH FIBROMYALGIA (2) TO PROMOTE THE ADVANCEMENT OF MEDICAL RESEARCH FOR THE PUBLIC BENEFIT INTO THE CAUSE, CURE, PREVENTION AND RELIEF OF FIBROMYALGIA

Activities: THE CHARITY PROVIDES INFORMATION AND SUPPORT TO PEOPLE SUFFERING FROM FIBROMYALGIA IN THE UK. IT ALSO RAISES AWARENESS OF THE CONDITION AMONGST MEDICAL PROFESSIONALS AND PROMOTES RESEARCH.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- **Area of benefit:** UNITED KINGDOM
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£204,749	£115,160	-	-
2023-11-30	£491,497	£107,149	-	-
2022-11-30	£103,240	£96,181	-	-
2021-11-30	£155,090	£127,093	-	-
2020-11-30	£107,848	£110,980	-	-

Trustees

Name	Role	Appointed
DES QUINN	Chair	
Helen Margaret Watts		2016-05-01
JANET HORTON BSC-HON		
Tracy Wheeler		2023-09-01
Victoria Frances Buxton-Helyer		2025-10-20

FIBROMYALGIA ACTION UK

England & Wales - Charity number 1042582

Accounts

FIBROMYALGIA ACTION UK

Report of the Directors and Unaudited Financial Statements

Period of accounts

Start date: 01 December 2023

End date: 30 November 2024

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FIBROMYALGIA ACTION UK
Company Information
For the year ended 30 November 2024

Directors	Janet Horton Des Quinn Helen Margaret Watts Tracy Wheeler
Registered Number	SC492045
Registered Office	12 Seedhill Road 3006 Mile End Mill Paisley PA1 1JS
Accountants	Josh Botham Tax & Accounting Services Ltd Archer House Britland Estate Northbourne Road Eastbourne BN22 8PW

FIBROMYALGIA ACTION UK
Directors' Report
For the year ended 30 November 2024

Director's report and financial statements

The directors present his/her/their annual report and the financial statements for the year ended 30 November 2024.

Principal activities

Principal activity of the company during the financial year was of Fibromyalgia awareness.

Directors

The directors who served the company throughout the year were as follows:

Janet Horton

Des Quinn

Helen Margaret Watts

Tracy Wheeler

Statement of directors' responsibilities

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and regulations and in accordance with United Kingdom Generally Accepted Accounting Practice.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and the profit or loss of the company for that period.

In preparing these financial statements, the directors are required to :

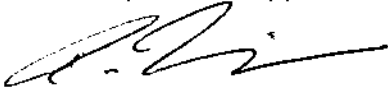
- select suitable accounting policies and then apply them consistently
- make judgements and accounting estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom, governing the preparation and dissemination of financial statements, may differ from legislation in other jurisdictions

FIBROMYALGIA ACTION UK
Directors' Report
For the year ended 30 November 2024

This report was approved by the board and signed on its behalf by:



Des Quinn
Director

Date approved: 17 June 2025

FIBROMYALGIA ACTION UK
Accountants' Report
For the year ended 30 November 2024

Accountant's report

You consider that the company is exempt from an audit for the year ended 30 November 2024 . You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Josh Botham Tax & Accounting Services Ltd
30 November 2024

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Josh Botham Tax & Accounting Services Ltd
Archer House Britland Estate
Northbourne Road
Eastbourne
BN22 8PW
17 June 2025

FIBROMYALGIA ACTION UK
Income Statement
For the year ended 30 November 2024

	Notes	2024 £	2023 £
Turnover		204,749	491,497
Cost of sales		(1,325)	(3,374)
Gross profit		203,424	488,123
Selling and distribution costs		(329)	(702)
Administrative expenses		(114,831)	(103,073)
Operating profit	2	88,264	384,348
Profit/(Loss) on ordinary activities before taxation		88,264	384,348
Tax on profit on ordinary activities	4	(579)	0
Profit/(Loss) for the financial year		87,685	384,348

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible fixed assets	5	589	589
		589	589
Current assets			
Stocks	6	2,420	2,420
Debtors: amounts falling due within one year	7	4,055	1,248
Cash at bank and in hand		793,156	707,447
		799,631	711,115
Creditors: amount falling due within one year	8	(3,156)	(2,325)
Net current assets		796,475	708,790
Total assets less current liabilities		797,064	709,379
Net assets		797,064	709,379
Capital and reserves			
Profit and loss account	9	797,064	709,379
Shareholders' funds		797,064	709,379

For the year ended 30 November 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

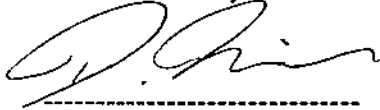
Directors' responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2024

The financial statements were approved by the board of directors on 17 June 2025 and were signed on its behalf by:



Des Quinn
Director

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2024

General Information

Fibromyalgia Action UK is a private company, limited by shares, registered in Scotland, registration number SC492045, registration address 12 Seedhill Road, 3006 Mile End Mill, Paisley, PA1 1JS.

The presentation currency is £ sterling.

1. Accounting policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

Group accounts

The company is a parent company subject to the small companies regime. The company and its subsidiary comprise a small group. The company has, therefore, taken advantage of the option provided by section 398 of the Companies Act 2006 not to prepare group accounts.

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Government grants

Government grants received are credited to deferred income. Grants towards capital expenditure are released to the income statement over the expected useful life of the assets. Grants received towards revenue expenditure are released to the income statement as the related expenditure is incurred.

Operating lease rentals

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

Research and development expenditure

Research and development expenditure is charged to the income statement in the period in which it is incurred.

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2024

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rate of exchange ruling at the statement of financial position date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All foreign exchange differences are included to the income statement.

Preference dividends

Where preference shares are classed as liabilities rather than equity any preference dividends paid are included in interest payable and similar charges within the income statement.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Fixtures and Fittings	4 Straight Line
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Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow moving items. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2. Operating profit/(loss)

	2024	2023
	£	£
The operating profit is stated after charging:		
Operating leases	329	702

3. Average number of employees

Average number of employees during the year was 4 (2023 : 4).

4. Tax on profit on ordinary activities

	2024	2023
	£	£
UK Corporation Tax	579	0
	579	0

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2024

5. Tangible fixed assets

Cost or valuation	Fixtures and Fittings	Total
	£	£
At 01 December 2023	5,215	5,215
Additions	-	-
Disposals	-	-
At 30 November 2024	<u>5,215</u>	<u>5,215</u>
Depreciation		
At 01 December 2023	4,626	4,626
Charge for year	-	-
On disposals	-	-
At 30 November 2024	<u>4,626</u>	<u>4,626</u>
Net book values		
Closing balance as at 30 November 2024	<u>589</u>	<u>589</u>
Opening balance as at 01 December 2023	<u>589</u>	<u>589</u>

6. Stocks

	2024	2023
	£	£
Stocks	2,420	2,420
	<u>2,420</u>	<u>2,420</u>

7. Debtors: amounts falling due within one year

	2024	2023
	£	£
Trade Debtors	(2)	0
Prepayments & Accrued Income	1,248	1,248
PAYE & Social Security	2,809	0
	<u>4,055</u>	<u>1,248</u>

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2024

8. Creditors: amount falling due within one year

	2024	2023
	£	£
Trade Creditors	2,654	0
PAYE & Social Security	0	1,572
Accrued Expenses	350	350
Other Creditors	403	403
Wages & Salaries Control Account	(251)	0
	3,156	2,325

9. Profit and loss account

	2024
	£
Balance at 01 December 2023	709,379
Profit for the year	87,685
Balance at 30 November 2024	797,064

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2024

	2024 £	2023 £
Turnover		
Bank Interest	127	3,140
Donations Recieved	138,863	80,002
Payroll Income	377	553
Charities Aid Foundation	1,728	512
Legacies	62,884	393,000
Other Income	770	14,290
	<u>204,749</u>	<u>491,497</u>
Cost of sales		
Purchases	0	473
Other Direct Costs	1,325	2,901
	<u>(1,325)</u>	<u>(3,374)</u>
Gross profit	203,424	488,123
Selling and distribution costs		
Operating Lease Charges - Plant & Equipment	329	702
	<u>(329)</u>	<u>(702)</u>
Administrative expenses		
Wages & Salaries	53,090	44,633
Employer's PAYE & NI Contributions	0	2,709
Pension Contributions	628	3,005
Accountancy Fees	650	398
Legal and Professional Fees (Allowable)	1,559	1,417
Rates & Water	799	0
Rent	30,914	30,664
Light, Heat & Power	3,433	3,432
Cleaning of Premises	140	0
General Travel Expenses	691	849
Bank Charges	110	247
Advertising	552	1,250
General Insurance	4,346	0
Computer Expenses	2,695	5,108
Stationery & Postage	9,061	4,931
Telephone, Fax & Internet	1,883	2,923

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2024

Sundry Expenses	597	(1)
Trustees Expenses	0	814
Donations (Disallowable)	807	0
Entertainment (Disallowable)	0	35
Subscriptions	2,876	659
	<u>(114,831)</u>	<u>(103,073)</u>
Operating profit	<u>88,264</u>	<u>384,348</u>
Profit/(Loss) on ordinary activities before taxation	88,264	384,348
Tax on profit on ordinary activities		
UK Corporation Tax	579	0
	<u>(579)</u>	<u>0</u>
Profit/(Loss) for the financial year	<u>87,685</u>	<u>384,348</u>

FIBROMYALGIA ACTION UK

England & Wales - Charity number 1042582

Accounts

AMENDED ACCOUNTS

FIBROMYALGIA ACTION UK

Abridged Accounts

Period of accounts

Start date: 01 December 2022

End date: 30 November 2023

These are now the statutory accounts
They replace the original accounts
The amended accounts are prepared as they were at the date of the original accounts

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FIBROMYALGIA ACTION UK
Accountants' Report
For the year ended 30 November 2023

Accountant's report

You consider that the company is exempt from an audit for the year ended 30 November 2023 . You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Josh Botham Tax & Accounting Services Ltd
30 November 2023



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Josh Botham Tax & Accounting Services Ltd
Archer House Britland Estate
Northbourne Road
Eastbourne
BN22 8PW
18 August 2024

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible fixed assets	3	589	589
		<u>589</u>	<u>589</u>
Current assets			
Stocks		2,420	2,420
Debtors: amounts falling due within one year		1,248	1,542
Cash at bank and in hand		707,447	319,255
		<u>711,115</u>	<u>323,217</u>
Creditors: amount falling due within one year		(2,325)	1,225
Net current assets		<u>708,790</u>	<u>324,442</u>
Total assets less current liabilities		<u>709,379</u>	<u>325,031</u>
Net assets		<u><u>709,379</u></u>	<u><u>325,031</u></u>
Capital and reserves			
Profit and loss account		<u>709,379</u>	<u>325,031</u>
Shareholders' funds		<u><u>709,379</u></u>	<u><u>325,031</u></u>

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2023

For the year ended 30 November 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime. In accordance with Section 444 of the Companies Act 2006, the income statement has not been delivered to the Registrar of Companies.

The members have agreed to the preparation of abridged accounts for this accounting period in accordance with section 444(2A).

The financial statements were approved by the board of directors on 18 August 2024 and were signed on its behalf by:

Des Quinn
Director

FIBROMYALGIA ACTION UK
Notes to the Abridged Financial Statements
For the year ended 30 November 2023

General Information

Fibromyalgia Action UK is a private company, limited by shares, registered in Scotland, registration number SC492045, registration address 12 Seedhill Road, 3006 Mile End Mill, Paisley, PA1 1JS.

The presentation currency is £ sterling.

1. Accounting policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

Group accounts

The company is a parent company subject to the small companies regime. The company and its subsidiary comprise a small group. The company has, therefore, taken advantage of the option provided by section 398 of the Companies Act 2006 not to prepare group accounts.

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Government grants

Government grants received are credited to deferred income. Grants towards capital expenditure are released to the income statement over the expected useful life of the assets. Grants received towards revenue expenditure are released to the income statement as the related expenditure is incurred.

Operating lease rentals

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

Research and development expenditure

Research and development expenditure is charged to the income statement in the period in which it is incurred.

FIBROMYALGIA ACTION UK
Notes to the Abridged Financial Statements
For the year ended 30 November 2023

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rate of exchange ruling at the statement of financial position date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All foreign exchange differences are included to the income statement.

Preference dividends

Where preference shares are classed as liabilities rather than equity any preference dividends paid are included in interest payable and similar charges within the income statement.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Fixtures and Fittings	4 Straight Line
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Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow moving items. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2. Average number of employees

Average number of employees during the year was 4 (2022 : 4).

FIBROMYALGIA ACTION UK
Notes to the Abridged Financial Statements
For the year ended 30 November 2023

3. Tangible fixed assets

Cost or valuation	Fixtures and Fittings	Total
	£	£
At 01 December 2022	5,215	5,215
Additions	-	-
Disposals	-	-
At 30 November 2023	5,215	5,215
Depreciation		
At 01 December 2022	4,626	4,626
Charge for year	-	-
On disposals	-	-
At 30 November 2023	4,626	4,626
Net book values		
Closing balance as at 30 November 2023	589	589
Opening balance as at 01 December 2022	589	589

FIBROMYALGIA ACTION UK

England & Wales - Charity number 1042582

Accounts

FIBROMYALGIA ACTION UK

Report of the Directors and Unaudited Financial Statements

Period of accounts

Start date: 01 December 2021

End date: 30 November 2022

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FIBROMYALGIA ACTION UK
Company Information
For the year ended 30 November 2022

Directors	Glen McGregor Janet Horton Des Quinn Helen Margaret Watts
Registered Number	SC492045
Registered Office	12 Seedhill Road 3007 Mile End Mill Paisley PA1 1JS
Accountants	Josh Botham Tax & Accounting Services Ltd Archer House Britland Estate Northbourne Road Eastbourne BN22 8PW

FIBROMYALGIA ACTION UK
Directors' Report
For the year ended 30 November 2022

Director's report and financial statements

The directors present his/her/their annual report and the financial statements for the year ended 30 November 2022.

Principal activities

Principal activity of the company during the financial year was of Fibromyalgia awareness.

Statement of directors' responsibilities

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and regulations and in accordance with United Kingdom Generally Accepted Accounting Practice.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (Financial Reporting Standard 102). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and the profit or loss of the company for that period.

In preparing these financial statements, the directors are required to :

- select suitable accounting policies and then apply them consistently
- make judgements and accounting estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom, governing the preparation and dissemination of financial statements, may differ from legislation in other jurisdictions

Directors

The directors who served the company throughout the year were as follows:

Glen McGregor

Janet Horton

Des Quinn

Helen Margaret Watts

FIBROMYALGIA ACTION UK
Directors' Report
For the year ended 30 November 2022

This report was approved by the board and signed on its behalf by:

Glen McGregor
Director

Date approved: 26 January 2023

FIBROMYALGIA ACTION UK
Accountants' Report
For the year ended 30 November 2022

Accountant's report

You consider that the company is exempt from an audit for the year ended 30 November 2022 . You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Josh Botham Tax & Accounting Services Ltd
30 November 2022

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Josh Botham Tax & Accounting Services Ltd
Archer House Britland Estate
Northbourne Road
Eastbourne
BN22 8PW
26 January 2023

FIBROMYALGIA ACTION UK
Income Statement
For the year ended 30 November 2022

	Notes	2022 £	2021 £
Turnover		103,240	155,074
Cost of sales		(48,566)	(43,399)
Gross profit		54,674	111,675
Selling and distribution costs		(3,577)	(3,773)
Administrative expenses		(44,038)	(79,889)
Operating profit	2	7,059	28,013
Interest payable and similar charges	4	0	(16)
Profit/(Loss) on ordinary activities before taxation		7,059	27,997
Tax on profit on ordinary activities		0	0
Profit/(Loss) for the financial year		7,059	27,997

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible fixed assets	5	589	589
		<u>589</u>	<u>589</u>
Current assets			
Stocks	6	2,420	2,420
Debtors: amounts falling due within one year	7	1,542	1,436
Cash at bank and in hand		319,255	314,647
		<u>323,217</u>	<u>318,503</u>
Creditors: amount falling due within one year	8	1,225	(1,120)
Net current assets		<u>324,442</u>	<u>317,383</u>
Total assets less current liabilities		<u>325,031</u>	<u>317,972</u>
Net assets		<u><u>325,031</u></u>	<u><u>317,972</u></u>
Capital and reserves			
Profit and loss account	9	325,031	317,972
Shareholder's funds		<u>325,031</u>	<u>317,972</u>

For the year ended 30 November 2022 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

Directors' responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The directors acknowledge their responsibilities for complying with the requirements of the companies act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime of Part 15 of the Companies Act 2006.

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2022

The financial statements were approved by the board of directors on 26 January 2023 and were signed on its behalf by:

Glen McGregor
Director

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2022

General Information

Fibromyalgia Action UK is a private company, limited by shares, registered in Scotland, registration number SC492045, registration address 12 Seedhill Road, 3007 Mile End Mill, Paisley, PA1 1JS.

The presentation currency is £ sterling.

1. Accounting policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

Group accounts

The company is a parent company subject to the small companies regime. The company and its subsidiary comprise a small group. The company has, therefore, taken advantage of the option provided by section 398 of the Companies Act 2006 not to prepare group accounts.

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Government grants

Government grants received are credited to deferred income. Grants towards capital expenditure are released to the income statement over the expected useful life of the assets. Grants received towards revenue expenditure are released to the income statement as the related expenditure is incurred.

Operating lease rentals

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

Research and development expenditure

Research and development expenditure is charged to the income statement in the period in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rate of exchange ruling at the statement of financial position date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All foreign exchange differences are included to the income statement.

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2022

Preference dividends

Where preference shares are classed as liabilities rather than equity any preference dividends paid are included in interest payable and similar charges within the income statement.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Fixtures and Fittings	4 Straight Line
-----------------------	-----------------

Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow moving items. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2. Operating profit/(loss)

	2022	2021
	£	£
The operating profit is stated after charging:		
Operating leases	2	860

3. Average number of employees

Average number of employees during the year was 4 (2021 : 4).

4. Interest payable and similar charges

	2022	2021
	£	£
Bank & Other Loan Interest	0	16
	<u>0</u>	<u>16</u>

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2022

5. Tangible fixed assets

Cost or valuation	Fixtures and Fittings £	Total £
At 01 December 2021	5,215	5,215
Additions	-	-
Disposals	-	-
At 30 November 2022	<u>5,215</u>	<u>5,215</u>
Depreciation		
At 01 December 2021	4,626	4,626
Charge for year	-	-
On disposals	-	-
At 30 November 2022	<u>4,626</u>	<u>4,626</u>
Net book values		
Closing balance as at 30 November 2022	<u>589</u>	<u>589</u>
Opening balance as at 01 December 2021	<u>589</u>	<u>589</u>

6. Stocks

	2022 £	2021 £
Stocks	2,420	2,420
	<u>2,420</u>	<u>2,420</u>

7. Debtors: amounts falling due within one year

	2022 £	2021 £
Trade Debtors	294	294
Prepayments & Accrued Income	1,248	1,142
	<u>1,542</u>	<u>1,436</u>

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2022

8. Creditors: amount falling due within one year

	2022	2021
	£	£
Trade Creditors	1,078	927
Accrued Expenses	252	194
Other Creditors	(2,555)	(1)
	<u>(1,225)</u>	<u>1,120</u>

9. Profit and loss account

	2022
	£
Balance at 01 December 2021	317,972
Profit for the year	7,059
Balance at 30 November 2022	<u>325,031</u>

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2022

	2022	2021
	£	£
Turnover		
Sales	34	0
Bank Interest	7	0
Donations Recieved	75,821	77,184
Payroll Income	1,269	7,472
Charities Aid Foundation	522	1,164
Legacies	194	34,310
Other Income	25,393	34,944
	103,240	155,074
Cost of sales		
Purchases	4,288	930
Direct Wages & Salaries	38,311	41,180
Employer's PAYE & NI Contributions	2,986	0
Pension Contributions	1,264	0
Other Direct Costs	1,717	1,289
	(48,566)	(43,399)
Gross profit	54,674	111,675
Selling and distribution costs		
Transport, Freight & Carriage	3,575	2,913
Operating Lease Charges - Plant & Equipment	2	860
	(3,577)	(3,773)
Administrative expenses		
Wages & Salaries	796	13,941
Employer's PAYE & NI Contributions	0	4,861
Pension Contributions	0	1,867
Staff Training	173	0
Staff Welfare	43	279
Accountancy Fees	530	660
Legal and Professional Fees (Allowable)	1,375	2,121
Rates & Water	2,558	0
Rent	21,749	23,352
Light, Heat & Power	1,936	1,047
Cleaning of Premises	30	0
General Travel Expenses	0	845
Bad Debts Written Off (Specific)	0	4,380

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2022

Bank Charges	163	222
Exchange Rate Losses/Gains	144	102
Advertising	0	1,238
General Insurance	3,486	2,358
Computer Expenses	2,591	10,953
Stationery & Postage	2,449	3,677
Telephone, Fax & Internet	1,646	1,938
Sundry Expenses	625	211
Trustees Expenses	140	1,226
Subscriptions	3,252	2,619
Volunteer expenses	352	1,992
	<u> </u>	<u> </u>
	(44,038)	(79,889)
Operating profit	7,059	28,013
Interest payable and similar charges		
Bank & Other Loan Interest	0	16
	<u> </u>	<u> </u>
	0	(16)
Profit/(Loss) on ordinary activities before taxation	7,059	27,997
Profit/(Loss) for the financial year	7,059	27,997

FIBROMYALGIA ACTION UK

England & Wales - Charity number 1042582

Accounts

FIBROMYALGIA ACTION UK

Report of the Directors and Unaudited Financial Statements

Period of accounts

Start date: 01 December 2020

End date: 30 November 2021

FIBROMYALGIA ACTION UK
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FIBROMYALGIA ACTION UK
Company Information
For the year ended 30 November 2021

Directors	Glen McGregor Janet Horton Des Quinn Helen Margaret Watts
Registered Number	SC492045
Registered Office	12 Seedhill Road 3007 Mile End Mill Paisley PA1 1JS
Accountants	Josh Botham Tax & Accounting Services Ltd Archer House Britland Estate Northbourne Road Eastbourne BN22 8PW

FIBROMYALGIA ACTION UK
Directors' Report
For the year ended 30 November 2021

The directors present their annual report and the financial statements for the year ended 30 November 2021.

Principal activities

Principal activity of the company during the financial year was of Fibromyalgia awareness.

Directors

The directors who served the company throughout the year were as follows:

Glen McGregor

Janet Horton

Des Quinn

Helen Margaret Watts

Statement of directors' responsibilities

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and regulations and in accordance with United Kingdom Generally Accepted Accounting Practice.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (Financial Reporting Standard 102). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and the profit or loss of the company for that period.

In preparing these financial statements, the directors are required to :

- select suitable accounting policies and then apply them consistently
- make judgements and accounting estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom, governing the preparation and dissemination of financial statements, may differ from legislation in other jurisdictions

This report was approved by the board and signed on its behalf by:

Glen McGregor
Director

Date approved: 04 February 2022

FIBROMYALGIA ACTION UK
Accountants' Report
For the year ended 30 November 2021

Accountant's report

You consider that the company is exempt from an audit for the year ended 30 November 2021 . You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Josh Botham Tax & Accounting Services Ltd
30 November 2021

.....
Josh Botham Tax & Accounting Services Ltd
Archer House Britland Estate
Northbourne Road
Eastbourne
BN22 8PW
04 February 2022

FIBROMYALGIA ACTION UK
Income Statement
For the year ended 30 November 2021

	Notes	2021 £	2020 £
Turnover		155,074	107,849
Cost of sales		(43,399)	(1,129)
Gross profit		<u>111,675</u>	<u>106,720</u>
Selling and distribution costs		(3,773)	(1,643)
Administrative expenses		(79,889)	(108,209)
Operating profit/(loss)	2	<u>28,013</u>	<u>(3,132)</u>
Interest payable and similar charges	4	(16)	0
Profit/(Loss) on ordinary activities before taxation		<u>27,997</u>	<u>(3,132)</u>
Tax on profit on ordinary activities	5	0	(58)
Profit/(Loss) for the financial year		<u><u>27,997</u></u>	<u><u>(3,190)</u></u>

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2021

	Notes	2021 £	2020 £
Fixed assets			
Tangible fixed assets	6	589	589
		<u>589</u>	<u>589</u>
Current assets			
Stocks	7	2,420	2,420
Debtors: amounts falling due within one year	8	1,436	2,062
Cash at bank and in hand		314,647	281,118
		<u>318,503</u>	<u>285,600</u>
Creditors: amount falling due within one year	9	(1,120)	3,786
Net current assets		<u>317,383</u>	<u>289,386</u>
Total assets less current liabilities		<u>317,972</u>	<u>289,975</u>
Net assets		<u><u>317,972</u></u>	<u><u>289,975</u></u>
Capital and reserves			
Profit and loss account	10	317,972	289,975
Shareholder's funds		<u>317,972</u>	<u>289,975</u>

For the year ended 30 November 2021 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

Directors' responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The directors acknowledge their responsibilities for complying with the requirements of the companies act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime of Part 15 of the Companies Act 2006.

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2021

The financial statements were approved by the board of directors on 04 February 2022 and were signed on its behalf by:

Glen McGregor
Director

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2021

General Information

Fibromyalgia Action UK is a private company, limited by shares, registered in Scotland, registration number SC492045, registration address 12 Seedhill Road, 3007 Mile End Mill, Paisley, PA1 1JS

The presentation currency is £ sterling.

1. Accounting policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared on the going concern basis and under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Fixtures and Fittings	4 Straight Line
-----------------------	-----------------

2. Operating profit/(loss)

	2021	2020
	£	£
The operating profit/(loss) is stated after charging:		
Operating leases	860	1,533

3. Average number of employees

Average number of employees during the year was 4 (2020 : 4).

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2021

4. Interest payable and similar charges

	2021	2020
	£	£
Bank & Other Loan Interest	16	0
	<u>16</u>	<u>0</u>

5. Tax on profit on ordinary activities

	2021	2020
	£	£
UK Corporation Tax	0	58
	<u>0</u>	<u>58</u>

6. Tangible fixed assets

Cost or valuation

	Fixtures and Fittings	Total
	£	£
At 01 December 2020	5,215	5,215
Additions	-	-
Disposals	-	-
At 30 November 2021	<u>5,215</u>	<u>5,215</u>
Depreciation		
At 01 December 2020	4,626	4,626
Charge for year	-	-
On disposals	-	-
At 30 November 2021	<u>4,626</u>	<u>4,626</u>
Net book values		
Closing balance as at 30 November 2021	<u>589</u>	<u>589</u>
Opening balance as at 01 December 2020	<u>589</u>	<u>589</u>

7. Stocks

	2021	2020
	£	£
Stocks	2,420	2,420
	<u>2,420</u>	<u>2,420</u>

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2021

8. Debtors: amounts falling due within one year

	2021	2020
	£	£
Trade Debtors	294	294
Prepayments & Accrued Income	1,142	1,768
	1,436	2,062

9. Creditors: amount falling due within one year

	2021	2020
	£	£
Trade Creditors	927	(3,785)
Accrued Expenses	194	0
Other Creditors	(1)	(1)
	1,120	(3,786)

10. Profit and loss account

	2021
	£
Balance at 01 December 2020	289,975
Profit for the year	27,997
Balance at 30 November 2021	317,972

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2021

	2021	2020
	£	£
Turnover		
Bank Interest	0	196
Donations Recieved	77,184	58,973
Fundraising Income	0	478
Payroll Income	7,472	266
Charities Aid Foundation	1,164	155
Legacies	34,310	44,947
Other Income	34,944	2,834
	155,074	107,849
Cost of sales		
Purchases	930	694
Direct Wages & Salaries	41,180	0
Other Direct Costs	1,289	435
	(43,399)	(1,129)
Gross profit	111,675	106,720
Selling and distribution costs		
Transport, Freight & Carriage	2,913	110
Operating Lease Charges - Plant & Equipment	860	1,533
	(3,773)	(1,643)
Administrative expenses		
Wages & Salaries	13,941	69,938
Employer's PAYE & NI Contributions	4,861	3,210
Pension Contributions	1,867	0
Pension Current Service Cost	0	1,991
Staff Training	0	(390)
Staff Welfare	279	0
Accountancy Fees	660	300
Legal and Professional Fees (Allowable)	2,121	1,991
Rent	23,352	24,329
Light, Heat & Power	1,047	0
General Travel Expenses	845	0
Bad Debts Written Off (Specific)	4,380	0
Bank Charges	222	260
Exchange Rate Losses/Gains	102	0
Advertising	1,238	66

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2021

General Insurance	2,358	107
Computer Expenses	10,953	498
Stationery & Postage	3,677	2,025
Telephone, Fax & Internet	1,938	1,461
Sundry Expenses	211	59
Trustees Expenses	1,226	637
Subscriptions	2,619	1,467
Volunteer expenses	1,992	260
	<u>(79,889)</u>	<u>(108,209)</u>
Operating profit/(loss)	28,013	(3,132)
Interest payable and similar charges		
Bank & Other Loan Interest	16	0
	<u>(16)</u>	<u>0</u>
Profit/(Loss) on ordinary activities before taxation	27,997	(3,132)
Tax on profit on ordinary activities		
UK Corporation Tax	0	58
	<u>0</u>	<u>(58)</u>
Profit/(Loss) for the financial year	<u>27,997</u>	<u>(3,190)</u>

FIBROMYALGIA ACTION UK

England & Wales - Charity number 1042582

Accounts

Fibromyalgia Action UK
Unaudited financial statements and annual report
For the year ended 30 November 2020

Fibromyalgia Action UK
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For the year ended 30 November 2020

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Fibromyalgia Action UK
Company Information
For the year ended 30 November 2020

Company registration number	SC492045 (Scotland)
Directors who served during the year	Glen Mcgregor
Registered office address	12 Seedhill Road 3007 Mile End Mill Paisley PA1 1JS
Accountant	J Botham T and Acc Ltd Director Archer House, Britl Est Northbourne Road BN22 8PW

Fibromyalgia Action UK
Director's Report
For the year ended 30 November 2020

The director presents the annual report and the Unaudited Financial Statement for the year ended 30 November 2020.

Principal activity

The principal activity of the company continued to be that of provision of support and awareness of fibromyalgia sufferers.

Going concern

The financial statements have been prepared on a going concern basis unless it is inappropriate to presume that the company will continue in business.

Director of the company

The following directors held office during the whole of the period:
Glen Mcgregor

Statement of director's responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare such financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), FRS 102 1A.

Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the directors are required to;

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions for small companies within Part 15 of the Companies Act 2006.

Approved by the Board of directors and signed on its behalf by:

Glen McGregor (Director)
Date: 09 April 2021

Fibromyalgia Action UK
Accountant's report
For the year ended 30 November 2020

Accountant's Report to the board of directors on the preparation of the unaudited statutory accounts of Fibromyalgia Action UK for the year ended 30 November 2020.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Fibromyalgia Action UK for the year ended 30 November 2020.

We have prepared these financial statements based on the accounting records, information and explanations provided by you. We do not express any opinion on these financial statements.

On the Statement of Financial Position, you have acknowledged your duties under the prevailing Companies Act 2006 that the company keeps adequate accounting records and prepares financial statements that give "a true and fair view".

You have determined that the company is exempt from the statutory requirement for an audit for this accounting year. Therefore, the financial statements are unaudited.

The financial statements are provided exclusively to the director for the limited purpose mentioned above, and may not be used or relied upon for any other purpose or by any other person, and we shall not be liable for any other usage or reliance.

J Botham T and Acc Ltd
Director
Archer House, Britl Est
Northbourne Road
BN22 8PW
Date: 09 April 2021

Fibromyalgia Action UK
Income Statement
For the year ended 30 November 2020

	Notes	2020 £	2019 £
Turnover	2	2,834	425
Cost of raw materials and consumables		(1,239)	(2,469)
Gross profit		<u>1,595</u>	<u>(2,044)</u>
Selling and distribution expenses		(963)	(3,272)
Administrative expenses		(108,778)	(87,655)
Other operating income		104,818	124,024
Operating loss	3	<u>(3,328)</u>	<u>31,054</u>
Interest receivable and similar income		196	282
Loss on ordinary activities before taxation		<u>(3,132)</u>	<u>31,335</u>
Loss for the year		<u>(3,132)</u>	<u>31,335</u>

Fibromyalgia Action UK
Statement of Financial Position
For the year ended 30 November 2020

	Notes	2020 £	2019 £
Fixed assets			
Property, plant and equipment	5	590	590
		590	590
Current assets			
Inventories	6	2,420	2,420
Debtors	7	6,041	7,230
Corporation tax receivable		58	-
Cash and cash equivalents	8	281,118	284,369
		289,637	294,019
Current liabilities			
Creditors: Amounts falling due within one year	9	(194)	(1,444)
		(194)	(1,444)
Net current assets/(liabilities)		289,443	292,575
Total assets less current liabilities		290,033	293,165
Net assets/(liabilities)		290,033	293,165
Capital and reserves			
Retained earnings		290,033	293,165
Shareholder's funds		290,033	293,165

- For the year ended 30 November 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges his responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Board on 09 April 2021

.....
Glen McGregor (Director)
Company registration number: SC492045

Fibromyalgia Action UK
Notes to the Financial Statements
For the year ended 30 November 2020

(1) General Information

Fibromyalgia Action UK is a private company limited by shares, domiciled and incorporated in England and Wales. Its registered office is 12 Seedhill Road, 3007 Mile End Mill, Paisley, PA1 1JS.

(2) Turnover

The revenue from company's operations comprise:

	2020 £	2019 £
Sales	2,834	425
	<u>2,834</u>	<u>425</u>

(3) Operating profit

Operating profit for the year from continuing operations has been arrived after charging:

	2020 £	2019 £
Depreciation of property, plant and equipment	-	197
Staff costs	75,139	52,160
	<u>75,139</u>	<u>52,356</u>

(4) Employees

During the year, the average number of employees including director was 0 (2019 : 0)

The above numbers are averages for the year and calculated on a full-time equivalent basis. The aggregate payroll costs of the above were:

	2020 £	2019 £
Wages and salaries	69,938	50,981
Social security cost	3,210	832
	<u>73,147</u>	<u>51,813</u>

(5) Tangible fixed assets

	Fixtures and Fittings £	Totals £
Cost		
As at 01 December 2019	5,215	5,215
As at 30 November 2020	<u>5,215</u>	<u>5,215</u>
Depreciation		
As at 01 December 2019	4,626	4,626

As at 30 November 2020	4,626	4,626
Net book value		
	590	590
As at 30 November 2019	589	589

(6) Inventories

	2020 £	2019 £
Stock of finished goods	2,420	2,420
	2,420	2,420

(7) Trade and other receivables

Amounts falling due within one year	2020 £	2019 £
Trade debtors	294	7,198
Other debtors	3,979	-
Prepayments and accrued income	1,768	32
	6,041	7,230

(8) Cash and cash equivalents

	2020 £	2019 £
Bank balance	281,118	284,369
	281,118	284,369

(9) Trade and other payables

	2020 £	2019 £
Trade creditors	-	1,368
Accruals and deferred income	194	76
	194	1,444

(10) Called up share capital and reserves

Called up and fully paid:	2020 £	2019 £
100 Ordinary shares of £1 each	-	-

Fibromyalgia Action UK
Notes to the financial statements (Continued)
For the year ended 30 November 2020

Retained earnings	2020 £
At 1 December 2019	293,165
Loss of the year	(3,132)
At 30 November 2020	<u>290,033</u>

Fibromyalgia Action UK
Detailed Income Statement
For the year ended 30 November 2020

	2020	2019
	£	£
Turnover	2,834	425
Less : Cost of raw materials and consumables		
Other direct expenses	435	1,474
Purchases	694	1,099
Transportation cost	110	(104)
Closing stock	-	(2,420)
Opening stock	-	2,420
	<u>1,239</u>	<u>2,469</u>
Gross Profit	<u>1,595</u>	<u>(2,044)</u>
Add : Other operating income		
Charities Aid Foundation Income	155	55
Donations Received	58,973	110,090
Fundraising Income	478	11,668
Non taxable income	44,947	2,000
Payroll Income	266	211
	<u>104,818</u>	<u>124,024</u>
Less : Selling and distribution expenses		
Advertising, sales promotion, marketing	66	1,365
Trustee Expenses	637	1,067
Volunteer Expenses	260	242
Travel and overseas travelling	-	598
	<u>963</u>	<u>3,272</u>
Less : Administrative expenses		
Accountancy fee	300	300
Bank, card and overdraft charges	260	928
Computer cost	498	-
Employee Salary expense	69,938	50,981
Employer NI	3,210	832
Equipment maintenance, rental and leasing	1,533	-
Insurance	107	2,087
Membership and subscriptions	1,467	1,522
Office Rental	24,329	13,539
Pension Contributions	1,991	347
Postage, stationery, office supplies	2,025	10,422
Professional, consultancy and legal fees	1,991	1,222
Sundry expenses	58	-
Telephone, internet and broadband	1,461	4,725
Training and development	(390)	226
Depreciation of fixtures and fittings	-	196
Rates	-	327
	<u>108,778</u>	<u>87,655</u>
Operating loss	<u>(3,328)</u>	<u>31,054</u>
Add : Interest receivable and similar income		
Bank interest receivable	196	282
	<u>196</u>	<u>282</u>
loss on ordinary activities before taxation	<u>(3,132)</u>	<u>31,335</u>
Net loss for the year after taxation	<u>(3,132)</u>	<u>31,335</u>
Net loss for the year after dividends	<u>(3,132)</u>	<u>31,335</u>
Retained profits brought forward	<u>293,165</u>	<u>261,829</u>
Retained profits carried forward	<u>290,033</u>	<u>293,165</u>

This section does not form part of company's statutory financial statements.