

OUCH (UK)

England & Wales · Charity number 1091919

Details

Other names	ORGANISATION FOR THE UNDERSTANDING OF CLUSTER HEADACHES (UK)
Status	Registered
Legal form	Charitable company
Company number	04339368
Registered	2002-05-08
Register	View on the Charity Commission register

Contact

Address 956 High Road
London
N12 9RX

Phone 07956517304

Email info@ouchuk.org

Website www.ouchuk.org

Activities

Objects: A) RELIEVE THE DISTRESS OF PEOPLE SUFFERING FORM CLUSTER HEADACHES AND THEIR FAMILIES PARTICULARLY, BUT NOT EXCLUSIVELY, BY(I) PROVIDING SUPPORT AND INFORMATION FOR SUFFERERS AND THEIR FAMILIES(II) LIASING WITH THE MEDICAL PROFESSION TO IMPROVE DIAGNOSIS AND TREATMENT(B) CONDUCT AND SUPPORT RESEARCH IN TO CLUSTER HEADACHES AND DISSEMINATE THE RESULTS OF SUCH RESEARCH TO THE PUBLIC

Activities: The charity had another successful year. Invaluable support and information to cluster headachesufferers continued to be provided through our Advice Line, website and social media. Patient community forumsprovided with over 5000 members. Annual Conference held with world-leading speakers and patient forums. Keysupport and advocacy relationships maintained with related charities.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£33,297	£28,586	-	-
2024-05-31	£48,525	£30,864	-	-
2023-05-31	£29,444	£15,269	-	-
2022-05-31	£36,568	£11,859	-	-
2021-05-31	£28,478	£22,264	-	-

Trustees

Name	Role	Appointed
PROFESSOR PETER JAMES GOADSBY	Chair	2015-06-24
COLIN ALLEN		
Dale Nolan		2022-10-01
Dorothy Chapman		2014-01-22
Dr Nick Silver		2023-07-08
Elizabeth Kelly		2015-10-15
Margaret Anne Turner Turner		2019-06-22
PEDRO FILIPE MONIZ CAIRES		2025-08-27
Valerie Hobbs		2019-11-15

OUCH (UK)

England & Wales - Charity number 1091919

Accounts

Charity registration number 1091919 (England and Wales)

Company registration number 04339368

OUCH (UK)

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2025

OUCH (UK)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

C Allen
D Chapman
P Goadsby
E Kelly
A Turner
V Hobbs
D Nolan
N Silver
A Bahra

Secretary

D Chapman

Charity number (England and Wales)

1091919

Company number

04339368

Registered office

Pyramid House
954 High Road
Finchley
London
N12 9RT

Independent examiner

Errington Langer Pinner
Pyramid House
954 High Road
Finchley
London
N12 9RT

OUCH (UK)

CONTENTS

	Page
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 11

OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MAY 2025

The trustees present their annual report and financial statements for the year ended 31 May 2025.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

OUCH (UK), the Organisation for the Understanding of Cluster Headache, provides online and telephone advice and support to cluster headache sufferers and promotes awareness and understanding of the disease. Cluster headache is a rare and debilitating neurological disorder that is poorly understood and excruciatingly painful. It has been described as one of the most painful conditions known, with the intensity of the pain often reported to give rise to suicidal thoughts.

The charity aims to benefit the public by its objects and activities namely by:

- a) relieving the distress of people suffering from cluster headaches particularly, but not exclusively, by
 - i) providing support and information for sufferers and their families
 - ii) liaising with the medical profession to improve diagnosis and treatment;
- b) conducting and supporting research into cluster headaches and disseminating the results of such research for the public.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

The charity had another successful year. Invaluable support and information to cluster headache sufferers continued to be provided through our Advice Line, website and social media. Patient community forums provided with over 5000 members. Annual Conference held with world-leading speakers and patient forums. Key support and advocacy relationships maintained with related charities.

In summary, total incoming resources for the year amounted to £33,297 (2024 - £48,525) and total resources expended amounted to £28,586 (2024 - £30,864) resulting in a net surplus of £4,711 (2024 - £17,661).

At 31 May 2025 general unrestricted funds stood at £115,942 (2024 - £111,231).

Financial review

Historically, the trustees established a policy that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees considered that a reserve at this level would ensure that, in the event of a significant fall in income, the charity will be able to continue current activities while consideration is given to ways in which additional funds may be raised. However, a more flexible approach is now being exercised to reflect the current levels and activities of the charity.

The trustees have considered the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate those risks.

Structure, governance and management

The organisation is a charitable company limited by guarantee and has no share capital. Members liability in the event of winding up is limited to £10 per member. It was incorporated on 13 December 2001 and registered as a charity on 8 May 2002. The company is permitted to omit the word "Limited".

OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MAY 2025*

The trustees , who are also the directors for the purpose of company law, and who served during the year were:

C Allen

D Chapman

P Goadsby

E Kelly

A Turner

V Hobbs

D Nolan

N Silver

A Bahra

None of the trustees have any beneficial interest in the company.

The trustees' report was approved by the Board of Trustees.



D Nolan

Trustee

26 August 2025

OUCH (UK)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OUCH (UK)

I report to the trustees on my examination of the financial statements of Ouch (UK) (the charity) for the year ended 31 May 2025.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

I have completed my examination. I confirm that no 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 charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

Errington Langer Pinner

Errington Langer Pinner

Pyramid House
954 High Road
Finchley
London
N12 9RT
26 August 2025

OUCH (UK)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2025

	Notes	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Income from:			
Donations and legacies		31,750	48,209
Bank interest received	3	1,547	316
Total income		<u>33,297</u>	<u>48,525</u>
Expenditure on:			
Charitable activities	4	28,586	30,864
Total expenditure		<u>28,586</u>	<u>30,864</u>
Net income and movement in funds		4,711	17,661
Reconciliation of funds:			
Fund balances at 1 June 2024		111,231	93,570
Fund balances at 31 May 2025		<u>115,942</u>	<u>111,231</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

OUCH (UK)

BALANCE SHEET

AS AT 31 MAY 2025

	Notes	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	9		2,717		4,076
Current assets					
Stocks	10	550		550	
Cash at bank and in hand		118,133		110,902	
		<u>118,683</u>		<u>111,452</u>	
Creditors: amounts falling due within one year	11	<u>(5,458)</u>		<u>(4,297)</u>	
Net current assets			113,225		107,155
Total assets less current liabilities			<u>115,942</u>		<u>111,231</u>
The funds of the charity					
Unrestricted funds	12		115,942		111,231
			<u>115,942</u>		<u>111,231</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 May 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on 26 August 2025



D Nolan
Trustee

Company registration number 04339368 (England and Wales)

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2025

1 Accounting policies

Charity information

Ouch (UK) is a private company limited by guarantee incorporated in England and Wales. The registered office is Pyramid House, 954 High Road, Finchley, London, N12 9RT.

1.1 Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2025

1 Accounting policies

(Continued)

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	33.3% reducing balance
--------------------------------	------------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2025

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	1,547	316

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2025

4 Charitable activities

	2025	2024
	£	£
Depreciation and impairment	1,358	2,037
Donations paid	11,300	13,000
National conferences and trustee meeting expenses	6,237	6,284
Promotion and booklets	666	-
Printing, postage and stationery	1,435	4,356
Helpline telephone	781	561
Insurance	780	529
Website costs	2,971	1,200
Subscriptions	86	-
Training costs	193	185
Accountancy fees	1,716	1,273
Sundry expenses	712	1,137
Bank charges	351	302
	<u>28,586</u>	<u>30,864</u>
	<u>28,586</u>	<u>30,864</u>

5 Net movement in funds

	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,716	1,273
Depreciation of owned tangible fixed assets	1,358	2,037
	<u>1,716</u>	<u>1,273</u>
	<u>1,358</u>	<u>2,037</u>

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

7 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
Total	<u>-</u>	<u>-</u>

8 Taxation

The company is exempt from Corporation Tax on its charitable activities.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2025

9 Tangible fixed assets

	Fixtures, fittings & equipment £
Cost	
At 1 June 2024	24,470
At 31 May 2025	24,470
Depreciation and impairment	
At 1 June 2024	20,395
Depreciation charged in the year	1,358
At 31 May 2025	21,753
Carrying amount	
At 31 May 2025	2,717
At 31 May 2024	4,076

10 Stocks

	2025 £	2024 £
Finished goods and goods for resale	550	550

11 Creditors: amounts falling due within one year

	Notes	2025 £	2024 £
Bank overdrafts		3,959	3,024
Accruals and deferred income		1,499	1,273
		5,458	4,297

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 June 2024 £	Incoming resources £	Resources expended £	At 31 May 2025 £
General funds	111,231	33,297	(28,586)	115,942

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2025

12 Unrestricted funds

(Continued)

Previous year:	At 1 June 2023	Incoming resources	Resources expended	At 31 May 2024
	£	£	£	£
General funds	93,570	48,525	(30,864)	111,231
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

13 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

OUCH (UK)

England & Wales - Charity number 1091919

Accounts

Charity registration number 1091919

Company registration number 04339368 (England and Wales)

OUCH (UK)

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2024

OUCH (UK)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

C Allen
D Chapman
P Goadsby
E Kelly
A Turner
V Hobbs
D Nolan
N Silver (Appointed 8 July 2023)
A Bahra (Appointed 10 April 2024)

Secretary

D Chapman

Charity number

1091919

Company number

04339368

Registered office

Pyramid House
954 High Road
Finchley
London
N12 9RT

Independent examiner

Errington Langer Pinner
Pyramid House
954 High Road
Finchley
London
N12 9RT

OUCH (UK)

CONTENTS

	Page
Trustees' report	1 - 2
Independent examiner's report	3
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OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MAY 2024

The trustees present their annual report and financial statements for the year ended 31 May 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

OUCH (UK), the Organisation for the Understanding of Cluster Headache, provides online and telephone advice and support to cluster headache sufferers and promotes awareness and understanding of the disease. Cluster headache is a rare and debilitating neurological disorder that is poorly understood and excruciatingly painful. It has been described as one of the most painful conditions known, with the intensity of the pain often reported to give rise to suicidal thoughts.

The charity aims to benefit the public by its objects and activities namely by:

- a) relieving the distress of people suffering from cluster headaches particularly, but not exclusively, by
 - i) providing support and information for sufferers and their families
 - ii) liaising with the medical profession to improve diagnosis and treatment;
- b) conducting and supporting research into cluster headaches and disseminating the results of such research for the public.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

The charity had another successful year in 2023/24. Invaluable support and information to cluster headache sufferers continued to be provided through our Advice Line, website and social media. Patient community forums provided with over 5000 members. Annual Conference held with world-leading speakers and patient forums. Key support and advocacy relationships maintained with related charities.

In summary, total incoming resources for the year amounted to £48,525 (2023 - £29,444) and total resources expended amounted to £30,864 (2023 - £15,269) resulting in a net surplus of £17,661 (2023 - £14,175).

At 31 May 2024 general unrestricted funds stood at £111,231 (2023 - £93,570).

Financial review

Historically, the trustees established a policy that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees considered that a reserve at this level would ensure that, in the event of a significant fall in income, the charity will be able to continue current activities while consideration is given to ways in which additional funds may be raised. However, a more flexible approach is now being exercised to reflect the current levels and activities of the charity.

The trustees have considered the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate those risks.

Structure, governance and management

The organisation is a charitable company limited by guarantee and has no share capital. Members liability in the event of winding up is limited to £10 per member. It was incorporated on 13 December 2001 and registered as a charity on 8 May 2002. The company is permitted to omit the word "Limited".

OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MAY 2024

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

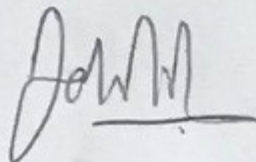
C Allen	
D Chapman	
S Bruce	(Resigned 2 July 2023)
P Goadsby	
E Kelly	
A Turner	
V Hobbs	
D Nolan	
N Silver	(Appointed 8 July 2023)
A Bahra	(Appointed 10 April 2024)

Recruitment and appointment of trustees

None of the trustees have any beneficial interest in the company.

The trustees' report was approved by the Board of Trustees.

D Nolan
Trustee



4 December 2024

OUCH (UK)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OUCH (UK)

I report to the trustees on my examination of the financial statements of Ouch (UK) (the charity) for the year ended 31 May 2024.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no 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 charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

Errington Langer Pinner

Pyramid House
954 High Road
Finchley
London
N12 9RT

Dated: 4 December 2024

OUCH (UK)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2024

		Unrestricted funds	Unrestricted funds	Unrestricted funds designated	Total
	Notes	2024 £	2023 £	2023 £	2023 £
Income from:					
Donations and legacies		48,209	29,444	-	29,444
Bank interest received	3	316	-	-	-
Total income		48,525	29,444	-	29,444
Expenditure on:					
Charitable activities	4	30,864	15,269	-	15,269
Total expenditure		30,864	15,269	-	15,269
Net income		17,661	14,175	-	14,175
Transfers between funds		-	8,000	(8,000)	-
Net movement in funds	5	17,661	22,175	(8,000)	14,175
Reconciliation of funds:					
Fund balances at 1 June 2023		93,570	71,395	8,000	79,395
Fund balances at 31 May 2024		111,231	93,570	-	93,570

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

OUCH (UK)

BALANCE SHEET

AS AT 31 MAY 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					229
Tangible assets	9		4,076		
Current assets					
Stocks	10	550		550	
Cash at bank and in hand		110,902		94,004	
		<u>111,452</u>		<u>94,554</u>	
Creditors: amounts falling due within one year	11	(4,297)		(1,213)	
Net current assets			107,155		93,341
Total assets less current liabilities			<u>111,231</u>		<u>93,570</u>
Net assets excluding pension liability			111,231		93,570
			<u><u>111,231</u></u>		<u><u>93,570</u></u>
The funds of the charity					
Unrestricted funds			111,231		93,570
			<u>111,231</u>		<u>93,570</u>
			<u><u>111,231</u></u>		<u><u>93,570</u></u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 May 2024.

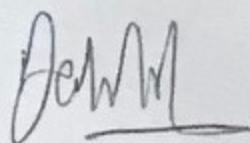
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on 4 December 2024

D Nolan
Trustee



Company registration number 04339368 (England and Wales)

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2024

1 Accounting policies

Charity information

Ouch (UK) is a private company limited by guarantee incorporated in England and Wales. The registered office is Pyramid House, 954 High Road, Finchley, London, N12 9RT.

1.1 Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2024

1 Accounting policies

(Continued)

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	33.3% reducing balance
--------------------------------	------------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2024

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	316	-

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2024

4 Charitable activities

	2024	2023
	£	£
Depreciation and impairment	2,037	114
Donations paid	13,000	8,000
National conferences and trustee meeting expenses	6,284	1,581
Development costs	-	475
Printing, postage and stationery	4,356	2,470
Helpline telephone	561	587
Insurance	529	468
Website costs	1,200	1,160
Training costs	185	176
Accountancy fees	1,273	(1,065)
Sundry expenses	1,137	995
Bank charges	302	308
	<u>30,864</u>	<u>15,269</u>
	<u>30,864</u>	<u>15,269</u>

5 Net movement in funds

	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Depreciation of owned tangible fixed assets	<u>2,037</u>	<u>114</u>

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

7 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
Total	<u>-</u>	<u>-</u>

8 Taxation

The company is exempt from Corporation Tax on its charitable activities.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2024

9 Tangible fixed assets

	Fixtures, fittings & equipment £
Cost	
At 1 June 2023	18,587
Additions	5,884
At 31 May 2024	<u>24,471</u>
Depreciation and impairment	
At 1 June 2023	18,358
Depreciation charged in the year	2,037
At 31 May 2024	<u>20,395</u>
Carrying amount	
At 31 May 2024	<u>4,076</u>
At 31 May 2023	<u>229</u>

10 Stocks

	2024 £	2023 £
Finished goods and goods for resale	550	550

11 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
Bank overdrafts		3,024	-
Accruals and deferred income		1,273	1,213
		<u>4,297</u>	<u>1,213</u>

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 June 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 May 2024 £
General funds	93,570	48,525	(30,864)	-	111,231

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2024

12 Unrestricted funds (Continued)

Previous year:	At 1 June 2022	Incoming resources	Resources expended	Transfers	At 31 May 2023
	£	£	£	£	£
General funds	71,395	29,444	(15,269)	8,000	93,570
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

13 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

OUCH (UK)

England & Wales - Charity number 1091919

Accounts

Charity registration number 1091919

Company registration number 04339368 (England and Wales)

OUCH (UK)

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2023

OUCH (UK)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

C Allen
D Chapman
P Goadsby
E Kelly
A Turner
V Hobbs
D Nolan
N Silver

(Appointed 1 October 2022)
(Appointed 8 July 2023)

Secretary

D Chapman

Charity number

1091919

Company number

04339368

Registered office

Pyramid House
954 High Road
Finchley
London
N12 9RT

Independent examiner

Errington Langer Pinner
Pyramid House
954 High Road
Finchley
London
N12 9RT

OUCH (UK)

CONTENTS

	Page
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 10

OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MAY 2023

The trustees present their annual report and financial statements for the year ended 31 May 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

OUCH (UK), the Organisation for the Understanding of Cluster Headache, provides online and telephone advice and support to cluster headache sufferers and promotes awareness and understanding of the disease. Cluster headache is a rare and debilitating neurological disorder that is poorly understood and excruciatingly painful. It has been described as one of the most painful conditions known, with the intensity of the pain often reported to give rise to suicidal thoughts.

The charity aims to benefit the public by its objects and activities namely by:

- a) relieving the distress of people suffering from cluster headaches particularly, but not exclusively, by
 - i) providing support and information for sufferers and their families
 - ii) liaising with the medical profession to improve diagnosis and treatment;
- b) conducting and supporting research into cluster headaches and disseminating the results of such research for the public.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The charity had another successful year in 2023.

- The advice line team continued to provide invaluable online and telephone advice to headache sufferers and supporters.
- Information, guidance, and support continued to be provided through our website, by email, social media, and YouTube channel.
- Patient forums continued to provide a community for cluster headache sufferers on our website and on Facebook, where our forum has over 5000 members.
- The charity held its first in-person conference for patients and supporters since COVID in July in London, with expert speakers including world leading consultant neurologists and researchers. The conference included patient forums for oxygen use and support, and representatives from treatment providers were on hand to provide information and guidance.
- Key relationships were maintained with related charities that provide services to cluster headache sufferers such as the National Migraine Centre and the Brain Charity.
- New Trustees were recruited and our finances remained healthy.

In summary, total incoming resources for the year amounted to £29,444 (2022 - £36,568) and total resources expended amounted to £15,269 (2022 - £11,859) resulting in a net surplus of £14,175 (2022 - £24,709).

At 31 May 2023 the general unrestricted fund stood at £93,570 (2022 - £71,395) and the designated fund stood at £nil (2022 - £8,000), with the designated fund having been transferred into the general unrestricted fund during the year.

OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MAY 2023

Financial review

Historically, the trustees established a policy that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees considered that a reserve at this level would ensure that, in the event of a significant fall in income, the charity will be able to continue current activities while consideration is given to ways in which additional funds may be raised. However, a more flexible approach is now being exercised to reflect the current levels and activities of the charity.

The trustees have considered the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate those risks.

Structure, governance and management

The organisation is a charitable company limited by guarantee and has no share capital. Members liability in the event of winding up is limited to £10 per member. It was incorporated on 13 December 2001 and registered as a charity on 8 May 2002. The company is permitted to omit the word "Limited".

The trustees , who are also the directors for the purpose of company law, and who served during the year were:

C Allen

D Chapman

S Bruce

(Resigned 2 July 2023)

P Goadsby

E Kelly

A Turner

V Hobbs

J Clark

(Resigned 12 October 2022)

S McDowell

(Resigned 13 April 2023)

L Duddy

(Resigned 23 September 2022)

D Nolan

(Appointed 1 October 2022)

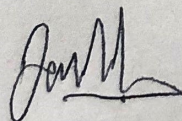
N Silver

(Appointed 8 July 2023)

None of the trustees have any beneficial interest in the company.

The trustees' report was approved by the Board of Trustees.

D Nolan
Trustee



24 January 2024

OUCH (UK)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OUCH (UK)

I report to the trustees on my examination of the financial statements of Ouch (UK) (the charity) for the year ended 31 May 2023.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

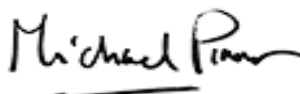
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no 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 charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.



Errington Langer Pinner

Pyramid House
954 High Road
Finchley
London
N12 9RT

Dated: 24 January 2024

OUCH (UK)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2023

		Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Total 2023 £	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Total 2022 £
	Notes						
Income from:							
Donations and subscriptions		29,444	-	29,444	36,568	-	36,568
Expenditure on:							
Charitable activities	3	15,269	-	15,269	11,859	-	11,859
Net incoming resources before transfers		14,175	-	14,175	24,709	-	24,709
Gross transfers between funds		8,000	(8,000)	-	-	-	-
Net income for the year/ Net movement in funds		22,175	(8,000)	14,175	24,709	-	24,709
Fund balances at 1 June 2022		71,395	8,000	79,395	46,686	8,000	54,686
Fund balances at 31 May 2023		93,570	-	93,570	71,395	8,000	79,395

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

OUCH (UK)

BALANCE SHEET AS AT 31 MAY 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	7		229		342
Current assets					
Stocks	8	550		550	
Cash at bank and in hand		94,004		81,993	
		<u>94,554</u>		<u>82,543</u>	
Creditors: amounts falling due within one year	9	<u>(1,213)</u>		<u>(3,490)</u>	
Net current assets			<u>93,341</u>		<u>79,053</u>
Total assets less current liabilities			<u>93,570</u>		<u>79,395</u>
Income funds					
Unrestricted funds - designated			-		8,000
Unrestricted funds - general			<u>93,570</u>		<u>71,395</u>
			<u>93,570</u>		<u>79,395</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 May 2023.

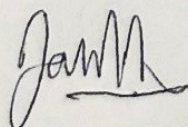
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 24 January 2024

D Nolan
Trustee



Company registration number 04339368

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2023

1 Accounting policies

Charity information

Ouch (UK) is a private company limited by guarantee incorporated in England and Wales. The registered office is Pyramid House, 954 High Road, Finchley, London, N12 9RT.

1.1 Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2023

1 Accounting policies

(Continued)

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	33.3% reducing balance
--------------------------------	------------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Charitable activities

	2023	2022
	£	£
Depreciation and impairment	114	171
Donations paid	8,000	1,276
National conferences and trustee meeting expenses	1,581	4,828
Development costs	475	-
Printing, postage and stationery	2,470	567
Helpline telephone	587	865
Insurance	468	623
Website costs	1,160	2,142
Training costs	176	-
Accountancy fees	(1,065)	733
Sundry expenses	995	153
Bank charges	308	501
	<u>15,269</u>	<u>11,859</u>
	<u>15,269</u>	<u>11,859</u>

4 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2023

5 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Total	-	-

6 Taxation

The company is exempt from Corporation Tax on its charitable activities.

7 Tangible fixed assets

	Fixtures, fittings & equipment £
Cost	
At 1 June 2022	18,587
At 31 May 2023	18,587
Depreciation and impairment	
At 1 June 2022	18,244
Depreciation charged in the year	114
At 31 May 2023	18,358
Carrying amount	
At 31 May 2023	229
At 31 May 2022	342

8 Stocks

	2023 £	2022 £
Finished goods and goods for resale	550	550

9 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	1,213	3,490

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2023

10 Analysis of net assets between funds

	Unrestricted funds 2023 £	Designated funds 2023 £	Total Unrestricted funds 2023 £	Designated funds 2022 £	Total 2022 £
Fund balances at 31 May 2023 are represented by:					
Tangible assets	229	-	229	342	342
Current assets/(liabilities)	93,341	-	93,341	71,053	79,053
	<u>93,570</u>	<u>-</u>	<u>93,570</u>	<u>71,395</u>	<u>79,395</u>

Purpose of designated funds

Development costs

The trustees have designated funds for the future research and development of the charity.

11 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

OUCH (UK)

England & Wales - Charity number 1091919

Accounts

Charity registration number 1091919

Company registration number 04339368 (England and Wales)

OUCH (UK)

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2022

OUCH (UK)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

C Allen
D Chapman
S Bruce
P Goadsby
E Kelly
A Turner
V Hobbs
S McDowell
D Nolan

(Appointed 1 October 2022)

Secretary

D Chapman

Charity number

1091919

Company number

04339368

Registered office

Pyramid House
954 High Road
Finchley
London
N12 9RT

Independent examiner

Errington Langer Pinner
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OUCH (UK)

CONTENTS

	Page
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 10

OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MAY 2022

The trustees present their annual report and financial statements for the year ended 31 May 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The charity aims to benefit the public by its objects and activities namely by:

- a) relieving the distress of people suffering from cluster headaches particularly, but not exclusively, by
 - i) providing support and information for sufferers and their families
 - ii) liaising with the medical profession to improve diagnosis and treatment;
- b) conducting and supporting research into cluster headaches and disseminating the results of such research for the public.

The trustees have paid due regard to guidance issued by The Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

In summary, total incoming resources for the year amounted to £36,568 (2021 - £28,478) and total resources expended amounted to £11,859 (2021 - £22,264) resulting in a net surplus of £24,709 (2021 - £6,214).

At 31 May 2022 the general unrestricted fund stood at £71,395 (2021 - £46,686) and the designated fund stood at £8,000 (2021 - £8,000).

Financial review

Historically, the trustees established a policy that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees considered that a reserve at this level would ensure that, in the event of a significant fall in income, the charity will be able to continue current activities while consideration is given to ways in which additional funds may be raised. However, a more flexible approach is now being exercised to reflect the current levels and activities of the charity.

The trustees have considered the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate those risks.

Structure, governance and management

The organisation is a charitable company limited by guarantee and has no share capital. Members liability in the event of winding up is limited to £10 per member. It was incorporated on 13 December 2001 and registered as a charity on 8 May 2002. The company is permitted to omit the word "Limited".

OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MAY 2022

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

C Allen

D Chapman

S Bruce

P Goadsby

E Kelly

A Turner

J Doyle

(Resigned 1 June 2021)

V Hobbs

J Clark

(Resigned 12 October 2022)

S McDowell

L Duddy

(Resigned 23 September 2022)

D Nolan

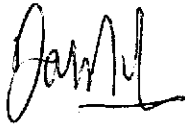
(Appointed 1 October 2022)

None of the trustees have any beneficial interest in the company.

The trustees' report was approved by the Board of Trustees.

D Nolan

Trustee



27 February 2023

OUCH (UK)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OUCH (UK)

I report to the trustees on my examination of the financial statements of Ouch (UK) (the charity) for the year ended 31 May 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

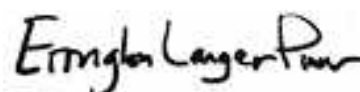
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no 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 charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.



Errington Langer Pinner

Pyramid House
954 High Road
Finchley
London
N12 9RT

Dated: 27 February 2023

OUCH (UK)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2022

		Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Total 2022 £	Unrestricted funds general 2021 £	Unrestricted funds designated 2021 £	Total 2021 £
	Notes						
Income from:							
Donations and subscriptions		36,568	-	36,568	28,478	-	28,478
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Expenditure on:							
Charitable activities	3	11,859	-	11,859	22,264	-	22,264
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Net income for the year/ Net movement in funds		24,709	-	24,709	6,214	-	6,214
Fund balances at 1 June 2021		46,686	8,000	54,686	40,472	8,000	48,472
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Fund balances at 31 May 2022		71,395	8,000	79,395	46,686	8,000	54,686
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

OUCH (UK)

BALANCE SHEET

AS AT 31 MAY 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	7		342		514
Current assets					
Stocks	8	550		300	
Cash at bank and in hand		81,993		57,843	
		<u>82,543</u>		<u>58,143</u>	
Creditors: amounts falling due within one year	9	<u>(3,490)</u>		<u>(3,971)</u>	
Net current assets			79,053		54,172
Total assets less current liabilities			<u>79,395</u>		<u>54,686</u>
Income funds					
Unrestricted funds - designated			8,000		8,000
Unrestricted funds - general			71,395		46,686
			<u>79,395</u>		<u>54,686</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 May 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 27 February 2023

D Nolan
Trustee



Company registration number 04339368

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2022

1 Accounting policies

Charity information

Ouch (UK) is a private company limited by guarantee incorporated in England and Wales. The registered office is Pyramid House, 954 High Road, Finchley, London, N12 9RT.

1.1 Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2022

1 Accounting policies

(Continued)

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	33.3% reducing balance
--------------------------------	------------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Charitable activities

	2022	2021
	£	£
Depreciation and impairment	171	256
Donations paid	1,276	12,000
National conferences and trustee meeting expenses	4,828	-
Promotion and booklets	-	40
Printing, postage and stationery	567	1,967
Helpline telephone	865	1,070
Insurance	623	617
Website costs	2,142	3,875
Accountancy fees	733	1,693
Sundry expenses	153	267
Bank charges	501	479
	<u>11,859</u>	<u>22,264</u>
	<u>11,859</u>	<u>22,264</u>

4 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2022

5 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Total	-	-

6 Taxation

The company is exempt from Corporation Tax on its charitable activities.

7 Tangible fixed assets

	Fixtures, fittings & equipment £
Cost	
At 1 June 2021	18,587
At 31 May 2022	18,587
Depreciation and impairment	
At 1 June 2021	18,074
Depreciation charged in the year	171
At 31 May 2022	18,245
Carrying amount	
At 31 May 2022	342
At 31 May 2021	514

8 Stocks

	2022 £	2021 £
Finished goods and goods for resale	550	300

9 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	3,490	3,971

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2022

10 Analysis of net assets between funds

	Unrestricted funds 2022 £	Designated funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Designated funds 2021 £	Total 2021 £
Fund balances at 31 May 2022 are represented by:						
Tangible assets	342	-	342	514	-	514
Current assets/(liabilities)	79,053	-	79,053	54,172	-	54,172
	<u>79,395</u>	<u>-</u>	<u>79,395</u>	<u>54,686</u>	<u>-</u>	<u>54,686</u>

Purpose of designated funds

Development costs

The trustees have designated funds for the future research and development of the charity.

11 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

OUCH (UK)

England & Wales - Charity number 1091919

Accounts

Charity Registration No. 1091919

Company Registration No. 04339368 (England and Wales)

OUCH (UK)

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2021

OUCH (UK)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

C Allen
D Chapman
S Bruce
P Goadsby
E Kelly
A Turner
V Hobbs
J Clark
S McDowell
L Duddy

(Appointed 20 December
2020)

Secretary

D Chapman

Charity number

1091919

Company number

04339368

Registered office

Pyramid House
954 High Road
Finchley
London
N12 9RT

Independent examiner

Errington Langer Pinner
Pyramid House
954 High Road
Finchley
London
N12 9RT

OUCH (UK)

CONTENTS

	Page
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 10

OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MAY 2021

The trustees present their annual report and financial statements for the year ended 31 May 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The charity aims to benefit the public by its objects and activities namely by relieving the distress of people suffering from cluster headaches particularly, but not exclusively, by providing support and information for sufferers and their families. This involves the following:

- a) liaising with the medical profession to improve diagnosis and treatment;
- b) conducting and supporting research into cluster headaches and disseminating the results of such research for the public.

The trustees have paid due regard to guidance issued by The Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

In summary, total incoming resources for the year amounted to £28,478 (2020 - £45,159) and total resources expended amounted to £22,264 (2020 - £23,970) resulting in a net surplus of £6,214 (2020 - £21,189).

At 31 May 2021 the general unrestricted fund stood at £46,686 (2020 - £40,472) and the designated fund stood at £8,000 (2020 - £8,000).

Financial review

Historically, the trustees established a policy that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees considered that a reserve at this level would ensure that, in the event of a significant fall in income, the charity will be able to continue current activities while consideration is given to ways in which additional funds may be raised. However, a more flexible approach is now being exercised to reflect the current levels and activities of the charity.

The trustees have considered the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate those risks.

Structure, governance and management

The organisation is a charitable company limited by guarantee and has no share capital. Members liability in the event of winding up is limited to £1 per member. It was incorporated on 13 December 2001 and registered as a charity on 8 May 2002. The company is permitted to omit the word "Limited".

OUCH (UK)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MAY 2021

The trustees , who are also the directors for the purpose of company law, and who served during the year were:

C Allen

D Chapman

S Bruce

P Goadsby

E Kelly

A Turner

J Doyle

(Resigned 1 June 2021)

V Hobbs

J Clark

S McDowell

L Duddy

(Appointed 20 December 2020)

None of the trustees have any beneficial interest in the company.

The trustees' report was approved by the Board of Trustees.



S Bruce

Trustee

10 February 2022

OUCH (UK)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OUCH (UK)

I report to the trustees on my examination of the financial statements of Ouch (UK) (the charity) for the year ended 31 May 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

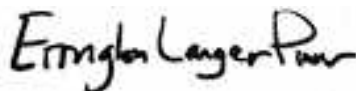
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no 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 charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.



Errington Langer Pinner

Pyramid House
954 High Road
Finchley
London
N12 9RT

Dated: 10 February 2022

OUCH (UK)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2021

		Unrestricted funds general	Unrestricted funds designated	Total	Unrestricted funds general	Unrestricted funds designated	Total
	Notes	2021 £	2021 £	2021 £	2020 £	2020 £	2020 £
<u>Income from:</u>							
Donations and subscriptions		28,478	-	28,478	45,159	-	45,159
		_____	_____	_____	_____	_____	_____
<u>Expenditure on:</u>							
Charitable activities	3	22,264	-	22,264	23,970	-	23,970
		_____	_____	_____	_____	_____	_____
Net income for the year/ Net movement in funds		6,214	-	6,214	21,189	-	21,189
Fund balances at 1 June 2020		40,472	8,000	48,472	19,283	8,000	27,283
		_____	_____	_____	_____	_____	_____
Fund balances at 31 May 2021		46,686	8,000	54,686	40,472	8,000	48,472
		=====	=====	=====	=====	=====	=====

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

OUCH (UK)

BALANCE SHEET

AS AT 31 MAY 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	7		514		770
Current assets					
Stocks	8	300		300	
Cash at bank and in hand		57,843		51,374	
		<u>58,143</u>		<u>51,674</u>	
Creditors: amounts falling due within one year	9	<u>(3,971)</u>		<u>(3,972)</u>	
Net current assets			54,172		47,702
Total assets less current liabilities			<u>54,686</u>		<u>48,472</u>
Income funds					
Unrestricted funds - designated			8,000		8,000
Unrestricted funds - general			46,686		40,472
			<u>54,686</u>		<u>48,472</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 May 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 10 February 2022



S Bruce
Trustee

Company Registration No. 04339368

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2021

1 Accounting policies

Charity information

Ouch (UK) is a private company limited by guarantee incorporated in England and Wales. The registered office is Pyramid House, 954 High Road, Finchley, London, N12 9RT.

1.1 Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2021

1 Accounting policies

(Continued)

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	33.3% reducing balance
--------------------------------	------------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2021

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Charitable activities

	2021	2020
	£	£
Depreciation and impairment	256	384
Donations paid	12,000	1,000
National conferences and trustee meeting expenses	-	12,353
Promotion and booklets	40	150
Printing, postage and stationery	1,967	1,176
Helpline telephone	1,070	1,068
Insurance	617	617
Website costs	3,875	3,165
Accountancy fees	1,693	3,462
Sundry expenses	267	222
Bank charges	479	373
	<u>22,264</u>	<u>23,970</u>
	<u>22,264</u>	<u>23,970</u>

4 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2021

5 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Total	-	-

6 Taxation

The company is exempt from Corporation Tax on its charitable activities.

7 Tangible fixed assets

	Fixtures, fittings & equipment £
Cost	
At 1 June 2020	18,587
At 31 May 2021	18,587
Depreciation and impairment	
At 1 June 2020	17,817
Depreciation charged in the year	256
At 31 May 2021	18,073
Carrying amount	
At 31 May 2021	514
At 31 May 2020	770

8 Stocks

	2021 £	2020 £
Finished goods and goods for resale	300	300

9 Creditors: amounts falling due within one year

	2021 £	2020 £
Accruals and deferred income	3,971	3,972

OUCH (UK)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2021

10 Analysis of net assets between funds

	Unrestricted funds 2021 £	Designated funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Designated funds 2020 £	Total 2020 £
Fund balances at 31 May 2021 are represented by:						
Tangible assets	514	-	514	770	-	770
Current assets/ (liabilities)	54,172	-	54,172	39,702	8,000	47,702
	<u>54,686</u>	<u>-</u>	<u>54,686</u>	<u>40,472</u>	<u>8,000</u>	<u>48,472</u>

Purpose of designated funds

Development costs

The trustees have designated funds for the future research and development of the charity.

11 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).