



REPORT OF THE TRUSTEES

Unaudited Financial Statements
for the Year Ended 31 March 2025





OUR MISSION TO EMPOWER THE NATION TO SLEEP BETTER

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REFERENCE AND ADMINISTRATIVE DETAILS

TRUSTEES

- Helen Michaels (resigned 23.4.25)
- Juliet Ellis (resigned 12.2.25)
- David Lee Watson (resigned 4.5.25)
- Matthew Aron Stanbury (resigned 2.5.25)
- Mark Dickinson
- Desaline Veronica Joseph
- Ian Howes
- Nicola Saunders (appointed 8.5.25)
- Laura Colton (appointed 8.5.25)
- Richard Clarke (appointed 10.06.25)
- Gavin Fergie (appointed 24.6.25)
- Adrian Hunt KVRM DL (appointed 3.7.25)
- Jonathan Spain (appointed 17.10.25)
- Victoria Dalby (appointed 01.12.25)

PRINCIPAL ADDRESS

Sidings House
Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

REGISTERED CHARITY NUMBER

1150585

INDEPENDENT EXAMINER

Xeinadin
Sidings House
Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

SOLICITORS

Vedder Price LLP
4 Coleman Street
6th Floor
London
EC2R 5AR

BANKERS

Virgin Money
19 St Sepulchre Gate
Doncaster
DN1 2PH

The board of trustees administers the charity and meet at least bi-monthly. The Chief Executive and Founder, Vicki Beevers and Deputy Chief Executive Lisa Artis, have been appointed by the trustees to manage the day to day operations of the organisation.

THE SLEEP ADVISORY BOARD

- Simon Blake OBE (Chair) – CEO of Stonewall
- Dr Ruth Kingshott – Sleep Physiologist at Sheffield Children's Hospital
- Dr Mike Farquhar – Sleep Medicine Consultant at Evelina London Children's Hospital
- Dr Sarah Gilchrist – Specialist in Sleep and Athletic performance
- Dr Roxane Gervais – Chartered Psychologist
- Dr Neil Bindemann – Director at Innervate, Executive Director of P-CNS and community Therapists Network
- Dr Alanna Hare – Consultant in Sleep and Respiratory failure at Royal Brompton and Harefield NHS Foundation Trust
- Nathalie Winn – Nutritionist at Waitrose and Partners
- Rachel Wallbank – Specialist Occupational Therapist
- Dr Elizabeth Pal – Community paediatric registrar, Bradford Teaching Hospitals
- Jessica Alexander – Executive Director at the National Bed Federation
- Dr Rob Meadows – Professor at University of Surrey
- Jenny Featherstone – Physiotherapist, Specialising in Paediatric Neuro-disability
- Dr Theodora Kalentzi – Specialist in Women's Health and Menopause Care
- Dr Karen McDonnell – Occupational Health and Safety Policy Advisor at RoSPA
- Dr Simon Durrant – Director of the Sleep Research Centre at University of Lincoln
- Shaun Fenton OBE – Headmaster at Reigate Grammar School
- Dr Sophie Bostock – Specialist in sleep and CBTI
- Dr Jonathan Sunkersing – GP with specialist interest in sleep
- Dr Clare Simon – Lead and founder at The London Dental Sleep Clinic

PATRONS AND AMBASSADORS

- Baroness Goudie
- Zoe Salmon
- Vicky Thornley
- Shaun the Sheep



REPORT OF THE TRUSTEES

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

WELCOME FROM THE TRUSTEES

This year has been a particularly challenging one for small charities across the UK, and The Sleep Charity has not been immune to the pressures facing the sector. We have continued to see a reduction in core resources, while at the same time experiencing a significant increase in demand for our vital sleep support services.

Despite the difficult funding climate, the team has remained resilient and focused. We have continued to invest in diversifying our income streams to reduce reliance on any single source, and we have strengthened our commitment to supporting research that can inform and advance our work. Our aim remains clear: to ensure that everyone has access to high-quality, evidence-based support when facing sleep difficulties.

One of the key challenges we continue to face is the nature of short-term commissioning contracts, which make it difficult to plan effectively for the long term. This was particularly evident in Doncaster, where we regrettably lost funding for our local sleep service. However, conscious of the families who had already been waiting several months for support, we made the decision to honour their needs by continuing to deliver the service from our reserves. It was not an

easy decision financially, but it was the morally right thing to do.

Looking ahead, we remain confident that our financial position will recover. Over the past year, we have undertaken careful planning to guide us through the next 12 months and beyond. Strategic planning days have been central to this process, helping us not only to respond to current pressures but to build a future where The Sleep Charity can thrive – not just survive – in order to meet the needs of our beneficiaries.

The Board would like to thank our dedicated team, volunteers, funders, and partners who continue to support us with such passion and commitment. Together, we are making sleep support more accessible and more impactful for those who need it most.



MESSAGE FROM OUR FOUNDER AND CEO

💧💧 The past 12 months have continued to present a complex and challenging environment for voluntary sector organisations. Like many small charities, we have faced ongoing pressures from rising costs, reduced funding streams, and growing demand for our services. Yet despite these difficulties, The Sleep Charity has remained steadfast in its mission - and this year, we've made significant strides forward.

One of our proudest achievements was the launch of our Dreaming of Change Manifesto, a bold and evidence-based call for policy reform and public awareness around sleep health. The manifesto has since gone on to win a prestigious national award and gained significant media attention, helping to elevate sleep as a serious public health issue on a national stage.

In line with this momentum, we hosted a powerful event at the House of Commons to explore the critical link between sleep and safety. This provided a platform for professionals, policymakers, and those with lived experience to come together and call for change. The event helped solidify our role as a national thought leader in the sleep sector and opened important conversations at the highest levels of government.

We also successfully delivered our second national conference, building on last year's success. Alongside expert speakers and professional networking, we once again opened our wellbeing show to the public, reinforcing our commitment to ensuring that sleep education is both accessible and inclusive. The event generated excellent feedback and helped strengthen connections with partners and communities alike.

Our work on tackling sleep poverty has also developed significantly. We launched Bedtime Bags in partnership with Doncaster Family Hubs and SYMCA, providing essential resources to families in need. This initiative ensures that children experiencing disadvantage have access to basic sleep essentials, supporting their health, education, and overall wellbeing.

Throughout the year, we have continued to diversify our income streams, including expanding our commercial training offer and consultancy services. At the same time, we have maintained our commitment to evidence-based delivery and high-quality support, including developing new digital resources and research partnerships to further inform our practice.

As ever, the limitations of short-term commissioning remain a significant barrier to long-term planning. This year, we faced the difficult reality of losing funding for our Doncaster service. In response, and in recognition of the families who had been waiting many months for support, we made the moral decision to continue delivery from our reserves. It was not a decision taken lightly, but it was the right one.

Despite these financial pressures, I remain confident in our direction. Our recent strategic planning days have been instrumental in mapping a route forward. We are not here simply to survive - we are here to thrive, and to ensure that everyone has access to the sleep support they deserve.

As always, I want to express my heartfelt thanks to our incredible staff, volunteers, and trustees. Your resilience, passion and professionalism are at the heart of everything we achieve. I also extend sincere gratitude to our funders, donors, and supporters - your continued belief in our work is what makes it all possible.

With warmest thanks and determination for the road ahead. 💧💧

A handwritten signature in black ink that reads "Vicki Beavers".

CEO and Founder
The Sleep Charity



OBJECTIVES AND ACTIVITIES



OBJECTIVES AND AIMS

The objects of The Sleep Charity are:

1. The advancement of health in the UK and elsewhere through the provision of services which encourage and promote the importance of sleep for mental, emotional and physical wellbeing
2. Such other charitable purposes as the trustees shall from time to time think fit.

The charity aims to provide access to high quality information and advice to deal with most sleep issues and ensure everyone understands the value of a good night's sleep. A significant challenge that we face as an organisation is that sleep is not regulated in England and Wales and **accessing sleep support is a postcode lottery**. We aim to raise awareness around the importance of sleep to influence government policy through our campaigning work. A further aim is to provide evidence for sleep support more widely by offering training to community practitioners and through direct sleep services.

Covid-19 significantly increased sleep issues nationally. Research shows that around **40%** of the nation would suffer a sleep difficulty prior to the pandemic. We know this figure has risen and sleep issues have become more complex. A significant challenge we face is how to meet this increased demand and have therefore developed more online tools as part of our tiered approach to intervention. We also developed our **online teen hub** to reach more young people.

In order to reach our aims the board have developed a robust 3 year strategic plan with the annual business plan outlining key performance indicators to assess success. Activities that we undertake are assessed by the board to ensure they contribute to the achievement of our aims and objectives before being signed off. Each activity has bespoke evaluation measures developed so that success can be captured and reported, for example our sleep services use evaluation tools developed by the sleep team from Sheffield Children's Hospital.

Achievement of our aims will ensure an increased awareness and change in government policy so those suffering sleep issues can access evidence-based information and support in the heart of their communities.



SIGNIFICANT ACTIVITIES

The Sleep Charity's principal means of achieving its objectives is by providing evidence-based information and support through the delivery of training, online, face to face and telephone support from Sleep Practitioners. We also deliver training to practitioners to deliver sleep support to in their local communities. The charity is involved in research projects to develop understanding and underpin information provided around sleep as well as campaigning activities to raise awareness of the importance of sleep for wellbeing at a national level.



PUBLIC BENEFIT

The trustees have considered this purpose, the aims and objectives of the charity and its current and planned activities against the Charity Commission's general guidance on public benefit. The Trustees are satisfied that the charity's purpose, aims, objectives and activities are fully consistent with charity purposes as defined in the **Charities Act 2011**.

The charity takes an holistic approach to engaging with all in order to offer its services without discrimination.



VOLUNTEERS

Volunteers with specialist skills have been recruited to support the charity to meet its aims during the last year. We continue to engage with the Sleep Council our advisory board of experts who provide independent scrutiny of our work.



ACHIEVEMENTS AND PERFORMANCE

CHARITABLE ACTIVITIES

We continue to be proud of our achievements, over the last year these have included:



Supporting Families To Get A Good Night's Sleep

Directly supporting **2,383 beneficiaries** with evidence-based sleep support.

Being the chosen provider by the NHS to deliver sleep services in Alder Hey Children's Hospital, Barnsley, Bassetlaw and across North Yorkshire.

We **trained 142 Sleep Practitioners** who will embed our work in their local communities.



Extending Our Services For Adults

Our adult sleep support services continued to grow and evolve throughout the year, reflecting our commitment to **addressing the diverse sleep needs of adults across the UK**. We expanded our Adult Sleep Series with three new modules, once again developed

in collaboration with **Professor Jason Ellis** from Northumbria University. These modules deepen our educational offering, equipping individuals with practical, evidence-based tools to improve sleep.

In addition to the new learning content, Professor Ellis also supported the delivery of two further **Cognitive Behavioural Therapy for Insomnia (CBTi) training courses in October 2024 and March 2025**. These sessions continue to play a key role in upskilling health and wellbeing professionals, enabling them to better support those experiencing chronic sleep problems.

Our **Lincolnshire Sleep Hub** team made impressive progress in their mission to improve adult sleep across the region. Their work placed a special focus on empowering local communities and professionals to support carers and adults with disabilities. The launch of a dedicated website - **lincolnshiresleephub.org.uk** - helped raise awareness of the support available and made it easier for residents to access sleep resources.



National Sleep Helpline

In June 2024, the National Sleep Helpline faced a temporary setback when funding from Furniture Village came to an end. As a result, the helpline was forced to scale back its opening hours for two months, limiting the support available to those struggling with sleep issues during that time.

However, thanks to generous new funding from **Idorsia Pharmaceuticals**, the helpline was able to return to full capacity in September 2024. This vital support has ensured that people experiencing sleep difficulties - from insomnia and sleep deprivation to anxiety-related disturbances - once again have access to free, expert guidance and reassurance when they need it most.

The continued operation of the helpline plays a crucial role in **addressing the national sleep crisis**. It provides a compassionate lifeline to individuals who may otherwise suffer in silence, and its return to full service reflects the growing recognition of sleep as an essential component of overall health and wellbeing.



Research

We continue to support academic institutions with their research around sleep.

We are working with the **University of Bristol** on an adolescent sleep project.

We have presented about our work at an event hosted by the **University of York**, extending our reach with academic institutions.

A new relationship has been established with **Leeds University** with us inputting into a project around Inner Music and Wellbeing.

Professor Jason Ellis from Northumbria University continues to be our Honorary Consultant

We are working with the **Circadian Mental Health Network** to understand the top 10 questions that research should answer about the body clock and mental health

ACHIEVEMENTS AND PERFORMANCE

CHARITABLE ACTIVITIES

We continue to be proud of our achievements, over the last year these have included:



Developments Within Our Team

We continue to be proud of our team's achievements. The team were nominated for awards this year with:

Doncaster Business Chamber's Annual Awards - Campaign of the year

Finalists in SEYH awards in the Large Social Enterprise Category

PR Awards for the Dreaming of Change Manifesto



Campaigning in the House of Commons

In December 2024, we proudly launched our **Sleep for Safety campaign** in the House of Commons, spotlighting the vital connection between quality sleep and workplace health and safety. As part of this launch, we also

revitalised our enhanced **Sleep Charter** - central to our mission of raising awareness about sleep as a fundamental pillar of health and wellbeing. A key objective of the campaign is to urge the Government to develop a **comprehensive National Sleep Strategy**.

The event featured inspiring guest speakers, including **Steve Cole** from RoSPA, **David Laughlin** from Sainsbury's, and **Stuart Webster-Spriggs** from VolkerRail, all lending their voices to the urgent call for change.

A cornerstone of our 2024 advocacy efforts was the publication of our report, **Dreaming of Change: A Manifesto for Sleep**. The report made a compelling case for a National Sleep Strategy to address the growing sleep crisis, with the potential to transform the health and wellbeing of millions across the UK. Among the campaign's early achievements were a commitment to raise the issue with the Health Secretary and the backing of seven cross-party supporters at launch.

Our research revealed that nine in ten people were struggling with sleep issues - often due to sleep poverty and workplace stress. Despite this, **over 14 million** individuals

continue to suffer silently from undiagnosed sleep disorders, highlighting the urgent need for national action. The campaign received widespread media coverage, including features on **BBC Breakfast, Channel 5 News, BBC Five Live, and 25 BBC local radio stations**.

BUILDING PARTNERSHIPS

We continue to build strong partnerships to support the development and delivery of our charitable activities, these include working with:

School's Wellbeing Partnership, to embed wellbeing and good mental health into the culture and ethos of every school We joined the Health Equality network to extend our reach and spread our message

We remain grateful to the **National Bed Federation** for their ongoing support that allows our work to grow and thrive.

FUNDING FOR OUR WORK

We would like to thank all of those who provide funding to support our work, we are hugely appreciative. This includes:

- The National Bed Federation
- Furniture Village
- Idorsia Pharmaceuticals
- National Lottery Community Fund
- Garfield Weston Foundation

- South Yorkshire ICB Health Inequalities Fund
- Doncaster Council Community Development Fund

With kind donations received from:

- The Green School Trust
- Anne Watmough
- Anne Clarke
- Crowdfunder
- Kerry Wilson Walk the Test Way for her mum
- NSG Environmental Ltd for their Duvet Day
- Woodhouse College fundraising
- Owen Brooke-Light Ultra MMA Southampton event

WAYS TO SUPPORT

The generous support of others makes our work possible. There are a number of ways you can get involved:

- Make a donation
- Fundraise for us
- Volunteer
- Partner with us
- Join in our awareness events
- Help us to campaign

FINANCIAL REVIEW

FINANCIAL POSITION

Last financial year we recognised that the charity's growth could be a potential risk and made a decision to control this, allowing the organisation time to ensure our governance was securely in place to support future growth.

We also recognised the significant impact that the **cost-of-living crisis** was having on small charities and correctly predicted that securing funding for our work would prove even more of a challenge this year. We have mitigated against this by developing **new membership schemes, training programmes and developing corporate partnerships**.

With the NHS under ever increasing strain, we recognise that funding for our sleep services may be at risk. We are therefore developing a model to ensure we can continue to offer support locally through **training other voluntary sector organisations** to deliver in the heart of the communities.

The board has taken the decision to meet bi-monthly during these challenging economic times to ensure that finances are carefully monitored and decisions are made quickly to address any risks.

PRINCIPAL FUNDING SOURCES

Principal funding sources remain through the delivery of training. This supports our objectives by providing evidence based information to those in the community who can more easily reach beneficiaries. Corporate funding for the helpline supports our objectives by providing one-to-one support to those in need of information at a national level. Commissioned sleep services also provide a significant source of funding and through these we can provide families with specialist sleep support to improve their wellbeing.

RESERVES POLICY

Our level of reserves is monitored monthly by our CEO and trustees with the aim to secure sufficient reserves to over a 6-month period of activities.

Total funds at the balance sheet date totalled **£232,642**, of which **£185,637** were unrestricted. This represents approximately 3 months of activities. Building reserves is a significant challenge in the current economic climate.

FUTURE PLANS

Our new strategic plan was implemented this year and will continue to shape our future work. We recognise that this continues to be a difficult time for small charities and will review our plans rigorously to ensure that we can continue as an organisation to not only survive but to thrive.

Activities will include:

- Extending engagement with practitioners through our **Sleeptember** campaign and our **Children's Sleep Awareness month**
- Reviewing our training offering and establishing two new **educational programmes**
- Development of a **peer support programme** for new parents
- Reviewing our **campaigning strategy** and developing partnerships to strengthen our voice

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

The charity (which was established in March 2012) was set up as a **CIO on 24 January 2013**. It is governed by its constitution which sets out the objectives and powers of the CIO.

RECRUITMENT AND APPOINTMENT OF NEW TRUSTEES

The charity is managed by a board of trustees who are sought by advertisement and personal contact. New trustees are appointed by a resolution passed at a properly convened meeting. In selecting individuals for appointment as charity trustees, the board must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

DECISION MAKING

The board of trustees administers the charity and meet bimonthly. The Chief Executive and Founder, **Vicki Beevers** and Deputy Chief Executive **Lisa Artis**, have been appointed by the trustees to manage the day to day operations of the organisation.

INDUCTION AND TRAINING OF NEW TRUSTEES

New trustees undergo an induction process to brief them on their legal obligations, the strategic plan and the financial performance of the CIO. During this process they will also meet key employees, other trustees and volunteers.

KEY MANAGEMENT REMUNERATION

The board have developed a remuneration committee and policy which clearly sets out arrangements around pay.

RISK MANAGEMENT

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

TSC TRUSTEE ATTENDANCE AT TRUSTEE MEETING

FOR THE YEAR ENDED 31 MARCH 2025

NAME	ROLE	DATE OF TRUSTEE APPOINTMENT	NUMBER OF TRUSTEE MEETINGS ATTENDED
Helen Michaels	Chair and Trustee	6th February 2023	5/5
Dave Watson	Vice Chair and Trustee	4th May 2022	4/5
Mark Dickinson	Treasurer and Trustee	2nd December 2019	3/5
Matt Stanbury	Trustee	6th February 2023	1/5
Juliet Ellis	Trustee	14th June 2023	3/5
Dr Desaline Joseph	Trustee	11th October 2023	5/5
Ian Howes	Trustee	22nd February 2024	3/5

Meetings Held

- April 24
- June 24
- August 24
- October 24
- December 24

Approved by order of the board of trustees on 14/12/2025 and signed on its behalf by:

Gavin Fergie
Gavin Fergie (Jan 10, 2026 14:32:17 GMT)

Gavin Fergie
Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE SLEEP CHARITY

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

RESPONSIBILITIES AND BASIS OF REPORT

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

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

INDEPENDENT EXAMINER'S STATEMENT

Since your charity's gross income exceeded **£250,000** your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by **Section 130** of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities **(Accounts and Reports) Regulations 2008** other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Claire Docherty FCCA
Xeinadin
Sidings House
Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

Claire Docherty
Claire Docherty (Jan 12, 2026 07:46:21 GMT)

Claire Docherty FCCA
Independent Examiner
Date: Jan 12, 2026



STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2025

	NOTES	UNRESTRICTED FUNDS (£)	RESTRICTED FUNDS (£)	2025 TOTAL FUNDS (£)	2024 TOTAL FUNDS (£)
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	54,472	-	54,472	58,685
CHARITABLE ACTIVITIES					
Training and sleep services	5	341,107	168,816	509,923	583,431
Other training activities	3	42,214	-	42,214	30,000
Investment income	4	65	-	65	42
TOTAL		437,858	168,816	606,674	672,158
EXPENDITURE ON					
Raising funds	6	13,500	-	13,500	-
CHARITABLE ACTIVITIES					
Training and sleep services	7	501,462	203,841	705,303	842,239
TOTAL		514,962	203,841	718,803	842,239
NET INCOME/(EXPENDITURE)		(77,104)	(35,025)	(112,129)	(170,081)
RECONCILIATION OF FUNDS					
Total funds brought forward		262,741	82,030	344,771	514,852
TOTAL FUNDS CARRIED FORWARD		185,637	47,005	232,642	344,771

STATEMENT OF FINANCIAL POSITION

FOR THE YEAR ENDED 31 MARCH 2025

	NOTES	UNRESTRICTED FUNDS (£)	RESTRICTED FUNDS (£)	2025 TOTAL FUNDS (£)	2024 TOTAL FUNDS (£)
FIXED ASSETS					
Tangible assets	12	3,288	1,333	4,621	8,657
CURRENT ASSETS					
Debtors	13	74,851	-	74,851	19,021
Cash at bank		226,686	56,922	283,608	389,752
TOTAL		301,537	56,922	358,459	408,773
CREDITORS					
Amounts falling due within one year	14	(119,188)	(11,250)	(130,438)	(72,659)
NET CURRENT ASSETS		182,349	45,672	228,021	336,114
TOTAL ASSETS LESS CURRENT LIABILITIES		185,637	47,005	232,642	344,771
NET ASSETS		185,637	47,005	232,642	344,771
FUNDS					
Unrestricted funds	16			185,637	262,741
Restricted funds				47,005	82,030
TOTAL FUNDS				232,642	344,771

The financial statements were approved by the Board of Trustees and authorised for issue on 14/12/2025 and were signed on its behalf by:

Gavin Fergie
Gavin Fergie (Jan 10, 2026 14:32:17 GMT)

Gavin Fergie - Trustee

Mark Dickinson
Mark Dickinson (Jan 12, 2026 07:38:45 GMT)

Mark Dickinson - Trustee

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	NOTES	2025 (£)	2024 (£)
CASH FLOWS FROM OPERATING ACTIVITIES			
Cash generated from operations	1	(105,531)	(278,383)
NET CASH USED IN OPERATING ACTIVITIES		(105,531)	(278,383)
CASH FLOWS FROM INVESTING ACTIVITIES			
Purchase of tangible fixed assets		(678)	(3,858)
Interest received		65	42
NET CASH USED IN INVESTING ACTIVITIES		(613)	(3,816)
CHANGE IN CASH AND CASH EQUIVALENTS IN THE REPORTING PERIOD		(106,144)	(282,199)
CASH AND CASH EQUIVALENTS AT THE BEGINNING OF THE REPORTING PERIOD		389,752	671,951
CASH AND CASH EQUIVALENTS AT THE END OF THE REPORTING PERIOD		283,608	389,752

NOTES TO THE STATEMENT OF CASH FLOWS

1. RECONCILIATION OF NET (EXPENDITURE)/ INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 (£)	2024 (£)
NET (EXPENDITURE)/INCOME FOR THE REPORTING PERIOD (AS PER THE STATEMENT OF FINANCIAL ACTIVITIES)	(112,129)	(170,081)
ADJUSTMENTS FOR:		
Depreciation charges	4,714	4,844
Interest recieved	(65)	(42)
(Increase)/decrease in debtors	(55,830)	45,573
Increase/(decrease) in creditors	57,779	(158,677)
NET CASH (USED IN)/ PROVIDED BY OPERATIONS	(105,531)	(278,383)

2. ANALYSIS OF CHANGES IN NET FUNDS

	AT 1.4.24 (£)	CASH FLOW (£)	AT 31.3.25 (£)
NET CASH			
Cash at bank and in hand	389,752	(106,144)	283,608
TOTAL	389,752	(106,144)	283,608

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charity, which is a public benefit entity under **FRS 102**, have been prepared in accordance with the Charities **SORP (FRS 102)** 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (**FRS 102**) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the **Charities Act 2011**. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably. Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the **SoFA**. In accordance with the Charities **SORP (FRS 102)**, the general volunteer time is not recognised, refer to the trustees report for more information about their contribution.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

GOVERNANCE COSTS

Governance costs include costs of the preparation and audit of statutory accounts, remuneration to trustees for services not related to duties of being a trustee, costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

ALLOCATION AND APPORTIONMENT OF COSTS

Administration costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and are allocated to activity cost categories on a basis consistent with the use of resources.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure is incurred.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

- Fixtures and fittings – **25%** on cost
- Computer equipment – **25%** on cost

TAXATION

The charity is exempt from corporation tax on income and gains falling within Part 11 of the **Corporation Tax Act 2010**, to the extent that these are applied to its charitable purposes.

FUND ACCOUNTING

- Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.
- Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

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

2. DONATIONS AND LEGACIES

	UNRESTRICTED FUNDS (£)	RESTRICTED FUNDS (£)	2025 TOTAL FUNDS (£)	2024 TOTAL FUNDS (£)
Donations	4,090	-	4,090	13,605
Grants	50,382	-	50,382	45,080
	54,472	-	54,472	58,685

3. OTHER TRADING ACTIVITIES

	UNRESTRICTED FUNDS (£)	RESTRICTED FUNDS (£)	2025 TOTAL FUNDS (£)	2024 TOTAL FUNDS (£)
Corporate partnerships income	42,214	-	42,214	30,000

4. INVESTMENT INCOME

	UNRESTRICTED FUNDS (£)	RESTRICTED FUNDS (£)	2025 TOTAL FUNDS (£)	2024 TOTAL FUNDS (£)
Deposit account interest	65	-	65	42

5. INCOME FROM CHARITABLE ACTIVITIES

	ACTIVITY	2025 (£)	2024 (£)
Training and sleep services	Training and sleep services	341,107	447,420
Grants	Training and sleep services	168,816	117,350
Corporate partnerships income	Training and sleep services	-	18,661
		509,923	583,431

Grants received included in income from charitable activities:

	2025 (£)	2024 (£)
Masonic Charitable Foundation	-	-
National Bed Foundation	15,000	15,000
Waterloo Foundation	-	-
Furniture Village Helpline	10,000	39,999
Wales Sleep Talkers	-	10,000
ADHD Adult	-	10,000
Lottery Lincolnshire Adult	84,416	42,351
Garfield Weston Foundation	25,000	-
Health Inequalities Fund	25,000	-
Sleep Safe Doncaster	8,400	-
DMBC Community Fund	1,000	-
TOTAL	168,816	117,350

6. RAISING FUNDS

Other trading activities

	UNRESTRICTED FUNDS (£)	RESTRICTED FUNDS (£)	2025 TOTAL FUNDS (£)	2024 TOTAL FUNDS (£)
Professional fees	13,500	-	13,500	-

7. CHARITABLE ACTIVITIES COSTS

	DIRECT COSTS (£)	SUPPORT COSTS (SEE NOTE 8)	TOTAL (£)
Training and sleep services	594,055	111,248	705,303

8. SUPPORT COSTS

	MANAGEMENT (£)	GOVERNANCE COSTS (£)	TOTAL (£)
Training and sleep services	107,223	4,025	111,248

9. TRUSTEES' REMUNERATION AND BENEFITS

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

	2025 (£)	2024 (£)
Trustees' expenses	1,025	1,726

10. STAFF COSTS

The average monthly number of employees during the year was 13 (2024 - 13).
Employees emoluments greater than £60,000 during the year

	2025 (£)	2024 (£)
£60,000 - £69,999	-	-
£70,000 - £79,999	1	1

Amounts paid to key management personnel during the year totalled £139,329 (2024: £131,916).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	UNRESTRICTED FUNDS (£)	RESTRICTED FUNDS (£)	TOTAL FUNDS (£)
INCOME AND ENDOWMENTS FROM			
Donations and legacies	58,685	-	58,685
CHARITABLE ACTIVITIES			
Training and sleep services	466,081	117,350	583,431
Other trading activities	30,000	-	30,000
Investment income	42	-	42
TOTAL	554,808	117,350	672,158
EXPENDITURE ON			
CHARITABLE ACTIVITIES			
Training and sleep services	744,611	97,628	842,239
NET INCOME (EXPENDITURE)	(189,803)	19,722	(170,081)
RECONCILIATION OF FUNDS			
Total funds brought forward	452,544	62,308	514,852
TOTAL FUNDS CARRIED FORWARD	262,741	82,030	344,771

12. TANGIBLE FIXED ASSETS

	FIXTURES AND FITTINGS (£)	COMPUTER EQUIPMENT (£)	TOTAL FUNDS (£)
COST			
At 1 April 2024	14,024	23,047	37,071
Additions	-	678	678
At 31 March 2025	14,024	23,725	37,749
DEPRECIATION			
At 1 April 2024	13,220	15,194	28,414
Charge for one year	804	3,910	4,714
At 31 March 2025	14,024	19,104	33,128
NET BOOK VALUE			
At 31 March 2025	-	4,621	4,621
At 31 March 2024	804	7,853	8,657

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 (£)	2024 (£)
Trade Debtors	55,507	4,160
VAT	12,716	-
Prepayments	6,628	14,861
	74,851	19,021

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 (£)	2024 (£)
TRADE CREDITORS	9,145	862
OTHER CREDITORS	121,293	71,797
	130,438	72,659

15. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:.

	2025 (£)	2024 (£)
WITHIN ONE YEAR	7,000	7,000
BETWEEN ONE AND FIVE YEARS	14,583	21,583
	21,583	28,583

16. MOVEMENT IN FUNDS

	AT 1.4.24 (£)	NET MOVEMENT IN FUNDS (£)	AT 31.3.25 (£)
UNRESTRICTED FUNDS			
General fund	262,741	(77,104)	185,637
RESTRICTED FUNDS			
Restricted funds	82,030	(35,025)	47,005
TOTAL FUNDS	344,771	(112,129)	232,642

16. MOVEMENT IN FUNDS – CONTINUED

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

	INCOMING RESOURCES (£)	RESOURCES EXPENDED (£)	MOVEMENT IN FUNDS (£)
UNRESTRICTED FUNDS			
General fund	437,858	(514,962)	(77,104)
RESTRICTED FUNDS			
Restricted funds	168,816	(203,841)	(35,025)
TOTAL FUNDS	606,674	(718,803)	(112,129)

Comparatives for movement in funds:

	AT 1.4.23 (£)	NET MOVEMENT IN FUNDS (£)	AT 31.3.24 (£)
UNRESTRICTED FUNDS			
Unrestricted funds	452,544	(189,803)	262,741
RESTRICTED FUNDS			
restricted funds	62,308	19,722	82,030
TOTAL FUNDS	514,852	(170,081)	344,771

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

	INCOMING RESOURCES (£)	RESOURCES EXPENDED (£)	MOVEMENT IN FUNDS (£)
UNRESTRICTED FUNDS			
Unrestricted funds	554,808	(744,611)	(189,803)
RESTRICTED FUNDS			
Restricted funds	117,350	(97,628)	19,722
TOTAL FUNDS	672,158	(842,239)	(170,081)

17. RELATED PARTY DISCLOSURES

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

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2025

INCOME AND ENDOWMENTS	UNRESTRICTED FUNDS (£)	RESTRICTED FUNDS (£)	2025 TOTAL FUNDS (£)	2024 TOTAL FUNDS (£)
DONATIONS AND LEGACIES				
Donations	4,090	-	4,090	13,605
Grants	50,382	-	50,382	45,080
	54,472	-	54,472	58,685
OTHER TRADING ACTIVITIES				
Corporate partnerships income	42,214	-	42,214	30,000
INVESTMENT INCOME				
Deposit account interest	65	-	65	42
CHARITABLE ACTIVITIES				
Training and sleep services	341,107	-	341,107	447,420
Grants	-	168,816	168,816	117,350
Corporate partnerships income	-	-	-	18,661
	341,107	168,816	509,923	583,431
TOTAL INCOMING RESOURCES	437,858	168,816	606,674	672,158

EXPENDITURE	UNRESTRICTED FUNDS (£)	RESTRICTED FUNDS (£)	2025 TOTAL FUNDS (£)	2024 TOTAL FUNDS (£)
OTHER TRADING ACTIVITIES	13,500	-	13,500	-
Professional fees				
CHARITABLE ACTIVITIES				
Wages	253,483	153,467	406,950	414,891
Social security	35,340	-	35,340	36,220
Pensions	11,204	-	11,204	10,779
Rent and rates	(106)	-	(106)	2,923
Insurance	2,591	-	2,591	2,489
Telephone	1,873	780	2,653	8,413
Printing, post and stationery	15,013	5,561	20,574	20,624
Marketing and exhibitions	38,693	270	38,963	40,614
Sundries	3,575	18	3,593	24,230
Practitioners fees	35,299	86	35,385	52,235
Practitioners expenses	1,235	-	1,235	3,799
Training, travel and accommodation	12,008	2,612	14,620	12,678
Repairs and renewals	9,495	-	9,495	-
Carried forward	419,703	162,794	582,497	629,895
CHARITABLE ACTIVITIES				
Brought forward	419,703	162,794	582,497	629,895
Equipment & hire	5,146	1,698	6,844	8,239
Depreciation of tangible fixed assets	3,958	756	4,714	4,845
	428,807	165,248	594,055	642,979
SUPPORT COSTS				
MANAGEMENT				
Consultancy fees	31,110	35,832	66,942	127,761
Website fees	6,773	-	6,773	6,462
Software fees	7,206	-	7,206	12,036
Administration services	4,843	-	4,843	21,213
Subscriptions	18,698	2,761	21,459	27,062
	68,630	38,593	107,223	194,534
GOVERNANCE COSTS				
Trustees' expenses	1,025	-	1,025	1,726
Independent examination	3,000	-	3,000	3,000
	4,025	-	4,025	4,726
TOTAL RESOURCES EXPENDED	514,962	203,841	718,803	842,239
NET (EXPENDITURE)/INCOME	(77,104)	(35,025)	(112,129)	(170,081)



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