



Salus Fatigue Foundation

Registered Charity No: 1151924

Annual Report 2026

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Report of the Trustees for the year ended 31st March 2026

The Trustees present their annual report and financial statements for the year ended 31st March 2026 and confirm they comply with the Charities Act 2011, the trust deed and have been prepared in accordance with all statutory and regulatory requirements.

Reference and Administrative Information

Charity Name	Salus Fatigue Foundation
Charity Registration Number	1151924
Registered Office	Salus Fatigue Foundation C/O Bissell & Brown Charter House 56 High Street Sutton Coldfield West Midlands B72 1UJ
Board of Trustees	Damion Latham (Chair) (appointed 10/11/2020) Dr Christine Lloyd (appointed 06/12/2012) Mark Holmshaw (appointed 29/04/2021) Jacqui Holland (appointed 21/02/2022)
Bankers	HSBC 67 S Parade The Parade Sutton Coldfield West Midlands B72 1PA
Independent Examiner	Bissell & Brown Ltd Charter House 56 High Street Sutton Coldfield West Midlands B72 1UJ

CHAIR'S OVERVIEW OF THE PERIOD ENDED 31st March 2026

I am pleased to present the Salus Fatigue Foundation (Salus) Annual Report and Accounts and to share highlights from the 2025/2026 financial year.

Salus has continued to deliver outstanding Health and Wellbeing Fatigue Management support, advice and education, helping to improve the lives of people affected by Chronic Fatigue. I would like to extend my sincere thanks to our dedicated staff team, Health Practitioners, volunteers, Trustees, partners and funders for their continued commitment and support.

Throughout the year, Salus staff, practitioners and volunteers have provided vital support to many vulnerable individuals, their families and carers. Our services have helped people to build confidence, find hope and develop new skills to better manage the symptoms of Chronic Fatigue. We have also continued to extend our support to individuals living with other long-term chronic health conditions where fatigue is a significant factor.

During the year, ongoing economic pressures — including the rising cost of living, high inflation and increased interest rates — have had a disproportionate impact on people living with disability and long-term illness. Many of our members have faced increasing difficulty in meeting basic living costs, particularly food and utilities. Salus has continued, as far as possible, to provide support and guidance to help people navigate these challenges.

We maintained our omni-channel approach to service delivery, providing both virtual and in-person sessions across Birmingham, alongside the continued use of our Wellbeing Hub to deliver online support and educational resources to a wider audience. Our services remain user-led, with continuous review and evaluation to ensure accessibility, choice and clear pathways for individuals to access the support they need.

This year has been another successful period in achieving our outcomes, supporting people affected by fatigue to live healthier, more active, independent and socially connected lives. Our reach has continued at both national and global levels. Our TEDx talk, first delivered in April 2020, has now received over **411,791 views** as of March 2026.

The organisation has also continued to invest in its staff, supporting flexible home working alongside in-person delivery from community venues, and prioritising staff health and wellbeing.

After 16 years of dedicated service, the Board of Trustees and staff have made the difficult decision to close the Salus Fatigue Foundation. In recent years, and particularly over the last five years, it has become increasingly challenging to secure the funding required to sustain our services. As a result, the trustees believe it is now the appropriate time to bring the charity's work to a close on **31 March 2026**.

In closing, I would like to take this opportunity to thank all Salus staff, volunteers and Trustees for their unwavering commitment and dedication over the past 16 years. Their work has made a lasting difference to the lives of many individuals and communities we have been privileged to serve.

Summary of Annual Accounts

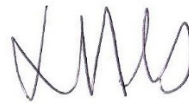
Our main source of income for the year 31st March 2026 was a combination of unrestricted and restricted grant funding. This comprises grants from the National Lottery and Postcode Lottery. The income and expenditure account for the period shows expenditure of 96,955 against receipts of 86,744 resulting in a deficit of 10,211 for the period. This deficit represents the planned use of brought forward reserves as part of the orderly wind-down of the charity. The trustees confirm that there are no outstanding liabilities of the charity at the end closure.

Signed: 04/04/2026

Damion Latham, Chair of Trustees



Linda Jones, CEO



STRUCTURE, GOVERNANCE and MANAGEMENT

GOVERNING DOCUMENT

Salus Fatigue Foundation is constituted as a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 7th May 2013 under charity number 1151924. It is governed by the Foundation Model Constitution and its only voting members are its charity trustees.

ORGANISATIONAL STRUCTURE

TRUSTEES

The charity Trustees are responsible for general control and management of the charity. The Trustees give their time freely and receive no remuneration or other financial benefits.

The Trustees meet as a body quarterly and are responsible for the strategy, general control, and management of the charity, taking decisions about what is to be done, how money is to be raised and spent. Amongst these responsibilities is that of identifying and managing any risks to the charity's assets or to the efficient and safe undertaking of its responsibilities.

The existing Trustees are responsible for the recruitment of new Trustees in line with our governing document and the National Council for Voluntary Organisations (NCVO) guidelines. Selection criteria for Trustee appointment is based on ensuring the right balance of the board based on past experiences, skills, knowledge, strong leadership, the understanding of good governance and individual and teamwork.

Following appointment, new Trustees are inducted into their role and are given copies of the trust deed, the Salus Strategic Plan, and Project Delivery Plans. They are made aware of the Policies and Procedures relating to the Charity. This ensures that new Trustees are aware of the scope of their responsibilities under the Charities Act.

EMPLOYED ROLES

Our funding was sought to enable Salus to continue offering our free services of support, advice and education through the Salus Community.

At the end of December 2025, the team consisted of:

- Chief Executive Officer
- Strategic Development Manager
- Project Development Lead

HEALTH PRACTITIONERS

The team are supported by a team of 10 qualified Health Practitioners that support us in our delivery of our services and content to our beneficiaries. Their specialism covers subjects including

Pain Management and Rehabilitation Management, Nutrition, Counseling, Clinical Hypnotherapy, Pilates, Yoga, Sleep and Mindset.

VOLUNTEERS

We have a team of 10 volunteers that offer their support throughout our delivery services. They come with their own lived experiences to provide peer support to give hope and inspire our members.

RISK MANAGEMENT

The Trustees have assessed the risks the charity faced with respect to the strategy and delivery plans and have identified the major areas of risk, the likelihood of these risks occurring, the impact and contingency plans to address them. These are monitored and reviewed regularly at the trustees' meetings. The trustees are satisfied that systems are in place to manage the risks that have been identified.

We have sought independent HR support to advise on our staffing processes and policies. All of our policies and been independently reviewed and updated by BVSC in June 2023.

OBJECTIVES AND ACTIVITIES

OUR AIMS

OUR VISION

Our vision is a world in which every person affected by Chronic Fatigue Syndrome/Myalgia Encephalomyelitis (CFS/ME) has access to positive support and the opportunity to participate in all aspects of life. The objects of the charity are set out in the charity's trust deed and are as follows:

"To promote and protect the good health of people who live with Chronic Fatigue and related conditions, their families, friends and carers in particular but not exclusively through advice, support, counselling and educational workshops"

OUR MISSION

Salus Fatigue Foundation helps to improve peoples' lives affected by Fatigue through taking positive steps together.

OUR AIM

We aim to address the needs of improved health and wellbeing and social participation of a large number of people who have encountered major life changes as a result of the range of issues and multiple disabling symptoms, from severe chronic fatigue, chronic pain to anxiety and depression caused by CFS/ME and related conditions. The social isolation, loss of employment, lack of confidence and self-management has a large impact on their and their families' lives.

We have referred to the information contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. The trustees consider how planned activities will contribute to the aims and objectives they have set.

Our Purpose

We inspire people to live a happy and healthy life.

Our Values

People
Inspire
Empower
Results
Compassion

Our Approach

Salus takes a five-step approach – we: **share, understand, support, learn and engage**. We believe that taking positive steps together is what matters, and this extends through everything we do from first contact all the way through peoples ongoing Journey to Wellness. A tremendous amount of attention, passion, thought, and care goes into everything we do at Salus. We believe we can help people improve their life by joining **The Salus Community** accessing expert support, guidance, and education.

WHAT WE DO

At Salus we inspire and share our compassion to make a positive difference to people's lives who suffer and are affected by Fatigue. We work directly with individuals, and we know what our local communities need through our past work of almost 15 years providing support, education, and awareness to 40,000 people. We help to improve people's lives and build sustainable healthy and happy communities.

Nobody understands Fatigue like we do – we know that our work is needed more now than previously due to people's lives impacted by Long Covid. We are the perfect organisation to provide solutions for one of the key symptoms of long term Covid Fatigue. At Salus we provide a unique service, our team come from their own lived experience affected by Fatigue. The charity started from the CEO's own lived experience of suffering from Chronic Fatigue Syndrome in 2009.

Our services are open to all and this year we have continued to have a strong focus to extend our support to some of the hard to reach areas of Birmingham. We have provided support for individuals to healthy living, mental / physical health, encourage movement, feel socially connected and feel confident to live independently.

Key specific areas we have been focusing on:

- Individuals who are affected by Fatigue through an illness
- Individuals who need menopause support in and out of the workplace
- Individuals who are affected by Long Covid
- Fatigue awareness, knowledge, and education within our local communities

OUR OBJECTIVES

1. Individuals affected by Fatigue will have improved health and wellbeing through access to online and face to face support / education to self-manage the condition.
2. Individuals affected by Fatigue will have reduced isolation as a result of engaging with online and face to face activities.
3. Through access to increased knowledge, communities of interest will have greater understanding of Fatigue Management.
4. Individuals will be informed and feel supported through engaging in community menopause workshops and events.

OUR ACTIVITIES AND ACHIEVEMENTS

HOW OUR ACTIVITIES DELIVER PUBLIC BENEFIT

The charity carries out a range of activities in pursuance of its charitable aims. The Trustees consider that these activities, summarised in the section below, provide benefit both to those who access our services directly, GPs, health professionals, clinicians, and the wider community of Birmingham and Solihull, and increasingly across the UK through our on-line and face to face support.

Our activities are undertaken to further our charitable purposes for the public benefit and all our charitable activities during the period provided a much-needed range of advice and support for people (and their families, friends, and carers) with severe physical and psychological needs caused by ME/CFS and related conditions, who face a lack of resources to support their recovery or have fallen through the net of support systems from the NHS and other statutory bodies. The multiple disabling symptoms often result in people suffering from social isolation, loss of employment, lack of confidence and self-management. This has a huge impact on their and their families' lives.

Our awareness raising work with GPs, health care professionals, stakeholders and communities of interest in the area is essential to improving understanding of this very misunderstood condition and ultimately to increasing the number of people referred to our services. All staff and volunteers have had the condition, or have supported people affected by it, ensuring that an immediate understanding and compassion is reached with everyone. This has shown to be critical not only in supporting members but also for educating health professionals, encouraging them to have increased confidence in diagnosing and referring for support.

OUR SERVICES

ONLINE FATIGUE WELLBEING HUB

The Hub provides specialist educational content to allow people to feel supported through their own journey to wellness. We take our 8 Core Modules to provide a balanced platform. Members also have access to more specialised courses i.e., stress, movement, nutrition, menopause, sleep, Pilates, yoga. The education is delivered through over 100 professional videos, educational content, blogs all giving simple effective strategies to improve their health & wellbeing. A Long Covid course has been launched to support the lasting symptoms presented by people suffering from Post Covid.

A £10 monthly donation subscription fee is charged to help support the sustainability of the charity. We accommodate people's financial needs - for students, NHS, and financial hardship - the charity will provide financial support.

FREE ONLINE COMMUNITY HUB

We offer a platform to give people the experience of what type of support and education we provide. Blogs, fact sheets, top tips and short videos can be accessed.

FREE ONLINE & FACE TO FACE SUPPORT GROUPS

Our online support groups and face to face groups are supportive, friendly, and safe environment for people to share experiences, encourage in open discussions, learn, and take away things they can implement to help manage and overcome their fatigue to ultimately improve the quality of their, and their families lives. This year we have phased returned our face to face support groups across the city including regular walking groups.

FREE ONLINE EDUCATIONAL WORKSHOPS

Our online education workshops offer sharing information, strategies, tips, exercises, and practical approaches for people to take away and implement to start to improve their wellbeing. We took our 8 Core Modules: Nutrition, Sleep, Stress, Relaxation, Immunity, Movement, Pacing and Pain Management to form the structure of each education workshop.

The Educational Workshops were delivered live and included the opportunity for people to ask questions throughout via the chat function, as well as ending with a live Q+A. This gave an individual personal approach to learning and feeling supported.

FREE ONLINE FITNESS CLASSES

Providing monthly restorative Yoga and Pilates classes which are recorded for people to access when is most convenient to them working around their health needs.

All our Online Events were facilitated by our team of health practitioners and staff members.

FREE FACEBOOK COMMUNITY

We continued to provide and facilitate a peer support platform to our Facebook Community and our Facebook Group of over 1000 members. People interact and engage to support one another.

BLOGS

Simple effective information to implement into daily living with top tips on all subjects of wellbeing and managing fatigue. We keep things simple and information relatable giving incentives for people to start creating a change into their lives.

PARTNERSHIPS

BVSC (Birmingham Voluntary Service Council), DRC (Disability Resource Centre), and Salus Fatigue Foundation are working in partnership to develop a new service to support people with menopausal health issues to remain in or return to the workforce.

Salus are hosting free workshops across Birmingham and Solihull. The workshops aim to provide holistic support to individuals experiencing menopausal health issues, helping them to remain in or return to the workforce. The FREE two-hour workshops are informative, engaging, and practical. To discover new self care techniques and strategies, as well as learn how to talk to your GP and find out what treatments are available. A comprehensive booklet is provided for individuals to track their progress through peri-menopause and post-menopause. Our workshops will complement DRC activities to support individuals and employers within SMEs.

BIRMINGHAM NNS GROUPS

We have partnered with 4 of the Birmingham City Council's NNS Groups working together with the adult Social Care Teams, Social Prescribing Link workers and Mental Health teams. We have also worked on developing a Referral Pathway to make it easier for the Teams to refer the people they care for to access our services.

SERVOL COMMUNITY SERVICES

We have partnered with Servol Birmingham to run a pilot project in one of the Birmingham respite units. We are working together towards supporting mental wellness with individuals to help them fulfil their aspirations.

LONG COVID

We delivered online workshops to support people affected by Long Covid through a funded project Birmingham Community Healthcare NHS Foundation Trust. As we continue to strengthen relationships to become a Referral Partner and make our services more widely accessible to all.

AWARENESS STAFF TRAINING EVENTS

We proactively networked to build relationships with Social Prescribing, Adult Social Care, and Mental Health teams. A combination of online and face to face events were held and will be the main conduit to bring people to us. Email marketing through our community partners were a useful channel for referrals to complement our daily marketing and social media processes.

MONITORING & EVALUATION

We ensure regular evaluation, monitoring and feedback is embedded in all our work and used to change, develop, and make our services even more effective. Through our delivery of online and face to face, we have utilized online forms, surveys, and pre and post event questionnaires to understand better our members and receive vital feedback to enable us to continually develop our online and face to face services. During our face to face events a QR code has been shown to be effective in collating the data we need to capture to shape our future services.

QUALITY

Quality remains a firm focus in planning all our activities, setting, and maintaining high standards across all our work.

A comprehensive review of our policies and procedures has been completed externally in June 2023 by BVSC.

THE SALUS BRAND

We feel particularly proud that the Salus 'brand' continues to become firmly established based on our expertise in fatigue, with a reputation for delivering a unique and professional service.

We are continuing to collaborate with and raise greater awareness to how Salus can be a support to the health service providers across Birmingham, developing closer relations with Birmingham City Council, Birmingham's NNS Group Social Care, Mental Health Care Teams, Community assets and Birmingham's Long Covid Clinical Leads.

Salus' Chief Executive Officer and the Salus Team has continued to be invited as a guest speaker to share our expertise on fatigue and showcase how Salus can be a valuable Partner to other organisations.

We continue to maintain our website and all social media channels to grow our brand awareness and make our services accessible for all. The Salus brand has been refreshed again and marketing material updated.



Everything we do and deliver, is with a Team of professionals who are absolute expert in their fields. We are very careful and follow a rigorous vetting process to ensure anyone involved with the charity is credible, appropriately experienced and will ultimately enhance our delivery to our beneficiaries and partners.

RESERVES POLICY

We have not so far enjoyed sufficient cash flow to enable us to implement a reserves policy. The Trustees' objective is to implement such a policy as soon as practicable.

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees

Signature		
Full name	Damion Latham	Linda Jones
Position	Chair	Founder and CEO

Date	31/03/2026
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2026

**Financial Report of the
Trustees and Independently
Examined Financial
Statements for the 21 month
period ended 31st March 2026**

Registered Charity No: 1151924
Salus Fatigue Foundation

Contents of the Financial Statements for the 21 month period ended 31st March 2026

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Independent Examiners Report to the Trustees of Salus Fatigue Foundation	6

The Trustees present their financial statements for the 21 month period ended 31st March 2026 and confirm they comply with the Charities Act 2011 and the Trust Deed, and have been prepared in accordance with all statutory and regulatory requirements.

Reference and Administrative Information

Charity Name	Salus Fatigue Foundation
Charity Registration Number	1151924
Registered Office	C/O Bissell & Brown Charter House 56 High Street Sutton Coldfield West Midlands B72 1UJ
Board of Trustees	Damion Latham (Chair) Dr Christine Lloyd Mark Holmshaw Jacqui Holland
Bankers	HSBC 67 S Parade The Parade Sutton Coldfield West Midlands B72 1PA
Independent Examiner	Bissell & Brown Midlands Ltd Charter House 56 High Street Sutton Coldfield B72 1UJ

Report of the Trustees of Salus Fatigue Foundation for the 21 month period ended 31st March 2026

Our Purpose

We inspire people to live a happy and healthy life.

Our Vision

A world in which every person affected by Fatigue has access to positive support and the opportunity to participate in all aspects of life.

Our Mission

To promote and protect the good health of people who live with Chronic Fatigue and Related Conditions - their families and carers in particular but not exclusively - through advice, support, counselling and education workshops.

Our Values

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Our Approach

Salus takes a five-step approach – we: **share, understand, support, learn and engage**. We believe that taking positive steps together is what matters, and this extends through everything we do from first contact all the way through people's ongoing Journey to Wellness. A tremendous amount of attention, passion, thought, and care goes into everything we do at Salus. We believe we can help people improve their life by joining **The Salus Community** accessing expert support, guidance, and education.

Principle Funding Sources

Our main source of income for the 21 month period to 31st March 2026 was a combination of unrestricted and restricted grant funding amounting to £20,800 unrestricted and £60,570 restricted. Salus also generates its own income through the Wellbeing Fatigue Hub monthly donation subscriptions.

The income and expenditure account for the period shows expenditure of £96,955 against receipts of £86,744, resulting in a deficit for the period of £10,211. This deficit represents the planned use of brought-forward reserves as part of the orderly wind-down of the charity's activities.

After 16 years of dedicated service, the Board of Trustees and staff have made the difficult decision to close the Salus Fatigue Foundation. In recent years, and particularly over the last five years, it has become increasingly challenging to secure the funding required to sustain our services. As a result, the trustees believe it is now the appropriate time to bring the charity's work to a close on 31 March 2026.

The financial statements were approved by the Trustees on 4th April 2026 and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'D. Latham', written in a cursive style.

Damion Latham
(Chair)

A handwritten signature in black ink, appearing to read 'M. Holmshaw', written in a cursive style.

Mark Holmshaw
(Trustee)

Section A - Receipts and payments for the 21 month period ended 31st March 2026

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts				
Grants & Project Funding	20,800	60,570	81,370	108,977
HMRC Employment Allowance	3,913	-	3,913	4,945
Donations	16	-	16	165
Hub Platform	1,445	-	1,445	1,827
Other charitable activities & fundraising	0	-	-	650
Sub total	26,174	60,570	86,744	116,564
A2 Asset & Investment Sales	-	-	-	-
Total receipts	26,174	60,570	86,744	116,564
A3 Payments				
Salaries & NI	15,238	60,502	75,740	109,921
Training & Recruitment	-	-	-	5,054
Rent, Rates & Room Hire	(13)	234	221	282
Trainers' Fees	-	1,910	1,910	4,375
Insurance & Accounts	2,802	2,466	5,268	4,020
Marketing	-	2,463	2,463	3,976
Travel & Subsistence	839	495	1,334	1,614
Consultancy & Advice	5,600	750	6,350	1,310
General Running Expenses	607	245	852	1,195
Office & IT	1,874	716	2,590	4,075
Digital/Video Costs	227	-	227	227
Shop Distribution Costs	-	-	-	25
Sub total	27,174	69,781	96,955	136,074
A4 Asset and Investment Purchases - Equipment	-	-	-	-
Total payments	27,174	69,781	96,955	136,074
Net receipts/(payments)	(1,000)	(9,211)	(10,211)	(19,510)
A5 Transfers between funds	13,556	(13,556)	-	-
A6 Cash funds last year end	(12,556)	22,767	10,211	29,721
Cash funds this year end	-	-	-	10,211

Section B - Statement of assets and liabilities at 31st March 2026

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	HSBC Current Account	-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))		

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	Grant & project funding due		

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			



	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use	Computers and other equipment		
	Furniture, fixtures and fittings		
	Other assets used by the charity in delivering its objectives		

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			

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

Signature

Print Name and Date of Approval

Damion Latham 04/04/2026
Mark Holmshaw 04/04/2026

Independent Examiners Report to the Trustees of Salus Fatigue Foundation

I report on the accounts of the charity for the period ended 31 March 2026 which are set out on pages 2 to 5.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

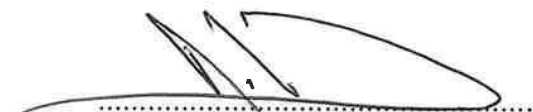
Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



John Taheny FCCA
Bissell & Brown Midlands Ltd
Chartered Certified Accountants
56 High Street, Sutton Coldfield, B72 1UJ

Date: 9th April 2026



2026

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Trustees and Independently
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Damion Latham
(Chair)

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Mark Holmshaw
(Trustee)

Section A - Receipts and payments for the 21 month period ended 31st March 2026

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Training & Recruitment	-	-	-	5,054
Rent, Rates & Room Hire	(13)	234	221	282
Trainers' Fees	-	1,910	1,910	4,375
Insurance & Accounts	2,802	2,466	5,268	4,020
Marketing	-	2,463	2,463	3,976
Travel & Subsistence	839	495	1,334	1,614
Consultancy & Advice	5,600	750	6,350	1,310
General Running Expenses	607	245	852	1,195
Office & IT	1,874	716	2,590	4,075
Digital/Video Costs	227	-	227	227
Shop Distribution Costs	-	-	-	25
Sub total	27,174	69,781	96,955	136,074
A4 Asset and Investment Purchases - Equipment	-	-	-	-
Total payments	27,174	69,781	96,955	136,074
Net receipts/(payments)	(1,000)	(9,211)	(10,211)	(19,510)
A5 Transfers between funds	13,556	(13,556)	-	-
A6 Cash funds last year end	(12,556)	22,767	10,211	29,721
Cash funds this year end	-	-	-	10,211

Section B - Statement of assets and liabilities at 31st March 2026

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	HSBC Current Account	-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))		

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	Grant & project funding due		

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			



	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use	Computers and other equipment		
	Furniture, fixtures and fittings		
	Other assets used by the charity in delivering its objectives		

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			

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

Signature

Print Name and Date of Approval

Damion Latham 04/04/2026
Mark Holmshaw 04/04/2026

Independent Examiners Report to the Trustees of Salus Fatigue Foundation

I report on the accounts of the charity for the period ended 31 March 2026 which are set out on pages 2 to 5.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

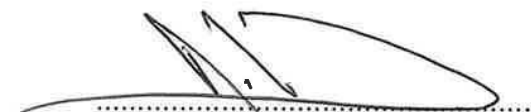
Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



John Taheny FCCA
Bissell & Brown Midlands Ltd
Chartered Certified Accountants
56 High Street, Sutton Coldfield, B72 1UJ

Date: 9th April 2026