

		Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec	
<b>Budget 2023</b>														
Inbound Marketing	hubspot	738	738	738	738	0	0	0	0	0	0	0	0	
Blogging + content	Benner Marketing	342	342	342	342	0	0	0	0	0	0	0	0	
social media	Ann Boone	0	0	0	0	0	0	0	0	0	0	0	0	
rent	in private home	0	0	0	0	0	0	0	0	0	0	0	0	
operational costs	donated by trustees	0	0	0	0	0	0	0	0	0	0	0	0	
administrative help	volunteer	0	0	0	0	0	0	0	0	0	0	0	0	
travel cost	donated by Trustees	0	0	0	0	0	0	0	0	0	0	0	0	
hospital project	corporate donations	0	0	0	0	0	0	0	0	0	0	0	0	
		1080	1080	1080	1080	0	0	0	0	0	0	0	0	<b>4320</b>

		Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec	
<b>Income 2022</b>														
donations	corporate	0	0	0	0	0	0	0	0	0	0	0	0	
donations	general	70	0	4	7	34	34	22	4	0	62	9	117	
healing clinic		200	60	150	300	60	60	150	300	130	400	300	200	
on-line donations		0	0	0	0	0	0	0	0	0	0	0	0	
other		0	0	0	0	0	0	0	0	0	0	0	0	
		270	60	154	307	94	94	172	304	130	462	309	273.2	<b>2629.2</b>

		Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec	
<b>Expenses 2022</b>														
Website renewal		0	0	0	0	0	75	0	0	0	0	0	0	
sales tool		0	0	0	0	0	0	0	0	0	0	0	0	
admin and blogs		0	0	0	0	0	0	0	0	0	0	0	0	
consultancy		0	0	0	0	0	0	0	0	0	0	0	0	
telephone		13	13	13	13	13	13	13	13	13	13	13	13	
rent		0	0	0	0	0	0	0	0	0	0	0	0	
other expenses	debt	0	0	0	0	0	0	0	0	0	0	0	8700	
		13	13	13	13	13	88	13	13	13	13	13	8713	<b>8931</b>

what does the charity do, particularly potential funders and beneficiaries.

Relief from Pain Charity is dedicated to providing energy healing and reiki to those in pain, physical and emotional. Our healing clinics are for those with chronic illness and chronic pain. Energy healing and reiki are part of an effective pain management strategy. The charity's main aim in the next 5 years is to implement energy healing and reiki programmes in medical settings and then research on the effectiveness by analysing medical and clinical data.

about your charity's work

Due to the covid pandemic, any non-critical research programmes were put on hold. As the receipt of corporate funding was delayed as well, we will start the projects in 2022. The research work and programmes will be rolled out once sufficient funding is in place. There are several corporate and other charities that are happy to co-operate. The charity anticipates that 200,000 pounds is required to prepare and conduct research and rollout 3 CAM projects in a medical setting. The last 5 years the charity focused on networking and our money is mainly from friends and family and benefactors that are in the personal network of the Trustee's. The charity runs a monthly healing clinic on the premises. There is a volunteer-based distant healing circle on Monday and a monthly clinic at the Positivity Centre. Connecting with a number of experts, providing information to the public via blogs and social media as well as giving people the opportunity to experience the benefits of healing and reiki.

where the money comes from

Most funds come from the Trustee's personal and business income, friends and family are donating and receiving healing. The charity receives a small amount of on-line donations. The charity is looking to do more networking to connect with larger corporate sponsors in the future.

how the money was spent in the past year

All funds raised were used for inbound marketing, website and related services to maintain and further an o