

The Pain Exchange

Charity registration number 1166229

The Church of St Dunstan with St Thomas

Friars Place Lane W3

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The Pain Exchange (PEX) Trustees Report 1st January-31st December 2025

Welcome to The Pain Exchange (PEX), annual report for the year 2025. The Pain Exchange is a charitable incorporated organisation (CIO) that seeks to support those living with long-term pain. It was founded by two Christian physiotherapists who wanted to live out their faith using their professional skills and core Christian beliefs. Their idea of running a service for those suffering with persistent pain, striving to put Gods love at the centre of care was fully supported by the church of St. Dunstons where the service continues to be based. The trustees are Audette James, Retha Welding and James Riddiough. Sharon Morgans manages PEX and sits on the board of trustees.

Staffing at the Pain Exchange 2025

The Trustees would like to take this opportunity to thank all the volunteers and staff who have enabled the work of the Pain Exchange this year,. Camilla Marriot has now moved on and we thank her for her gentleness and time. We recognise the contribution of the following:

- Sue Bolton, who has now volunteered at the PEX for 12 years, huge thanks for her perseverance and dedication
- Leidy Moreno the PEX art teacher – thank you Leidy for your gentle and compassionate approach.
- Sarah Yates continues to support Leidy in the art class, and we thank her for her time, kindness, and enthusiasm
- Fleur Borrelli for providing nutritional workshops –thank-you for your knowledge and creativity in presenting nutritional advice.
- Ros Yates remains with us, and we are most grateful for her joy and creative talents.

Helena, the PEX administrator, has now moved into full time work; we miss her but are grateful for the expertise, time and enthusiasm that she brought to The Pain Exchange. We wish Helena all the best in her new role. Tom Perrigo is now the PEX administrator and is settling into the job very well, kicking off by making an amazing video of what PEX does, thank you Tom and welcome to the team. A huge thank you

too to Niloo, who runs the online yoga and relaxation class; feedback from participants is excellent.

Guy Sears has once again kindly offered his time to check and prepare the presentation of the PEX accounts. His time and expertise are invaluable.

Sharon Morgans would like to take this opportunity to thank her fellow trustees for their time, their individual skills and wisdom in guiding the PEX service. Huge thanks to Audette, James and Retha.

Services provided at PEX 2025

PEX continues to provide face-to-face exercise and relaxation classes, art classes, and interactive education workshops. Topics include:

- Pain science education,
- Sleep management,
- Pain flare up management,
- Nutrition.
- Mindfulness

The 1:1 physiotherapy follow-up sessions continue, providing opportunities for participants to discuss new health issues or concerns and to set new goals. These sessions are an opportunity to offer support appropriate to participants' needs, e.g. onward referral for medical consultations; to social services; psychological support; third sector support, such as the foodbank.

Time to socialize together is valued by participants and the PEX continues to provide this through coffee time, PEX lunches and education workshops. All new participants for both face-to-face and online classes are assessed prior to joining the class to check that the service is appropriate for them.

One of the exciting things that the PEX team noted this year was the community of friendship and support that has developed within the art group, evidenced by the support that they show each other outside the PEX art class.

Service Outcomes and Developments at the PEX 2025

This year has been a matter of maintaining current level of services. The main focus with respect to administration was applications for funding to help develop, expand and promote the service. However, the PEX was unsuccessful in all but one small grant. The priority for 2026 is therefore a service review and assessment of outcomes and once this is complete, applications for grants will continue. The class attendance continues to be good. PEX service development in terms of numbers, is on hold as a result of current staffing levels and finances.

In order to ease pressure on the single physiotherapist, PEX continues efforts to build links and promote the work of PEX widely. Sharon Morgans presented her research on the impact of loneliness on pain at the MACP physiotherapy study day conference June 2025, This research was inspired by PEX participants' feedback about the impact of pain on them. Sharon was also asked to present the work of the PEX to physiotherapy students at King's College London. Both presentations generated interest resulting in a student placement in June – July 2026.

Pain Exchange Activity Levels 2024: 2025

PEX runs a termly timetable, 36 weeks per year. The exercise and relaxation classes are run once per week. The art class runs once every two weeks. Education sessions ran only twice last year. There are 9 new patient slots per year, 72 1:1 follow up slots per year, based on the current physiotherapy staffing level.

Attendance	2025	2024
Exercise class	476	328
Relaxation class	457	324
Art	139	128
Education workshops	29	33
Online yoga Class	97	NR
New Patients	14	17
1:1	86	89

Review of 2025 and hopes for 2026

Challenges and highlights continued in 2025. Funding remains one of the key issues facing PEX. A second physiotherapist is key to sustaining and growing the service. It was good to start to form a partnership with Edward Walsh in 2024 and Edward ran another workshop, presenting his research into mindfulness. The plan is to continue to work with Edward regarding delivery of workshops. With respect to funding, a sustainable source of funding would be helpful to improve longer-term service planning and development. PEX was unsuccessful in grant applications again, and the plan is to run a fundraising campaign in 2026 as a result, as well as continue with funding applications. We continue to work on a business plan to help support our funding applications. The business planning has given us confidence to widen our sources of funding.

The hope for 2026, is that with new approach to fund-raising, together with the results of the service review and outcomes, PEX will be successful in gaining funding to both support and develop the service.

A continued challenge for the PEX Trustees is the knowledge that there is a huge need for the support that PEX offers, (persistent pain affects approximately 23% of the UK population). PEX continues to receive enquiries from across the UK, regarding access to

similar services locally. We continue to be unable to find any other services similar to PEX. Therefore, a continued hope for the future is that PEX can expand and offer support to more people both locally and across the UK, or help others set up a similar service with consistent goals and approach.

Another continuing challenge is to develop links with NHS and social services. The main barrier to this is time, as our service, NHS, and social services are all stretched. Our new administrator, Tom, brings a wealth of knowledge about local government, local voluntary sector services and we hope that this will help PEX build additional relationships and resilience.

NOTHING ON THIS PAGE SHOULD BE OVER-WRITTEN

**Receipt and payments accounts and
statement of assets and liabilities of**

The Pain Exchange, a CIO, for the year ended

31 December
2025

Incoming Resources	£
<i>Class income and donations</i>	9,347.27
<i>Grants</i>	0.00
<i>fundraising</i>	53.48
<i>Interest on bank accounts</i>	0.00
Total Income	9,400.75
Direct Charitable Expenditure	
<i>Course leaders</i>	(8,053.00)
<i>Rent</i>	(1,100.00)
<i>Website</i>	(267.00)
<i>Equipment & materials</i>	(41.17)
<i>Food & drink</i>	(257.68)
<i>Utilities</i>	0.00
<i>insurance</i>	(802.20)
<i>other misc expenses</i>	(312.00)
Total Direct Charitable Expenditure	(10,833.05)
Other Expenditure	
<i>Administration</i>	(173.89)
Total Expenditure	(11,006.94)

<i>Net income/expenditure for the year</i>	(1,606.19)
<i>Net movement in funds</i>	(1,606.19)
<i>Net assets 1st January 2025</i>	14,817.02
<i>Net assests 31st December 2025</i>	13,210.83
<i>represented by (there being no liabilities, no guarantees</i>	
<i>and no express charges over any assets):</i>	
<i>Cash at bank</i>	13,063.11
<i>Float cash</i>	147.72