

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2025  
for  
Burning Nights CRPS

Contents of the Financial Statements  
for the Year Ended 31 March 2025

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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).

## **OBJECTIVES AND ACTIVITIES**

### **Summary of the objects of the charity**

The purposes and objectives of Burning Nights CRPS Support, as in our governing document, remain central to everything we do. They are:

- To promote and protect the health of people living with Complex Regional Pain Syndrome (CRPS), along with their families and carers, through the provision of information, advice and emotional and practical support. This includes raising awareness of all aspects of CRPS among the public and, importantly, among those involved in the diagnosis, treatment and care of people living with CRPS.
- To assist and support research into CRPS-its causes, treatments, management and potential cure-and to ensure that the useful results of such research are shared and published for the public benefit.

In line with these aims and objectives, we provide a wide range of support services for anyone impacted by CRPS, including those living with CRPS, their families, loved ones and carers, including mental health support through our online Counselling & Psychotherapy Service for adults, children and young people aged 5 and over. We also offer emotional support through our Befriending Service plus a telephone helpline, live web chat, online support groups, an active community forum, educational information and a range of wellbeing and community-based activities.

We support both adults and children, recognising that CRPS can impact individuals of any age. We also provide dedicated support for families, young carers, and close friends, as a diagnosis of CRPS can have a profound ripple effect on everyone surrounding the person living with the condition.

These charitable purposes guide all our work, ensuring that the services we deliver, the awareness we raise, and the research we support directly contribute to improving the lives and wellbeing of the CRPS community.

## **OBJECTIVES AND ACTIVITIES**

### **Objectives, strategies and activities**

We want to begin by expressing our sincere gratitude to everyone who has been part of Burning Nights CRPS Support this year-our incredible volunteers, Trustees, supporters, fundraisers, members, partners and the wider community. It is only because of your dedication, compassion and belief in our aims and objectives that we are able to continue providing vital support and champion much-needed change for people living with Complex Regional Pain Syndrome (CRPS) and their families.

Whether you've helped run our support services, shared your lived experience to raise awareness, taken part in our events, joined our webinars, contributed to our magazine, or simply cheered on our fundraisers from the sidelines-every single act of support makes a profound difference. You help ensure that no one affected by CRPS feels alone.

We also want to extend a special thank you to our extraordinary fundraisers, who once again have gone above and beyond this year. Your energy, creativity and determination continue to power our charity forward and allow us to keep offering the services our community relies on so deeply.

Complex Regional Pain Syndrome (CRPS) continues to have a profound impact on the lives of people across the UK. It is a severe, often invisible condition that can lead to significant physical, emotional and social challenges. Many people describe feeling isolated, misunderstood, and unsure where to turn for reliable information or compassionate support.

Burning Nights CRPS Support exists to change that experience. As a national, patient-led charity, our work is grounded in lived experience and guided by the voices of people directly affected by CRPS, alongside their families and carers. Throughout the year 2024-2025, we have remained committed to improving understanding of the condition, reducing isolation, and providing accessible support services for all those who need them.

### **Our activities span three key areas:**

- **Support:** delivering direct services such as counselling and psychotherapy, support groups, the helpline, befriending and peer-led initiatives.
- **Information:** providing clear, trustworthy resources to help people navigate life with CRPS and make informed decisions about their care.
- **Awareness:** and Advocacy: amplifying the patient and carer voice to influence policy, improve care pathways and raise awareness across health, social care and the wider public.

Through these key areas, we work to ensure that anyone affected by CRPS can access the understanding, connection and hope they deserve. Although CRPS is a rare and complex condition, we remain committed to ensuring that no one has to face it alone.

In planning and delivering our activities, the trustees had full regard to the Charity Commission's guidance on public benefit. Our work remains focused on supporting people impacted by CRPS, reducing isolation, providing accurate information and ensuring our services are accessible to all.

During the year, our main activities and projects included:

### **Providing direct support for people with CRPS, their families, close friends and carers through our:**

- telephone helpline
- live web chat service
- email support
- online community forum
- social media support
- and peer-led online support groups

## **OBJECTIVES AND ACTIVITIES**

### **Delivering ongoing mental health and emotional support, including our:**

- CRPS Counselling & Psychotherapy Service for adults, children, and young people aged 5+
- Virtual Befriending Service offering one-to-one weekly support calls for up to 12 sessions.

**Running regular wellbeing activities** such as Zentangle sessions, which followed on from our previous Wellbeing Wednesday project and continued to offer accessible wellbeing support for our community.

**Producing educational information, updating and publishing new resources**, providing CRPS awareness materials and distributing printed literature to hospitals, clinics and community groups across the UK.

**Hosting educational events**, including our annual CRPS Patients & Carers Information Day, with expert speakers and opportunities for attendees to learn about condition management, research developments and support options.

**Launching and starting to deliver a new series of 10 monthly CRPS Education webinars in partnership with Healthsec Rehab**, offering high-quality, patient-centred information on pain, mobility, rehabilitation, mental wellbeing, self-management and practical strategies for day-to-day life with CRPS. These webinars have been well received by our members and wider community, with all sessions recorded and made available for ongoing access.

**Continuing to build our membership scheme**, including the biannual publication of The Warriors Lifeline magazine, which features research updates, personal stories, wellbeing content and educational articles to support the community.

**Maintaining and expanding our online presence**, continuing to grow our social media following, share CRPS information and research and respond to individual support queries across multiple platforms.

**Supporting research, including ongoing involvement in Public and Patient Involvement and Engagement (PPIE)** across numerous CRPS and chronic pain studies in the UK and internationally. This included contributing to the Pain-at-Work Toolkit trial, HOPE-AO for pain in older people, the OptiMeth Trial for CRPS, and promoting research participation opportunities to our community.

**Raising awareness, delivering talks, attending exhibitions, taking part in campaigning and advocacy work**, and engaging with healthcare professionals, policymakers and students to improve understanding of CRPS and the challenges individuals face.

**Providing information and community resources**, including our website with regularly updated content, educational sections for healthcare professionals and students, a dedicated resource library, and ongoing improvements to content clarity and accessibility.

**Engaging our supporters through fundraising activities**, challenge events, community initiatives, corporate partnerships and trust and foundation applications to sustain our services.

All of these activities were carried out to advance the charitable purposes of Burning Nights CRPS Support for the public benefit. During a time when many in the CRPS community continue to face long NHS waiting times, gaps in treatment pathways and limited access to mental health support, our services-most of which are free to access-remain a vital source of help, information and connection.

### **Public benefit**

The Trustees have had regard to the Charity Commission's guidance on public benefit.

## **OBJECTIVES AND ACTIVITIES**

### **Volunteers**

Our volunteers continue to be at the heart of Burning Nights CRPS Support. Their contribution is central to our ability to provide national support to people living with Complex Regional Pain Syndrome (CRPS) and those who care for them. This year, volunteers generously gave their time, skills and lived experience across every area of the charity, from counselling and befriending to helpline support, awareness-raising, events, research involvement and governance.

During the year, we held 17 volunteer inductions and welcomed 51 new volunteers into the organisation. By the end of the year, we had 62 active volunteers, each playing a meaningful role in delivering our services and supporting our community.

With the launch of our new e-learning platform, volunteers were able to access consistent, high-quality training that strengthened their confidence and capability in their roles. All volunteers completed core modules in Equality, Diversity & Inclusion (EDI), confidentiality, neurodiversity, GDPR, and CRPS awareness. Volunteers in public-facing or client-support positions undertook further specialist training in mental health awareness, suicide awareness, suicide prevention, self-harm guidance and safeguarding, ensuring they could offer safe, sensitive and appropriate support.

In addition to mandatory training, volunteers also had access to a library of more than 300 further courses, supporting their ongoing learning, wellbeing and professional development.

The dedication and compassion of our volunteers made a significant difference to the lives of people affected by CRPS. Their commitment enabled us to expand our reach, strengthen the quality of our services and ensure that no one has to face CRPS alone.

We extend our deepest gratitude to our extraordinary volunteers. Your unwavering commitment to our mission is truly inspiring and your generous donation of time and skills is profoundly appreciated. Without your support, we wouldn't be where we are today. Thank you for everything you do!

## **ACHIEVEMENTS AND PERFORMANCE**

### **Charitable activities**

During 2024-2025, Burning Nights CRPS Support continued to provide vital support, information and community connection to people impacted by Complex Regional Pain Syndrome (CRPS). This year saw a continued rise in demand for our services, reflecting both the scarcity of CRPS-informed support within statutory services and the growing recognition of our charity as a trusted and accessible source of help.

Across all our services that are mainly volunteer-led we directly supported 4,394 people, and when including our newsletters, reached 8,049 individuals. Each statistic represents a person - often distressed, isolated, or newly diagnosed - reaching out for understanding, reassurance and guidance. The difference our work has made is evident through the feedback, impact quotes and emotional testimonies we received throughout the year.

Below is an overview of our main achievements and the measurable difference they have made to patients living with CRPS, their families, carers and close friends.

### **Direct Support Services: Being There When It Matters Most**

People living with CRPS commonly report feeling dismissed, misunderstood or left without guidance. Our direct support services continue to fill this gap, providing accessible and empathetic support for anyone who needs it.

Our support services remain the centre of Burning Nights CRPS Support, and we are incredibly grateful to all our volunteers who work tirelessly to provide these support services for those who need them.

### **Our highlights this year:**

- Answered 242 live web chats
- Responded to 1,268 emails
- Answered 449 helpline calls which totalled almost 47 hours of support

These services are often the first point of contact for people newly diagnosed, facing a flare-up, or dealing with overwhelming pain, fear, or uncertainty. We frequently support people who have nowhere else to turn.

### **Impact we made:**

- Provided real-time emotional de-escalation
- Helped people to prepare for medical appointments
- Supported people to better communicate with healthcare professionals
- Guided families and carers struggling to understand CRPS
- Reduced isolation and anxiety at critical moments

### **Beneficiary voices:**

"Thank you so much... This was the most helpful conversation I've had to date." - T.A., Live Chat (Aug 2024)

"You've been very helpful - I'm not freaking out so much anymore." - K.M., Live Chat (Sept 2024)

"Your replies... got me back on track." - Jen (2024)

### **Counselling & Psychotherapy Service: Life-Changing Mental Health Support**

Mental health is one of the most significant unmet needs for people impacted by CRPS, whether that's someone living with the condition, a family member or carer. Many face trauma, fear, isolation and depression - often compounded by long NHS waiting lists and clinicians unfamiliar with CRPS.

## Burning Nights CRPS

### Report of the Trustees for the Year Ended 31 March 2025

During this year we were delighted to receive National Lottery funding to fund a Clinical Lead for 10 hours per week. The Clinical Lead started in her post in February 2025 and she has really started to improve the service even more than it was.

Our therapy service offers up to 20, one-hour sessions per client for those aged 12 and over, for those under 12s we offer 10, 45-minute sessions, ensuring depth, continuity and sustained emotional support.

#### **Our highlights this year:**

- 189 active clients received therapy
- 520 specialist pain management related therapy sessions were delivered by 10 volunteer qualified and trained counsellors and therapists, with 4 clinical supervisors

#### **Impact we made:**

- Reduced anxiety, panic and distress
- Improved coping strategies for pain and flare-up cycles
- Strengthened emotional resilience
- Reduced suicidal ideation
- Positive impacts on family relationships and daily functioning

#### **Beneficiary voices:**

"The service has genuinely changed my life for the better... My counsellor set me up for life." - AD (2024-25)

"I've had counselling before, but never experienced a positive effect like I have this time." - MC (2024-25)

"I am so grateful... This has been life-changing for me." - WP (2024-25)

"My life... took a positive turn when I discovered Burning Nights CRPS Support." - JMB (2024)

This service continues to prevent mental health in the CRPS community, reduce loneliness and provide tools for long-term psychological wellbeing.

#### **Befriending Service: Reducing Loneliness and Isolation**

For many with CRPS, pain forces a retreat from everyday life. Families and carers can become frustrated and lonely. The Befriending Service offers 12 weekly calls or Zoom video calls and they allow for supportive conversations with trained lived experience volunteers who understand the condition and its emotional impact.

#### **Our highlights this year:**

- 10 new clients began befriending
- 106 befriending sessions delivered
- 5 volunteer befrienders with lived experience of CRPS

#### **Impact we made:**

- Reduced social isolation
- Reduced level of loneliness
- Increased confidence and emotional stability
- Provided a safe space to talk openly about difficult emotions

#### **Beneficiary voices:**

"Feeling so scared... but she made me feel not so alone and very understood." - EH (2024-25)



"It is a great service, especially when you can build up a good relationship with the befriender. [Befriender] was flexible when I was too ill to take the call and made sure she informed me of when the next call would be. She always remembered previous conversations and would often refer back to them in the following calls. I do wish to say thank you to [befriender] and to Burning Nights CRPS." - WE (2024-2025)

### **Support Groups: Creating Connection and Community**

Our online peer-led support groups continue to be one of the most important ways we bring the CRPS community together. These groups offer a safe, understanding and non-judgemental space where people living with CRPS-and those who care for them-can talk openly about their experiences, ask questions, and gain emotional strength from others who truly understand what they are going through.

#### **Our highlights this year:**

- 204 attendees joined our support groups
- 12 support groups were held
- Almost 34.5 hours of shared peer support were delivered

These sessions were run by trained volunteers with lived experience, supported by safeguarding oversight and clear group guidelines to ensure that every participant felt emotionally safe and respected.

Our online support groups serve a wide range of people across the UK and internationally. Many attendees join after receiving a new diagnosis, feeling frightened, confused or unsupported. Others attend during a flare-up or at points where the emotional impact of CRPS becomes overwhelming. For carers and family members, the groups provide space to understand the condition better and learn how to support their loved one while also looking after their own wellbeing.

Each session includes a mixture of facilitated discussion, shared lived experience, signposting to reliable resources and mutual encouragement.

#### **Common themes discussed:**

- Managing pain and symptoms
- Dealing with the reactions of family, friends, schools and employers
- The emotional burden of chronic illness
- Maximising the effectiveness of doctor appointments
- Finding CRPS specialists and other healthcare professionals and seeking recommendation

Many participants describe our support groups as a lifeline-often the only place where they feel believed, Validated and surrounded by people who genuinely understand their challenges.

The positive outcomes reported by attendees demonstrate the importance of these sessions. People told us they felt:

- significantly less alone
- more confident in managing their condition
- better informed about CRPS and treatment options
- empowered to advocate for themselves in healthcare settings
- connected to a community that genuinely understands them

Our support groups also help to prevent crisis escalation by giving participants a space to express distress early, seek guidance, and develop stronger coping strategies. This not only benefits individuals and their families, but also reduces pressure on wider health and social care services.

As demand for emotional and peer support continues to rise-particularly among people struggling with delayed diagnosis, long NHS waiting lists, and difficulties accessing specialist care-we remain committed to expanding and strengthening our support group provision. These sessions continue to offer connection, comfort, and hope to people who may otherwise feel invisible or unheard.

## Burning Nights CRPS

### Report of the Trustees for the Year Ended 31 March 2025

These groups provide a sense of belonging and validation that beneficiaries often struggle to find elsewhere.

#### **Impact feedback:**

"Thank you from the bottom of my heart... The help I get from this group and all the lovely people within it helps me immensely." - SA (Sept 2025)

#### **Wellbeing and Online Events: Supporting Whole-Person Health**

This year, our wellbeing programme continued to play a vital role in supporting the emotional, mental and creative wellbeing of people living with CRPS. For many within our community, chronic pain affects far more than the body-it disrupts identity, confidence, sleep, relationships and the ability to engage in everyday life. Our wellbeing activities are designed to offer moments of calm, connection and creativity in the midst of overwhelming symptoms and uncertainty.

We continued to offer holistic wellbeing activities and accessible online learning events. Our focus this year were Zentangle groups led by a certified Zentangle Instructor.

Zentangle is a mindful, accessible drawing method that encourages relaxation, focus, and self-expression. These sessions were intentionally created to support people who struggle with high pain levels, anxiety, fatigue, or reduced mobility by offering a gentle, adaptable activity that can be done seated, lying down, or with one hand-making it especially suitable for many people with CRPS.

#### **Our highlights this year:**

- 146 wellbeing attendees
- 21 wellbeing events

Many participants joined these sessions at times when they felt overwhelmed, stuck in flare-ups, or emotionally drained. The calm, structured nature of Zentangle helped people to regulate their nervous system, find moments of presence and experience small but meaningful achievements-often in contrast to the loss of control many feel due to CRPS.

During the classes, participants were encouraged to slow their breathing, follow simple patterns and allow their mind to settle. The format also allowed time for gentle conversation and connection with others, which participants repeatedly told us helped them feel grounded and less alone.

#### **Beneficiary voice:**

"Thank you so, so much. This was a 'pure joy' activity that brought me back to the present moment." - V, Zentangle Class (April 2024)

#### **CRPS Education: Webinars including launch of the 10-Month Webinar Series with Healthsec Rehab**

Aside from 2 (open to all) webinars that we ran during the year, a major new achievement this year was launching our exclusive members' only 10-month CRPS Education Webinar series in conjunction with Healthsec Rehab. Healthsec Rehab is a rehabilitation company that supports veterans and the public with conditions including CRPS.

Following on from a members focus group where we discussed what topics the members wanted from the education series, we devised a series of webinars that covered all the main topics and the subjects within each topic. We began those webinars in February 2025.

This programme has significantly strengthened our educational offer, covering rehabilitation, pacing, flare-up management, mobility, mental health and family/carer communication.

#### **Our highlights this year for the Members' CRPS Education Series**

- 4 members' only events

## Burning Nights CRPS

### Report of the Trustees for the Year Ended 31 March 2025

- 53 members' webinar attendees

#### **Our highlights for our open access online education webinars:**

- 2 webinars
- 109 open access attendees

#### **Impact we've made:**

- Increased understanding of CRPS and its management
- Improved confidence in communicating with healthcare teams
- Better emotional coping for both patients and families
- Reduced fear related to flare-ups and disease progression

#### **Beneficiary voices:**

"Thank you It was incredibly informative and exactly what I needed to understand more about the treatment." - MW (Scrambler Therapy Webinar, April 2024)

"The recent presentation events for members only have been really useful and it is a great way perhaps (I hope!) of attracting new members. The focus on one topic at a time is great." Jan, Annual Feedback Survey 2024-2025

#### **Annual CRPS Conference / Patient & Carer Information Day 2024**

One of the highlights of our year was our Annual CRPS Patient & Carer Information Day, which took place at the Hilton Northampton on 16 November 2024. This event continues to be one of the most valued parts of our calendar, bringing together people living with CRPS, their families, carers, and supporters for a full day of learning, connection, and shared experience.

The event welcomed 62 attendees from across the UK, many of whom had never previously met anyone else living with CRPS. For newly diagnosed individuals and long-term patients alike, the day provided a rare opportunity to feel understood, supported, and part of a wider community that truly "gets it." Carers and family members told us how invaluable it was to learn alongside their loved ones, helping them better understand the condition and how to support those they care for.

The programme included expert-led talks covering a range of essential topics, such as pain management, psychological support, rehabilitation strategies, current research and lived-experience insights. Attendees had the chance to engage directly with specialists and exhibitors, to ask questions and receive practical guidance that they could take away and use in their day-to-day lives.

Alongside the educational sessions in the first part of the day, the remainder of the event provided time for informal discussions, peer connection and emotional support. Many attendees told us that simply being in a room with others facing similar challenges made them feel less alone and more hopeful about the future.

Feedback from the day highlighted several key benefits:

- Improved understanding of CRPS and how to manage symptoms
- Increased confidence when speaking with healthcare providers
- Reduced feelings of isolation
- A stronger sense of empowerment and control
- Greater support for carers and families
- Opportunities to meet and connect with others facing similar challenges

For many, the event was described as "reassuring," and "comforting," offering both practical knowledge and emotional renewal. As one attendee shared afterwards, "It's the first time I've felt truly seen and heard since my diagnosis."

The success of the Northampton event reflects the vital need for in-person, CRPS-informed education and connection. It remains a key part of how we deliver public benefit, empower patients and carers, and ensure that no one affected by CRPS has to navigate this condition alone.

**Main highlights:**

- 62 attendees, including patients, carers, families and professionals
- 100% would recommend the information day

During the day we were delighted to announce that the Victoria Ellen Williams Award for Outstanding Contribution was awarded to a special volunteer who had supported the charity with responding to comments on social media.

These in person events play a crucial role in reducing isolation, improving knowledge and providing direct access to expert perspectives.

**Beneficiary voices:**

"Great to hear all the information available, the speakers and to also meet up with new people who totally get what you're going through. No need to explain what's wrong!" Anon, CRPS patient

"It was a very informative day that we got a lot of benefit from. My son was very down in the weeks before but now he has spoken to people and sees that he is not alone, he is much happier and has realised that he really needs to push for the support he needs." Parent of a CRPS Patient

## **ACHIEVEMENTS AND PERFORMANCE**

### **Awareness and Professional Education: Improving Understanding in Society**

Improving understanding of CRPS among healthcare professionals remained a key priority this year. We delivered six CRPS awareness sessions around the U.K. and online, totalling almost 10 hours of training to physiotherapists, rehabilitation teams, healthcare students and military recovery services.

These sessions helped clinicians recognise CRPS earlier, understand the lived experience and provide more compassionate, person-centred care. Feedback was highly positive, with professionals reporting greater confidence and clearer insight into how to support patients and families.

This work strengthens care pathways, reduces delays in diagnosis, and contributes to long-term improvements in how CRPS is understood and managed across the health and rehabilitation sectors.

#### **Our highlights this year:**

- 6 groups,
- Delivered almost 10 hours of training

Our awareness training covers key topics such as:

- early signs and symptoms of CRPS
- diagnostic considerations and common misconceptions
- the lived experience of CRPS, including psychological and social impact
- flare-up patterns and triggers
- communication approaches that reduce distress and build trust
- pacing, mobility and rehabilitation considerations
- the importance of supporting carers and family members
- safeguarding and mental health concerns specific to CRPS

Each session combines medical insight with lived experience, ensuring professionals hear directly from someone who understands both the science and the daily realities of the condition. This combination-often missing from clinical training-helps professionals rethink their assumptions, adjust their communication, and deepen their empathy.

Feedback from the sessions was overwhelmingly positive, with professionals reporting increased confidence in recognising CRPS earlier and a stronger understanding of how to support patients holistically. Many attendees told us the training was the first time they had received structured education on CRPS, despite years of clinical experience.

#### **Beneficiary voices from professionals:**

"Your presentation style was well received... We look forward to seeing you again." - Physio Team (May 2024)

"Thank you so much... That is a real help to better understand the condition." - Physio Participant (March 2025)

These sessions have a long-term social impact by improving care pathways and reducing diagnostic delays.

#### **Online Reach, Community Engagement and Information**

Our online presence continues to be one of the most important ways people find us, access information and receive emotional support. For many individuals living with CRPS-especially those who are housebound, shielding, experiencing mobility limitations, or unable to attend in-person appointments-digital support is their primary connection to the outside world.

## **ACHIEVEMENTS AND PERFORMANCE**

This year, **1,662 people received one-to-one support through our social media** channels, where we responded to messages, signposted to services, provided reassurance during flare-ups and helped people navigate difficult conversations with healthcare professionals. Many beneficiaries reach out during moments of crisis or late at night when other services are unavailable, making our digital responsiveness vital.

Our website remains a trusted and widely referenced resource for CRPS information internationally. We continued to update our educational content, add new articles, expand guidance for healthcare professionals, and ensure our information is accessible, clear and grounded in lived experience. Website visitors frequently tell us that they discovered the name of their condition through our pages or finally felt "seen" after reading about symptoms that had been dismissed or misunderstood for years.

Through our monthly newsletters, reaching **3,655 subscribers**, we provided clinical updates, wellbeing resources, research opportunities, lived-experience stories, guidance for managing CRPS and community announcements. These newsletters help keep people connected to a supportive and informed community, particularly those who may not be active on social media or able to join live sessions.

We also continued to grow our online community presence across multiple platforms, using social media to:

- raise awareness of CRPS
- challenge misconceptions
- share stories and experiences
- promote our services
- highlight research and clinical trials
- provide comfort and encouragement during flare-ups

### **Our highlights this year:**

- **67,027 followers** across all our social media channels (Facebook, X, Instagram, Pinterest, YouTube, LinkedIn and TikTok)
- **1,662 people received one-to-one support** through social media
- **3,655 newsletters subscribers**
- Our website remained a major source of accessible CRPS information - **157,230 sessions on our website and 94,675 engaged sessions**
- **351,375 page views on our website**

Our digital work continues to reduce isolation, ensure people can access reliable CRPS information, and provide vital emotional support to those who may otherwise feel forgotten, misunderstood, or invisible.

### **Impact voices:**

"Your posts helped me believe in myself and not be ashamed about my pain." - Lara K. (2024)

"When I found your account I started crying... finally someone speaking about my disease." - @sandra\_bzk (June 2024)

"You are a beacon of light in the darkness." - Julia (2024)

## **Campaigning and Political Engagement**

Alongside our support services, raising the profile of CRPS and championing the needs of those affected remains a central part of our work. Throughout 2024-2025, we continued our commitment to campaigning and advocacy to ensure that people living with CRPS have their voices heard within policy, healthcare, and public health decision-making.

## **ACHIEVEMENTS AND PERFORMANCE**

We engaged directly with local politicians across the UK, highlighting the challenges faced by people with CRPS—including delayed diagnosis, lack of specialist services, limited mental health support, and the profound impact the condition has on families and carers. By sharing lived-experience insights, evidence from our helpline and counselling services and the stories of those we support, we helped bring CRPS to the attention of those who influence local and national health priorities.

In Scotland, we continued to play an active role in national chronic pain policy development. We contributed to the Scottish Cross-Party Parliamentary Group for Chronic Pain, offering lived-experience perspectives and raising awareness of the specific needs of people with CRPS within broader pain pathways. Our involvement ensures that CRPS remains visible within ongoing discussions about improving access to treatment, mental health provision and equitable pain care across Scotland.

We also participated in short-life working groups linked to the development of new chronic pain guidelines in Scotland. Our contribution helped shape guidance on patient experience, accessibility and communication for those living with chronic pain conditions. Additionally, we remained engaged with the Third Sector Chronic Pain Network, working collaboratively with other health charities to amplify patient voices and champion improvements across the pain landscape.

### **Research, PPIE and Advocacy**

Burning Nights CRPS Support continued to play an influential and respected role in CRPS and chronic pain research throughout 2024-2025. As a charity rooted in lived experience, we prioritise research that is meaningful, accessible and genuinely shaped by the voices of people living with CRPS, as well as their carers and families.

This year, we contributed to multiple UK and international studies, offering insight, co-design support and Patient and Public Involvement and Engagement (PPIE) leadership across a range of projects. Our involvement helps ensure that research moves beyond academic settings and reflects the real-world experiences, challenges, and needs of those affected by CRPS.

Our work has included:

- supporting NIHR-funded trials related to chronic pain
- contributing to the Pain-at-Work Toolkit evaluation
- involvement in the OptiMeth Trial for CRPS
- promoting accessible research opportunities to our community
- advising on study design, participant materials, ethics and dissemination plans
- ensuring that CRPS research reflects patient priorities and lived-experience realities

We also worked closely with researchers to ensure they adopt accessible communication methods, use patient-friendly language and incorporate feedback from people with CRPS throughout every stage of their projects.

By championing meaningful PPIE, we help influence:

- more person-centred study designs
- improved recruitment and retention of participants
- stronger, more relevant outcomes
- clearer dissemination of findings to the public
- increased visibility of CRPS and chronic pain within academic and clinical research communities

Our involvement in research also brings wider societal benefits by shaping future treatment pathways, raising awareness among employers and clinicians and ensuring new evidence reaches communities that need it most.

## **ACHIEVEMENTS AND PERFORMANCE**

This year, we saw increasing recognition of the crucial role lived experience plays in advancing CRPS understanding. Our continued commitment to accessible, inclusive, and ethically grounded PPIE ensures that people with CRPS-and their carers-are not just participants in research, but partners and co-creators in shaping the future of care.

### **Our Supporters**

We continued to benefit greatly from the dedication of our supporter fundraisers and we thank each and every one of them for showing their support to the charity no matter how they choose to fundraise for us. This year, individuals and community groups took on challenge events, organised sponsored activities, hosted awareness events and raised funds in creative and meaningful ways. Their commitment not only generated essential income for our services but also played a crucial role in raising the profile of CRPS within their communities. Many supporters shared their personal stories publicly for the first time or used their fundraising platforms to educate others about the condition-helping to break stigma, build understanding, and reach people who may be struggling in silence.

We fundraise in a wide variety of ways while also raising as much awareness of Complex Regional Pain Syndrome (CRPS) as possible. Our fundraising activities continue to grow each year, thanks to the dedication and passion of our incredible supporters, volunteers, and partners. Our main fundraising activities include:

- Sponsored challenge events, including places in large national runs and personal endurance challenges taken on by supporters including places in the Great North Run
- Supporting individuals and groups to run their own fundraising initiatives, from bake sales and coffee mornings to sponsored activities, workplace events, and in-memory collections
- Applications to charitable trusts, foundations, and grant-giving organisations, enabling us to fund core services such as counselling, befriending and helpline support
- Email fundraising appeals sent to supporters who have opted in to receive updates
- Social media fundraising campaigns and awareness drives across multiple platforms
- Corporate support, including payroll giving, employee fundraising, matched giving and partnerships with carefully selected organisations

We are incredibly grateful to our community of supporters whose generosity makes our work possible. This year, supporters across the UK took part in a wide range of challenge events, personal fundraisers, and community activities, raising both essential income and crucial awareness of CRPS-a condition still widely misunderstood.

Our supporter-led fundraising continued to grow, with individuals organising sponsored walks, marathons, half-marathons, abseils, group hikes, bake sales, workplace events, and creative awareness activities. From large team challenges to intimate local events, supporters once again found meaningful ways to stand with people affected by CRPS.

We were deeply moved by the dedication of fundraisers who shared their personal stories publicly to raise awareness and donations. For many, fundraising is not only a way to support the charity, but a way to honour a loved one, commemorate a personal journey, or give back to a service that has supported them through the most difficult periods of their lives.

We also continued to receive incredible support from workplaces and corporate teams. Businesses took part in sponsored challenges, dress-down days, bake sales, and awareness events-helping us raise the profile of CRPS within their organisations while generating vital funds for our services.

As a supporter-led charity, we recognise that every pound raised directly contributes to sustaining our helpline, email support, counselling and psychotherapy service, befriending programme, online support groups, wellbeing sessions, and our ongoing campaign to ensure that no one with CRPS feels alone.

We remain committed to fundraising in an honest, transparent, and respectful way. We safeguard privacy, and will never sell or share data with third parties.



## **ACHIEVEMENTS AND PERFORMANCE**

Burning Nights CRPS Support does not use external professional fundraisers. Where appropriate, and in line with legal requirements, we establish Commercial Participator Agreements with sole traders or businesses fundraising for us, ensuring transparency and compliance. We also monitor fundraising activity by reviewing messaging, products and promotional materials to ensure they meet charity standards and uphold our values.

We are immensely grateful to every individual, group, company and funder who supported us this year. Your generosity helps us continue offering life-changing support to those living with CRPS, their families, and their carers-when they need us most.

### **Supporting Our Volunteers**

Throughout the year, we continued to invest in our incredible team of volunteers, whose dedication and compassion underpin everything we do for the CRPS community. Our volunteers play a vital role in providing peer support, delivering services, raising awareness, and helping people feel less alone in what can be an overwhelming and isolating condition.

This year we launched our new online training and e-learning platform, ensuring every volunteer receives consistent, accessible and high-quality training. All volunteers completed our core modules, which covered the essential foundations of Equality, Diversity & Inclusion (EDI), confidentiality, neurodiversity awareness, and GDPR. To strengthen understanding of the condition itself, every volunteer also took part in our CRPS awareness training, delivered through an engaging video followed by a short knowledge check.

Volunteers in forward-facing or client-support roles received additional specialist training through the platform, including mental health awareness, suicide awareness, suicide prevention, self-harm guidance and safeguarding. These sessions were designed to help volunteers feel confident, prepared and supported when engaging with individuals and families during moments of vulnerability.

In addition to our mandatory modules, volunteers were given access to a library of over 300 further courses, enabling them to build new skills, grow in their roles and develop professionally at their own pace.

We also welcomed, inducted and trained 50 new volunteers throughout the year, providing them with tailored onboarding, training and ongoing support. We held 17 inductions during the year. At the end of the year we had 62 active volunteers. Their commitment makes a profound difference to the lives of people affected by CRPS, and we remain extremely grateful for the time, passion and care they bring to our charity.

All volunteers and staff are required to follow Burning Nights CRPS Support's safeguarding policy, which ensures that at risk and vulnerable adults and children are protected across every aspect of our work.

We are incredibly grateful for the unwavering support of our donors and volunteers. Their generosity is what allows us to navigate these challenging times and make a positive impact on the lives of those affected by CRPS. We encourage our entire community to continue their fundraising efforts and support our work. Together, we can overcome these obstacles and build a brighter future for the CRPS community.

### **Acknowledgements**

Every service delivered, every session held and every conversation offered contributed to reduced isolation, improved wellbeing, earlier support and greater understanding of CRPS across society.

We could not do the work we do without the dedication, compassion and expertise generously given by our volunteers, staff, fundraisers, corporate partners, speakers, health professionals and clinical advisors. Every one of them plays a vital role in helping us reach, support and empower people affected by Complex Regional Pain Syndrome (CRPS). We extend our heartfelt thanks to each person who has stood alongside us this year and contributed to our mission.

## **ACHIEVEMENTS AND PERFORMANCE**

A special note of gratitude goes to all of our volunteers who give their time to support the CRPS community through all of our services and our wider operational and awareness-raising activities. Their empathy, professionalism and insight ensure that no one has to face CRPS alone.

We would also like to thank everyone who took part in challenge events or community fundraising, or who organised their own activities to raise vital funds for the charity. Your determination, creativity and generosity help sustain our services and enable us to reach more people than ever before.

A very heartfelt thank you goes to those who bravely shared their personal stories in the media and across our platforms. We know how emotionally demanding and vulnerable this can feel, yet your courage helps raise awareness, reduce stigma and ensure others feel seen, heard and understood.

We recognise the significant barriers and inequalities many people with CRPS face when trying to access care, diagnosis, mental health support, or rehabilitation. We are committed to addressing these inequalities and championing the voices of those most marginalised or underserved within chronic pain pathways. We are deeply grateful to the organisations, advocates, and allies who stand with us in this work.

As always, our achievements are truly a team effort. Our volunteers, members, trustees, clinical supervisors, counsellors, corporate partners, researchers, healthcare professionals, families, carers, and supporters all form the backbone of Burning Nights CRPS Support. Your collective passion and commitment drive meaningful change for a community that urgently needs understanding, compassion, and accessible support.

We are immensely grateful for the continued and new support of the funders listed below. We also extend our sincere thanks to every individual, group, and organisation who has made a donation, shared our work with others, or encouraged someone to reach out for help. Your generosity and belief in our mission enable us to continue being a lifeline for people affected by CRPS.

With sincere gratitude and thanks to our funders during 2024-2025

- Clothworkers Trust
- E C Graham (Cumbria) Trust
- Nationwide
- St. James Place (local)
- The National Lottery Awards for All

## **Get Involved**

The more people working together the stronger we are and the louder our voice. We have a range of ways you can get involved, for more information please check out our website: <https://www.burningnightscrps.org/get-involved/>

If you would like to hear what we are up to throughout the year, sign up for our regular e-newsletter.

## **ACHIEVEMENTS AND PERFORMANCE**

The charity's principal sources of funds (including any fundraising)

Burning Nights CRPS Support is funded through a diverse range of income streams which together enable us to deliver our essential services, expand our reach, and respond to the increasing needs of the CRPS community. As with many charities especially within the health sector, we continue to operate in a challenging financial climate, shaped by rising operational costs and reduced public giving. Despite this, our supporters, funders and partners have enabled us to sustain and develop our work throughout the year.

Our income is generated through a combination of:

- Grants from charitable trusts and foundations, which remain a vital source of funding for our core services, including counselling and psychotherapy, befriending, helpline support, volunteer training, wellbeing activities and digital resources.
- Fundraising and community-led events, with supporters organising and participating in sponsored walks, runs, abseils, challenge events and local fundraising activities.
- Corporate support, including payroll giving, workplace fundraising, matched funding, pro bono partnerships, and donations from organisations with an interest in pain management, rehabilitation, and disability support.
- Individual donations, including regular giving, one-off gifts, in-memory donations, birthday fundraisers, and response to seasonal appeals.
- Membership income from our growing paid membership scheme, which offers supporters exclusive benefits such as access to our magazine The Warriors Lifeline, priority webinars, wellbeing sessions, and member-only updates. (Membership does not confer voting rights.)
- Sales from our online shop, offering branded merchandise and CRPS awareness items, with all proceeds reinvested into our support services.

Like many small charities, we felt the impact of the cost-of-living crisis, which affected both individual giving and event fundraising. In response, we continued to strengthen and diversify our income portfolio by:

- increasing applications to trusts and foundations
- expanding legacy giving and payroll giving promotion
- strengthening relationships with corporate partners
- developing new community fundraising opportunities
- engaging more deeply with members and supporters through targeted appeals

We are particularly grateful for the ongoing support of our corporate partners, including law firms who participate in our small legal panel and commit to annual donations. We also continue to receive support from companies and organisations in the health, rehabilitation, and mobility sectors, whose contributions help sustain our specialist services.

Despite the financial challenges faced across the charity sector, Burning Nights CRPS Support remains committed to delivering high-quality, accessible support to those affected by Complex Regional Pain Syndrome. Our diverse income base is essential to ensuring the stability of our services, and we are deeply appreciative of every grant, donation, membership, and fundraising effort that makes our work possible.

## **FINANCIAL REVIEW**

### **Investment policy and objectives**

It is the policy of the charity to maintain Reserves for both restricted and unrestricted funds in cash.

The charity has not yet accumulated sufficient funds to consider establishing a formal Investment Policy.

### **Reserves policy**

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity, at a level of 6 months of the resources expended. At this level the Trustees feel that in the event of a significant drop in funding, they would be able to continue the current activities of the charity for a limited period and discharge all financial and contractual liabilities. It would obviously be necessary to consider how funding would be replaced and/or activities changed.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

The charity is controlled by its Constitution adopted 20th October 2015, and constitutes a Charitable Incorporated Organisation.

### **Recruitment and appointment of new trustees**

The charity appoints trustees in line with the processes set out in its Constitution, ensuring transparency, good governance and alignment with the charity's values and charitable purposes.

Under the Constitution, trustees may be appointed by the existing Board and must be formally approved by a minimum of three (3) current trustees. Except for the founding trustees, all trustees serve a three-year term and are eligible for reappointment for a further three-year term, subject to approval at a quorate trustee meeting or at the Annual General Meeting (AGM). Trustees must retire or be reappointed every three years to ensure both continuity and the regular introduction of new skills and perspectives.

There are no external bodies or individuals with the right to appoint trustees. All appointments are made internally by the Board of Trustees.

When recruiting for new trustees, the charity follows a structured and robust process. Prospective trustees are invited to apply through an open recruitment process, where they must submit a CV, cover letter, and two referees, in line with our Trustee Recruitment Pack. Applicants are assessed on their skills, experience, commitment to the charity's aims, understanding of governance responsibilities, and their ability to contribute constructively to strategic decision-making.

As part of our safeguarding standards, all trustees must complete DBS checks and the required Trustee Eligibility and Fit & Proper Person declarations.

New trustees are selected carefully to ensure they reflect the values of Burning Nights CRPS Support, bring relevant expertise (for example in legal, financial, clinical, academic, or lived-experience areas) and enhance the Board's collective skills. As of March 2025, 80% of our Board have a chronic illness, whether that is CRPS, chronic pain or another chronic illness. This continues to be invaluable in shaping the charity's direction.

This structured approach ensures that the Board remains diverse, skilled and committed to strong governance, while upholding the requirements of the Constitution and the long-term needs of the charity.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Organisational structure**

Burning Nights CRPS Support is a Charitable Incorporated Organisation (CIO) governed by a Board of Trustees. The Board holds overall responsibility for strategic direction, governance, financial oversight and ensuring the charity meets its legal and regulatory obligations. Trustees bring a mix of professional expertise and lived experience of CRPS and meet every two months, with additional decisions taken between meetings as needed.

The Chair of Trustees leads the day-to-day operations of the charity under delegated authority from the Board. This includes oversight of safeguarding, service delivery, finance, volunteer management, policy implementation and partnership development.

Operational activity is delivered through a predominantly volunteer-led model supported by specialist professionals.

During the reporting year, the charity was supported by a large team of volunteers, including 4 to 5 Volunteer Coordinator volunteers who assisted with volunteer recruitment, induction, safeguarding requirements, rota management and ongoing volunteer support.

In February 2025, the Clinical Lead started her role thanks to the National Lottery. She has the oversight of the counselling and therapy team including therapists and supervisors.

All volunteers receive appropriate induction, safeguarding training (repeated annually), GDPR guidance and role-specific development. Professional external support is commissioned where required, such as accountancy.

The wider membership community engages with the charity through services, events and feedback. However, the members have no legal voting rights within our charity.

Externally the charity is a member of Pain UK, which is an umbrella organisation for pain charities like ours.

We are also a member of the Third Sector Network in Scotland as well as a member of the Cross-Party Group for Chronic Pain in Scotland. We regularly attend meetings of both groups.

These relationships, while essential, are not classified as related parties under the Statement of Recommended Practice (SORP).

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Induction and training of new trustees**

Burning Nights CRPS Support is committed to ensuring that every trustee feels confident, informed, and well-equipped to carry out their responsibilities. We recognise that strong governance begins with a supportive and thorough induction, followed by access to ongoing training and development.

### **Trustees' Induction**

All new trustees receive a comprehensive induction programme that introduces them to the charity's mission, values, and strategic objectives. This includes:

- An overview of our Constitution, charitable purposes, and governance structure.
- A briefing on the duties and legal responsibilities of trustees, drawing on Charity Commission guidance.
- A review of key organisational policies such as safeguarding, financial controls, confidentiality, GDPR, Equality, Diversity & Inclusion (EDI), and conflicts of interest.
- An introduction to the charity's services, projects, volunteer structure, and operational procedures.
- A CRPS awareness induction, ensuring all trustees understand the lived experience of the community we support.

Trustees are also provided with copies of the Trustee Recruitment Pack, the latest Annual Report and Accounts, recent Board minutes, and the strategic priorities for the year.

### **Mandatory documentation and checks**

In line with our Constitution and safeguarding commitments, all new trustees must complete:

- Trustee Eligibility Declaration and Fit & Proper Person Declaration
- A full conflict of interest disclosure
- A DBS check prior to formal appointment

### **Trustees' Training and ongoing development**

Trustees are encouraged to engage in regular training to strengthen their governance skills and keep up to date with best practice. Our procedures include:

- Annual safeguarding training (adults and children), mandatory for all trustees
- Annual GDPR and confidentiality refreshers
- Access to Charity Commission webinars, guidance and sector updates
- Opportunities for trustees to join relevant external training (charity finance, risk management, HR, governance, fundraising regulation, etc.)
- Other training sessions on organisational priorities and developments, particularly in areas such as CRPS awareness, research involvement, mental health and service delivery

### **Support and collective responsibility**

We offer an open and supportive environment where trustees can ask questions, seek guidance and learn from each other. The Chair provides additional support to new trustees during their early months and all trustees receive regular updates on operational matters, safeguarding, financial reporting and strategic developments. Trustees Meetings are held every 2 (two) months to ensure everyone is up to date on what is going on within the organisation.

Policies such as safeguarding, financial management and confidentiality are reviewed on a two-year cycle, with trustees involved in the review process to ensure policies remain current and aligned with legal and regulatory requirements.

By offering a structured induction, clear expectations and ongoing training opportunities, we ensure that every trustee is empowered to contribute effectively, uphold good governance and support the charity's mission to improve life for all those impacted by Complex Regional Pain Syndrome (CRPS).

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1166522

**Principal address**

1 Alder Brook  
Chinley  
High Peak  
Derbyshire  
SK23 6DN

**Trustees**

Mrs V Abbott - Fleming MBE  
Mr R A Ingham  
Miss L Davis  
Mr A Patel  
Mr T Craig Lowe Trustee (resigned 15/7/2024)  
Ms R O'Brein Trustee (appointed 24/9/2024)

**Independent Examiner**

S&W Partners (Leeds) Limited  
Accountants  
3rd Floor  
56 Wellington Street  
Leeds  
West Yorkshire  
LS1 2EE

Approved by order of the board of trustees on 15 January 2026 and signed on its behalf by:



Trustee

Independent Examiner's Report to the Trustees of  
Burning Nights CRPS

I report to the trustees on my examination of the accounts of Burning Nights CRPS for the year ended 31 March 2025, which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows, and the notes to the accounts, including significant accounting policies.

**Respective responsibilities of trustees and examiner and basis of report**

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

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

**Independent examiner's statement**

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 charity 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.



Matthew Barton (Jan 16, 2026 12:25:44 GMT)

Matthew Barton BA (Hons) FCA CTA

S&W Partners (Leeds) Limited  
Accountants  
3rd Floor  
56 Wellington Street  
Leeds  
West Yorkshire  
LS1 2EE

Date: 16/01/2026.....



Burning Nights CRPS

Statement of Financial Activities  
for the Year Ended 31 March 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	50,830	26,447	77,277	56,741
Other trading activities	3	3,995	-	3,995	5,174
Other income	4	512	-	512	758
<b>Total</b>		<u>55,337</u>	<u>26,447</u>	<u>81,784</u>	<u>62,673</u>
<b>EXPENDITURE ON</b>					
Raising funds		10,829	2,882	13,711	16,366
<b>Charitable activities</b>	5				
Charitable activities		<u>63,569</u>	<u>16,703</u>	<u>80,272</u>	<u>75,167</u>
<b>Total</b>		<u>74,398</u>	<u>19,585</u>	<u>93,983</u>	<u>91,533</u>
<b>NET INCOME/(EXPENDITURE)</b>		(19,061)	6,862	(12,199)	(28,860)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>50,496</u>	<u>10,627</u>	<u>61,123</u>	<u>89,983</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>31,435</u></u>	<u><u>17,489</u></u>	<u><u>48,924</u></u>	<u><u>61,123</u></u>
<b>CONTINUING OPERATIONS</b>					
All income and expenditure has arisen from continuing activities.					

Burning Nights CRPS

Balance Sheet  
31 March 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>FIXED ASSETS</b>					
Intangible assets	10	3,214	-	3,214	8,022
<b>CURRENT ASSETS</b>					
Stocks	12	2,727	-	2,727	2,411
Cash at bank		29,554	17,490	47,044	54,440
		32,281	17,490	49,771	56,851
<b>CREDITORS</b>					
Amounts falling due within one year	13	(4,061)	-	(4,061)	(3,750)
<b>NET CURRENT ASSETS</b>		28,220	17,490	45,710	53,101
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		31,434	17,490	48,924	61,123
<b>NET ASSETS</b>		31,434	17,490	48,924	61,123
<b>FUNDS</b>	14				
Unrestricted funds				31,434	50,496
Restricted funds				17,490	10,627
<b>TOTAL FUNDS</b>				48,924	61,123

The financial statements were approved by the Board of Trustees and authorised for issue on 15 January 2026 and were signed on its behalf by:

Trustee

## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the Charity, which is a public benefit company 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.

The Charity has taken advantage of the following disclosure exemption in preparing these financial statements as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirement of Section 7 Statement of Cash Flows.

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

### **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.

### **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.

### **Intangible fixed assets**

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

Website - 25% Straight line

### **Tangible fixed assets**

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

Furniture and equipment - 25% Straight line

### **Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

### **Taxation**

The charity is exempt from tax on its charitable activities.

### **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.

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

**2. DONATIONS AND LEGACIES**

	2025	2024
	£	£
Donations	45,607	42,417
Gift aid	2,737	993
Grants	26,448	11,894
Income from membership	2,485	1,437
	<u>77,277</u>	<u>56,741</u>

Grants received, included in the above, are as follows:

	2025	2024
	£	£
Other grants	<u>26,448</u>	<u>11,894</u>

**3. OTHER TRADING ACTIVITIES**

	2025	2024
	£	£
Sales of goods and services	<u>3,995</u>	<u>5,174</u>

**4. OTHER INCOME**

	2025	2024
	£	£
Other income	<u>512</u>	<u>758</u>

**5. EXPENDITURE ON CHARITABLE ACTIVITIES**

	Direct Costs (see note 6)	Support costs	Totals
	£	£	£
Charitable activities	<u>16,152</u>	<u>64,120</u>	<u>80,272</u>

**6. DIRECT COSTS OF CHARITABLE ACTIVITIES**

	2025	2024
	£	£
Trustees' expenses	2,106	4,024
Travel expenses	740	835
Conference expenses	7,829	8,714
Staff training	5,477	4,081
	<u>16,152</u>	<u>17,654</u>

## 7. 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.

### Trustees' expenses

	2025 £	2024 £
Trustees' expenses	2,106	4,024

The trustee expenses were paid to 3 trustees for training and travel costs during the year.

## 8. STAFF COSTS

	2025 £	2024 £
Wages and salaries	22,000	26,625
Other pension costs	473	580
	<u>22,473</u>	<u>27,205</u>

The average monthly number of employees during the year was as follows:

	2025	2024
Staff	<u>1</u>	<u>1</u>

No employees received emoluments in excess of £60,000.

## 9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	44,847	11,894	56,741
Other trading activities	5,174	-	5,174
Other income	758	-	758
<b>Total</b>	<u>50,779</u>	<u>11,894</u>	<u>62,673</u>
<b>EXPENDITURE ON</b>			
Raising funds	16,366	-	16,366
<b>Charitable activities</b>			
Charitable activities	73,900	1,267	75,167
<b>Total</b>	<u>90,266</u>	<u>1,267</u>	<u>91,533</u>
<b>NET INCOME/(EXPENDITURE)</b>	(39,487)	10,627	(28,860)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	89,983	-	89,983

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>TOTAL FUNDS CARRIED FORWARD</b>	50,496	10,627	61,123

**10. INTANGIBLE FIXED ASSETS**

	Website £
<b>COST</b>	
At 1 April 2024 and 31 March 2025	19,229
<b>AMORTISATION</b>	
At 1 April 2024	11,207
Charge for year	4,808
At 31 March 2025	16,015
<b>NET BOOK VALUE</b>	
At 31 March 2025	3,214
At 31 March 2024	8,022

**11. TANGIBLE FIXED ASSETS**

	Furniture and equipment £
<b>COST</b>	
At 1 April 2024 and 31 March 2025	744
<b>DEPRECIATION</b>	
At 1 April 2024 and 31 March 2025	744
<b>NET BOOK VALUE</b>	
At 31 March 2025	-
At 31 March 2024	-

**12. STOCKS**

	2025 £	2024 £
Stocks	2,727	2,411

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

**13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025 £	2024 £
Trade creditors	1,062	336
Taxation and social security	659	704
Other creditors	2,340	2,710
	<u>4,061</u>	<u>3,750</u>

**14. MOVEMENT IN FUNDS**

	At 1/4/24 £	Net movement in funds £	At 31/3/25 £
<b>Unrestricted funds</b>			
General fund	50,496	(19,062)	31,434
<b>Restricted funds</b>			
Nationwide colleagues	9,894	(8,085)	1,809
E C Graham's Charitable Settlement	-	2,400	2,400
The National Lottery	-	13,008	13,008
E C Graham Charitable Trust	733	(735)	(2)
SJP	-	275	275
	<u>10,627</u>	<u>6,863</u>	<u>17,490</u>
<b>TOTAL FUNDS</b>	<u>61,123</u>	<u>(12,199)</u>	<u>48,924</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	55,337	(74,399)	(19,062)
<b>Restricted funds</b>			
Nationwide colleagues	-	(8,085)	(8,085)
E C Graham's Charitable Settlement	3,000	(600)	2,400
The National Lottery	17,047	(4,039)	13,008
E C Graham Charitable Trust	-	(735)	(735)
Clockworker's Trust	4,900	(4,900)	-
SJP	1,500	(1,225)	275
	<u>26,447</u>	<u>(19,584)</u>	<u>6,863</u>
<b>TOTAL FUNDS</b>	<u>81,784</u>	<u>(93,983)</u>	<u>(12,199)</u>

**14. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1/4/23 £	Net movement in funds £	At 31/3/24 £
<b>Unrestricted funds</b>			
General fund	89,983	(39,487)	50,496
<b>Restricted funds</b>			
Nationwide colleagues	-	9,894	9,894
E C Graham's Charitable Settlement	-	733	733
	-	10,627	10,627
<b>TOTAL FUNDS</b>	<b>89,983</b>	<b>(28,860)</b>	<b>61,123</b>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	50,779	(90,266)	(39,487)
<b>Restricted funds</b>			
Nationwide colleagues	9,894	-	9,894
E C Graham's Charitable Settlement	2,000	(1,267)	733
	11,894	(1,267)	10,627
<b>TOTAL FUNDS</b>	<b>62,673</b>	<b>(91,533)</b>	<b>(28,860)</b>

**15. RELATED PARTY DISCLOSURES**

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