
HOPE2SLEEP

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

HOPE2SLEEP

CONTENTS

	Page
Reference and Administrative Details of the Charity, its Trustees and Advisers	1
Trustees' Report	2 - 8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance Sheet	11
Notes to the Financial Statements	12 - 24

HOPE2SLEEP

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2024

Trustees C A Murphy, Treasurer
T P Brown, Vice Chair
S Backway, Chair
K Danville

**Charity registered
number** 1168089

Principal office 85 Ings Road
Hull
East Yorkshire
HU8 0SD

Chief executive officer K Hope

Accountants Streets LLP
Chartered Accountants
Halifax House
30 George Street
Hull
HU1 3AJ

HOPE2SLEEP

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

The Trustees present their annual report together with the financial statements of the Charity for the year from 1 January 2024 to 31 December 2024.

Objectives and activities

a. Policies and objectives

The advancement of health by raising awareness of symptoms and the treatments available for those suffering from Sleep Apnoea and UARS (Upper Airway Resistance Syndrome) and all forms of Sleep Disordered Breathing, by providing support and advice for sufferers and carers during the process of diagnosis and treatment.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

The trustees are aware of the Charity Commission guidance on public benefit and are confident that all activities meet this guidance.

c. Activities undertaken to achieve objectives

- Raising awareness of Sleep Apnoea.
- Support people who suspect they could be sufferers of Sleep Apnoea, UARS and all Sleep Disordered Breathing, including parents/carers.
- Support diagnosed sufferers of Sleep Apnoea and all forms of Sleep Disordered Breathing.
- Supply of sleep comfort products and equipment for CPAP and non-invasive ventilator users via our online and high street shops, and at support and awareness events throughout the UK.
- Providing help and tips to encourage people using all forms of CPAP and non-invasive ventilators, to ensure they remain compliant, resulting in a better quality of life and improved health.
- Working with sleep clinics and manufacturers to help them understand the issues many sufferers go through, so that they can better support their patients.
- Keep up to date with, and partake in, new research and keep patients and clinicians updated of study and research results – plus pass on other related sleep news.
- Assist in helping to make positive changes in the diagnosis and treatment for the benefit of both suspected and diagnosed sufferers, and in this respect we were stakeholders in the most recent updated NICE Guidelines published in 2021.
- Run a diagnostic home sleep study testing service.
- Partners on the UK Power Networks Partnership Vulnerability Forum on behalf of patients needing electricity to power their CPAP, ventilators and oxygen.
- Provide a battery rental service to enable patients to take holidays, travel safely on long-haul flights and enjoy leisure time, despite needing power to run their CPAP and non-invasive ventilators.
- Provide a CPAP Rental Care Package to help diagnosed patients access treatment due to NHS long waiting lists.

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024**

Achievements and performance

a. Main achievements of the Charity

General Anaesthesia Education

Many patients with sleep apnoea face confusion and risks around safe care when needing a general anaesthetic or sedation, especially regarding the importance to resume CPAP immediately post-op, not all clinicians are aware of the correct safe care either. To tackle this, we prioritised education this year. Dr David Dawson, consultant in anaesthesia and sleep medicine, kindly led our well-attended webinar 'General Anaesthetics in Patients with Sleep Apnoea', aimed at both patients and clinicians.

We also invested at considerable cost exhibiting at the 2-day Anaesthesia & Critical Care Show at London's Excel, raising awareness and receiving gratitude from surgical and recovery staff. We distributed and demonstrated CPAP/NIV oxygen entrainment adapters to show how oxygen can be safely delivered alongside CPAP post-op.

This important work is ongoing.

NHS Clinic Waiting Lists

There has only been a slight improvement with clinic waiting lists for both diagnosis and treatment, and many clinics still leave patients untreated for unacceptable long periods after diagnosis - causing distress and worsening existing health issues. This is also a concern amongst clinicians working at the sleep clinics, and we continue to do our best to support patients through this anxious period.

In this respect, we have now set up a CPAP Rental Care Package which includes remote-monitoring patients and full support until the clinics can take over. Many clinics are grateful for our service, but even we have accumulated a waiting list as we only have funds for a specific amount of machines, and this is not a service that generates an income for the charity and it is time-consuming, but a huge relief to patients.

Collaboration with Other Charities

We were pleased to help SATA (Sleep Apnoea Trust) promote their campaign for inviting patients to volunteer in their local sleep clinics, and especially in light of the struggles the over-worked clinics are experiencing. We also wrote a Sleep Guide for the British Polio Fellowship for their Fact Sheets, and particularly highlighted the raised risk of people with PPS (Post-Polio Syndrome) having sleep disordered breathing, for which the symptoms are often blamed on the PPS so the co-existing sleep disorder can remain undiagnosed and untreated.

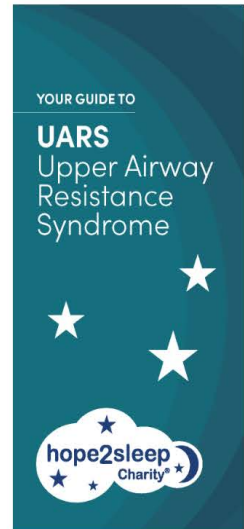
Charity Leaflets & Branding

During the year, we undertook a project to enhance our branding and update our range of information leaflets, including the development of a new clinic poster in response to ongoing requests from healthcare professionals.

We extend our sincere thanks to our Vice-Chair, who led the majority of this work, and to Made By Flawless who generously volunteered their time and professional expertise in the design and production of these materials, which we are very proud of and they are welcomed by sleep clinics and patients alike.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024

Achievements and performance (continued)



Obstructive Sleep Apnoea (OSA)

**Do you regularly snore or pause breathing during sleep?
Do you feel tired or sleepy during the day or lack energy?**




Unobstructed upper airway Obstructed upper airway

With OSA, your airway becomes obstructed, causing snoring, apnoeas and hypopnoeas - along with oxygen desaturations, and increased heart rate and blood pressure.

WARNINGS	SIGNS & SYMPTOMS INCLUDE	DANGERS IF UNTREATED INCLUDE
<ul style="list-style-type: none"> • Sleep apnoea is a common sleep disorder that is vastly underdiagnosed. • Snoring and/or pauses in breathing should always be investigated. • Sleep apnoea is a serious medical condition when untreated. 	<ul style="list-style-type: none"> • Snoring or noisy breathing • Pauses in breathing • Daytime sleepiness • Memory problems & brain fog • Poor work/school performance • Anxiety & depression • Headaches or migraines • Decreased sex drive or impotence 	<ul style="list-style-type: none"> • Heart attacks & strokes • Atrial fibrillation • High blood pressure • Type 2 diabetes • Alzheimer's & cognitive decline • Anxiety & depression • Driving accidents • Weight gain

PLEASE DO NOT AVOID A DIAGNOSIS OR TREATMENT FOR SLEEP APNOEA!

Comfort products and free support are available from Hope2Sleep, to help you get the safe comfortable sleep you deserve.

Visit, email or telephone our charity support centre for free and confidential advice or information:
 Hope2Sleep Charity, 85 Ings Road, Hull, HU8 0SD
www.hope2sleep.co.uk | support@hope2sleep.co.uk | 0300 102 9711 or 01482 374181
 We are open 9:00-17:00, Mon-Fri. A voicemail service is available outside of these hours.

Planning a getaway?

Don't let your CPAP or NIV device hold you back!



Our hassle-free Battery Rental Service is your perfect travel companion. Explore new destinations without the stress of power outages.

Our portable batteries give you the freedom to travel without compromise - we offer all the equipment needed to run your device (including solar panel options).

Book online today!
hope2sleep.co.uk/Battery-Equipment-Hire
 Any questions? Contact batteryrental@hope2sleep.co.uk

Photo created by Peter Grafting, April 2016



**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024**

Achievements and performance (continued)

Awareness, Support Events & Conferences:

'ARTP' 2024 (Association for Respiratory Technology & Physiology) Conference was closer to home this year in Harrogate and it was rewarding to see lots of sleep clinicians picking up our new poster and leaflets to display in their clinics.

Swindon's Sleep Clinic Patient Support Day was a very successful event and is always worth the long travel, seeing so many patients grateful for the opportunity to meet with other patients, see manufacturer and supplier displays, and receive our face-to-face support.

CCHS (Congenital Central Hypoventilation Syndrome) UK Charity held a Patient Support Day near Birmingham and we were delighted to attend to offer our own support – especially to the parents with children using CPAP and non-invasive ventilation.

These are just some of the in-person events we travelled to and we continued to hold and join other educational and awareness events, such as two presentations to Mental Health NHS 'Talking Therapies' due to the fact it is still not well-known how untreated sleep apnoea can cause or exacerbate mental health issues.

Research, Studies and Trials

This continued to be an important part of our work this year and we will be publishing results next year when some of these come to an end after lots of hard work by the researchers and willingness too of patients who are always keen to participate.

Charity Premises

As well as our important charitable work, we always ensure to keep our building in good repair, and this year's challenge was securing funding for a new roof. Key Fund who we have our mortgage with came to our rescue with a small low-cost loan, as preventing any risk of damp was top priority due to the amount of medical products we have at the charity, and we thank them for their fast response to this request.

Our CEO moved into a large upstairs office which was in need of full refurbishment. Our Hull team and some local volunteers all completed this work themselves – often voluntarily and after-hours, on a shoestring and with outstanding results, for which many visitors are impressed! The upstairs renovation has allowed the charity to continue its crucial patient support downstairs whilst still carrying out other important work upstairs simultaneously in the other rooms.

Patient Support

The amount of people we support grows continuously, and bearing in mind for most people that sleep apnoea is a long-term condition needing lifetime support, this will always be the case. We estimate that we're currently supporting around 26,000 patients and our Private Support Group continues to grow daily with a large majority of these patients being members of our busy group. This works very well though as it is a safe place where patients can also help patients for the everyday challenges, and it is a very positive helpful community.

We have patients travel to our charity from all areas of the UK several times a week, as well as local patients calling in for support or to purchase products.

Our charity line is always busy, emails are constant, and we are very proud of our work, and are regularly complimented on our service by grateful patients. However, whilst the Hull staff and volunteers work so hard directly with patients, we never fail to recognise and be grateful for the passion and commitment of our whole board of trustees and volunteers, as we could not provide this important work without them, in improving lives, health and well-being!

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024**

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

In accordance with the guidelines issued by the Charity Commission, the Trustees have adopted a policy to ensure the Charity is able to meet all current and expected liabilities. The Trustees review the reserves annually and consider whether the current level held by the charity is sufficient for its continued operation. The Trustees' intention is for the funds of the charity to be used on aiding sufferers of Sleep Apnoea and any other sleep disordered breathing.

The total reserves of the charity on 31 December 2024 amounted to £180,366 (2023: £193,179), of which £179,033 (2023: £191,579) were unrestricted and £1,333 were restricted (2023: £1,600). Much of the charity's unrestricted funds consist of liquid assets with the remainder comprising fixed assets of £178,801 (2023: £167,543).

Income and expenditure have both risen at a commensurate rate in recent years due to the growth of the charity. However, the charity continues to see a positive net movement in funds each year and holds enough reserves in liquid form to be able to pay off any and all short term debts, whilst also continuing to provide aid to those with sleep disordered breathing problems, therefore showing no liquidity issues.

c. Principal risks and uncertainties

The CIO is mindful of risks regarding the health of the people they support and do not attempt to give medical advice, and always signpost patients to receive the professional help they require. However, the advice and support they give for the comfort issues with patients on CPAP and non-invasive ventilation does help patients comply with their therapy which has a positive effect on their overall health.

Due to the rapid rate at which the CIO continues to grow, the Trustees are very mindful that the staff and volunteers also need to grow in proportion, as the current staff are often stretched to capacity. We hope to address this in 2025.

The majority of our funding comes from product sales, and in this respect we are aware we also need to acquire more external funding/grants, despite the fact that we are so grateful at the amount of donations that continue to be given to us from those we support – even during this cost of living crisis we are all in.

d. Principal funding

Income received by the charity is from 3 main income streams, being product sales, donations and grants.

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024**

Structure, governance and management

a. Constitution

The principal object of the charity is to provide advancement of health by raising awareness of symptoms and the treatments available for those suffering from Sleep Apnoea, and by providing support and advice for sufferers and carers during the process of diagnosis and treatment.

Hope2Sleep is a registered charity, number 1168089, governed by a CIO Foundation dated 01 March 2016.

b. Methods of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the CIO - Foundation dated 01 March 2016.

c. Organisational structure and decision-making policies

The charity is governed by the Trustees, who determine strategic direction and policy. The Board meets every 1-2 months. The day to day running of the charity is carried out by the Trustees and CEO and decision making is agreed at the regular Trustee Meetings.

d. Related party relationships

The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind. Trustee expenses are refunded for travel, accommodation and out-of-pocket expenses when carrying out charity work, in accordance with Charity Commission's guidelines.

e. Financial risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

f. Principal activities

- Raise awareness of Sleep Apnoea and support suspected people through to diagnosis and treatment.
- Support patients, parents and carers for all forms of Sleep Disordered Breathing
- Source, test, manufacture and supply comfort products to enable patients to sleep comfortably in a CPAP or non-invasive ventilator mask.
- Participate in research/studies and testing of new therapies and/or therapy accessories.

Plans for future periods

The charity intends to continue meeting charity objectives into the future by continuing this year's activities as described in the trustees report above.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the CIO - Foundation. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....
S Backway
(Chair of Trustees)

Date: 14th September 2025

HOPE2SLEEP

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

Independent Examiner's Report to the Trustees of hope2sleep ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2024.

Responsibilities and Basis of Report

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

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 2011 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.

Signed: 

Dated: 18th September 2025

Andrew Manderfield FCA

Streets LLP, Halifax House, 30 George Street, Hull, HU1 3AJ

HOPE2SLEEP

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Income from:					
Donations and legacies	3	15,395	-	15,395	26,017
Charitable activities	4	668,460	-	668,460	568,219
Total income		683,855	-	683,855	594,236
Expenditure on:					
Charitable activities		696,401	267	696,668	571,158
Total expenditure		696,401	267	696,668	571,158
Net movement in funds		(12,546)	(267)	(12,813)	23,078
Reconciliation of funds:					
Total funds brought forward		191,579	1,600	193,179	170,101
Net movement in funds		(12,546)	(267)	(12,813)	23,078
Total funds carried forward		179,033	1,333	180,366	193,179

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 12 to 24 form part of these financial statements.

HOPE2SLEEP

**BALANCE SHEET
AS AT 31 DECEMBER 2024**

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	8	178,801	167,543
		178,801	167,543
Current assets			
Stocks	9	100,761	104,538
Debtors	10	40,357	25,972
Cash at bank and in hand		32,133	24,212
		173,251	154,722
Creditors: amounts falling due within one year	11	(95,645)	(45,326)
Net current assets		77,606	109,396
Total assets less current liabilities		256,407	276,939
Creditors: amounts falling due after more than one year	12	(76,041)	(83,760)
Net assets excluding pension asset		180,366	193,179
Total net assets		180,366	193,179
Charity funds			
Restricted funds	13	1,333	1,600
Unrestricted funds	13	179,033	191,579
Total funds		180,366	193,179

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



S Backway
(Chair of Trustees)

Date: 14th September 2025

The notes on pages 12 to 24 form part of these financial statements.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

1. General information

As set out in the Trustees' report, Hope2Sleep CIO is a registered charity in England & Wales. The principal office of the charity is 85 Ings Road, Hull, East Yorkshire, HU8 0SD.

The principal objective of the charity is the advancement of health by raising awareness of symptoms and the treatments available for those suffering from sleep apnoea, and by providing support and advice for sufferers and carers during the process of diagnosis and treatment.

The financial statements are prepared in sterling, which is the functional currency of the entity.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Hope2Sleep meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

2. Accounting policies (continued)

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Tangible fixed assets and depreciation

Tangible fixed assets costing £75 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following bases:

Freehold property	- Straight-line over 50 years
Fixtures and fittings	- Straight-line over 5 years
Office equipment	- Straight-line over 5 years

2.5 Stocks

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

2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

2. Accounting policies (continued)

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.9 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

HOPE2SLEEP

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

3. Income from donations and legacies

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Donations	10,795	10,795	24,017
Grants	4,600	4,600	2,000
	<u>15,395</u>	<u>15,395</u>	<u>26,017</u>

4. Income from charitable activities

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Product sales	668,460	668,460	568,219
	<u>668,460</u>	<u>668,460</u>	<u>568,219</u>

HOPE2SLEEP

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

5. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Support for sufferers of Sleep Apnoea and related disorders	408,102	288,566	696,668	571,158
	<hr/>	<hr/>	<hr/>	<hr/>
<i>Total 2023</i>	329,178	241,980	571,158	
	<hr/>	<hr/>	<hr/>	

Analysis of direct costs

	Total funds 2024 £	<i>Total funds 2023 £</i>
Product purchases	334,917	274,634
Postage & packaging	61,756	46,700
Sewing services	2,469	1,608
Diagnostic Sleep Study	8,960	6,236
	<hr/>	<hr/>
	408,102	329,178
	<hr/>	<hr/>

HOPE2SLEEP

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

5. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2024 £	<i>Total funds 2023 £</i>
Staff costs	184,648	160,247
Depreciation	17,072	15,522
Advertising	2,361	845
Stationery & printing	1,094	3,189
Website	2,517	1,590
Telephone & computer costs	10,722	9,280
Bank charges	20,431	19,410
Sundry	3,542	2,914
Travel	5,841	4,683
Insurance	2,553	2,369
Accountancy	2,250	2,380
Repairs	23,571	5,926
Utilities	5,258	5,264
Subsistence	1,362	851
Promotional events	5,420	5,266
Rent & rates	(427)	1,974
Health & safety	351	270
	288,566	241,980

HOPE2SLEEP

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

6. Staff costs

	2024 £	2023 £
Wages and salaries	167,635	146,311
Social security costs	13,113	10,521
Contribution to defined contribution pension schemes	3,900	3,415
	<u>184,648</u>	<u>160,247</u>

The average number of persons employed by the Charity during the year was as follows:

2024 No.	2023 No.
<u>4</u>	<u>4</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024 No.	2023 No.
In the band £60,001 - £70,000	1	-

The key management personnel of the charity comprise the Trustees and the Chief Executive Officer. Wages and salaries paid to key management personnel (including employers pension contributions but excluding employer's national insurance contribution) totalled £63,712 (2022: £54,172).

7. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 December 2024, travel expenses totalling £1,127 were reimbursed or paid directly to 2 Trustees (2023 - £2,682 to 4 Trustees).

HOPE2SLEEP

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

8. Tangible fixed assets

	Freehold property £	Fixtures and fittings £	Office equipment £	Total £
Cost or valuation				
At 1 January 2024	138,000	10,398	68,993	217,391
Additions	-	1,328	27,002	28,330
At 31 December 2024	138,000	11,726	95,995	245,721
Depreciation				
At 1 January 2024	2,760	8,324	38,764	49,848
Charge for the year	2,760	932	13,380	17,072
At 31 December 2024	5,520	9,256	52,144	66,920
Net book value				
At 31 December 2024	132,480	2,470	43,851	178,801
At 31 December 2023	135,240	2,074	30,229	167,543

9. Stocks

	2024 £	2023 £
Finished goods and goods for resale	100,761	104,538

HOPE2SLEEP

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

10. Debtors

	2024	2023
	£	£
Due within one year		
Trade debtors	6,876	1,359
Other debtors	13,749	4,831
Prepayments	19,732	19,782
	40,357	25,972

11. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Bank loans	7,719	6,849
Trade creditors	40,586	20,292
Other taxation and social security	4,656	4,607
Other creditors	15,626	250
Accruals & deferred income	27,058	13,328
	95,645	45,326

	2024	2023
	£	£
Deferred income at 1 January 2024	7,518	-
Resources deferred during the year	10,581	7,518
	18,099	7,518

Deferred income carried forward relates to sleep screening and battery hire income received in advance.

12. Creditors: Amounts falling due after more than one year

	2024	2023
	£	£
Bank loans	76,041	83,760

HOPE2SLEEP

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

13. Statement of funds

Statement of funds - current year

	Balance at 1 January 2024 £	Income £	Expenditure £	Balance at 31 December 2024 £
Unrestricted funds				
General Funds	191,579	683,855	(696,401)	179,033
	<hr/>	<hr/>	<hr/>	<hr/>
Restricted funds				
Hospital Saturday Fund	1,600	-	(267)	1,333
	<hr/>	<hr/>	<hr/>	<hr/>
Total of funds	<hr/> 193,179 <hr/>	<hr/> 683,855 <hr/>	<hr/> (696,668) <hr/>	<hr/> 180,366 <hr/>

General funds:

The general funds held are used to finance the daily operations of the charity.

Restricted funds:

Hospital Saturday Fund

In 2022 a grant was received from Hospital Saturday Fund to be used for providing a free sleep study for potential sleep apnea sufferers.

HOPE2SLEEP

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

13. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 January 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 December 2023 £</i>
Unrestricted funds					
General Funds	165,756	594,236	(570,891)	2,478	191,579

	<i>Balance at 1 January 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 December 2023 £</i>
Restricted funds					
Covid-19 Support	2,478	-	-	(2,478)	-
Hospital Saturday Fund	1,867	-	(267)	-	1,600
	<u>4,345</u>	<u>-</u>	<u>(267)</u>	<u>(2,478)</u>	<u>1,600</u>

Total of funds	<u>170,101</u>	<u>594,236</u>	<u>(571,158)</u>	<u>-</u>	<u>193,179</u>
-----------------------	----------------	----------------	------------------	----------	----------------

HOPE2SLEEP

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

14. Summary of funds

Summary of funds - current year

	Balance at 1 January 2024 £	Income £	Expenditure £	Balance at 31 December 2024 £
General funds	191,579	683,855	(696,401)	179,033
Restricted funds	1,600	-	(267)	1,333
	<u>193,179</u>	<u>683,855</u>	<u>(696,668)</u>	<u>180,366</u>

Summary of funds - prior year

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 December 2023 £
General funds	165,756	594,236	(570,891)	2,478	191,579
Restricted funds	4,345	-	(267)	(2,478)	1,600
	<u>170,101</u>	<u>594,236</u>	<u>(571,158)</u>	<u>-</u>	<u>193,179</u>

15. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	178,801	-	178,801
Current assets	171,918	1,333	173,251
Creditors due within one year	(95,645)	-	(95,645)
Creditors due in more than one year	(76,041)	-	(76,041)
Total	<u>179,033</u>	<u>1,333</u>	<u>180,366</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

15. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	<i>Unrestricted funds 2023 £</i>	<i>Restricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	167,543	-	167,543
Current assets	153,122	1,600	154,722
Creditors due within one year	(45,326)	-	(45,326)
Creditors due in more than one year	(83,760)	-	(83,760)
Total	191,579	1,600	193,179

16. Pension commitments

The charity operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund and amounted to £3,900 (2023: £3,415). Contributions totalling £nil (2023: £nil) were payable to the fund at the balance sheet date and are included in creditors.

17. Related party transactions

J Hope is the husband of the CEO and an employee of the charity. During the year the total remuneration (including employers pension contributions) paid to J Hope was £35,375 (2023: £31,962).